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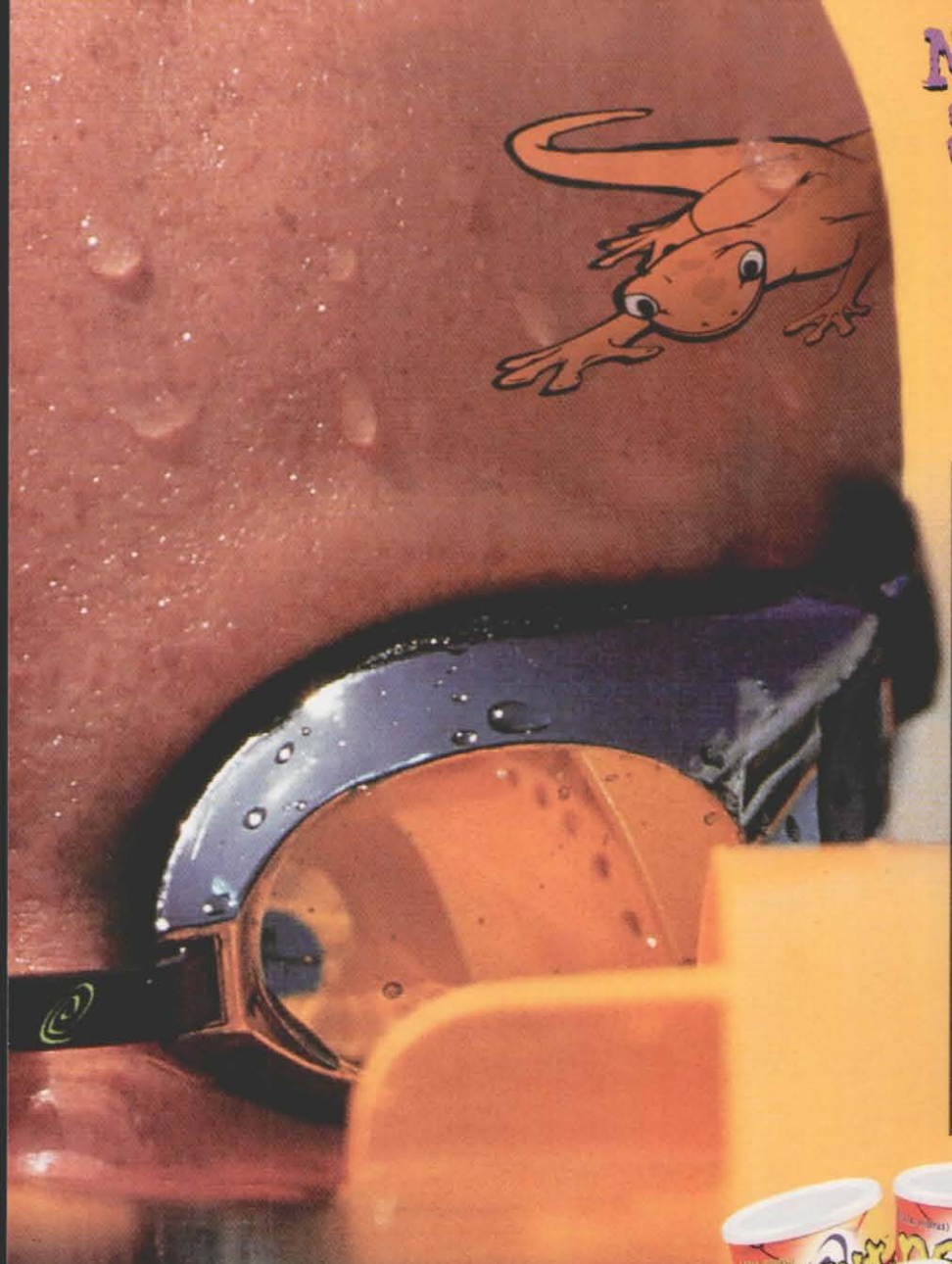
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Contents

October 1997
Volume 38, No.10



On the cover: In a year in which no long course world records were broken, Hungary's Agnes Kovacs, 16, came within 14-hundredths of the 200 meter breaststroke standard at the European Championships in Spain. Meanwhile, at the Pan Pacific Championships in Japan, two American records were bettered by Lenny Krayzelburg in the 200 back and Neil Walker (above) in the 100 fly. See stories, pages 29 and 44. (Cover photo by Shaun Botterill, Allsport; contents photo by Al Bello, Allsport.)

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Over 3,000 swimmers competed across the United States in three Speedo Junior Championship meets that saw six regional records and two junior national marks.

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Editor's Note

By Phillip Whitten

3 Points Worth Supporting

In 1996, the World Swimming Coaches Association (WSCA) first began circulating a document known as the "Three Points" to ensure the long-term welfare of our sport. Since that time, it has received the endorsement of almost 1,000 top-level swimmers, coaches and officials.

Australian Swimming, under the leadership of Terry Gathercole, became the first national federation to support the Three Points. Recently—and with great fanfare—Germany also signed on. Other countries, including Canada, New Zealand, Finland, Great Britain and Japan, reportedly are seriously studying the document, as is United States Swimming.

Here is a quick summary of the 3 Points:

1 To Assist FINA to Conduct Drug-Free Swimming at All Levels

It is no secret that illegal, performance-enhancing drugs, some of them potentially harmful to the user, are rampant in the world of sports.

While FINA and the IOC, under great pressure, have increased drug testing and awareness, much remains to be done if these bodies are to demonstrate that they are serious about addressing the drug problem. For example, an examination of FINA's financial report for 1992-96 shows that drug testing ranked ninth on its list of top 10 expenses. The same is true for the IOC, where only a small fraction of one percent of its \$4 billion budget is being spent on drug testing and research.

In addition, FINA continues to refuse to publish on the World Wide Web the number of unannounced tests, not to mention the list of who has missed or avoided testing, and who has been tested, when, where and with what results. Posting drug tests on the internet, and in a timely manner, would go a long way toward increasing FINA's and the IOC's battered credibility on this issue.

2 To Increase Participation in World Swimming Management by Swimmers and Coaches

For years, FINA has been a self-perpetuating "old boys" club that has become increasingly isolated from the day-to-day realities of the sport it tries to administer. The result is well-intentioned but ill-informed decisions which can be detrimental to the sport.

WSCA's Three Points calls for the participation of elected swimmers, coaches and volunteers in the decision-making and administration of the sport at all levels internationally.

At the FINA Bureau level, it asks for two observers (one swimmer or former Olympic swimmer and one coach) to be elected, their main responsibility being to present the views of athletes and coaches.

3 To Increase the Financial Rewards for Top Swimmers and Coaches

"Money," WSCA executives John Leonard and Forbes Carlile write, "is now a reality of modern sport. The genie is out of the bottle and will not be put back in the foreseeable future."

If swimming is to take its rightful place in the world of sport, they argue, the financial rewards available must parallel those in track and field, tennis and golf.

The Three Points suggest modest, practical steps that FINA can take to begin to reward top swimmers, with some provision made for rewarding the coaches directly responsible for nurturing and training these athletes.

The Three Points document is a balanced, thoughtful, forward-looking manifesto, designed to enhance the status, health and welfare of the sport of swimming. It deserves the support of United States Swimming. ■

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Beat

Misapplied, Misinterpreted, Misrepresented

Just read your thoughtful editorial (in the August issue) on Title IX.

The Independent Women's Forum is a non-partisan women's organization which filed an amicus (friend of the court) brief in the Title IX case on behalf of Brown University. We are the only women's group to take that position.

I met with coaches in Chicago recently, and we are gearing up to form a sports coalition (of coaches) as well as an "issue advocacy" coalition (of policy groups) to try and get the story out about how Title IX is being misapplied, misinterpreted and misrepresented. Your editorial is very helpful in making that point.

BARBARA LEDEEN

*The Independent Women's Forum
Washington, D.C.*

I read your insightful editorial on the perverse interpretation of Title IX with great interest. I have always supported equal opportunities in athletics for boys and girls. But how can any reasonable person endorse the direction our quest for equity has taken? The NCAA has just eliminated more than 20,000 male athletes, largely in the name of equal athletic opportunity.

Since 1992, a quota interpretation of Title IX has led to rampant forced reduction of male squad sizes (a useless phenomenon since eliminating nonscholarship athletes saves very little and does nothing to increase female opportunities; it only levels men to achieve the quota). And, of course, hundreds of schools are also taking the route of eliminating male sports programs.

According to the 1997 NCAA Gender-Equity Study, in the last five years, the average number of male athletes at Divisions I, II and III institutions has been reduced by 24, 18 and 26, respectively. That totals 20,800 NCAA male opportunities eliminated.

In the same period, the 1997 report indicates that women have gained 5,800 participants. More than 90 percent of that gain was at the Div. I level, where the scholarships are. Looking at Div. III, where athletes do not receive scholarships and play simply for the love of the game, the 1997 Gender-Equity Study indicates more than 9,000 male opportunities were eliminated and 178 women's opportunities gained.

Who can endorse the elimination (through roster caps) of nonscholarship athletes, who cost very little, and dropping entire programs—for quotas? At this rate, male athletes will soon be at 60 percent of 1991 levels, while females will recoup only a small fraction of that loss.

There are now more NCAA women's sports programs than men's. If we cannot make acceptable progress toward equity under these circumstances, then, perhaps, we should look long and hard at how we define equity. ■

LEO KOCHER
Head Coach, Wrestling
University of Chicago

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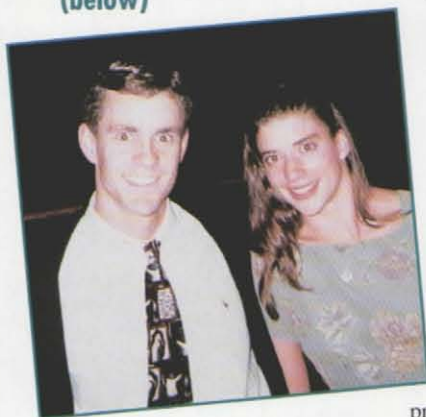


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Drugs...

Fox and Fox
(below)



Mehgan Heaney-Grier (right)

Are These Guys for Real? The news is glum on the drugs front. With great fanfare, the IOC announced a multi-million dollar program to develop a test for EPO by 2000. Cynically, the research being funded under the direction of IOC Medical Commission member, **Francesco Conconi**, is widely believed by knowledgeable scientists to be a dead end. Further, Conconi has been accused by Italian journalists of supplying genetically-engineered EPO to his nation's cyclists. At the same time, research by **Alan Murray**, universally thought to hold the key to developing a reliable EPO test, was left unfunded. A \$50,000 USOC grant which funded that research apparently will not be renewed.

Meanwhile, the **IAAF**—track and field's international governing body—announced it was reducing the penalty for testing positive for steroids from four years to two. A similar proposal was introduced by **FINA's** executive committee a few months ago, but was defeated. Speculation now is that the pressure will be on **FINA** next January to follow the **IAAF's** lead and reduce the penalty to two years for swimmers testing positive for steroids.

Freeze-Dried Urine. Psst...Hey you, you in the pool. Wanna beat your drug test? A firm is marketing a product to help people pass drug tests, or as the firm's pamphlet puts it, "keep (you) one step ahead of the bladder cops." The freeze-dried urine, which is added to warm water, is "guaranteed drug-free." It's a sad sign of the times.

Reprieve

Good news! Four men's sports that had been dropped by **Cal State University Northridge** received a reprieve when the university announced a loan would be used to keep the swimming and diving, baseball, soccer and volleyball programs going for one more year.

People

Historic Firsts: The U.S. national team that competed at the Pan Pacific Championships in Fukuoka, Japan, in August, set records both in and out of the water. The squad featured the first-ever married couple

Vote for World Swimmer of the Year

Cast your ballot for World and American male and female "Swimmers of the Year" on *Swimming World's* web site—<http://www.swiminfo.com>. *Swimming World* will announce its choices in the December issue. See how your choices compare with the experts.

The nominees for World Swimmer of the Year:

Male: Emiliano Brembilla (Italy), Kurt Grote (USA), Michael Klim (Australia), Lenny Krayzelburg (USA), Alexander Popov (Russia), Neil Walker (USA), Marcel Wouda (Holland).

Female: Brooke Bennett (USA), Michelle Smith DeBruin (Ireland), Agnes Kovacs (Hungary), Misty Hyman (USA), Susan O'Neill (Australia), Claudia Poll (Costa Rica), Kristine Quance (USA), Jenny Thompson (USA).

to represent the USA in international swimming competition: **David Fox** and **Richelle Depold Fox**. Both came away with gold medals.

Another first was racked up by "Dr. Ron." **Ron Karnaugh, M.D.**, at 31, one of the oldest swimmers ever to represent the Stars and Stripes, was also the first physician ever to make the national team. The old guy came through with lifetime bests in the 200 and 400 IM, winning bronze in the shorter event (2:02.25).

This is Really Deep. On Aug. 25, **Mehgan Heaney-Grier** of Key West, Fla., celebrated her last day as a teen by setting an American record for free-diving when she descended to a depth of 165 feet off the coast of Big Pine Key, Fla. The dive, accomplished without breathing apparatus of any kind, took one minute, 58 seconds, and broke the previous record by 10 feet.

High School Record. At the North Coast (Calif.) Section Swim Meet in May, **Clara Ho** of Moreau Catholic High School in Hayward, Calif., bettered the national independent school record in the 100 yard fly,



clocking 54.42. Her time erased **Sylvia Bereknyei's** time of 54.63p, set last year.

Another One Bites the Dust! **Ryan Berube**, 23, a 1996 Olympic gold medalist in the 800 free relay, was married to SMU cross-country runner **Michele Stackhouse**, 22, in Dallas on June 14. The couple honeymooned for a month in Hawaii and New Zealand.

Return of the Kiwi. Speaking of New Zealand, double Olympic gold medalist **Danyon Loader** has turned pro, dropped out of the University of California, and returned to Auckland to train for the World Championships. In 1996, Loader became New Zealand's first Olympic gold medalist in swimming, winning both the 200 and 400 freestyle events.

Astounding. Ten-year-old **Hee Jin Chang** of the Mass Bay Marlins destroyed NAG records in the 50 and 100 meter fly (30.04, 1:08.66). As a Korean citizen, she cannot hold an NAG record.

Coaching Changes. **Seth Baron**, 33, has been named head coach of the men's swim program at Georgia Tech University. Baron, who served as head coach of the U.S. Maccabiah team that competed in Israel in July, has been an assistant coach at South Carolina for the last three years.

Ray Looze has taken over the reins of the men's swim team at the University of the Pacific. In addition, Looze will remain as head coach of Tiger Aquatics in Stockton, Calif.

George Rathman, 31, has been named men's and women's head coach at Xavier University in Cincinnati, replacing **Jerry Frentsos**. Rathman produced several state championship teams while coaching at St. Ursula Academy and the Cincinnati Marlins.

Honored. **Mark Schubert**, head coach at USC, has been honored by the U.S. Olympic Committee as the 1997 "National Swimming Coach of the Year." Bolles' **Gregg Troy** was named "Developmental Coach of the Year" by the USOC.

Passed Away. Legendary Hawaiian swim coach, **Soichi Sakamoto**, passed away in

August at the age of 91. During his career from 1932-1960, Sakamoto produced more national and Olympic champions than any other coach in Hawaii. ■

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NUTRITION

Breakfast: It Does A Body Good

**Tamara
Lowengrub,
M.S.**

Breakfast is the most important meal of the day, especially since swimmers typically practice and compete in the early morning. After an overnight fast, your liver and muscle glycogen stores are depleted. Glycogen is the carbohydrate stored in the muscles and liver, which will be converted into glucose for energy.

Low glycogen levels contribute to fatigue and are associated with poor athletic performance. In addition, skipping breakfast also impairs concentration and work efficiency.

By eating an adequate meal in the morning, you will replenish your glycogen stores, refuel your muscles and allow your body to utilize calories properly throughout the day. An adequate breakfast will "jump-start" your metabolism, providing you with sufficient energy for the entire morning. Consider breakfast part of your workout regimen—the first step in preparing yourself for your next practice.

If you do not like traditional breakfast foods, there are plenty of alternatives. For instance, leftover dinner

from the night before will provide you with enough energy for swim practice. Breakfast does not have to be a conventional sit-down meal. Instead, breakfast can be planned the night before and made "to go."

Many swimmers complain that they do not have an appetite in the morning. If you are not hungry for breakfast, then you may have eaten too much the night before. Nevertheless, do not skip breakfast. If you gradually start to consume small meals in the morning, your body will eventually become accustomed to eating early in the day. Furthermore, if you are skipping breakfast in an effort to eliminate calories, keep in mind: research indicates that people who skip breakfast compensate by eating more calories later in the day.

Even though you may skip breakfast and feel fine, swimming on an empty stomach increases risk for chronic fatigue and could even result

in a serious injury. If you deprive your body of necessary fuel, then recovery time will be lengthened. Your body needs energy in order to work efficiently. By consuming adequate amounts of fluids, carbohydrates, protein, fat, vitamins and minerals, you will allow your body to rebuild glycogen stores and repair your muscles.

Basic Breakfasts

At home

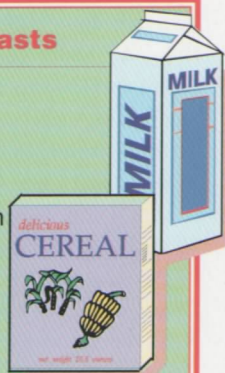
- 1 3/4 cup of cereal
1 cup low fat milk
1 cup orange juice
1 slice of toast with jam
2 scrambled eggs

- 2 1/2 cup of oatmeal
1 cup of low fat milk
1 small apple
1 slice of toast with peanut butter

On the go

- 3 1 cup low fat yogurt
1 orange
1 peanut butter and jelly sandwich

- 4 1 bagel with cheese
1 cup of low fat milk
1 peach



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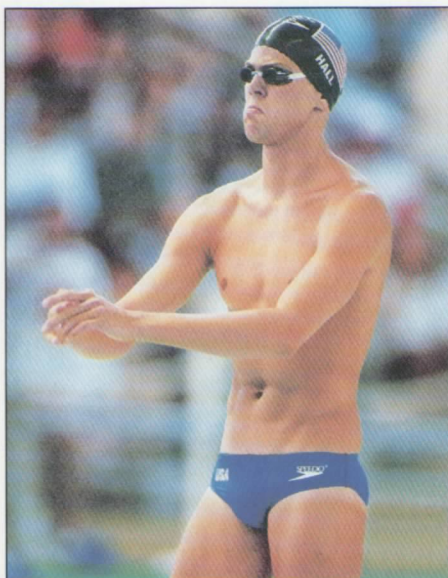
Breakfast should provide you with one-third of your daily calorie requirements. An easy way to do this is to eat half of your breakfast before practice and the other half after practice.

One of the most practical and nutrient-dense breakfast foods is cereal. Cereal is rich in carbohydrate, fiber, calcium, iron, and is low in fat and cholesterol. In addition, you can vary the flavor by changing the type of cereal. However, if you do not like cereal, you can substitute whole grain breads or bagels without compromising the nutrients. By adding fresh fruit, low fat milk and eggs for protein, you can easily create a well balanced breakfast. The "Basic Breakfasts" chart (above) shows four different breakfasts, each of which is based on a 2,200 calorie diet. If you require more calories, you can add to each item accordingly.

Remember, do not skip breakfast! Regardless of your schedule, always make time for a nutritious meal. Incorporating a healthy breakfast into your workout routine will help you achieve your performance goals. ■

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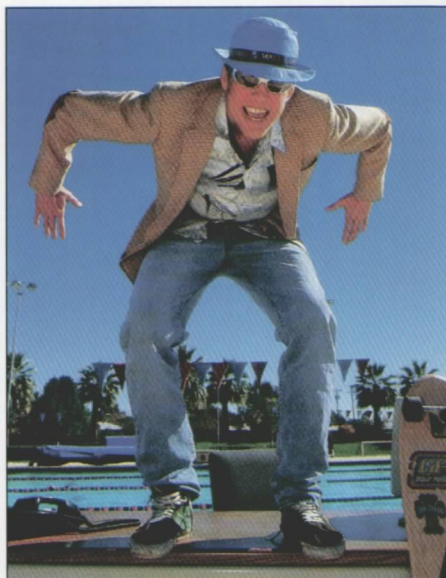
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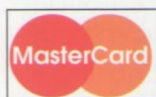
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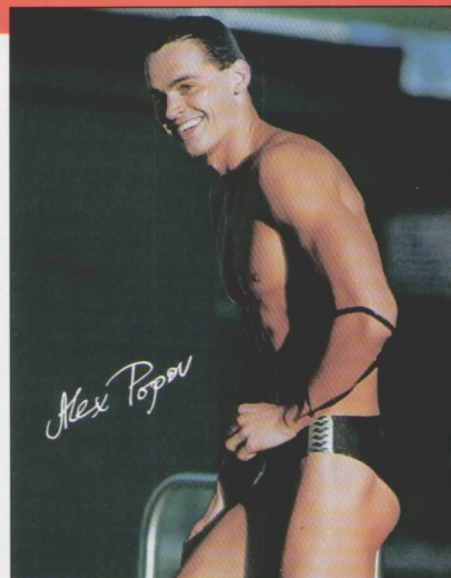


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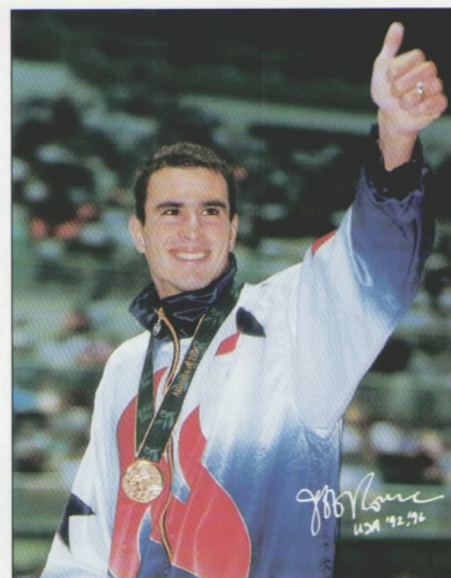
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NATIONAL REPORTABLE TIMES

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LSC Tabulators are responsible for submitting all NRT times swum within their LSC plus all NRT times swum by swimmers from their LSC, regardless of where the swim took place. Different LSCs have different procedures for reporting NRTs. Check with your LSC, team or coach for the procedures in your LSC.

Swims occurring in meets other than USS sanctioned competitions may be eligible for Top 16 recognition provided they meet the criteria described in 204.8 of the USS Rules and Regulations (i.e., high school championships, etc). Please check with your LSC tabulator prior to swimming in a meet of this type. Do not assume if you receive an OVC for a swim that it will be submitted for Top 16; they are two different programs.

As many of you are aware, this past summer we

**Amanda
Beard**



Photo by Bill Collins

piloted a project where a preview list of the 1996-97 short course times were placed on the USS web page. We received numerous calls and e-mails in response to this project. Beginning with the 1997-98 swim season, these results will be placed on the web site more frequently. A reminder: times and corrections will only be accepted from a LSC Tabulator.

SUPERSTAR SWIMCHAT SERIES

United States Swimming's (<http://www.usswim.org>) web site hosted five chats as part of the Superstar SwimChat Series from July 14-18. Olympians Jenny Thompson, Tom Dolan, Amanda Beard, Gary Hall, Jr., and Amy Van Dyken fielded questions from SwimKids across the nation and around the world. The athletes received a total of nearly 5,000 questions in the five one-hour sessions. Here is a highlight or two:

Julie of Ohio: "I have to go swim the mile in about two hours. Any tips, or haven't you swum it before?"

Gary Hall, Jr.: "First of all, I'm sorry. May God be with you. Actually, I used to swim the mile; that's all I did for about a year. Just follow the line at the bottom of the pool; they'll stop you sooner or later."

Elizabeth of Maryland: "I've noticed that you don't wear goggles when you race. Why?"

Amanda Beard: "Because my goggles fell off in a race when I was 9, and I decided I never wanted to wear them again."

PHOTOS FROM MAJOR SUMMER MEETS ON USS WEB SITE

Check out the USS web site for almost 400 photos from this summer's major competitions, including the Phillips 66 National Swimming Championships in Nashville, the Pan Pacific Championships in Fukuoka and the World University Games in Sicily, Italy.

There are two sources for the photos: the USS SwimCam, a digital camera that allows photos to be uploaded within the same day to the USS web site, and Allsport Photography, a worldwide leader in sports photography and the official photographer for U.S. Swimming at these events.



**Gary
Hall, Jr.**

1997 U.S. OPEN SWIMMING CHAMPIONSHIPS TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.39	27.09	27.79	50 Free	21.29	23.59	24.79
52.49	57.79	59.89	100 Free	46.49	51.29	53.69
1:53.09	2:04.59	2:09.09	200 Free	1:41.79	1:52.29	1:57.69
4:59.29	4:18.49	4:28.59	400/500 Free	4:35.19	3:58.29	4:08.69
10:07.89	8:49.29	9:08.19	800/1000 Free	9:30.39	8:19.09	8:34.19
17:00.69	16:49.59	17:30.09	1500/1650 Free	15:53.79	15:36.29	16:28.49
58.39	1:04.09	1:07.69	100 Back	52.19	58.09	1:01.29
2:05.19	2:18.79	2:24.59	200 Back	1:53.29	2:09.19	2:11.79
1:06.09	1:13.79	1:16.39	100 Breast	58.29	1:04.79	1:07.69
2:21.29	2:38.09	2:43.59	200 Breast	2:08.39	2:23.99	2:27.09
57.49	1:03.19	1:05.49	100 Fly	51.09	55.99	57.89
2:06.19	2:18.69	2:22.09	200 Fly	1:52.69	2:03.29	2:07.99
2:08.29	2:21.49	2:26.59	200 IM	1:54.69	2:06.79	2:13.59
4:28.99	4:56.59	5:07.39	400 IM	4:03.19	4:29.29	4:41.59
3:59.19	4:26.59	4:31.19	400 MR	3:29.79	3:54.39	3:58.59
3:34.59	4:00.09	4:02.09	400 FR	3:07.09	3:27.79	3:36.39
7:43.09	8:37.59	8:46.09	800 FR	6:55.79	7:42.29	7:53.79

Qualifying period: Dec. 5, 1996 through meet entry deadline.
The championships will be conducted in long course meters.

U.S. OPEN SWIMMING CHAMPIONSHIPS DEC. 4-6, 1997

INDIANA UNIVERSITY-PURDUE UNIVERSITY NATATORIUM (IUPUI)
INDIANAPOLIS, INDIANA

ORDER OF EVENTS: Preliminaries 9:00 a.m., Finals 6:00 p.m.

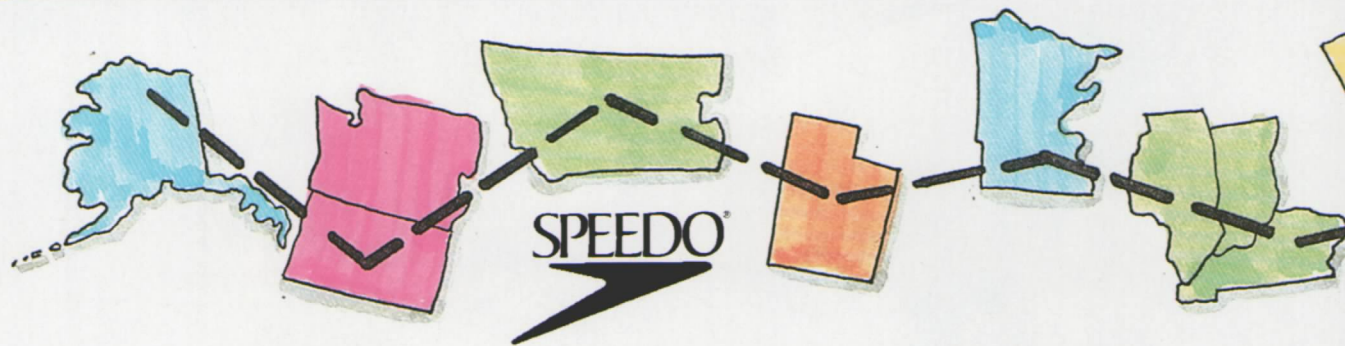
W DAY 1—THURS., DEC. 5	M	W DAY 2—FRI., DEC. 6	M	W DAY 3—SAT., DEC. 7	M
1 200 meter individual medley	2	13 100 meter backstroke	14	23 800 meter freestyle (W)*	—
3 400 meter freestyle	4	15 200 meter freestyle	16	24 100 meter freestyle	25
5 100 meter breaststroke	6	17 100 meter butterfly	18	26 200 meter breaststroke	27
7 200 meter backstroke	8	19 400 meter IM	20	28 200 meter butterfly	29
9 50 meter freestyle	10	(10 minute break)	—	1500 meter freestyle (M)*	30
(10 minute break)		21 400 meter medley relay	22	(10 minute break)	
11 800 meter freestyle relay	12			31 400 meter freestyle relay	32

* In the morning session only, prelims in Events 23 and 30 will be swum after Event 32, in accordance with article 206.6.2D.

U.S. Swimming
National Headquarters,
1 Olympic Plaza,
Colorado Springs, CO
80909; 719-578-4578;
<http://www.usswim.org>
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all its members. It will
continue to disseminate
such information as
comes to its attention.
However, United States
Swimming cannot and
does not accept respon-
sibility for the content
of any such information
or material. All ques-
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stated in any such mate-
rial are solely that of
the author(s) and not
necessarily that of
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ing, nor do they nec-
essarily reflect the
views of *Swimming
World* magazine.



Junior Swimmer



CALIFORNIA

The Chico Aqua Jets quartet of **Kelsey McKenney**, **Lara Styles**, **Leah Behrend** and **Kristin Huston** swam the 13-14 girls 200 meter medley relay in 2:07.54, netting them first place at the Far Western Championships in Concord. Brian Clark is the girls' coach.

MARYLAND

SPY Swimming's 15-17 boys squad recently broke the Maryland state resident record in the 200 meter freestyle relay (1:41.10). The relay consisted of **Eric Bond**, **Chris Hanley**, **Billy Kessel** and **Paul McDonald**.

NORTH CAROLINA

Swimming World was recently informed that the North Carolina 1A-2A-3A

results for 1996 were never published in our annual comparison of state high school championships. Following are the winners of the meet which was held March 9, 1996:

Women—50 free, **Annabel Kosten**, T.C. Roberson, 24.02 (record); 100 free, **Kosten**, 52.68; 200 free, **Lori Hoppensteadt**, SW Guilford, 2:00.20; 500 free, **Mary Smutney**, W. Guilford, 5:14.72; 100 back, **Amy Hendrick**, Shelby, 59.31; 100 breast, **Lauren Rafferty**, SW Guilford, 1:09.65; 100 fly, **Melissa Orr**, T.C. Roberson, 1:00.56; 200 IM, **Rafferty**, 2:12.63. Shelby High won all three relays: 200 MR, 1:59.22; 200 FR, 1:45.34; 400 FR, 3:54.16.

Men: 50 free, **Jason Moretz**, South Caldwell, 21.61; 100 free, **Moretz**, 47.82; 200 free, **Jarret Martin**, Mt. Airy,

1:44.21; 500 free, **Gregg Doule**, Charlotte Catholic, 4:52.90; 100 back, **David Kernodle**, R.S. Central, 55.63; 100 breast, **Samuel Richard**, Trinity, 1:00.92; 100 fly, **Martin**, 51.28 (record); 200 IM, **Brian Scanell**, Charlotte Catholic, 1:56.85; 200 MR, Charlotte Catholic, 1:45.24; 200 FR, Brevard, 1:33.59; 400 FR, Charlotte Catholic, 3:22.38 (record).

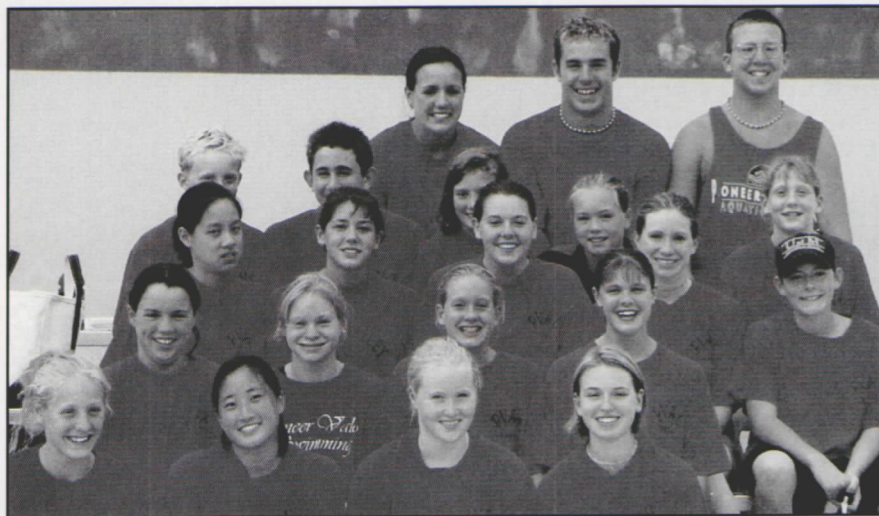
Shelby High won the women's title, while Charlotte Catholic was the men's champion. High-point winners of the meet were **Kosten** and **Rafferty** (women); **Moretz** and **Martin** (men).

OHIO

Jason Cobb, 14, of the WTRC Sharks was named Outstanding Swimmer of the Meet at the Ohio Junior Olympic Championships held July 24-27 at Keating Natatorium in Cincinnati. Cobb achieved senior national cuts in the 50-100 meter free. His time of 23.70 in the 50 bettered national, state and meet records. Jason set two state and meet marks with his 52.27 in the 100 and 1:56.97 in the 200. In addition, Cobb, **John Grubb**, **Greg Middleton** and **Ben Knickrehm** established a new national mark in the 200 freestyle relay (1:43.50) and a meet record in the 400 free relay (3:51.50). The 13-14 boys squad took home high-point honors for that age group. WTRC's 9-10 girls team was second in its division, paced by **Amanda Laneve**, who broke the 9-10 girls state and meet marks in the 100 meter fly (1:12.93).

□

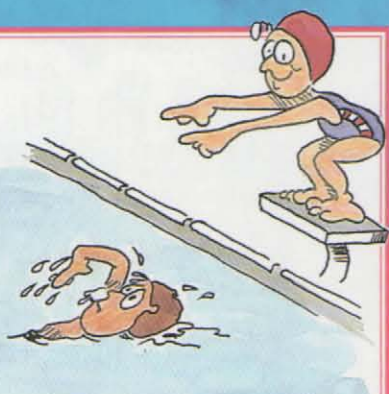
Cincinnati Marlins' age groupers have had an outstanding summer season. They began the weekend of July 4-6 by taking second at the Western Great Lakes Open



MASSACHUSETTS: Twenty-three swimmers and two coaches (pictured above) from the Pioneer Valley Aquatic Club in Springfield spent a week in Bermuda in August. They competed at the Harbor Swim Club Invitational, Triangle Swim Club's Ocean Swim and Bermuda vs. Visitors Meet.



American Relay



MINNESOTA: Two long-standing state relay records were broken at the University of Minnesota by Edina Swim Club's 10-and-under girls. They clocked 2:25.45 for the 200 meter medley relay and 2:11.60 for the 200 free relay, breaking records that stood for 16 and seven years, respectively. From left are Nina Cole (back), Kate Polich (fly), Hannah Leigh (breast) and Emily Triggs (free).

held in Milwaukee, Wis. At both the Ohio State "A/B" (held in Athens, Ohio) and "AA" Championships (held in Cincinnati), the Marlins took the top spot. In addition, four swimmers—**Nicole Kroeger**, **Chase Thomas**, **Kasey Carpenter** and **Lauren Bernstein**—took part in the Central Zone Championships Aug. 8-10 in Oklahoma City, Okla.

In senior competition, the Marlins placed third at the Region VI Championships July 11-14 in Ann Arbor, Mich. They also captured the Ohio Senior Championships trophy Aug. 1-3 in Athens, Ohio.

SOUTHEAST

What's in a name? Well, it can be plenty. In July's Nike Swim Results-Southeast, on page 1, we published results of the Georgia Coastal Aquatic Team Spring Fling from April, hosted by the Central Georgia Aquatic Team in Savannah.

It turns out that the meet was actually

hosted by the YMCA of Coastal Georgia Piranhas. The meet was held in Hinesville from March 21-23.



NEW JERSEY: The Berkeley Aquatic Club's 13-14 boys relay broke the New Jersey state record in the 200 meter medley relay with its 2:05.26 at the Junior Olympic Long Course Championships held July 25-27 at Rutgers University. The relay participants were Matt Kane, Michael Smith, Brian Funk and Paul Caciula. Berkeley Aquatic Club is coached by Jim Wood.

TEXAS

The San Antonio WAVE Swim Club finished ninth in the state of Texas at the most recent long course championship. The WAVE girls ranked fifth overall. **Liz Matlock**, 13, became state champion in the 100 meter butterfly. The 13-14 girls relay team of Matlock, **Katie Peterson**, **Jennifer Krebsbach** and **Annie Feigen** were No. 1 in both the 200 and 400 meter free relay events and qualified to swim those relays at junior nationals.

Two WAVE 10-and-under girls earned high-point awards at other end-of-season meets. Ten-year-old **Lauren Pruett** won her award at her LSC's Junior Olympics and **Kylee Robinson**, also 10, was the top 10-and-under girl at the South Texas Championships. Also at the Junior Olympics, the 9-10 girls took home the age group team award. ■



AGE GROUP SWIMMERS OF THE MONTH!

Candidates for "Age Group Swimmer of the Month" must compete within a nationally recognized age group.

Please send a personality sketch and a color photograph or slide (a face shot, such as a school picture) of each nominee. Be sure to include the name, address and phone number of the person submitting the candidate.

You can request a Swimming World Age Group Swimmer of the Month Profile Form, which can be used as a guide to writing the nomination. The more information we receive, the more complete the story can be.

Send all information to Swimming World, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341. If you want the picture returned, please enclose a self-addressed stamped envelope.

TYR Sport sends each Age Group Swimmer of the Month a package containing a swimsuit, goggles and T-shirt.



DEVIN CANFIELD, AGE 11
Burlington County YMCA
Mt. Laurel, New Jersey

DEVIN CANFIELD of the Burlington County YMCA Hurricanes has over 500 awards to prove he's been a successful swimmer.

High-Point Winner: As a 10-year-old, Devin received the high-point trophy at the Mid-Atlantic State Meet, where he posted times of 33.10 in the 50 yard fly, 33.96 in the 50 back and 1:15.23 in the 100 back. Devin went on to the YMCA New Jersey State Championships, where he placed second in the 50 yard back (33.46) and swam on two first-place relays.

Dive! Canfield is also a very accomplished diver, and has been highly recruited by diving coaches. He currently holds a South Jersey diving record on the 3-meter springboard for the 10-11 age group, which he achieved as a 10-year-old last year.

Devin swims and dives for the Barclay Farm Swim Club in Cherry Hill, N.J. during the summer. This summer, he placed first in all four South Jersey diving meets. In swimming, he was the top 11-year-old boy at the Tricounty Qualifying Championships in the 50 meter back (35.94) and 50 fly (33.05).

MEGAN QUANN started swimming for the Puyallup Aquatic Club (PAC) almost four years ago. She won every event at her first meet as a 10-year-old, and set her first regional time that same year.

As an 11-year-old, Megan continued to improve, achieving zone qualifying times in the 50-100 meter breaststrokes. At the

Western Zone meet she placed ninth in the 50 and 11th in the 100.

Junior and Senior Qualifying: Megan made the Pacific Northwest Swimming Association All-Star team as a 12-year-old. Later, at Western Zones, she took second in both the 50 and 100 meter breast. Megan continued to better her times at the 1997 All-Star Meet in California. She placed second in the 100 yard breast and third in the 200 breast, making junior national times in both events.

This year's Age Group Regionals was even better for Quann. She made her first senior national time with a 1:04.86 in the 100 yard breast. Megan also bettered her junior national cut time in the 200 breast (2:21.66) and took first in the 50 free (24.89).

Megan skipped juniors this summer to attend senior nationals in Nashville, Tenn. After a long week at nationals, Quann came home to swim in a regional meet, swimming times of 28.11 in the 50 meter free, 1:00.75 in the 100 free and 2:13.01 in the 200 free. ■



MEGAN QUANN, AGE 13
Puyallup Aquatic Club
Puyallup, Washington

THE *ULTIMATE* WORKOUT WEB SITE

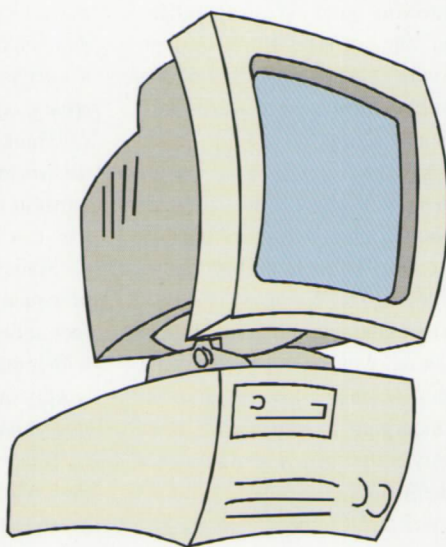
You're a 14-year-old distance swimmer. Have you ever asked yourself how other distance swimmers train? Or, maybe you're a breaststroker who is shooting to reach junior championship times. You wonder, what kind of workouts do breaststrokers with junior cuts do? How about senior cuts?

Or, you're on vacation with your family but would like to do the same workouts your team at home is doing. Or, perhaps, you're a coach and you'd like to learn what other coaches with teams like yours are doing for their dryland training program.

Now you can answer these questions and many more by logging onto what is being described as "the ultimate workout web site."

Here's how it works:

- Simply log onto *Swimming World's* web site: <http://www.swiminfo.com>.
- Next, click on "Training and Technique," then "Search for a Workout." On the screen will be a page offering menu choices for ability level, workout type and workout duration.
- Click on "Ability Level." You'll have seven choices that run the gamut from lap swimmer to USS "A," "B" and "C" levels through USS junior and senior national level. Choose the level that's right for you. If you are unsure of your level, hit "Help," and you'll find a glossary that defines each ability level.
- Now hit "Workout Type." Here, the menu gives you nine different choices, ranging from sprint free to middle distance to distance free to workouts for each stroke to IM. There even is a category for open water swimming.
- Finally, click onto "Workout Duration." Once again, you'll see a menu of choices ranging from 20 minutes all the way to over two hours. Cool!



By PHILLIP WHITTEN

In all, you can choose from some 441 types of workout. For example: a junior national level sprint workout that is one hour in length; or a 30-minute fly workout pitched at the USS "B" level; or a 90-minute middle distance session for the pre-senior level.

That's not all: you can click onto "Keyword" and do a keyword search. For example, let's say you type in "anaerobic." The search will turn up every workout containing that keyword. To focus in on precisely what you want, you might type in "backstroke." You'll then have a choice of every anaerobic backstroke workout on the site. You could also use the "Keyword" feature to call up workouts by different coaches, simply by typing in their names.

Earlier, we explained that there are 441 categories, or types, of workout. Of course, each category will contain more than one workout. Eventually, there may be hundreds—or even thousands—of workouts within each category from

which you can choose. How will this happen? As swimmers such as yourself, and coaches, key in their workouts, they will be added to the workouts in the database and made available to be shared with other swimmers and coaches from around the world.

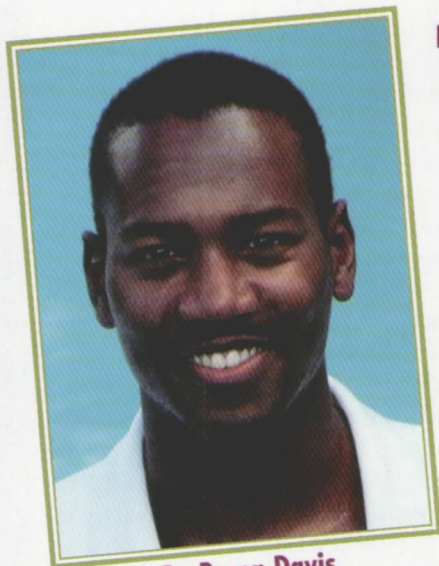
There's more: you can use the database as a personal log book. Just key in each day's workout and sign it with your name, let's say, Jennifer Miller. Then use the "Keyword" feature (type in "Jennifer Miller") to retrieve all your workouts any time you want.

The *Ultimate Workout Web Site* is the brainchild of *Swimming World's* co-publisher, Gerry Rodrigues, 34, who is also head coach of the UCLA Masters team and a world-class Masters and open water swimmer. Rodrigues then enlisted the technical expertise of USA national team member and "techie," Steve West, 25, who is a founder of Eureka Technologies in California. Together, they turned a dream into reality.

Says Rodrigues, "We constructed this site in a database format so that swimmers and coaches can log in their workouts and use the site as a simple way to exchange information." For coaches, he says, it has an added value. "Sometimes, coaches can get stale or less creative in designing their training programs. It is helpful to see what your colleagues are doing."

West, who finished third at last year's Olympic Trials in the 200 breast, designs custom web sites and internet programming services. He custom-designed the site to *Swimming World's* specs. He notes, "A year from now, there will be thousands of workouts on the site. The more people participate, the better off everyone is." ■

Acting With **IMPACT**



By Byron Davis

There is probably no greater feeling than the sense of certainty that comes from acting toward a specific goal or accomplishment...the power to follow through on what you say you'll do...the power to turn simple words into dynamic action.

No matter who you are or where you come from, the one thing all great achievers have in common is their ability to *act* with impact. We've witnessed it a thousand times: Michael Jordan taking over a game and scoring the winning basket; or Gary Hall emerging to win the 50 free-style after barely qualifying for the finals.

The common trait in their achievement? *Action!*

No matter the task or event—from leading your lane through the toughest set of the day to swimming the 200 fly, 400 IM and 1650 back-to-back—success and achievement require us to *act with impact!*

Yet, this is where most people fall short. It is not that they cannot do it, rather, they *will not* do it.

What separates the “just good” from the “great” and

the best from the rest is the level of willingness to make their actions count. In swimming, as in life, having great intentions and excellent ideas is not enough. Even an average idea with less than modest intention, acted upon with intensity and focus, is 100 percent more potent than a terrific idea that dies because it is not backed by strong, deliberate action.

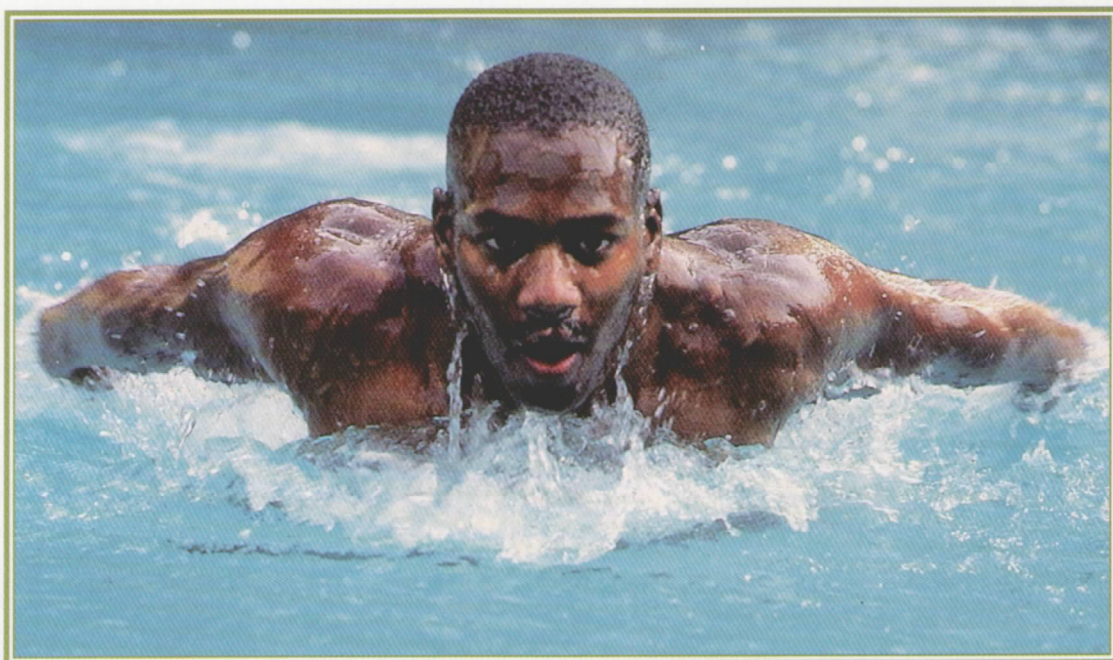
Think about it! Everything that is worth anything in the world—from skyscrapers to satellites, from the internet to instant pudding—is just a thought, a notion, an idea that was acted upon and developed.

Sometimes it boggles my mind when I think about how many great ideas and achievements are buried six feet underground because that person chose not to act with impact. You see, no matter how great the goal, how worthy the achievement, how noble the job, *without action, it does not exist!*

It is my strong conviction that all of us have greatness within us. Yet, how many of us experience our greatness on a daily basis? How often do we challenge and inspire those around us by setting and resetting the standards of performance and achievement?

Are you acting with impact?

The one thing leaders and achievers agree on when talking about the keys to their success is action. Just doing it has made all the difference.



In my own experience and observation, I have found that there are two types of people: the successful or "act-ers" and the average or "passive-ers." After close study of both types, we are able to see patterns of behavior at work.

The "act-er" is a doer. She takes action, gets things done and follows through on ideas and plans. The "passive-er," on the other hand, is a notorious "don't-er." She postpones doing things until she has proven to herself that she can't or shouldn't do them—or until it's too late.

The difference between the two shows through in countless little ways.

- The "act-er" plans a vacation and takes it. The "passive-er" plans a vacation, but postpones it until next year.

- The "act-er" decides he should attend church more often, so he goes. The "passive-er" thinks it's a great idea, but waits until situations are better in his life.

- The "act-er" feels that she should drop a note to a friend to congratulate him on an achievement. She writes the note. Under the same conditions, the "passive-er" finds a good reason to put off writing the note—and never does.

These differences show up in the *pool* too!

- The "act-er" wants to swim on a faster interval, so he streamlines more and kicks two more times off of every wall. The "passive-er" would also like to get faster, but postpones his actions until that next set that never comes.

- The "act-er" decides to swim an ocean event, so he shows up on Sunday and swims pier-to-pier. The "passive-er" would love to be able to complete an ocean challenge, but wants to wait until he gets into this mystical "better shape."

In these examples, I want to point out that both the "act-er" and the "passive-er" have equal talent and ability. Both are equally intelligent and nice. But who do

Everything that is worth anything in the world—from skyscrapers to satellites, from the internet to instant pudding—is just a thought, a notion, an idea that was acted upon and developed.

you think consistently gets the most out of his/herself and achieves more?

It has been said that, most often, we don't get what we truly deserve, rather, we get what we settle for. Life is both giving and frugal in this way. Most folks stop and give up too early. It is not always the one who is most gifted that wins the prize, but the one who chooses to make every action count for something.

Those who envy the star performers should realize that the stars are those who do not just idly wish for success, but *act*! They give their dedication, their singleness of purpose, their days, nights, weeks, months and years

THREE SECRETS To Achieving More In Less Time

Create the action habit!

- Realize that actions drive away fear! Inaction, hesitation and procrastination feed fear and give birth to failure.

- Remember...often, the right beliefs come after you act. So don't let limiting beliefs stop you from winning. Your actions will establish new reference points that will support new and better beliefs. If you are finding it hard to believe that you can win, study those who are winning and do what they are doing. (Success really does leave clues.)

- Finally...REPOH-sess SUCCESS! REPOH stands for Repetition-Easy-Pleasure-Often-Habit. When something is done repetitively, it becomes easy. When something becomes easy, it becomes a pleasure. When it becomes a pleasure, it is done more often. And when it is done more often, it becomes a habit.

When trying something new, remember to REPOH-sess that habit. You'll find that more of your actions will have lasting impact.

to an unceasing struggle for greater proficiency. And when the talent they have so painstakingly cultivated for so long begins to bloom, others who had the same amount of time, the same opportunity, the same freedom, come up and say, "I'd give anything to be able to do what you are doing, to have what you have."

Why not make your actions count? Why not complete *your* mission? Why not fulfill *your* dream? *Why not act with impact?*

If you would just commit to doing what you can with what you have and where you are, providence will move with you. All sorts of things will happen in your favor that would not have happened if you simply chose not to act.

Whatever you think you can do or dream you can do, begin it. Bold action has magic, power and genius in it.

In my 18 years of national and international competition, I've come to realize that the greatest results are usually attained by simple means and the exercise of ordinary qualities. With enough effort and deliberate action toward a goal, anyone can be great at something.

I agree with Cal Ripken when he said, "Talent helps, but true greatness has more in common with bold nerve than it ever will ability."

Remember...nothing takes time; achievement takes action! Make every action count. *Act with impact!* ■

About the Author

This is the first of a series of columns by **Byron Davis**, the assistant women's and Masters coach at UCLA. Davis holds the American record for the 50 meter butterfly (24.05).

SPEEDO JUNIOR CHAMPIONSHIPS

Wave Of The Future

By Ann Ingram

Over 3,000 swimmers competed across the United States in three championship meets that saw six regional records and two junior national marks.

West

Goals. They're the swatches of fabric that piece together the patchwork of dreams. They bring into focus a dim vision, stitched together by threads of diligent effort and hope.

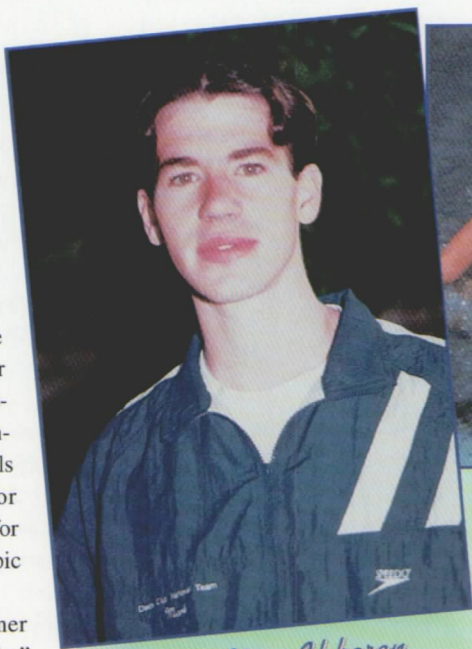
When David Salo and his coaching staff at Irvine Novaquatics sat down a year ago with their swimmers to discuss goals for the next swimming season, one of those goals related to the Speedo Junior Championships (West), slated for Aug. 5-9 at the Clovis Olympic Complex.

"One focus for this summer was to win Junior Nationals," reflected Salo from his pool office in Southern California. "We believed that, if we put our minds as a team toward team goals, we could achieve them."

It was a challenge for the Novas—predominantly a young team with many swimming in their first junior championship meet. They also were competing in the strong West region, which boasted many of the fastest winning times swum at the three regional long course Junior Championships.

In all, Western swimmers were fastest across the nation in 19 of the total 34 events. To make matters tougher, he noted, "We knew before the meet started that we'd face a big challenge from the talent-laden Terrapin Swim Team, led by Coach Ray Mitchell."

The Novas and Terrapins were among the 230 teams with 1,200 swimmers who converged on the central California town of



Mark Van Akkeren
Dads Club



Brianna Loecher
North Jeffco

Clovis. But when all was said and done, it came down to these two teams—both of whom had set their sights on a team championship—in the drama of the meet's final event.

When the waters had settled following the final 400 meter medley relay, the Novas of Southern California saw their dream become reality. The combined team totals were 479.5 for the Novas to 455 for the Terrapins, with The Woodlands Swim Team taking third (261), ahead of Rose Bowl Aquatics (216).

The Novas' margin of victory was much greater in the women's competition, as their 383 beat the Terrapins' 243, then Shilshole took third at 137.5, followed by City of Plano (122) and The Woodlands (119). But the Terrapins proved stronger than the Novas among the men. The Terrapin men

narrowly edged San Jose Aquatics (212 to 205), and the Mission Viejo men got third with 160, just ahead of a tie for fourth between Rose Bowl Aquatics and Woodland Swim Team, both at 152.

The big points for Irvine in the medley relay came from their women, as the two Nova teams finished first and second (4:23.71 and 4:25.22), and the Terrapins had to settle for sixth and seventh among the women. The winning time beat the West junior meet's previous record (4:24.99, The Woodlands, 1993).

On the men's side, Terrapin placed second (3:57.67 to San Jose Aquatics' winning 3:54.23, bettering Texas Aquatics' 3:55.03 West record from 1992), while the Irvine men didn't make the top eight.

Irvine women also combined for gold during the 800 free relay (8:35.34) and just missed first in the 400 free relay behind the Walnut Creek Aquabears (3:57.28 to 3:57.38).

Irvine's top individual scorer was Jessica Hayes, 14, who placed second in both the

50 free (26.73 to Gillette Gator's Kelly Bennett's 26.62) and 200 free (2:05.40 to the 2:05.35 winning time of Rose Bowl's Heather Boylan). Hayes added a third-place time in the 100 free en route to her 59-point total for third among women's individual scorers, just two shy of the top score.

Hayes also played a vital role on the Irvine women's relays. "Without Jessica on the relays," her coach evaluated, "we might not have won the team title."

The Novas boasted one of only two 12-year-old winners at this year's West cham-

pionship meet. Nova Kristen Caverly finished first in the 100 breast (1:12.83), and Phoenix featured the other 12-year-old West champion in Kalyn Keller (200 fly, 2:17.77).

But experience merged with youth for Irvine's team conquest, as 1996 Olympian Amanda Beard helped her team with a second-place finish in an "off" event for her—the women's 200 IM. She just missed the gold with a 2:20.29 effort, as she was edged by IM double winner, Lakeridge's Amber Rais (2:20.25 and 4:54.34).

Amanda enjoyed being a part of the junior national team's effort to take the team title, reflected Coach Salo. "Amanda got to swim with many in her peer group and had a chance to 'hang loose' after fighting a year of injuries, surgery, sickness and, consequently, a disappointing senior national effort just a week earlier. And," added Salo, "I think it was also a good opportunity for the kids competing against her."

Salo also had much praise for Coach Mitchell's strong team of Terrapins. Outstanding among the Terrapins was Tanica Jamison, 15, from Dublin, Calif.—a double gold medalist who won some very close contests. In the 100 free, her 57.69 just nipped Hasting's Kathryn Seleskie for the gold by 1-hundredth. Her margin of victory in the 100 fly was 3-hundredths, as she captured the victory over Montrose's Corine Nixon (1:02.75 to 1:02.78), bettering the JN-West record of 1:02.79 set by Lindsey Highstrom in 1995.

Jamison's individual girls' point total (60) was one point shy of the best, turned in by Brianna Loecher of North Jeffco, who had 61 points, including a win at 4:20.50 in the 400 free and a fourth-place in the 800 free, which was won by Redlands' Vicky West (8:53.32). Another distance freestyler, young Jamie Tannhauser, 13, of Shilshole, captured the 1500 (17:12.08).

The women's backstroke titles went to Puyallup's 13-year-old Jamie Reid (1:04.66, 100) and Amber Martin of Desert Aquatics (2:20.49). Reid's performance bettered Elizabeth Myers' JN-West record of 1:04.76 from 1995.

Breaststroke standout Staciana Stitts, 15, swimming unattached, came within a half-second of the JN-West record in the 200, winning in 2:37.32.

Men's swimming presented a duel between the Terrapins and San Jose Aquatics, with only five points separating the two. Leading the Terrapins was Trent Holsman, who won the 100 free (51.97) and was second to The Fleet's John Berry in the sprint (23.67 to 23.99).

San Jose's point leader was Rob Canales, who took second in the 100 breast to another Fleet swimmer, Jeremy McDonnell (1:04.57 to 1:04.68). McDonnell had to settle for second himself—by just 1-hundredth of a second—in the 200 breast,

Comparison of 1997 Long Course Junior Championships

WOMEN	WEST	NORTHEAST	SOUTHEAST
50 Free	Bennett 26.62	Weir 26.96	Kearns 27.12
100 Free	Jamison 57.69	Iffland 58.16	Mann 58.56
200 Free	Boylan 2:05.35	Sissener 2:05.60	Burns 2:06.47
400 Free	Loecher 4:20.50	Wilson 4:20.62	Lavell 4:22.56
800 Free	West 8:53.32	Wilson 8:55.10	Green 8:55.66
1500 Free	Tannhauser 17:12.08	Wilson 16:59.95	House 17:00.12
100 Back	Reid 1:04.66*	Iffland 1:04.27	Spivey 1:06.03
200 Back	Martin 2:20.49	Berg 2:20.53	Hetherington 2:20.47
100 Breast	Caverly 1:12.83	Shinton 1:12.62	Echiverri 1:13.63
200 Breast	Stitts 2:37.32	Proffitt 2:37.45	Henshaw 2:39.23
100 Fly	Jamison 1:02.75*	Davis 1:03.96	Lynch 1:03.98
200 Fly	Keller 2:17.77	Landrio 2:17.95	Hustead 2:18.38
200 IM	Rais 2:20.25	Conroy 2:22.11	Cinquegrana 2:22.43
400 IM	Rais 4:54.34	Labosky 4:58.93	Larence 4:58.67
400 MR	Irvine 4:23.71*	Delaware 4:21.32**	No. Carolina 4:26.54
400 FR	Walnut Creek 3:57.28	Cinci. Marlins 3:56.78	SwimAtlanta 3:57.38
800 FR	Irvine 8:35.34	Cinci. Marlins 8:34.71	Pilot-Knoxville 8:35.58
MEN			
50 Free	Berry 23.67	Cobb 23.52	Gagnon 24.13
100 Free	Holsmen 51.97	Cobb 52.21	Horne 52.99
200 Free	Epp 1:53.59	Crocker 1:53.87	Wheeler 1:54.58
400 Free	Epp 4:01.39	Haley 4:02.86	Margalis 4:01.36
800 Free	Scott-Browne 8:15.88	Moors 8:24.28	Piersma 8:27.33
1500 Free	Soria 15:51.86	Kirk 16:05.07	Malchak 15:57.62
100 Back	Bal 58.56	Plank 58.68	Hannan 58.40
200 Back	Peirsol 2:05.42	Shevchik 2:05.39	Rogan 2:05.54
100 Breast	McDonnell 1:04.57	Salyards 1:04.62	Rhine 1:06.15
200 Breast	Tobler 2:20.57	Carlson 2:23.21	Mapp 2:21.80
100 Fly	Haidinyak 55.83	Ganden 56.79	Coyne 56.89
200 Fly	Schmidt 2:03.85	Cantwell 2:03.34	DeShazo 2:05.23
200 IM	Van Akkeren 2:07.70	Salyards 2:08.22	Hannan 2:08.79
400 IM	Bruckart 4:33.26	Shevchik 4:30.78	Glasco 4:32.44
400 MR	San Jose 3:54.23*	B.R. Ryall 3:53.40	SwimAtlanta 3:56.75
400 FR	Bettendorf 3:30.19*	Palatine 3:29.66**	SwimAtlanta 3:32.69
800 FR	The Woodlands 7:44.79*	Palatine 7:47.35	SwimAtlanta 7:50.06

* Junior Nationals-West Record

** Junior Championships Record

Boldface indicates fastest time of event

SPEEDO JUNIOR CHAMPIONSHIPS

won by Rio Salado's Nicholas Tobler (2:20.57).

Tops in the men's individual point standings were Dads Club's Mark Van Akkeren (56) and Alamo Area's Chris Epp (53). Van Akkeren got the gold in the 200 IM (2:07.70), while Epp doubled in the 200-400 free (1:53.59-4:01.39). The remaining freestyle titles went to Industry Hills' Brian Soria for the 1500 (15:51.86) and Bellevue's James Scott-Browne in the 800 (8:15.88). Scott-Browne also took the No. 2 spot in the 400 IM behind Heartland's Joe Bruckart (4:33.26).

The Irvine Novas' men's leader was Aaron Peirsol, whose 2:05.42 gave him the 200 back title, and helped him on his way to 37 points, placing him in a tie for the eighth-highest men's point total. Peirsol finished sixth in the 100 back, won by California Capital's Randall Bal (58.56).

The butterfly events belonged to Spring's Andy Haidinyak (55.83, 100) and Mission Viejo's David Schmidt (2:03.85). Mission Viejo also got valuable points from its second-place finish in the 800 free relay (7:44.94 to The Woodlands' 7:44.79). The Woodlands' 400 free relay swimmers placed second themselves, as Bettendorf took the win in 3:30.19.

Both of these relay wins bettered existing West junior championship records. The previous 400 free mark was 3:30.78, set by CPH-Lamorinda in 1992, while the 800 mark belonged to Mission Viejo with its 7:46.32 from 1994.

Northeast

It has been said that "good things don't come easy" and that adversity builds strength of character.

Cincinnati Marlins head coach Ken Stopkotte has dealt with some struggles and adjustments among his swimmers over the past season. But now, looking back, he can see how the team has adjusted and pulled

together through it all.

And that's just what happened with the Marlins' junior national team, as they were part of the 983 swimmers who journeyed to Miami University in Ohio for the 1997 Speedo Long Course Junior Championships (Northeast) Aug. 5-9.

The Marlins came into this meet to defend the title they had thoroughly dominated in the inaugural Northeast Junior Championships (short course) in March of this year. Back then, the Cincinnati swimmers had swept the competition off their feet, winning the combined team race by over 330 points and taking both the men's and women's competition by well over 100 points.

But this time around, "We've had a lot of distractions and problems, but I was really proud of how our team pulled together," said Stopkotte, adding, "It's important for the 18-and-under kids to have an opportunity to finish out the season with an important experience. There's nothing that brings together a team more than a team trip."

The end result for Cincinnati was a much tighter team race. The Marlins still won the combined team title, but the margin was just over 50 points (430 to Foxcatch-

er's 379). Palatine Park District was not far back at 362, followed by B.R. Ryall, 319.5, and Carmel, 309.

The women's competition was closer yet, as a talented Delaware team pushed Cincinnati to the final relay before the Marlins pulled off the victory, 263 to 248. Carmel came next at 227, then Foxcatcher, 221, and Greenwood Memorial at 179.

It was a different story among the men, where Palatine Park won a tight race against B.R. Ryall, 265 to 256.5. The Academy Bullets had 192, followed by Cincinnati at 167, ahead of Foxcatcher's 158.

The key for Cincinnati among the women was depth, along with a sweep of the freestyle relays (3:56.78 and 8:34.71). Delaware, which was second in both free relays, turned the tables in the medley, where they broke the existing junior national record by nearly two seconds! The previous standard of 4:23.14, set by Bernal's Gators in 1993, was eclipsed with a 4:21.32 by the Delaware quartet of Megan Iffland, Kelly Shinton, Lisa Morelli and Charli Reasons.

But Cincinnati came into the meet's final event with *two* medley relay teams that placed second and sixth, giving them the margin they needed to win the women. As Stopkotte realized, "Tim Cliff's Delaware team would have probably won the girls except for our medley relay. Our girls did a great job!"

It came as no surprise that Delaware won the medley relay—what with Delaware girls showing solid margins of victory in both the 100 back and 100 breast. Iffland, 18, championed the 100 back in 1:04.27, and Shinton, 13, was the 100 breast star in 1:12.62. In fact, Iffland and Shinton's winning times in the backstroke and breaststroke were the fastest in the nation at any of the three regional junior meets! For good measure, Iffland added a second gold in the 100 free (58.16), just edging Greenwood's Katie Cline's 58.22.

Another Greenwood swimmer, Samantha Arsenault, was solid in the freestyles, finishing second in both the 50 and 200 behind Woodland Hills' Cynthia Weir for the sprint (26.96 to 27.06) and Kristen Sissener of B.R. Ryall for the 200 (2:05.60 to 2:06.27). Sissener also took second place in the 200 fly, clocking 2:18.39 to Long



Rebecca Wilson
Southeast Family YMCA-Fort Wayne

Island's Jamie Landrio, 2:17.95.

Delaware's Charli Reasons put up a fight before just missing the gold in the 200 back. Her 2:20.62 was less than a tenth of a second behind the 2:20.53 of winner Corey Berg of Marist, who was the only 12-year-old champion in the Northeast.

The women's strongest individual scorer was Southeast Family YMCA-Fort Wayne's Rebecca Wilson, who scored 69 points, helped by her triple in the longer freestyles (400, 4:20.62; 800, 8:55.10; and 1500, 16:59.95).

Carmel, which finished third in the



Dan Shevchik
Wilton Y Wahoos

women's team standings, boasted an individual winner in Krista Davis (1:03.96 for the 100 fly). Foxcatcher, which ranked fourth in the women's competition, was

well represented by Imer Marie Labosky, who took the 400 in 4:58.93. Labosky was also second in the 200 IM, with Jersey Wahoos' Katherine Conroy getting the gold (2:22.11 to 2:22.51).

Palatine Park was represented on the women's awards stand by Elizabeth Proffitt (2:37.45, 200 breast).



Palatine Park, which won the men's team title, stroked to a junior national record for the 400 free relay (3:29.66 to barely overturn SwimAtlanta's 1989 record of 3:29.69). The record-setting foursome included Ryan Sorensen, Jay Glenn, Adam Frankow and Gregory Plank.

Palatine also captured the 800 free relay (7:47.35) and took second in the 400 medley relay behind B.R. Ryall's winning 3:53.40. Palatine's Gregory Plank was also an individual titlist, taking the 100 back in 58.68.

B.R. Ryall, which placed No. 2 in the men's competition, added two individual titles to their relay win. Chad Ganden won the 100 fly in 56.79, beating Carmel's Jason Carlberg, 56.89. And Tim Carlson championed the 200 breast in 2:23.21.

The high scorer among the men was Wilton Y Wahoos' Dan Shevchik, who got a pair of golds in the 400 IM (4:30.78) and 200 back (2:05.39). He was also third in the 400 free (won by Carmel's Tim Haley, 4:02.86) and seventh in the 100 back.

Haley was the men's No. 2 scorer, and took a pair of seconds for his 400 IM and 200 fly efforts. First place in the 200 fly went to Jersey Wahoos' Christian Cantwell, 2:03.34.

Lancaster captured a pair of wins through Kyle Salyards, who was tops in the

200 IM, 2:08.22, and 100 breast, 1:04.62. The other men's double winner was Jason Cobb of Washington Township for his 50-100 free conquest in 23.52 and 52.21.

Other freestyle victories were claimed by Ian Crocker of Portland Porpoise (200, 1:53.87), Ann Arbor's Jeff Moors in the 800 (8:24.28) and Lake Erie Silver Dolphins' Paul Kirk for the 1500 (16:05.07).

Long Island's Brendan Neligan was second in both the 800 and 1500, putting him in a tie with the Cincinnati Marlins' Dan Ketchum for fifth-highest male scorer with 49 points. Ketchum came away with third place in the 400 free, fourth in the 800 and seventh in the 1500.

Southeast

It was time to celebrate for SwimAtlanta in a city known for celebration—New Orleans. That's where Coach Chris Davis' team won the combined and men's titles at the 1997 Speedo Long Course Junior Championships (Southeast).

Back in March of this year, when SwimAtlanta won the junior short course meet, their women led the way, winning by over 170 points in women's swimming, while the men came about 30 points shy of a win behind the Academy Bullets.

But at the long course championships, held at Kiefer Lakefront Arena Pool, it was the men who set the pace, commandeering the men's competition with a winning margin of nearly 140 points, while the women finished 85 points behind the women's leader in third place.

The combination, however, was still enough to give SwimAtlanta a huge margin of victory in the overall team race. The



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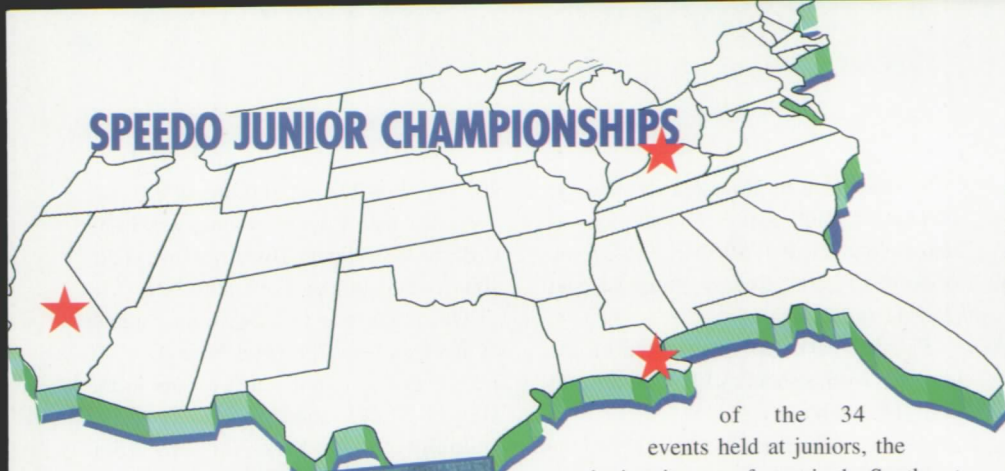
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SPEEDO JUNIOR CHAMPIONSHIPS



Mike Wheeler
Eagle Swim Team

Photo by MaryAnn Bonura

Atlantans dominated with 594.5 points, well ahead of nearest contender Mecklenburg (366), which moved up from fifth in the short course meet. In third place with 300.5 points was Pilot-Knoxville, just ahead of Dynamo's 293. Clearwater rounded out the top five at 222.

But SwimAtlanta's eventual domination of the meet was not so obvious early on. "We started off real slow," recalls head coach Davis of the first two days of the Aug. 5-9 competition.

Davis noted that many of his swimmers' times were slower than times from the earlier state championship meet held at the fast Atlanta Olympic Pool. "Our kids actually swam faster unshaved and unrested at the state championship meet than they did here," Davis said, although he was quick to praise the wonderful staff and smooth running of the meet at New Orleans.

Some coaches in the Southeast also felt their region was, perhaps, weaker overall than the West and Northeast meets. In fact,

of the 34 events held at juniors, the winning time was fastest in the Southeast in only three.

But for SwimAtlanta, "what turned the meet around for us was our men's 400 meter free relay on the third day," said Davis. "Three of our eight relay swimmers had never been under 54 seconds in relay splits, and all eight of our swimmers went 53 or faster. That got us fired up!" The final relay times of 3:32.69 for the "A" foursome and 3:35.50 for the "B" team were fast enough for the top two finishes in the event.

That served as a sparkplug for the SwimAtlanta kids, who gained momentum for the remainder of the meet and ended up winning the overall title by nearly 230 points. The men scored 396.5 points to beat Mecklenburg (258) by 138.5, while Retriever placed third at 160. In addition to their 1-2 finish in the 400 free relay, the Atlanta men also captured the 400 medley relay in 3:56.75 (the "B" team placed third) and the 800 free relay in 7:50.06.

SwimAtlanta's men also placed first in the 50-100 free races. Jason Gagnon won the sprint in 24.13, swimming in an outside lane (although Kevin Erndl of Augusta, who finished third in the finals, swam the fastest time in prelims with a 23.81). Bobby Horne won the 100 in 52.99, edging Trevor Basil of Little Rock, 53.11. (Basil had an even faster 52.68 swim in prelims.)

Another freestyler, Eagle's Mike Wheeler, wound up the men's high-point winner with 68 points, including a win in the 200 free (1:54.58) and a close second in the 1500 at 15:58.12 behind Retriever's Michael Malchak, 15:57.62.

Clearwater's Robert Margalis, who was second to Wheeler in the 200, got his way in the 400, winning in 4:01.36. He was the fourth-highest men's scorer overall.

The remaining freestyle win went to Huntsville's Mark Piersma, who edged Judd Glasco (Nova of Virginia) over 800

meters, 8:27.33 to 8:27.42. Glasco would get a gold of his own in the 400 IM (4:32.44), and finished sixth-highest in men's scoring.

Along with high-point scorer Wheeler, Eagle Swim Team also boasted the No. 2 men's scorer in Tommy Hannan, whose 62 points included a pair of wins in the 200 IM (2:08.79) and 100 back, where his 58.40 took the gold even though he went faster (58.29) in prelims. The longer backstroke title went to Curl-Burke's Markus Rogan (2:05.54).

Birmingham Swim League boasted a pair of winners in Brendon Coyne (the third-highest point scorer with 50.5 points) and Clint DeShazo, both butterflyers. Coyne took the 100 fly in 56.89 (56.56 in prelims), and DeShazo took the 200 in 2:05.23.

SwimAtlanta's Frank Martinez helped his team's winning effort with his No. 2 finish in the 100 breast, where his 1:06.54 followed the 1:06.15 of Justin Rhine, Y-



Meredith Green
North Carolina

Trinity. The longer breast victory went to Tide's Conrad Mapp, 2:21.80.

Mecklenburg, which finished behind SwimAtlanta in both the combined and men's team races, was on the Atlantans' heels in all three relays. They also featured the seventh-highest men's scorer in Byron Coyle, who tallied 48 points, including a second in the 400 free.

□

On the women's side, top plaudits went to the North Carolina team, which scored 283 points, ahead of Pilot-Knoxville's 216, SwimAtlanta's 198, Dynamo's 178 and North Baltimore's 161.

North Carolina boasted the top female scorer, Meredith Green, who scored 70 points in the meet as a 14-year-old. The talented distance freestyler captured the 800 in 8:55.66, and garnered seconds in both the 400 and 1500. She was beaten in the 400 by Naval Academy's Elizabeth Lavelle, 4:22.56 to 4:23.19, and in the mile by Shreveport's Adrienne House, 17:00.12 to 17:04.86.

Young Elizabeth Hetherington, 13, led the 200 backstrokers for Carolina with a winning 2:20.47 after clocking an even faster 2:20.23 in the prelims. She beat Lakeside's Caroline Rush, 2:20.96.

Another strong North Carolina swimmer was Kim Campbell, who tied for eighth among the women, taking seconds in both IMs. In the shorter IM, she lost to North Baltimore's Denise Cinquegrana (who was second in the women's rankings), 2:22.43 to 2:23.97. In the longer race, she finished behind 13-year-old Amanda Larence of Nashville, 4:58.67 to 4:59.79.

Individual champions Green, Hetherington and Campbell also swam on North Carolina's winning 400 medley relay, 4:26.54, beating Eagle's 4:27.21.

The No. 2 team in women's racing was Pilot-Knoxville, which had a strong presence in the relay competition, taking first in the 800 free (8:35.58 to Dynamo's 8:36.91), second to SwimAtlanta in the 400 free (3:57.38 to 3:58.90) and fifth in the 400 medley.

Pilot-Knoxville's highest individual scorer was Jennifer Bechem, who placed fourth among the girls with 53 points, including fourth in the 200 fly, fifth in the 400 free, sixth in the 800 free and eighth in the 1500. Another contributor was Bethany Hall, who got a pair of seconds in the 50 free (behind Brevard's Paige Kearns, 27.12 to 27.20) and 100 back—a very close race which was decided by 2-hundredths and won by Taylor Spivey of SwimAtlanta in 1:06.03.

The No. 3 scorer among the women was Jennifer Henshaw of Swim Florida, who topped all 200 breaststrokers with her

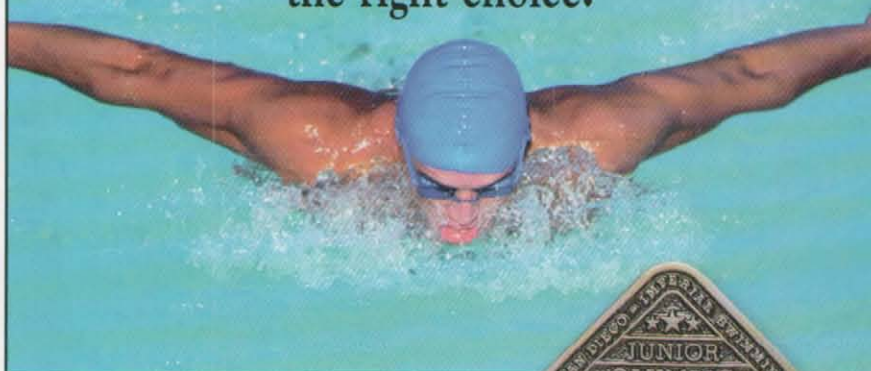
2:39.23, and was also third in the 400 IM. Danielle Smith of Mecklenburg was second with a 2:39.59, and she also took second in the 100 breast in 1:14.69, behind Wichita's Kathy Echiverri, 1:13.63.

Some close races marked the butterfly competition, where Huntsville's Megan Lynch won the 100 in 1:03.98, just ahead of Stephanie Buck's 1:04.06 for Athens Bulldogs. In the 200, New South Swim's

Emily Hustead clocked 2:18.38 to beat North Baltimore's Denise Cinquegrana, 2:19.02.

In freestyle racing, Elmwood Sharks' Catherine Mann captured the 100 in 58.56, ahead of Maclay's Jenna Bridges, 58.94. The 200 free went to 14-year-old Caroline Burns of Dynamo in 2:06.47, ahead of Johnson City's Casey Mucha, 2:06.86. ■

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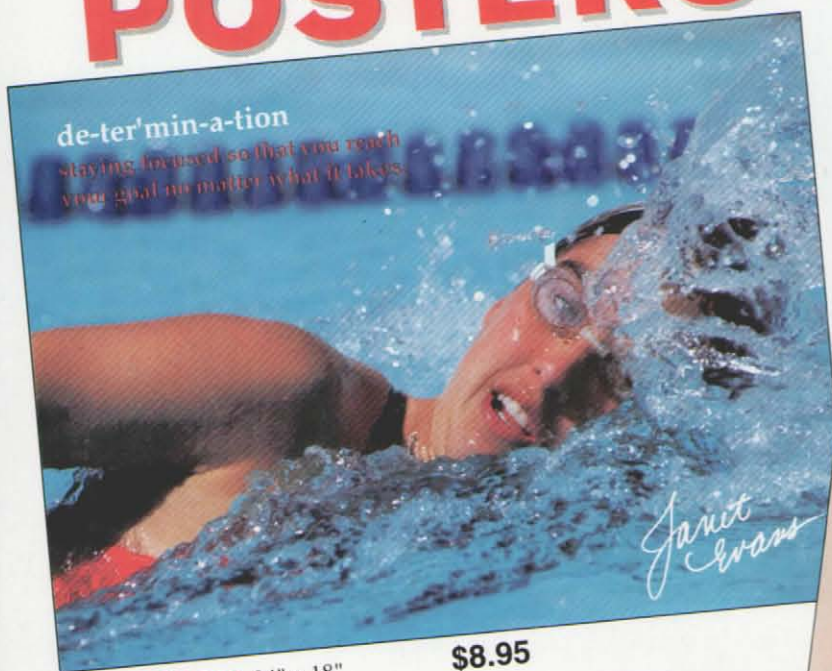
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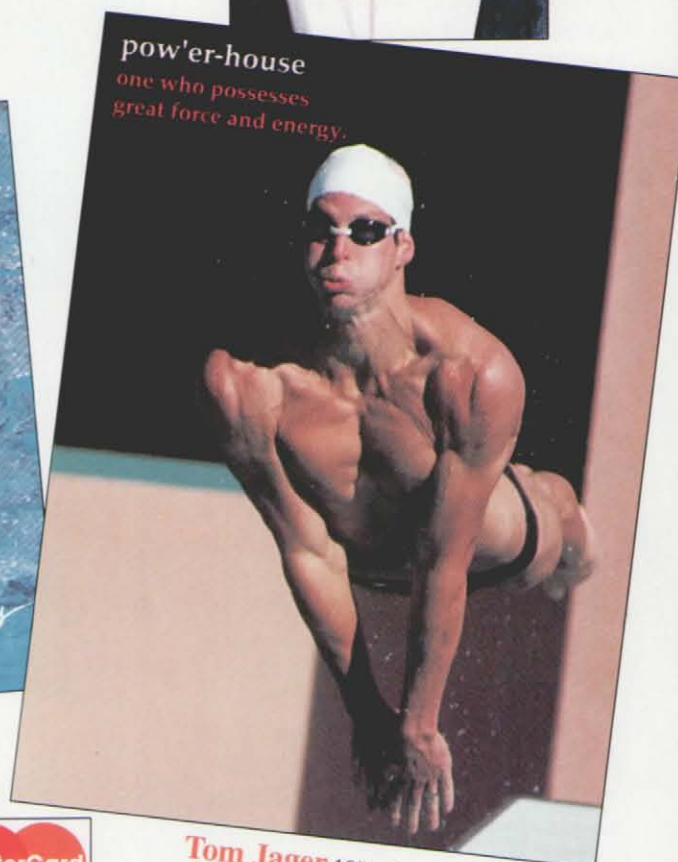
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Opportunity Knocks

There are different opportunities awaiting all swimmers the year after an Olympic Games.

PAN PACIFIC



Photo by Darrin Braybrook, Sports Illustrated

CHAMPIONSHIPS

By Rob Woodhouse

FUKUOKA, Japan—The post-Olympic year provides different opportunities for swimmers.

For the successful Atlanta Olympians, the opportunity to continue their Olympic form still remains, or they can take a back seat with a hard-earned break from international competition.

For those who turned in disappointing results in Atlanta, there was the opportunity to atone for their disappointment and return to world-class form.

And for others, the post-Olympic year provides the opportunity to break into respective national teams and world ranking lists while gaining valuable international racing experience.

The 1997 Pan Pacific Championships Aug. 10-13 saw Olympic champions such as Claudia Poll, Susie O'Neill and Brooke Bennett continue their dominance of their respective events.

The meet also saw the likes of Samantha Riley, Kurt Grote, Michael Klim, Kristine Quance and others atone for less than satisfying Atlanta results with world-leading times and wins.

Finally, the meet provided the opportunity for the Pan Pac na-

tions' exciting new talent to showcase its potential. Neil Walker, Lenny Krayzelburg, Mai Nakamura, Grant Hackett, Ian Thorpe and others served notice to the swimming world that they will be a force to be reckoned with leading up to the 2000 Sydney Olympics.

The meet was dominated once again by the U.S. and Australian teams, who between them took home 31 of the 37 gold medals. Japan (2), Costa Rica (2), China (1) and Puerto Rico (1) all won gold, while charter nation Canada failed to win an event.

The increasing gap between the top two nations and other competing countries must be a concern for member federations in an era when most major international competitions are seeing a more even spread of success among nations.

Day One

Arguably, the best swim of the first night of competition came from Costa Rican Poll in the women's 200 freestyle. The Olympic champion swam a 1:57.48, a championship record which was just 7-tenths shy of the world mark and three seconds ahead of China's Le Jingyi.

Photo by Al Bello, Allsport

Winning medley relay: Krayzelburg, Basing, Walker, Grote.



PAN PACIFIC

Photo by Al Bello, Allsport



CHAMPIONSHIPS

The opening event of the night saw 17-year-old Australian Hackett continue his emergence as a legitimate challenger to countryman Kieren Perkins' distance freestyle crown.

Hackett won the 800 free in an outstanding 7:50.30, more than seven seconds ahead of nearest rival, Chad Carvin (7:57.82).

Hackett's time makes him the third fastest swimmer ever over the distance, behind only Perkins and another Australian, Daniel Kowalski. Hackett shows great respect for Perkins, but refuses to be drawn into debate that he is the next distance king. "I am not the

Quance (2:09.29) and Misty Hyman (2:11.55). The Australian Olympic champion was a little disappointed with her time, but is obviously on track to win this event at the World Championships in January, the only major international title to elude her.

American Ugur Taner (1:57.35) had a breakthrough win over countryman Tom Malchow (1:57.71) and Australia's Olympic bronze medalist Scott Goodman (1:58.34) in the 200 fly. Taner, who broke the meet record, trailed Goodman at the halfway mark, but won the race with a strong third lap.

Bennett was untroubled in winning the women's 1500 free (16:10.24) over teammate Diana Munz (16:17.06) to complete the opening day of the meet.

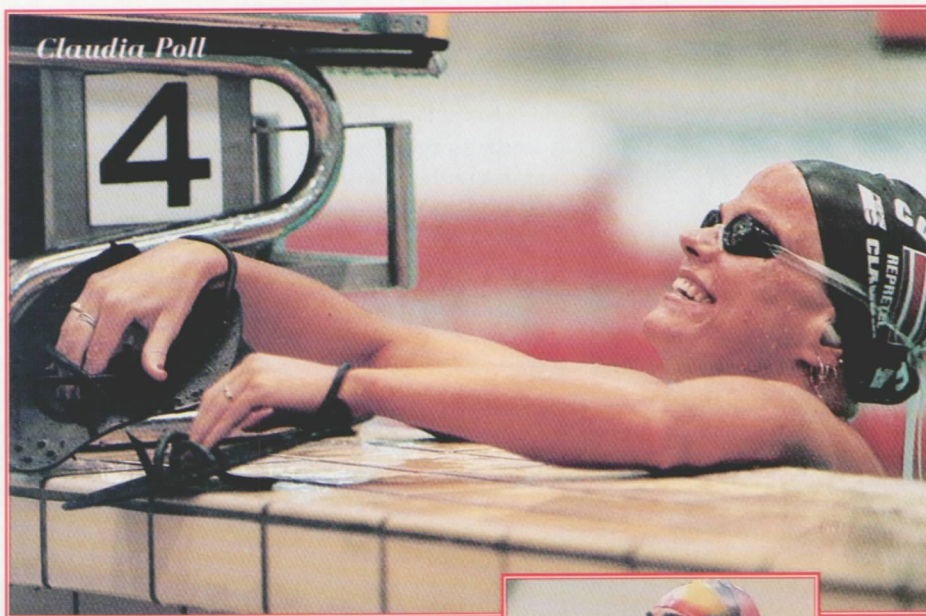


Photo by Darrin Braybrook, Sport•The Library

next Kieren Perkins; I am the first Grant Hackett," he said.

Michael Klim went into the Atlanta Olympics ranked first in the world in the 200 free, yet failed to final in that event, perhaps due to lack of top-level racing experience.

Since Atlanta, the Australian has traveled the world and raced in over 100 international events. That experience helped Klim to a breakthrough championship record in the 200 free in 1:47.60.

American Josh Davis (1:48.17) and New Zealand's Trent Bray (1:49.27) followed, while Olympic champion Danyon Loader (1:51.68) could manage only third in the consolation final.

Japan's Nakamura thrilled her home crowd with an all-the-way win in the women's 100 backstroke. Nakamura split 29.63 at the 50 and held that lead to win in 1:01.13 from Americans Lea Loveless-Maurer (1:01.35) and Catherine Fox (1:01.83).

In the men's event, American Lenny Krayzelburg swam a blistering 54.97 in the prelims. In the final, teammate Neil Walker led the field through the first 50 meters (26.48) before Krayzelburg motored off the turn to win in an impressive 54.43 from Walker (55.27) and Canadian Mark Versfeld (55.55).

Susie O'Neill continued her dominance of the women's 200 fly with a world-leading time of 2:08.59 to win from Americans

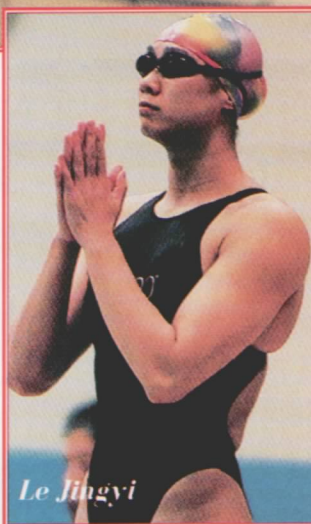


Photo by Al Bello, Allsport

Day Two

Jenny Thompson gets great satisfaction from winning international events. A close win over arch-rival Le Jingyi of China in the women's 100 free was no exception. Thompson held off a fast-finishing Le to win with a championship record in 54.82 to Le's 54.86.

In the men's event, a bad start from Australia's Klim allowed Neil Walker to claim a half body length lead at the 50. Klim powered home to win in a Commonwealth record 49.46 from Walker (49.57) and Puerto Rico's Ricardo Busquets (49.94). Klim and Walker are both exciting young swimmers with enormous potential. Their duels in this event and the 100 fly will be great to watch next January at Perth.

Former world record holder Samantha Riley had a point to prove in the women's 100 breast. South African Penny Heyns took Riley's world mark en route to winning her country's first-ever Olympic gold medal in swimming at Atlanta.

The Olympic bronze medalist extracted some revenge by winning the title in a smart 1:07.81, a championship record, from Heyns (1:08.65) and American Kristy Kowal (1:09.18).

Kurt Grote, who finished sixth in the 100 breast final at Atlanta, also set a championship record in the 100 breast. A fast opening lap set Grote up for his biggest international win in 1:01.22 from Australian veteran Phil Rogers (1:01.85) and American Jarrod Marrs (1:02.64). One to watch in this event is 16-year-old Australian Simon Cowley, who clocked 1:02.74 to finish fifth.

Kristine Quance, the 200 fly silver medalist from the previous day, continued her impressive meet with an all-the-way win in the 400 IM. Quance (4:39.61) was particularly impressive in the fly (1:02.16 split) and breast (1:19.30) legs, and will challenge the long-standing world record of 4:36.10 with improvement in the backstroke and competition in the freestyle legs. That competition may come from American Maddy Crippen, who finished second in 4:43.20, and from Canadian Joanne Malar (4:44.17).

The men's 400 IM was overshadowed by the late withdrawal of

Jenny Thompson

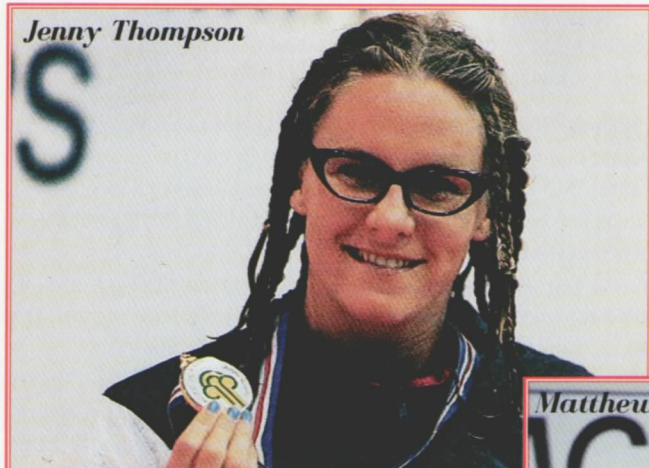


Photo by Al Bello, Allsport

Olympic champion Tom Dolan after an asthma attack, but the enthralling duel between Australian Matt Dunn and Canadian Curtis Myden was the best race of the night.

While the pair were challenged early by China's Wang Wei, it was Myden who held a body length lead over Dunn until the freestyle leg. Dunn, fourth at Atlanta, proved too strong for Myden, bronze medalist at Atlanta, to win in an impressive 4:16.11 to Myden's 4:16.30.

In the 800 free relays, the Americans proved too strong in both men's and women's races to win comfortably. The American men were particularly

impressive, their winning time of 7:13.99 a championship record and faster than the gold medal time from Atlanta. The U.S. women clocked 8:07.82.

Day Three

Claudia Poll had her sights set on Janet Evans' long-standing world record in the 400 free on Day 3.

Poll attacked the race from the start, splitting 2:01.72—almost a half-second faster than Evans' halfway split (2:02.14). While Brooke Bennett stayed within a second of Poll over the first half, neither could maintain the pace. Eventually, Poll won in 4:06.56 with Bennett second in 4:09.77.

Hackett, who won the 800 free opening night, claimed his second gold in the 400 free with an outstanding 3:47.27, a championship record and fast enough to win gold in Atlanta.

While the media continued their comparisons between Hackett and Perkins, it was silver medalist Ian Thorpe who provided, perhaps, one of the greatest swims of the meet. At 14 years of age, the Australian clocked an amazing 3:49.64, overtaking American Chad Carvin (3:50.40) in the final 75 meters. Thorpe has taken more than 14 seconds off his personal best in the past 12 months. While he certainly cannot continue that rate of improvement, Thorpe still has a lot of

Matthew Dunn



Photo by Darrin Braybrook, Sport+The Library

PAN PACIFIC



CHAMPIONSHIPS

Photo by Darrin Braybrook, Sport+The Library

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"A Training Camp For Competitive Swimmers"

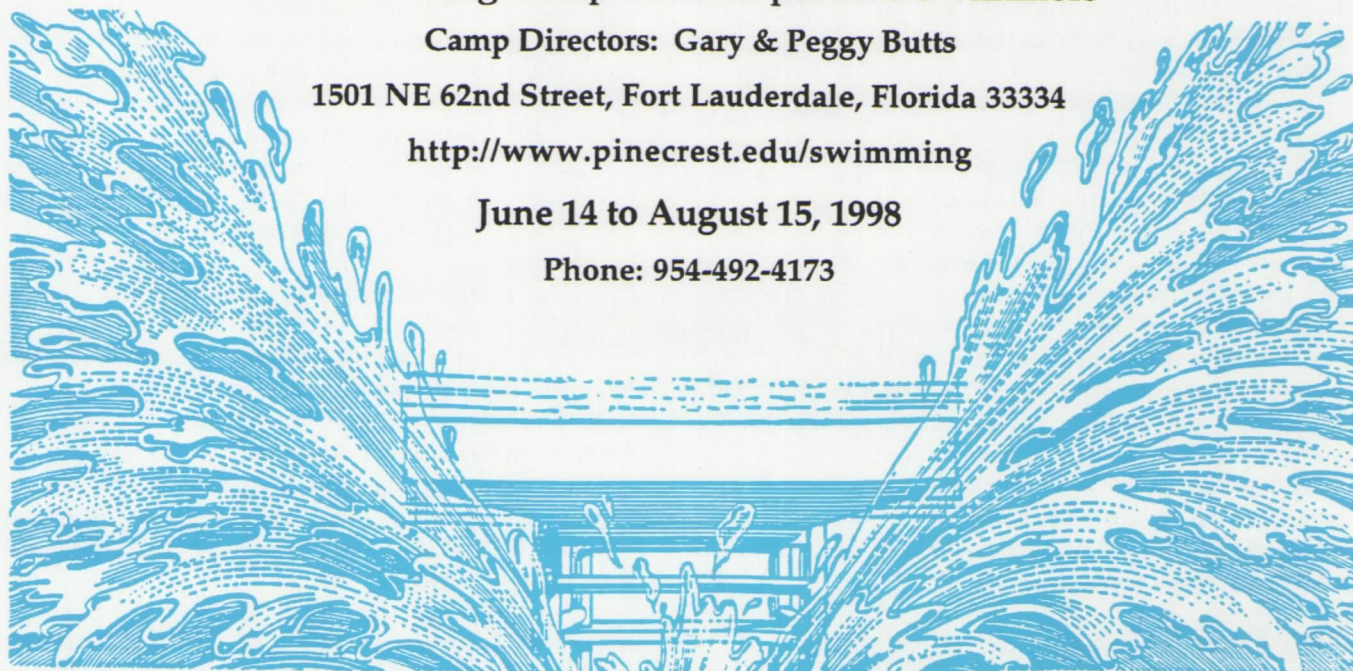
Camp Directors: Gary & Peggy Butts

1501 NE 62nd Street, Fort Lauderdale, Florida 33334

<http://www.pinecrest.edu/swimming>

June 14 to August 15, 1998

Phone: 954-492-4173



PAN PACIFIC



CHAMPIONSHIPS

Thompson seems to have found a new lease on life since Atlanta, and her results here reflect her relaxed attitude to swimming.

In the men's event, Neil Walker clocked 52.76 to win from Australia's Klim (52.94) and American Nate Dusing (53.26). Walker won the race in the first 50 meters (23.89) and could challenge

growing to do and is not putting any limits on how fast he can swim.

Jenny Thompson continued her great form to win the 100 fly in a championship record 59.00 from Japan's Ayari Aoyama (59.35) and China's Cai Huijue (59.64).

Grant Hackett



Russian Denis Pankratov's world mark at January's World Championships. His winning time broke Pablo Morales' American record of 52.84, set 11 years ago, two days before Walker's 10th birthday.

Japan's Nakamura secured her second gold medal in the 200 backstroke with an impressive 2:11.40, again ahead of the USA's Lea Loveless-Maurer (2:12.25), while in the men's race, Lenny Krayzelburg clocked 1:57.87 to lower his own two-week-old American record and secure the men's backstroke double.

Krayzelburg led at every turn and paced his race beautifully, splitting 58.26 and 59.61 for the respective first and second 100. Canadian Mark Versfeld (1:59.61) and Olympic champion Brad Bridgewater (2:00.04) captured the silver and bronze medals.

As expected, the U.S. won both 400 free relays comfortably, the individual highlight being Michael Klim clocking a Commonwealth record 49.15 leadoff for the Aussies. The American men won in 3:18.18, while their women finished in 3:43.77.

Michael Klim



Poll (8:29.05) was a surprise silver medalist, defeating American Diana Munz (8:29.06) by the narrowest of margins. The top three times were the fastest in the world this year.

In the 200 IMs, American Kristine Quance and Australian Matt Dunn both completed medley doubles. Quance (2:13.79) beat Atlanta silver medalist, Canadian Marianne Limpert (2:14.91), while Dunn defeated Atlanta bronze medalist Myden (2:01.83), winning in a personal best of 2:01.14.

Le Jingyi finally had some revenge on Jenny Thompson in the 50 free, winning in a slow (compared to her world record) 25.24 from Thompson (25.42) and Nicole De Man (25.66).

Puerto Rican Ricardo Busquets won his country's first-ever Pan Pac title when he tied American William Pilczuk in the men's 50 free. They hit the wall together at 22.42 ahead of American David Fox (22.69).

Samantha Riley and Kurt Grote completed breaststroke doubles with impressive wins in their 200 meter events. Riley looked on track to break the world record, missing the mark by less than a second in 2:25.34 over Japan's Masami Tanaka (2:28.66) and Canadian Lauren Van Ogsten (2:29.83). Grote, who turned in a world-leading 2:12.35 at the U.S. nationals two weeks earlier, won the Pan Pac title with a 2:14.05 over Japan's Yoshiaki Okita's 2:14.59.

Australian Hackett completed the distance freestyle table with a relatively slow 15:13.25 win in the men's 1500. Hackett, suffering from a virus, did just enough to win comfortably from Americans Tyler Painter (15:17.01) and Carvin (15:17.18).

The Americans completed a clean sweep of the relays and capped a successful meet by winning both 400 medleys with world-leading times. The women won in 4:04.27, while the men's team of Krayzelburg, Grote, Dusing and Walker turned in the second fastest time in history, tying the previous world record of 3:36.93, set by both the 1988 and 1992 USA Olympic teams.

Open Water

Australian Grant Robinson swam the fastest ever recorded 25 kilometer race to easily win the men's event. Robinson stopped the clock at 4 hours, 40 minutes and 38.67 seconds to beat Canadian Liam Weseloh by 12 minutes, with American Nathan Stooke a further five minutes back.

Shelley Taylor-Smith completed an Aussie double, winning the women's event in 5 hours, 1 minute and 12.69 seconds. Americans Tobie Smith (5:05:08.21) and Bambi Bowman (5:13:04.20) finished second and third, respectively. ■

Day Four

Olympic champion Brooke Bennett led all the way to win her favorite event, the 800 free, with a time of 8:26.36. Costa Rican

About the Author

Rob Woodhouse, a 1984 Olympic bronze medalist for Australia in the 400 IM, is *Swimming World's* Australian correspondent. He is also director of Elite Sports Properties in Victoria.

The Prep School Experience

By Bill Wallace

Prep schools are more dynamic than ever and are serving the educational needs of a broad range of families.



Pine Crest School

Independent schools, prep schools and private schools: they are known by a number of titles and have occupied a major location on the U.S. education landscape for three centuries.

Academics, arts, athletics and ethics form the foundation of the prep school experience. The four are intricately connected. These schools are successful because they are communities, not institutions. Students, faculty, administration, trustees and alumni sustain this sense of community by perpetuating traditions based on excellence and balance between academics, arts, athletics and moral and ethical development.

The ultimate goal of every student at a prep school is to graduate and attend a college appropriate for his or her talents and interests. The curriculum at each school is classic and traditional and is geared to one end—successful college placement of each student.

Every student meets with his or her advisor and the director of studies to fine-tune this program so that by the senior year, there are no unpleasant surprises in the college process.

Every student also takes part in the interscholastic sports program. Participation and inclusion are the guiding words. Athletics are an integral part of the prep school experience because they provide a unique framework for teaching such values as teamwork, conflict resolution, sportsmanship, loyalty and discipline—not to mention the value of lifelong fitness.

Some of the finest swim coaches in the United States today are members of, or have been members of prep school faculties. The swim programs at prep schools serve the training, technique and competition needs of swimmers ranging from

The Prep School Experience

novice to world-caliber.

Competition varies from school to school, but generally, each school has a dual meet season of eight to 14 swim meets against other prep schools. The culmination of the season is a league or conference championship meet with a trials and finals format. Some prep schools take their swimmers to USS meets to qualify for major championships such as USS Nationals or USS Junior Nationals.

Programs vary in intensity but not in basic philosophy. All coaches are members of school faculties. They realize that they can share, but not monopolize, a part of a student's day.

The student's day is structured around classes, sports, meetings, activities (orchestra, choir, Model UN, to name a few), dinner, social time with friends and a two-hour supervised evening study hall in the dorm.

Boarding prep schools offer the unique advantage to their students that they actually live where they are learning. All faculty live on campus, thereby making them available for extra help throughout the mandatory two-hour evening study hall. Teachers often use this time for small group review sessions.

Students learn essential time and task management skills through the help of supportive dorm faculty parents. This is a unique aspect of the hidden curriculum which will later prove invaluable to these students as they start their college careers after graduation.

Prep schools sometimes conjure images of elitist, exclusive institutions for rich, privileged children when, in fact, they are not. Prep schools represent American society and the global community. The student body of a typical prep school is generally represented by over a dozen states and often more than a dozen countries. This provides a unique educational opportunity in itself for a student who has grown up in a smaller, isolated community.

Roughly 40 to 60 percent of students attending prep schools receive some form of financial aid, mostly in the form of need-based grants from the school's endowment. Even day prep schools which do not feature a residential component provide significant

amounts of need-based financial aid to their student body.

Another misconception is that these schools exist for overachieving, genius-types. While prep schools often have extremely motivated and gifted students, they also exist for students who have not experienced academic success in school or

Some of the finest swim coaches in the United States today are members of, or have been members of prep school faculties. The swim programs at prep schools serve the training, technique and competition needs of swimmers ranging from novice to world-caliber

who have simply not enjoyed their previous school.

For these students, the prep school experience can yield remarkable results. Small class sizes (generally 8-14 students/class) and imaginative, energetic teachers ignite a student's enthusiasm, natural curiosity and desire to learn. This often happens in courses previously uninteresting to the student.

For students who need extra help, teachers are available for daily one-on-one tutorials. Many prep schools have programs for students who may have a documented learning disability. These programs help teach the student compensatory skills which help the student find success in a course which previously produced nothing but frustration.

Some parents look to prep schools to re-energize their child to school, swimming, other sports and co-curricular activities. Some children are in such a demanding age group swim program that the joys of the sport have left and are replaced by a sense of staleness that sometimes can lead to a swimmer quitting the sport altogether.

For them, the prep school experience allows a child to choose to do swimming for one season, try two "new" sports the

other two seasons and get involved in a number of other school-sponsored activities for which the student previously had little time. Often, this change of scene and routine will renew the child's enthusiasm for school and swimming.

For students overseas, U.S. prep schools can provide a challenging curriculum often with intensive language training in English (ESL), preparation for the test of English as A Foreign Language (TOEFL). For many of these international students, a major goal is to gain admission to, attend and graduate from an American college.

Many of these students are accomplished swimmers, some are members of their national teams. For their parents, a prep school with challenging academics, language training, supportive faculty, college counseling and placement, and a comprehensive competitive swimming program is a wise investment in their child's future.

In summary, the highlight of the prep school experience lies in the authenticity of the relationships which are developed between students and faculty. A unique linkage exists between faculty and the progress of each student in every facet of their education.

The admissions process begins with a family calling a prep school to request information to be sent to them. After reviewing catalogues, a family will call a school or schools for a campus visit and interview. The family will visit campus and take a tour, usually led by a current student attending the school. These tour guides are very helpful in providing answers to questions about classes, teachers, activities and student life.

The interview with an admissions officer is a low-pressure affair in which questions will be asked of parents and the student about school, hobbies, interests and educational goals.

You will need to submit an application, application fee, teacher recommendations (from your current school) and a school transcript. ■

About the Author

Bill Wallace has been involved with prep schools for nearly two decades as a teacher, coach and administrator.

Prep Schools

The listings on pages 35-40 are paid advertisements.

BAYLOR SCHOOL

Chattanooga, Tennessee
Coed boarding and day
college-preparatory school
Grades 7-12
Enrollment: 800

1 8 9 3



Andy Tucker
Director of Boarding Admissions
Baylor School
Williams Island Ferry Road
P.O. Box 1337
Chattanooga, TN 37401
800-222-9567 (toll-free)
Fax: 423-265-4276
Web site:
WWW.chattanooga.net/baylor

Founded in 1893, Baylor School is set on a beautiful 600-acre campus in the Tennessee River Gorge, five miles from downtown Chattanooga. Baylor's rigorous college-preparatory curriculum features an outstanding faculty, required study halls, an average class size of 13 students and a challenging academic mix of required and elective courses. Baylor swimmers practice year-round and compete for both Baylor's varsity teams and a U.S.S. club team that shares our facilities. Baylor's boys have won the state championship 15 of the last 16 years, and the girls have won the state title eight of the last nine years. Baylor has produced an Olympic gold medalist and well more than 65 high school All-Americans. During the 1997-98 academic year, boarders represent 18 states and 12 foreign countries. The 1997-98 fee for boarders is \$21,250, and \$10,600 for day students. Approximately 25 percent of the student body receives need-based financial aid, totaling more than \$1 million. A \$50 application fee and an on-campus interview are required.

GILMOUR ACADEMY

Gates Mills, Ohio
Coed boarding and day
college-preparatory school
Grades K-12
Enrollment: 635

C. Jackson Blair
Gilmour Academy
34001 Cedar Road
Gates Mills, OH 44040
216-473-8050
Fax: 216-473-8010



E-mail: Blairj@gilmour.pvt.k12.oh.us

Internet: http://gilmour.pvt.k12oh.us

Now in its 51st year of education in the Holy Cross tradition, Gilmour Academy enrolls 635 students, including day students in Montessori preschool-grade 12 and boarders in grades 7-12. The school models

itself on the family in its quest for academic and personal excellence in each student. Gilmour has an accomplished swimming program, with Coach Wally Lutkus continuing a winning tradition, with a (men and women combined) record of 140-32. The traditional college preparatory curriculum integrates computer

HARGRAVE

Military Academy

Since 1909

One of the leading college prep schools in American has entered the world of competitive swimming and diving. In June 1995 Hargrave opened the Onishi-Davenport Aquatic Center and its fully equipped 50-meter by 25-yard indoor pool.



Hargrave now seeks young men, 7th grade through post graduate, who are serious about their studies and their future in swimming/diving. Student athletes will find Hargrave's beautiful campus, structured study time, emphasis on self-discipline, coaching staff, and facilities to be a great combination for preparation to compete both in the pool and in life.

For information contact:
Andrew Antonetz, Head Swim Coach
Hargrave Military Academy
200 Military Drive
Chatham, Virginia 24531
804-432-8520

e-mail: antonetza@hargrave.edu

website: www.hargrave.edu

Live where you swim...at



Hebron Academy

Small classes. Challenging academics in a warm, supportive atmosphere. Be part of a world-wide community of young men and women committed to excellence.

On-campus pool. Comprehensive athletic program. Personalized college counseling.

For more information:
Bill Wallace, Admissions Office
Hebron Academy
PO Box 309
Hebron, ME 04238
207-966-2100 • Fax 207-966-1111
www.hebronacademy.pvt.k12.me.us

Prep Schools

technology across the disciplines and emphasizes a "learning by doing" approach in all aspects of academics, athletics, and the arts. Community service is required. There is an extensive extracurricular program. Boarding tuition: \$18,875-\$19,919; day tuition: \$4,425-\$11,810. Financial aid: \$850,000. The application fee is \$25.

HARGRAVE MILITARY ACADEMY

Chatham, Virginia
Boys boarding and coed day
college-preparatory school
Grades 7-12 and post graduate
Enrollment: 400



Rick Cline
Dean of Admissions
Hargrave Military Academy
200 Military Drive
Chatham, VA 24531
800-432-2480 (toll-free)
Fax: 804-432-3129
Web site: www.hargrave.edu

Hargrave was founded in 1909 and is situated on a beautiful 240-acre campus with woods, pastures, trails and ponds in the hills of the Piedmont region of southern Virginia. Always an academic leader, Hargrave entered the world of competitive swimming/diving in 1995. The Onishi-Davenport Aquatic Center houses an indoor 50-meter by 25-yard, fully equipped, deep water pool. Hargrave now seeks men who are serious about their studies and about their future in swimming. Work is currently being completed on a new, campus wide, computer network as part of a million dollar technology grant. Mandatory How To Study course and faculty supervised evening study hall. The post-grad program has proven itself more than capable in raising SAT scores and

preparing athletes for the rigors of NCAA Division I schooling. Students come from 22 states, The District of Columbia and 12 foreign countries. The fee for boarders in 1997-98 is \$14,900, and \$6,500 for day students. Scholarships are awarded on the basis of need and academic achievement. \$200,000 is given annually to approximately 17% of the students. There is a \$50 application fee. Interview recommended, on campus preferred. See display ad on page 35.

HEBRON ACADEMY

Hebron, Maine
Coed boarding and day
college-preparatory school
Grades 9-12
Enrollment: 208

Bill Wallace
Associate Director of Admissions
Hebron Academy
P.O. Box 309
Hebron, ME 04238
207-966-2100 x 228
Fax: 207-966-1111



Founded in 1804, Hebron Academy is located on a campus which includes over 1,500 acres of pristine wilderness in the lakes region of southwestern Maine. We are a 15-minute drive west of the twin cities of Lewiston and Auburn, and are located three hours north of Boston. We feature an imaginative and energetic faculty, traditional college prep curriculum, average class size of 12 students, close-knit community, and one-on-one tutorials and extra help sessions with faculty. Individualized college counseling begins during the 11th grade year. This process takes into account the student's academic, athletic, and artistic strengths and needs. This personal approach results in a placement providing

the most appropriate transition from secondary school to college. Our students come from 12 states and 12 countries. For our International Students, our English as a Second Language (ESL) program provides the language, reading and writing skills necessary for proficiency in English, History and Biology. Many of our international students go on to attend colleges and universities in the U.S. Traditionally, our swimmers have ranked among the fastest in New England. Since 1985, we have produced 20 Prep School All-Americans, eight USS Junior National Qualifiers and three USS Senior National Qualifiers. Tuition for boarding students is \$20,600. Tuition for day students is \$11,200. In 1996, approximately \$950,000 was awarded in need-based financial aid to 60% of the student body. See display ad on page 35.

THE KISKI SCHOOL

Saltsburg, Pennsylvania
Boys boarding
college-preparatory
school
Grades 9-12, PG
Enrollment: 235



Robert J. Grandizio
Director of Admissions
The Kiski School
1888 Brett Lane
Saltsburg, PA 15681
412-639-3586
Fax: 412-639-8467
Web site: <http://www.kiski.org>

Founded in 1888, The Kiski School is a traditional boys' college preparatory school located in Pennsylvania's scenic Laurel Highlands. Kiski boys live and learn under the guidance of a seasoned faculty, averaging 14 years of service to the school. John A. Pidgeon, an



McCALLIE

HONOR TRUTH DUTY

Recognized as one of the South's top college preparatory schools, McCallie School in Chattanooga, Tennessee, has another secret: one of the Southeast's best swimming and water polo programs. With facilities and a coaching staff that are the envy of other schools, McCallie's swimmers and water polo players are making names for themselves and attracting the eyes of top college recruiters. For information on how you can be a part of this growing, exciting program, contact McCallie's Admissions Office at 1-800-234-2163 or visit our web site at <http://www.mccallie.org>.

The McCallie School fully supports all anti-discrimination laws and does not engage in any unlawful discrimination.

accomplished competitive swimmer in an earlier era (Bowdoin '49), has led Kiski to a position of prominence among boys' boarding schools in this, his fortieth year as Headmaster. Mr. Pidgeon's tenure at Kiski (the longest among active heads of school in the United States) has been marked by more than 200 All-American swimmers. Head Coach Bill Bower (Kiski '73, Tulane '77) has guided his swimmers to top-five finishes at the Eastern Interscholastic Swimming Championships in each of the past four seasons. Kiski's program is unique in its ability and willingness to work with swimmers of all levels and abilities, thus creating a powerful bond among the team members.

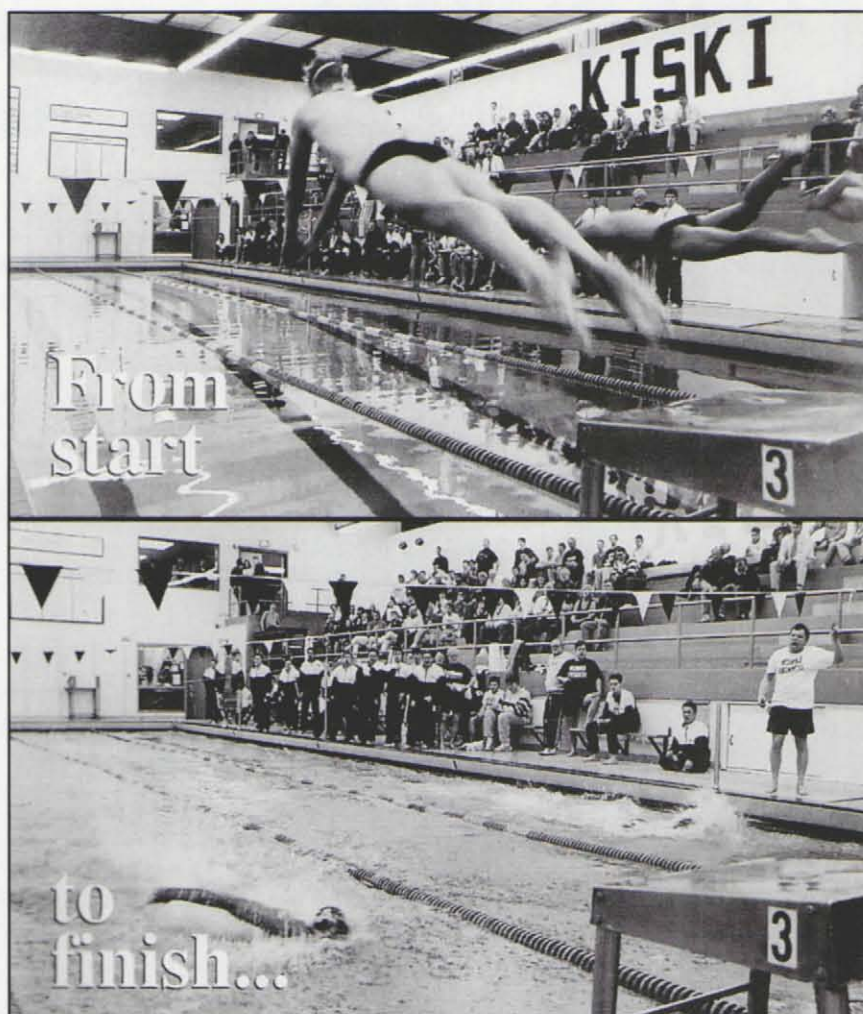
THE McCALLIE SCHOOL

Chattanooga, Tennessee
Boys boarding and day
college-
preparatory
school
Grades 7-12
Enrollment: 750

Steve Hearn
Director of Admissions
The McCallie School
500 Dodds Avenue
Missionary Ridge
Chattanooga, TN 37404
800-234-2163 (toll-free)
Fax: 423-629-2852
e-mail: shearn@mccallie.org

Web site: <http://www.mccallie.org>

Recognized as one of the South's premier independent schools, McCallie School has one of the region's strongest and most respected aquatics programs. During the last four years, McCallie swimming and water polo teams have been ranked among the top programs in the South, producing 25 High School All-Americans. Located on historic Missionary Ridge, McCallie accepts young men with above average to exceptional academic abilities, and matriculates those students to some of the top colleges and universities around the world. The school stresses high academic achievement with most students taking advanced level courses in the core curriculum of math, sciences, English, foreign languages and history. Through the Advanced Placement program administered by the College Board, more than half of all graduates in recent years have entered college with credits given for courses taken at McCallie. In 1996-97, 19 McCallie students were recognized as National Merit Scholars or Commended Students. The aquatics program is anchored in McCallie's \$13 million, 180,000-square-foot Sports and Activities Center, a facility that has



you're a winner at Kiski

If you want to swim... come to Kiski.

As a member of the 25 man varsity or 30 man junior varsity, you'll qualify for at least 25 competitions a year and participate in 4 major Prep School Tournaments.

Kiski's winning swimming tradition has developed over 200 All-American swimmers during the 40 year tenure of Headmaster and Coach John A. Pidgeon (Bowdoin '49). 1973 Kiski alumnus and current Head Coach Bill Bower (Tulane '77) directs a dedicated 6-man staff which has had unprecedented success in developing highly competitive swimmers from basic beginners.

Year-round programs are possible for interested and competitive swimmers.

If you want to learn... come to Kiski.

Founded in 1888, The Kiski School is a premier, college-preparatory, boarding school for boys. Located on a wooded 350 acre plateau in the western Pennsylvania highlands, it's a traditional, private school of style and grace.

Physical resources at Kiski are comprehensive, including 34 buildings, a fine arts center and extensive athletic facilities. The new John A. Pidgeon Library is a spectacular addition.

Kiski boys (there are approximately 240 of them in grades 9 through 12) enjoy an almost constant relationship with teachers and coaches. Every Kiski graduate attends a college or university of his choosing at this level of achievement.



THE KISKI SCHOOL

1888 Brett Lane, Saltsburg, PA 15681

(412) 639-3586 FAX 639-8467

To arrange a campus tour, contact Robert Grandizio, Director of Admissions

Prep Schools

been recognized as one of the top high school athletic facilities in the nation. It features an 11-lane, 25-yard by 25-meter pool with a diving well. In addition to swimming, diving and water polo, McCallie students participate in 11 other varsity sports, including lacrosse and crew. See display ad on page 36.

THE MERCERSBURG ACADEMY

Mercersburg, Pennsylvania
Coed boarding and day
college-preparatory school
Grades 9-12
Enrollment: 380



Gordon D. Vink, Jr.
Director of Admissions
The Mercersburg Academy
300 E. Seminary Street
Mercersburg, PA 17236
800-772-2874 (toll-free)
Fax: 717-328-9072

Mercersburg is located on 300 acres in south central Pennsylvania, 75 miles northwest of Washington, D.C., and Baltimore, MD. All academic facilities have been renovated within the past five years and now include a new state-of-the-art library. The fee for boarders in 1997-98 is \$21,500 and \$14,400 for day students. The school supports approximately 36% of its student body with financial aid. Students this year are from 27 states and 27 countries. The mean SAT score for the Class of 1997 was 1270. Swimming at Mercersburg has had a long tradition of success and has fielded 21 swimming Olympians this century. Numerous prep school All-American and other swimmers have gone on to represent a wide variety of colleges and universities throughout the nation. Mercersburg also operates a summer swim camp program for youths ages 8-18. See display ad on this page.

MERCERSBURG



IF YOU'RE SERIOUS... ABOUT YOUR EDUCATION, THE MERCERSBURG ACADEMY OFFERS OUTSTANDING COLLEGE PREPARATION COMBINED WITH CAREFUL ATTENTION TO EACH STUDENT'S PERSONAL AND ETHICAL DEVELOPMENT. OUR GRADUATES HAVE A LONG RECORD OF SUCCESS IN THE NATION'S MOST SELECTIVE COLLEGES AND UNIVERSITIES... **AND YOUR SWIMMING**, IN 1997, MERCERSBURG RANKED IN THE TOP 10 BOYS NATIONAL HIGH SCHOOL CHAMPIONSHIPS, AND THE BOYS' AND GIRLS' TEAMS PRODUCED 14 ALL-AMERICANS. LEARN MORE BY CONTACTING US AT: THE MERCERSBURG ACADEMY, MERCERSBURG, PA 17236; 800-772-2874.

PERKIOMEN SCHOOL

FOUNDED 1875



*Come and meet our people, see our place,
and learn about our programs...*

100% college placement
7 to 1 student teacher ratio
Co-ed, boarding and day, grades 5-12, P.G.
Advanced Placement and Honors classes in all areas
100+ acre campus, outstanding physical plant
Varsity, JV and middle school athletics
Competitive swimming program
20 fine arts electives

For further information

Carol Dougherty, Director of Admissions,
P.O. Box 130 Pennsburg, PA 18073
Phone 215-679-9511 Fax 215-679-1146

PERKIOMEN

Pennsburg, Pennsylvania
Coed boarding and day
college-preparatory school
Grades 5-12, P.G.
Enrollment: 250



Carol Dougherty
Director of Admissions
Perkiomen School
200 Seminary Avenue
Pennsburg, PA 18073
215-679-9511

Fax: 215-679-1146

E-mail: cadperk@aol.com

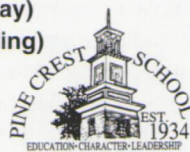
Web site: www.peterson.com

Since 1875, Perkiomen School's philosophy is to provide the best environment for the individual to learn and grow. The 100 plus acre campus includes classroom buildings, a Carnegie Library, fine arts center, dormitories (all wired with phone and data jacks) and an outstanding gymnasium with pool. The traditional college prep curriculum prepares students for the rigors of college. Small class (7 to 1 student teacher ratio) and caring faculty enable students to set high goals and reach them. The coed swim team competes with an independent schedule. At the end of the season they participate in the Small Schools

Swimming Championship, and the best swimmers go on to Eastern Nationals. Tuition for the 1997-98 school year is \$22,400 for boarding and \$11,300 for day. This year \$810,000 was awarded in need based financial aid to 32% of the students. See display ad on page 38.

PINE CREST SCHOOL

Fort Lauderdale, Florida
Coed boarding and day
college-preparatory school
Grades Pre-K-12 (day)
Grades 7-12 (boarding)
Enrollment: 945 in
Grades 7-12



Dr. John Harrington
Director of Admission
Pine Crest School
1501 Northeast 62nd Street
Ft. Lauderdale, FL 33334-5116
954-492-4103
Fax: 954-492-4167

Founded in 1934, Pine Crest's 49-acre campus is located near the sub-tropical tip of south Florida. This allows students to participate in academic activities such as marine science as well as full-year swimming in the school's three outdoor pools. Most students graduate after taking at least one Advanced Placement course with strong results on the AP Examinations. Average College Board SAT-I scores for the Class of 1997 were Verbal 625 and Math 641 with 12 National Merit Semifinalists and 24 Commendations. Along with school and USS swimming teams on campus, Pine Crest offers a summer competitive swim camp from June 13 to August 15. Boarding school tuition is \$19,600. Academic testing (such as the SSAT), an interview, school records and recommendations are used in the admission process. See display ad on this page.

ST. ANDREW'S SCHOOL

Middletown, Delaware
Coed boarding
college-preparatory school
Grades 9-12
Enrollment: 265

Peter Caldwell
Director of Admission
St. Andrew's School
350 Noxontown Rd.
Middletown, DE 19709
302-378-9511 ext. 229
Fax: 302-378-7120



Located on 2,600 wooded acres in Middletown, Delaware, St. Andrew's School provides a rigorous liberal arts education in an all-boarding community. Founded in 1929 on the principle of providing secondary education with a definitely Christian character, St. Andrew's awards need-based financial assistance to over 43 percent of its 265 students. Admission to the School is need blind. The School awards \$1.6 million in financial assistance annually. St. Andrew's graduates traditionally attend top universities and colleges throughout the country. Eighty percent of the Class of 1997 went on to *U.S. News and World Report* top tier schools. The average SAT score in 1996-97 was 1342. With a new \$3.5 million swim center, St. Andrew's is committed to swimming as part of its co-curricular program which combines arts, athletics and community service with academics.

IT'S A SWIMMER'S DREAM...



...to find a school that combines exemplary academics with easy access to a school team and an on-campus USS program. If the location is on a beautiful campus in a sub-tropical climate...then Pine Crest makes the dream a reality.

Pine Crest, Fort Lauderdale, Florida, serves boarding students in grades 7-12 as well as day students from pre-kindergarten. The atmosphere is definitely academic, but students and teachers also recognize the value of time spent in twice daily training sessions and frequent meets.

Recognized for a tradition of excellence in university preparation as well as competitive swimming and diving, Pine Crest also takes pride in alumni who are leaders in business, education, medicine, public service and the arts.

You are welcome to visit Pine Crest to learn how our school may define your dream.

Pine Crest School • 1501 N.E. 62nd Street • Fort Lauderdale • Florida • 33334
Admission Office: (954) 492-4103, Fax: (954) 492-4167
Website: www.pinecrest.edu • e-mail address: pcadmit@pinecrest.edu

Prep Schools

THE WILLISTON NORTHAMPTON SCHOOL

Easthampton, Massachusetts
Coed boarding and day
college-preparatory school
Grades 9-12 (boarding and day)
Grades 7-8 (day only)

Enrollment: 520

Ann C. Pickrell
Director of Admission
The Williston
Northampton School
19 Payson Avenue



Easthampton, MA 01027

413-529-3241

Fax: 413-527-9494

E-mail: admissions@williston.com

Traditional in curriculum, utilizing fresh approaches in teaching, Williston is a U.S. Dept. of Education School of Excellence. Located in the culturally rich environment of the Five Colleges, the school attracts a diverse student body from 25 states and 23 foreign countries. The new multi-million dollar Reed Campus Center enhances student life. The boys and girls swimming, diving and water polo programs enjoy personalized coaching, excellent facilities and a rich tradition in New England aquatic history. The 1996 average SAT score was 1100. The fee for 1997-98 is \$23,900 for boarding and \$16,100 for day. In 1996-97, \$2.5 million in need-based scholarships was awarded to 40 percent of the students. An on-campus interview is required; the application fee is \$35. See display ad on this page.

THE WILLISTON NORTHAMPTON SCHOOL

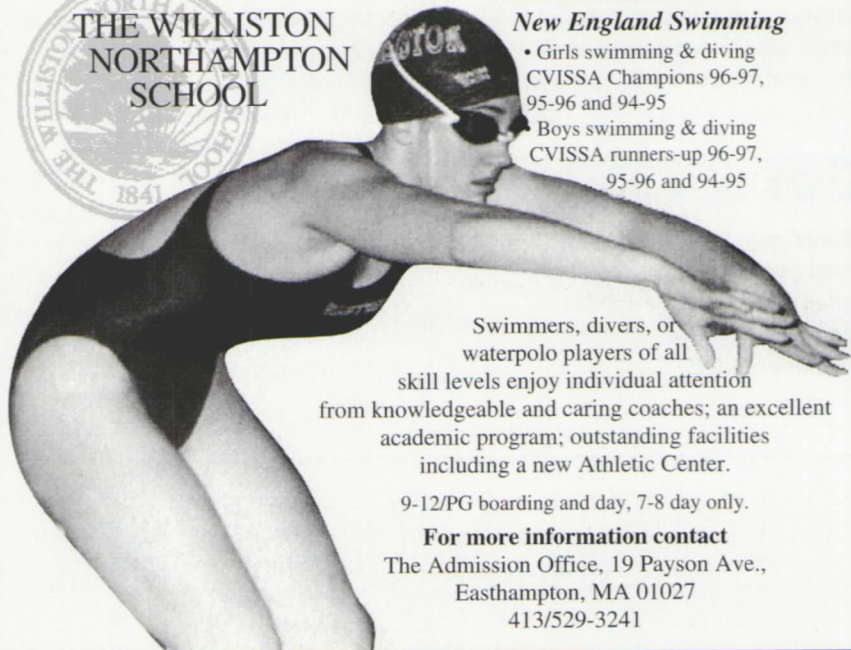
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CVISSA Champions 96-97,
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CVISSA runners-up 96-97,
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waterpolo players of all
skill levels enjoy individual attention
from knowledgeable and caring coaches; an excellent
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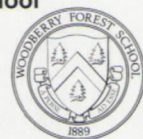
9-12/PG boarding and day, 7-8 day only.

For more information contact
The Admission Office, 19 Payson Ave.,
Easthampton, MA 01027
413/529-3241



WOODBERRY FOREST SCHOOL

Woodberry Forest, Virginia
Boys boarding
college-preparatory school
Grades 9-12
Enrollment: 370



Brendan O'Shea
Assistant Headmaster—Admissions
Woodberry Forest School
Woodberry Forest, VA 22989
540-672-3900
Fax: 540-672-0928
E-mail:

David_Knauert@Woodberry.org

Founded in 1889, Woodberry Forest provides a strong college-preparatory curriculum for boys, including twenty-three AP courses offered in the major disciplines. In accordance with its belief that boys want to be honorable and want to be trusted, the School is guided in its operation by an Honor System designed to promote mutual trust between students and faculty. As part of its commitment to Christian principles, the School requires all students to participate in weekly nondenominational chapel services and in social service projects. The swim team has won the State Championship meet in each of the past two years, and the head coach of the team has been named Virginia's Coach of the Year on both occasions. In its short 10 years of existence, the team has produced All-Americans, Junior and Senior National Qualifiers, and a finalist at the Olympic Trials. See display ad on this page.

Questions directed to:

Brendan O'Shea

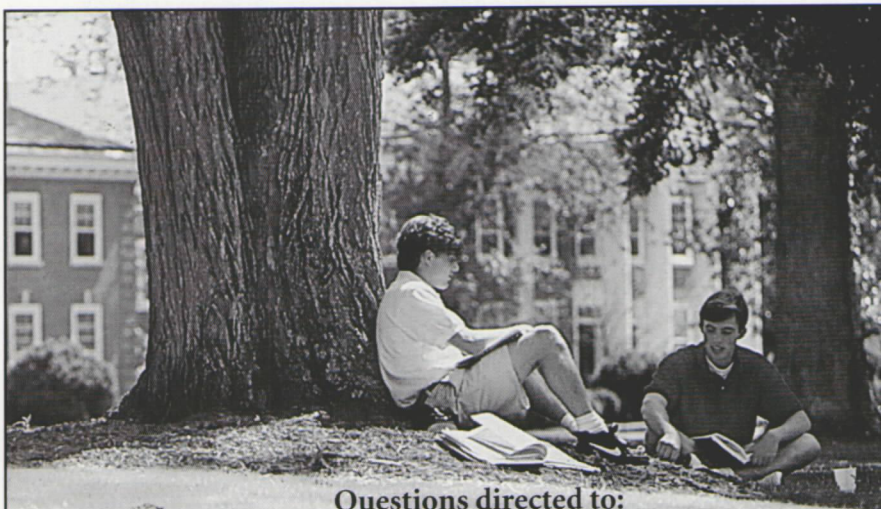
Assistant Headmaster—Admissions
Woodberry Forest School
Woodberry Forest, VA 22989
(540) 672-3900

E-mail: WFS_Admissions@Woodberry.org

David Knauert

Head Swim Coach
PO Box 422
Woodberry Forest, VA 22989
(540) 672-3900

E-mail: David_Knauert@Woodberry.org

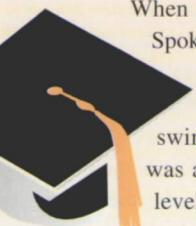


Swimming IN COLLEGE

BY LOIS MELINA

WANT TO SWIM IN COLLEGE?

THERE ARE SOME IMPORTANT THINGS TO KNOW AND CONSIDER WHEN YOU BEGIN CHOOSING THE RIGHT SCHOOL FOR YOU.



When Jennifer Weidert of Spokane, Wash., was a high school senior, she knew she wanted to swim in college. Weidert was a solid junior national-level swimmer in several events, but had never scored at juniors. She accepted a full athletic scholarship to the University of Wyoming—not a swimming powerhouse, but an NCAA Division I school.

Her mother, Lucy, was impressed by the number of options open to swimmers. "There's a place in college for everyone who wants to swim," she said.

Not all will receive scholarship money. Not all will swim in Division I. But for those who want to continue swimming beyond high school, there likely is a college team available.

During the 1995-96 school year—the last year for which figures are available—more than 16,000 college students participated in varsity swimming at NCAA schools. Another 700 participated in swim programs at NAIA schools.

The picture is particularly bright for women. In 1995-96, there were 368 varsity swim teams for men and 432 for women in the NCAA. The NAIA offered swimming at 26 schools.

While Division I competition may carry a certain amount of prestige, swimmers should also look at Division II and III schools, says Chuck Knoles, head of college recruiting information for the College Swim Coaches Association.

Knoles, however, emphasizes that swimmers should look beyond the swim program. The most important consideration should be the school itself and whether it will fit the swimmer's academic needs.

"The best way for a swimmer to present himself or herself (to the coach)," says Knoles, who is also head coach of men's swimming and diving at the University of Pittsburgh, "is to say, 'Your school has aca-

demic programs I'm interested in, and I also want to swim. What do I need to do to get a scholarship there?'"

WHAT COACHES LOOK FOR

College coaches, says Knoles, are looking not only for swimmers with fast times, but swimmers with athletic potential who can stay academically eligible. Judging a swimmer's future potential is "the secret of recruiting," he says.

In recruiting swimmers, coaches want to see current times—not best times—as well as the kind of background the swimmers have had.

Enthusiasm for swimming is also important. Coaches want swimmers who are still excited about swimming and still setting goals for themselves.

Recommendations from club or high school coaches are important in determining an athlete's work ethic and social skills, but they aren't as essential as parents or swimmers might think. College coaches are more likely to rely on their own judgments in determining an athlete's potential.

Tim Powers, a member of the board of directors of the College Swim Coaches Association who spoke to parents and athletes at the 1997 Speedo Junior Championships in Texas, says coaches are not only watching for raw talent, but for competitiveness. Coaches look at who drops their time at juniors or seniors to determine who they can count on to be a good racer.

Knoles also says that swimmers should be familiar with the competitive environment of a school's swim team and "evaluate their own competitiveness relative to that school's swim team."

While every swimmer is evaluated individually, and the competitiveness of schools varies greatly even within each NCAA division, Knoles says, generally,

women with senior national qualifying times will be competitive for scholarships in all divisions. Men with senior national times will be competitive in Divisions II and III and some Division I schools, but will probably have to have scored at seniors to be awarded a scholarship at a top Division I school.

Women with junior championship qualifying times can be competitive for scholarships at some Division I schools, and will be very competitive at Division II and III. Men with junior times can walk-on at most Division I schools and may be competitive for scholarships at some others. They will be very competitive at Division II and III schools.

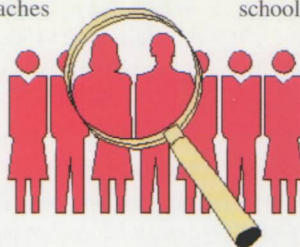
With senior regional qualifying times, men and women can walk-on to some Division I schools and still be competitive for scholarships at Divisions II and III, while zone-level swimmers can walk-on to some Division II and III schools.

NAIA schools are competitive with most Division II swim programs.

In addition to talent, attitude and academic abilities, coaches like to see a well-rounded individual, says Powers, head coach of men's swimming at Brigham Young University. Even though the typical USS swimmer works out before and after school—which limits his ability to participate in other extracurricular activities—community activities are still important.

If a swimmer can find time for these activities along with swimming, the coach perceives that swimmer as more likely to be able to balance the academic, athletic and social demands of college.

Coaches also want to see that the swimmer is self-reliant enough to make a commitment to compete in a varsity sport in college. Although USS swimming typically involves much parent participation, parents need to step back a little during the college recruitment process, Knoles says.



Swimming IN COLLEGE

"The biggest turn-off during recruitment is to have the parent doing the talking for the student-athlete. We want to see the athlete say something on his own."

Knoles says parents do need to be knowledgeable about the school and comfortable with the program, but the swimmer needs to make the decision and follow through on his own.

SCHOLARSHIP MONEY

A swimmer's competitiveness is a big factor in how much scholarship money is awarded. NCAA rules allocate up to 14 scholarships for women and 9.9 for men at Division I schools, and 8.1 for men's and women's teams at Division II. (Division III schools cannot offer athletic scholarships.) NAIA schools may offer eight scholarships per school.

Powers says many coaches spread out their scholarship money by offering partial scholarships.

A student interested in swimming in college should first determine the school he or she wants to attend, then try to get the best financial package from that school rather than simply signing with the school with the best offer.

Money is a critical part of the college decision, but it is more important that the student be happy with the school.

KNOW THE RULES

There is more to getting an athletic scholarship than choosing a school and accepting an offer. Students and their parents must be familiar with NCAA or NAIA recruiting regulations and eligibility requirements. There are different rules for Division I, II and III schools, and still different rules for NAIA.

Seniors graduating in 1998 should register now with the NCAA Initial Eligibility Clearinghouse. (Contact your high school counselor for the registration form.) High school students should also be familiar with the "core course" requirements of the NCAA.

Advanced students who obtain "credit by examination" should realize that they cannot use that course to meet NCAA core course requirements. High school courses

taken by a student in 8th grade, classes taken by correspondence or independent study classes also do not count toward these requirements.

Students who take college courses while in high school may be able to count those toward the core course requirements if they appear on the high school transcript, but they should have their counselors consult with the NCAA to be sure.

In addition, not all high school courses are acceptable to the NCAA. Each high school should have a Form 48-H which lists the courses approved as core courses by the NCAA. Students should ask for a copy of that form from their school counselor and make sure they meet the NCAA requirements.

Students who do not meet NCAA requirements may be able to get a waiver, but this must be initiated by the college or university that has enrolled the student-athlete.

Because Division I requires four full years of English, beginning this year (1997), the NCAA is granting an "obvious waiver" for students who are missing one unit (one-half year) of English. To receive an "obvious waiver," a student must have at least a 3.3 grade-point average in other core courses and have scored at least in the 70th percentile on the verbal portion of the SAT or English subsection of the ACT.

Recruiting regulations are very specific, and both parents and students should be familiar with them. Except for service academies, colleges cannot have personal contact with a student until July after the student's junior year of high school. (Letters are acceptable after Sept. 1 of the junior year.) Even then, the number and type of contacts initiated by a coach is strictly regulated.

The most common recruiting violation is for a swimmer to talk to a college coach while competing at a meet. The swimmer must wait until all his races are over—including relays—and he has been "released" by his club or high school coach.

Students should also be familiar with NCAA and NAIA regulations for the awarding of scholarships as well as institutional policies. For example, while the NCAA says a scholarship can only be offered for one year at a time, many institu-

tions have policies of renewing an athlete's scholarship.

A school can't assure an athlete that her scholarship will be renewed, but it can inform the athlete of the institutional policies. Students and parents should also ask about institutional policies toward renewing a scholarship should the athlete become hurt or fail to finish her degree in four years.

Knoles says that during a student's junior year of high school, he should begin writing letters to college swim programs and gathering information about the school and the swim team. He should narrow his choices to about 10 by the end of the junior year, then focus on the top five during the summer prior to his senior year.

NCAA regulations prohibit expense-paid visits until the student's senior year, but Knoles advises swimmers to plan visits as early as possible in the senior year. ■

About the Author

Free-lance writer **Lois Melina** is a former sports information director and newspaper reporter as well as a certified U.S. Swimming official. She is also the mother of two swimmers.

FOR MORE INFORMATION

NCAA

6201 College Blvd.
Overland Park, KS 66211
913-339-1906

www.ncaa.org

NCAA Initial Eligibility Clearinghouse

319-337-1492
www.ncaa.org/cbsa/clearinghouse.html

NAIA

6120 S. Yale Ave., Suite 1450
Tulsa OK 74136
918-494-8828

www.naia.org

College Swim Coaches Association

803-497-3800

"Swimming in College,"

published by ASCA

1-800-356-2722 <http://lornet.com/~asca>

"Blue Book of College Athletics," published by Athletic Publishing Company

334-263-4436 www.athleticpubco.com

Eureka Technologies

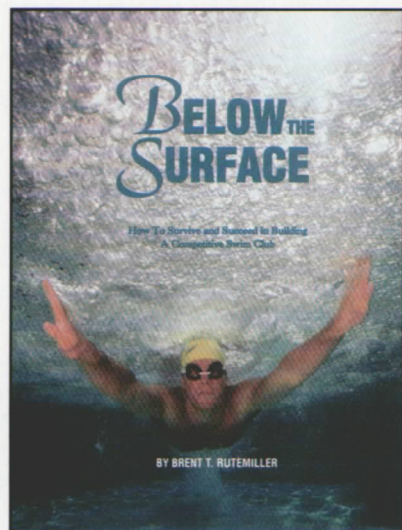
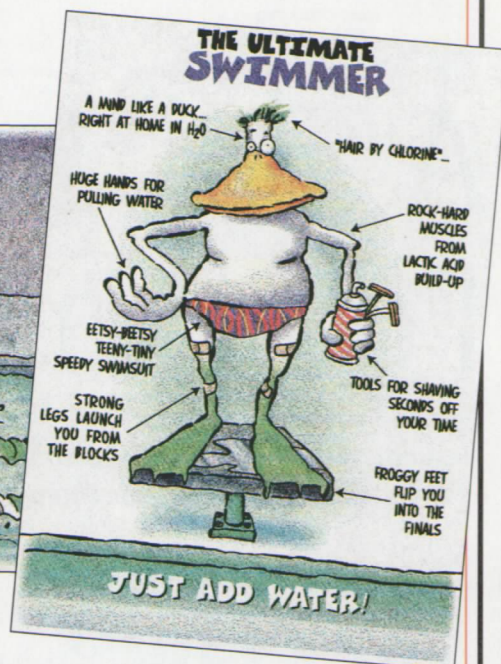
SteveW@eurekatec.com

HOLIDAY *Gift Guide*

Greeting Cards for Swimmers

Life in the Fast Lane has more great cards! There are many designs available: Christmas, all occasion cards and blank notecards. VISA and MasterCard accepted.

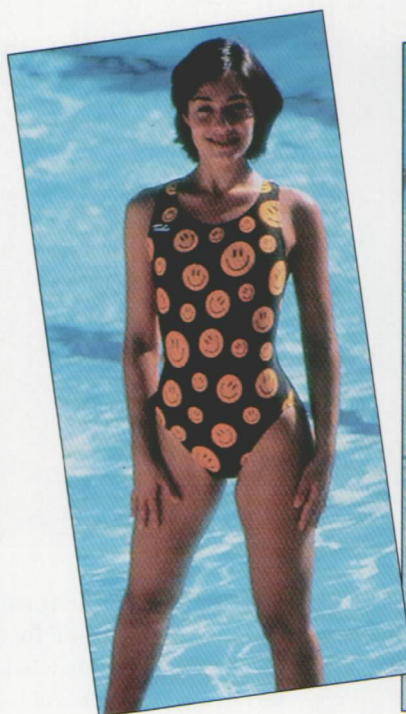
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Below the Surface

Head coach, assistant coach, board member, parent—anyone involved with a swim club owes it to themselves to get this new book. Just released by Sports Publications, *Below the Surface* speaks to the issues of club infrastructure, budgeting, hosting competitions, the hiring process, roles of the athlete, parent and coach plus much, much more. Drawing directly from his own experiences, Brent Rutemiller, author, has provided the swimming community with an important and practical gem of a book, which deserves to be on the shelf of every club coach, board member and parent.

Special introductory offer \$24.95 (plus shipping and handling). To order, call 1-800-345-7946 ext 105.



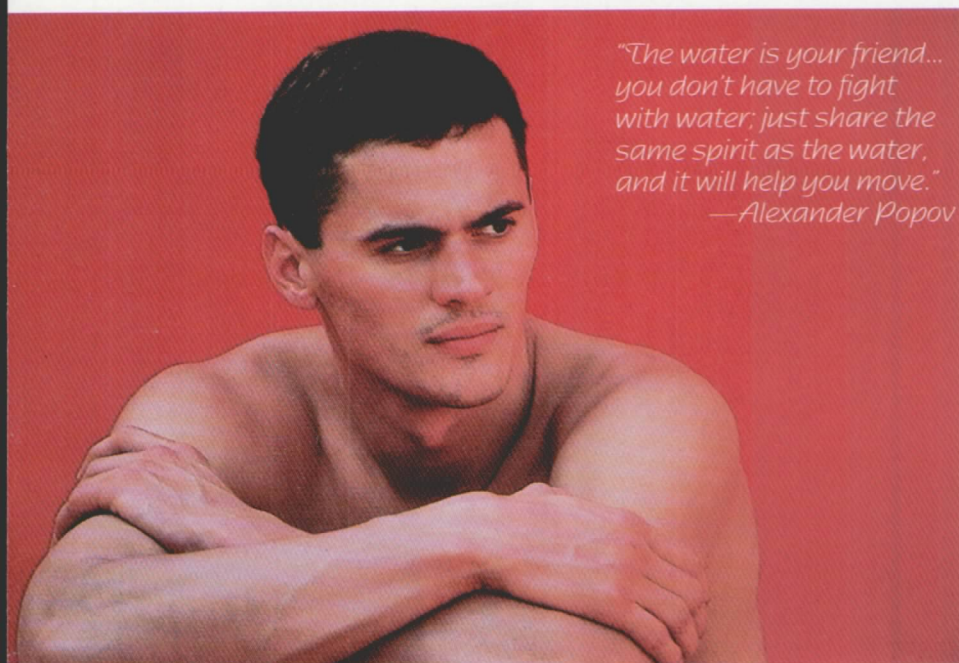
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A Festival For Purists

Alexander Popov, Emiliano Brembilla and Agnes Kovacs emerged as the stars of the European Championships in Spain.



"The water is your friend... you don't have to fight with water; just share the same spirit as the water, and it will help you move."

—Alexander Popov

SEVILLE, Spain—The words of Alexander Popov (above) on the eve of racing proved prophetic: the 23rd European Championships, held Aug. 19-24, were dominated by those whose technical mastery left their competition with a sense of wonder.

Here was a festival for perfectionists and purists. Yes, there were victories by those who are to technique what Roseanne is to ballet. But only three swimmers set individual European or Championship records in hothouse conditions at the San Pablo pool—and they did so through their endeavors to perfect the technical fundamentals of their sport.

Like toreadors twirling around the tormented beasts about them—a mood em-

bellished by the use of a stirring bullfighting anthem as walk-on music for the finals—Popov, Emiliano Brembilla and Agnes Kovacs were the heroes of the hour. Hungary's Kovacs, who clocked 2:24.90 in the 200 meter breast, was the only individual in Seville to set a European record. The other European record came from Russia's Popov, Roman Egorov, Denis Pimankov and Vladimir Pyshnenko in the 400 freestyle relay (3:16.85).

That helped Popov toward a record tally of 15 European titles since 1991, two more than the 13 won by Michael Gross in the 1980s. The German, however, won eight individual titles to the Russian's seven—both over a six-year period.

Men's Events

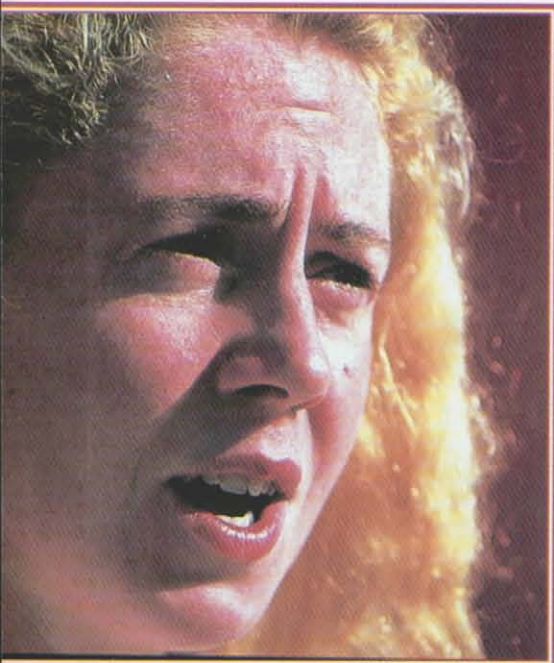
In retaining his 50 and 100 meter freestyle titles and helping Russia to two relay victories (Russia also won the 400 medley relay in 3:39.67), the 25-year-old from Sverdlovsk provided the first sight of the new technique that he and Coach Genadi Touretski have been working on at the Australian Institute of Sport in Canberra.

They call it the "kayak principle," where the swimmer rolls on the bow wave before him in a perpetual motion that suffers no "dead zone" or break in stroke pattern—like the continuous propulsion seen in kayaking in which one oar is always precisely at the start of the pull phase as the other is starting the overarm recovery above the water. Forward motion never ceases.

The first glimpse of this technique came in the heats of the 100 freestyle, almost a year to the day since Popov had been rushed into ten hours of surgery after a watermelon vendor had stabbed him in the stomach on a street in Moscow. Popov cruised a 49.87 prelim. He was less than happy—not with the time, but the technique.

The solution was an hour and 20 minutes in the warm-down pool with Touretski on hand to put him right. Such devotion to detail did the trick. As Popov put it after the final, "I felt like I was reborn tonight."

The four-time Olympic champion split the 50 in 23.91, just 1-tenth ahead of Lars Frolander. After the turn, any doubts about Popov's form faded rapidly. With the strokes of his rivals tightening and failing about him, the Russian plowed on like a battleship through a flotilla of tugs to take his fourth successive 100 free. The time was 49.09, a championship record by 1-hundredth and the latest in a series of



Women's Events

If the European men fared well in comparison with their Pan Pacific rivals, the women did not—all, that is, apart from Agnes Kovacs, a 16-year-old from Budapest who promises to do in breaststroke swimming what her former teammate, Kristina Egerszegi, did for backstroke.

Kovacs is coached, like Egerszegi before her, by Lazslo Kiss and was the only individual woman to swim faster in Seville than her counterparts had in Fukuoka. Together, coach and pupil have apparently perfected Hungarian breaststroke—a high head and hand recovery helping to plunge the swimmer into a long glide as if every stroke were almost a dive, while the arm pull is deep and wide to maximize the pulling surface of hands and arms.

The technique helped Kovacs, who walks with the outturned feet seen among other great breaststroke swimmers, to win both 100 and 200 titles in Seville. The 200 was a race against the clock but proved a much more thoughtful effort than that in April when she split 1:09.4 on her way to a European record of 2:25.31. In Seville, the splits were 33.09, 1:11.38, 1:47.45 and a European record of 2:24.90, just 14-hun-

in April. His 52.85 was the fifth fastest time ever. In the 200, Franck Esposito regained the title he had first won six years earlier. The Frenchman sat on the shoulder of Denis Silantiev (the Ukrainian who finished second in both the 100 and 200) for three lengths of the race before breaking through in the closing stages to win convincingly in 1:57.24.

dredths outside Rebecca Brown's world record and 9-hundredths slower than Samantha Riley's best. The battle with the Australians in Perth will surely be mighty, indeed, both in the 200 and 100 meters, a title captured by Kovacs in Spain in 1:08.08.

Outside of the individual events, only the German women could better what had taken place in Fukuoka. They captured all three relays, two of them faster than the winning time at Pan Pacs. Their best effort was a championship record of 3:41.49 in the 400 freestyle. They also won the 800 free with a world-leading 8:03.59. Their winning 4:07.73 medley relay was some three-and-a-half seconds slower than the winning American time in Fukuoka.

The strength of that German team made for many a multi-medal winner. Antje Buschschulte won four gold, a silver and a bronze, her individual victory coming in the 100 back (1:01.74); Sandra Volker captured the 100 free title (55.38), two other gold medals in relays as well as a silver and bronze; and there were two gold medals apiece for former East German teammates, Kerstin Kielgass (800 free, 8:34.41, and 800 free relay) and Dagmar Hase (400 free, 4:09.58, and 800 free relay). Although not winning multiple medals, Cathleen Rund took home a gold in the 200 back (2:11.46).

It was Hase, however, who caused upset when she beat Michelle Smith-de Bruin in the 400 freestyle after the Irish triple Olympic champion had already claimed the 400 IM (4:42.08) and 200 free (1:59.93).

Racing a pool apart in the 400 with de Bruin in lane 8 having barely qualified for the final—as she had in her two previous races—and Hase in lane 2, the battling pair eyed each other across the lanes. It was the 1996 Olympic champion after a personal improvement of some 19 seconds in 15 months versus the 1996 runner-up and 1992 Olympic champion.

In Seville, the younger woman had the upper hand. Hase, at 27, just four days younger than de Bruin, blasted away in the closing 20 meters to clock 4:09.58 to de Bruin's 4:10.50.

The irony of Hase's defeat of de Bruin was lost on few—de Bruin had been halted in her effort to surpass the record four individual European titles by one of the last



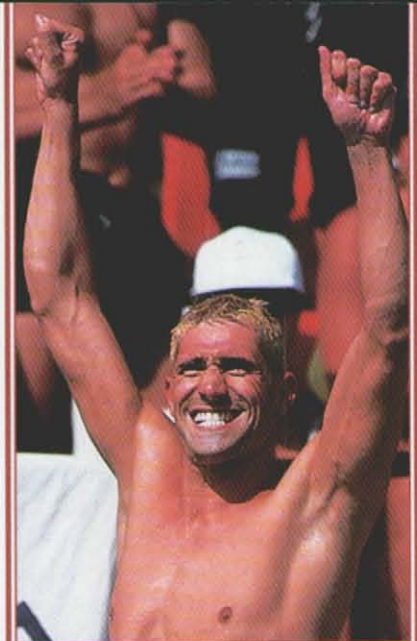
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After winning the 200 fly, France's Franck Esposito was jubilant, as were about 100 fans from Chignolo, Italy, who voiced their approval for local hero, Emiliano Brembilla (right).

swims that have progressed from 49.18, 49.15, 49.10 to 49.09 since 1991.

As leadoff in the record-breaking relay, he clocked 49.02 for another championship record, and the next day he retained the 50 title in 22.30. Popov, who described his 50 time as "only a training time" on the way to the World Championships in Perth in January, was one of five European men who swam faster in Seville than their Pan Pacific counterparts in Fukuoka to leave European men the victors in their transcontinental battle, nine races to seven.

Among those, apart from Popov, Brembilla was most impressive. The 18-year-old Italian beat both Britain's Olympic medal winners, Paul Palmer in the 400 and Graeme Smith in the 1500, with the fastest times in the world this year. The 400, at 3:45.96, was the third fastest ever behind Kieren Perkins and Evgeni Sadovyi, and, like his 14:58.65 in the 1500, was a championship record.

Brembilla's 400 time was 1.01 seconds faster than the time in which Danyon Loader won the Olympic title for New Zealand ahead of Palmer last year, when Brembilla was fourth. Finishing second was Massimiliano Rosolino at 3:48.11, marking the first time that Italy had claimed the top two positions at the European Championships.

Palmer, who finished third, would have

had to break his own national record by 2.18 seconds to match Brembilla and by 3-hundredths to equal Rosolino, who was also second to Palmer in the 200 free on opening night (1:48.85 to 1:49.02). Palmer was also part of Great Britain's winning 800 freestyle relay (7:17.56).

Brembilla's fan club was on hand to celebrate the occasion: as the protagonists marched onto the deck for the 400 final to the sound of Deep Purple's "Smoke on the Water" and with an uncharacteristic drizzle falling from a mournful sky, a great cheer went up from five percent of the population of Chignolo, a village of 2,500 in northern

Castagnetti, former coach of now retired Giorgio Lamberti, world 200 meter freestyle record holder.

Two other men won two titles each: Marcel Wouda, who doubled the Dutchmen's tally of gold in European swimming history by winning the 200 and 400 IM (2:00.77 and 4:15.38), and Alexander Goukov, winner of the 100 and 200 breaststroke (1:02.17 and 2:13.90) to become the first Belorussian to take a European swimming title.

On a world view, the backstrokes were disappointing, failing to come close to the efforts of Lenny Krayzelburg at the Pan



Italy. Their local hero did not disappoint, his classic freestyle, with high-elbow recovery and pointedly central-line pull—in Sadovyi style—never once faltering, the product of a staggering training regime from a very young age.

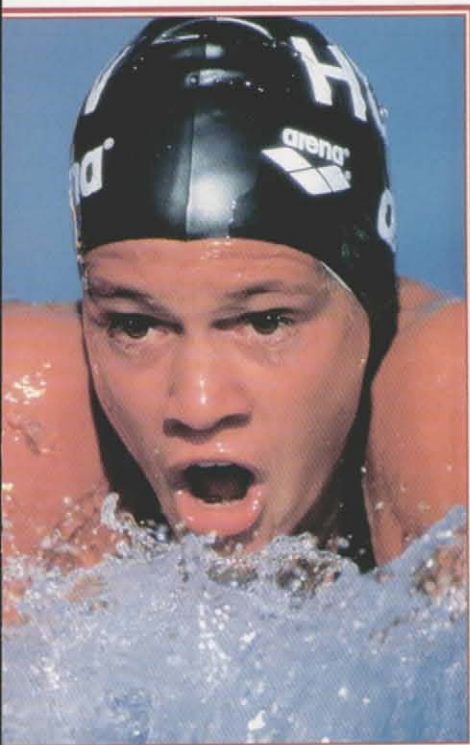
The Italian, at 5-10 and 158 pounds, was covering a staggering 20 kilometers (20,000 meters) in training a day by the time he was 8. "I get up to 23 kilometers now," he said in Seville with a masochistic smile.

Since French-Croatian coach, Dusko le Cabec, left the country in a row with officials over Brembilla's coaching, Italy's most promising talent has been coached at a national center in Verona by Alberto

Pacs. Nonetheless, Spain's Martin Lopez-Zubero's win in the 100 (55.71) rated highly on the parochial clap-o-meter, while Vladimir Selkov's 200 triumph (1:59.21) made him the first to win the title three times.

The form of his Russian teammate, Denis Pankratov, however, remains a mystery. The Olympic and world champion and holder of all world records both short and long over 100 and 200 meters butterfly, looked as he did at Gothenburg in April—like a man in heavy training...and seemingly unperturbed with his poor performances.

His condition left the way clear for Frolander to add the European 100 fly title to the world short course title he had claimed



Michelle Smith-de Bruin (left) and Agnes Kovacs (above), who came within 14-hundredths of a world record, each won two events.

products of the East German medal factory that won 97 out of 144 European titles until the Berlin Wall fell in 1989.

The irony went deeper still—Hase has been at the center of speculation about drug use in much the same way as de Bruin, who failed to make the top 16 in any races at the 1989 championships in Bonn when Hase won the 200 backstroke for East Germany.

Hase dedicated her 1992 Olympic title to her former training partner, Astrid Strauss, the East German who retired during a two-year suspension for a positive drug test. Their coach, Bernd Henneberg, is one of 12 German coaches involved in court action in Germany in which they are accused by former East German swimmers and state prosecutors of administering banned substances to their charges.

Two others who were coaching for Germany in Seville are also among the accused, while former Olympic champion, Ulrike Tauber (now Lebek), was a water polo team doctor in Seville and has signalled her readiness to appear as a witness against the coaches if called.

Hase is among those named in Stasi documents (first published by *Swimming World*) as having tested positive in private

East German tests in 1989. In 1994, she courted controversy when she was rewarded financially and received a free holiday for withdrawing from the 1994 world championship 200 freestyle final to make way for teammate Franziska van Almsick, who went on to win the title in one of the most technically remarkable and stirring swims ever, her world record of 1:56.78 too good even for a steroid-boosted Lu Bin.

De Bruin fell far short of the German's standard in the 200 and is certainly not the woman she was in Atlanta. Yet, her winning time of 1:59.93 ranks her third in the world this year—quite an accomplishment, considering she had never raced a 200 freestyle at an international championship before.

After that and her defeat in the 400, de Bruin withdrew from the 200 IM. She had already withdrawn from the 800 free. Her final race was in the 200 butterfly, but even two days of rest was not enough to bring back that edge she had found a year ago, and she was beaten in the closing 15 meters by Spain's Maria Pelaez, 2:10.25 to 2:10.88.

Whatever training de Bruin is doing, she is likely to need to pick up the pace for Perth. Though European women lagged behind their Pan Pac cousins this time, there were a host of young Russians and Ukraini-

ans, such as Oxana Verevka, winner of the 200 IM (2:14.74), and Olga Klochkova, second to de Bruin in the 400 IM, who are on the up-and-up.

Some of the veterans who remained competitive in their mid-20s were Russia's Natalia Mesheryakova, who won the 50 free in 25.31, and Denmark's Mette Jacobsen, who captured the 100 fly in 59.64.

Meanwhile, Istanbul will stage the 1999 Championships—and there will be another meet less than a year later. The European Swimming League (LEN), to compete with the new calendar for FINA, the world governing body, is shifting its event from odd years to even years. In 2000, there will be a world cup, world short course championships, European long course championships, Olympic Games and a European short course championships.

The news was greeted with the kind of wide-eyed hysteria that the Ironman triathlete feels when he breaks the finish tape only to hear his coach utter, "No, no, no, it won't do at all—go round again."

Financial inducements may also be offered to get swimmers to show up. But in this poker game with FINA and the marketers, the winner will take all, and European and Pan Pac swimming may well be the losers. ■

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For the Record

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WORLD

PAN PACIFIC CHAMPIONSHIPS

Fukuoka, Japan
Aug. 10-13, 1997 (50 M)

- * American Record
- c Commonwealth Record

WOMEN

50 FREE

- AUG. 13**
Championship Finals
25.24 Le Jingyi, CHN
25.42 Jenny Thompson, USA
25.66 Nicole De Man, USA
25.98 S. Minamoto, JPN
26.06 Sarah Ryan, AUS
26.06 C. Wittstock, RSA
26.14 Laura Nicholls, CAN
26.40 Christine Cech, RSA
Consolation Finals
25.88 Catherine Fox, USA
26.35 Nicole Davey, CAN
26.62 Junko Nakatani, JPN
26.82 Allison Fitch, NZL
26.85 Allison Zwarich, CAN
26.91 Susan O'Neill, AUS
26.98 Ayari Aoyama, JPN
27.46 Kate Godfrey, AUS

100 FREE

- AUG. 11**
Championship Finals
54.82 Jenny Thompson, USA
54.86 Le Jingyi, CHN
56.07 Catherine Fox, USA
56.30 Sarah Ryan, AUS
56.36 Susan O'Neill, AUS
56.40 S. Shakespear, CAN
56.58 Cai Huijue, CHN
57.18 Laura Nicholls, CAN
Consolation Finals
56.90 Melanie Valerio, USA
57.00 S. Minamoto, JPN
57.20 Marianne Limpert, CAN
57.36 Ayari Aoyama, JPN
57.41 Junko Nakatani, JPN
57.51 Kate Godfrey, AUS
57.55 Allison Fitch, NZL
57.80 C. Wittstock, RSA

200 FREE

- AUG. 10**
Championship Finals
1:57.48 Claudia Poll, CRC
2:00.54 Le Jingyi, CHN
2:01.12 Joanne Malar, CAN
2:01.76 Ashley Whitney, USA
2:01.76 Jamie Cail, USA
2:02.06 Sachiko Miyaji, JPN
2:02.23 Karine Chevrier, CAN
2:02.58 Eri Yamanoi, JPN
Consolation Finals
2:01.50 Lindsay Benko, USA
2:02.70 Kate Godfrey, AUS
2:02.78 Andrea Schwartz, CAN
2:03.91 Sarah Ryan, AUS
2:04.32 Jacinta Van Lint, AUS
2:04.80 Junko Nakatani, JPN
2:05.13 Alison Fitch, NZL
2:07.12 S. Catherwood, NZL

400 FREE

- AUG. 12**
Championship Finals
4:06.56 Claudia Poll, CRC
4:09.77 Brooke Bennett, USA
4:14.03 Diana Munz, USA
4:15.17 Joanne Malar, CAN
4:17.87 Eri Yamanoi, JPN
4:17.98 Chi-Chan Lin, TPE
4:19.59 Jessica Deglau, CAN
4:20.51 Sachiko Miyaji, JPN
Consolation Finals
4:16.16 Jamie Cail, USA
4:16.84 Andrea Schwartz, CAN
4:20.61 Brook Townsend, AUS
4:20.84 Sachiko Yamada, JPN
4:26.06 Kristy Park, AUS
4:27.09 Eun-Na Jeong, KOR
4:33.24 Mui Nye Teo, MAS
4:34.44 S. Catherwood, NZL

800 FREE

- AUG. 13**
Timed Finals
8:26.36 Brooke Bennett, USA
8:29.06 Claudia Poll, CRC
8:29.06 Diana Munz, USA
8:40.56 Nadine Neumann, AUS
8:48.32 B. Townsend, AUS
8:49.67 Chi-Chan Lin, TPE
8:50.14 Sachiko Yamada, JPN
8:50.28 Andrea Schwartz, CAN
Consolation Finals
8:38.45 Ashley Whitney, USA
8:39.92 Erica Rose, USA
8:46.41 Jamie Cail, USA
8:52.95 Lindsay Benko, USA
8:57.49 Lindsay Beavers, CAN
8:58.83 Tamsen Ebert, CAN
9:00.62 Kristy Park, AUS
9:03.47 Lauren Stinnett, USA

1500 FREE

- AUG. 10**
16:10.24 Brooke Bennett, USA
16:17.05 Diana Munz, USA
16:25.98 Erica Rose, USA
16:41.00 Jamie Cail, USA
16:53.25 B. Townsend, AUS
16:54.91 Kristy Park, AUS
17:00.78 Chi-Chan Lin, TPE
17:18.83 Sachiko Yamada, JPN

100 BACK

- AUG. 10**
Championship Finals
1:01.13 Mai Nakamura, JPN
1:01.35 Lea Maurer, USA
1:01.83 Catherine Fox, USA
1:02.31 Chen Yan, CHN
1:02.59 Noriko Inada, JPN
1:03.25 Meredith Smith, AUS
1:04.07 Erin Gammel, CAN
1:04.54 Danya Calub, AUS
Consolation Finals
1:01.76 Barbara Bedford
1:03.26 Miki Nakao
1:04.28 Kelly Stefanyshyn, CAN
1:05.13 Nikki Tanner, NZL
1:05.21 Richelle Jose, AUS
1:05.26 C. Wittstock, RSA
1:05.27 Min-Ji Sim, KOR
1:05.56 Chang-Ha Lee, KOR

200 BACK

- AUG. 12**
Championship Finals
2:11.40 Mai Nakamura, JPN
2:12.25 Lea Maurer, USA
2:12.25 Miki Nakao, JPN
2:14.81 Meredith Smith, AUS
2:15.36 Richelle Jose, AUS
2:15.60 Kelly Stefanyshyn, CAN
2:16.44 Lindsay Benko, USA
2:17.39 Chang-Ha Lee, KOR
Consolation Finals
2:13.60 Barbara Bedford, USA
2:14.52 Noriko Inada, JPN
2:17.00 Nikki Tanner, NZL
2:20.65 Min-Ji Sim, KOR
2:20.68 Helen Norfolk, NZL
2:25.56 Hui Wai Tsai, HKG
2:32.64 Lee San Chew, MAS
DO Elsa Nasution, INA

100 BREAST

- AUG. 11**
Championship Finals
1:07.81 Samantha Riley, AUS
1:08.65 Penelope Heyns, RSA
1:09.18 Kristy Kowal, USA
1:09.89 Tara Sloan, CAN
1:09.91 L. Van Oosten, CAN
1:10.07 Caroline Hildreth, AUS
1:10.67 Jenna Street, USA
1:11.03 Junko Isoda, JPN
Consolation Finals
1:10.05 Helen Denman, AUS
1:10.21 Julia Russell, RSA
1:10.24 K. MacGregor, USA
1:10.37 Sarah Poewe, RSA
1:11.46 Masami Tanaka, JPN
1:11.62 Yoshie Nishikawa, JPN
1:12.73 Hye-Young Byun, KOR
1:13.53 Yun-Hee Kye, KOR

200 BREAST

- AUG. 13**
Championship Finals
2:25.34 Samantha Riley, AUS
2:28.66 Masami Tanaka, JPN
2:29.83 L. Van Oosten, CAN
2:30.14 Kristine Quance, USA
2:30.55 Kristy Ellem, AUS
2:30.72 Penelope Heyns, RSA
2:31.17 Kristy Kowal, USA
2:36.08 Sarah Poewe, RSA
Consolation Finals
2:29.87 Jenna Street, USA
2:31.00 Tara Sloan, CAN
2:32.04 Caroline Hildreth, AUS
2:32.70 Hye-Young Byun, KOR
2:33.21 Julia Russell, RSA
2:33.67 Yun-Hee Kye, KOR

- 2:33.94 Junko Isoda, JPN
2:43.84 Olga Halim, INA

100 FLY

- AUG. 12**
Championship Finals
59.00 Jenny Thompson, USA
59.35 Ayari Aoyama, JPN
59.54 Cai Huijue, CHN
1:00.13 Misty Hyman, AUS
1:00.40 Susan O'Neill, AUS
1:00.91 Jessica Amey, CAN
1:01.29 Junko Ohnishi, JPN
1:01.38 Kate Godfrey, AUS
Consolation Finals
59.52 Richelle Fox, USA
1:01.53 Julia Ham, AUS
1:02.00 Jennifer Button, CAN
1:02.60 R. du Plessis, RSA
1:02.69 Jessica Deglau, CAN
1:03.19 Yuko Nakanishi, JPN
1:03.39 Il-Ju Beak, KOR
1:03.51 C. Nethercott, RSA

200 FLY

- AUG. 10**
Championship Finals
2:08.59 Susan O'Neill, AUS
2:09.29 Kristine Quance, USA
2:11.53 Misty Hyman, AUS
2:11.63 Jessica Deglau, CAN
2:12.49 Cai Huijue, CHN
2:13.37 Junko Ohnishi, JPN
2:13.64 Jennifer Button, CAN
2:15.70 Yukiko Osada, JPN
Consolation Finals
2:13.25 Nadine Neumann, AUS
2:13.52 Lauren Stinnett, USA
2:13.64 Yuko Nakanishi, JPN
2:15.03 Andrea Schwartz, CAN
2:15.15 R. Du Plessis, RSA
2:17.50 Eun-Ju Lee, KOR
2:19.74 Il-Ju Beak, KOR

400 IM

- AUG. 13**
Championship Finals
2:13.79 Kristine Quance, USA
2:14.91 Marianne Limpert, CAN
2:16.17 Joanne Malar, CAN
2:16.37 J. Parmenter, USA
2:17.78 Chen Yan, CHN
2:18.08 Yasuko Tajima, JPN
2:18.31 Fumie Kurotori, JPN
2:22.09 Jacinta Van Lint, AUS
Consolation Finals
2:16.33 Maddy Crippen, USA
2:20.08 Karine Chevrier, CAN
2:22.13 Miki Nakao, JPN
2:22.97 Helen Norfolk, NZL
2:23.22 Anna Wilson, NZL
2:23.23 Richelle Jose, AUS
2:23.38 Jie-Hyun Lee, KOR
2:24.98 Elsa Nasution, INA

400 IM

- AUG. 11**
Championship Finals
4:39.61 Kristine Quance, USA
4:43.20 Maddy Crippen, USA
4:44.70 Joanne Malar, CAN
4:46.05 Yasuko Tajima, JPN
4:46.78 Fumie Kurotori, JPN
4:47.02 Nadine Neumann, AUS
4:50.49 Carrie Burgoyne, CAN
4:57.40 Anna Wilson, NZL
Consolation Finals
4:47.19 Jamie Cail, USA
4:51.52 Maggie Bowen, USA
4:54.33 Erica Rose, USA
4:57.63 Jacinta Van Lint, AUS
4:58.43 Richelle Jose, AUS
5:02.96 Wai Yen Sia, MAS
5:03.14 Helen Norfolk, NZL
5:03.38 Jie-Hyun Lee, KOR

400 MR

- AUG. 13**
USA
(Maurer, Kowal, Fox, Thompson)
4:05.72 Australia
4:07.83 Japan
4:10.76 Canada
4:14.78 South Africa

400 FR

- AUG. 12**
Championship Finals
3:43.77 (Fox, Valerio, De Man, Thompson)
3:46.57 Australia
3:47.49 Japan
3:47.58 New Zealand
800 FR
AUG. 11
USA
(Benko, Whitney, Cail, Thompson)
8:08.85 Canada
8:13.92 Australia
8:15.28 Japan
8:35.48 New Zealand

MEN

50 FREE

- AUG. 13**
Championship Finals
22.42 Ricardo Busquets, PUR
22.42 William Pilczuk, USA
22.69 David Fox, USA
22.79 B. Dedekind, RSA
22.91 Scott Logan, AUS
22.93 Michael Klim, AUS
22.98 T. Yamanoi, JPN
23.18 Craig Hutchison, CAN
Consolation Finals
22.74 Neil Walker, USA
23.34 Sion Brinn, JAM
23.50 Syunsuke Itoh, JPN
23.75 Richard Upton, AUS
23.81 Nicholas Tongue, NZL
24.11 Nachaev Ravil, UZB
24.20 John Steel, NZL
DO Derrick Bollinger, GUM

100 FREE

- AUG. 10**
Championship Finals
49.46c Michael Klim, AUS
49.57 Neil Walker, USA
49.94 Ricardo Busquets, PUR
50.06 Stephen Clarke, CAN
50.17 Scott Tucker, AUS
50.32 Sion Brinn, JAM
50.71 Ian Van der Wal, AUS
51.21 Craig Hutchison, CAN
Consolation Finals
49.95 Jon Olsen, USA
51.13 Richard Upton, AUS
51.18 John Steel, NZL
51.18 Nicholas Tongue, NZL
51.27 Trent Bray, NZL
51.36 Syunsuke Itoh, JPN
51.38 Y. Matsushita, JPN
51.50 Jiang Chengji, CHN

200 FREE

- AUG. 10**
Championship Finals
1:47.60 Michael Klim, AUS
1:48.17 Josh Davis, USA
1:49.27 Trent Bray, NZL
1:50.48 Ian Van der Wal, AUS
1:50.94 Ryk Neethling, RSA
1:50.95 Syunsuke Itoh, JPN
1:51.87 Yosuke Ichikawa, JPN
1:54.02 Tom Dolan, USA
Consolation Finals
1:49.53 Grant Hackett, AUS
1:50.22 John Piersma, USA
1:51.66 Danyon Loader, NZL
1:51.72 Mark Johnston, CAN
1:54.03 Scott Cameron, NZL
1:54.43 Michael McWha, CAN
DO O. Von Richter, CAN
DO Sion Brinn, JAM

400 FREE

- AUG. 11**
Championship Finals
3:47.27 Grant Hackett, AUS
3:49.64 Ian Thorpe, AUS
3:50.40 Chad Carvin, USA
3:51.81 John Piersma, USA
3:54.10 Danyon Loader, NZL
3:54.58 Ryk Neethling, RSA
3:55.37 Mark Johnston, CAN
3:55.84 T. Sethsothorn, THA
Consolation Finals
3:53.59 Ugur Taner, USA
3:56.02 Jason Samuelson, AUS
3:56.55 Yusuke Ichikawa, JPN
3:56.96 Michael McWha, CAN
3:59.59 Scott Cameron, NZL
3:59.72 Masato Hirano, JPN
4:00.52 Hisato Yasui, JPN
4:00.52 Cheol Woo, KOR

800 FREE

- AUG. 10**
Grant Hackett, AUS
7:57.82 Chad Carvin, USA
8:01.17 Tyler Painter, USA
8:06.81 Masato Hirano, JPN
8:07.31 Tim Siciliano, USA
8:08.80 Jason Samuelson, AUS
8:11.02 T. Sethsothorn, THA
8:19.43 Hisato Yasui, JPN
8:22.69 Mark Johnston, AUS
9:36.24 Man Pan Chan, MAC
1500 FREE
AUG. 13
15:13.25 Grant Hackett, AUS
15:17.01 Tyler Painter, USA
15:17.18 Chad Carvin, USA
15:30.79 Jason Samuelson, AUS
15:34.93 Hisato Yasui, JPN
15:36.01 Mark Johnston, CAN
15:38.45 T. Sethsothorn, THA
15:40.20 Michael McWha, CAN
15:42.20 Brent Sallee, USA
15:43.45 Tim Siciliano, USA
15:54.77 Guy-Chang Lee, KOR
16:01.29 Matthew Smith, AUS

- 16:14.47 Liam Weseloh, CAN
16:31.01 Scott Cameron, NZL

100 BACK

- AUG. 10**
Championship Finals
54.43 L. Krayzelburg, USA
55.27 Neil Walker, USA
55.55 Mark Versfeld, CAN
56.15 Adrian Radley, AUS
56.29 Keitaro Konnai, JPN
56.30 Wang Wei, CHN
56.35 Ricardo Busquets, PUR
56.94 Takafumi Ohishi, JPN
Consolation Finals
55.71 Brad Bridgewater, USA
57.07 Dustin Hersee, CAN
57.20 Hajime Itoi, JPN
57.27 Ray Hass, AUS
57.58 Rob van der Zant, AUS
58.15 Ross Dunwoody, NZL
58.67 Tane Strickland, NZL
58.88 Juan Rodella, MEX

200 BACK

- AUG. 11**
Championship Finals
1:57.87* L. Krayzelburg, USA
(28.41, 58.26, 1:28.25)
1:59.61 Mark Versfeld, CAN
2:00.04 Brad Bridgewater, USA
2:00.50 Wang Wei, CHN
2:01.57 Dustin Hersee, CAN
2:02.44 Adrian Radley, AUS
2:02.81 Ray Hass, AUS
2:03.12 Sang-Joon Ji, KOR
Consolation Finals
2:00.71 Josh Davis, USA
2:02.97 Hajime Itoi, JPN
2:03.42 Keitaro Konnai, JPN
2:04.83 Takafumi Ohishi, JPN
2:08.22 Juan Rodella, MEX
2:10.54 Lik Sun Fong, HKG
2:10.73 Ross Dunwoody, NZL
DO Felix Sutanto, INA

100 BREAST

- AUG. 13**
Championship Finals
1:01.22 Kurt Grote, USA
1:01.85 Philip Rogers, AUS
1:02.64 Jarrod Marrs, USA
1:02.72 Y. Miyazaki, JPN
1:02.74 Simon Cowley, AUS
1:02.94 Kwang-Jea Cho, KOR
1:02.99 Morgan Knabe, CAN
1:03.31 Yoshiaki Okita, JPN
Consolation Finals
1:01.88 Jeremy Linn, USA
1:03.70 Chikara Nakashita, JPN
1:03.77 Andrew Chan, CAN
1:06.05 Chi Kin Tam, HKG
1:06.31 Michael Scott, HKG
1:07.00 Oleg Pukhnaty, UZB
1:09.82 Denny Kuriliawan, INA
DO Man Pan Chan, MAC

200 BREAST

- AUG. 13**
Championship Finals
2:14.05 Kurt Grote, USA
2:14.59 Yoshiaki Okita, JPN
2:14.80 Tom Wilkens, AUS
2:14.81 Philip Rogers, AUS
2:14.97 Chikara Nakashita, JPN
2:15.36 Simon Cowley, AUS
2:16.73 Morgan Knabe, CAN
2:17.59 Andrew Chan, CAN
Consolation Finals
2:18.48 Y. Miyazaki, JPN
2:18.70 Michael Norment, USA
2:23.08 Chi Kin Tam, HKG
2:25.30 Michael Scott, HKG
2:26.78 Rob van der Zant, AUS
2:31.27 Denny Kuriliawan, INA
DO Jarrod Marrs, USA
DO Jeremy Linn, USA

100 FLY

- AUG. 11**
Championship Finals
52.76* Neil Walker, USA
(23.89)
52.94 Michael Klim, AUS
53.26 Nate Dusing, USA
53.56 T. Yamamoto, JPN
54.18 Scott Goodman, AUS
54.19 Eddie Parenti, CAN
54.54 Stephen Clarke, CAN
54.58 Theo Verster, RSA
Consolation Finals
54.50 John Hargis, USA
54.82 Junya Kawakami, JPN
55.47 Y. Matsushita, JPN
55.64 John Steel, NZL
56.11 Sergio Garza, MEX
56.19 Casey Barrett, CAN
57.08 Nicholas Sheeran, NZL
DO Nachaev Ravil, UZB
200 FLY
AUG. 10
Championship Finals
1:57.35 Ugur Taner, USA
1:57.71 Tom McIlwain, USA

- 1:58.34 Scott Goodman, AUS
1:59.52 T. Yamamoto, JPN

200 BR

- 2:00.83 Casey Barrett, CAN
2:00.87 Kyu-Chul Han, KOR
2:01.57 Eddie Parenti, CAN
2:01.75 Greg Shaw, AUS
Consolation Finals
2:15.76 Steven Brown, USA
2:01.78 Philip Weiss, CAN
2:01.86 Hisayoshi Tanaka, JPN
2:02.68 Theo Verster, RSA
2:03.42 Trent Steed, AUS
2:03.73 Kin Ming Kwok, HKG
2:04.40 Juan Veloz, MEX
DO Junya Kawakami, JPN

200 IM

- AUG. 13**
Championship Finals
2:01.14 Matthew Dunn, AUS
2:01.83 Curtis Myden, CAN
2:02.25 Ron Karnaugh, USA
2:02.90 Josh Davis, USA
2:03.02 Wei Wang, CHN
2:04.58 Tatsuya Kinugasa, JPN
2:04.91 Mark Versfeld, CAN
2:04.94 Theo Verster, RSA
Consolation Finals
2:03.95 Zane King, AUS
2:04.18 Philip Weiss, CAN
2:05.23 Steven Brown, USA
2:05.73 Rob van der Zant, AUS
2:05.92 Joh Yoshimi, JPN
2:08.28 Oliver Young, NZL
2:08.37 Nicholas Sheeran, NZL
2:10.99 Oleg Tsvetkovskiy, UZB

400 IM

- AUG. 10**
Championship Finals
4:16.11 Matthew Dunn, AUS
4:16.30 Curtis Myden, CAN
4:21.07 Trent Steed, AUS
4:22.51 Tom Wilkens, USA
4:22.69 Ron Karnaugh, USA
4:23.63 Tatsuya Kinugasa, JPN
4:25.74 Wang Wei, CHN
4:27.72 Philip Weiss, CAN
Consolation Finals
4:24.71 Steven Brown, USA
4:28.11 O. Von Richter, CAN
4:29.02 Rob van der Zant, AUS
4:29.19 Oliver Young, NZL
4:29.42 Joh Yoshimi, JPN
4:30.14 Kin Ming Kwok, HKG
4:32.67 Ben Scott, NZL
4:38.77 Lik Sun Fong, HKG

400 MR

- AUG. 13**
USA
(Krayzelburg, Grote, Dusing, Walker)
3:39.73 Australia
3:43.00 Japan
3:43.98 Canada
3:52.93 New Zealand
4:00.54 Uzbekistan
400 FR
AUG. 11
USA
(Tucker, Schumacher, Olsen, Walker)
3:19.33 Australia
(Klim 49.15c)
3:22.40 New Zealand
3:23.40 Canada
3:23.79 Japan
800 FR
AUG. 10
USA
(Carvin, Malchow, Taner, Davis)
7:15.72 Australia
7:28.33 New Zealand
7:29.13 Japan
7:29.69 Canada
7:51.32 Hong Kong
7:53.31 Uzbekistan

EUROPEAN CHAMPIONSHIPS

Seville, Spain
Aug. 19-24, 1997 (50 M)

e European Record

WOMEN

50 FREE

- AUG. 23**
Championship Finals
25.31 N. Mesheryakova, RUS
25.43 Sandra Volker, GER
25.78 T. Alshammer, SWE
25.84 Simone Osguy, GER
25.89 Angela Postma, NED
26.03 Metka Sparavec, SLO
26.03 Olga Mikhomel, UKR
26.43 Time Bussuyt, BEL
Consolation Finals
26.06 W. van Hofwegen, NED

26.08 Claudia Franco, ESP	26.18 Inna Yaitskaya, RUS	26.36 Susan Rolph, GBR	26.38 Viviana Susin, ITA	26.40 Laura Petrutyte, LTU	26.45 Cristina Chiuse, ITA	26.58 Judith Draxler, AUT	100 FREE AUG. 19	55.38 Sandra Volker, GER	55.46 M. Moravcova, SVK	55.50 A. Buschschulte, GER	56.09 Susan Rolph, GBR	56.13 Karen Pickering, GBR	56.15 N. Mesheryakova, RUS	56.51 Mette Jacobsen, DEN	56.51 W. van Hofwegen, NED	Consolation Finals	56.65 S. Leshukova, RUS	56.87 Olga Mukomol, UKR	56.87 Claudia Franco, ESP	57.04 T. Alshammer, SWE	57.22 Olena Lapunova, UKR	57.34 Minna Salmela, FIN	57.37 Metka Sparavec, SLO	59.84 L. Dobrescu, ROM	200 FREE AUG. 20	1:59.93 Michelle De Bruin, IRL	1:59.97 N. Chemezova, RUS	2:00.17 Camelia Potec, ROM	2:00.34 M. Moravcova, SVK	2:00.36 Kerstin Kielgass, GER	2:01.02 Karen Pickering, GBR	2:01.11 Olena Lapunova, UKR	2:01.46 Josefina Lillhage, SWE	Consolation Finals	2:01.11 A. Buschschulte, GER	2:01.85 L. Dobrescu, ROM	2:03.37 Victoria Horner, GBR	2:03.49 Nicole Zahnd, SUI	2:04.53 Laura Roca, ESP	2:04.70 Solenne Figue, FRA	2:05.21 Mia Muusfeldt, DEN	2:05.26 Tanja Blatnik, SLO	400 FREE AUG. 21	4:09.58 Dagmar Hase, GER	4:10.50 Michelle De Bruin, IRL	4:10.89 Kerstin Kielgass, GER	4:11.23 Carla Geurts, NED	4:13.51 Kirsten Vlieghe, NED	4:13.81 N. Chemezova, RUS	4:13.87 S. Paduraru, ROM	4:14.89 Olena Lapunova, UKR	Consolation Finals	4:13.79 Camelia Potec, ROM	4:15.77 Laetitia Choux, FRA	4:15.92 Ingrid Bourre, FRA	4:16.13 Anna Simoni, ITA	4:16.26 Hana Cerna, CZE	4:17.53 Sarai Justes, ESP	4:18.33 Jessica Craig, GBR	4:18.44 Britt Raaby, DEN	800 FREE AUG. 23	8:34.41 Kerstin Kielgass, GER	8:36.14 Carla Geurts, NED	8:39.93 Jana Henke, GER	8:45.74 Kristina Kynerova, CZE	8:48.30 Flavia Rigamonti, SUI	8:49.57 Anna Simoni, ITA	8:50.42 Sarah Collings, GBR	8:53.92 Maria A. Bardina, ESP	100 BACK AUG. 21	1:01.74 A. Buschschulte, GER	1:01.84 R. Maracineanu, FRA	1:02.23 Sandra Volker, GER	1:02.80 Olga Kochetkova, RUS	1:03.41 Sarah Price, GBR	1:03.56 Isabella Burczyk, POL	1:03.77 Grechushnikova, RUS	1:04.13 Suze Valen, NED	Consolation Finals	1:03.93 Ivette Maria, ESP	1:04.33 Joanne Deakins, GBR	1:04.34 A. Kopatchenia, BLR	1:04.37 Maria C. Santos, POR	1:04.87 Helene Ricardo, FRA	1:05.04 Joanna Gronck, POL	1:05.14 Francesca Bissoli, ITA	1:05.31 Alena Nyvtlova, CZE	200 BACK AUG. 23	2:11.46 Cathleen Rund, GER	2:12.05 A. Buschschulte, GER	2:12.05 R. Maracineanu, FRA	2:13.80 Grechushnikova, RUS	2:14.68 H. Don-Duncan, GBR	2:15.49 Joanne Deakins, GBR	2:16.31 Helene Ricardo, FRA	2:17.18 K. Pivonkova, CZE	Consolation Finals	2:16.31 Ivette Maria, ESP	2:16.33 Isabella Burczyk, POL	2:16.40 L. Porcianiello, ITA	2:16.82 Yseult Gervy, BEL	2:17.52 Helena Strakova, CZE	2:17.54 Francesca Bissoli, ITA	2:17.96 Anna Kopatchenia, BLR	2:19.04 Anu Koivisto, FIN	100 BREAST AUG. 22	1:08.08 Agnes Kovacs, HUN	1:08.87 S. Bondarenko, UKR	1:09.26 Alicja Peczak, POL	1:09.42 Brigitte Becue, BEL	1:09.81 D. Ajnenkij, POL	1:10.67 Madelon Baans, NED	1:10.73 Vera Lischka, AUT	1:10.93 Jaime King, GBR	Consolation Finals	1:11.24 Sylvia Gerasch, GER	1:11.43 Ina Hugging, GER	1:11.48 M. Dalla Valle, ITA	1:11.80 Natasha Keizer, SLO	1:12.13 Karine Bremond, FRA	1:12.66 Linda Hindmarsh, GBR	1:12.75 Inna Nikitina, UKR	1:12.83 Rosario Zazo, ESP	200 BREAST AUG. 20	2:24.90e Agnes Kovacs, HUN	33.09, 1:11.38, 1:47.46	2:28.04 Alicja Peczak, POL	2:28.90 Brigitte Becue, BEL	2:29.76 Inna Nikitina, UKR	2:30.02 Jaime King, GBR	2:30.40 Anne Poleska, FRA	2:30.65 Karine Bremond, FRA	2:31.68 Linda Hindmarsh, GBR	Consolation Finals	2:30.46 Lenka Manhalova, CZE	2:31.64 Beata Kaminska, POL	2:32.38 Ina Hugging, GER	2:32.98 Larisa Lacusta, ROM	2:33.69 Madelon Baans, NED	2:34.03 Elvira Fischer, AUT	2:35.06 Natasha Keizer, SLO	2:35.61 Federica Biscia, ITA	100 FLY AUG. 22	59.64 Mette Jacobsen, DEN	59.74 M. Moravcova, SVK	1:00.07 Johanna Sjoberg, SWE	1:00.28 S. Pozdeeva, RUS	1:00.56 Ilaria Tocchini, ITA	1:00.77 Anna Uryniuk, POL	1:01.46 Cecile Jeanson, FRA	1:01.52 Marja Parssinen, FIN	Consolation Finals	1:01.34 Katrin Meissner, GER	1:01.44 Sophia Skou, DEN	1:01.66 W. van Hofwegen, NED	1:01.69 Maria Pelaez, ESP	1:02.07 A.K. Kammerling, SWE	1:02.22 Katrin Jake, GER	1:02.36 Caroline Foot, GBR	1:02.51 Fabienne Dufour, BEL	200 FLY AUG. 23	2:10.25 Maria Pelaez, ESP	2:10.88 Michelle De Bruin, IRL	2:11.97 Mette Jacobsen, DEN	2:12.01 Anna Uryniuk, POL	2:12.52 Silvia Szalai, GER	2:12.71 M. Moravcova, SVK	2:12.74 Barbara Franco, ESP	2:13.08 Katrin Jake, GER	Consolation Finals	2:13.48 Sophia Skou, DEN	2:14.03 M. Pedder, GBR	2:14.56 Johanna Sjoberg, SWE	2:15.48 Paola Cavallino, ITA	2:16.02 Cecile Jeanson, FRA	2:16.41 Ana Francisco, POR	2:16.81 Kim van Kruyssen, BEL	2:16.93 M. Kubalcikova, CZE	200 IM AUG. 23	2:14.74 Cathleen Rund, GER	2:15.02 M. Moravcova, SVK	2:15.03 Yana Klochkova, UKR	2:15.99 Sabine Herbst, GER	2:16.56 Susan Rolph, GBR	2:17.17 B. Coadu-Caslaru, ROM	2:17.22 Brigitte Becue, BEL	2:17.42 Alicja Peczak, POL	Consolation Finals	2:16.89 Cathleen Rund, GER	2:18.06 Lourdes Becerra, ESP	2:19.03 Hana Cerna, CZE	2:19.05 Britta Vestergaard, DEN	2:20.46 Maria C. Santos, POR	2:21.04 Catalina Casaru, ROM	2:21.40 Natalia Kozlova, RUS	2:25.82 Nadege Cliton, FRA	400 IM AUG. 19	4:42.08 Michelle De Bruin, IRL	4:43.07 Yana Klochkova, UKR	4:44.05 Hana Cerna, CZE	4:44.87 Sabine Herbst, GER	4:47.59 Oksana Verevka, RUS	4:48.73 B. Coadu-Caslaru, ROM	4:50.47 Lourdes Becerra, ESP	4:52.92 Natalia Kozlova, RUS	Consolation Finals	4:50.84 Cathleen Rund, GER	4:51.25 Samantha Nesbitt, GBR	4:54.99 Pavla Chrastova, CZE	4:55.70 Yseult Gervy, BEL	4:56.65 K. Sarakatsani, GRE	4:56.86 Martina Nemec, AUT	4:57.04 Maria A. Bardina, ESP	5:00.76 Tina Grettund, DEN	400 MR AUG. 23	4:07.73 Germany (Buschschulte, Gerasch, Meissner, Volker)	4:09.04 Russia	4:10.31 Great Britain	4:12.50 Italy	4:12.69 Netherlands	4:13.20 France	4:14.10 Hungary	4:15.14 Belgium	400 FR AUG. 21	3:41.49 Germany (Meissner, Osygus, Buschschulte, Volker)	3:43.69 Sweden	3:44.72 Russia	3:45.83 Great Britain	3:46.74 Denmark	3:47.05 Netherlands	3:48.97 Italy	DQ Spain	800 FR AUG. 19	8:03.59 Germany (Hase, Gotz, Buschschulte, Kielgass)	8:04.53 Sweden	8:07.26 Denmark	8:08.49 Romania	8:09.44 Great Britain	8:11.49 Netherlands	8:11.93 France	8:18.28 Italy	MEN 50 FREE AUG. 23	22.30 Alexander Popov, RUS	22.53 Mark Foster, GBR	22.78 Julien Sicut, FRA	22.79 A. Luderitz, GER	22.80 Denis Pimankov, RUS	22.88 T. Spanneberg, GER	23.03 Yoav Bruck, ISR	v.d. Hoogenband, NED	Consolation Finals	23.02 Nicolae Ivan, ROM	23.07 O. Roukhlevitch, BLR	23.18 Rene Gusperti, ITA	23.20 Juan Benavides, ESP	23.21 Indrek Sei, EST	23.35 Bart Kizierowski, POL	23.39 Dimitri Kalinowski, BLR	23.52 Alen Loncar, CRO	100 FREE AUG. 21	49.09 Alexander Popov, RUS	49.51 Lars Frolander, WE	49.84 O. Roukhlevitch, BLR	49.93 Lorenzo Vismara, TA	50.09 v.d. Hoogenband, NED	50.14 Yoav Bruck, ISR	50.55 Nicholas Shackell, GBR	50.93 Nicolae Ivan, ROM	Consolation Finals	50.79 Attila Zubor, HUN	50.92 T. Spanneberg, GER	51.04 Juan Benavides, ESP	51.13 Bart Kizierowski, POL	51.22 Julien Sicut, FRA	51.26 Hans Bijlemans, BEL	51.30 Lars Conrad, GER	51.65 Andrew Clayton, GBR	200 FREE AUG. 19	1:48.85 Paul Palmer, GBR	1:49.02 Massi Rosolino, ITA	1:49.98 Bela Szabados, HUN	1:49.99 James Salter, GBR	1:50.03 Lars Frolander, SWE	1:50.13 V. Pysnennko, RUS	1:50.37 Marcel Wouda, NED	1:50.58 Anders Lyrbring, SWE	Consolation Finals	1:50.84 Jacob Carstensen, DEN	1:50.93 Igor Koleada, BLR	1:52.28 D. Matuzewicz, POL	1:52.41 J. Rasmussen, DEN	1:53.39 Javier Botello, ESP	1:53.40 Ricardo Pedrosa, POR	1:54.25 Maciej Kajak, POL	DNS Gaspar Zsolt, HUN	400 FREE AUG. 22	3:45.96 Emiliano Brembilla, ITA	3:48.11 Massi Rosolino, ITA	3:50.03 Paul Palmer, GBR	3:51.12 Igor Snitko, UKR	3:53.98 D. Zavgordny, UKR	3:54.30 Graeme Smith, GBR	3:55.19 Bela Szabados, HUN	3:55.95 Sergi Roure, ESP	Consolation Finals	3:52.53 Jorg Hoffmann, GER	3:56.08 Frederik Hviid, ESP	3:56.48 Zoltan Szilagyi, HUN	3:57.51 Jure Bucar, SLO	3:58.46 Igor Koleada, BLR	4:00.82 D. Matuzewicz, POL	4:01.72 J. Lundstrom, SWE	4:13.48 J. Carstensen, DEN	1500 FREE AUG. 23	14:58.65 Emiliano Brembilla, ITA	15:07.85 Igor Snitko, UKR	15:19.28 D. Zavgordny, UKR	15:22.11 Graeme Smith, GBR	15:22.20 Frederik Hviid, ESP	15:23.54 Ian Wilson, GBR	15:31.71 Marco Formentini, ITA	DNS Jorg Hoffmann, GER	100 BACK AUG. 23	55.71 M. Lopez-Zubero, ESP	55.88 Eithan Urbach, ISR	55.97 Vladimir Selkov, RUS	56.09 Emanuele Merisi, ITA	56.10 Mariusz Siembida, POL	56.17 Jani Sievinen, FIN	56.27 Martin Harris, GBR	56.37 Neil Willey, GBR	Consolation Finals	56.26 Darius Grigalonis, LTU	56.31 Ralf Braun, GER	56.72 Carlos Ramos, ESP	56.98 M. Spokas, LTU	57.20 V. Nikolaychuk, UKR	57.23 Marko Strahija, CRO	57.32 P. Wilant, POL	57.58 Nuno Laurentino, POR	200 BACK AUG. 21	1:59.21 Vladimir Selkov, RUS	1:59.63 Emanuele Merisi, ITA	1:59.91 Ralf Braun, GER	2:00.93 Adam Ruckwood, GBR	2:01.34 Marko Strahija, CRO	2:01.75 Stefano Battistelli, ITA	2:02.17 Lars Kalenka, GER	2:02.27 Bartosz Sikora, POL	Consolation Finals	2:02.10 V. Nikolaychuk, UKR	2:02.50 Mariusz Siembida, POL	2:02.85 Jorge Sanchez, ESP	2:02.89 Arunas Savickas, LTU	2:02.96 Gordan Kozul, CRO	2:03.39 Eithan Urbach, ISR	2:03.96 Sergei Ostapchuk, RUS	2:04.04 Orn Arnarson, ISL	100 BREAST AUG. 19	1:02.17 A. Goukov, BLR	1:02.23 Karoly Gutler, HUN	1:02.27 Daniel Malek, CZE	1:02.49 Jean-C. Sarnin, FRA	1:02.51 D. Fioravanti, ITA	1:02.70 Benno Kuipers, NED	1:02.72 Jens Kruppa, GER	1:03.78 Vadim Alexeev, ISR	Consolation Finals	1:02.63 Roman Ivanovskii, RUS	1:02.73 Jose Couto, POR	1:03.13 P. Schmollinger, AUT	1:03.18 Richard Maden, GBR	1:03.32 Marek Krawczyk, POL	1:03.42 Sergei Sergeev, UKR	1:03.43 Stephan Perrot, FRA	1:04.03 Uri Shliff, ISR	200 BREAST AUG. 22	2:13.90 A. Goukov, BLR	2:14.40 Andrei Korneev, RUS	2:14.74 Daniel Malek, CZE	2:14.83 Benno Kuipers, NED	2:14.90 Jose Couto, POR	2:14.94 Stephan Perrot, FRA	2:15.19 Jean-C. Sarnin, FRA	2:16.33 Artur Paczynski, POL	Consolation Finals	2:15.56 Jens Kruppa, GER	2:16.36 J. Fernandez, ESP	2:16.77 D. Fioravanti, ITA	2:17.46 Andrew Ayres, GBR	2:17.53 Vilmos Kovacs, HUN	2:17.84 Marek Krawczyk, POL	2:17.88 Borge Mork, NOR	2:18.02 Richard Maden, GBR	100 FLY AUG. 20	52.85 Lars Frolander, SWE	53.27 Denis Silantiev, UKR	53.28 Franck Esposito, FRA	53.84 Vladislav Kulikov, RUS	53.99 T. Rupprath, GER	54.00 Denis Pankratov, RUS	54.49 M. Kaczmarek, POL	54.51 Peter Horvath, HUN	Consolation Finals	54.12 Stefan Aartsen, NED	54.33 Vesa Hanski, FIN	54.48 Eran Groumi, ISR	54.60 Stephen Parry, GBR	55.00 Vladan Markovic, YUG	55.04 James Hickman, GBR	55.08 Zsolt Gaspar, HUN	55.33 Tero Valmaa, FIN	200 FLY AUG. 23	1:57.24 Franco Esposito, FRA	1:58.48 Denis Silantiev, UKR	1:58.78 Stephen Parry, GBR	1:58.86 Chris-C. Bremer, GER
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ACTION ACCENTS

DES MOINES, IA

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deciding just how MUCH to buy!

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large, water-resistant, nylon bag

BEACHER SANDALS
Kids \$10.99
Men's/Women's \$13.99
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For the Record

1:59.32	Vesa Hanski, FIN	362	Palatine Park District	4:27.83	Jenn Belch, FOX	2:41.93	Maegen Himes, Carmel	4:33.75	Palatine Park District	1:57.12	Ray Fitzpatrick, FOX
1:59.81	Massi Erol, ITA	319.5	B.R. Ryall YMCA	4:28.42	Sally Anderson, Scarlet	2:42.29	Courtney Choura, TPIT	4:34.02	Woodland Hills	1:57.14	Jason Cobb, WTSC
2:00.18	Alex Gorguraki, RUS	309	Carmel	4:30.16	Jilliani Siefers, Solon	2:42.96	Lesley Meade, CM	4:34.59	NRG Swimming	1:57.35	Sam Peck, East Bay
2:00.73	M. Kaczmarek, POL	227	Long Island AC	4:32.69	Tammi Ranson, CM	2:43.69	A. Kurrle, Attleboro	4:35.04	Peddle	400 FREE	AUG. 6
1:58.43	Stefan Aartsen, NED	218	Academy Bullets	4:34.94	Katie Rosen, LIAC	2:44.80	R. O'Beirne, Peddie	4:35.08	Naperville YMCA	4:02.86	Championship Finals
2:01.37	Jorge Perez, ESP	208.5	Jersey Wahoes	AUG. 5	800 FREE	2:42.79	Lauren Duerk, DYBD	4:35.28	Wilton YMCA Wahoes	4:04.91	Greg Busse, Academy
2:01.43	Vladan Markovic, YUG	199	Greenwood Memoria	8:55.10	Rebecca Wilson, SEFY	2:43.19	Michael Woodring, LAC	4:35.64	Mass Bay Marlins	4:05.16	Brendan Neligan, LIAC
2:02.67	Michael Halika, ISR	158.5	Anderson Barracudas	9:00.81	M. Loehndorf, GSSC	2:44.25	B. Vandenberg, Poseidon	AUG. 7	400 FR	4:06.38	Gregory Plank, PPD
2:03.72	Adrian Andermatt, SUI	263	Cincinnati Marlins	9:02.62	Ali Rubert, LIAC	2:45.03	Malaika Homo, ATL	Timed Finals		4:07.69	John Carroll, GTAC
2:03.32	Yovav Meiri, ISR	248	Delaware	9:03.84	Katie Scholl, GSSC	2:45.09	Bethany Budde, MM	3:56.78	Cincinnati Marlins (Meade, Ransom, Waizenhofer, Phenix)	4:10.72	Paul Monyok, JCC
2:03.46	Krzysztof Golon, POL	227	Carmel	9:04.14	Margaret Hirce, FOX	2:46.60	Laura Sadler, BWSC	3:57.26	Delaware	4:13.47	G. Mangieri, Badger
2:03.88	Chester Marsman, NED	221	Foxcatcher	9:05.80	Maura Bolger, CJAC	DO	Josie Jedick, LSSC	3:58.91	Greenwood Memorial	Consolation Finals	
200 IM	AUG. 23	179	Greenwood Memorial	9:06.97	Abby Wakeham, AB	100 FLY	AUG. 8	4:00.27	Carmel	4:06.36	Sam Peck, East Bay
2:00.77	Marcel Wouda, NED	152	Long Island AC	9:07.16	K. Sissener, BRRY	1:03.96	Krista Davis, Carmel	4:01.59	Palatine Park District	4:07.44	M. Yacco, Westport Y
2:01.08	Xavier Marchand, FRA	105.5	Bernal Gator	9:08.12	Anna Strohl, LESD	1:04.15	M. Descenza, Academy	4:01.86	Jersey Wahoes	4:07.50	George Wilkinson, JW
2:02.12	Jani Sievien, FIN	94	Lake Erie	9:08.13	Valeria Kukla, FOX	1:04.25	Megan Iffland, DEL	4:02.62	Bernal Gator	4:07.75	M. Weiner, Peddie
2:02.50	Christian Keller, GER	107	Palatine Park District	9:09.88	Katie Seall, Carmel	1:04.45	Heidi Hazen, LESD	4:02.98	Scarlet	4:08.57	Steve Sifert, Academy
2:03.61	Sergei Sergeev, UKR	265	Palatine Park District	9:10.17	Franchete Klaus, LESD	1:04.53	Andrea Georoff, Unat.	4:03.09	Foxcatcher	4:09.52	John Persinger, BAC
2:03.73	Jordi Carrasco, ESP	256.5	B.R. Ryall YMCA	9:11.24	Dawn Polk, Spartan	1:04.54	Florence Mauro, LFSC	4:04.01	Cincinnati Marlins B	4:09.58	C. Cunningham, FOX
2:05.79	Peter Mankoc, SLO	192	Academy Bullets	9:11.74	Jenn Belch, FOX	1:05.57	L. Schwartz, Peddie	4:04.09	Mass Bay Marlins	4:10.96	Glen Tetzlaff, Shaker
2:04.48	M. van der Zijden, NED	167	Cincinnati Marlins	1500 FREE	AUG. 9	Consolation Finals		4:04.13	Peddle	800 FREE	AUG. 5
2:04.80	Lionel Moreau, FRA	158	Foxcatcher	16:59.95	Rebecca Wilson, SEFY	1:04.96	J. Petrella, Academy	4:04.97	Lake Country	Timed Finals	
2:04.81	Istvan Bathazi, HUN	109	Michiana Marlins	17:01.62	Anna Strohl, LESD	1:05.01	Imbal Hasbani, LFSC	4:05.12	Elmbrook	8:24.28	Jeff Moors, Ann Arbor
2:05.10	Marcin Malinski, POL	103	Jersey Wahoes	17:17.30	Maura Bolger, CJAC	1:05.06	Eric Watts, Carmel	4:05.15	Wilton Y Wahoes	8:27.96	Brendan Neligan, LIAC
2:05.90	Josef Horky, CZE	93	Wilton Y Wahoes	17:21.32	Franchete Klaus, LESD	1:05.07	K. Kalbko, BGSC	800 FR	AUG. 8	8:29.16	Paul Kirk, LESD
2:06.00	M. Jacobson, SWE	90.5	Anderson Barracudas	17:25.43	Abby Wakeham, AB	1:05.20	J. Eberst, Schenectady	8:34.71	Timed Finals	8:29.49	Dan Ketchum, CM
2:07.70	Marko Milenkovic, SLO	86	Ocean State Squids	17:26.56	Ali Rubert, LIAC	1:05.44	Liz Perry, TPIT	8:36.22	Cincinnati Marlins (Meade, Phenix, Peters, Ransom)	8:30.08	Mike Peters, Badger
2:08.15	Jakob Andersen, DEN	27.74	WOMEN	17:28.37	Sally Anderson, Scarlet	1:05.57	Sarah Holke, MM	8:36.44	Delaware	8:32.67	Glen Tetzlaff, Shaker
400 IM	AUG. 20	50 FREE	AUG. 9	17:28.87	Laura O'Brien, OMNI	DO	Amelia Finnerty, WYW	8:37.88	Foxcatcher	8:33.55	Ryan Semels, LIAC
4:15.38	Marcel Wouda, NED	26.96	Cynthia White, WH	17:29.08	Valeria Kukla, FOX	200 FLY	AUG. 6	8:41.10	Long Island	8:34.82	John Persinger, BAC
4:19.68	Frederik Hvid, ESP	27.06	S. Arsenault, GREEN	17:32.87	Jenn Belch, FOX	2:17.95	Champie Landrio, LIAC	8:41.37	Scarlet	8:35.30	M. Louis, Westport Y
4:20.43	Robert Seibt, GER	27.26	A. Hochella, Emmaus	17:33.65	Tara Jacobson, PPD	2:18.39	Kristen Sissener, BRRY	8:41.45	Mass Bay Marlins	8:35.46	Aaron Mahaney, ATAC
4:21.64	Xavier Marchand, FRA	27.28	Katie Cline, GREEN	17:33.76	M. Mikelonis, LESD	2:18.56	Vanessa Grass, Patriot	8:41.45	Greenwood Mem. B	8:35.64	Tim Sheely, Palatine
4:21.93	Istvan Bathazi, HUN	27.55	Christine Keller, CAC	17:34.03	Stephanie Lawlor, FOX	2:18.81	Margaret Hirce, FOX	8:43.03	Carmel	8:35.69	Joel Keller, JW
4:23.76	Uwe Volk, GER	27.66	Jackie Molzahn, BARR	17:35.95	Cristin Brennan, WPY	2:19.20	Leah Ross, Anderson	8:43.48	Peddle	8:35.87	Kevin Mulgrew, OSS
4:24.59	Jani Sievien, FIN	27.61	Andrea Wanezek, ELM	17:37.33	Stacy Wells, Clinton	2:19.38	Gwen Haley, Carmel	8:43.85	Lake Erie	8:36.06	John Kenny, FOX
4:35.36	Kresimir Cacic, CRO	27.74	Lesley Meade, CM	100 BACK	AUG. 8	2:20.10	Lauren Afflixio, LIAC	8:45.03	Palatine Park District	8:36.68	Tim Harris, Scarlet
4:22.74	Massi Erol, ITA	27.41	Kelly Bowman, Suffolk	1:04.27	Megan Iffland, DEL	2:22.94	Stacey Sliok, NJW	8:46.10	Bernal Gator	1500 FREE	AUG. 9
4:22.82	Michael Halika, ISR	27.54	Emily Grant, Asphalt	1:05.39	K. Roorbach, Westport	2:21.56	K. Mikelonis, LESD	8:47.17	Wilton Y Wahoes	16:05.07	Paul Kirk, LESD
4:26.30	M. Jacobson, SWE	27.55	Jaime Siegle, ANSC	1:06.31	Charli Reasons, DEL	2:22.18	K. Kalbko, BGSC	8:47.91	NRG Swimming	16:06.59	Brendan Neligan, LIAC
4:26.37	Josef Horky, CZE	27.88	Katie West, Dayton	1:06.39	Sara Johnson, BBD	2:22.58	L. Schwartz, Peddie	8:47.92	Lake Country	16:08.98	Dan Shevchik, WYW
4:26.54	Krzysztof Golon, POL	27.88	A. Casperite, JW	1:06.44	Ingrid Gotchel, SUB	2:22.69	M. Blackman, FOX	8:52.44	Germantown Seahawks	16:10.10	George Wilkinson, JW
4:27.23	Petr Kratochvil, CZE	27.94	Sarah Bowman, CGAC	1:06.88	Katherine Conroy, JW	2:23.17	Krista Davis, Carmel	MEN		16:15.11	John Kenny, FOX
4:30.24	Adrian Andermatt, SUI	27.95	Marie Lehner, Wildkit	1:07.04	M. Moore, Westmont	2:23.24	T. Repass, Enfield	50 FREE	AUG. 9	16:15.41	M. Yacco, Westport Y
4:33.21	Marcin Malinski, POL	28.00	K. Sendrowski, LIAC	1:07.33	T. Prather, Lakewood	2:23.68	Stephanie Lawlor, FOX	23.52	Jason Cobb, WTSC	16:16.66	Dan Ketchum, CM
400 MR	AUG. 23	100 FREE	AUG. 6	1:07.07	Michelle Goff, NISSC	2:26.49	Andrea Wanezek, ELM	23.99	James Holder, AB	16:19.91	Jeff Moors, Ann Arbor
3:39.67	Russia	58.16	Megan Iffland, DEL	1:07.08	Valerie Conte, Palatine	200 IM	AUG. 9	23.99	Michael Demos, Unat.	16:27.01	John Persinger, BAC
3:41.47	Germany	58.22	Katie Cline, GREEN	1:07.22	Melissa Lumkes, TOPS	2:22.11	Katherine Conroy, JW	23.99	John Duncan, Avon	16:30.04	Glen Tetzlaff, Shaker
3:42.20	Poland	58.37	S. Arsenault, GREEN	1:07.27	Corey Berg, Marist	2:22.51	Marie Labosky, FOX	24.17	Jon Waters, GREENY	16:32.34	S. Mohr, Shorewood
3:43.32	Italy	58.65	Erin Phenix, CM	1:07.41	Brianne Sullivan, SIA	2:23.49	Megan Reha, Ocean St.	24.28	Michael Grube, SUB	16:32.98	Jeff Atteberry, AB
3:43.64	Israel	58.90	Tammi Ranson, CM	1:07.66	Susan Johnson, GTAC	2:23.67	L. Carberg, Carmel	24.69	Rusty Hodgson, MYD	16:33.85	Kevin Mulgrew, OSS
3:43.83	Great Britain	58.91	Charli Reasons, DEL	1:07.90	S. Funk, Marietta Y	2:23.69	E. Mulshenock, SOST	24.79	Brett Walker, JCC	16:34.31	N. Whitcomb, Mequon
3:44.25	Spain	59.09	A. Hochella, Emmaus	1:08.17	E. Mulshenock, SOST	2:25.20	Gwen Haley, Carmel	24.85	Chad Gander, BRRY	16:34.54	Tim Harris, Scarlet
3:48.97	Switzerland	59.56	Wendy Brown, Bernal	200 BACK	AUG. 6	2:25.82	K. Sendrowski, LIAC	24.35	Consolation Finals	100 BACK	AUG. 8
400 FR	AUG. 22	59.32	Kelly Bowman, Suffolk	2:20.53	Corey Berg, Marist	2:25.94	Jennifer Koch, CM	24.15	Jay Glenn, Palatine	Championship Finals	
3:16.85e	Russia	59.59	Molly Vetter, Unat.	2:20.62	Charli Reasons, DEL	Consolation Finals		24.35	Donald Gold, Kettering	58.68	Gregory Plank, PPD
3:18.33	Germany	59.79	Christine Keller, CAC	2:21.43	Ingrid Gotchel, SUB	2:23.43	K. Zimbone, MBM	24.35	Bryan Swzeda, BRRY	58.90	W. Bernhardt, Michiana
3:20.82	Netherlands	59.90	K. Sendrowski, LIAC	2:21.43	K. Roorbach, Westport	2:23.49	Jackie Martin, NJW	24.55	John Nilles, Blue Arrow	58.94	Michael Gross, LHY
3:21.15	Great Britain	1:00.00	Lesley Meade, CM	2:21.84	E. Mulshenock, SOST	2:25.55	Kristy Martin, GREEN	24.66	M. Oglesby, Geneva Y	59.09	Rob Kelly, BRRY
3:21.77	Sweden	1:00.03	Patricia Finnerty, WYW	2:22.76	M. Moore, Westmont	2:25.84	Wendy Brown, BGSC	24.79	Vince Allegra, Academy	59.24	Ryan Earhart, CM
3:22.98	Italy	1:00.08	Andrea Wanezek, ELM	2:24.02	Wendy Brown, Bernal	2:26.27	Tricia Rye, Unat.	24.84	Rusty Hodgson, MYD	59.47	Tim Krueger, Lake County
3:23.10	Israel	1:00.37	A. Hastings, Carmel	200 FREE	AUG. 7	2:27.49	Jennifer Skolaski, BD	24.78	J. Hoggart, SW Allen	59.51	Dan Shevchik, WYW
3:23.74	Spain	2:05.60	Kristen Sissener, BRRY	2:21.73	Erin Millett, WH	2:28.37	R. Johnson, Peddie	100 FREE	AUG. 6	59.91	Lance Asti, ATL
3:23.74	Spain	2:06.27	S. Arsenault, GREEN	2:23.64	Joanna Kolb, Tri-State	400 IM	AUG. 7	52.21	Jason Cobb, WTSC	Consolation Finals	
800 FR	AUG. 20	2:06.73	Abby Wakeham, AB	2:23.72	Valerie Conte, Palatine	4:58.93	Marie Labosky, FOX	52.58	Jason Cobb, WTSC	59.80	Guy Yimsmurray, FOX
7:17.56	Great Britain	2:06.82	K. Sendrowski, LIAC	2:23.93	S. Funk, Marietta Y	5:00.87	Jennifer Koch, CM	52.68	Vince Allegra, Academy	59.98	Erik Vendt, OSS
(Palmer, Clayton, Meadows, Salter)		2:06.82	Kelly Bowman, Suffolk	2:24.20	Abbie Davies, Ridge Y	5:03.48	Gwen Haley, Carmel	52.69	Gregory Plank, PPD	1:00.34	Brendon Laracy, GMSC
7:17.84	Netherlands	2:07.03	Valeria Kukla, FOX	2:24.47	Cassie Herr, Carmel	5:04.62	L. Carberg, Carmel	52.76	James Holder, AB	1:00.52	Daniel Vitina, WH
7:18.86	Germany	2:07.07	Stacy Wells, Clinton	2:24.55	Brianne Sullivan, SIA	5:05.32	Katherine Conroy, JW	52.77	Chad Gander, BRRY	1:00.80	Nicholas Brunelli, OSS
7:19.27	Italy	2:07.07	Megan Iffland, DEL	2:24.96	Emily Peaslee, BRRY	5:07.04	John Goriesky, FWA	52.95	Donald Gold, Kettering	1:00.83	Bill Kuri, Shorewood
7:31.45	Poland	2:06.10	Rebecca Wilson, SEFY	1:12.62	Kelly Shinton, DEL	5:07.04	Kristy Martin, GREEN	53.08	John Waters, GREENY	1:01.08	Nicholas Burke, Norwalk
7:38.77	Switzerland	2:06.82	Charli Reasons, DEL	1:14.16	Josie Jedick, LSSC	5:04.54	Margaret Hirce, FOX	52.82	Kevin Smith, Nittany	1:01.28	Chris Dzusewski, BRRY
DO	Sweden	2:07.39	Tammi Ranson, CM	1:14.30	Courtney Choura, TPIT	5:05.85	Krista Rye, Unat.	53.01	Ian Crocker, Portland	200 BACK	AUG. 6
		2:07.55	Jilliani Siefers, Solon	1:14.62	Lisa McCoy, Berkeley	5:06.31	Lisa McCoy, BAC	53.12	Jay Glenn, Palatine	2:05.39	Dan Shevchik, WYW
		2:07.62	Allison Olech, Palatine	1:15.09	Kelli Stein, Greenhouse	5:09.20	Chrissy Martin, NJW	53.26	S. Kemmerling, Shaker	2:05.91	C. Heline, Three Village
		2:08.63	Wendy Brown, BGSC	1:15.42	Ann Nollau, Univ. Park	5:09.23	M. Blackman, FOX	53.48	John Munley, Portage	2:06.62	Rob Kelly, BRRY
		2:09.41	Katie Seall, Carmel	1:15.92	L. Swander, Cen. Grove	5:09.80	B. Taifinger, Kokomo	53.64	Brian Stryker, JW	2:07.12	Erik Vendt, Ocean St.
		2:09.94	Molly Vetter, Unat.	1:16.17	Jamie Landrio, LIAC	5:09.84	V. Franciscovic, NJW	53.85	Ray Fitzpatrick, FOX	2:07.38	John Karr, Donner
		400 FREE	AUG. 8	1:15.97	Bethany Budde, ATL	5:09.84	Brie Kelly, SOST	200 FREE	AUG. 7	2:07.67	Dan Shevchik, WYW
		4:20.62	Rebecca Wilson, SEFY	1:16.01	Lauren Smith, WH	400 MR	AUG. 9	1:53.87	Ian Crocker, Portland	2:08.02	Guy Yimsmurray, FOX
		4:22.45	J. Belfor, Shorewood	1:16.11	Holly Myers, Marist	4:21.32*	Timed Finals	1:54.32	Jay Glenn, Palatine	Consolation Finals	
		4:22.61	Kristen Sissener, BRRY	1:16.48	Jessica Riston, TPIT		(Iffland, Shinton, Morelli, Reasons)	1:54.42	Gregory Plank, PPD	2:08.82	Justin Lynch, LIE
		4:25.80	M. Loehndorf, GSSC	1:16.54	A. Kostopoulos, BGSC	4:26.78	Cincinnati Marlins	1:54.92	G. Mangieri, Badger	2:09.85	Todd Capen, Academy
		4:26.03	Anna Strohl, LESD	1:16.76	Lauren Duerk, DYBD	4:27.67	Bernal Gator	1:55.35	John Munley, Portage	2:10.14	B. Laracy, GREEN
		4:26.28	Abby Wakeham, AB	1:17.49	M. Williams, Tri-State	4:29.47	Carmel	1:55.54	S. Kemmerling, Shaker	2:10.59	Michael Im, Portage
		4:26.93	Ali Rubert, LIAC	1:18.10	N. Wilhite, Dearborn	4:30.25	Jersey Wahoes	1:55.63	Andy Bigler, GREENY	2:10.65	Eric Foster, AB
		4:28.49	Vanessa Grass, Patriot	200 BREAST	AUG. 6	4:32.40	Cincinnati Marlins B	Consolation Finals		2:10.79	M. Caperonis, NJW
		4:24.80	Lindsay Wolf, MBM	2:37.45	Elizabeth Proffitt, PPD	4:32.86	Greenwood Memorial	1:55.69	Kevin Smith, Nittany	2:11.86	Chris Olaszewski, BRRY
		4:27.00	Stacy Wells, Clinton	2:38.89	Emily Pisula, Freeport	4:32.94	Foxcatcher	1:56.69	Adam Love, TPIT	2:12.46	Wes Ebanks, Academy
		4:27.06	Valeria Kukla, FOX	2:41.67	Jennifer Koch, CM	4:33.64	Carmel	1:56.96		100 BREAST	AUG. 8
										1:04.62	K. Salyards, Lancaster

1:07.00	Chris Jackson, TPIT	4:41.09	Chris Meyer, Academy	58.94	Jenna Bridges, Maclay	1:07.16	S. Huff, Rockwood	2:23.97	Kim Campbell, NCAC	24.41	Tommy Hannan, Eagle
1:07.42	Joe Stone, Cavalier	4:43.89	Mike Holter, AB	59.30	D. Tension, Acadiana	1:07.44	C. McGough, Mobile	2:24.06	Jennifer Henshaw, SF	24.45	Zac Moffatt, Pine Crest
1:07.66	Peter Fehring, Unat.	4:44.49	Justin Breitgang, BGSC	59.58	L. Hancock, Gulf Coast	1:07.72	Asby Baldock, ATAC	2:24.24	Jennifer Lears, NBAC	24.68	David Libert, NOA
Consolation Finals		4:44.91	Heath Novak, TPIT	59.73	J. Gardner, MECK	1:07.93	A. Kornacki, Greenville	2:24.31	Susan Cooke, Unat.	Consolation Finals	
1:07.14	Andy Cherep, TPIT	4:45.00	B.R. Ryall YMCA	59.78	B. Lavigno, Dynamo	1:08.01	Laurie Felker, Eagle	2:24.36	G. Kirovac, Dynamo	24.24	Trent Johnson, CCAM
1:07.18	Dan Knudson, SCST	3:53.40	(Kelly, Bruesch, Gander, Szveda)	59.89	Ashleigh Bastak, FLAQ	1:08.01	Sarah Sizemore, CB	2:24.42	Sarah Kincaid, Athens	24.42	John Spaziane, Tarheel
1:07.26	Chris Helin, Three Vill.			DQ	Bethany Hall, Pilot	200 BACK AUG. 6		2:25.51	Heather Stiles, NCAC	24.45	Todd Smith, Columbus
1:07.61	Jeff Butt, Waukesha	3:55.13	Palatine Park District	59.56	J. Lizzoli, Y-Trinity	2:20.47	E. Hetherington, NCAC	Consolation Finals		24.55	Matt Weghorst, LRRRC
1:08.00	Drew Fiden, Kettering	3:59.56	Michiana Marlins	59.60	Paige Kearns, Brevard	2:20.90	C. Rush, Lakeside	2:24.46	S. Buck, Athens	24.67	Rob Brown, CB
1:08.21	Trevor Dumond, AB	4:00.78	Cincinnati Marlins	1:00.08	Casey Mucha, JCSA	2:21.70	Heather Stiles, NCAC	2:24.97	M. Hoelzer, SCST	24.70	P. Angelos, Augusta
1:08.38	Andy Kopacz, LCP	4:01.11	St. Charles	1:00.16	Kim Waite, SA	2:21.98	Stephanie Huff, ROCK	2:26.34	E. Donohue, Poseidon	24.91	Jon Rank, Hurricane
1:09.68	K. Pawlewicz, Poseidon	4:01.26	Foxcatcher	1:00.30	K. Jacobs, Dynamo	2:22.78	G. Kirovac, Dynamo	2:27.05	Laura Hancock, Gulf	25.22	Jared Fribush, RMSC
200 BREAST AUG. 6		4:01.39	Academy Bullets	1:00.33	Mandy Horn, KCB	2:23.75	B. Lindberg, Occoquan	2:27.71	Jenna Bridges, Maclay	100 FREE AUG. 6	
Championship Finals		4:01.41	Lake Country	1:00.51	M. Hughes, Beaches	2:25.13	S. Cranston, Parkway	2:28.55	J. Gardner, MECK	52.99	Bobby Horne, SA
2:23.21	Tim Carlson, BRRY	3:29.66	Palatine Park District	1:00.53	Kim Green, CB	Consolation Finals		2:28.90	Leigh Sanders, MOUN	53.11	Trevor Basil, LRRRC
2:25.12	M. Gangloff, Firestone		(Sorensen, Glenn, Frankow, Szveda)	200 FREE AUG. 7		2:22.49	S. Wooten, Clearwater	400 IM AUG. 7		53.32	Zac Moffatt, Pine Crest
2:25.40	Dan Knudson, SCST	3:31.56	Academy Bullets	2:06.47	C. Burns, Dynamo	2:23.00	J. Schrock, Clearwater	4:58.67	Amanda Larence, NAC	53.43	Wes Bennett, Pilot
2:25.87	Griffin McNeese, Marist	3:33.02	B.R. Ryall YMCA	2:06.86	Casey Mucha, JCSA	2:23.28	Sarah Sizemore, CB	4:59.79	Kim Campbell, NCAC	53.53	Kevin Erndt, Augusta
2:26.04	Chris Miller, LIAC	3:33.82	Foxcatcher	2:07.15	D. Cinquegrana, NBAC	2:23.52	Helena Wilhelm, SYS	5:00.71	Jennifer Henshaw, SF	53.70	John Spaziane, Tarheel
2:26.08	John Bruesch, BRRY	3:35.24	Michiana Marlins	2:07.67	L. Hancock, Gulf Coast	2:23.82	Katie Merriam, Topeka	5:02.40	Melissa Fiss, New S.	53.74	M. Fung-A-Wing, STING
2:26.56	Erik Vendi, Ocean St.	3:36.68	Suburban	2:07.89	M. Hoelzer, Space City	2:23.96	E. Donohue, Poseidon	5:03.65	Merritt Adams, SA	Consolation Finals	
2:27.08	Andy Kopacz, LCP	3:37.32	Cincinnati Marlins	2:08.00	Jenna Bridges, Maclay	2:24.74	D. Greenewald, TACT	5:04.12	Sarah Kincaid, Athens	53.42	Tommy Hannan, Eagle
Consolation Finals		3:38.02	Palatine Park District B	2:08.23	L. Hansen, Clearwater	2:25.41	Sarah Allen, NCAC	5:04.91	Katey Danforth, NBAC	53.45	P. Angelos, Augusta
2:25.82	Chris Meyer, Academy	3:40.02	Palatine Park District B	2:08.38	C. Dykehouse, Y-Trinity	100 BREAST AUG. 8		5:08.05	Amy Suckles, MOUN	53.53	John Pearce, FSTR
2:26.19	Van Denbergh, Attle.	7:47.35	Palatine Park District	2:08.34	Kelley Miller, Poseidon	1:13.63	K. Echiverri, Wichita	5:02.88	S. Buck, Athens	53.69	Ryan Myers, Dynamo
2:26.25	Marc Teichman, Unat.		(Glenn, Sheely, Frankow, Plank)	2:08.35	S. Cranston, Parkway	1:14.89	Danielle Smith, MECK	5:06.29	M. Hoelzer, Space City	53.94	Jose Hernandez, Patriot
2:26.77	Craig Peterson, JCCS	7:50.19	Foxcatcher	2:08.78	Mandy Horn, KCB	1:14.90	Marcy Warrimer, SUN	5:07.09	C. Burns, Dynamo	54.07	Kyle Sanders, Wal-Mart
2:26.88	Chris Helin, Three Vill.	7:51.62	Cincinnati Marlins	2:09.26	Elizabeth Dwors, FLST	1:15.10	K. Jacobs, Dynamo	5:07.12	Jennifer Tuten, BRY	54.35	Matt Miller, Swim Tulsa
2:27.84	Joe Chiaccio, JW	7:54.86	Academy Bullets	2:09.63	Melissa Fiss, New S.	1:15.54	J. Reed, Clearwater	5:07.41	Emily Husted, New S.	200 FREE AUG. 7	
2:28.95	K. Koerner, Coho	7:55.21	Piedmont	2:10.17	A. Engel, Dynamo	1:15.58	Jordan Martins, RMSC	5:08.03	Kristen Kaiser, FSTR	1:54.58	Mike Wheeler, Eagle
100 FLY AUG. 8		7:57.24	Jersey Wahoons	2:11.88	Susan Cooke, Unat.	1:15.77	A. Redmon, Cville.	5:08.80	Emily Fess, TACT	1:55.05	R. Margalis, Clearwater
Championship Finals		7:57.41	B.R. Ryall YMCA	400 FREE AUG. 8		1:14.88	J. Fucillo, Sea Hawks	5:10.11	Helena Wilhelm, SYS	1:55.73	M. Malchak, Retriever
56.79	Chad Gander, BRRY	4:22.56	Elizabeth Lavell, Naval	4:26.68	Heather Weil, St. Pete.	1:15.09	Sara Keaton, Eagle	400 MR AUG. 9		1:56.76	Bobby Horne, SA
56.89	Jason Carlberg, Carmel	4:23.19	Meredith Green, NCAC	4:27.14	Andrea Bennett, Pilot	1:15.44	K. Rinkus, Arlington	4:26.54	North Carolina	1:58.80	John Pearce, FSTR
56.99	Vince Allegra, Academy	4:24.27	K. Gordon, Highlander	4:25.78	S. Wooten, Clearwater	1:15.86	Cody Gelvin, MECK	Timed Finals		1:58.81	B. Roberts, Auburn
57.04	Christian Cantwell, JW	4:24.95	D. Cinquegrana, NBAC	4:25.78	S. Cranston, Parkway	1:15.93	K. Saridakis, RMSC	4:27.21	Eagle	Consolation Finals	
57.07	Todd Laird, Palatine	4:26.24	Jennifer Bechem, Pilot	4:26.24	Melissa Bartlett, RMSC	1:16.35	Amanda Larence, NAC	4:27.33	SwimAtlanta	1:57.16	M. Fung-A-Wing, STING
57.12	Todd Capen, Academy	4:26.44	Melissa Fiss, New S.	4:27.14	Kim Campbell, NCAC	1:16.75	Kate Keaton, Eagle	4:28.13	Wichita	1:57.23	Ragan Williams, SHR
58.18	Tim Corcoran, WYW	4:27.14	C. Dykehouse, Y-Trinity	Consolation Finals		1:17.78	Jessica Collins, GCAC	4:28.35	Pilot-Knoxville	1:57.57	Travis Carver, KCB
Consolation Finals		4:26.68	Heather Weil, St. Pete.	4:26.68	Heather Weil, St. Pete.	200 BREAST AUG. 6		4:28.57	Poseidon	1:57.64	G. Simpson, Memphis
57.76	B. Quigley, Nittany	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:39.23	Jennifer Henshaw, SF	4:30.89	Lakeside	1:57.85	Zac Moffatt, PCSC
57.79	Jesse Gage, Suffolk	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:39.59	Danielle Smith, MECK	4:31.21	Mecklenburg	1:58.22	Mike Reilly, ODAC
58.02	Guy Yimsomruay, FOX	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:41.05	Melissa Powell, Tulsa	4:31.32	Rockville-Montgomery	1:58.55	Matt Sawatzki, Pilot
58.12	Kyle Alimony, Cent. PA	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:41.42	Marcy Warrimer, SUN	4:31.43	K.C. Blazers	1:59.91	Michael Fuller, NOVA
58.28	Emmanuel Job, NEB	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:41.55	J. Martins, RMSC	4:32.15	North Baltimore	400 FREE AUG. 8	
58.40	J. Hoggatt, SW Allen	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:42.94	Kristina Kennedy, SF	4:32.37	Clearwater	4:01.36	R. Margalis, Clearwater
58.41	Matt Lee, MM	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.14	S. Schepens, Augusta	4:32.80	Curly-Burke	4:03.14	Byron Coyle, MECK
58.60	David Sloan, ANSC	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Sara Keaton, Eagle	4:33.18	Mecklenburg B	4:03.16	M. Malchak, Retriever
200 FLY AUG. 6		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Alison Redmon, Cville	4:33.30	Poseidon B	4:04.15	Mike Wheeler, Eagle
Championship Finals		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Alison Redmon, Cville	4:33.30	Rockwood	4:04.91	M. Fuller, NOVA
2:03.34	Christian Cantwell, JW	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	J. Fucillo, Sea Hawks	4:33.30	Rockwood	4:04.96	R. Culbertson, MECK
2:05.25	Tim Haley, Carmel	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Catherine Bode, NBAC	4:33.30	Rockwood	4:07.98	David Sivy, Bowie
2:06.35	A. Mahaney, Atlantis	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	B. Green, Swim FL	4:33.30	Rockwood	4:08.27	Greg Long, Solotar
2:06.98	Tom Shane, Elmbrook	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Katie Thornton, Athens	4:33.30	Rockwood	Consolation Finals	
2:07.31	Tim Corcoran, WYW	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Susanna Shepard, Pilot	4:33.30	Rockwood	4:07.60	Travis Harmor, UMCY
2:07.81	Tony Kurth, Wolverine	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Nicole Brannock, NBAC	4:33.30	Rockwood	4:07.73	C. Antonini, Dynamo
2:07.87	M. Weiner, Peddie	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:07.85	John Pearce, FSTR
2:08.30	Jason Carlberg, Carmel	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:08.97	M. Halloran, Charleston
Consolation Finals		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:10.10	Kevin Volz, Swim FL
2:08.17	John Limouze, PCY	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:10.82	Ragan Williams, SHR
2:08.43	Todd Laird, Palatine	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:11.28	Adrian Cameron, NAC
2:08.44	Pat Torpey, Lake Erie	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	4:23.01	B. Roberts, Auburn AQ
2:08.74	Heath Novak, TPIT	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	800 FREE AUG. 5	
2:09.12	Forrest Kennedy, CM	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:27.33	Mark Piersma, HUNTS
2:09.83	Justin Doty, Ft. Wayne	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:27.42	Judd Glasco, NOVA
2:10.17	Tim Grimes, GREEN	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:31.01	Robby Duffy, Acadiana
2:10.76	Carlos Vega, Cleveland	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:31.69	Jeff Dash, SA
200 IM AUG. 9		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:32.36	S. Naremore, SHR
Championship Finals		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:32.36	W. Schultz, Annapolis
2:08.22	K. Salyards, Lancaster	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:32.36	Sean Smith, KMG
2:08.47	C. Helin, Three Village	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:32.84	Steve Cromer, CCAM
2:08.53	Erik Vendi, Ocean St.	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:32.93	C. Antonini, Dynamo
2:09.09	Craig Peterson, JCC	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:33.18	Adam Gaffey, Broward
2:09.59	B. Quigley, NLSC	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:33.18	Matt Sawatzki, Pilot
2:09.59	Randy Lam, Oakland	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:34.13	E. Nylander, Dynamo
2:10.17	Tim Carlson, BRRY	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:34.89	Ragan Williams, SHR
2:14.45	G. McNeese, Marist	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:35.17	J. Hemphill, LAW
Consolation Finals		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:35.36	Mike Reilly, ODAC
2:10.64	Andy Kopacz, LCP	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	8:35.84	M. Halloran, Charleston
2:10.75	Jay Glenn, Palatine	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	1500 FREE AUG. 9	
2:11.21	Mike Holter, AB	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	15:57.62	M. Malchak, Retriever
2:11.74	Eric Mitchell, Mt. Kisco	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	15:58.12	Mike Wheeler, Eagle
2:11.92	Marc Teichman, Unat.	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	16:02.75	Byron Coyle, MECK
2:11.97	Nicholas Duda, Marlin	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	16:11.25	S. Crossman, Y-Trinity
2:12.95	Rob Kelly, BRRY	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	16:11.28	R. Margalis, Clearwater
2:13.19	Justin Breitgang, BGSC	4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	16:14.60	Adam Gaffey, Broward
400 IM AUG. 7		4:27.14	Kim Campbell, NCAC	4:27.14	Kim Campbell, NCAC	2:43.45	Amanda Larence, NAC	4:33.30	Rockwood	16:16.44	Judd

For the Record

16:23.15 C. Antonini, Dynamo	2:05.33 Robby Duffy, Acadiana	7:57.37 Patriot	8:00 FREE AUG. 5	2:39.90 Leah Monroe, TERA	4:30.76 Shilshole
16:24.33 Kevin Volz, Swim FL	2:05.49 Brendon Coyne, BIRM	7:58.06 Rockwood	Timed Finals	2:40.45 Taylor Dahl, Orinda	4:30.92 Bellevue
100 BACK AUG. 8	2:06.42 Jeff Osterman, Raleigh	7:59.66 KC Blazers	8:53.32 Vicky West, Redlands	2:41.59 K. Johnson, Bellevue	4:31.53 Canyons
58.40 Tommy Hannan, Eagle	2:06.64 D. Sherrard, Lakeland	7:59.90 Nashville	8:53.82 Shauna Barnard, NGSV	Consolation Finals	4:32.65 SE Metro Sharks
58.77 John Spaziane, Tarheel	2:06.80 S. Crossman, Y-Trinity	8:01.38 Retriever	8:56.35 Kelli Barton, SCOTT	2:36.95 Capi Adams, Bend	4:32.82 Texas Aquatics
59.12 Omar Fraser, NBAC	2:07.16 Michael Baima, Topeka	8:03.35 Parkway	8:56.90 B. Loechner, NJSC	2:39.90 J. Stanford, Bellevue	4:32.98 CARS
59.67 Phil Boyer, NBAC	2:07.35 James Salazar, HUNTS	8:03.62 SwimAtlanta B	8:58.46 Jinny Smedstad, CRST	2:40.91 Elizabeth Pierce, BYSC	4:33.76 The Woodlands
59.95 Chris Moussetis, CGBD	2:06.98	8:03.75 Memphis Tigers	8:59.94 J. Tannhauser, Shilshole	2:41.68 Stephanie Wright, CCA	4:34.01 Orinda
1:00.05 Markus Rogan, CB	2:07.08 Michael Fuller, NOVA	8:04.70 Old Dominion	9:01.93 Susan Walker, Plano	2:41.73 K. Mahi, Salinas Vly.	400 FR AUG. 7
1:00.26 M. Zonarich, Retriever	2:08.56 B. Dunham, Poseidon	8:04.97 Pine Crest	9:02.49 Jaime Ellis, TWST	2:41.76 Jessica Wolfe, Corvallis	Timed Finals
1:00.60 Bryan Foster, BSCC	2:08.67 Kyle Busche, NAC	8:05.82 Y-Trinity	9:03.86 Kalyan Keller, Phoenix	2:42.27 K. Mullarkey, Ventana	3:57.28 Walnut Creek
Consolation Finals	2:09.01 Sebastian Moity, MECK	8:07.45 Kerr-McGee	9:04.30 Amanda Abrams, TXAQ	DO	(names not available)
1:00.47 John Malfatt, KCB	2:09.16 W. Morrow, SPARTA		9:04.63 Nicole Ebert, TWST	Dwi Akub, WCAB	3:57.38 Irvine Novas
1:00.64 Ace Tate, CB	2:09.18 Chris McCrary, RPS		9:04.87 Amber Rais, Lakeridge	100 FLY AUG. 8	3:58.01 Terrapins
1:00.84 N. Tarantino, NOA	2:09.73 D. Zurowski, Occoquan		9:06.97 C. Brigham, NCA	Consolation Finals	3:59.70 Shilshole
1:00.84 J. Penberthy, Parkway	200 IM AUG. 9		9:08.85 Jennifer Sanders, IHAC	1:02.75* Tanica Jamison, TERA	4:00.26 The Fleet
1:00.85 Brad Dilly, SA	Championship Finals		9:09.44 Lisa Beebe, GWSC	1:02.78 Carrie Nixon, Montrose	4:00.95 Aces
1:00.93 Jeff Osterman, Raleigh	2:08.79 Tommy Hannan, Eagle		9:09.69 N. Paquette, RBAC	1:03.79 R. Koch, Houston	4:01.28 The Woodlands
1:01.01 Eric Hole, Bolles	2:09.69 Adam Byars, Pilot			1:03.96 Haley Cope, Chico	4:01.63 Chico Aqua Jets
1:01.45 M. Fung-A-Wing, STING	2:10.69 Brian Scannell, MECK			1:04.42 Jann Stacey, Trojan	4:01.85 SE Metro Sharks
200 BACK AUG. 6	2:10.75 Atticus LeBlanc, NOA			1:05.08 Elaine Lee, Plano	4:01.96 Pleasanton
Championship Finals	2:11.08 Chris Moussetis, CGBD			1:05.58 Emily Melina, Unat.	4:01.99 Tacoma
2:05.54 Markus Rogan, CB	2:11.23 Lance Needham, SA			Consolation Finals	4:02.19 Irvine Novas B
2:07.21 James Salazar, HUNTS	2:11.23 Brandon Coyne, BIRM			M. Luevano, Irvine	4:02.21 Clovis
2:07.65 Mike Wheeler, Eagle	2:11.23 Brad Kline, MECK			Kalyan Keller, Phoenix	4:02.24 Industry Hills
2:08.06 James Willhite, CB	Consolation Finals			Lindsey Buck, Irvine	4:02.85 Fullerton
2:08.70 M. Zonarich, Retriever	2:11.07 Joe Curreri, NBAC			Vicki Schmalz, Wave	4:03.73 Rose Bowl
2:09.44 Kris Wiebeck, BSCC	2:11.87 Jeff Dash, SA			C. Coler, Pleasanton	800 FR AUG. 8
2:09.94 Phil Boyer, Retriever	2:11.95 Kyle Sanders, Wal-Mart			1:05.21 K. Mullarkey, Ventana	Timed Finals
2:10.12 Omar Fraser, NBAC	2:12.43 James Salazar, HUNTS			1:05.27 T. Barrett, Swim Sac	8:35.34 Irvine Novas
Consolation Finals	2:12.66 J. Martin, Charleston			Nicki Mercier, Harris	(names not available)
2:08.23 Bryan Foster, BSCC	2:12.95 M. Conti, Retriever			200 FLY AUG. 6	8:37.47 The Woodlands
2:09.24 Brian Scannell, MECK	2:14.49 B. Halloran, Charleston			Championship Finals	8:38.16 City of Plano
2:09.41 R. Margalis, Clearwater	DO			Kalyan Keller, Phoenix	8:39.06 Northern Lights
2:10.15 Adam Steele, SA	400 IM AUG. 7			Alicia Thornton, Irvine	8:39.33 Phoenix
2:10.81 John Spaziane, Tarheel	4:32.44 Judd Glasco, NOVA-VA			D. Christianson, Gillette	8:41.17 Irvine Novas B
2:11.03 Brad Dilly, SA	4:33.45 S. Crossman, Y-Trinity			Lisa Garcia, Aces	8:41.58 Industry Hills
2:11.15 Nicholas Bott, CSP	4:33.77 Jeff Dash, SA			Elaine Lee, Plano	8:42.68 Pleasanton
2:11.75 John Malfatt, KCB	4:36.83 Lance Needham, SA			C. Coler, Pleasanton	8:42.92 Terrapins
100 BREAST AUG. 8	4:37.60 Atticus LeBlanc, NOA			2:20.16 Emily Mason, SCOTT	8:43.45 Shilshole
Championship Finals	4:37.86 Brian Scannell, MECK			A. McDowell, BETT	8:43.94 Rose Bowl
1:06.15 Justin Rhine, Y-Trinity	4:40.16 Brendon Coyne, BIRM			Consolation Finals	8:44.26 Walnut Creek
1:06.54 Frank Martinez, SA	4:41.59 B. Halloran, Charleston			I. Schneider, Woodland	8:44.59 Clovis
1:06.87 Josh Kittrell, Wichita	Consolation Finals			Vicki Schmalz, Wave	8:44.94 Tacoma
1:07.00 Chris Brosche, Patriot	4:36.15 J. Martin, Charleston			Darcree Corey, NJSC	8:45.91 Bellevue
1:07.30 Jake Reid, SA	4:38.17 R. Culbertson, MECK			Jill McMinin, IHAC	8:46.76 Colorado Springs
1:07.31 Brad Kline, MECK	4:39.16 W. Schultz, Annapolis			Jana Krohn, AFOX	MEN
1:07.39 Conrad Mapp, Tide	4:40.43 Michael Fuller, NOVA			Chelsa Wilde, DCA	50 FREE AUG. 9
1:07.50 S. Wallace, Clearwater	4:41.42 Markus Rogan, CB			Erin Fraker, Aces	Championship Finals
Consolation Finals	4:41.74 Jason Baxter, BIRM			Alisa Schuknecht, Bend	23.67 John Berry, Fleet
1:07.20 Sean Quinn, MECK	4:42.54 A. McCarty, Parkway			200 IM AUG. 9	23.99 Trent Holmsan, TERA
1:07.28 Philip Norris, Patriot	4:46.83 Tait Jones, Memphis			Championship Finals	24.12 Josh Trotter, MVN
1:08.07 Jeff Hackler, Dynamo	400 MR AUG. 9			Amber Rais, Lakeridge	24.16 M. Scarelli, Monarch
1:08.22 Barry Garland, CCAM	3:56.75 SwimAtlanta			Amanda Beard, Irvine	24.19 G. Watland, Twin Cities
1:08.29 D. Smith, Lakeside	(Dilly, Martinez, Armond, Horne)			Laura Davis, TERA	24.25 G. Wood, Boulder City
1:08.45 Justin Caron, Quantico	4:00.62 SwimAtlanta B			Ap. Daphnis, SCSC-PC	24.29 S. Greenwood, Trojan
1:08.69 Tait Jones, Memphis	4:00.96 Nashville			Alisa Schuknecht, Bend	24.49 Randall Bai, CCA
1:08.88 Eric Oynes, Franco's	4:01.96 KC Blazers			Tanica Jamison, TERA	Consolation Finals
200 BREAST AUG. 6	4:02.27 Dyanamo			K. Johnson, Bellevue	24.30 W. Tanner, Duncanville
Championship Finals	4:02.37 Retriever			Erin Corn, UPSC	24.36 Rob Canales, SJA
2:21.80 Conrad Mapp, Tide	4:02.41 Patriot			Consolation Finals	24.37 Quentin Byma, AFOX
2:22.50 Ian Chadsey, Solotar	4:02.45 Parkway			I. Schneider, Woodland	24.41 Bill Steel, Blue Tide
2:23.20 J. Martin, Charleston	4:02.54 Y-Trinity			Lindsey Knapp, TERA	24.56 Neil Peiffer, Desert
2:23.82 Philip Norris, Patriot	4:03.07 Pilot-Knoxville			L. Carlaw, Tacoma	24.62 Erik Jones, Chic
2:24.03 Sean Quinn, MECK	4:03.23 Wichita			Stacy Kearney, Piranha	24.73 John Smith, SRN
2:24.77 S. Wallace, Clearwater	4:03.82 Birmingham			A. Thornton, Irvine	24.76 K. Carpenter, RBAC
2:25.00 Nick Martin, CB	4:03.90 Little Rock			Micha Burden, NLSC	100 FREE AUG. 6
2:26.22 Lance Needham, SA	4:04.52 Rockwood			Jennifer Dyer, Sierra	Championship Finals
Consolation Finals	AUG. 7			Kristen Caverly, Irvine	51.97 Trent Holmsan, TERA
2:25.76 Atticus LeBlanc, NOA	Timed Finals			400 IM AUG. 7	52.01 S. Steketee, CO Wave
2:26.38 G.J. Zann, PCSC	3:32.69 SwimAtlanta			Championship Finals	52.31 J. Watland, Twin Cities
2:26.64 Justin Caron, Quantico	(Horne, Gagnon, Gayle, Gispert)			Amber Rais, Lakeridge	52.52 Quentin Byma, AFOX
2:26.66 Steve Mason, Raleigh	3:35.50 SwimAtlanta B			Alisa Schuknecht, Bend	52.58 John Berry, Fleet
2:26.77 D. Smith, Lakeside	3:36.02 Mecklenburg			Rita Mariani, WCAB	52.93 R. Parmenter, Canyon
2:26.88 Andrew Priest, Excel	3:36.85 KC Blazers			I. Schneider, Woodland	52.96 Matt Sutton, LVS
2:27.12 Brad Kline, MECK	3:37.90 Little Rock			Ap. Daphnis, SCSC	53.04 Brad Morris, Piranha
2:28.94 Justin Capuco, RMSC	3:38.95 Stinrays			S. Loechner, N. Jeffco	Consolation Finals
100 FLY AUG. 8	3:39.11 Dynamo			Susan Walker, Plano	52.80 Kevin Smith, TWST
Championship Finals	3:39.18 Nashville			Consolation Finals	52.82 Mike Mullen, DS
56.89 Brendon Coyne, BIRM	3:39.19 Pine Crest			Erin Corn, UPSC	52.85 Ryan Jones, Woodland
57.12 Jeff Osterman, Raleigh	3:39.27 Memphis Tigers			Kristen Caverly, Irvine	52.93 Jeff Crawford, SJA
57.19 D. Sherrard, Lakeland	3:39.61 Parkway			Vicky West, Redlands	52.94 Bayani Flores, WCAB
57.20 M. Hampton, Suncoast	3:39.66 Patriot			J. MacCurdy, COPS	53.26 Jeff Guyman, Bellevue
57.30 Jared Grant, Y-Trinity	3:39.74 Retriever			Lisa Garcia, Aces	53.72 W. Tanner, Duncanville
57.47 Adam Byars, Pilot	3:40.84 Rockwood			Jessica Wolfe, Corvallis	200 FREE AUG. 7
57.62 Greg Reeves, ATAC	3:41.02 Old Dominion			K. Johnson, Bellevue	Championship Finals
57.71 Richie Armond, SA	3:42.19 Area Tallahassee			Lindsey Knapp, TERA	1:53.59 Chris Epp, AAA
Consolation Finals	800 FR AUG. 8			AUG. 9	1:54.35 K. Carpenter, RBAC
57.38 Michael Baima, Topeka	7:50.06 SwimAtlanta (Horne, Dash, Gispert, Reid)			Timed Finals	1:54.41 M. Van Akkeren, Dads
57.75 Jeff Dash, SA	7:52.06 Mecklenburg			Irvine Novas	1:54.49 R. Parmenter, Canyon
57.89 Ben Yeagle, Bolles	7:54.14 Dynamo			(Luevano, Caverly, Buck, Hayes)	1:55.25 B. Tannhauser, Shilshole
57.94 Jason Gagnon, SA				Irvine Novas B	1:55.72 R. Mammarella, FAA
57.97 Nate Boyle, Ashburn				Aces	1:56.42 Jason Boettner, SJA
57.99 Brian Scannell, MECK				Industry Hills	1:57.30 Rob Canales, SJA
58.19 Matt Morrisette, ODOC				Walnut Creek	Consolation Finals
59.27 John Ritchie, Atomic				Terrapins	1:54.45 Matt Sutton, LVS
200 FLY AUG. 6				Terrapins B	1:55.92 Kevin Smith, TWST
Championship Finals				Alamo Area	1:55.97 Sumner Rollings, BFST
2:05.23 Clint DeShazo, BIRM					1:56.05 Kurt Schoppe, TWST

1:56.21 Jordan Watland, TCSC
1:56.67 Ben Hanley, Cabrillo
1:56.72 Mike Jacob, MVN
1:56.98 W. Tanner, Duncanville

400 FREE AUG. 8

Championship Finals
4:01.39 Chris Epp, AAA
4:02.55 Klete Keller, Phoenix
4:03.32 M. Van Akkeren, Dads
4:03.89 E. Deszoek, Corvallis
4:03.97 Erik Scalise, Reno
4:05.18 James Thornton, LCAB
4:05.46 Summer Rollings, BFST
4:05.58 Joel Everman, RBAC

Consolation Finals

4:04.55 Justin Rossi, TERA
4:04.99 B. Vogelgesang, SRV
4:05.99 Mike Jacob, MVN
4:06.34 Jason Boettner, SJA
4:06.43 Matt Carter, Buena
4:06.49 Matt Day, Woodland
4:06.57 Erik Gordon, Bellevue
4:07.73 Michael Soria, IHAC

800 FREE AUG. 5

Timed Finals
8:15.88 Scott-Browne, Bellevue
8:20.62 Joel Everman, RoBA
8:21.42 Brian Soria, IHAC
8:22.78 Klete Keller, Phoenix
8:22.80 Ben Hanley, Cabrillo
8:25.30 James Thornton, LCAB
8:27.12 Carl Hessler, SCSC-PC
8:27.16 Brian Riley, TWST
8:27.17 S. Steketee, COWave
8:27.22 Summer Rollings, BFST
8:28.27 Mike Jacob, MVN
8:28.61 Matt Day, Woodland
8:28.62 Aaron Peirsol, Irvine
8:29.02 Matt Martin, MVN
8:29.75 Alex Mahon, Mesa
8:29.90 B. Vogelgesang, SRV

1500 FREE AUG. 9

Timed Finals
15:51.86 Brian Soria, IHAC
15:59.57 Brian Atkins, DACA
16:03.15 E. Deszoek, Corvallis
16:04.89 Erik Gordon, Bellevue
16:07.40 Matt Martin, MVN
16:08.79 Chris Epp, AAA
16:12.82 Klete Keller, Phoenix
16:13.36 Summer Rollings, BFST
16:16.87 Joel Everman, RBAC
16:17.55 L. Salinas, Buena
16:21.10 Alex Mahon, Mesa
16:22.16 Carl Hessler, SCSC
16:22.53 Matt Day, Woodland
16:22.53 James Thornton, LCAB
16:22.79 Joe Brennan, BFST
16:24.04 Paul Ely, THSC

100 BACK AUG. 8

Championship Finals
58.56 Randall Bal, CCA
58.84 Neil Peiffer, Desert
58.94 Mark Latronica, SJA
59.17 Francis Tam, DACA
59.32 Erik Scalise, Reno
59.33 Aaron Peirsol, Irvine
1:00.27 T. Collis, Blue Tide
1:00.52 Will Eden, Scottsdale

Consolation Finals

59.91 Frank Uxa, MVN
1:00.07 W. Tanner, Duncanville
1:00.19 Trent Staley, THSC
1:00.42 Mike Tse, GWSC
1:00.55 Rob Harrison, CSST
1:00.64 Wes Teter, Dallas
1:00.78 M. Scarcelli, Monarch
1:00.85 Randy Boeck, TC

200 BACK AUG. 6

Championship Finals
2:05.42 Aaron Peirsol, Irvine
2:06.30 Ryan Jones, Woodland
2:07.10 Francis Tam, DACA
2:07.59 Michael Heiny, Unat.
2:09.35 Ben Lucchese, TERA
2:10.15 Cooper Phillips, SETX
2:11.09 Matt Zielke, Chinook
DQ Jeff Crews, MULT

Consolation Finals

2:09.52 J. McLachlan, NJSC
2:10.14 B. Spiritosanto, Wood.
2:10.14 Jay Sayko, Trojan
2:10.71 N. Hopman, Issaquah
2:11.01 L. Wagner, Greenwood
2:11.03 Gonny Shimura, Irvine
2:12.00 Matt Wheeler, SJA
2:12.77 Will Eden, Scottsdale

100 BREAST AUG. 8

Championship Finals
1:04.57 J. McDonnell, Fleet

1:04.68 Rob Canales, SJA
1:05.27 B. Middleton, Piranha
1:05.60 Justin Devlin, Desert
1:05.62 Lance Jones, Chico
1:05.62 Daniel Kim, Irvine
1:06.05 Kristian Lee, WCAB
1:06.17 N. Alldredge, Visalia

Consolation Finals

1:06.71 Ki Woong Kim, RBAC
1:06.83 Nicholas Tobler, TRS
1:07.04 Ross Binkley, TXAQ
1:07.05 M. Erickson, Heartland
1:07.24 Ben Worby, Redlands
1:07.38 Ramzy Ladah, LVS
1:07.53 Colby Genrich, AZM
1:07.71 John Evans, TWST

200 BREAST AUG. 6

Championship Finals
2:20.57 Nicholas Tobler, TRS
2:20.58 J. McDonnell, Fleet
2:21.44 Daniel Kim, Irvine
2:22.20 Ross Binkley, TXAQ
2:22.72 Justin Devlin, Desert
2:23.85 Ben Brink, Eugene City
2:23.89 Kevin Clements, IHAC
DQ M. Erickson, Heartland

Consolation Finals

2:22.42 Billy Brown, Irvine
2:23.85 Nick Degenstein, TWST
2:23.99 Philip Yoshida, Unat.
2:24.47 Justin Rossi, TERA
2:24.67 Dustin Riley, CARS
2:24.82 Ramzy Ladah, LVS
2:31.60 Brian Porter, Omaha
DQ John Han, CO Wave

100 FLY AUG. 8

Championship Finals
55.83 Andy Haidinyak, Spring
56.34 Hiro Sakoda, FAST
56.35 Rob Canales, SJA
56.41 Chris Bonser, Mid-City
56.49 Aaron Cole, SETX
56.55 C. Krastins, Twin Cities
56.65 Mike Gausman, TERA
56.69 Mark Latronica, SJA

Consolation Finals

56.51 Joel Shapiro, Shilshole
56.76 Paul Ely, THSC
56.86 K. Carpenter, RBAC
56.93 S. Steketee, CO Wave
57.16 M. Van Akkeren, DADS
57.22 Quentin Byma, AFOX
57.48 Robert Roosa, Aurora
58.21 Erik Scalise, Reno

200 FLY AUG. 6

Championship Finals
2:03.85 David Schmidt, MVN
2:04.88 William Oren, DVA
2:05.08 K. Carpenter, RBAC
2:05.74 Chris Bonser, Mid-City
2:05.77 Michael Lemons, Reno
2:06.08 D. Storz, Woodland
2:07.01 A. Guzman, MVN
2:08.04 Chris Mercier, Clovis

Consolation Finals

2:06.00 Jeff Hyman, AFOX
2:06.03 Stephen Long, TERA
2:06.25 Justin Jacobs, SJA
2:07.29 Matt Sutton, LVS
2:07.93 Eric Wilson, THSC
2:08.29 Ryan Koch, Cabrillo
2:08.34 J. Scott-Browne, Belle.
2:09.04 Steve Worthy, TERA

200 IM AUG. 9

Championship Finals
2:07.70 M. Van Akkeren, DADS
2:07.88 Mark Warkentin, Buena
2:08.35 Ben Brink, Eugene City
2:08.56 Justin Rossi, TERA
2:08.95 J. Bruckart, Heartland
2:10.10 Chris Mercier, Clovis
2:11.18 Jeff Guyman, Bellevue
2:12.22 Nathan Rice, Dallas

Consolation Finals

2:09.95 J. Jackson, Mid-City
2:10.02 Ben Lucchese, TERA
2:10.52 Mike Gausman, TERA
2:10.74 Pat Tuohy, Tacoma
2:10.99 N. Degenstein, TWST
2:11.67 Robert Roosa, Aurora
2:12.47 Brent Rice, King
2:12.63 Neil Peiffer, Desert

400 IM AUG. 7

Championship Finals
4:33.26 J. Bruckart, Heartland
4:34.13 Scott-Browne, Bellevue
4:34.28 Spiritosanto, Woodland
4:35.79 Ben Brink, Eugene City
4:38.67 Nathan Rice, Dallas
4:39.34 Cooper Phillips, SETX

4:40.87 Michael Soria, IHAC
DQ David Schmidt, MVN

Consolation Finals

4:34.94 D. Storz, Woodland
4:35.22 Michael Heiny, Unat.
4:35.62 Pat Tuohy, Tacoma
4:38.76 Ben Lucchese, TERA
4:39.36 Eric Wilson, THSC
4:39.96 Ryan Koch, Cabrillo
4:41.60 Philip Yoshida, Unat.
4:42.18 Timmy Chung, C

400 MR AUG. 9

Timed Finals
3:54.23* San Jose
(Latronica, Canales,
Jacobs, Crawford)
3:57.67 Terrapins

3:59.33 Walnut Creek
3:59.45 Desert
3:59.96 Woodland
4:00.52 San Jose B
4:00.81 DeAnza Cupertino
4:00.90 The Woodlands
4:00.92 Irvine Novas
4:01.16 Rose Bowl
4:01.17 Mission Viejo
4:01.21 Shilshole
4:01.66 Bettendorf
4:01.68 Santa Clara
4:01.71 Tualatin Hills
4:02.37 Scottsdale

Consolation Finals

4:02.37 Bettendorf
3:30.19* (names not available)

3:32.44 The Woodlands
3:32.63 San Jose
3:32.86 Blue Tide
3:33.55 Terrapins
3:33.91 Mission Viejo
3:34.29 Alamo Area
3:34.94 Rose Bowl
3:35.17 Woodland
3:35.75 Dallas Mustangs
3:35.99 Walnut Creek

Consolation Finals

3:38.26 Scottsdale
3:38.27 Brea
3:38.63 Shilshole
3:38.75 Reno
3:38.79 The Woodlands

800 FR AUG. 8

Timed Finals

7:44.79* The Woodlands
(names not available)
7:44.84 Mission Viejo
7:45.24 Terrapins
7:47.00 Rose Bowl
7:49.26 Woodland
7:51.96 Corvallis
7:53.75 Twin Cities
7:54.02 DeAnza Cupertino
7:54.13 Scottsdale
7:54.27 Alamo Area
7:54.42 Bellevue
7:55.42 Buenaventura
7:55.63 Industry Hills
7:55.66 Tualatin Hills
7:55.73 Shilshole
7:56.96 The Woodlands B

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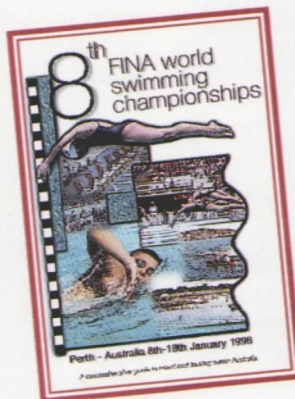
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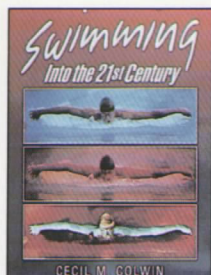
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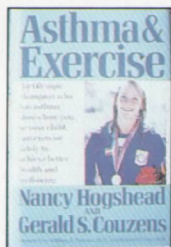




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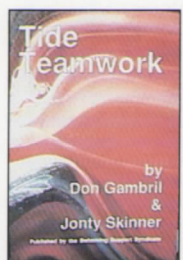
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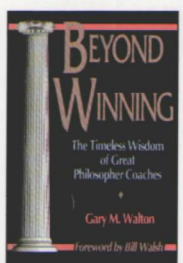
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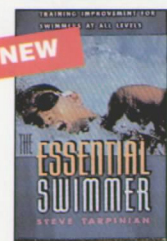
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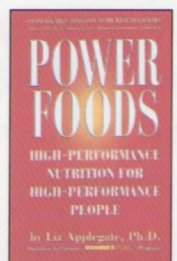
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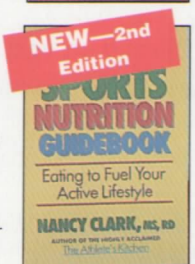
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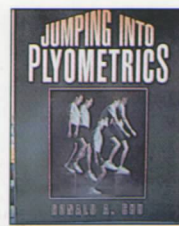
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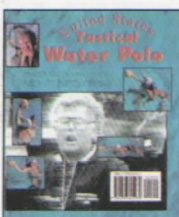
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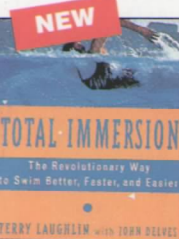
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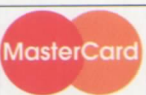
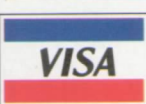
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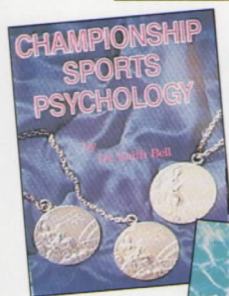
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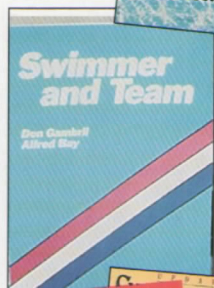
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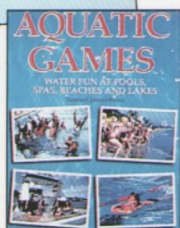
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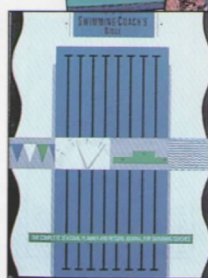
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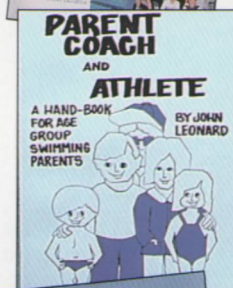
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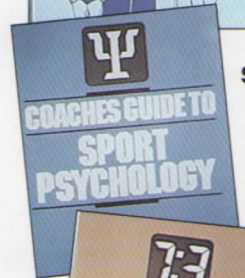
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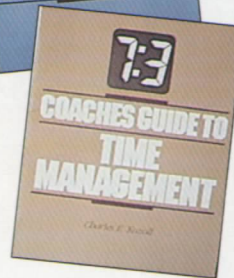
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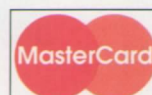
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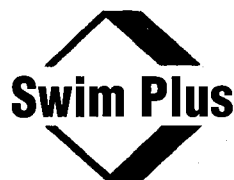


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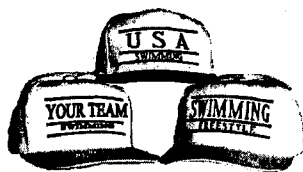
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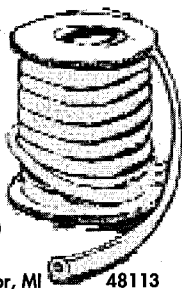
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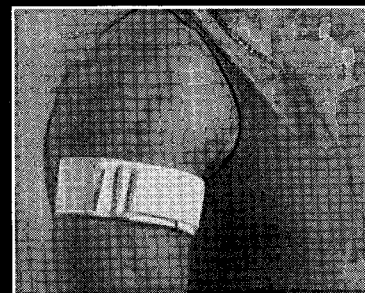
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- 24-26 Savannah, GA
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LAW Invit., sc
812-537-7258
- 24-26 Lowell, IN
LDSC Invit., sc
219-696-6233
- 24-26 Mishawaka, IN
PENN Invit., sc
219-273-0887
- 24-26 Canton, OH
CCS AG/Open
330-438-2738
- 24-26 Beaverton, OR
THSC Halloween
Invitational, sc
503-324-5531
- 25 Loveland, CO
Loveland Relays
970-663-7922
- 25 Newberg, OR
CST Sprints, scm
503-625-6017
- 25 St. Helens, OR
SLST Fall Invit.
503-397-6486
- 25 Stoughton, WI
OCSC/STAR
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- 25-26 Arroyo Grande, CA
FIVE "ABC"
805-481-6399
- 25-26 Hollister, CA
SBA "B-A+" sc
408-637-1139
- 25-26 Industry Hills, CA
IHAC "AB"
805-682-0135
- 25-26 Riverside, CA
RST "ABC"
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- 25-26 San Mateo, CA
MPM Invit., sc
415-571-5394
- 25-26 Santa Clara, CA
SCSC Senior sc
408-246-5050
- 25-26 Sebastopol, CA
SSS Invitational sc
707-823-8693
- 25-26 Longmont, CO
Great Pumpkin
Pentathlon
303-682-9205
- 25-26 W. Des Moines, IA
CIA Fall Meet
515-842-3258
- 25-26 Kokomo, IN
KAT Invitational sc
765-453-7517
- 25-26 Tecumseh, IN
TSC Invitational sc
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- 25-26 Mid. Atlantic LSC
Fall Classic
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- 26 Foothills, CO
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- 26 Brown Deer, WI
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- 26-27 Olathe, KS
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- 31 Milwaukee, WI
NSSC SR Distance
414-332-7405
- 31-2 Montrose, CO
West Slope Open
970-249-1504
- 31-2 Plymouth, IN
PLY Invitational sc
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- 31-2 Terre Haute, IN
THAC Invit., sc
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NOVEMBER

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- 1 McFarland, WI
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22-23 Santa Barbara, CA SBSC "ABC" 805-682-0135	30 Boulder, CO St. Nick 10&U "B" 303-530-4288	5-7 Forest Grove, OR FGSC 30th Christmas Invit. 503-357-4143	6-8 Independence, MO Level 2 East 816-796-4808	13 Beaverton, OR THSC Mini-Maxi Holiday Meet 503-324-5531	14 Beloit, WI BAT "A-BB-B-C" 815-389-4588
22-23 Broomfield, CO CUDA Pentathlon 303-469-5351		5-7 Federal Way, WA Husky Invitational 206-661-7748	6-8 Kansas City, MO Level 2 West 913-840-3711	13 Green Bay, WI GBSC "A-BB-B-C" 414-490-0742	18-21 Buffalo, NY Star S.C. Invit. 716-649-6171
22-23 Lincoln City, OR LCSC Fall Invit., sc 503-392-4405	DECEMBER 4-6 Indianapolis, IN U.S. Open 719-578-4578	5-7 Middleton, WI MTA "A-BB-B-C" 608-836-6061	7 Ventura, CA BUENA "BC" 805-682-0135	13 Stoughton, WI STAR "A-BB-B-C" 608-455-8901	19-21 Pacifica, CA Pacific Winter SR Championships 415-359-5612
22-23 Mt. Lebanon, PA MLAC Thanksgiving 412-276-0145	5-7 Pacifica, CA PSL Invitational sc 415-359-5612	5-7 Racine, WI SEAY "A-BB+B+C" 414-633-0570	7 New Albany, IN RAC 8&U sc 812-347-2057	13-14 Anaheim, CA AAA "ABC" 805-682-0135	19-21 Fort Dix, NJ STRM State Meet 609-268-9508
22-24 Kansas City, MO LONG "A-B-C" AG/SR 816-840-7432	5-7 North Jeffco, CO N. Jeffco Winter "ABC" Meet 303-420-2838	6 Birmingham, AL BSL "B-C" Meet 205-870-3278	12-14 Englewood, CO ACES Holiday Open 303-770-9234	13-14 Corona, CA CRNA "ABC" 805-682-0135	20-21 State College, PA NLAC Mini/9-10 814-466-7949
28-29 Allentown, PA Turkey Tank Invit. 610-434-9333	5-7 Ft. Wayne, IN SEFY Invit., sc 219-744-0100	6 Lompoc, CA CCM "BC" 805-682-0135	12-14 Highland, IN HHSC Invit., sc 219-923-7434	13-14 Downey, CA DWNY "ABC" 805-682-0135	26-28 Lancaster, PA LAC State Meet 717-898-0279
28-30 LaPorte, IN HOT Own Age sc 219-362-9106	5-7 Jasper, IN JAWS Invit., sc 812-482-2574	6-7 Petaluma, CA PSC Invit., sc 707-765-4620	12-14 Indianapolis, IN INDY Invit., sc 317-298-7692	13-14 San Jose, CA SVST "B" sc 408-224-4958	27 Canby, OR CB Annual Meet 503-678-2648
28-30 Mid. Atlantic LSC AYTS "A-BB" 610-892-9055	5-7 Noblesville, IN NOB Invitational sc 317-776-0790	6-7 Pleasanton, CA PLS "B" sc 510-846-4162	12-14 Mt. Vernon, IN MTV Invit., sc 812-838-2191	13-14 San Ramon, CA SRVLA "A+" sc 510-828-8842	27-28 West Lafayette, IN TIPP Invit., sc 765-463-7382
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