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OCTOBER 2006 – VOLUME 47 NO.10

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**MASTERS WORLD  
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*page 25*







*2006 u.s. pan pacific team members*

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- 2-Time U.S. National Champion
- 2006 Pan Pacs Silver Medalist





# SwimmingWORLD

## magazine



11



25



33



48

### on the cover:

Brendan Hansen is distancing himself from his competition in men's breaststroke. First, he set world records in both the 100 and 200 meter breast at the U.S. Nationals in August, then followed that with an even faster 200 two weeks later at the Pan Pacific Championships in Victoria, B.C. (See stories, pages 8, 11 and 16.)

(Cover photo by Andy Clark, Reuters; cover snipe photo by Dave Gonzales)



### 7 **TECHNIQUE: Backstroke: Pre-Race Rituals**

### 8 **NOBODY BETTER!** by John Lohn

Brendan Hansen is in a class by himself, taking the breaststroke to levels never before seen.

### 11 **MERCURY RISING** by John Lohn

The United States unleashed an emphatic statement at its national championships that it can hardly wait for the Beijing Olympics.

### 16 **SWIMMING'S MOUNT RUSHMORE** by John Lohn

Michael Phelps, Brendan Hansen and Aaron Peirsol combined for five of the six world records set in Victoria, B.C.

### 19 **LIGHTNING IN THE WATER** by Jason Marsteller

The citizens of Budapest, Hungary witnessed some amazingly fast performances, including four world records.

### departments:

- 6 **A VOICE** for the SPORT
- 22 **HOLIDAY GIFT GUIDE**
- 40 **PREP SCHOOL LISTINGS**
- 53 **FOR THE RECORD**
- 58 **CALENDAR**
- 62 **PARTING SHOT**



### 25 **A MEET THAT MATTERS** by P.H. Mullen

Some 5,400 swimmers came to the Masters World Championships to show the world how much they love their sport.

### 26 **HEALTH WAVES: The Aqua-Active Lifestyle**

### 28 **SLEEP TIGHT...** by Amy Wu

...and don't let the bed bugs bite! If you scrimp on your sleep, there will be a price to pay in your swimming performance.

### 31 **SURVIVE AND THRIVE: Cam Reid** by P.H. Mullen



### 33 **Q & A WITH COACH JON HOWELL** by Dave Denniston

### 35 **HOW THEY TRAIN: Tim Newton** by Jon Howell

### 36 **SUCCESSFUL SWIMMING** by Wayne Goldsmith

Peaking and tapering are important concepts for coaches to understand if they want their swimmers to be successful.

### 38 **BREASTSTROKE TURNS** by Glenn Mills

Brendan Hansen's unique turns are one of many factors that help make this world-record breaststroker so fast.



### 48 **SPEEDO AMERICAN RELAY**

### 49 **TYR AGE GROUP SWIMMER OF THE MONTH: Colleen Konetzke**

### 51 **MIDDLE TYGER IS GRRREAT!** by Jason Marsteller

Middle Tyger YMCA placed first among the men and second among the women to capture the combined team title at the YMCA Nationals.

### 52 **ALL ROADS LEAD TO IRVINE**

That was certainly true this summer for U.S. swimmers, as Irvine, Calif., played host to both the U.S. Nationals and Junior National Championships.

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# A VOICE for the SPORT

## SAVE RUTGERS SWIMMING

BY PHILLIP WHITTEN

opinion

The avalanche that started rolling in 1991—when UCLA cut its powerhouse men's swimming team—picked up speed recently when Robert Mulcahy, the athletic director at Rutgers University, announced he was cutting six of the school's 29 sports: five men's and one women's.

Among the teams on the chopping block: men's swimming.

The men's swim team has a storied tradition that dates back over 100 years—to the very origins of intercollegiate swimming. The five men's teams the AD would do away with boast a combined total of more than 400 years. But apparently, none of that matters to the soon-to-be-retired Mulcahy, whose approach to New Jersey's budget crunch is worthy of Elizabeth Borden.

Indeed, in presenting his budget to the university's president and board of governors, Mulcahy cited the budget crunch as one of the three reasons he—regrettably, of course—was cutting the six sports. The other two “reasons” were “success”—both athletic and academic—and membership in the Big East conference.

These are defensible criteria, and, perhaps, even the ones that should be employed—if, after a thorough review by independent experts and a careful consideration of alternatives, a decision is made to cut some sports.

But Mulcahy's statement lit up the Mendacity Meter like fireworks over Boston on the Fourth of July. Why? Because each of his reasons is demonstrably false. Let's consider them:

1. *Budget crunch.* Yes, there is a budget crunch in New Jersey, and, yes, Rutgers has had to make cuts throughout the university. But in every other department, the three percent cut was shared. No other department head

“solved” the budgetary issue by eliminating entire programs. The athletic department could easily have absorbed a three percent budgetary shortfall without cutting a single sport. (Then it could have initiated a fund-raising drive among alumni and probably raised more money than it lost.)

On top of that, a thorough budgetary impact analysis reveals that while the athletic department would save a very small amount of money after cutting men's swimming, *the university as a whole would actually lose money.* The main reason: loss of out-of-state tuition.

2. *Success.* Mulcahy's second rationale turns reality on its head. In fact, as the AD knows full well, the cut programs are among the school's *most* successful, with swimming, under the skillful guidance of Coach Chuck Warner, boasting the greatest NCAA success of all the Big East swim teams in the last four years. In contrast, the retained programs have been far less successful.

It is on the issue of academic success, however, where Mulcahy clearly must have prayed no one would bother to check the record. In fact, the five men's teams that the AD would eliminate ranked Nos. 1, 2, 3, 4 and 5 academically among the school's 15 men's teams.

3. *Big East membership.* Here, too, the AD is trying to pull a fast one. The fact is that most of the teams he would cut are members of the Big East conference, while many of those he retained are not.

Reality bites, doesn't it, Bob?

Let us keep the pressure on the board of governors and hope it will take a cold, hard look at Mulcahy's indefensible proposal. ♦

Phillip Whitten, former editor-in-chief and chief media officer of Swimming World Magazine, is the executive director of the College Swimming Coaches Association of America (CSCAA).

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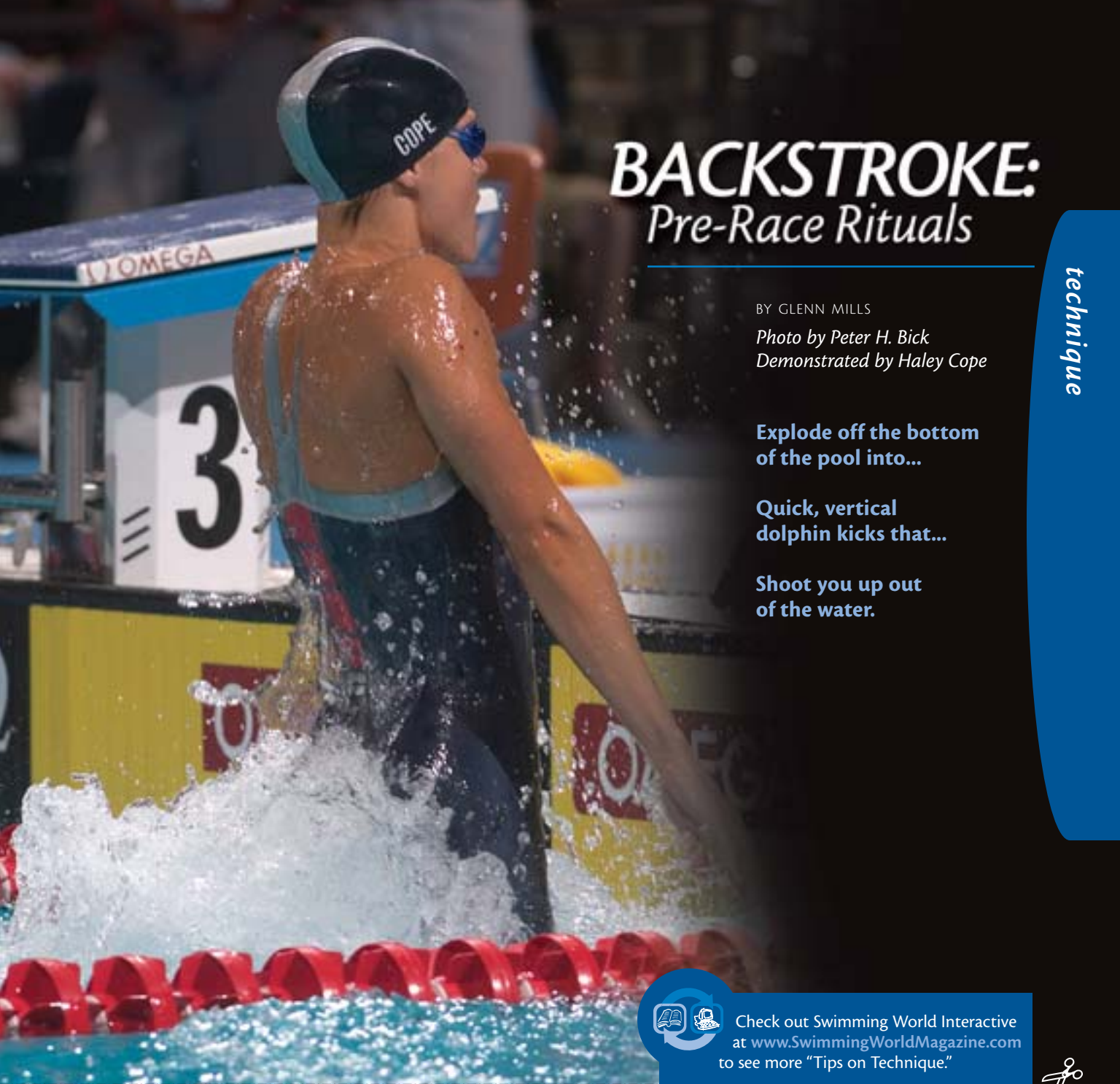
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# BACKSTROKE: Pre-Race Rituals

BY GLENN MILLS

Photo by Peter H. Bick  
Demonstrated by Haley Cope

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# Nobody BETTER!

personality

BY JOHN LOHN

*Brendan Hansen is in a class by himself, taking the breaststroke to levels never before seen.*

The date was Aug. 13, 2000, a Sunday night in Indianapolis. Standing on the deck of the Indiana University Natatorium, Brendan Hansen was 10 minutes removed from the end of his first dip into the pressure-cooker that is the United States Olympic Trials.

He had just placed third in the 200 meter breaststroke, an agonizing 15-hundredths of a second from making the Olympic team. It was his second third-place showing of the week—perhaps the worst possible finish at an Olympic Trials. There's first and second...and *last*. Such is the cruel nature of an event that can define a career.

Indeed, that competition was a career-defining moment for Hansen, at the time an 18-year-old high school senior. Sure, there was pain, the sting of a near miss in the chase to reach the biggest stage in sports. But, adopting an approach that defied his teenage years, Hansen looked ahead. He knew his time would come.

"I'm only going to keep working harder and getting better," he said at Indy. "My best days are ahead of me."

Six years later, Hansen stands alone as the most dominating breaststroker in the world. His portfolio is jammed with international accolades, including a trifecta of Olympic medals from Athens and 11 medals from the World Championships—nine gold.

If Hansen walked away from the sport tomorrow, the Southeastern Pennsylvania native could do so without regret. Yet, Hansen continues to gaze ahead...continues to get faster...continues to take the breaststroke to never-before-seen heights,

(Photo by Bill Collins)



**ABOVE »** *Brendan Hansen continues to gaze ahead...continues to get faster...continues to take the breaststroke to never-before-seen heights, as illustrated by his performances at the U.S. Nationals and Pan Pacific Championships.*

as illustrated by his performances at the U.S. Nationals and Pan Pacific Championships.

## THE SHOW

When Hansen arrived at the William Woollett Aquatic Center in Irvine for the start of Nationals, a little more than two years had passed since he had exorcised the demons from Indianapolis. It was in July of 2004 when Hansen burned up the pool in Long Beach, Calif., by popping world-record swims in the 100 and 200 breast in his second Olympic Trials.

Four years of grind-it-out training under Eddie Reese at the University of Texas had prepared Hansen for his reversal of fortune. Yet, Hansen expressed disappointment after a silver-medal performance in the 100 breast and bronze in the 200 breast at the Olympics. He wanted double-gold, nothing less.

Not surprisingly, then, Hansen went back to work. As was the case leaving Indy four years earlier, Hansen embarked on a mission. He would establish himself as the undisputed ruler of the breast-

stroke. He would make the breaststroke his kingdom. Challengers to his throne would be demoralized, certain they could not compete with him.

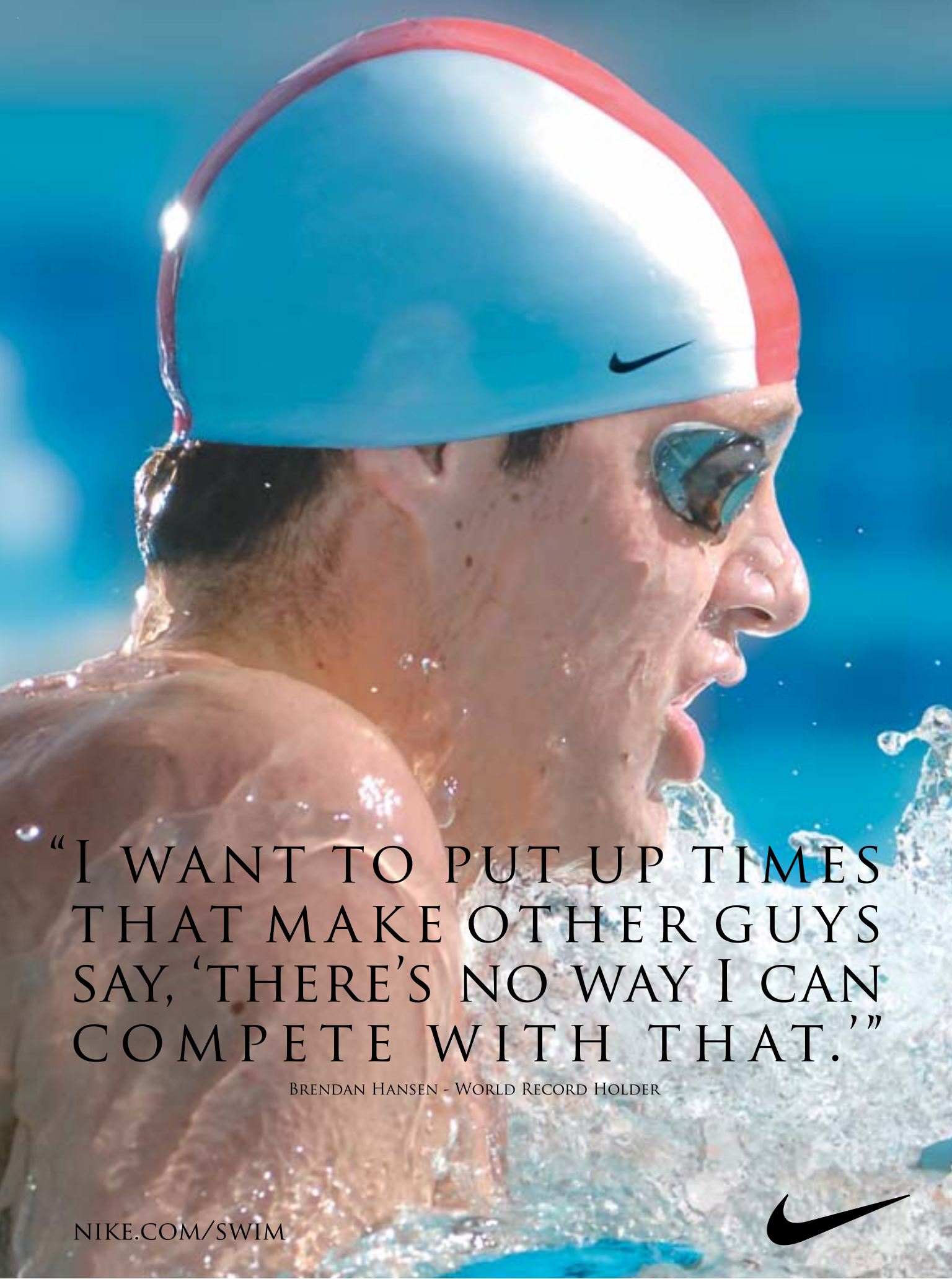
That day has arrived.

While the buzz at Nationals surrounded the potential for a handful of global standards, Hansen exited the meet as the only world record setter. After dropping his 100 breast mark from 59.30 to 59.13 on the opening night of action, Hansen, fittingly, highlighted the last night of competition with a history-making swim in the 200 breast. Under record pace at every wall, he shredded his former standard of 2:09.04 with a hard-to-fathom effort of 2:08.74.

Since Athens, Hansen has been untouchable. He left last summer's World Championships in Montreal a perfect three-for-three, including a victory over Japan's Kosuke Kitajima in the 100 breast. It was Kitajima who denied Hansen gold in Athens, although controversy surrounded their Olympic final. En route to victory, Kitajima clearly benefited from

— continued on 10





“I WANT TO PUT UP TIMES  
THAT MAKE OTHER GUYS  
SAY, ‘THERE’S NO WAY I CAN  
COMPETE WITH THAT.’”

BRENDAN HANSEN - WORLD RECORD HOLDER

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**BRENDAN HANSEN** — *continued from 8*

the use of a dolphin kick—then an outlawed maneuver in the event—and narrowly beat Hansen to the wall.

Still, Hansen didn't sulk. He did what he does best and refocused.

These days, Kitajima is in the rear-view mirror. Racing next to the Japanese Rocket at the Pan Pacific Championships, Hansen won both breaststrokes, including a 2:08.50 triumph in the 200—good for another world record and a more than two-second rout of Kitajima.

"The beauty of the stroke is that you can hear the crowd," Hansen said. "You can hear their encouragement, and that's something that boosts me up. I feed off that. This whole summer has been really special for me. It was just a matter of me putting all the little things together. But I think there's more out there. I can get faster."

#### A LEVEL ALL HIS OWN

What Hansen has done to his specialty on the male side resembles what Australian Leisel Jones has done to the

female version of the stroke. Both athletes have distanced themselves so far from the competition that no legitimate rivals exist.

As he raised his career titles to six at Nationals, Hansen raced alone. In the 100 breast, he prevailed by 1.94 seconds over Scott Usher. In the 200 breast, his margin of victory was 2.64 seconds over Eric Shanteau, a training partner for the summer. The video footage was equally impressive, as Hansen's command was so gripping that he was the only visible athlete heading into the wall.

After the Pan Pacific Champs, Hansen owned the four fastest times in history in the 100 breast and eight of the top 12. As for the 200, he possessed the top three slots and seven of the fastest 13.

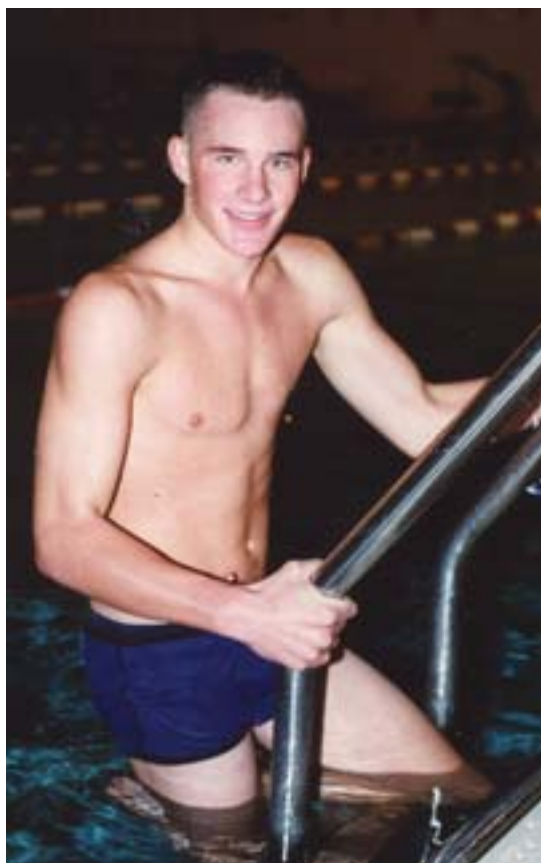
More, Hansen has been known on the global stage since 1999, when he made his international debut at the World Short Course Championships. Rarely is a swimmer—particularly a breaststroker—able to reign for what is closing in on a decade.

Nonetheless, don't expect Hansen to rest.

Always a self-motivator, Hansen has embraced the clock as his fiercest rival. And he's on the lookout for someone—*anyone*—who might be able to provide a serious challenge in the days leading to Beijing. In the meantime, he'll push himself in practice as he trains alongside a top-flight group at Longhorn Aquatics that features Aaron Peirsol and Ian Crocker, fellow world record holders.

"One of the most important things is that I've surrounded myself with positive people," Hansen said. "If I ever want to take it easy, I have guys who are going to make me get back at it. We motivate each other.

"There's a target on my back, and I'm aware of that. I'm going to keep working toward 2008. I just want to keep raising the bar." ♦



**ABOVE »** Brendan Hansen has come a long way since his high school days (above) when he narrowly missed making the U.S. Olympic team. In the six years that followed, he has emerged as the most dominating breaststroker in the world.

John Lohn is *SwimmingWorld Magazine.com's* newsmaster and a sportswriter for the Delaware County Daily Times.





# MERCURY RISING

BY JOHN LOHN • PHOTOS BY BILL COLLINS

*The United States unleashed an emphatic statement at its national championships that it is red-hot and can hardly wait for the Beijing Olympics to begin in two years.*

IRVINE, Calif.—During the morning prelims, the Southern California sun baked the grandstands from the east. At night, the scorching arrived from the west. That shifting nature allowed for shaded moments for the thousands of fans who jammed into the William Woollett Aquatic Center.

The water, however, didn't receive a break from the rise-and-set rules of Mother Nature. For five days—the duration of the 2006 ConocoPhillips USA Swimming National Championships—the liquid was boiling. It sizzled on the initial day of action and never cooled off as the Red, White and Blue unleashed an emphatic statement two years before the start of the Beijing Olympics.

Over a 120-hour stretch, it was determined that the American arsenal is as loaded as ever. The veteran contingent remains a powerful force. The depth is reaching rarely-seen proportions, and the new guard—a combination of youth and emerging talent—is making a forceful mark that, one day, is expected to influence the international scene.

Brendan Hansen delivered the fireworks on opening night in the form of a world record in the 100 meter breast

(59.13), then punctuated the competition with a global standard in the 200 breast (2:08.74) on the final night of racing. In between, there was no shortage of excellence as the flashbulbs popped freely during America's latest aquatic show.

## ANN ARBOR ASSAULT

Ever since he earned an Olympic berth six years ago as a 15-year-old, then marched to an eight-medal haul at the Athens Games in 2004, Michael Phelps has been used to the attention. It wasn't any different at Nationals, with one question emerging as a hot topic: Could he regain his form from two years ago?

Phelps proved himself to be right on track. Although disappointed with an opening-night triumph in the 400 IM (4:10.16), Phelps added four more victories and a second-place showing while powering Club Wolverine to the men's and combined team titles (CW also won the women's competition). Aside from the 400 IM, Phelps bested the field in the shorter medley (1:56.50), prevailed in the 200 free (1:45.63) and doubled in the butterfly events (51.51 and 1:54.32).

As important as his gold-medal swims, however, was the way Phelps answered a handful of individual challenges. One year removed from what he deemed an unsatisfactory showing at the World Championships in Montreal, Phelps deflected a pair of charges from Ryan Lochte in the medley events.

After Lochte pulled to within 57-hundredths in the 400 IM with 50 meters to go, Phelps dug deep to win by more than a second. A few days later, he edged Lochte by 28-hundredths in the 200 IM. Add in a victory over world record holder Ian Crocker in the 100 fly,

and it was clear that Phelps was nearing his past form.

Phelps' only setback was to Aaron Peirsol, the world record holder in the 200 back (1:56.36 to 1:57.09). Peirsol, who also took top honors in the 100 back (53.38), hasn't lost over the longer distance since the 2000 Olympics. His win in the 200 also arrived over Lochte, who holds the short course world record.

Phelps, though, wasn't the only Club Wolverine star to excel, as the training group that Coach Bob Bowman has assembled in Ann Arbor, Mich., is one for the ages. In addition to Klete Keller grabbing gold in the 400 free (3:44.27)—narrowly missing his American record of 3:44.11—Erik Vendt (only three months out of retirement) turned in a triumph in the 1500 (15:05.41) and placed third in the 400 IM. Meanwhile, Peter Vanderkaay (200-400-1500 free) and Davis Tarwater (200 fly) also earned trips to the Pan Pacific Championships two weeks later in Victoria, B.C., Canada.

"I wake up and I feel good," said Vendt, a two-time Olympic silver medalist in the 400 IM. "I feel refreshed. (Bowman) is forcing me to live like an athlete. We have a great training group, and Michael and I duke it out in practice. We encourage each other."

## GIRL POWER

Katie and Kate. Kate and Katie. Either way, they've been deemed the future of American swimming among the female ranks—roles they have

—continued on 12

accepted with open arms. At last year's World Champs, they combined for a quartet of individual titles. By the time the Beijing Olympics roll around, they figure to be in position for major success.

In the one head-to-head showdown that materialized between Katie Hoff and Kate Ziegler, the teenagers battled to the wall in the 400 free, with Ziegler's time of 4:05.75 narrowly edging the 4:05.83 registered by Hoff. With France's Laure Manaudou redefining the eight-lap freestyle on the global level (4:02.13 WR at Europeans), the efforts of Ziegler and Hoff were positive developments for American middle-distance swimming, as was the third-place mark of Hayley Peirsol (4:06.31). Ziegler and Peirsol reunited in the 800 free, with Peirsol claiming that duel in 8:26.45.

"Katie and Hayley make great competitors," Ziegler said after the 400 free. "I knew I had to give it all I had. Certainly having two people racing like that made me work a little harder."

Hoff's week was filled with showdown swims—with the exception of her IM races. The world champion in the 200 and 400 IM, Hoff won her specialties in impressive fashion, collecting an American record in the 200

(2:10.05) and producing a U.S. Open mark in the 400 (4:35.82).

She also finished second in the 200 free, where she was narrowly out-touched by Natalie Coughlin (1:58.11 to 1:58.16). It was Coughlin's second nail-biting win of the meet, following her 100 fly victory over Rachel Komisarz (57.78 to 57.79).

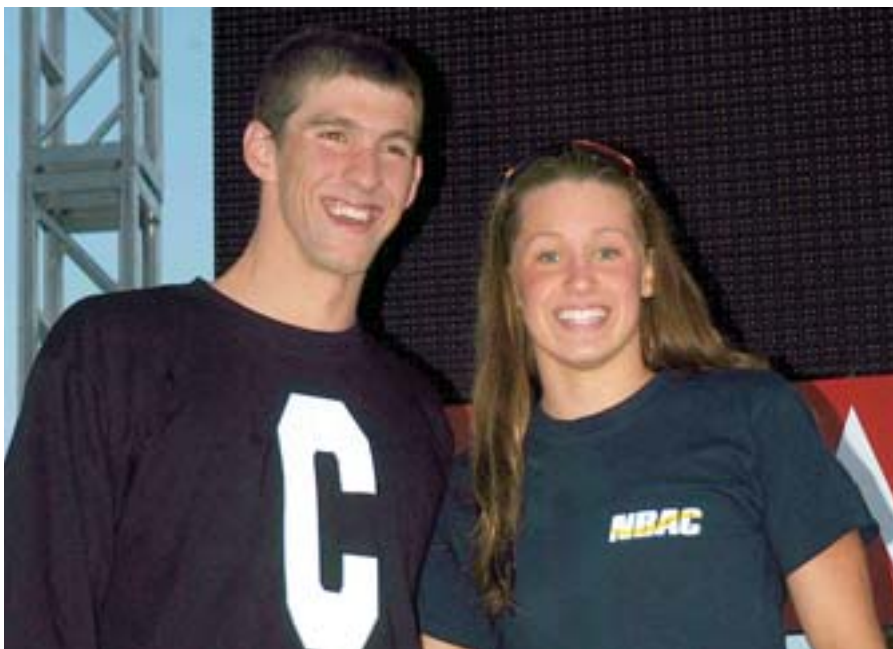
A five-time medalist in Athens, Coughlin tacked on runner-up performances in the 50 and 100 free, placing behind Kara Lynn Joyce in the one-lap sprint (24.97) and Amanda Weir in the 100 (53.58, an American record). The time made Weir the fourth-fastest

performer in history.

"I just felt like this was my time to drop a lot," Weir said. "It sounds bad to say you expect it, but I feel like you have to see yourself doing it. I knew I was capable of it."

## BREAKING OUT

To call him a newcomer to the national scene would be an overstatement. After all, he entered the meet as the reigning NCAA champion in the 50 free as well as the reigning World University Games titlist. Still, when Cullen Jones arrived in Irvine, he needed to dazzle on a major stage,



ABOVE » Michael Phelps and Katie Hoff were the meet's high-point winners, with Phelps winning five events and Hoff setting an American record in the 200 IM and a U.S. Open mark in the 400 IM.



(Photo by Bill Collins)

ABOVE » Cullen Jones

## CULLEN JONES MAKES HISTORY

Cullen Jones became the first African-American swimmer to break a world record for the United States when he swam on the 4 x 100 meter freestyle relay at the Pan Pacific Championships in Victoria, B.C., in August. Jones also won gold and set a championship record in the 50 free.

"For the past two weeks, these guys (on the U.S. relay) have been such great mentors to me," Jones said after the United States set the world record. "Neil (Walker), helping me last week on my technique work; Jason (Lezak), giving me great words; and Michael (Phelps), just being there the whole time.

"Jason took me aside and said, 'Don't worry about it,' because one of the big things I'm always worried about is just dying in the 100. And he said, 'Just take it out. The adrenaline will take care of the rest.' And that's exactly what happened. They've been giving me some very kind words of wisdom."

Later in the month, Jones signed a multi-year contract with Nike, Inc., through 2012. He joins Nike's Maritza Correia in her continued support for ethnic diversity in swimming. Jones plans to visit schools and community centers in the Raleigh, N.C. area, where he currently resides. Correia is the first female African-American to make a U.S. Olympic team and also the first female black American to medal at the Games, a feat she accomplished in Athens in 2004.



with big-time pressure on his shoulders.

Done deal.

A product of North Carolina State University, Jones dominated the 50 free, grabbing the top seed for the evening final in comfortable fashion. At night, he followed with the swim of his life, stopping the clock in 21.94 to become one of only 12 men ever to break the 22-second barrier.



**ABOVE »** Cullen Jones established himself as only the second African-American male sprinter in U.S. history to claim a national title when he won the 50 free.

By winning the free-for-all sprint, Jones established himself as only the second African-American male sprinter in American history to claim a national title, joining Anthony Ervin. Prodded by his father to play basketball, Jones obviously found his perfect domain. "I didn't sleep much after that race," Jones said. "I was on cloud nine."

Similar to the efforts of Maritza Correia, Jones plans on promoting the sport to the black community. "The more I can glamorize swimming to the African-American society, I will," he said. "It would be great to get more kids involved."

Jones also demonstrated that he's a developing force in the 100 free by placing third. Still, he has a little ways to go before catching up with Jason Lezak. The American record holder had no trouble outdistancing his competitors with his 48.63. Another 30-year-old, Neil Walker, finished second (49.23).

"There's room for improvement, but that was a good swim," Lezak said. "This is my race until someone takes me down. (Jones) is a 50 guy working his way up to the 100, but he's going to be a bigger challenge two years from now."



**ABOVE »** Amanda Weir set an American record in the 100 meter free. Her 53.58 made Weir the fourth-fastest performer in history.

## ODDS AND ENDS

- Six years removed from mining gold at the Sydney Olympics, Megan Jendrick appears capable of a return to the international medal podium. Contesting one of the deepest events at Nationals, Jendrick won the 100 breast with a time of 1:07.54. More impressive than the time was the fact that Jendrick knocked off Jessica Hardy and Tara Kirk, who tied for second in 1:07.65. While Hardy is the American record holder, Kirk was third at last year's World

— continued on 14

## SUCCESS IN OPEN WATER

Americans won four of the six medals awarded in the inaugural Pan Pacific open water races, finishing 1-2 in both the men's and women's 10K. **Chip Peterson** won gold in the men's race held at Victoria's (B.C.) Elk Lake with a time of 1 hour, 54 minutes, 26.68 seconds, followed by teammate **Fran Crippen** at 1:54:50.46. **Chloe Sutton**, 14, won the women's event in 2:04:25.05, four seconds ahead of **Kalyn Keller** (2:04:29.08).

"I kept feeling my muscles starting to give out a little bit at the end, but I held in there," Sutton said. "I had planned to stay maybe second or third throughout the race, then sprint at the end, but I felt uncomfortable staying behind, so I just took off and tried to stay in first the whole way."

The race was the first international competition for U.S. open water swimmers since the event was added in October 2005 to the 2008 Olympic program in Beijing.

## U.S. OLYMPIC TRIALS MOVED UP ONE DAY

USA Swimming announced that the 2008 U.S. Olympic Team Trials will be moved up one day, to be held June 29-July 6 at the Qwest Center in Omaha, Neb. Prelims begin at 11 a.m. CDT, with finals at 7 p.m. The full schedule of events will be determined following the release of the 2008 Olympic event order.



(Photo by Bill Collins)

**ABOVE »** Chloe Sutton

Champs.

In the 200 breast, Kirk turned the tables on Jendrick, winning in 2:28.46.

That time, though, was a bit disconcerting for the American crew, as it was nearly eight seconds off Leisel Jones' world record and six seconds off Amanda Beard's American standard.

- Outside of Margaret Hoelzer, the women's 200 back has been a weak point for the USA in recent years. However, some hope was

supplied in Irvine. Behind the triumphant 2:10.71 of Hoelzer were youngsters Elizabeth Beisel, 13, and Teresa Crippen, 16.

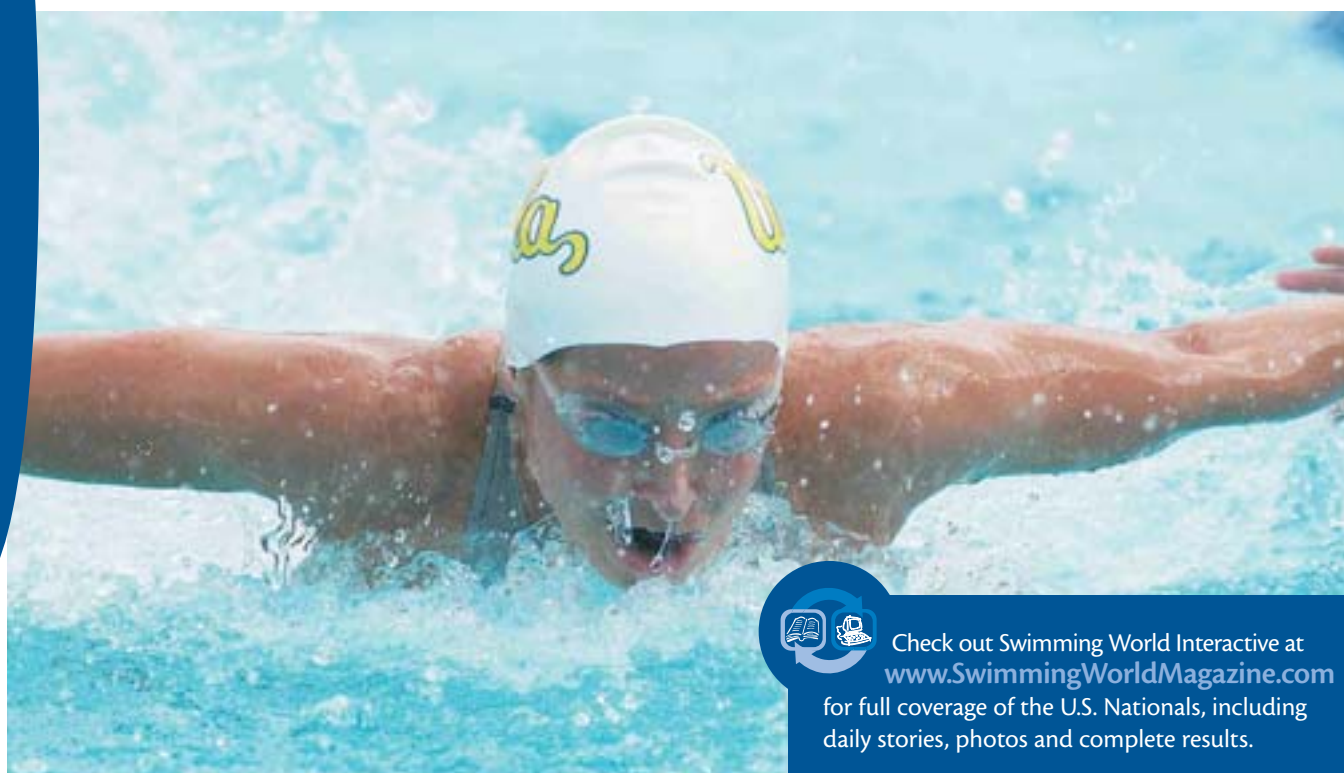
- In the absence of Natalie Coughlin from the 100 back, Leila Vaziri took advantage of a golden opportunity by earning a trip to Pan Pacs with a winning time of 1:01.69. The Indiana University star had enjoyed a sterling summer leading into Nationals and unquestionably rolled off that momentum.

Kim Vandenberg turned in another breakthrough swim, getting to the wall

first in the 200 fly with a time of 2:08.51, fast enough to hold off Mary DeScenza, a four-time NCAA champ in the event for Georgia.

- Mark Schubert, national team head coach and general manager, was impressed with what he saw at this summer's Nationals: "We were very excited about the results of Nationals—not just the top end, but the depth as well." ♦

*John Lohn is SwimmingWorldMagazine.com's newsmaster and a sportswriter for the Delaware County Daily Times.*



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) for full coverage of the U.S. Nationals, including daily stories, photos and complete results.

ABOVE » Kim Vandenberg, 22, had a breakthrough swim in the 200 fly, adding her second national title to the one she won in 2004.



ABOVE » Paul Bergen

#### BERGEN RETURNS TO CANADA

Paul Bergen returned to Canada as head coach of the Montreal-based National Training Center. From 1982 to 1988, he led the successful Etobicoke Swim Club in Ontario to 13 national titles. In 1986, he was named Canadian Swim Coach of the Year.

Bergen will work directly with the national team coaching staff in planning the training and competition programs for selected National Center athletes. He will also provide outreach coaching

services to selected high-performance swimmers in clubs throughout Ontario, Quebec and the Atlantic provinces in conjunction with personal coaches.

Bergen is a four-time Olympic and World Championship coach who was inducted into the International Swimming Hall of Fame in 1998. His swimmers, who have included such greats as Tracy Caulkins, Allison Higson and Inge De Bruijn, have produced 21 world, 24 American and 13 Canadian records.

#### DOLCE PASSES AWAY

Julia Passeggiato Dolce passed away on Aug. 21 at the age of 97. She began Masters swimming in her 70s and set five world Masters records and four USMS marks in her career. A 2005 USMS All-Star team member, Dolce earned All-America team honors in three events in the 95-99 age group.

*The Record and Herald News* (N.J.) reports that memorial gifts on behalf of Dolce may be sent to Hope and Heroes Children's Cancer Fund, Children's Hospital of New York Presbyterian 3959 Broadway, CHS-102, New York, NY 10032-3784.





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# SWIMMING'S MOUNT RUSHMORE

BY JOHN LOHN

*If swimming were to choose who would be represented on a shrine similar to Mount Rushmore, three of them would come from this summer's Pan Pacific Championships: Michael Phelps, Brendan Hansen and Aaron Peirsol, who combined for five of the six world records set in Victoria, B.C.*

VICTORIA, B.C.—Unlike the original shrine that has stood firm for years as a tribute to democracy, a Mount Rushmore of swimming would require constant change. The hypothetical creation of a monument to the pool would necessitate regular rotation of the faces selected for praise. World records, as hard as they are to achieve, come and go. So, too, would the images on our imaginary mountainside.

Yet, with international action done for this year, there's little question as to which individuals deserve to have their likeness—at least temporarily—celebrated. The female of the group, Leisel Jones, chose not to compete at the 2006 Mutual of Omaha Pan Pacific Championships, Aug. 17-20. The three men, however, produced a record-breaking show at the Saanich Commonwealth Place.

The firm of Phelps, Hansen & Peirsol combined for five of the six world records set at Pan Pacs, including four individual marks. Most important, the triumvirate left no doubt that the American men stand on top of the global scene.

## MESSAGE SENT

Fair or not, this much is fact: Michael Phelps has created a monster. Even though he won six medals at last year's World Championships, Phelps was not satisfied. It wasn't the Phelpsian performance that he and the swimming

community had come to expect after Athens when he won six Olympic gold medals and a pair of bronze.

So, Phelps decided to return to the approach that had made him the most celebrated athlete of the 2004 Olympics. Considering his swims at Pan Pacs, the Phelps of old has returned.

He put together a trio of world records after indicating displeasure in his ability to break a global standard at the U.S. Nationals two weeks earlier. With his mission obviously coming full circle, Phelps regenerated the buzz that surrounded him leading into Athens.

Phelps jump-started his meet with a world record in the 200 meter fly, clocking 1:53.80 to shave 13-hundredths off the mark he set at the 2003 World Champs in Barcelona. The world record was his first since Athens, and his subsequent celebration—arms to the sky with an exuberant yell—illustrated how much he wanted to return to the world record ring. With the 200 fly scheduled for the first day of the meet, Phelps

opted out of the 200 free to focus on his pet discipline.

"This is probably the happiest I've been with my swimming since Athens," he said. "It was a pretty special moment for me. We really wanted to focus on the 200 fly and try to get the meet started off on a good note."

The second day brought an American record for Phelps as he teamed with his mates from the 2004 Olympics in the 800 free relay. After winning the 400 IM in 4:10.47, Phelps joined Ryan Lochte, Peter Vanderkaay and Klete Keller for an American standard of 7:05.28, not far off Australia's world record of 7:04.66.

A night later, Phelps led off the USA's 400 free relay with a career-best split (48.83) and watched Neil Walker, Cullen Jones and Jason Lezak follow with 47-high splits en route to a 3:12.46 world record. The effort was well under the former standard of 3:13.17, set by South Africa at the last Olympics.

Following the performance, Roland



**ABOVE »** With three world records to his credit, Michael Phelps regenerated the buzz that surrounded him leading into Athens. Phelps walked away from Pan Pacs with six medals, five of them gold.



Schoeman, a member of that South African squad, took a shot at the American arsenal, suggesting it was ridiculous that it took the U.S. two years to reclaim the record. More, Schoeman blurted, “Cullen who?” when asked about the rising sprint star.

Perhaps Schoeman should have remained tight-lipped, for it was Jones who won the 50 free by smoking the South African in the championship final, 21.84 to 22.12.

In a more friendly rivalry, Phelps capped his meet by edging Lochte in a spectacular duel in the 200 IM. Untouchable in the event just a few years ago, Phelps has watched Lochte close the gap at a rapid rate. At least for now, however, Phelps maintains the upper hand, proven by his 1:55.84 world record.

Ahead at the 50-meter mark, Phelps was passed by Lochte on the backstroke leg and trailed by the end of the breast. Yet, Phelps pulled ahead down the stretch to edge Lochte, whose 1:56.11 rates as the fifth-fastest performance all-time. It also makes him history's second fastest performer.

“When we get in the water and race, it brings out the best in both of us,” Phelps said. “Ryan definitely helped me a lot. It's more exciting when you go head-to-head like that. It really gets the crowd up, and that definitely had an impact.”

## TEXAS TWO-STEP

The other two male members of swimming's Mount Rushmore were hardly overshadowed by the exploits of Mr. Phelps. After all, Aaron Peirsol earned a decisive head-to-head triumph over Phelps in the 200 back and Brendan Hansen continued his torrid summer by taking the world record in the 200 breast even lower.

Since collecting a silver medal at the Sydney Games, Peirsol has been untouchable in the 200 back. Routinely lowering his world record in the event, Peirsol was perplexed that his winning

time (1:56.36) at Nationals wasn't faster—no wonder, then, that he hacked a large portion of time off his world mark at Pan Pacs.

Peirsol dominated his specialty with a 1:54.44 world record, easily ahead of the 1:56.81 of Phelps. Peirsol's latest victory kept his winning streak at six years and gave him the seven fastest times in history and nine of the top 10. Peirsol also won the 100 back in 53.32, just missing his own world record.

“That was really special,” Peirsol said of his record. “I'll tell you, it never gets old. I felt great the whole way. It was just an amazing race.”

Entering the Pan Pacific Championships, Hansen was the hottest swimmer in the world. At Nationals, he was the only world record setter, having bettered his global marks in the 100 and 200 breast. In Victoria, he kept his roll going—and with an emphatic statement.

After winning the 100 breast in

59.90, Hansen took the blocks for the 200 with a different strategy in mind. Rather than push the pace from the outset, as he did at Nationals, Hansen decided to hold back during the first two laps and then charge home. His game plan turned out to be perfect as Hansen stopped the clock in 2:08.50, under the 2:08.74 WR effort he registered at Nationals. To make the outing even more gratifying, Hansen whipped Japan's Kosuke Kitajima, his rival who was timed in 2:10.87.

“It was hard for me to hold back that much,” Hansen said. “But it sure felt good that last 50.”

Aside from their individual efforts, Peirsol and Hansen united with Ian Crocker and Lezak for gold in the 400 medley relay. The quartet checked in with a time of 3:31.79. Crocker, the world record holder in the 100 fly, won his specialty in 51.47, and Lezak grabbed silver in the 100 free, finishing behind Canada's Brent Hayden, who thrilled the home-nation crowd with a Canadian record of 48.59. Canada added a second gold medal and national record with Andrew Hurd's 7:55.88 in the 800 free.

## SWEET REDEMPTION

With the Commonwealth Games held earlier this year, the majority of the top Australians passed on Pan Pacs. Luckily, Jessicah Schipper wasn't included in that group. Rather, Schipper used her trip to Canada to etch herself as the fastest woman ever to contest the 200 fly—as well as to alleviate any of the sting that remained from last year's World Champs.

In Montreal, Schipper was

— continued on 18

Photo by Jason Reed, Reuters



**ABOVE »** Australia's Jessicah Schipper etched herself as the fastest woman ever to contest the 200 fly with her 2:05.40 and alleviated any of the sting that remained from last year's World Championships controversy.

the unfortunate recipient of a no-call by officials in the championship final of the distance fly. Battling Poland's Otylia Jędrzejczak into the wall, Schipper's swim of 2:05.65 was under the former world record. But Jędrzejczak was timed in 2:05.61, although video footage showed an illegal one-hand touch at the finish.

Back in Canada one year later, Schipper had no reason to look back. Her sights set on that world record for a full year, Schipper reached her goal on the first night of action when her time of 2:05.40 put the crowd into a frenzy. Schipper later won the 100 fly in 57.30.

"I've been training for this since August last year, and I just can't believe it's finally happened," Schipper said. ♦

*John Lohn is SwimmingWorld Magazine.com's newsmaster and a sportswriter for the Delaware County Daily Times.*



### SWIMS OF NOTE

Surely, the six world records set in Victoria carried the meet. Still, there were a number of other notable performances:

- The American unit of Amanda Weir, Natalie Coughlin, Kara Lynn Joyce and Lacey Nymeyer set a national record in the 400 free relay with a time of 3:35.80. Coughlin and Weir went 1-2 in the 100 free with respective times of 53.87 and 53.92, and Joyce was the gold medalist in the 50 free (25.10).
- The U.S. women came close to another American record in the 400 medley relay—missing by 8-hundredths—when Coughlin, Jessica Hardy, Rachel Komisarz and Weir won it 3:58.38. The Americans made it a clean sweep in the relays when they won the 800 free in 7:54.62 with a team of Coughlin, Nymeyer, Dana Vollmer and Katie Hoff.
- Hoff notched gold medals in the 200 free (1:58.02) and 400 IM (4:36.82), but settled for silver in the 200 IM when Whitney Myers, her American teammate, delivered a 2:10.11 to become the third-fastest swimmer in event history. Hoff also was second in the 400 free, behind Japan's Ai Shibata (4:07.61). Other Japanese wins were supplied by Hanae Ito in an upset over WR-holder Coughlin in the 100 back (1:00.63) and Reiko Nakamura in the 200 back (2:08.86).

- Although her swim did not garner a medal, Hardy turned in the fastest 100 breast among the women. Sent to the consolation final after qualifying as only the third-fastest American in prelims, Hardy blazed a 1:06.43 to win the B final. The time was considerably faster than the 1:07.56 posted by Tara Kirk to win the championship race. In the 200 breast, South Africa's Suzann Van Biljon won in 2:26.36.
- On the first night of the meet, Kate Ziegler and Hayley Peirsol engaged in a distance showcase as the American gals became the second and third women in history to break the 16-minute barrier in the 1500 free. Ziegler took first in 15:55.01, while Peirsol checked in at 15:57.36. Ziegler later added a win in the 800 free (8:24.56).
- The United States' Klete Keller snared victory in the 200 free in 1:46.20, ahead of Tae Hwan Park, but the South Korean turned the tables in the 400 free with a winning mark of 3:45.72. The teenager continued his breakout meet with gold in the 1500 (15:06.11).

Photo by Jason Read, Reuters



**ABOVE »** Aaron Peirsol's victory and world record in the 200 back with a 1:54.44 kept his winning streak in the event at six years and gave him the seven fastest times in history and nine of the top 10.



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

for full coverage of the Pan Pacific Championships, including daily stories and complete results.



# LIGHTNING IN THE WATER

BY JASON MARSTELLER

*No kidding...there was lightning in the water at the European Championships—both literally and figuratively—as the citizens of Budapest, Hungary witnessed some amazingly fast performances, including four world records.*

## GERMAN RE-EMERGENCE

The first day of the 28th LEN European Championships, July 31-Aug. 6, in Budapest, Hungary, was hot and humid, with temperatures rising to 95 degrees. And it was just as hot in the water, as Petra Dallmann, Daniela Goetz, Britta Steffen and Annika Liebs sizzled with a 3:35.22 to take down Australia's two-year-old world record of 3:35.94 in the 400 meter freestyle relay.

That was only the beginning. Not even a storm delay and a bolt of lightning that struck the water of the new pool at Margaret Island could slow down these European swimmers.

Steffen, who turned in the fastest-ever split of 52.66 in the relay, followed with a world record in the 100 free two days later. Her 53.30 bettered the previous mark of 53.42, set by Libby Lenton earlier this year at Australia's Commonwealth Trials.

"I can't believe it. It's like when you lose and you can't believe it either," Steffen said. "I still can't believe I set a new world record."

The next day, Steffen was part of a third world record, joining teammates Dallmann, Daniela Samulski and Liebs in the 800 free relay to obliterate USA's 7:53.42 with an incredible 7:50.82.

That relay record had been Germany's

domain for 17 years before the Americans took ownership at the 2004 Olympics in Athens—albeit a drug-tainted standard (7:55.47) set by East Germany in 1987. So it was with great satisfaction that Germany reclaimed the record cleanly.

But it would have been difficult to predict such greatness the way things started. After the first leg, Dallmann was nearly two seconds off the pace set by Poland's Otylia Jędrzejczak (1:57.15 to 1:59.14) and 1.4 seconds off the world record pace.

Samulski made things a bit more interesting with her 1:58.27 split, giving the Germans the lead with a time that was only 28-hundredths behind WR pace. Steffen's 1:57.77 put the Germans 7-hundredths ahead of the American team from 2004.

Then came Liebs. Her 1:55.64—the fastest split ever—simply blew away the competition (winning by five-and-a-half seconds over Poland and France) and the world record (bettering the old mark by 2.60 seconds).

On the final day of the meet, Germany finished second in the 400 medley relay, just 11-hundredths behind Great Britain's 4:02.24.

## MANAUDOU THE GREAT

World record holder Laure Manaudou not only lowered her own record in the 400 meter freestyle for the fourth and final global standard of the meet, but she also became the first woman ever to surpass the 4:03 mark with a 4:02.13. Amazingly,

— continued on 20

world swimming



(Photo by Wolfgang Rattay, Reuters)

**ABOVE »** Germany's Britta Steffen had a hand in three world records at the European Championships, capturing the 100 free and swimming on both gold medal-winning freestyle relays.

she almost cut an entire second off her previous world record of 4:03.03 set last May at the French Nationals. A time of 4:01 may not be far off for France's swimming superstar.

Manaudou split 57.81, 1:01.30, 1:02.05 and 1:00.97 to win by nearly six seconds.

Manaudou proved to be the renais- sance swimmer of the meet with four titles falling into her grasp. In addition to her 400 free world record, she claimed crowns in the 800 free, 200 IM and 100 back.

She rocketed to a European record of 8:19.29 in the 800 free without much competition. Her time erased a 19-year-old drug- tainted standard of 8:19.53 previ- ously held by Anke Mohring of East Germany. She owned nearly a seven-second lead at the halfway mark with a 4:05.70 split—faster than any of her competition in the 400.

In between her freestyle record swims, Manaudou accomplished a

daily double by taking the 200 IM and 100 back on the same day. Her 2:12.69 in the medley was only a second off the meet record of 2:11.59 held by Ukraine's Yana Klochkova. Italy's Alessia Filippi won the longer IM in 4:35.80.

Manaudou clocked 1:00.88 to win the backstroke—one of two gold medalists for France in that discipline. Esther Baron was the other, taking the 200 back in 2:10.07 and giving France five individual gold medals—more than any other women's team.

"I was positively surprised by my time (in the 100 back)," Manaudou said. "I missed my start, but my second lap was excellent."

## TWICE AS NICE

Steffen and Jedrzejczak were the only other multiple winners in individual events among the women.

Steffen added a title in the 50 free to her world record in the 100. She clocked 24.72 to outtouch Sweden's Theresa Alshammar (24.87), who won the 50 fly in 26.06. Holland's Inge Dekker took the 100 fly in 58.35.

Jedrzejczak demonstrated dominance at the 200-meter distance with a victory in both the fly and free.

The world record holder in the 200 fly at the time cruised into the top spot on the podium with a 2:07.09. She also picked up gold in the 200 free, clocking 1:57.25 over Germany's 800 freestyle relay standouts, Liebs (1:57.48).

"I had planned to swim the first 100 meters (of the 200 free) not so fast (57.49 100-meter split) because I knew I was going to be good in the second (half of the race)," Jedrzejczak said. "I have won many international titles in my career in the 200 fly, but this is my first victory in the 200 free."

## DOUBLE-DIPPING

In the men's competition, a trio of swimmers led the way with two wins apiece—Russia's Yuri Prilukov and Arkady Vyatchanin plus

Hungary's own Laszlo Cseh.

Cseh provided the partisan crowd with some fireworks when he won both IMs. He blazed to a meet-record time of 1:58.17 in the 200, erasing Finland's Jani Sievinen's 1:58.61 mark from 1995.

Halfway through the race, Cseh touched faster than Michael Phelps' world record split, but he couldn't keep up the pace.

"I really missed Phelps," Cseh admit- ted. "I did not have any competition. I would definitely have swum faster if someone like Michael would have joined me. I am not tired at all."

Cseh was equally as fast in the 400 IM, winning in a meet-record 4:09.86 and coming oh-so-close to his European standard of 4:09.63.

Prilukov proved to be the best dis- tance freestyler of the meet with wins in the 400 and 1500.

In his first race, the 400, Prilukov had to come from behind to track down Italy's Massi Rosolino, who led for 350 meters. Prilukov's 3:45.73 beat Rosolino's 3:46.87 and bettered Emiliano Brembilla's meet standard of 3:45.96 from 1997.

Brembilla's meet record in the 1500 suffered the same fate when Prilukov swam a 14:51.93 that shattered the Italian's 14:58.65 set nine years ago.

"This year, I won the world short course title. I also won the gold here, and I hope I will win my third gold in the upcoming European Short Course Championships," Prilukov said. "I'm still missing a world long course title, which I hope to win next year in Melbourne."

Prilukov's countryman Vyatchanin owned the backstroke events, winning two of the three races. He clocked 53.50 to win the 100 back and eclipse his own meet record of 53.91 set earlier in the meet.

"I trained a lot," Vyatchanin said. "This is my first European gold and also my personal best. I could not be happier."

In the 200 back, Vyatchanin tore down Germany's Helge Meeuw's European record of 1:56.34 set in June, winning in 1:55.44. Meeuw, however, won the 50 back in 25.06.

"I am in good shape right now, and I knew I could win this with a new European record," Vyatchanin said.

Russia's Roman Sloudnov brought his country's gold-medal total among the

(Photo by sportfrance)



**ABOVE »** Laure Manaudou of France became the first woman ever to surpass the 4:03 mark in the 400 meter free with her 4:02.13, cutting almost an entire second off her previous world record.



men to five when he won the 100 breast in 1:00.61. The tally totaled six—the most of any men's team—after Russia won the 400 medley relay in 3:34.96 on the final day of the meet.

Kuczko in the 200 breast (2:12.12) and 2005 World Championships gold medalist Pawel Korzeniowski in the 200 fly (1:55.04). Kizierowski's time in the 50 took down Alex Popov's six-year-old meet record of 21.95.

## OTHER NOTABLES

- Ukraine's Ganna Khlystunova erased the meet record in the women's 100 breast with a 1:07.55, surpassing Sweden's Emma Igelstrom's 1:07.87 from 2002. "It is my first major event," Khlystunova said. "To win with a meet record is simply great."

Khlystunova outtouched Britain's Kirsty Balfour by 4-tenths, but Balfour came back to win the 200 breast in 2:25.66. Russia's Elena Bogomazova captured the 50 breast in 31.69.

- World record co-holder Janine Pietsch of Germany snared the meet record in the 50 back with a 28.36 to surpass second-place Aleksandra Herasimenia's previous standard of 28.51. ♦

Swimming World Magazine would like to thank its European correspondent from Hungary, Norbert Agh, for contributing to this story.



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

for full coverage of the European Championships, including daily stories and complete results.



**ABOVE »** Laszlo Cseh entertained the partisan fans in Hungary by capturing both IMs in meet-record time. His 400 IM victory of 4:09.86 came within 23-hundredths of his own European record.

## SEEING GOLD

Italy, Ukraine and Poland also went home with their fair share of hardware. Italy collected four gold medals to finish in second among the men behind Russia's six, while Ukraine and Poland captured three apiece.

Two of Italy's gold medals came in the relays, with the Italians setting a European record in the 800 free with a team of Rosolino, David Berbotto, Nicola Cassio and Filippo Magnini. Their 7:09.60 bettered their own mark of 7:10.86. Italy also won the 400 free relay in 3:15.23.

Individually, Magnini was the class of the field in the 100 free with his 48.79. He also finished third in the 200 free behind Pieter van den Hoogenband (1:45.65) and runner-up teammate Rosolino. Italy's Alessandro Terrin tied for first with Ukraine's Oleg Lisogor at 27.48 in the 50 breast.

Ukraine showed its strength in butterfly, too, as Sergiy Breus captured gold in the 50 with a meet-record 23.41, erasing Finland's Jere Hard's time of 23.50 from 2002. Andriy Serdinov topped the 100 fly with a 51.95.

Poland's trifecta came courtesy of Bart Kizierowski in the 50 free (21.88), Slawomir

*Thank You*  
and **HAPPY RETIREMENT!**



Swimming World Magazine announces the departure of one of our most valued and talented team members. Maria Blake, known to everyone simply as Toni, has retired effective Sept. 30, 2006.

Toni has worked for Swimming World Magazine for 21 years. Her loyalty, customer commitment, dedication and friendship to both her co-workers and clients have set the standard for all of us to achieve in our professional as well as our personal lives.

We wish Toni a fulfilling retirement, and we offer our deepest thanks for her many contributions.

# Holiday

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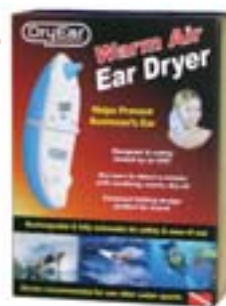
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# SWIM™



## A MEET THAT MATTERS

### XI FINA Masters World Championships

BY P.H. MULLEN • PHOTOS BY DAVE GONZALES

*In a carnival-like atmosphere, 5,400 swimmers from 75 countries came to Stanford University for the XI FINA Masters World Championships to show the world how much they love their sport.*

PALO ALTO, Calif.—They were nearly too big to grasp, these magnificent XI FINA Masters World Championships that took place under California's golden sun, Aug 4-10.

XI wasn't a meet; it was a carnival. Stanford University wasn't another aquatic complex with two pretty pools; it was a chaotic house party to 5,400 grooving, gorgeous swimmers.

Seventy-five countries showed up. There were 1,200 teams. Nearly 200 Olympians came to this global splash-around. Age-group world records began falling immediately. They never stopped, so by the meet's end, there were so many new standards (nearly 200) that you felt

inadequate if you hadn't contributed at least one or two yourself.

"I did it!" cried a wrinkled old guy in a crooked cap. "I finished my race!"

Dude had to be a million years old. Once he probably stood at 6-2 and weighed 200 pounds. But the weight of the decades had shrunk him to the size of my shoe. He was ecstatic. He hugged his coach. I swear he started to bawl.

Did he set a world record? Did he crush an arch-competitor? No. His joy sprang from completing 100 meters of freestyle.

Ahh, Masters swimming. A place where victory is personal. A place where winning takes many forms.

Dive right in and get wet.

#### I CAME, I SAW...

In my weeklong quest to motivate myself to lose weight by ranking and cataloging every male and female body more attractive than mine (I lost count at 4,778), I saw many things. Here is a sample:

■ I saw a chest scar from open-heart surgery that was freshly nicked from shaving down.

■ I saw a cancer survivor gamely attempt to chase down a former Olympian in the final 25 meters.

— continued on 26

world swimming



■ I saw XI's oldest competitor, Ellen Tait, 95, swim the 50 meter freestyle in 2:31.31. Hours later, the event's overall winner, four-time Olympian Dara Torres, 38, covered the distance two minutes faster. Guess who got bigger props from the crowd?

■ In many heats, I saw one racer with a perfect six-pack of abs stand next to a competitor with a potbelly that even the fancy wetsuits we now wear couldn't disguise.

■ I saw a guy with an enormous

shoulder tattoo that depicted a racing breastroker.

■ I saw a swimmer in a wet Fastskin smoking a cigarette.

■ I saw mad professor Joel Stager and the lab boys from Indiana University take health readings from hundreds of athletes as part of Stager's massive, multiyear investigation into swimming's anti-aging effects.

■ In the younger age groups, I saw some of the world's fastest swimmers take this meet very seriously and swim to win.

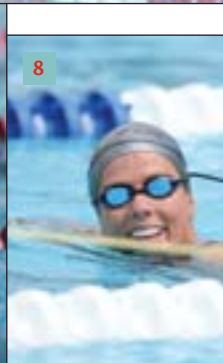
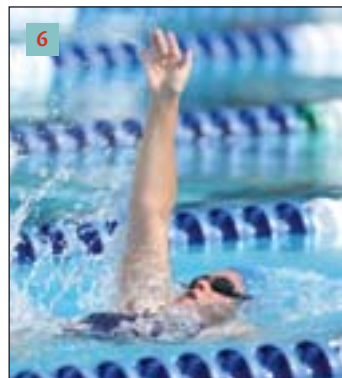
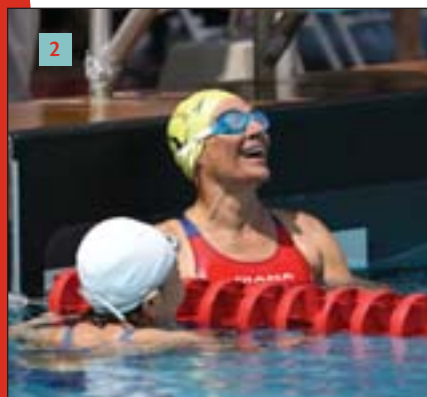
■ I even saw a guy die, be resuscitated, and race again (OK, not in the same day).

## LIKE LITTLE KIDS

My favorite place to hang was the ready tent. Like little kids, we dutifully moved from chair to chair as each heat left for the blocks.

As we prepped, we joked how we weren't nervous, and how the race didn't matter in the grand scheme, and how our lives were rich with the grand diversions of children,

world swimming



# HealthWAVES

## The Aqua-Active Lifestyle

### TWO SURPRISES

#### Surprise #1: A Daily Drink May Be Good for You

Chad Mitchell and the International Ladies' Temperance Union notwithstanding, having a drink or two each day appears to be better for the heart than having a drink just now and then—at least for middle-aged men—according to a Danish study published in the May 27 issue of the *British Medical Journal*.

The study, conducted by the Danish Center for Alcohol Research in Copenhagen, found that men who were moderate drinkers each day had a 41 percent lower risk of heart disease than abstain-

ers. The risk was only 7 percent lower for those who drank on no more than one day a week. Interestingly, the study found no such benefit to daily drinking for women.

The researchers stressed that, in the case of alcohol, more is definitely not better, noting that the ill effects from imbibing more than one or two drinks per day would overwhelm any potential benefit.

*"We never eat fruitcake because it has rum.  
And one little bite turns a man to a bum.  
Can you imagine a sorrier sight...  
Than a man eating fruitcake until he gets tight?"*

—Chad Mitchell Trio, "Rum By Gum"



grandchildren, careers and investments.

The more we joked, the more we tinkered with our goggles. Our feet started fidgeting as our heat drew closer to “go” time.

There was a child-like simplicity inside the tent, and although it took awhile to ride the vibe fully, when you did, you realized something obvious: it *did* matter to nearly everyone—the race’s outcome. Maybe it didn’t matter like it did years before, but it still mattered.

In seven days, I saw a lot of races—probably too many. If I had hung around to watch water polo and the other sports, my head would have melted.

But of all the races, my favorite occurred in XI’s very first heat. Only about a hundred of us were there when Brazil’s Maria Lenk Zigler took on Japan’s Masako Matsuno in the 800 meter freestyle.

The girls had traveled from opposite

ends of the earth to square off, but you could hardly call it a race.

Zigler went out like a lightning bolt being chased by a Doberman, establishing an insurmountable 27-second lead in the first 100 meters. She cruised to the meet’s first world championship title.

Zigler is 91 years old. She touched in 25:13.42. Matsuno, a mere babe at age 90, followed in 31:29.80. They were the only two competitors in the 90-94 age group.

There’s magnificent beauty in those numbers. And you know, I’m not talking about their finishing times. ♦

*PH. Mullen is the author of the book, “Gold in the Water.” Swimming in the 35-39 age group, he swam his fastest 100 meter freestyle in 17 years and would like to thank the manufacturer of his swimming suit.*



For photo IDs,  
see box at right.

#### 1. STANFORD UNIVERSITY

Site of the XI FINA Masters World Championships

#### 2. JANE ASHER, 75-79

Kings Cormorants, GBR:  
five world records  
(100-200-400-800 free, 50 fly)

#### 3. BETTY BARNETT-SALLEE, 60-64

Hawaii Masters, USA:  
five world records (200-400 free,  
50-100-200 back)

#### 4. RICHARD BURNS, 60-64

Tamapais Aquatic Masters, USA:  
one world record (100 back)

#### 5. JOHN CALVERT, 60-64

Virginia Masters, USA:  
two world records (200 back, 200 IM)

#### 6. BENEDICTE DUPREZ, 55-59

Neptune Club de France, FRA:  
one world record (50 back)

#### 7. TRIP HEDRICK, 50-54

Colorado Masters, USA:  
one world record (100 free)

#### 8. SHERI HART, 35-39

Team TYR, USA:  
two world records (50-100 back)

#### 9. GORO KOBAYASHI, 90-94

KSG Yamaguchi, JPN:  
two world records (50-100 back)

#### 10. OLGA KOKORINA, 80-84

Nevastars, RUS:  
one world record (200 breast)

#### 11. GRAHAM JOHNSTON, 75-79

Masters of South Texas, USA:  
five world records (100-200-400-800 free,  
200 IM)

#### 12. PATTY LANDERS, 50-54

Walnut Creek Masters, USA:  
one world record (200 back)

#### 13. SEAN MURPHY, 40-44

The Olympic Club, USA:  
one world record (100 back)

#### 14. CLAUDIO NEGRI, 70-74

Nord Padania, ITA:  
one world record (200 breast)



#### Surprise #2: NSAIDs May Be Bad for You

You wake up and you’re feeling your age this morning. Perhaps your arthritis is acting up again, or maybe your muscles are still protesting about those extra 500 meters you swam at workout yesterday.

Whatever the source of the problem, it’s “no problem.” You just head for the medicine cabinet, find the bottle of non-prescription NSAIDs (nonsteroidal anti-inflammatory drugs) and pop two or three pills. In a little while, most of the pain is gone.

If you are 60 or older, you may want to think twice before downing those magical “swimmer’s little helpers,” according to a new

study published in the journal, *Heart*, and reported in the May 22 issue of *Medical News Today*.

The British study of NSAIDs—mainly aspirin and ibuprofen, sold as Advil, Motrin and Nuprin, etc.—found that not only do the drugs raise the risk of heart failure for people aged 60-84 with a history of cardiovascular disease, but they also increase the risk for those without any history of heart disease.

This is the third study in less than a year that links NSAIDs to heart risks. NSAIDs also are known to have gastrointestinal and renal side effects.

# Sleep Deprivation

## SLEEP TIGHT...

BY AMY WU

*...and don't let the bed bugs bite! If you scrimp on your sleep, there will be a price to pay in your swimming performance.*

sleep deprivation

I carry the marks of many a Masters swimmer—bags under my eyes and that perpetual yawn. Ever since I started swimming seriously two years ago, there were days that I needed to sacrifice on sleep so I could fit in life's necessities: a demanding job, family and friends, a social life and, of course, my real passion: swimming.

If something had to go, it was sleep. I reasoned, "Seven or six hours—what's the difference?"

However, sleep experts and seasoned swimmers agree: sleep does make a big difference for swimmers of all levels. While some doctors say that the number of hours of sleep are set by genes, most of us need seven-and-a-half to eight-and-a-half hours of sleep each night to perform at our best.

Simply put: if you don't get enough sleep, you won't function well—especially in competitive swimming.

### LISTEN TO THE EXPERTS

"Managing time, prioritizing and reorganizing your life so that you're getting enough sleep is likely to make the rest of your endeavors much better," says Dr. Michael Yurcheshen, a neurologist at the Strong Sleep Disorders Center in Rochester, N.Y.

Sleep requirement actually increases with increased training, says Dr. Andrew Binder, director of the Sleep Disorder Center of Santa Barbara, Calif., who has two daughters who swim at the national level. However, the irony is that over-training can make getting sleep more difficult.

Randall Wilber, senior sports physiologist with the United States Olympic Committee in Colorado Springs, Colo., says that sleep is not only a necessity, but good for the body. When sleeping,

human growth hormone that helps build muscle is at a high. Wilber also suggests swimmers take some catnaps.

In addition, Masters swimmers have more to contend with than swim practice and competitions. The demands of juggling careers and time with their families can easily eat into pool time or vice versa.

Sleep experts say that keeping everything in balance is more challenging because athletes by nature push themselves, and one of the first things to suffer is sleep.

According to the National Sleep Foundation's 2005 Sleep in America Poll, Americans are sleeping less and are feeling more tired. More people are sleeping less than six hours on weekdays (16 percent) and weekends (10 percent) compared to the 1998 poll when 12 percent were sleeping less than six hours on weekdays and 8 percent getting that amount on weekends.

Athletes often give sleep the short shrift.

"I would say the more that they treat sleep as an important element of training, the more rewarded they will be," believes Dr. Kenneth Plotkin, director of Sleep Insights, a sleep center in Rochester, N.Y. "Can sleep be used as the sacrificial lamb?," he asks rhetorically.

Sleep experts say that there is also an ideal time and non-ideal time for exercise. One of the best times to exercise is between 6 to 8 p.m. versus the post-lunch lull, says Dr. Raman Malhotra, director of the Sleep Disorders Clinic at the University of Michigan's Department of Neurology.

Morning workouts, say 5:45 to 7 a.m., could work for early birds, given that they hit the sack earlier. However, numerous Masters teams have night workouts from 8 to 10 p.m., which could knock sleep off-kilter. Exercise does help one fall asleep, experts say, but rigorous exercise before bedtime does the oppo-

site. Since many busy professionals can't afford to sleep in, they operate in a sleep-deprived condition.

The consequences of long-term sleep debt can catch up with swim performance, too. While there are no definitive studies that measure the effects of sleep on swimming, sleep experts point to scientific studies that measure performances of other athletes such as football players. These studies conclude that concentration and reaction time suffer when sleep suffers.

Memory often takes a hit with sleep deprivation. In swimming, lack of sleep could hinder the muscle's ability to memorize technique.

"One common effect is not forming memories and skills of what you accomplished during the day," says Malhotra, who is planning a study on the effect of sleep on swimmers. "It just means whatever you are trying to learn will just not stick."

Sleep experts say that sleep is most important during training and preparing for a competition. However, swimmers who can't fall asleep before a race should not worry.

"Sleeplessness and sleep loss the night before a race is unpleasant, but probably has no effect on race performance," suggests Binder, noting that relaxation techniques can also calm nerves.

### WHAT THE ATHLETES SAY

Cynthia Hajost, 44, who swims with the Reston Masters Swim Team in Reston, Va., says what works for her is time management. Hajost juggles a demanding career as a lawyer at Ballard Spahr Andrews & Ingersoll in Washington, D.C., and four children.

"I schedule things around swimming as much as possible," says Hajost, who competes at various meets, including the USMS Nationals. For example, she makes up for the late-night practice and delayed



## — SLEEP TIPS —

*For those who worry about fitting in enough sleep, experts say there are a number of solutions:*

- If you are traveling to a different time zone to compete, say East coast to West coast, try to get to your destination two or three days early to adjust. If it is an international meet, arrive five days beforehand.
- If you can't change your training times, try to fit in a quick power nap in the afternoon. Naps should be limited to 30 to 45 minutes.
- You can learn how to sleep more efficiently by going to a therapist who specializes in cognitive behavioral therapy.
- Avoid caffeine, chocolate, alcohol and nicotine at least four hours before bedtime.
- Test yourself on how much sleep works for you. Go to sleep without setting the alarm and see what time you wake up, and what feels right to you.
- Perform a ritual such as soft music, a warm bath or even a light snack before sleeping.
- Keep in mind that the growing number of energy drinks on supermarket shelves can only do so much for you. They can temporarily give you a zing, but they don't solve a long-term sleep deficit.
- Don't worry—even if you've been skimping on your sleep, you can make up for it by sleeping in.



(Photo by Lucy Nicholson, Reuters)

**ABOVE »** Gary Marshall, 24, who swims with The Olympic Club in San Francisco, says it is important to commit to eight hours of sleep each night. "When I am well-rested, I can push my body to its limits and can focus on my technique throughout the workout."

dinner and bedtime by going into work later.

"I schedule my work on a more flexible schedule," admits Hajost, who has the luxury of shifting her schedules. "If that means I sleep later and get to work later, that works most of the time. It is always difficult to fit everything in...but I think

that it comes down to making it a priority."

Jane Katz, 63, who swims with the Asphalt Green Unified Aquatics Masters Team in New York, says that sleep is an individual thing. Katz often swims after 8 p.m. with the team and has late-night dinners.

"If it's the only time to swim, you trade one for the other—if you want to swim,

you give up some sleep," says Katz, a professor of physical education and athletics at John Jay College of Criminal Justice.

Elite swimmers say getting enough sleep is essential to performance. Gary Marshall, 24, who swam at the University of Virginia as well as Stanford and now swims with The Olympic Club in San Francisco, gets at least eight hours of sleep a night.

"When I am well-rested, I can push my body to its limits and can focus on my technique throughout the workout. When I am sleepy or tired, my times in practice are slower, and I space-out much more often," says Marshall, winner of the 100 yard breast at NCAAs in 2005, swimming for Stanford.

Olympic swimmer Susan Von Der Lippe, who now swims with the Colorado Masters Swimming team at its 5:30 a.m. practices, says that one solution to sleep deficit is to take power naps. She believes they are especially helpful before a competition or if she's having a super-busy day with work and family.

And while the consequences of sleep deficit aren't definite in the short run,

— continued on 30

**SLEEP DEPRIVATION** — continued from 29

experts say that the effects will be seen in the long run, including arthritis and problems with soft tissues and joints.

“Athletes certainly push themselves to far corners physically, and the body responds to some extent,” says Sleep Insights’ Plotkin. “You could do these things that might lead you to important goals in the short run, but you’re going to pay for it in the long run if you’re not following physiological rules.”

Getting enough sleep is a commitment, swimmers say.

“All that it takes is a commitment

**RIGHT »**

*One solution to sleep deficit is to take power naps, says Olympic swimmer Susan Von Der Lippe of Colorado Masters Swimming. She believes they are especially helpful before a competition or if she’s having a super-busy day with work and family.*

to getting eight hours of sleep a night,” says Marshall, who strategically sleeps more during the weeks just before a race so that if he doesn’t get enough sleep right before the competition, he will still be OK.

Worrying about getting enough sleep, however, could be counterproductive.

“Losing a night’s sleep is nothing to lose sleep over,” Binder says. “Nobody is going to fall asleep in the middle of a race.” ♦

*Amy Wu is a member of the Rochester Area Masters Swimmers and is a free-lance writer based in Rochester, N.Y.*

*(Photo by Peter H. Bick)*



**SCAD (n.)**  
See swimming.

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# SURVIVE & thrive

## DOUBLY HIP

BY P.H. MULLEN

*In the '80s, Cam Reid was a Canadian swimming superstar, yet about 10 years ago, both of his hips turned severely arthritic, leaving him nearly crippled by his 40th birthday. After a radical replacement surgery called bilateral hip resurfacing, Reid is back swimming and is now a daily source of inspiration.*

We watched from the fast lane as Cam Reid, 45, shuffled toward us. The suffering in his face was extreme.

Normally, we're the first to ridicule a friend in pain. We're so good, we should go pro. After all, this is the Santa Clara morning Masters, where the love is tough and so are the sets.

But as we saw Reid on this cold December day, our hardened souls were overwhelmed. The man owned all of his real estate in the town of Pitiful.

Reid was broken and pale. Most obviously, he could barely stand up. We turned to our veteran razzler, former World Masters Swimmer of the Year, Laura Val. If anyone had the chops to send a zinger, it was Val.

"Oh, the poor thing," she whispered.

Reid limped forward. Someone had stolen the muscle from his triceps and chest. His legs were twigs. Where was the wheelchair? Where was the night nurse?

Weakly, we told him he looked fabulous...no, *really*.

He told us to shut up, and he put on his goggles.

### A CANADIAN TRAIN WRECK

Back in the '80s, Cam Reid was a Canadian swimming superstar. He had an amazing career at Arizona State, capturing numerous All-America honors and claiming a trio of top-three finishes at NAAs in the 400 IM.

Afterward, he entered the business world and climbed the management ladder at Hewlett-Packard in northern

California. He married a dazzling woman, and they were blessed with two dazzling children. He swam mostly for fitness.

But his world-class body turned traitorous. For unknown reasons, about 10 years ago, both hips turned severely arthritic. Soon, the cartilage was gone. By his 40th birthday, he was nearly crippled.

"They weren't old-man hips," he says. "They were mummy hips."

Hip replacement is com-

he'd gone off painkillers the previous night just so he could drive himself to practice.

"I'm training for Masters Worlds," he announced. "I'm going to win the 400 IM in my age group."

What do you say to that? He hadn't even been off the blocks in this century.

We helped him from the pool. We walked him to the car slowly—hands up and ready to catch him if he fell.

Do you know a swimming  
**SURVIVE & thrive** story?  
Send us an e-mail to [editorial@SwimmingWorldMagazine.com](mailto:editorial@SwimmingWorldMagazine.com)



(Photos provided by Lesley Reid)



**ABOVE »** The fleshy, angry scars on each hip are 14 inches long. They're both completely nasty, yet totally cool.

mon. But not for someone so young and active. Determined to recapture his old physicality, Reid went to Europe for a radical replacement surgery called bilateral hip resurfacing. It's unapproved in the United States.

"They capped the end of my femur with a steel cap and put hemi-spherical cups in my pelvis," he says.

The surgery is about as major as hip replacement gets, and it made him bionic in the pelvis. The fleshy, angry scars on each hip are 14 inches long. They're both completely nasty, yet totally cool.

That first day, our Canadian train wreck actually had the gumption to swim in our fast lane.

Later, we'd learn Reid wasn't even supposed to be out of bed. We'd learn

### CHANGE IS PART OF LIFE

I am telling you, we suffer pain. Sometimes it can be inordinate. Often, it's unfair.

We get hurt, we experience setbacks, we get shoved unwilling into life-changing events. Change is a part of life. Loss and unfairness are real, and they are essential. In their acuteness, they offer a window into who we are.

Pain can be a learning tool. It lets us expand and challenge our former limits.

You get hit; you get knocked down. You fight to get up.

"Geez, all I had was hip replacements," Reid says nervously. "This isn't exactly life and death."

No, Cam, hip replacement is not life

— continued on 32

and death. It ain't even close.

But it's practice for something bigger. Someday Reid will be smacked by a

Photos provided by Lesley Reid



**ABOVE »** Reid finished runner-up in the 400 meter IM in the 45-49 age group. His time was the third-fastest time in history for anyone over 45.

*"You look at the bright side," says Reid. "I swam my best (at Masters Worlds). Eight months ago, I couldn't walk."*

crisis—we all will. That's a vital part of our journey through life.

Reid will be ready for that moment. He's training for it now.

We no longer joke about his little arms—they've become honed and muscular. We no longer walk him to his car, even though his handicap permit is still valid. These days, Reid often leads the fast lane's hardest sets. Masters Worlds is in four months.

In addition to regular workouts, Reid is swimming a cumulative 100 x 400 IM before Masters Worlds. Sometimes he does 10 at once, sometimes just one or two.

We watch. Initially, it was hilarious. His useless legs sank so deep they might have been President Bush's poll numbers. On breaststroke, we wager whether he'd get above water in time to breathe.

Reid's efforts used to provide us daily chuckles. Not anymore.

Now they provide our daily inspiration.

## THE END RESULT

Masters Worlds came and went in August.

Reid raced his heart out in his first long course competition in more than 20 years. He didn't win.

He finished runner-up in the 400 meter IM in the 45-49 age group. His time (5:00.60) was the third-fastest time in history for anyone over 45.

What do you do? Do you pop the champagne or throw your swim gear in disgust?

"You look at the bright side," says Reid. "I swam my best. Eight months ago, I couldn't walk. I'll take second. The great thing is, I get to say: 'There's always another race.'"

Then, as if to prove his point, he dove in and swam what was a meaningless event for him, the 200 meter freestyle, in his fastest time in two decades.

The twin scars on his legs have hardened into racing stripes. ♦

*PH. Mullen is the author of the book, "Gold in the Water."*

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The **Junior 400** comes as a 2-piece ready-to-assemble block.



The **Super 700** comes with all the features of the **Super 400**, plus a Pedestal to give extra elevation from the deck if required.

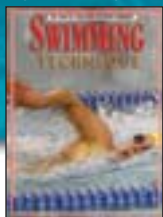
All Blocks are supplied with anchors, and can be numbered at no extra cost. They of course come with AntiWave's standard three-year warranty.



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*Simply the Best!*

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# Swimming TECHNIQUE™

THE "HOW-TO" FOR BETTER SWIMMING



## COACH HOWELL

(Photo provided by Emory University)



*Jon Howell, Head Coach  
Emory University*

*In six seasons at Emory University, Coach Jon Howell has guided the Eagles to 13 top-10 finishes at the NCAA Division III men's and women's national championships as well as 14 conference team titles. In the 2005-06 season, the Emory women finished first and the Emory men finished third at their respective NCAA national championships. Howell was honored as the national women's swimming Coach of the Year in 2002 and 2005. He and his assistants have been honored three times as conference Coaching Staff of the Year.*

## PERSONALIZED TRAINING

BY DAVE DENNISTON

*Because of the unique academic situation at Emory University, Coach Jon Howell and his staff personalize the training as much as possible with each individual. It is important for their swimmers to be successful both in the water and in the classroom.*

**Q: Swimming World Magazine:**

**In the first part of the season when school starts, is there a particular workout you like to do to start things off?**

**A: Coach Jon Howell:**

Once we get going in the early season, we spend a lot of time working on technique of all the strokes and mix that in with some aerobic training. We'll also do some video analysis to see where we're starting. Everybody will train all four of the strokes until we sit down and specialize what we are going to do with each athlete.

**What kind of technical changes do you most often have to make for incoming freshmen?**

Technique in all of our swimmers is a daily and on-going process. We do a lot

with body position because everyone from freshmen to seniors falls into the habit of swimming with his or her head up and hips down. We'll spend time getting that head down and those hips up in all of the strokes for a more efficient and streamlined position.

**Do you split up your team into various groups? If so, how do you do that?**

Because of the unique academic situation here at Emory, we personalize the training as much as possible with each individual. In the first part of the season, we sit down with each swimmer and discuss goals both in the water and in

the classroom and how we can facilitate success on both ends. So, we don't have a distance, mid-distance or sprint group per se. One athlete will do something in the morning and something completely different at night. There are anywhere from four to six people helping out on deck to make this possible. A swimmer will train in the group that is appropriate for them at the time.

— continued on 34



(Photo provided by Emory University)

**ABOVE »** Samantha White won the 500 and 1650 yard freestyles at the women's NCAA Division III Championships last March to help Emory's women capture their second straight national title. Last May, she was awarded a \$7,500 NCAA Post Graduate Scholarship.

coaching

### What technical aspects do you emphasize daily?

We work a lot of kicking into our program, especially early in the season. That involves underwater work as well. We see underwater dolphin kicking as a fifth stroke because we've seen it significantly improve the other four strokes. So, that is an aspect everyone can improve upon, and it really helps the whole program.

### Is there anything you like to do during the week or season just for fun?

There is always a balance between hard work and fun. This team is a closely-knit group, and we have fun with that by having an intrasquad competition. It's not just swimming—we'll have trivia and scavenger hunts and different games to add points to the score. Freshmen are assigned a team when they arrive—blue or gold—and that is who they stay with all four years.

### Do you have a particular test set you like to do?

We do a number of things, but one of the most consistent is eight 100s with a partner. One partner has a stopwatch who tells the swimmer to leave on rest intervals of 10 to 14 seconds and records the times. The goal of the swimmer is to be consistent throughout while giving a maximum effort. We initially do this with just freestyle, then we move into stroke-specific sets.

### What would you say is the biggest strength of your program?

The success we have athletically is parallel to the success we have academically. In the past six years, we've had 13 NCAA post-graduate scholarship winners. This last year, we had 20 All-Americans—12 of whom had 4.0 GPAs. We, as a staff, bend over backward to make sure that this happens, and it has really paid off.

### What about a weakness?

We have a whole team of overachievers. Everyone is always trying to do more than they are capable. Oftentimes, we have to overcome the byproduct of them wanting to do too much.

### How does racing play a role at Emory?

There is an opportunity for them to get up and race in workouts every day. Either at the end of a set or the beginning of a workout, they get the chance to race. We also set up our dual-meet season so that we have to race a team like Georgia—which is better than us—or a team that we have no trouble beating, but still have to race. They have to get up and be successful in various environments on a regular basis.

### Do you use a particular piece of equipment during workouts?

We use snorkels every day. Sometimes, it is just during warm-up; other days, it will be during a whole set. I like that piece of equipment because, as I mentioned before, it helps keep their head down in an ideal and efficient position.

### Does filming play a role in your program?

We've done more and more of it over the last couple of years. If we see something on deck and a kid needs to look at it, we'll



film them. Sometimes, we'll have a video station during a water-circuit workout. We also film all of our challenging sets, and if we see something, we'll take the video and e-mail it to the athlete who needs to see it. These kids don't have four hours to sit in front of a television analyzing their stroke, but a clip in their e-mail can do wonders.

**Is there a particular way you like to taper?**  
There really isn't a secret to tapering—it's

just rest. Like our workouts, they get individualized input, so we could have eight to 10 different tapers going for our swimmers. We want them to be comfortable and confident and give them rest.

**What do you look for in your athletes when they are resting?**

I encourage them to have fun. There is a real tendency here to overanalyze everything. That creates nerves and fear, so I encourage them to enjoy the

process and not to think about it. With this group, it is easy to do because they can turn that switch and just make it fun by letting go of all the analysis.

**What has been the key to your successful program?**

We have tailored our training to work well within our environment. We know our strengths and weaknesses, and we work with what we have available to us. Adaptation has made us successful. ♦

## HOW THEY TRAIN: TIM NEWTON

BY COACH JON HOWELL

*Extra hard work paid off for distance freestyler Tim Newton, who won the men's 500 free at the NCAA Division III Championships last March.*

Since we want our swimmers at Emory University to be successful both in the water and in the classroom, I try to make sure their workout schedule is compatible with their academic schedule. Because school is equally important as swimming, often-times athletes will come in on their own to train by themselves while receiving one-on-one supervision from our coaching staff.

This was the case with Tim Newton—now a senior—who found himself in a situation in which he was unable to practice with the team on Wednesdays, so he trained by himself on those days.

He seemed to embrace his time with me, and he told me that he wanted to work harder in his individual workout than the team would do in their regularly scheduled workout. Newton's goal was to go above and beyond what the rest of the team was doing.

He did—and it paid off! At the 2006 NCAA Division III Championships, Newton won the 500 yard freestyle in 4:26.00.

(Photo provided by Emory University)



ABOVE » Tim Newton

At right is one of the short course freestyle sets that helped push Newton to the top of the podium at NCAAs:

Newton would not only practice freestyle sets, but he would also mix in IM work on a regular basis. One of the other sets that he did very well was a freestyle/IM set of 10 x 400 on 6:00, alternating between freestyle and IM.

Numbers 2, 5, 7 and 10 were all-out. The others were done as 300 moderate, 100 fast to set up the all-out effort. ♦

- 400 yards on 4:40
- 5 x 100 on 1:10
- 2 x 300 on 3:20-3:30
- 4 x 100 on 1:10
- 3 x 200 on 2:10-2:20-2:10
- 3 x 100 on 1:10
- 4 x 100 on 1:05-1:10-1:15-1:00
- 2 x 100 on 1:10
- 400 Race

coaching

# Peaking & Tapering

## SUCCESSFUL SWIMMING

BY WAYNE GOLDSMITH

*Peaking and tapering are important concepts for coaches to understand if they want their swimmers to be successful. Peaking is about training swimmers to swim at their best. Tapering is ensuring that the swimmers can produce their best on a specific day following a period of rest, recovery and regeneration.*

Coaches have many things in common, but none is more important than preparing their swimmers to perform at their best when it matters most. To attain that result, it is important to understand peaking and tapering.

To make things simpler, consider the words, “peak” and “taper” as acronyms:

**PEAK** = **P**reparing **E**ach **A**thlete's **K**apacity (capacity) to perform at his or her best.

**TAPER** = **T**raining **A**ctivities that **P**rovide **E**xcellence after **R**est.

### PEAKING

In the popular book, “Alice in Wonderland,” Alice comes to a

road that splits and branches off into several directions. She is faced with a choice of which path to take.

She sees the Cheshire Cat in a tree and asks, “Which path should I take?”

The cat smiles and answers, “That depends on where you want to go.”

Alice replies, “I don't know where I want to go.”

The Cheshire cat concludes, “Then it doesn't matter which path you take.”

Swimming can be a little bit like this: many coaches have their swimmers do all the things one would expect—yet they do not have a clear goal with a time frame attached. In other words, like Alice, they don't know where they want to go.

Remember: a **GOAL** is a **DREAM** with a **DEADLINE**.

At the beginning of the season, ask each swimmer on your team to fill in the blanks of this sentence: “I want to achieve \_\_\_\_\_ on (date) \_\_\_\_\_.” For example: “I want to achieve a time of 60 seconds for 100 meters freestyle on May 15, 2007.”

Your job as a coach is to plan a program that gives each swimmer the opportunity to achieve his or her stated goal. Having your swimmers state their goals makes planning the program easy.

### TAPERING

There are six key principles that actually work when it comes to tapering:

1. Decrease the **VOLUME** of training in the taper period.

The biggest improvement in performance during the taper period is due to a significant decrease in training volume. As training volume decreases, so, too, does residual fatigue—meaning, the swimmer begins to feel light, fast, energetic and strong in the water.

*Hint: Decrease training volume between 15 to 20 percent during each week of the taper.*

2. Maintain the **INTENSITY** of training in the taper period.

Many swimmers and coaches are afraid to work hard during taper. In fact, taper is a great time to work hard since the decrease in volume means that swimmers can often achieve race speeds more easily.

*Hint: Include a small amount of specific race pace work at every session during the taper. This should include race-specific dives, starts, turns and finishes and breathing patterns—race speed plus race quality technique and skills.*

3. Maintain the **FREQUENCY** of training in the taper period.

One of the biggest mistakes coaches make when designing a taper is to decrease training frequency, i.e., provide fewer sessions. The motive is a good one—they want to allow their swimmers the chance to rest, recover, maybe sleep in and regenerate. However, if you allow swimmers the time to sleep in, here is what generally happens:

- They wake up at the same time anyway and can't go back to sleep.
- They stay up later at night, knowing they don't have to get up early, then end up having less sleep than usual.
- Their body sleep/wake rhythms become unsettled, leaving them feeling flat, tired and lethargic.
- Once they experience a week or two of not getting out of bed at 5 a.m., they start to like it and may not return to early morning training.

*Hint: Have your swimmers attend all morning workouts during the taper period. If you like, give them an afternoon off for some free time/social time with their teammates.*



(Photo by Bill Collins)

**ABOVE »** Your job as a coach is to plan a program that gives each swimmer the opportunity to achieve his or her stated goal. Having your swimmers state their goals makes planning the program easy.



#### 4. Make the taper **SWIMMER-SPECIFIC**.

Everyone responds differently to a taper. Even swimmers of the same sex, same age and those who are competing in the same events will respond differently to a taper.

*Hint: Practice the taper at a minor competition several months before the major meet. Encourage your swimmers to keep a "taper diary" throughout the trial taper, recording how they feel, how they slept, if they experienced muscle soreness, if their energy level was high or low plus any other relevant information.*

#### 5. Don't introduce anything **NEW**.

Another common problem can occur when coaches, swimmers or parents start adding new things at the last minute. Don't fall prey to this contagion. The key to having a successful taper is to keep everything normal.

*Hint: Don't introduce anything new once the taper has started—that goes for nutrition, gym work, technique, skills and equipment.*

#### 6. Don't **OVERCOACH**.

Some coaches feel the need to over-coach by giving too many instructions too late in the game. This only confuses the issue.

*Hint: The most successful way to coach during taper is to coach the same way you usually coach. Keep it simple.*

### FINAL WORDS OF WISDOM

Swimmers will often feel confused and stressed during taper and during the time just before the big meet. What they need from their coach are the three C's:

calmness, confidence and certainty. Also, coaches should decrease the number of instructions and coaching interventions close to the competition.

As a general rule during the final week of taper, give the same number of instructions as there are days before the meet. For example, let's say your swimmer is swimming the 100 meter butterfly:

- With five days to go, work on kick, arm pull, hand speed, hip drive and rhythm.
- With three days to go, work on kick, hand speed and rhythm.
- In the final training session, think rhythm.

One final comment: it's not the taper that makes the difference; it's what you do in every session.

The key to successful performance is consistency in terms of quality coaching every day in all things. No matter how well you plan or prepare, your taper will not make up for months of poor technique and skills in practice.

Successful swimming is not an accident—it is the result of a carefully planned program that is implemented with quality, passion, enthusiasm and consistency by talented coaches and swimmers. ♦

Wayne Goldsmith is the former sports science coordinator for Swimming Australia and currently a High Performance Swimming Consultant.

## PEAK

*Preparing Each Athlete's **K**apacity (capacity) to perform at his or her best.*

## TAPER

*Training **A**ctivities that **P**rovide **E**xcellence after **R**est.*



**FINIS**

### Finis Swimmer's Snorkel

*develops perfect balance in the water!*

*At its most basic level, the Swimmer's Snorkel allows a swimmer of any ability to relax in the water and maintain a completely laid out, horizontal position. The key benefit to this is the ability for the person to breathe naturally and rhythmically. Greater emphasis and promotion of proper body alignment, complete axis rotation and arm stroke pattern are a result of using the Swimmer's Snorkel.*

*"The Swimmer's Snorkel allows the swimmer to concentrate on body balance, rotation and alignment by eliminating the complicated breathing motion."*

Richard Quick, Head Coach  
1996, 2000 USA Olympic Swim Team

*"In my opinion, the timing of the breath and twisting of the body while taking a breath is both distracting and disruptive when learning proper body balance and hip/hand timing. By using the front-mount snorkel during specific drills, the swimmer is free to focus on specific rehearsal points. We use it every day."*

Mike Bottom, Head Coach of World Sprint Team  
and Co-Head Coach, UC Berkeley

*A perfect freestyler swimmer is very well balanced and should have a similar rotation on both sides of the body. Breathing through the snorkel keeps your head in line with your spine.*

**\$39.99 SRP**

Look online at [www.finisinc.com](http://www.finisinc.com) to see the balance drill and shark drill using the Swimmer's Snorkel.

**FINIS**  
Swim Hard

For drills & training information on Finis products visit: [www.finisinc.com](http://www.finisinc.com)

# BREASTSTROKE TURNS

TEXT AND PHOTOS BY GLENN MILLS  
DEMONSTRATED BY BRENDAN HANSEN

*Brendan Hansen's unique turns are one of many factors that help make this world-record*

*breastroker so fast.*

Just when you think you have it all figured out, a great athlete shows you something different and unique—just as Brendan Hansen did with his breaststroke turns.

At the recent U.S. National Championships in Irvine, Calif., Hansen shattered his own world record in both the 100 and 200 meter breaststrokes. Two weeks later, he further lowered his world record in the 200.

What makes him so fast? One of the keys to his success is his turns. While most aspects of Brendan's turns are somewhat conventional, the way he sneaks his feet into the wall is very unconventional.

The following photos, taken in the warm-up pool at Irvine, demonstrate what is unique about his turns. ♦

Glenn Mills is Swimming World Magazine's technical advisor. Check out his website at [www.goswim.tv](http://www.goswim.tv).

(Photo by Bill Collins)



ABOVE » Brendan Hansen



PHOTO #1

As Brendan approaches the wall, he appears to be coming in a bit deep and heading upward. Realize, however, that Brendan approaches the wall at a velocity that has been experienced by only a few swimmers in history. The depth of his final stroke is even with the depth of all his other strokes. He reaches up to the wall to use the momentum of his body rising to allow everything to happen quickly.



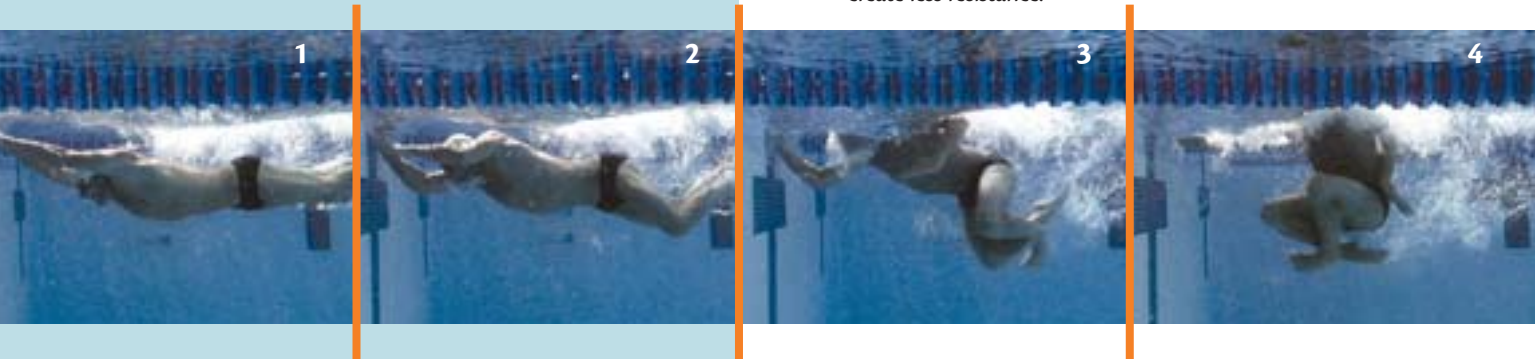
PHOTO #2

Brendan's touch is legal, but his contact with the wall is as brief as possible. Here, he has already released his left hand. His head is still looking mostly downward, and his knees have begun the tuck toward the wall.

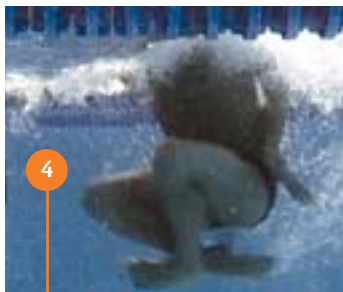


PHOTO #3

As Brendan thrusts back his left elbow, you can begin to see his attention to detail. Notice how he draws his feet forward. While most breaststrokers keep the feet together at this point, Brendan begins to cross them into an almost cross-legged, seated position. While it seems like this would create more resistance, Brendan somehow hooks the foot behind his other leg. He's actually hiding the foot to create less resistance.







**PHOTO #4**

Brendan has made his body small and compact, and is preparing his left hand to direct his body to the other end. His right hand has also left the wall, and it's here that he grabs a quick breath.



**PHOTO #5**

As Brendan rolls his body back to prepare to place his feet on the wall, he remains in the cross-legged position and continues to draw (sneak) his right leg toward the wall. His left foot, now exposed to the friction, begins to stab more directly to the wall.



**PHOTO #6**

Brendan hits the wall hard with his left foot, making sure it spends as little time as possible in a non-streamlined (or exposed) position.



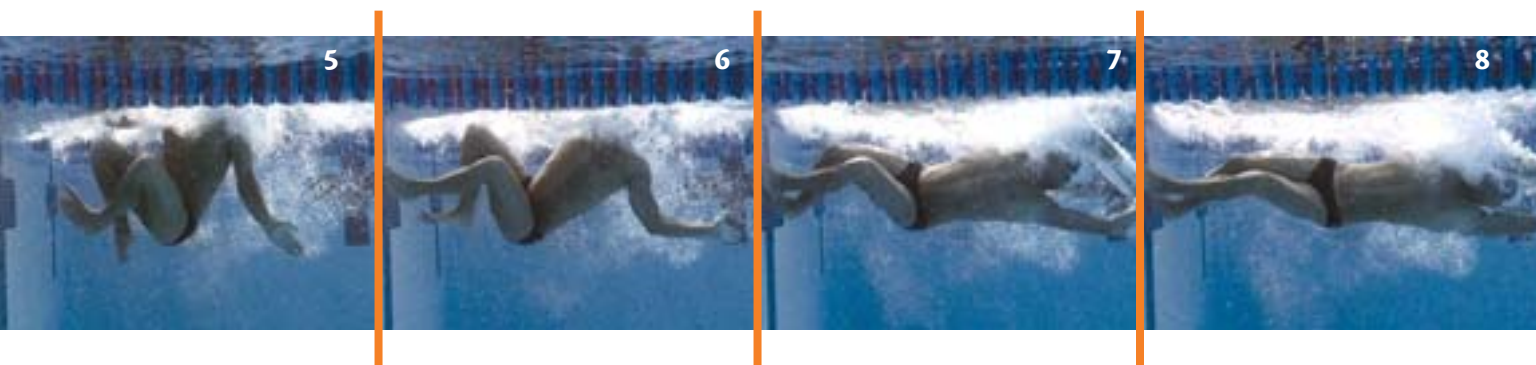
**PHOTO #7**

Notice how everything is poised to move directly away from the wall and toward the other end. Brendan's body is level in relation to his feet. His head has fallen back into line as well. His left hand is high enough so that he doesn't direct his energy too deep. Everything is ready to move forward.



**PHOTO #8**

Brendan now gets ready for a streamlined push. He plants his feet, moves his hands together and puts his head between his arms. His launch position is directly on his side because he doesn't want to waste any time spinning all the way toward his stomach prior to the push. As his feet leave the wall, he'll torque his body so that he is more toward his breast/chest at the push-off. This keeps him legal and sets him up to be completely on the breast as he begins his underwater pull.



# A HOME AWAY FROM *Home*

BY CARLOS BARROSO

*Boarding preparatory schools are dedicated to teaching and training the best swimmers and divers nationally.*

Swimmers often set lofty goals during their high school careers...goals such as:

- Qualifying for the U.S. Olympic swimming team;
- Crushing an All-America time in the 50 yard freestyle;
- Swimming on the medley relay at an NCAA collegiate-level program.

For many of these swimmers, a boarding preparatory school may be the best answer to help them achieve these kinds of goals.

Sid Cassidy, newly appointed head coach and aquatic director at Saint Andrew's School in Boca Raton, Fla., believes there are three important elements that separate the great prep school swimmers from all the rest:

"First, a positive mindset that says 'yes' to success;

"Second, the heart to train and get their bodies into great shape; and

"Third, a burning desire to succeed.

"If you have those three elements implemented into your swimming regimen, you will have what it takes to become a true champion."

## THE PREP SCHOOL DIFFERENCE

So, how do boarding prep swimmers become true champions? It starts with many an early morning, and workouts that begin around 5:30 a.m.

You leave the comfort of your residence hall and make your way to the 50 meter pool across campus for swim practice. Your coach is there to lead you and your teammates in a challenging workout. For most of the year, you are practicing six days a week with Sundays off.

Practice not only consists of pool time, in which you perfect your strokes and work on proper technique, but it also includes



ABOVE » Schmidt Family Science Center, Saint Andrew's School, Fla.

time in the campus fitness center for dry-land workouts. Strength, cardio and core conditioning remain important elements of a training regimen for swimming.

After practice, you have time to take a quick shower and grab a great breakfast in the campus dining hall. Then it's off to class!

## FOSTERING AN ENVIRONMENT

Boarding schools are well known for offering rigorous college preparatory programs. These programs usually feature small class sizes that permit faculty and academic advisers to focus on each individual student. Many times, these faculty also serve as a student's extended family—they all live and learn as part of a 24/7 on-campus community.

Boarding students are valued members of their school by participating in dorm life and in an array of clubs and athletic teams. There is also plenty of time for students to develop leadership skills, discover classmates with similar interests, gather for social events and enjoy down-time with each other.

"Boarding schools today are much different than they used to be—and poles apart from stereotypical Hollywood images, such as a haven for children of privilege or a refuge for troubled teens," said Steve Ruzicka, executive director of The Association of Boarding Schools (TABS).

"New research proves that

contemporary boarding schools serve a diverse body of motivated and well-rounded students who study and live in supportive, inclusive academic communities," he added. "They learn about independence and responsibility—traditional values that help them achieve success at higher rates than private day and public school students—in the classroom and beyond."

Swimmers tend to blossom at boarding preparatory schools because often for the first time in their lives, an abundance of resources is concentrated in one central location, to be used solely for the purpose of making them better swimmers. Residence halls, swimming pools, fitness centers, dining halls and the coach's office are all just around the corner.

In the following pages, *Swimming World Magazine* helps you explore the various types of boarding preparatory schools available. No matter which one you choose, you will notice that all are dedicated to teaching, training and producing nationally- and internationally-ranked swimmers and divers. ♦

*Carlos Barroso is the director of marketing and communications at Saint Andrew's School in Boca Raton, Fla.*



Check out *Swimming World Interactive* at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) to read about the various types of boarding preparatory schools available to high school students.



# Prep Schools

The listings on pages 41-47 are paid advertisements.

## AMERICAN HEBREW ACADEMY

**Greensboro, NC**  
**Co-ed boarding and day**  
**College Preparatory**  
**Grades 9-12**  
**Enrollment: 134**

**Richard Bober,**  
**Head Coach**  
**4334 Hobbs Road**  
**Greensboro, NC 27410**  
**336-217-7066**  
**Fax: 3360217-7011**  
**Email: rbober@aha-net.org**  
**Website: www.americanhebrew**  
**academy.org**



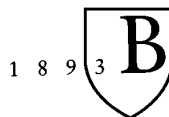
Since 2001 the American Hebrew Academy has been providing outstanding co-educational college preparatory and Jewish secondary education programs. Our students are intellectually motivated and engaged in an academically challenging dual curriculum. Our 100-acre campus creates a beautiful park-like setting. Our state-of-the-art facilities allow students every opportunity to attain athletic success. Our 88,000 square foot Athletic Center includes a 25-yard by 8-lane swimming pool consisting of electronic starting blocks, a top-of-the-line scoreboard system, and the most modern exercise equipment available. In addition, we offer the student-athlete opportunities in many other sports. Our Head Swimming Coach has over 45 years of competitive swimming experience and knowledge. His goal is to build a program encouraging students to develop lifetime fitness skills while attaining personal goals. The American Hebrew Academy is a member of the Triad Athletic Conference in affiliation with the North Carolina Independent Schools Athletic Association. The American Hebrew Academy swimming program also administers and coordinates the National One-Hour High School Postal Swimming Championships.

## BAYLOR SCHOOL

**Chattanooga, Tennessee**  
**Co-ed boarding and day**  
**College preparatory school**  
**Grades 6-12**  
**Enrollment: 1070**

**Dan Flack**  
**Head Swim Coach**  
**Baylor School**  
**171 Baylor School Road**  
**Chattanooga, TN 37405**  
**423-267-8506, ext 281**  
**Fax: 423-757-2535**  
**Email: dan\_flack@baylorschool.org**  
**Website: www.baylorschool.org**

For more than 100 years, Baylor School has been one of the leading college preparatory schools in



the South. Located on a spectacular 670-acre campus, Baylor provides a challenging curriculum featuring small classes and 19 AP courses. Each year, our graduates earn \$4.5 million in academic scholarships and are accepted to the country's top universities. Our swimming program has produced Olympic trial qualifiers, national finalists, an Olympic gold medalist and high school All-Americans. Our swimmers have won more than 25 state titles and recent graduates swim at some of the nation's top NCAA Division 1 schools. Baylor's new state-of-the-art Aquatic Center features a 50-meter by 25-yard pool, an 11' x 16' endless pool, dryland, weight training equipment and spectator seating for 700. Baylor also offers a summer swim camp program for competitive swimmers of all ages. See display ad on this page.

prep schools

# BaylorLeads



**Our program has produced Olympic Trial Qualifiers, U.S. National Finalists, an Olympic Gold Medalist, and High School All-Americans**

- 2004 and 2006 Tennessee state high school champions
- Over 100 All-American performances
- 2005 and 2006 fastest female sprinter in the nation
- Baylor has won the combined state championship each of the last 10 years
- A new state-of-the art aquatic center, including a 50-meter by 25-yard pool

**Baylor School is no place for followers. We are leaders.**

**1-800 2 BAYLOR | www.baylorschool.org**

## BOLLES SCHOOL

Jacksonville, Florida  
Co-ed boarding and day  
College preparatory school  
Grades Pre-K-12



Mark Frampton  
Director of Upper School  
and Boarding Admission  
7400 San Jose Blvd.  
Jacksonville, FL 32217  
904-256-5032  
Website: [www.bolles.org](http://www.bolles.org)  
Email: [framptonm@bolles.org](mailto:framptonm@bolles.org)

Rick Bishop  
Head Swimming Coach  
904-256-5210  
E-mail: [bishopr@bolles.org](mailto:bishopr@bolles.org)

*Swimming World Magazine's  
2003-2004 Girls National High  
School Champions*

Founded in 1933, Bolles is a nationally  
recognized Pre-K-12 coeducational  
college preparatory school with a

boarding program for grades 7-12. The School's excellent offerings in academics, fine and performing arts, and athletics attract students from all over the world to participate in the boarding program. Bolles and its 300 member year-round United States Swimming program, the Bolles Sharks, have developed several nationally and world-ranked swimmers including 10 Medalists in seven of the last nine Olympic Games and 17 competitors in the 2004 Games in Athens, Greece. Bolles has claimed a combined nine National High School Championships since 1972. In addition, Bolles has won 45 total Florida high school state championships including 18 consecutive for the boys' team and 15 consecutive for the girl's team. The program facilitates training and stroke instruction in Bolles' 50-meter and 25-yard pools, as well as its Aquatic Center with dryland and weight training equipment. The program is guided by head coach Rick Bishop. The Bolles School welcomes students without regard to race, religion, gender or national origin. See ad on this page.

## CRANBROOK SCHOOLS

Bloomfield Hills, Michigan  
Co-ed boarding and day  
College preparatory school  
Grades 9-12  
Enrollment: 750



Drew Miller  
Dean of Admissions  
P.O. Box 801, Bloomfield Hills,  
Michigan 48303-0801  
248-645-3610  
Email: [admission@cranbrook.edu](mailto:admission@cranbrook.edu)  
Website: [www.schools.cranbrook.edu](http://www.schools.cranbrook.edu)

Distinguished by an exemplary college preparatory curriculum, an internationally acclaimed fine and performing arts program, and a comprehensive sports program, Cranbrook Schools attracts students from across the United States and around the world. Cranbrook, a coeducational boarding and day school, shares its National Historic Landmark campus with Cranbrook Institute of Science and Cranbrook Academy of Art and Museum. Cranbrook champions diversity in a student body of 750 that represents a broad range of ethnic, racial, socio-economic and geographic backgrounds



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Bolles offers a coeducational day and boarding program for students in Pre-K through Grade 12.

Bolles welcomes students without regard to race, religion, gender, or national origin.



(21 different states and 18 different countries). The average faculty tenure at Cranbrook is 18 years. The student-faculty ratio is 8:1. Cranbrook swimmers train and compete in an aesthetically beautiful \$10 million pool. The varsity girls' and boys' swimming and diving teams have established a strong tradition of excellence in both the pool and classroom. This year over \$6.5 million in financial aid was awarded. The average SAT scores were 639 verbal and 655 math; average ACT scores were 28, with 98 AP scholars. See display ad on this page.

## FORK UNION MILITARY ACADEMY

**Fork Union, Virginia**  
**Boy's boarding**  
**College preparatory school**  
**Grades 6-12, Postgraduate**  
**Enrollment: 550**



**Steve Macek**  
**Director of Admissions**  
**Fork Union Military Academy**  
**P.O. Box 278**  
**Fork Union, VA 23055**  
**1-800-GO-2-FUMA (1-800-462-3862)**  
**Email: maceks@fuma.org**  
**Website: www.forkunion.com**  
**Jim Bocci, Head Swim Coach**  
**E-mail: bocci@fuma.org**

Fork Union Military Academy is a college preparatory, military boarding school for young men in Grades 6-12 and postgraduates. FUMA is affiliated with the Baptist General Association of Virginia, but open to those of all religious denominations. Founded in 1898, FUMA has a rich tradition promoting character, leadership, and scholarship. Upper School students follow a unique "One-Subject Plan" of study, concentrating on a single major subject every seven weeks. FUMA has a reputation of

swimming and diving excellence—winning five Southern Interscholastic Swimming and Virginia Prep League Championships and producing multiple Virginia High School State Champions since 1962. Training and stroke analysis are performed in the newly constructed state-of-the-art Aquatics Center, including a 25-meter competition pool, dryland and weight training facilities, and classroom. The Aquatics Center is adjacent to a 78,000-square foot field house which supports the swim program. FUMA is nationally-recognized in football, basketball, and track and field programs. See display ad on this page.

## HARGRAVE MILITARY ACADEMY

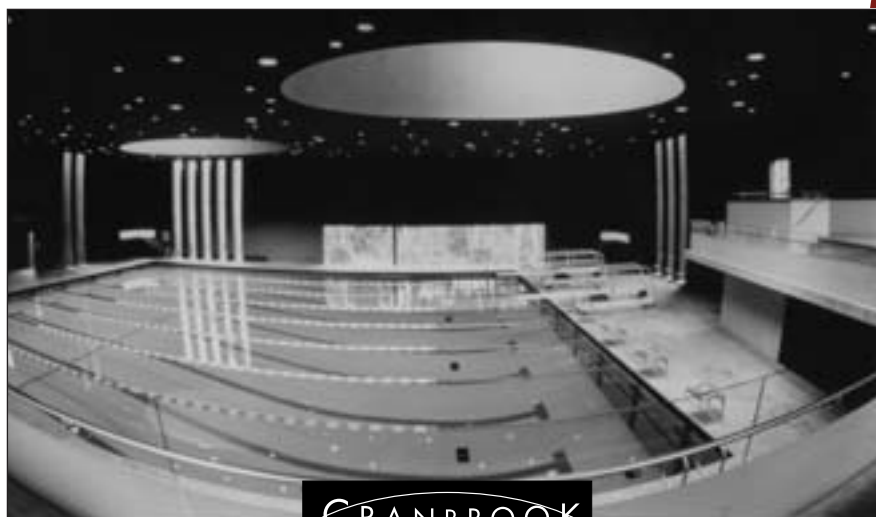
**Chatham, Virginia**  
**Boy's boarding**

**College preparatory school**  
**Grades 7-12 and PG**  
**Enrollment: 380**

**CMDR Frank Martin**  
**Director of Admission Hargrave Military Academy**  
**200 Military Drive**  
**Chatham, VA 24531**  
**434-432-2481**  
**800-432-2480**  
**Fax: 434-432-3129**



**Website: www.hargrave.edu**  
 Founded in 1909, Hargrave Military Academy is situated on a beautiful 240-acre campus with woods, pastures, trails and ponds in the Piedmont region of Southern Virginia. A proven leader in academics, Hargrave entered the world of competitive swimming and diving in



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prep schools



## Fork Union MILITARY ACADEMY

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1995. Hargrave's Onishi-Davenport Aquatic Center houses a 50-meter x 25-yard indoor, deep-water pool that is fully equipped for the demands of today's athletes. The program consistently places in the top five at states, first in its conference and actively works towards college placement for the swimmer. Hargrave's coaches, Mr. Ted Hartenstein and Mr. William Wiebking, are both former swimmers who have years of coaching experience between them. The aquatics program itself seeks young men who are serious about their studies, swimming and learning leadership. The academy also features a brand-new science and technology building, a comprehensive technology program and a very popular How to Study Program. Hargrave maintains an evening study hall, with daily faculty and staff participation, and a very active reading program. Hargrave's one-year Post-Graduate program, also available to swimmers, has proven itself more than capable in raising SAT scores and preparing athletes for the rigors of NCAA Division I schooling. Financial aide is available. See display ad on this page.

#### THE MADEIRA SCHOOL

**McLean, Virginia**  
**Girls boarding and day**  
**College preparatory school**  
**Grades 9-12**  
**Enrollment: 311**

**Ann Miller**  
**Director of Admissions**  
**and Financial Aid**  
**The Madeira School**  
**8328 Georgetown Pike**  
**McLean, VA 22102**



**703-556-8273 703-821-2845**

**Website: [www.madeira.org](http://www.madeira.org)**

Madeira girls are the first to stand, to raise a hand, to ask, to lead, to suggest a direction, propose a new idea, or break a school, pool or state swimming record. Our three-time state champion Madeira Swim and Dive team athletes range from Olympic trials qualifiers to summer league swimmers. Madeira has produced multiple swimming and diving All-Americans and has won the league sportsmanship award for seven consecutive years. The 32,000 square-foot Hurds Sports Center offers a state-of-the-art competitive pool with a Colorado Timing system and Maxiflex diving board, weight room and aerobics studio. In addition to varsity swimming, a Madeira girl may also train with our USS affiliate club and their senior or national training group. Since 1906, The Madeira School, an all-girls board and day school, located on 376 acres just 12 miles from Washington, DC, has offered a rigorous, college preparatory academic program suited to young women from all over the world. Our nationally recognized Co-Curriculum, a weekly internship program, places students in work experiences on Capital Hill and many of the leading businesses and social agencies in the country.

Tuition is \$34,780 for boarding and \$24,280 for day girls. 20% of Madeira girls receive financial aid. The Madeira School: a great place to learn, a great place to swim...

#### MERCERSBURG ACADEMY

**Mercersburg, Pennsylvania**  
**Co-ed boarding and day**  
**College preparatory school**  
**Grades 9-12**  
**Enrollment: 430**



**Christopher R. Tompkins**  
**Director of Admission and Financial Aid**  
**Mercersburg Academy**  
**300 E. Seminary Street**  
**Mercersburg, PA 17236**  
**717-328-6173**

**Fax: 717-328-6319**

**Email: [admission@mercersburg.edu](mailto:admission@mercersburg.edu)**

**Website: [www.mercersburg.edu](http://www.mercersburg.edu)**

Founded in 1893, Mercersburg offers a rigorous and dynamic curriculum to students from 30 states and 24 countries. Distinctive features include: international study opportunities; 36 AP and honors courses; faculty of which 70% hold advanced degrees; 55,000 volume Lenfest Library; new \$28 million Burgin Center for the Arts, astronomy center and exceptional college counseling, \$170 million endowment, 29 competitive varsity sports recognized regionally and nationally, and award winning fine and performing arts. Swimming at Mercersburg has had a long tradition of success and has fielded 25 swimming Olympians. 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. The 300-acre campus is convenient to Baltimore and Washington, D.C. See display ad on page 45.

#### MISS PORTER'S SCHOOL

**Farmington, Connecticut**  
**Girls boarding and day**  
**College preparatory school**  
**Grades 9-12**  
**Enrollment: 325**



**Deborah Haskins**  
**Director of Admission**  
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*Great Times*

Hargrave builds its reputation upon ambitious goals, hard work and a strong desire for personal excellence. Challenging academics, progressive leadership and personal attention provide the ultimate framework for your son's success, both in and out of the water.

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**Email: [admission@missporters.org](mailto:admission@missporters.org)**

**Website: [www.missporters.org](http://www.missporters.org)**

**Laura Amble, Head Swim Coach**

**Email: [laura\\_amble@missporters.org](mailto:laura_amble@missporters.org)**

Since 1843, Miss Porter's School has been at the forefront of educating girls in grades nine through 12 for college, for leadership and for life. With our demanding curriculum, strong arts programs and 16 interscholastic teams, young women gain maturity, independence and self-confidence. Our student body hails from 27 states and 18 countries, with 11% international students and 25% students of color. Our swim team was the 2006 Western New England Division II Champion. The team has broken numerous pool records, including several at Trinity College, at which it practices and competes. Miss Porter's is constructing an eight-lane, 25-yard pool. In recent seasons, team members have been designated All American, qualified for the Junior Nationals of United States Swimming, become the USS Connecticut State and the YMCA New England champions, and set a New England Prep School meter record.

#### PEDDIE SCHOOL

**Hightstown, New Jersey**

**Co-ed boarding and day**

**College preparatory school**

**Grades 9-12, P.G.**

**Enrollment: 530**

**Raymond Cabot**

**Director of Admission**

**Peddle School**

**South Main Street**

**P.O. Box A**

**Hightstown, NJ 08520**

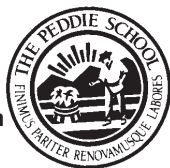
**609-490-7501**

**Fax: 609-944-7901**

**Email: [admission@peddie.org](mailto:admission@peddie.org)**

**Website: [www.peddie.org](http://www.peddie.org)**

Founded in 1864, Peddie School surrounds Peddie Lake on a beautiful 230-acre campus minutes from Princeton, midway between New York City and Philadelphia. Known nationally for its academic excellence and strong sense of community, Peddie's talented faculty is highly accessible and its technology unsurpassed. The campus is linked by email and full Internet access. Each Peddie student receives a laptop



computer as part of tuition. A national swimming power, Peddie swimmers have won eight national high school championships, and represented the U.S. in the Olympics including gold medalist BJ Bedford in Sydney. Graduating swimmers went on to USC, Kansas, Williams, Stanford and the U.S. Military Academy this fall. 2006-2007 tuition for boarding students is \$35,500, and day is \$26,900. Peddie's substantial endowment provides need-based financial aid for 42 percent of Peddie students.

#### THE PENNINGTON SCHOOL

**Pennington, New Jersey**

**Co-ed boarding and day**

**College preparatory school**

**Grades 6-12**

**Enrollment: 450**



**Diane P. Monteleone**

**Director of Admission**

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**M**ercersburg provides the perfect combination in the pool and in the classroom to help you master peak performance and attract top college programs. A highly competitive, college preparatory, boarding/day school with grades 9-12, Mercersburg consistently ranks in the top 10 nationally and produces many All-American boys and girls—over the years, 25 Olympians.

## PERKIOMEN SCHOOL

FOUNDED 1875



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and learn about our programs...***

100% college placement

7 to 1 student teacher ratio

Co-ed, boarding and day, grades 5-12, P.G.

12 Advanced Placement and Honors classes in all areas

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Competitive swimming program

20 fine arts electives

*For further information*

Carol Dougherty, Assistant Head of School

200 Seminary Avenue, Pennsburg, PA 18073

Phone 215-679-9511 Fax 215-679-1146

Web site: [www.perkiomen.org](http://www.perkiomen.org)

E-mail: [cdougherty@perkiomen.org](mailto:cdougherty@perkiomen.org)

**112 W. Delaware Ave.  
Pennington, NJ 08534  
609-737-6128**

**Fax: 609-730-1405**

**Email: [admiss@Pennington.org](mailto:admiss@Pennington.org)**

**Website: [www.pennington.org](http://www.pennington.org)**

The Pennington School was founded in 1838, making it the second oldest boarding school in New Jersey. It is located in the small town of Pennington, 10 miles from the university town of Princeton, 40 miles from Philadelphia and 65 miles from New York. Pennington seeks students who have strong academic ability and who are interested in the challenge of a college preparatory curriculum. Pennington enhances its students' educational experience with a wealth of cultural, historic and athletic opportunities. The average class size is 13 while the student teacher ratio is 9:1. The school awards approximately \$1,200,000 in need-based financial aid each year. The Pennington team boasts both varsity and middle teams. Teams swim in a 25-yard pool with an Omega touch pad timing system linked to a Hy-Tek computer data system. Swimmers have accomplished an 123-38-2 record in the last twelve years, and the girls have been state champions

five years running. The program includes under water video filming, 8 practices a week in season and finishes annually within the top three at States and qualifies swimmers to attend EISC (Easterns) Championships. In recent years, graduates have gone on to swim for Lafayette, University of Michigan, Penn State, Albright and Maine.

#### PERKIOMEN SCHOOL

**Pennsburg, Pennsylvania  
Co-ed boarding and day  
College preparatory school  
Grades 5-12, PG  
Enrollment: 265**

**George K. Allison  
Head of School  
Carol Dougherty  
Assistant Head of School  
Perkiomen School  
200 Seminary Avenue  
P.O. Box 130  
Pennsburg, PA 18073  
215-679-9511  
Fax: 215-679-1146  
Email: [cdougherty@perkiomen.org](mailto:cdougherty@perkiomen.org)**



**Website: [www.perkiomen.org](http://www.perkiomen.org)**  
Founded in 1875, Perkiomen School is a traditional, college-preparatory school that seeks to provide the best environment for the individual to learn and grow. Perkiomen students thrive with a 7:1 student/teacher ratio. We pride ourselves on AP classes in all departments and 100% college placement. Fine arts, athletics, and a diverse weekend activities program round out our program. All dormitory rooms are equipped with phone lines, internet access and data jacks. Perkiomen welcomes you to come and see our place, meet our people and learn about our program. (ESL, PG, LD, ADD). See display ad on page 45.

#### SAINT ANDREW'S SCHOOL

**Boca Raton, Florida  
Co-ed boarding and day  
College preparatory school  
Grades K-12 day; 9-12 boarding  
Enrollment: 1130**

**Kilian Forgas  
Director of Admission  
Saint Andrew's School  
3900 Jog Road**



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**561-210-2020**

**Email: [admission@saintandrews-school.net](mailto:admission@saintandrews-school.net)**

**Website: [www.saintandrews-school.net](http://www.saintandrews-school.net)**

Saint Andrew's is a co-educational, college preparatory school of the Episcopal Faith enrolling boarding students in grades 9-12. Our 1130 students represent 20 countries and 10 states. Saint Andrew's has 99% college placement with recent swimming/diving graduates having competed at Harvard, Yale, Dartmouth, Miami, Michigan State, Alabama, Maryland, SMU and James Madison. The year-round swimming, diving and water polo programs benefit from a new 50-meter pool with a geo-thermal heating/cooling system. Divers are treated to a diving warm-up pool, and all students have access to a brand new state-of-the-art fitness center adjacent to the pool. Coach Duff Tyler has been awarded "Coach of the Year" 20 times and has achieved more than 600 wins. The swimming and diving program has produced 20 District Titles, more than 50 All-Americans and one National Championship. Saint Andrew's also welcomes former University of Miami Head Swimming/Diving Coach, Sid Cassidy, as its new Aquatics Director. See ad on page 46.

#### SUFFIELD ACADEMY

**Suffield, Connecticut**  
**Co-ed boarding and day**  
**College preparatory school**  
**Grades 9-12 and**  
**postgraduate**  
**Enrollment: 400**



**Terry Breault**  
**Director of Admissions and**  
**Financial Aid**  
**185 North Main Street**  
**Suffield, CT 06078**  
**860-386-4440**  
**Email:**  
**[terry\\_breault@suffieldacademy.org](mailto:terry_breault@suffieldacademy.org)**  
**Website: [www.suffieldacademy.org](http://www.suffieldacademy.org)**

Suffield Academy firmly believes in the liberal arts education—that learning is not confined within the walls of a classroom, nor is it limited to certain hours of the day, or days of the week. Graduates routinely attend the nation's top colleges and universities, but the Suffield experience is not just about test scores. Suffield

prides itself on the distances students travel, how far forward they move over the course of their Suffield lives. Suffield is about providing a setting for students to test and challenge themselves, take good risks, and find out what potential they have. As part of this philosophy, Suffield was the first high school in the country to require every student to own a laptop, and it has developed a Leadership Program that explores issues of moral and ethical responsibility. Suffield has great programs in swimming diving, and water polo. They have produced over fifty high school All-Americans in recent years, and the girl's water polo team has won three consecutive New England Prep School Championships. Suffield offers an individualized approach to training and competition, emphasizing development of technique and a strong team spirit.

#### WESTTOWN SCHOOL

**Westtown Pennsylvania**  
**Co-ed boarding and day**  
**College preparatory school**  
**Grades PreK-12 (boarding 9-12)**  
**Enrollment: 800**

**Kate Holz**  
**Director of Admissions and**  
**Financial Aid**  
**P.O. Box 1799**  
**Westtown Road**

**Westtown, PA 19395-1799**

**610-399-7900**

**Email: [kate.kolz@westtown.edu](mailto:kate.kolz@westtown.edu)**

**Website: [www.westtown.edu](http://www.westtown.edu)**

**John Eife, Aquatics Director,**  
**Head Swimming Coach**  
**610-399-7946**

**Email: [john.eife@westtown.edu](mailto:john.eife@westtown.edu)**


Westtown School is a 205-year-old Quaker school that has been inviting students to participate in essential education. This includes thorough academic preparation for college and university, the discovery and use of voice and gifts, and an active and informed sense of social responsibility. Swimming is one of the oldest and most successful athletic programs at Westtown, and has become a great source of pride for the entire school community. We look to attract student athletes who put their studies first and are willing to learn how to manage their time to allow for success in the pool. This takes commitment, character and determination. This is the make-up of a Westtown School swimmer. Monika Malo '00. Collegiate All-American, "I thank Westtown for ingraining this early on: the idea that sports are healing and powerful, amazing and life-altering." See display ad on this page.




Inside each child: *success*

*We bring it to light.*

Since 1799, Westtown School has been inviting students to participate in essential education. Essential education includes thorough academic preparation for college and university work, the discovery of individual voice and gifts, an active and informed sense of social responsibility, individual exploration of Spirit, and the maturing experience of living, learning and opening up within a diverse community of equals.



**WESTTOWN SCHOOL**



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### FLORIDA

The Florida Gold Coast Junior Olympics, held July 20-23 in Fort Lauderdale, saw four individual and three relay LSC records broken, all in the 11-12 girls age group: **Lauren Driscoll** of Fort Lauderdale Aquatics (100 meter free, 59.80; 400 free, 4:24.50; 100 back, 1:07.79); **Keri Brunn** from Jupiter Dragons (50 breast, 35.80); and the Fort Lauderdale Aquatics quartet of **Chelsea Britt**, **Veronica Greulich**, **Deidre Milano** and **Lauren Driscoll** (200 medley relay, 2:12.22; 400 medley relay, 4:47.05; 400 free relay, 4:13.50).

Pine Crest School defeated Fort Lauderdale Aquatics, 1,290 to 1,254, to claim top honors in the

combined team race. Coral Springs Swim Club came in third with 1,150 points. High-point winners included **Clara Smiddy**, Big Gator, and **Quinn Cassidy**, Saint Andrew's (10-and-under); **Lauren Driscoll**, Fort Lauderdale, and **Juan Sequera**, Rockway (11-12); **Siena Devenuto**, Pine Crest, and **Leslie Moore**, Coral Springs (13-14); **Victoria Richmond**, Martin County, and **Jeffrey Raymond**, Plantation (15-16); **Brooke Atkinson**, Pine Crest, and **Jason Vadney**, Plantation (17-and-over).

### MASSACHUSETTS

The Magnus Aquatic Group was the top combined team at the New England Swimming 12-and-Under Championships, July 20-23, in Boston. Magnus

swimmers combined for 1,531.5 points, well ahead of the ANA Hurricanes, who nipped Mei's Typhoons, 1,232.5 to 1,204.

High-point champions in the 10-and-under age group were **Jenna Griffith** of Green Mountain Aquatics and **Justin Liu**, Mei's Typhoons. Both 11-12 winners competed for ANA Hurricanes—**Rachel Moore** and **Bryan Walcker**.

A week later, New England's top senior swimmers gathered in Cambridge to compete at the New England Long Course Open Championships. The first-place team was Bay and Ocean State Squids (2,656.5 points), with Seacoast Swimming Association second (1,783) and Shawmut AC third (1,564).

**Chiara Spinazzola** of Bay State was the top women's high-point scorer. She finished first in the 200 meter IM (2:24.80), second in the 100 back (1:07.01), third in the 100 free (59.97) and 200 back (2:25.76), sixth in the 50 free (28.08) and 200 free (2:10.60) and seventh in the 100 fly (1:06.10). Green Mountain's **Mike Pryor** was the men's high-point champ, coming in second in the 800 (8:39.29) and 1500 free (16:37.28), third in the 400 IM (4:45.33), fourth in the 400 free (4:14.54), sixth in the 200 back (2:19.10) and 200 fly (2:13.62) and seventh in the 200 free (2:02.93).

### MINNESOTA

Team Foxjet swept the team titles at the Minnesota Long Course State Championships, held Aug. 3-6 in Minneapolis. Team Foxjet's girls scored 2,286 points and the boys added 2,564.5 points for a combined total of 4,850.5. Coming in second overall was Twin Cities Swim Team (2,777.5), while Black

age group

BOYS SCHOOL RECORDS		EVENTS		GIRLS SCHOOL RECORDS	
THEODER		200 MILEY		WALLACE	
S. KAY	1:46.00 1985	RELAY		LACROIX	1:50.89 1987
R. KAY				STOUDT	
A. KAHN	1:48.80 1986	200 FREESTYLE		BERG	
A. KAHN	1:56.23 1986	200 IM		K. STOUT	1:52.02 1987
D. SECTION	22.00 1983	100 FREESTYLE		K. STOUT	2:12.71 1987
T. MATTHEW	289.50 1985	100 BACK		K. STOUT	24.38 1986
W. SWANSON	4:07.70 1981	100 BUSTY		M. BARON	291.05 1983
M. BREWTON	54.50 1978	100 FREESTYLE		L. GOODMAN	483.20 1980
A. KAHN	48.7 1984	50 FREESTYLE		K. STOUT	55.42 1987
A. KAHN	1:02.67 1986	50 FREESTYLE		K. STOUT	51.54 1987
KAHN		200 FREESTYLE		JACOBS	5:15.08 1986
Y. TRUCA	1:35.58 1986	RELAY		CLIFF	
KURITA				BLATTER	1:45.38 2000
MEYERS		100 BACKSTROKE		HANRAHAN	
D. SECTION	54.75 1983	100 FREESTYLE		K. WALLACE	1:02.80 1988
A. KAHN	1:03.30 1986	400 FREESTYLE		K. STOUT	1:08.29 1986
PALM		RELAY		WALLACE	
MAEKURA	3:21.10 1989			BERG	
LACO				SABAL	2:43.00 1987
KROK				STOUDT	

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Dog Swimming captured third (2,573.5).

**Breinne Thorne** of Aquajets and **Griffin Back** of Foxjets were the top 8-and-under swimmers. Other high-point winners included **Isabel Wyer** of Twin Cities and **Erick Huft** of Edina (10-and-under); **Rachel Bootsma** of Aquajet and **Tim O'Brien** of Blackline (11-12); **Hailey Campbell** of Black Dog and **Brian Kiel** of Rochester (13-14); **Alexa O'Brien** of Star and **Paul Tierney** of Black Dog (15-16); and **Melissa Hayman** of Rochester and **Robert Schaefer** of Moorhead (open).

## NEBRASKA

Swim Omaha topped the Midwestern Swimming Division I Long Course Championships, held July 28-30 in Lincoln. The club amassed 4,542.5 points to outdistance Millard Aquatic Club's 2,921 points and Heartland Aquatics' 2,328.5.

Taking home high-point awards were **Jessica Storer**, Nebraska, and **Patrick Kelly**, Aquatic Club of Elkhorn (8-and-under); **Chantel Rosenboom**, Nebraska, and **Jacob Mdacek**, Heartland (9-10); **Mollie McNeel**, Nebraska, and **Will Raynor**, unattached (11-12); **Autumn Baldwin**, Metro Omaha, and **Nick Caruso**, Greater Nebraska (13-14); and **Lindsey Behrens**, Council Bluffs, and **Kyle Wernhoff**, Norfolk YMCA (15-and-over).

## OREGON

Four swimmers—all competing in the 11-12 age group—broke six individual Oregon Swimming records at the Oregon 11-and-Over Championships. The meet was held July 27-30 in Corvallis. The record setters included **Taylor Scroggy** of Tualatin Hills (11-12 girls 800 meter free, 9:36.15); **Amy Wiley**, unattached (11-12 girls 50 breast, 35.96p and 35.77); **Jacob Pebley** of Corvallis (11-12 boys 100 back, 1:05.85, and 200 back, 2:25.00); and **Neil O'Halloran** of Tualatin Hills (11-12 boys 400 IM, 5:08.11).

Six relay teams, five from Tualatin Hills, also bettered state records during the meet. Tualatin's 13-14 quartet of **Brendan Liu**, **Brian Stocks**, **Jonathan Yuan** and **Steven Ung** set three of the relay marks: 400 medley (4:23.06), 400 free (3:55.96) and 800 free (8:31.08). The 11-12 team of **Marco Signorelli**, **Ahmed Emara**, **Neil O'Halloran** and **Wyatt Hayden** posted a 4:54.95 in the 400 medley relay.

— continued on 50



# TYR AGS

## AGE GROUP SWIMMER *of the* MONTH

Summers are long and hot in Texas, so kids can be found in pools, lakes and rivers for many months. Colleen Konetzke began swimming at the age of 7 because her parents wanted her to be confident and proficient in the water.

Now 12, Colleen is a member of the San Antonio Wave. She started her swimming career with early success in the breaststroke, but she is now focused more on freestyle and butterfly.

At this summer's regional championships (STAGS) in Austin, July 7-9, Colleen finished first in the 200 meter fly in 2:41.98, setting a team record in the process. She was also second in the 400 free (4:54.62) and 100 fly (1:13.72); fifth in the 100 and 200 free (1:05.89 and 2:21.32) and 50 fly (33.01); and seventh in the 50 breast (39.01).

Earlier this year, at the Texas Open in Austin (June 30-July 2),

Colleen was victorious in the 50 and 100 meter fly (32.88 and 1:15.06). She also finished fourth in the 100 free (1:06.04) and 400 free (5:03.31); fifth in the 200 free (2:26.39); seventh in the 50 breast (40.68); and eighth in the 100 breast (1:29.60).

Colleen is a good friend, who can be

heard cheering for her friends when it is not her turn to swim. She attends a local Catholic school, where she is taking honors classes and is a member of the National Junior Honor Society.

She also plays violin and runs cross country in the fall. She loves to be with her friends, go shopping and play with her dog, Pepper. ♦



age group

■■■■ COLLEEN KONETZKE ■■■■

*Age 12, San Antonio Wave  
San Antonio, Texas*

Candidates for "Age Group Swimmers of the Month" must compete within a nationally recognized age group. Please send a personality sketch and a color photograph or digital image (a face shot, such as a school picture) of each nominee. You can request a *Swimming World Magazine* Age Group Swimmer of the Month Profile form, which can be used as a guide for submitting the nomination. Send everything to *Swimming World Magazine*,

Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341, or by e-mail to [editorial@SwimmingWorldMagazine.com](mailto:editorial@SwimmingWorldMagazine.com).

TYR Sport sends each Age Group Swimmer of the Month a package containing a swimsuit, goggles and a T-shirt for the swimmer's coach.

The lone Tualatin girls relay to set a standard was the 13-14 group of **Sarah Cruzan, Megan McCarroll, Taylor Lakey and Abby Lindstrom**, who combined for a 4:33.63 in the 400 medley relay.

The Bearcats' 13-14 girls relay of **Crystal Kibby, Sammi Mischkot, Ellen Dow and Tori Simenec** bettered the 800 free relay record with a time of 8:48.56.

## UTAH

Three individual and four relay state records were bettered at the Utah Long Course State Championships, held July 26-29 in Kearns. The three individual record setters were Eagle Aquatic Team's **Travis Norseth** (11-12 boys 200 meter back, 2:34.66), Layton's **Zach Santella** (11-12 boys 200 breast, 2:56.40) and Marlins' **Jake Taylor** (13-14 boys 100 fly, 1:02.00).

Members of the Eagle Aquatic Team were responsible for setting three of the four relay marks. Its 13-14 boys

team of **Howie Burbidge, Matthew Swallow, Robert Miner and Max Heucksteadt** cruised to a 4:03.88 in the 400 free relay. **Doug Pizak** replaced **Robert Miner** on the 400 medley relay, which clocked a record 4:33.20. Eagle's 13-14 girls team of **Nicolette Hansen, Jamie Tanner,**

**McKenzie Mulvaney and Alexa Savage** combined for a 4:18.85 in the 400 free relay.

Cottonwood Heights swimmers **Kyle Spicer, Long Gutierrez, Wesley Shih and Jordan Dahle** joined forces to set the 11-12 boys 400 free relay standard at 4:34.46. ♦



**PICTURED » TEXAS:** Six members of the City of Plano Swimmers achieved high-point honors at the FAST Unclassified IMX Speedo Long Course Meet, July 28-29. The winners included (from left) Elizabeth Prasse (11), Deanna Marks (13), Gianni Calderara (9), Courtney Hubbard (15), Andrea Roldan (17) and Andrew Cely (14).



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# YMCA

## MIDDLE TYGER IS GRRREAT!

BY JASON MARSTELLER

*Middle Tyger YMCA of Duncan, S.C., captured the combined team title at the YMCA Nationals, winning five events and setting a YMCA national record in the men's 800 meter freestyle relay.*

Almost 1,200 swimmers and 131 teams competed at the YMCA Long Course Nationals, Aug. 1-4, in College Park, Md. Four national YMCA records were broken, including one individual mark by Todd McGraw of Huntington, W.Va. McGraw swam 2:04.25 in the 200 meter fly to surpass the previous mark of 2:04.43 set by Roanoke Central's Gustavo Calado in 2003.

"I thought Todd swam very well," McGraw's coach Greg Olson said. "His focus all year—even from last summer—came down to this event. His goal was to make an Olympic Trial cut, but he missed it by just 26-hundredths. He was happy to set the record, though."

McGraw led from start to finish, splitting 28.06, 31.29, 32.20 and 32.70. He also won the 100 fly (56.71) and both IMs (2:10.16 and 4:37.89).

A trio of relay records fell as well, with Boyertown Area's Kathryne Valentine, Shayna Longacre, Emily Christy and

Alexandra Allen clocking 2:01.17 in the 200 medley relay, lowering Gamble-Nippert's (Ohio) 2001 standard of 2:01.56.

The same foursome also shattered the 400 medley standard of 4:25.26, previously set by West Shore-Harrisburg (Pa.) in 2004, with a quick 4:24.11.

Middle Tyger's squad of Lee Groseclose, Robert Farr, David Ingraham and Chip Hughes took down the other record with a 7:52.52 in the 800 free relay, eclipsing Ann Arbor's 10-year-old mark of 7:54.20.

### TEAM CHAMPIONS

Middle Tyger captured the combined team championship with 746 points. The club, based in Duncan, S.C., also won the men's title with 396 points and finished second among the women with 350, behind Boyertown Area's (Pa.) 488.

"The kids set a goal this year to win YMCA Nationals," Middle Tyger head coach Peter Wright said. "Their commitment level was 100 percent. They never wavered and were confident going into the meet."

"Even though we had some tough spots throughout the meet, they executed and bounced back. It was a special victory for us, especially with the incred-

ible leadership from our seniors. We are excited about next year, and the team already has its sights set on spring YMCA Nationals."

Middle Tyger snared four relay titles and one individual crown. In addition to its record-setting 800 free relay, its men also captured the 400 free relay in 3:37.00 (Groseclose, Farr, Ben Creasy and Hughes) and the 200 medley relay in 1:50.27 (Hughes, Collin Ohning, Farr and Creasy). Its women won the 800 free relay in 8:40.30 with a team of Liz Greenway, Laura Simon, Haley Lips and Addie Carne.

Ohning registered the lone individual title for Middle Tyger with a 31.27 victory in the men's 50 breast.

### MULTIPLE WINNERS

Close behind McGraw's four individual gold medals were Evan Reed, Justin Galbreath and Nina Rossi with three wins apiece.

Reed helped his Upper Main Line (Pa.) team to a second-place overall finish, taking the sprint freestyle events—50 (24.03), 100 (51.94) and 200 (1:55.54). Galbreath of South Community YMCA (Ohio) won the three distance freestyle events—400 (4:04.14), 800 (8:28.73) and 1500 (16:05.95).

Rossi, Hamilton Area YMCA (N.J.), was the top individual women's winner with victories in the 200 fly (2:16.69) and both IMs (2:21.03 and 5:02.59).

Central Florida's Sarah Broadley captured two events—the 400 (4:25.09) and 800 (9:02.92) freestyles. ♦



ABOVE » Middle Tyger YMCA placed first among the men and second among the women to capture the combined team title at the YMCA Nationals.



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) for additional coverage of the YMCA Nationals.

ymca

# Speedo

## junior nationals

### ALL ROADS LEAD TO IRVINE



**ABOVE »** Swim Pasadena's Samantha Vanden Berge won three individual events and captured the women's high-point trophy.



**ABOVE »** Matthew Thompson of the Dallas Mustangs had three individual wins, taking the 100-200 back plus the 200 IM.

*That was certainly true this summer for U.S. swimmers, as Irvine, Calif., played host to both the U.S. Nationals and Junior National Championships.*

Ahh...to be a swimming aficionado and live in Irvine, Calif. That's where all the action was this summer, as the Southern California city first hosted America's finest at the ConocoPhillips USA Swimming National Championships, Aug. 1-5, then welcomed swimming's stars of tomorrow at the Speedo USA Swimming Junior National Championships, Aug 7-11.

It was the second year for the current junior championship setup, and the swimmers responded by setting meet records in all but seven events. They also put together an exciting team competition, with Tampa Bay Community Aquatics scoring 308 points to edge Arizona Desert Fox and host Irvine Novaquatics with 295 and 293, respectively. Irvine topped the men's competition (264), while Arizona Desert Fox won the women's title (256).

#### UNTOUCHABLE

Earning high-point honors were Swim Pasadena's Samantha Vanden Berge and Fullerton Aquatics' Tyler Clary.

Vanden Berge was untouchable in distance free, capturing the women's 400, 800 and 1500 meter events with times of 4:15.77, 8:43.27 and 16:46.47. Clary only won one race—the 1500 free in 15:40.84—but scored in several events, including three second-place finishes in the 200-400 free and 100 back.

In the high-point race for women, Kerr-McGee's Samantha Woodward and Arizona Desert Fox's Katherine Raatz tied for second. Woodward had a pair of wins, taking the 50 free in 25.58 and the 100 fly in 1:00.47. Raatz, who was second to Woodward in the 50 and second to Tampa Bay's Chelsea Nauta (56.70) in the 100 free,

took the 200 free in 2:01.55. She also had the fastest time in the 100 (56.35p).

The women's competition featured two more multiple champions, as the Fleet's Natalie Adams turned in an impressive double in the 200 fly (2:13.00) and 400 IM (4:53.11), while the Terrapins' Kasey Carlson, only 14, captured both breaststrokes (1:10.77 and 2:32.58).

In other races, Boilermakers' Jenni Connolly took the 100 back in 1:03.47, Long Island's Daphne Skelos won the 200 back in 2:15.73, and Nova of Virginia's Lauren Beaudreau captured the 200 IM in 2:18.38.

#### FIT TO BE TIED

There was another tie for second in the high-point race among the men between Matthew Thompson of the Dallas Mustangs and David Mosko of the Cincinnati Marlins.

Thompson had three individual wins, taking the 100-200 back (57.18 and 2:03.00) plus the 200 IM (2:05.71), while Mosko managed a victory in the 200 fly (2:00.21) over Mark Dylla of Aces, who won the 400 IM (4:27.57).

Mission Viejo's Chad La Tourette was one of only two multiple winners among the men with victories in the 400 and 800 freestyles (3:56.17 and 8:01.75).

That left plenty of room for single-event champions, including all three sprint freestyle races. Star Swim Team's Michael Richards won the 50 (23.49), Arizona Desert Fox's Taylor Turner took the 100 (51.51), and Longhorn's Titus Knight eked out a win in the 200 over Clary (1:51.74 to 1:51.86).

In the men's breaststroke, John Criste of Irvine Novaquatics entertained the hometown faithful with a win in the 100 (1:04.12), and Bradley Craig of Barracuda captured the 200 in 2:18.26. Storm Aquatics' Tyler McGill posted a 54.96 to take the 100 fly. ♦



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) for more detailed coverage of the Speedo Junior Nationals.



# FOR *the* RECORD

## WORLD

### MUTUAL OF OMAHA PAN PACIFIC CHAMPIONSHIPS

Victoria, B.C., Canada  
August 17-20, 2006 (50 M)

w = World Record  
n = National Record

#### TEAM STANDINGS

##### Combined

474.0	United States
285.0	Japan
239.5	Australia
161.0	Canada
64.5	South Africa

##### Women

238.0	United States
155.0	Japan
143.0	Australia
54.0	Canada
40.0	New Zealand

##### Men

236.0	United States
130.0	Japan
107.0	Canada
96.5	Australia
50.5	South Africa

#### WOMEN

##### 50 FREE Aug. 20

25.10	Kara Lynn Joyce, USA
25.32	Natalie Coughlin, USA
25.62	Flavia Delaroli, BRA
25.64	Rebeca Gusmao, BRA
25.77	Melanie Schlanger, AUS
25.89	Michelle Engelsman, AUS
25.97	Victoria Poon, CAN
26.18	Kaori Yamada, JPN

##### 100 FREE Aug. 18

53.87	Natalie Coughlin, USA
53.92	Amanda Weir, USA
55.00	Melanie Schlanger, AUS
55.33	Shayne Reese, AUS
55.36	Erica Morningstar, CAN
56.02	Victoria Poon, CAN
56.38	Hannah McLean, NZL
56.84	Claudia Poll, CRC

##### 200 FREE Aug. 17

1:58.02	Katie Hoff, USA
1:58.26	Linda Mackenzie, AUS
1:58.59	Bronte Barratt, AUS
1:59.29	Maki Mita, JPN
1:59.76	Dana Vollmer, USA
1:59.83	Claudia Poll, CRC
2:01.39	Brittany Reimer, CAN
2:01.43	Norie Urabe, JPN

##### 400 FREE Aug. 19

4:07.61	Ai Shibata, JPN
4:07.98	Katie Hoff, USA
4:08.42	Sachiko Yamada, JPN
4:08.47	Kate Ziegler, USA
4:08.68	Bronte Barratt, AUS
4:09.95	Linda Mackenzie, AUS
4:12.45	Claudia Poll, CRC
4:13.38	Cecilia Biagioli, ARG

##### 800 FREE Aug. 20

8:24.56	Kate Ziegler, USA
8:26.41	Ai Shibata, JPN
8:27.57	Hayley Peirsol, USA
8:30.29	Sachiko Yamada, JPN
8:34.35	Yurie Yano, JPN
8:37.84	Brittany Reimer, CAN
8:37.90	Melissa Gorman, AUS
8:38.34	Kelsey Ditto, USA

##### 1500 FREE Aug. 17

15:55.01	Kate Ziegler, USA
15:57.36	Hayley Peirsol, USA
16:11.13	Ai Shibata, JPN
16:25.85	Kristel Kobrich, CHI
16:28.47	Sachiko Yamada, JPN
16:29.10	Melissa Gorman, AUS
16:31.95	Kelsey Ditto, USA
16:46.38	Savannah King, CAN

##### 100 BACK Aug. 17

1:00.63	Hanae Ito, JPN
1:00.66	Natalie Coughlin, USA
1:00.86	Reiko Nakamura, JPN
1:01.53	Hannah McLean, NZL
1:01.75	Liz Coster, NZL
1:02.08	Fran Adcock, AUS
1:02.21	Joanna Fargus, AUS
1:02.27	Lauren English, USA

##### 200 BACK Aug. 19

2:08.86	Reiko Nakamura, JPN
2:09.42	Margaret Hoelzer, USA
2:10.30	Takami Igarashi, JPN

2:12.34	Kirsty Coventry, ZIM
2:12.61	Elizabeth Beisel, USA
2:13.48	Joanna Fargus, AUS
2:13.64	Melissa Ingram, NZL
2:14.88	Fran Adcock, AUS

##### 100 BREAST Aug. 18

1:07.56	Tara Kirk, USA
1:07.58	Megan Jendrick, USA
1:08.12	Sarah Katsoulis, AUS
1:08.47	Suzaan Van Biljon, RSA
1:09.70	Asami Kitagawa, JPN
1:09.89	Yoshimi Miwa, JPN
1:10.19	Jillian Tyler, CAN
1:10.37	Lisa Blackburn, CAN

##### 200 BREAST Aug. 20

2:26.36	Suzann Van Biljon, RSA
2:27.07	Asami Kitagawa, JPN
2:27.09	Seul Ki Jung, KOR
2:27.98	Megan Jendrick, USA
2:28.62	Su Yeon Back, KOR
2:28.66	Kristen Caverly, USA
2:29.08	Sarah Katsoulis, AUS
2:32.19	Chelsey Salli, CAN

##### 100 FLY Aug. 19

57.30	Jessica Schipper, AUS
58.75	Rachel Komisarz, USA
59.03	Mary DeScenza, USA
59.13	Yuko Nakanishi, JPN
59.46	Ayako Doi, JPN
59.76	MacKenzie Downing, CAN
59.95	Audrey Lacroix, CAN
1:00.00	Hai In Shin, KOR

##### 200 FLY Aug. 17

2:05.40w	Jessica Schipper, AUS (28.35, 1:00.11, 1:32.46)
2:06.52	Yuko Nakanishi, JPN
2:07.86	Yurie Yano, JPN
2:09.07	Mary DeScenza, USA
2:09.54	Stephanie Rice, AUS
2:09.83	Kim Vandenberg, USA
2:10.53	MacKenzie Downing, CAN
2:10.96	Audrey Lacroix, CAN

##### 200 IM Aug. 20

2:10.11	Whitney Myers, USA
2:11.51	Katie Hoff, USA
2:13.21	Stephanie Rice, AUS
2:14.27	Kirsty Coventry, ZIM
2:16.64	Maiko Fujino, JPN
2:16.75	Ashleigh McCleery, AUS
2:16.92	Yi Ting Siow, MAS
2:17.49	Julia Wilkinson, CAN

##### 400 IM Aug. 18

4:36.82	Katie Hoff, USA
4:39.68	Ariana Kukors, USA
4:41.83	Stephanie Rice, AUS
4:45.62	Maiko Fujino, JPN
4:46.63	Ashleigh McCleery, AUS
4:47.49	Xia Chenying, CHN
4:47.83	Ji Yeon Jung, KOR
4:48.07	Helen Norfolk, NZL

##### 400 MR Aug. 20

3:58.38	United States
4:02.47	Japan
4:03.82	Australia
4:05.59	Canada
4:09.28	New Zealand
4:09.32	Korea
4:16.30	Hong Kong

##### 400 FR Aug. 19

3:35.80n	United States
	Weir 53.76
	Coughlin 1:46.97
	Joyce 2:41.51
	Nymeyer 3:35.80

##### 3:41.83 Canada

##### 3:41.84 Australia

##### 3:43.66 Japan

##### 3:45.24 New Zealand

##### 3:47.83 Korea

##### 3:51.50 Hong Kong

##### 800 FR Aug. 18

7:54.62	United States
7:58.00	Australia
8:00.65	Japan
8:13.20	New Zealand
8:20.56	Korea
8:28.15	Hong Kong
DQ	Canada

#### MEN

##### 50 FREE Aug. 20

21.84	Cullen Jones, USA
22.12	Roland Schoeman, RSA
22.22	Brent Hayden, CAN
22.42	Lyndon Ferns, RSA
22.44	B. Wildman-Tobiner, USA
22.45	Cesar Cielo, BRA
22.57	Eamon Sullivan, AUS
22.59	George Bovell, TRI

##### 100 FREE Aug. 18

48.59n	Brent Hayden, CAN
48.76	Jason Lezak, USA
49.09	Eamon Sullivan, AUS
49.09	Roland Schoeman, RSA
49.11	Lyndon Ferns, RSA
49.19	Neil Walker, USA
49.66	Cesar Cielo, BRA
49.79	Rick Say, CAN

##### 200 FREE Aug. 17

1:46.20	Klete Keller, USA
1:47.51	Tae Hwan Park, KOR
1:47.59	Zhang Lin, CHN
1:47.78	Brent Hayden, CAN
1:48.05	Peter Vanderkaay, USA
1:49.12	Kenrick Monk, AUS
1:49.54	Brian Johns, CAN
1:50.12	Leith Brodie, AUS

##### 400 FREE Aug. 19

3:45.72	Tae Hwan Park, KOR
3:47.07	Zhang Lin, CHN
3:47.17	Klete Keller, USA

3:49.32	Andrew Hurd, CAN
3:49.67	Robert Margalis, USA
3:50.96	Takeshi Matsuda, JPN
3:53.70	Ryan Cochrane, CAN
3:54.05	Yon Hwan Kang, KOR

##### 800 FREE Aug. 17

7:55.88n	Andrew Hurd, CAN
7:56.82	Troyden Prinsloo, RSA
7:58.32	Ryan Cochrane, CAN
8:02.15	Kenichi Doki, JPN
8:05.07	Chip Peterson, USA
8:06.32	Fran Crippen, USA
8:07.13	Felipe Araujo, BRA
8:08.15	Cameron Smith, AUS

##### 1500 FREE Aug. 20

15:06.11	Tae Hwan Park, KOR
15:07.17	Erik Vendt, USA
15:08.97	Takeshi Matsuda, JPN
15:13.44	Ryan Cochrane, CAN
15:16.89	Peter Vanderkaay, USA
15:19.11	Robert Margalis, USA
15:19.25	Troyden Prinsloo, RSA
15:20.87	Michael Klueh, USA

##### 100 BACK Aug. 17

53.32	Aaron Peirsol, USA
54.02	Ryan Lochte, USA
54.38	Tomomi Morita, JPN
54.71	Junichi Miyashita, JPN
55.12	Matt Welsh, AUS
55.43	Ashley Delaney, AUS
55.65	Gerhard Zandberg, RSA
56.55	George Du Rand, RSA

##### 200 BACK Aug. 19

1:54.44w	Aaron Peirsol, USA (26.97, 55.85, 1:24.87)
1:56.81	Michael Phelps, USA
1:58.53	Tomomi Morita, JPN
1:59.33	Ryosuke Irie, JPN
2:00.52	Haen Stoelckel, AUS
2:01.05	Ephraim Hannant, AUS
2:01.41	Matthew Hawes, CAN
2:03.26	Lucas Salata, BRA

##### 100 BREAST Aug. 18

59.90	Brendan Hansen, USA
1:00.37	Brenton Rickard, AUS
1:00.90	Kosuke Kitajima, JPN
1:01.39	Scott Usher, USA
1:01.58	Michael Brown, CAN
1:02.16	Yuta Suenaga, JPN
1:02.38	Scott Dickens, CAN
1:02.49	Henrique Barbosa, BRA



ABOVE » Whitney Myers

(Photo by Jason Reed, Reuters)



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# FOR THE RECORD — continued from 53

## 200 BREAST Aug. 20

2:08.50w	Brendan Hansen, USA
2:10.87	Kosuke Kitajima, JPN
2:11.49	Scott Usher, USA
2:11.80	Brenton Rickard, AUS
2:12.56	Michael Brown, CAN
2:12.99	Daisuke Kimura, JPN
2:13.32	William Diering, RSA
2:15.50	Neil Versfeld, RSA

## Women

380.0	Great Britain
337.0	France
334.0	Germany
230.0	Italy
226.0	Hungary

## Men

392.0	Russia
321.0	Italy
318.0	Great Britain
304.0	France
209.0	Ukraine

## 100 FLY Aug. 19

51.47	Ian Crocker, USA
52.59	Ryo Takayasu, JPN
52.71	Takashi Yajimamoto, JPN
52.90	Lyndon Ferns, RSA
53.36	Gabriel Mangabeira, BRA
53.55	Davis Tarwater, USA
53.56	Joe Bartoch, CAN
53.88	Kaio Almeida, BRA

## 200 FLY Aug. 17

1:53.80w	Michael Phelps, USA
1:55.82	Ryuichi Shibata, JPN
1:56.20	Takeshi Matsuda, JPN
1:58.20	Travis Nederpelt, AUS
1:58.22	Davis Tarwater, USA
1:58.66	Nick D'Arcy, AUS
1:58.96	Jeremy Knowles, BAH
1:59.34	Kaio Almeida, BRA

## 200 IM Aug. 20

1:55.84w	Michael Phelps, USA
1:56.11	Ryan Lochte, USA
1:59.81	Ken Takakuwa, JPN
2:00.75	Leith Brodie, AUS
2:01.50	Hidemasa Sano, JPN
2:01.71	Brian Johns, CAN
2:02.29	Dean Kent, NZL
2:02.36	Adam Lucas, AUS

## 400 IM Aug. 18

4:10.47	Michael Phelps, USA
4:13.85	Robert Margalis, USA
4:18.44	Thiago Pereira, BRA
4:20.07	Travis Nederpelt, AUS
4:20.32	Shinya Taniguchi, JPN
4:22.49	Leith Brodie, AUS
4:28.07	Jeremy Knowles, BAH
DQ	Hidemasa Sano, JPN

## 400 MR Aug. 20

3:31.79	United States
3:35.70	Japan
3:36.15	Australia
3:39.76	Canada
3:40.08	South Africa
3:43.52	New Zealand
3:44.78	Brazil
3:58.85	Chinese Taipei

## 400 FR Aug. 19

3:12.46w	United States
3:16.12	Phelps 48.83
3:16.42	Walker 1:36.72
3:19.20	Jones 2:24.68
3:22.34	Lezak 3:12.46
3:23.95	Canada
3:23.95	Australia
3:23.95	Japan
3:23.95	New Zealand
3:23.95	Brazil
3:23.95	Chinese Taipei

## 800 FR Aug. 18

7:05.28n	United States
7:12.39	Phelps 1:45.91
7:12.39	Lochte 3:33.25
7:12.39	Vanderkaay 5:19.74
7:12.39	Keller 7:05.28
7:12.39	Canada
7:12.39	Australia
7:12.39	Japan
7:12.39	New Zealand
7:12.39	Brazil
7:12.39	Chinese Taipei

## EUROPEAN SWIMMING CHAMPIONSHIPS Budapest, Hungary

July 31-Aug. 6, 2006 (50 M)

w = World Record

e = European Record

## TEAM STANDINGS Combined

698.0	Great Britain
641.0	France
551.0	Italy
516.0	Russia
491.0	Germany

## 50 BREAST Aug. 6

31.69	Elena Bogomazova, RUS
31.71	Kate Haywood, GBR
31.95	Agnes Kovacs, HUN
32.05	Janne Schaefer, GER
32.12	Roberta Panara, ITA
32.27c	Moniek Nijhuis, NED
32.27c	Rebecca Ejdervik, SWE
32.44	Ina Kaphishina, BLR

## 100 BREAST Aug. 2

1:07.55	G. Khlystunova, UKR
1:07.95	Kirsty Balfour, GBR
1:08.60	Agnes Kovacs, HUN
1:08.73	Yukiya Pidlisna, UKR
1:08.78	Kate Haywood, GBR
1:08.83	Elena Bogomazova, RUS
1:09.27	Sarah Poewe, GER
1:09.47	Chiara Boggiano, ITA

## 200 BREAST Aug. 4

2:25.66	Kirsty Balfour, GBR
2:28.42	Yuliya Pidlisna, UKR
2:28.90	Agnes Kovacs, HUN
2:29.19	Berry Chohan, GBR
2:29.38	G. Khlystunova, UKR
2:29.48	Sarah Poewe, GER
2:30.07	Beata Kaminska, POL
2:30.12	A.M. Gulbrandsen, NOR

## 50 FLY Aug. 1

26.06	T. Alshammer, SWE
26.23	A.K. Hammerling, SWE
26.49	Chantal Groot, NED
26.67	Inge Dekker, NED
26.79	F. Nadarajah, AUT
26.87	Daniela Samulski, GER
27.05	Elena Gemo, ITA
27.09	A. Urbanczyk, POL

## 100 FLY Aug. 4

58.35	Inge Dekker, NED
58.98	M. Moravcova, SVK
59.06	Alena Popchanka, FRA
59.11	Beatrix Bousquet, HUN
59.23	Francesca Segat, ITA
59.44	Elena Gemo, ITA
59.78	Natalia Sutaygina, RUS
59.86	Chantal Groot, NED

## 200 FLY Aug. 6

2:07.09	Otylia Jędrzejczak, POL
2:08.96	Francesca Segat, ITA
2:09.01	Caterina Giacchetti, ITA
2:09.24	Beatrix Bousquet, HUN
2:09.76	Jessica Dickson, GBR
2:10.03	Sarah Bey, FRA
2:10.25	Aurore Mongel, FRA
2:10.54	Krisztina Lipcsei, HUN

## 200 IM Aug. 3

2:12.69	Laure Manaudou, FRA
2:13.36	K. Baranowska, POL
2:13.75	Alessia Filippi, ITA
2:14.89	Yana Klochkova, UKR
2:14.98	Nicole Hetzer, GER
2:16.38	Svetlana Karpeeva, RUS
2:17.39	J. Hjorth-Hansen, DEN
2:18.18	Sophie De Ronchi, FRA

## 400 IM July 31

4:35.80	Alessia Filippi, ITA
4:37.97	Nicole Hetzer, GER
4:40.02	K. Baranowska, POL
4:42.75	Z. Jakobs, HUN
4:44.04	Yana Martynova, RUS
4:45.13	Rebecca Cooke, GBR
4:47.51c	Hannah Miley, GBR
4:47.51c	J. Hjorth-Hansen, DEN

## 400 MR Aug. 6

4:02.24	Great Britain
4:02.35	Germany
4:03.64	France
4:05.56	Ukraine
4:06.18	Netherlands
4:06.66	Hungary
4:07.28	Sweden
4:10.31	Denmark

## 400 FR July 31

3:55.22w	Germany
3:57.40	Dallmann 54.53
3:57.40	Goetz 1:48.40
3:57.40	Steffen 2:41.06
3:57.40	Liebs 3:35.22
3:57.40	Netherlands
3:57.40	France
3:57.40	Sweden
3:57.40	Great Britain
3:57.40	Italy
3:57.40	Belgium
3:57.40	Spain



ABOVE » Arkady Vyatchanin

## 800 FR Aug. 3

7:50.82w	Germany
7:50.82w	Dallmann 1:59.14
7:50.82w	Samulski 3:57.41
7:50.82w	Steffen 5:55.18
7:50.82w	Liebs 7:50.82
7:50.82w	Poland
7:50.82w	France
7:50.82w	Great Britain
7:50.82w	Italy
7:50.82w	Sweden
7:50.82w	Spain
7:50.82w	Hungary

## 200 BACK Aug. 19

1:55.44c	Arkady Vyatchanin, RUS
1:55.44c	Laszlo Cseh, HUN
1:55.44c	Razvan Florea, ROM
1:55.44c	Markus Rogan, AUT
1:55.44c	Helge Meeuw, GER
1:55.44c	James Goddard, GBR
1:55.44c	Gordan Kozulj, CRO
1:55.44c	Mattia Aversa, ITA

## 50 BREAST Aug. 5

27.48c	Oleg Lisogor, UKR
27.48c	Alessandro Terrin, ITA
27.48c	Matjaz Markic, SLO
27.48c	Roman Sludnov, RUS
27.48c	James Gibson, GBR
27.48c	Mihaly Flaskay, HUN
27.48c	Darren Mew, GBR
27.48c	Martin Gustavsson, SWE

## 100 BREAST Aug. 1

1:00.61	Roman Sludnov, RUS
1:00.63	Alexander Dale Oen, NOR
1:00.64	Oleg Lisogor, UKR
1:00.99	Chris Cook, GBR
1:01.07	Valeriy Dymo, UKR
1:01.14	Hugues Duboscq, FRA
1:01.36	Richard Bodor, HUN
1:01.46	James Gibson, GBR

## 200 BACK Aug. 3

2:12.12	Slawomir Kuczek, POL
2:12.35	Paolo Bossini, ITA
2:13.21	Kristopher Gilchrist, GBR
2:13.29	Dmitry Komorikov, RUS
2:14.16	Fabien Horn, FRA
2:14.26	James Kirton, GBR
2:14.74	Andrey Ivanov, RUS
2:14.74	Loris Facci, ITA

## 50 FLY Aug. 1

23.41	Sergiy Breus, UKR
23.62	Duje Draganja, CO
23.77c	Jakob Andkjær, DEN
23.77c	Andriy Serdinov, UKR
23.82	Frederick Bousquet, FRA
24.00	Matt Rajakyla, FIN
24.18	Evgeny Korotyskin, RUS
24.26	Simao Morgado, POR

## 100 FLY Aug. 5

51.95	Andriy Serdinov, UKR
52.76	Amoury Leveaux, FRA
52.96	Nikolay Skvortsov, RUS
53.16	Sotirios Pastras, GER
53.18	Sergiy Breus, UKR
53.24	Todd Cooper, GBR
53.26	Rudy Goldin, ITA
53.32	Mattia Nalesso, ITA

## 200 FLY Aug. 3

1:55.04	P. Korzeniowski, POL
1:57.03	I. Drymonakos, GRE
1:57.12	Nikolay Skvortsov, RUS
1:57.52	Ioan Gherghel, ROM
1:57.57	Francesco Vespe, ITA
1:57.75	Anatoly Polyakov, RUS
1:57.98	Christophe Lebon, FRA
1:58.07	Lukasz Drzewinski, POL

## 200 IM Aug. 2

1:58.17	Laszlo Cseh, HUN
2:00.14	Alessio Boggiatto, ITA
2:00.17	Tamas Kerejzator, HUN
2:00.17	Gregor Tait, GBR
2:02.22	Ioannis Kokkodis, GRE
2:02.27	Euan Dale, GBR
2:03.10	Lukasz Wojt, POL
2:03.25	Vytautas Janusaitis, LTU

## 400 IM Aug. 6

4:09.86	Laszlo Cseh, HUN
4:14.15	Luca Marin, ITA
4:16.34	Alessio Boggiatto, ITA
4:18.88	David Carry, GBR
4:19.30	Nicolas Rostoucher, RA
4:20.38	Ionnis Drymonakos, GRE
4:20.48	Vasilios Demetis, GRE
4:20.76	David Verraszto, HUN

## 400 MR Aug. 6

3:34.96	Russia
3:36.21	Ukraine
3:36.61	Great Britain
3:36.89	France
3:38.08	Hungary
3:39.06	Romania
3:39.33	Germany
DQ	Sweden

## 400 FR July 31

3:15.23	Italy
3:16.47	Russia
3:16.53	France
3:17.01	Sweden
3:18.21	Germany
3:22.40	Lithuania
DQ	Great Britain
DQ	Netherlands

## 800 FR Aug. 5

7:09.60c	Italy
7:09.60c	Rosolino 1:47.16
7:09.60c	Berbotto 3:35.03
7:09.60c	Cassio 5:22.59
7:09.60c	Magnini 7:09.60
7:09.60c	Great Britain
7:09.60c	Greece
7:09.60c	France
7:09.60c	Russia
7:09.60c	Poland
7:09.60c	Germany
7:09.60c	Hungary

## EUROPEAN JUNIOR CHAMPIONSHIPS Palma de Mallorca, Spain July 6-9, 2006 (50 M)

## WOMEN

50 FREE July 9	Francesca Halsall, GBR
25.81	R. Kromowidjojo, NED
26.05	Daryna Stepanyuk, UKR
100 FREE July 7	Francesca Halsall, GBR
55.47	Ophelia Etienne, FRA
56.80	Nathalie Lindborg, SWE
57.00c	Daryna Stepanyuk, UKR

## 200 FREE July 9

2:01.61	Mireia Garcia, ESP
2:01.93	Francesca Halsall, GBR
2:02.00	Ophelia Etienne, FRA
400 FREE July 8	Aurelie Muller, FRA
4:15.72	Joanna Budzis, POL
4:16.03	Guilia Bolgiani, ITA

## 800 FREE July 7

8:43.53	Elena Sokolova, RUS
8:43.65	Giulia Bolgiani, ITA
8:49.03	Monika Mocnik, SLO
50 BACK July 8	Christin Zenner, GER
29.30	Anastasia Zueva, RUS
29.60	Helga Kalicz, HUN

## 100 BACK July 7

1:02.32	Anastasia Zueva, RUS
1:02.79	Elizabeth Simmonds, GBR
1:03.07	Georgia Davies, GBR
200 BACK July 9	Elizabeth Simmonds, GBR
2:12.78	Anastasia Zueva, RUS
2:15.48	Oxana Shlapakova, RUS
2:15.83	Oxana Shlapakova, RUS

## 50 BREAST July 6

32.52	Anna Kuzmicheva, RUS
32.61	Hanna Westrin, SWE
32.93	Luiza Hryniewicz, POL
100 BREAST July 9	Anna Kuzmicheva, RUS
1:05.95	Hanna Westrin, SWE
1:10.19	Katarzyna Dmelnik, POL
1:11.61c	Luiza Hryniewicz, POL



<b>200 IM</b>	<b>July 9</b>
2:15.42	Olga Shulgina, RUS
2:17.86	Nina Ditrlich, AUT
2:18.22	Eszter Dara, HUN
<b>400 IM</b>	<b>July 6</b>
4:46.24	Mireia Garcia, ESP
4:51.58	Jessica Dickons, GBR
4:53.92	Eszter Dara, HUN
<b>400 MR</b>	<b>July 9</b>
4:12.63	Russia
4:14.41	Hungary
4:15.09	France
<b>400 FR</b>	<b>July 8</b>
3:47.89	Great Britain
3:49.23t	Germany
3:49.23t	Russia
<b>800 FR</b>	<b>July 6</b>
8:10.96	Russia
8:11.76	Great Britain
8:21.30	Italy
<b>MEN</b>	
<b>50 FREE</b>	<b>July 7</b>
22.80	Norbert Trandafir, ROM
23.16	Sergey Fesikov, RUS
23.18	Yoris Grandjean, BEL
<b>100 FREE</b>	<b>July 9</b>
50.89	Yoris Grandjean, BEL
50.98	Norbert Trandafir, ROM
51.15t	Michèle Santucci, ITA
51.15t	Sebastian Wikstrom, SWE
<b>200 FREE</b>	<b>July 6</b>
1:49.26	Robbie Renwick, GBR
1:49.94	Federico Colbaltardo, ITA
1:50.91	Ioannis Giannoulis, GRE
<b>400 FREE</b>	<b>July 7</b>
3:49.12	Federico Colbaltardo, ITA
3:50.94	Alexander Selin, RUS
3:51.90	Nikita Lobintsev, RUS
<b>1500 FREE</b>	<b>July 8</b>
15:06.15	Nikita Lobintsev, RUS
15:10.82	Federico Colbaltardo, ITA
15:11.93	Maciej Hreniak, POL
<b>50 BACK</b>	<b>July 6</b>
26.04	Ivan Tolic, CRO
26.44	Mathias Gydesen, DEN
26.59	Damiano Lestingi, ITA
<b>100 BACK</b>	<b>July 9</b>
56.85	Damiano Lestingi, ITA
57.16	James Szabo, HUN
57.31	Ivan Tolic, CRO
<b>200 BACK</b>	<b>July 7</b>
2:00.32	Damiano Lestingi, ITA
2:02.75	Pedro Oliveira, POR
2:03.50	Andriy Nikishenko, UKR
<b>50 BREAST</b>	<b>July 8</b>
28.59	Mattia Pesce, ITA
28.65	Damir dugonjic, SLO
28.98	Aurimas Valaitis, LTU
<b>100 BREAST</b>	<b>July 7</b>
1:02.40	Slawomir Wolniak, POL
1:02.61	Eduardo Giorgetti, ITA
1:03.12	Piotr Galka, POL
<b>200 BREAST</b>	<b>July 9</b>
2:15.00	Eduardo Giorgetti, ITA
2:15.19	Slawomir Wolniak, POL
2:15.69	Luca Pizzini, ITA
<b>50 FLY</b>	<b>July 9</b>
24.21	Rafael Perez, ESP
24.28	Mario Todorovic, CRO
24.62	Dominik Straga, CRO
<b>100 FLY</b>	<b>July 7</b>
54.07	Joseph Natullo, ITA
54.20	Mario Todorovic, CRO
54.51t	Yauheni Lazuka, BLR
54.51t	Dominik Straga, CRO
<b>200 FLY</b>	<b>July 8</b>
1:58.53	Joseph Natullo, ITA
1:58.68	Gergo Kis, HUN
2:00.20	Norbert Kovacs, HUN
<b>200 IM</b>	<b>July 9</b>
2:03.53	Gergo Kis, HUN
2:03.67	Martin Liivamagi, EST
2:03.89	David Verraszto, HUN
<b>400 IM</b>	<b>July 6</b>
4:16.82	Gergo Kis, HUN
4:19.30	David Verraszto, HUN
4:20.27	Mateusz Matczak, POL
<b>400 MR</b>	<b>July 9</b>
3:47.63	Spain
3:48.64	Poland
3:48.68	Great Britain
<b>400 FR</b>	<b>July 6</b>
3:23.63	Russia
3:25.59	Great Britain
3:25.64	Italy
<b>800 FR</b>	<b>July 7</b>
7:23.02	Russia
7:27.80	Italy
7:29.96	France

<b>NATIONAL</b>	
<b>2006 USA SWIMMING CONOCOPHILLIPS NATIONAL CHAMPIONSHIPS</b>	
<b>Irvine, California</b>	
<b>August 1-5, 2006 (50 M)</b>	
w = World, American and U.S. Open Record	
n = American and U.S. Open Record	
o = U.S. Open Record	
<b>TEAM STANDINGS</b>	
<b>Combined</b>	
812.0	Club Wolverine
598.5	Longhorn Aquatics
296.0	Tucson Ford Dealers
294.0	California Aquatics
176.5	Stanford Swimming
<b>Women</b>	
288.0	Club Wolverine
279.5	California Aquatics
182.0	Tucson Ford Dealers
168.0	Longhorn Aquatics
144.0	North Baltimore
<b>Men</b>	
524.0	Club Wolverine
430.5	Longhorn Aquatics
136.0	Minnesota Aquatics
114.0t	Stanford Swimming
114.0t	Tucson Ford Dealers
<b>WOMEN</b>	
<b>50 FREE</b>	<b>Aug. 3</b>
24.97	Kara Lynn Joyce, ABSC
25.17	Natalie Coughlin, CAL
25.20	Courtney Cashion, FORD
25.32	Maritza Correia, ABSC
25.43	Lacey Nymeyer, FORD
25.48	Amanda Weir, SA
25.70	S. Woodward, KMSC
25.71	Brooke Bishop, STAN
<b>100 FREE</b>	<b>Aug. 5</b>
53.58n	Amanda Weir, SA
54.25	Natalie Coughlin, CAL
<b>200 FREE</b>	<b>Aug. 3</b>
1:49.26	Robbie Renwick, GBR
1:49.94	Federico Colbaltardo, ITA
1:50.91	Ioannis Giannoulis, GRE
<b>400 FREE</b>	<b>July 7</b>
3:49.12	Federico Colbaltardo, ITA
3:50.94	Alexander Selin, RUS
3:51.90	Nikita Lobintsev, RUS
<b>1500 FREE</b>	<b>July 8</b>
15:06.15	Nikita Lobintsev, RUS
15:10.82	Federico Colbaltardo, ITA
15:11.93	Maciej Hreniak, POL
<b>50 BACK</b>	<b>July 6</b>
26.04	Ivan Tolic, CRO
26.44	Mathias Gydesen, DEN
26.59	Damiano Lestingi, ITA
<b>100 BACK</b>	<b>July 9</b>
56.85	Damiano Lestingi, ITA
57.16	James Szabo, HUN
57.31	Ivan Tolic, CRO
<b>200 BACK</b>	<b>July 7</b>
2:00.32	Damiano Lestingi, ITA
2:02.75	Pedro Oliveira, POR
2:03.50	Andriy Nikishenko, UKR
<b>50 BREAST</b>	<b>July 8</b>
28.59	Mattia Pesce, ITA
28.65	Damir dugonjic, SLO
28.98	Aurimas Valaitis, LTU
<b>100 BREAST</b>	<b>July 7</b>
1:02.40	Slawomir Wolniak, POL
1:02.61	Eduardo Giorgetti, ITA
1:03.12	Piotr Galka, POL
<b>200 BREAST</b>	<b>July 9</b>
2:15.00	Eduardo Giorgetti, ITA
2:15.19	Slawomir Wolniak, POL
2:15.69	Luca Pizzini, ITA
<b>50 FLY</b>	<b>July 9</b>
24.21	Rafael Perez, ESP
24.28	Mario Todorovic, CRO
24.62	Dominik Straga, CRO
<b>100 FLY</b>	<b>July 7</b>
54.07	Joseph Natullo, ITA
54.20	Mario Todorovic, CRO
54.51t	Yauheni Lazuka, BLR
54.51t	Dominik Straga, CRO
<b>200 FLY</b>	<b>July 8</b>
1:58.53	Joseph Natullo, ITA
1:58.68	Gergo Kis, HUN
2:00.20	Norbert Kovacs, HUN
<b>200 IM</b>	<b>July 9</b>
2:03.53	Gergo Kis, HUN
2:03.67	Martin Liivamagi, EST
2:03.89	David Verraszto, HUN
<b>400 IM</b>	<b>July 6</b>
4:16.82	Gergo Kis, HUN
4:19.30	David Verraszto, HUN
4:20.27	Mateusz Matczak, POL
<b>400 MR</b>	<b>July 9</b>
3:47.63	Spain
3:48.64	Poland
3:48.68	Great Britain
<b>400 FR</b>	<b>July 6</b>
3:23.63	Russia
3:25.59	Great Britain
3:25.64	Italy
<b>800 FR</b>	<b>July 7</b>
7:23.02	Russia
7:27.80	Italy
7:29.96	France

(Photo by Jason Reed, Reuters)



ABOVE » Natalie Coughlin

54.47	Lacey Nymeyer, FORD
54.67	Kara Lynn Joyce, ABSC
55.44	Katie Hoff, NBAC
55.66	Andrea Hopman, SA
55.83	Whitney Myers, FORD
55.84	Courtney Cashion, FORD
<b>200 FREE</b>	<b>Aug. 2</b>
1:58.11	Natalie Coughlin, CAL
1:58.16	Katie Hoff, NBAC
1:58.79	Dana Vollmer, FWA
1:59.11	Amanda Weir, SA
1:59.53	Lacey Nymeyer, FORD
1:59.90	Kara Lynn Joyce, ABSC
2:00.46	Erin Reilly, CAL
2:01.65	Kate Dwyer, TERA
<b>400 FREE</b>	<b>Aug. 1</b>
4:05.75	Kate Ziegler, FISH
4:05.83	Katie Hoff, NBAC
4:06.31	Hayley Peirson, CW
4:11.82	Kelsey Ditto, LONG
4:14.07	Stephanie Cota, SM
4:14.24	Claire Maust, SA
4:14.65	Kirsten Groome, NBAC
4:15.60	Adrienne Binder, SBSC
<b>800 FREE</b>	<b>Aug. 5</b>
8:26.45	Hayley Peirson, CW
8:27.65	Kate Ziegler, FISH
8:33.46	Kelsey Ditto, LONG
8:37.15	Leah Gingrich, WSY
8:37.61	Laura Conway, MACON
8:38.20	Adrienne Binder, SBSC
8:38.92	Caroline Burckle, LST
8:40.75	Kirsten Groome, NBAC
<b>100 BACK</b>	<b>Aug. 2</b>
1:01.69	Leila Vaziri, CSSC
1:01.86	Lauren English, CAT
1:01.93	Margaret Hoelzer, AUB
1:02.20	Brooke Bishop, STAN
1:02.51	Ariana Kukors, KING
1:02.65	Mary DeScenza, ABSC
1:03.54	Brielle White, NOVA-VA
1:03.81	Julia Smit, TVSC
<b>200 BACK</b>	<b>Aug. 4</b>
2:10.71	Margaret Hoelzer, AUB
2:12.11	Elizabeth Beisel, BLUE
2:13.09	Teresa Crippen, GAAC
2:13.92	Kelly Harrigan, RUT
2:14.33	Lauren English, CAT
2:15.12	Julia Smit, TVSC
2:15.17	Caitlin Iversen, TIGER
2:17.13	Daphne Skelos, LIAC
<b>100 BREAST</b>	<b>Aug. 3</b>
1:07.54	Megan Jendrick, KING
1:07.65t	Jessica Hardy, CAL
1:07.65t	Tara Kirk, STAN
1:09.30	M. McKeenan, CGAC
1:09.94	Eleanor Weberg, FLA
1:10.13	Jessica Embick, MHST
1:10.58	Elizabeth Tinnon, LST
1:11.37	Keri Hehn, NOVA
<b>200 BREAST</b>	<b>Aug. 5</b>
2:28.46	Tara Kirk, STAN
2:28.72	Megan Jendrick, KING
2:29.39	Kristen Caverly, AZOT
2:29.44	Keri Hehn, NOVA
2:29.51	Caitlin Leverenz, EDAC
2:31.35	Jessica Schmitz, NCAC
2:31.84	Eleanor Weberg, FLA
2:32.80	Alexandra Ellis, BFST
<b>100 FLY</b>	<b>Aug. 1</b>
57.78	Natalie Coughlin, CAL
57.79	Rachel Komisarz, LST
58.80	Mary DeScenza, ABSC
59.36	Dana Vollmer, FWA
59.70	Margaret Hoelzer, AUB
1:00.22	Kathleen Hersey, SA
1:00.29	Elaine Breedon, WA
1:00.57	Kim Vandenberg, UCLA
<b>200 FLY</b>	<b>Aug. 4</b>
2:08.51	Kim Vandenberg, UCLA
2:08.73	Mary DeScenza, ABSC
2:10.53	Kathleen Hersey, SA
2:11.02	Courtney Kalisz, NBAC
2:11.45	Whitney Myers, FORD
2:11.91	Stephanie Cota, SMST
2:12.46	Elaine Breedon, WA
2:13.76	Kaitlin Sandeno, CW
<b>200 IM</b>	<b>Aug. 1</b>
2:10.05n	Katie Hoff, NBAC
(2:51.1, 1:01.88, 1:39.49)	
2:12.06	Whitney Myers, FORD
2:13.86	Kaitlin Sandeno, CW
2:15.23	Emily Kukors, KING
2:15.51	Caitlin Leverenz, EDAC
<b>400 IM</b>	<b>Aug. 3</b>
4:35.82o	Katie Hoff, NBAC
(1:03.86, 2:14.45, 3:32.36)	
4:40.10	Ariana Kukors, KING
4:43.06	Kaitlin Sandeno, CW
4:43.83	A. Aemisegger, GAAC
4:46.18	Teresa Crippen, GAAC
4:46.27	Adrienne Binder, SBSC
4:46.34	Kathleen Hersey, SA
4:46.84	Kathleen Carroll, CW

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## FOR THE RECORD — continued from 55

## 400 MR Aug. 5

4:03.32	California
4:11.90	King
4:13.29	Lakeside
4:15.13	Club Wolverine B
4:15.42	Club Wolverine
4:15.77	Longhorn
4:17.81	Terrapins
4:18.01	Tucson Ford

## 400 FR Aug. 2

3:42.90	Tucson Ford
3:43.19	California
3:49.25	Longhorn B
3:49.59	Dallas Mustangs
3:49.62	Club Wolverine
3:51.58	California B
3:51.66	Arizona Desert Fox
3:51.67	Sun Devil

## 800 FR Aug. 3

8:08.16	California
8:09.73	Club Wolverine
8:12.05	Longhorn
8:17.32	Aggie
8:18.25	Club Wolverine B
8:18.34	Arizona Desert Fox
8:19.70	Fleet
8:20.47	Gator

## 100 FREE Aug. 3

21.94	Cullen Jones, NCS
22.16	B. Wildman-Tobiner, STAN
22.22	Jason Lezak, NOVA
22.49t	Neil Walker, LONG
22.49t	Gary Hal, CAL
22.53	Nicholas Brunelli, SDA
22.55	G. Weber-Gale, LONG
22.62	C. Hollinger, LANC

## 100 FREE Aug. 4

48.63	Jason Lezak, NOVA
49.23	Neil Walker, LONG
49.35	Cullen Jones, NCS
49.39	B. Wildman-Tobiner, STAN
49.46	G. Weber-Gale, LONG
49.81	Klete Keller, CW
49.84	Nicholas Brunelli, SDA
49.88	Adam Ritter, FORD

## 200 FREE Aug. 2

1:45.63	Michael Phelps, CW
1:46.62	Klete Keller, CW
1:47.73	Peter Vanderkaay, CW
1:47.78	Ryan Lochte, DBS
1:48.24	Jaime Cramer, SES
1:48.85	David Walters, TYP
1:49.60	Shaun Phillips, NAC
1:49.95	Adam Ritter, FORD

## 400 FREE Aug. 1

3:44.27	Klete Keller, CW
3:46.81	Peter Vanderkaay, CW
3:48.01	Larsen Jensen, TROJ
3:50.63	Michael Klueh, LONG
3:51.07	Francis Crippen, MVN
3:52.24	Shaun Phillips, NAC
3:52.49	Tobias Work, CCSC
3:53.12	Matthew Patton, CW

## 1500 FREE Aug. 5

15:05.41	Erik Vendt, CW
15:11.11	Larsen Jensen, TROJ
15:14.78	Peter Vanderkaay, CW
15:16.74	Robert Margalis, SPA
15:18.96	Chad LaTourette, MVN
15:19.43	Michael Klueh, LONG
15:21.08	Charles Peterson, UNAT
15:27.73	T. Kouchervay, SDS

## 100 BACK Aug. 2

53.38	Aaron Peirsol, LONG
53.91	Randall Bal, STAN
54.77	Peter Marshall, STAN
54.90	Nicholas Thoman, FORD
54.93	David Plummer, MINN
55.19	David Russell, BLUE
55.38	James Wike, AUB
55.50	Matthew Grevers, UNAT

## 200 BACK Aug. 5

1:56.36	Aaron Peirsol, LONG
1:57.09	Michael Phelps, CW
1:58.13	Ryan Lochte, DBS
2:00.59	Hong Zhe Sun, STAN
2:01.13	Nicholas Thoman, FORD
2:01.30	David Plummer, MINN
2:01.33	Ian Clark, SUB
2:01.76	Doug Van Wie, AUB

## 100 BREAST Aug. 1

59.13w	Brendan Hansen, LONG (Split: 27.66)
1:01.07	Scott Usher, WYO
1:01.12	Matthew Lowe, LONG
1:01.32	Mark Gangloff, AUB
1:02.37	Tyler O'Halloran, LONG
1:02.53	Christian Schurr, LONG
1:02.64	Ivan Barnes, FORD
1:02.82	Giordan Poglioli, BOIL

## 200 BREAST Aug. 5

2:08.74w	Brendan Hansen, LONG (28.87, 1:01.58, 1:34.84)
2:11.38	Eric Shanteau, SA
2:11.96	Scott Usher, WYO
2:14.91t	Ryan Hurley, CBSC
2:14.91t	Giordan Poglioli, BOIL
2:16.48	Scott Spann, LONG
2:16.74	David Ash, STAN
2:17.77	Mark Gangloff, AUB

## 100 FLY Aug. 3

51.51	Michael Phelps, CW
51.73	Ian Crocker, LONG
53.26	Ryan Lochte, DBS
53.27	Davis Tarwater, CW
53.42	Peter Verhoef, CGBD
53.73	Joseph Doyle, OSU
53.91	Tyler O'Halloran, LONG
54.08	Ricky Berens, MECK

## 200 FLY Aug. 2

1:54.32	Michael Phelps, CW
1:57.00	Davis Tarwater, CW
1:58.16	Daniel Madwed, NBAC
2:00.11	Alex Vanderkaay, CW
2:00.37	Patrick Cary, SBSC
2:00.59	Eddie Erazo, AZOT
2:01.18	David Mosko, CM
2:02.86	Zachary Wood, MINN

## 200 IM Aug. 4

1:56.50	Michael Phelps, CW
1:56.78	Ryan Lochte, DBS
1:58.05	Eric Shanteau, SA
2:02.35	Robert Margalis, SPA
2:02.81	Doug Van Wie, AUB
2:03.06	Timothy Liebhold, WISC
2:03.21	Patrick Mellors, JCCS
2:03.53	Geoffrey Rathgeber, UNAT

## 400 IM Aug. 1

4:10.16	Michael Phelps, CW
4:11.53	Ryan Lochte, DBS
4:12.69	Erik Vendt, CW
4:12.92	Robert Margalis, SPA
4:14.33	Eric Shanteau, SA
4:22.68	Alex Vanderkaay, CW
4:23.05	Patrick Mellors, JCCS
4:23.34	Andrew Callahan, AUB

## 400 MR Aug. 5

3:41.96	Club Wolverine
3:42.47	Tucson Ford
3:43.55	Ohio State
3:45.51	Longhorn
3:46.02	Indiana
3:46.95	Longhorn B
3:47.54	Bluefish
3:49.08	Minnesota

## 400 FR Aug. 1

3:24.14	Longhorn B
3:25.89	Minnesota
3:26.76	Club Wolverine
3:27.71	Ohio State
3:28.58	Irvine Nova
3:29.36	Trojan
3:29.42	Penn State

## 800 FR Aug. 4

7:26.35	Club Wolverine
7:32.63	Club Wolverine B
7:33.93	YMCA of the Triangle
7:34.16	Minnesota
7:35.18	Longhorn B
7:37.66	Bluefish
7:40.53	Fullerton
7:42.57	Santa Barbara

## 2006 SPEEDO USA SWIMMING JUNIOR CHAMPIONSHIPS Irvine, California

August 7-11, 2006 (50 M)

## TEAM STANDINGS Combined

308.0	Tampa Bay Comm. Aq.
295.0	Arizona Desert Fox
293.0	Irvine Novaquatics
261.0	Lakeside Swim Team
217.0	Dallas Mustangs

## Women

256.0	Sun Devil Aquatics
241.0	Arizona Desert Fox
197.0	Tampa Bay Comm. Aq.
172.5	Club Wolverine
168.0	Lakeside Swim Team

## Men

264.0	Irvine Novaquatics
187.0	Dallas Mustangs
184.0	Fast Swim Team
158.0	Mecklenburg AC
145.0	Barracuda Swim Team

## WOMEN

50 FREE Aug. 11	S. Woodward, KMG
25.85	Katherine Raatz, AFOX
26.01	Tracye Swartz, SDA

100 FREE Aug. 8	Chelsea Nauta, TBAY
56.70	Katherine Raatz, AFOX
56.84	Megan Braun, FOXJ

200 FREE Aug. 9	Katherine Raatz, AFOX
2:01.55	Chelsea Nauta, TBAY
2:02.03	Allison Schmitt, CW

400 FREE Aug. 10	S. Vanden Berge, PASA
4:15.77	Kristyne Cole, CW
4:15.83	Chelsea Nauta, TBAY

800 FREE Aug. 7	S. Vanden Berge, PASA
8:43.27	G. Maddalena, TWST
8:47.69	Alicia Mathieu, SONOCO

1500 FREE Aug. 11	S. Vanden Berge, PASA
16:46.47	Alicia Mathieu, SONOCO
16:51.66	Alexandra Clarke, AFOX

100 BACK Aug. 10	Jenni Connolly, BOIL
1:03.47	Elizabeth Peltan, BSC
1:04.82	Jessica Guro, ATL

200 BACK Aug. 8	Daphne Skelos, LIAC
2:15.73	S. Sarandos, WEST
2:17.81	Amanda Faulkner, LST

100 BREAST Aug. 10	Kasey Carlson, TERA
1:10.77	Lindsey Norberg, ITH
1:10.92	Alia Atkinson, PEMB

200 BREAST Aug. 8	Kasey Carlson, TERA
2:32.58	Kristin Polley, RAYS
2:32.77	Micah Lawrence, GOLD

100 FLY Aug. 10	S. Woodward, KMG
1:00.47	Katie Nolan, HERS
1:01.36	Katherine Raatz, AFOX

200 FLY Aug. 8	Natalie Adams, FLEET
2:13.00	Tanya Krisman, LIRC
2:13.83	Abigail Fish, LST

400 IM Aug. 11	L. Beaudreau, NOVA-VA
4:53.44	Lauren Hal, SBA
4:53.72	S. Woodward, KMG

400 IM Aug. 9	Natalie Adams, FLEET
4:53.44	L. Beaudreau, NOVA-VA
4:53.72	S. Vanden Berge, PASA

200 MR Aug. 7	Sun Devil
1:59.95	Texas Gold
2:00.26	Atlantis Aquatic

400 MR Aug. 11	Lakeside
4:19.73	Texas Gold
4:22.18	Sun Devil

200 FR Aug. 8	Sun Devil
1:47.12	Lake Country
1:47.32	Club Wolverine

400 FR Aug. 10	Club Wolverine
3:52.30	Tampa Bay
3:52.45	Sun Devil

800 FR Aug. 9	Club Wolverine
8:19.65	Arizona Desert Fox
8:21.50	Bolles School

## MEN

50 FREE Aug. 11	Michael Richards, STAR
23.49	Nicklaus Cordes, BAST
23.58	Joshua Daniels, CLOV

100 FREE Aug. 8	Taylor Turner, AFOX
51.51	Titus Knight, LONG
52.06	Austin Staab, WAC



ABOVE » Tyler Clary

200 FREE Aug. 9	Titus Knight, LONG
1:51.74	Scott Clary, FAST
1:51.86	Logan Storie, CAT

400 FREE Aug. 10	Chad La Tourette, MVN
3:56.17	Tyler Clary, FAST
3:56.19	Logan Storie, CAT

800 FREE Aug. 7	Chad La Tourette, MVN
8:01.75	Robert Looney, COS
8:07.90	J. Kinderwater, TSC

1500 FREE Aug. 11	Tyler Clary, FAST
15:40.84	Robert Looney, COS
15:44.88	Scott Kortotkin, AHILL

100 BACK Aug. 10	Matthew Thompson, DM
57.18	Tyler Clary, FAST
57.61	Max Murphy, DM

200 BACK Aug. 8	Matthew Thompson, DM
2:03.00	Aaron Casey, NOVA
2:04.30	Eric Ress, SONOCO

100 BREAST Aug. 10	John Criste, NOVA
1:04.12	Bradley Craig, BST
1:04.70	Kevin Munsch, KING

200 BREAST Aug. 8	Bradley Craig, BST
2:18.26	George Klein, CCSC
2:18.69	John Criste, NOVA

100 FLY Aug. 10	Tyler McGill, STORM
54.96	Austin Staab, WAC
55.39	Neil Caskey, FLEET

200 FLY Aug. 8	David Mosko, CM
2:00.21	Mark Dylla, ACES
2:02.01	Robert Looney, COS

200 IM Aug. 11	Matthew Thompson, DM
2:05.71	Chris Burckle, LST
2:06.19	Cory Chitwood, NKYC

400 IM Aug. 9	Mark Dylla, ACES
4:27.57	William Harris, NOVA-VA
4:28.98	Matthew Thompson, DM

200 MR Aug. 7	Barracuda
1:47.22	Tampa Bay
1:47.26	Irvine Nova

400 MR Aug. 11	Irvine Nova
3:55.30	Mecklenburg
3:55.92	Nova of Virginia

200 FR Aug. 8	Longhorn
1:36.04	Schroeder
1:36.10	Tsunami

400 FR Aug. 10	Longhorn
3:32.08	Barracuda
3:32.25	Schroeder

800 FR Aug. 9	Fullerton
7:42.97	Mecklenburg
7:42.99	Cincinnati Marlins

## YMCA NATIONAL CHAMPIONSHIPS College Park, Maryland

August 1-4, 2006 (50 M)

\* = YMCA National Record

## TEAM STANDINGS

## Combined

746.0	Middle Tiger
610.0	Upper Main Line
600.0	Boyetown Area
445.0	Ralph Stolle Countryside
396.5	The North Shore

## Women

488.0	Boyetown Area
350.0	Middle Tiger
307.0	Upper Main Line
271.0	Greater Elgin Area
234.5	West Shore

## Men

396.0	Middle Tiger
325.0	Ralph Stolle Countryside
303.0	Upper Main Line
231.0	The North Shore
165.0	Winston Salem

## WOMEN

50 FREE Aug. 1	Emily Lloyd, AACY
26.87	Alex Allen, BAY
27.09	Ariana Lyons, FSPY

100 FREE Aug. 3	Hollis Capuano, CBY
58.96	Kelsey Grushecky, LHRY
59.60	Sarah Galvan, NWPD

200 FREE Aug. 2	Sarah Krone, BASH
2:08.39	Shannon Demrow, GEAY
2:09.23	Kelly deMarrais, SVY

400 FREE Aug. 1	Sarah Broadley, CFY
4:25.09	Caroline Smith, WSY
4:25.64	Courtney Beidler, THFY

800 FREE Aug. 2	Sarah Broadley, CFY
9:02.92	Stephanie Roop, UMLY
9:03.66	Caroline Smith, WSY

1500 FREE Aug. 4	Stephanie Roop, UMLY
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ABOVE » Todd McGraw

**200 FLY Aug. 4**  
2:04.25\* Todd McGraw, HUNTY  
2:08.77 David Smoker, UMLY  
2:09.20 Myles Poster, GFY

**200 IM Aug. 1**  
2:10.16 Todd McGraw, HUNTY  
2:11.01 Justin Farra, RSCY  
2:13.35 Scott Marino, FSPY

**400 IM Aug. 3**  
4:37.89 Todd McGraw, HUNTY  
4:38.11 Justin Galbreath, SYMCA  
4:38.20 Justin Farra, RSCY

**200 MR Aug. 1**  
1:50.27 Middle Tyger  
1:50.92 Ralph Stolle Countryside  
1:51.25 Fanwood-Scotch Plains

**400 MR Aug. 4**  
3:59.88 Ralph Stolle Countryside  
4:04.39 Middle Tyger  
4:04.97 Upper Main Line

**200 FR Aug. 4**  
1:37.78 Upper Main Line  
1:37.89 Middle Tyger  
1:40.44 Winston-Salem

**400 FR Aug. 2**  
3:37.00 Middle Tyger  
3:37.30 Somerset Valley  
3:38.57 Upper Main Line

**800 FR Aug. 3**  
7:52.52\* Middle Tyger  
(Grosseclose, Farr, Ingraham, Hughes)  
7:57.80 Somerset Valley  
8:03.46 Ralph Stolle Countryside

# JANET EVANS INVITATIONAL Los Angeles, California July 13-16, 2006 (50 M)

## WOMEN

**50 FREE July 15**  
25.60 Lacey Nymeyer, FORD  
25.75 Courtney Cashion, FORD  
25.84 Xu Yanwei, CHN

**100 FREE July 14**  
54.28 Natalie Coughlin, CAL  
56.13 Lacey Nymeyer, FORD  
57.19 Allison Wagner, CAL

**200 FREE July 15**  
1:58.20 Natalie Coughlin, CAL  
2:00.46 Erin Reilly, CAL  
2:01.58 Lacey Nymeyer, FORD

**400 FREE July 14**  
4:13.75 Adrienne Binder, SBSC  
4:14.89 Coralie Balmy, FRA  
4:15.66 Chanelle Watson, LAVU

**800 FREE July 13**  
8:39.93 Adrienne Binder, SBSC  
8:44.56 Kaly Keller, TROJ  
8:46.09 Chanelle Watson, LAVU

**1500 FREE July 16**  
16:44.54 S. Vanden Berge, PASA  
16:47.58 Kaly Keller, TROJ  
16:54.77 Alexandra Clarke, AFOX

**100 BACK July 16**  
1:00.19 Natalie Coughlin, CAL  
1:02.34 Joanna Fargus, TROJ  
1:03.60 Lara Pease, NOVA

**200 BACK July 14**  
2:13.17 Joanna Fargus, TROJ  
2:16.72 Kathryn Thompson, FORD  
2:16.79c Kristen Caverly, AZOT  
2:16.79c Melanie Bouchard, LAVU

**100 BREAST July 16**  
1:07.32 Jessica Hardy, CAL  
1:07.65 Tara Kirk, STAN  
1:10.15 Wang Qun, CHN

**200 BREAST July 15**  
2:28.67 Tara Kirk, STAN  
2:29.01 Wang Qun, CHN  
2:30.23 Kristen Caverly, AZO

**100 FLY July 16**  
1:00.10 Erin Reilly, CAL  
1:00.22 Xu Yanwei, CHN  
1:00.83 Amanda Sims, SRN

**200 FLY July 14**  
2:12.18 Kim Vandenberg, BRUN  
2:13.17 Amanda Sims, SRN  
2:14.14 Stephanie Cota, SMST

**200 IM July 16**  
2:17.29 Yi Ting Siow, WA  
2:18.49 Whitney Myers, FORD  
2:20.32 Jessie Schmitt, NCA

**400 IM July 15**  
4:47.20 Adrienne Binder, SBSC  
4:51.46 Meghan Leddy, EEX  
4:51.98 Jessie Schmitt, NCA

**400 MR July 16**  
4:23.74 Irvine Novas  
4:23.79 North Coast  
4:24.31 Santa Rosa

**400 FR July 14**  
3:49.56 Tucson Ford  
3:53.73 Sun Devil  
3:56.16 Trojan

**800 FR July 15**  
8:22.16 Arizona Desert Fox  
8:28.78 North Coast  
8:28.83 Sun Devil

**MEN**

**50 FREE July 15**  
22.51 Jason Lezak, NOVA  
22.53 Nick Brunelli, SDA  
22.57 Salim Iles, ALG

**100 FREE July 14**  
49.04 Jason Lezak, NOVA  
49.87 Roland Schoeman, FORD  
49.94 Nick Brunelli, SDA

**200 FREE July 15**  
1:49.87 Jayme Cramer, SSC  
1:50.37 Shaun Phillips, NAC  
1:51.41 Benjamin Stasiulis, FRA

**400 FREE July 14**  
3:51.18 Larsen Jensen, TROJ  
3:51.87 Mark Randall, UNAT  
3:56.26 Shaun Phillips, NAC

**800 FREE July 13**  
8:03.49 Larsen Jensen, TROJ  
8:10.81 Fran Crippen, MVN  
8:11.12 Emeric Courteille, FRA

**1500 FREE July 16**  
15:17.75 Larsen Jensen, TROJ  
15:23.59 Guillaume Strohmeier, FRA  
15:32.25 Sung Mo Cho, UNAT

**100 BACK July 16**  
55.35 Peter Marshall, STAN  
55.75 Adam Mania, WA  
56.04 Matt Grevers, UNAT

**200 BACK July 14**  
2:00.53 Hong Zhe Sun, STAN  
2:00.70 Benjamin Stasiulis, FRA  
2:04.06 Tyler Clary, FAST

**100 BREAST July 16**  
1:03.58 Chris Ash, STAN  
1:03.61 Ivan Barnes, FORD  
1:04.41 Wang Haibo, CHN

**200 BREAST July 15**  
2:20.37 John Criste, NOVA  
2:20.40c Ivan Barnes, FORD  
2:20.40c Chris Ash, STAN

**100 FLY July 16**  
52.59 Lyndon Ferns, FORD  
53.59 Jason Dunford, STAN  
54.17 Masayuki Kishida, FORD

**200 FLY July 14**  
2:00.15 Tamas Kerekjarto, TROJ  
2:00.86 Pat Cary, SBSC  
2:01.18 Tom Zaferes, CAB

**200 IM July 16**  
2:03.61 Tamas Kerekjarto, TROJ  
2:04.13 Darian Townsend, FORD  
2:04.99 Timothy Liebhold, WA

**400 IM July 15**  
4:24.39 Tamas Kerekjarto, TROJ  
4:26.89 Li Ziqiang, CHN  
4:27.19 Tyler Clary, FAST

**400 MR July 16**  
3:51.60 Trojan B  
3:54.21 Trojan  
4:03.47 Old Westbury

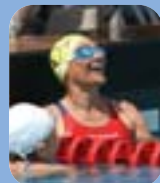
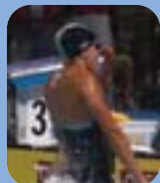
**400 FR July 14**  
3:22.60 Tucson Ford  
3:30.25 Trojan B  
3:30.65 Tucson Ford B

**800 FR July 15**  
7:45.46 Fullerton  
7:52.26 Sierra Marlins  
7:52.55 Irvine Novas

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on these meets.



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## OCTOBER 2006 HIGHLIGHTS

- Tips on Technique
- U.S. Nationals
- Pan Pacific Championships
- European Championships
- Masters World Championships
- YMCA Nationals
- U.S. Junior Nationals
- European Junior Championships
- Janet Evans Invitational
- Types of Boarding Schools

## MONTHLY POLL ON SwimmingWORLD magazine.com

Who do you think should be named  
World Swimmers of the Year for 2006?

### MEN

- ☐ Brendan Hansen, USA
- ☐ Oleg Lisogor, UKR
- ☐ Ryan Lochte, USA
- ☐ Aaron Peirsol, USA
- ☐ Michael Phelps, USA

### WOMEN

- ☐ Jade Edmestone, AUS
- ☐ Leisel Jones, AUS
- ☐ Laure Manaudou, FRA
- ☐ Jessica Schipper, AUS
- ☐ Britta Steffen, GER

### THE VOTES ARE IN...

In the August Swimming World Interactive poll, we asked, "How far in advance of a major international competition (e.g., Olympics, World Championships) should a U.S. selection meet be held?" Here's how you voted:

3-6 months..... 46.43%  
2 months..... 28.57%  
1 month..... 14.29%  
10-12 months..... 7.14%  
Less than a month ..... 3.57%  
7-9 months and More than a year..... 0.00%

*It all starts here!*

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# CALENDAR



Sponsored by: CINDY MILLEN

C. M. Millen (Mrs. Jim Roberts) is a painter and poet, USA swim official and office manager for the Greater Toledo Aquatic Club. She has had several children's books published, loves seeing little kids—especially those with disabilities—learn how to swim, and enjoys visiting her ancestral home in Ireland as often as she can. If you are interested in purchasing the paintings that will be shown here each month, or in commissioning your own, contact her at [irish@tbbs.net](mailto:irish@tbbs.net). She will be glad to sell them for a donation to GTAC's new pool fund.

## NOVEMBER

- 4-5 Wichita, KS**  
WSC Legends Invitational  
[enelson@wichitaswimclub.org](mailto:enelson@wichitaswimclub.org)
- 4-5 Papillion, NE**  
Monarch November Classic  
[leaver@paplesu3.org](mailto:leaver@paplesu3.org)
- 4-5 Akron, OH**  
Battle of Lake Erie  
[mcdonnelt@firstenergycorp.com](mailto:mcdonnelt@firstenergycorp.com)
- 4-5 Eugene, OR**  
Marta Hogard Invitational  
[dennis.mcgrath@ewebe.eugene.or.us](mailto:dennis.mcgrath@ewebe.eugene.or.us)
- 4-5 Oregon City, OR**  
Oregon City Fall Sprint Invitational, scm  
[coachatocst@hotmail.com](mailto:coachatocst@hotmail.com)
- 4-5 Fredericksburg, VA**  
RAYS 13&O  
540-785-5055
- 4-5 Waynesboro, VA**  
SMAC 12&Y  
540-941-3791
- 4-5 Yakima, WA**  
YYST Harvest Invitational  
[yystmarlin@yahoo.com](mailto:yystmarlin@yahoo.com)
- 5 Camillus, NY**  
CSCI "G-S-B"  
315-488-1559
- 5 Irondequoit, NY**  
IRON Swim Your Age  
585-544-7877
- 10-12 Montgomery, AL**  
MYB Open  
334-285-5857
- 10-12 Atlanta, GA**  
CAD 14th Annual Thanksgiving Classic  
404-766-9068
- 10-12 Augusta, GA**  
ASL Fall Invitational  
803-278-5875
- 10-12 Marietta, GA**  
RAYS Meet  
770-310-1312
- 10-12 Aurora, IN**  
SDS Fall Splash  
[ridzim@suscom.net](mailto:ridzim@suscom.net)
- 10-12 Crawford, IN**  
SCSC Fall Invitational  
[sdowd@chs.cvillek12.in.us](mailto:sdowd@chs.cvillek12.in.us)
- 10-12 Highland, IN**  
HISC Fall SYOA Invite  
[hhsc\\_meet\\_director@sbcglobal.net](mailto:hhsc_meet_director@sbcglobal.net)
- 10-12 Noblesville, IN**  
NOB Ice Breaker  
[joe@bsynet.com](mailto:joe@bsynet.com)
- 10-12 Lawrence, KS**  
LAW Novice Dist./Stroke  
[mike@aquahawks.com](mailto:mike@aquahawks.com)
- 10-12 Bowling Green, KY**  
GBG Fall Festival  
270-781-0998
- 10-12 Omaha, NE**  
MAC SR/AG Pentathlon  
[madmac6@cox.net](mailto:madmac6@cox.net)
- 10-12 Germantown, TN**  
GST Open  
901-575-7390
- 10-12 Knoxville, TN**  
PACK Open  
865-207-7297
- 10-12 Fort Eustis, VA**  
ODAC 13&O  
757-474-1015
- 11 Pensacola, FL**  
PNY Open  
850-455-7687
- 11 New Castle, IN**  
NCSC Fall Invitational  
[jkelsik@insightbb.com](mailto:jkelsik@insightbb.com)
- 11 Pendleton, IN**  
PSC Falls Invitational  
[pscsmmons@insightbb.com](mailto:pscsmmons@insightbb.com)
- 11 Kearney, NE**  
KAST Fall Classic  
[jrh@frontiernet.net](mailto:jrh@frontiernet.net)
- 11 Akron, OH**  
FAST-TYR Bronze Invite  
[cvirido@aol.com](mailto:cvirido@aol.com)
- 11 Chesterland, OH**  
LESD Mile Meet  
[akiel@alltel.net](mailto:akiel@alltel.net)
- 11 St. Helens, OR**  
South Columbia County Artman Memorial Invite  
[crafferty@centurytel.net](mailto:crafferty@centurytel.net)
- 11-12 Longwood, FL**  
PA AG/SR Invitational  
407-862-2207
- 11-12 Columbus, IN**  
DON November Sprints  
[board@donnerswimclub.org](mailto:board@donnerswimclub.org)
- 11-12 Plymouth, IN**  
PLY Winter Sharkfest  
[kwickswim@yahoo.com](mailto:kwickswim@yahoo.com)
- 11-12 Hutchison, KS**  
HYSC Open Meet  
[lcarr@hutchymca.org](mailto:lcarr@hutchymca.org)
- 11-12 Carson City, NV**  
CARS Invitational  
[mie123swim@aol.com](mailto:mie123swim@aol.com)
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Niagara District Bronze Junior Olympics  
585-637-5991
- 11-12 Lincoln City, OR**  
Pumpkin Sprint Open  
[r-mays@charter.net](mailto:r-mays@charter.net)
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BAY Open  
423-267-8606 ext 267
- 12 Solon, OH**  
Stars Bronze Meet  
[jbjsbickel@adelphia.net](mailto:jbjsbickel@adelphia.net)
- 16 Louisville, KY**  
LT Meet  
[tarpons@insightbb.com](mailto:tarpons@insightbb.com)
- 17-18 Madison, AL**  
MSS Open  
256-464-5381
- 17-18 Sarasota, FL**  
SYS AG/SR Open  
941-922-9622
- 17-18 Fairport, NY**  
FAST Sprint/Distance Invitational  
585-388-8459
- 17-19 Little Rock, AR**  
LRAD Thanksgiving Invite  
501-219-7179
- 17-19 Jacksonville, FL**  
BSS AG/SR Open  
904-256-5212
- 17-19 Orlando, FL**  
CFYR AG/SR Invitational  
407-810-9057
- 17-19 Boise, ID**  
BY Thanksgiving Invite  
[frank.burlison@ymcatvadohio.org](mailto:frank.burlison@ymcatvadohio.org)
- 17-19 Bloomington, IN**  
IU Open Invitational  
[dbrush@indiana.edu](mailto:dbrush@indiana.edu)
- 17-19 Chesterton, IN**  
DUNE Fall Spectacular  
[kathykurfman@comcast.net](mailto:kathykurfman@comcast.net)
- 17-19 Fort Wayne, IN**  
SWAC Splash Autumn Invitational  
[lstephens@petroleumtraders.com](mailto:lstephens@petroleumtraders.com)
- 17-19 Georgetown, IN**  
RAC Turkey Classic  
[kcollings1@aol.com](mailto:kcollings1@aol.com)
- 17-19 Greenwood, IN**  
CGAC Jingle Bell Classic  
[toddj@centergrove.k12.in.us](mailto:toddj@centergrove.k12.in.us)
- 17-19 Indianapolis, IN**  
WTSC Holiday Champs.  
[Mvanallen@ROAQ.com](mailto:Mvanallen@ROAQ.com)
- 17-19 West Lafayette, IN**  
BA Turkey Trot  
[admincoach@boilermakeraquatics.org](mailto:admincoach@boilermakeraquatics.org)
- 17-19 Kansas City, MO**  
TST "A-B-C"  
[coachmtmk@sbcglobal.net](mailto:coachmtmk@sbcglobal.net)
- 17-19 Webb City, MO**  
JCKW "A-B-C"  
[jckw@prodigy.net](mailto:jckw@prodigy.net)
- 17-19 Cleveland, OH**  
Mark J.Braun Fall Classic  
[akiel@alltel.net](mailto:akiel@alltel.net)
- 17-19 Blacksburg, VA**  
SWAT 12&Y "A-BB-B-C-Mini" and 13&O "BB+"  
540-998-2327
- 17-19 Cheney, WA**  
SAS Turkey Trot Invite  
208-772-8266
- 18 Connersville, IN**  
CAST Turkey Trot  
[brett@fayettetool.com](mailto:brett@fayettetool.com)
- 18 Bend, OR**  
Hi Desert Classic  
[bendswim@coinet.com](mailto:bendswim@coinet.com)
- 18 Canby, OR**  
Canby Ford Mile Open  
[kdschuhmeister@aol.com](mailto:kdschuhmeister@aol.com)
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SOLO "C-B-A+"  
[jtrissi@yahoo.com](mailto:jtrissi@yahoo.com)
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SBA "C-B-A+", Y format  
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OAPB "C-B-A+"  
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- 18-19 Napa, CA**  
NAPA "C-B-A+"  
[rober9252001@yahoo.com](mailto:rober9252001@yahoo.com)
- 18-19 Chamblee, GA**  
Warren Stephens Invite  
770-457-7946, ext 10
- 18-19 Boonville, IN**  
BOON Butterball Classic  
[agoberfam@aol.com](mailto:agoberfam@aol.com)
- 18-19 Lincoln, NE**  
NA Pumpkin Meet  
[nebraska\\_aquatics@yahoo.com](mailto:nebraska_aquatics@yahoo.com)
- 18-19 Liverpool, NY**  
Syracuse Invitational  
315-699-8615
- 18-19 Sweet Home, OR**  
Fall Sprint Invitational  
[dclaborn@hotmail.com](mailto:dclaborn@hotmail.com)
- 18-19 Woodburn, OR**  
WBST The Turkey Invite  
[coachzell@cudacub.com](mailto:coachzell@cudacub.com)
- 18-19 Newport News, VA**  
SEVA Senior Circuit #2  
757-874-1522
- 18-19 Woodberry Forrest, VA**  
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- 19 Amherst, NY**  
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## THIS Month IN SWIMMING

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*October*

The 1964 (Tokyo) and 1968 (Mexico City) Olympics were held during October. During these two events, the medal contributions of swimmers from the Santa Clara Swim Club, coached by the legendary George Haines, totaled 19 gold, nine silver and six bronze. In '64, 13 of the 39 U.S. swimmers were from Haines' club.

—By Chuck Kroll







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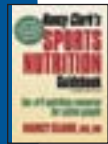
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**Below the Surface**  
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How to survive and succeed in building a competitive swim club  
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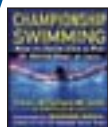
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by *Nancy Clark*  
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**Awaken the Olympian**  
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Collection of inspirational essays by over 25 Olympians  
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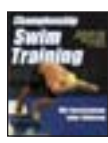
**Breakthrough Swimming**  
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Comprehensive look at the evolution, science and coaching application of competitive swimming  
BBREAK .....\$24.95



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by *Tracey McFarlane-Miranda*  
How to improve your technique and swim faster in 30 days or less  
BCHAMP .....\$14.95



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by *Dick Hannula*  
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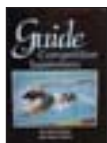
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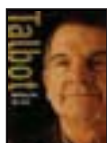
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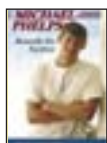
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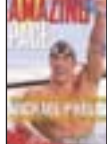
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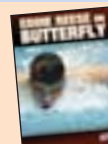
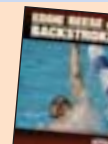
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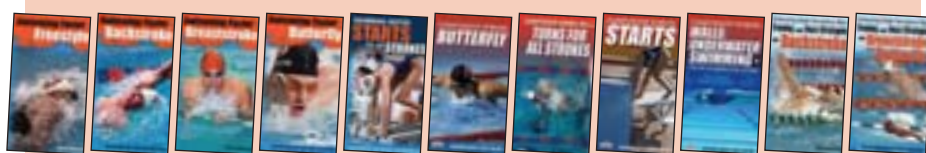
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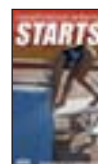
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**Training & Race Strategies for Breaststroke and Butterfly**  
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**Breaststroke — CDSWEET3** .....\$39.95

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