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OCTOBER 2010 — VOLUME 51 NO. 10

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## RYAN RULES!

— pages 8 and 11

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# RYAN RULES!

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Based on his performances this summer, Ryan Lochte has unseated Michael Phelps as the No. 1 men's swimmer in the world. After three victories at the U.S. Nationals—including a win over Phelps in the 200 IM that was Phelps' first loss in the event at nationals since 2001—Lochte dominated the Pan Pacs with six gold medals. (See stories, pages 8 and 11.)

[COVER PHOTO BY PETER H. BICK]



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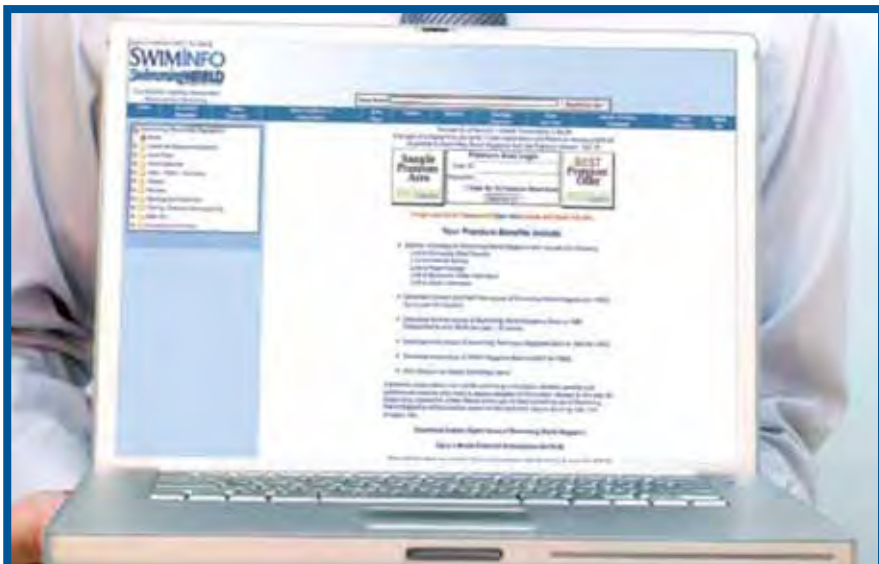


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# U.S. Nationals SERIOUSLY SWIFT SWIMMING

BY JASON MARTELLER • PHOTOS BY PETER H. BICK

*This summer's U.S. Nationals was a qualifying meet for the Pan Pacific Championships and World Championships, and American swimmers responded with some very fast times.*

**I**RVINE, Calif.—The United States put its best foot forward at the ConocoPhillips USA Swimming National Championships, Aug. 3-7, with some seriously swift swimming. It was the first U.S. outdoor long course nationals since 2006, when the meet was also held in Irvine.

With spots on both the Pan Pacific Championships and World Championships team rosters up for grabs, plenty of solid storylines came to fruition.

## LOCHE'S EMERGENCE OVER PHELPS

With the big showdown still two weeks away at the Pan Pacific Championships, Daytona Beach's Ryan Lochte began to chip away at North Baltimore's Michael Phelps' "Superman" armor with his first major head-to-head triumph over the greatest swimmer of all time.

Lochte delivered Phelps his first loss in the men's 200 IM at a U.S. nationals since finishing third to Tom Wilkens and Robert Margalis in his first such meet in 2001 in Austin, Texas. Lochte beat Phelps, 1:55.84 to 1:55.94, as he powered to the lead on the breaststroke leg. Lochte also beat Phelps in the 200 meter back, with Phelps taking fourth in 1:56.98. Lochte dominated the event with a winning time of 1:55.58, while Longhorn's Aaron Peirsol, the world record holder, took second in 1:56.28.

Lochte also topped the men's 400 IM with a commanding conquest of FAST's Tyler Clary, 4:09.98 to 4:14.12, for the first of his three victories.

Lochte took second to Phelps in the men's 200 free, 1:45.61 to 1:45.78, while also demonstrating some remarkable versatility with a second-place finish in the men's 100 free behind the University of California's sprint superstar Nathan Adrian, 48.41 to 48.83.

The meet proved to be a harbinger of things to come for Lochte at Pan

Pacs, as he was just getting started with three national titles and a pair of second-place finishes. (For more coverage on Lochte's super summer season, see *Swimming World's* article on the Pan Pacs on pages 11-14.)

## PHELPS STILL DANGEROUS

While Ryan Lochte emerged as a definite threat to Michael Phelps' four-year reign as *Swimming World's* World Swimmer of the Year, Phelps still put up some serious times throughout the course of the five-day meet—even with a much more lax training schedule this past year.

As previously mentioned, Phelps scored a razor-thin victory over Lochte in the men's 200 free. He also swept the butterfly events with some impressive times—50.65 for 100 meters and 1:56.00 for the 200). But when you are the acknowledged king of the sport, the expectation levels—including your own—are a bit higher than other swimmers'.

With two years to go before the 2012 London Olympics, it would be unwise to count Phelps out. While many swimmers took 2009 easy or completely off following Beijing, Phelps was busy capitalizing on his incredible run of eight gold medals at the 2008 Beijing Olympics.

In a standard quadrennium, Phelps likely would have had 2009 off and been back in full training this year. He admitted at both nationals and Pan Pacs that he just wasn't at a fitness level that would allow him to perform up to his own high expectations. Getting knocked off the top of the mountain in 2010 is likely all the fuel Phelps will need going forward.

## BEST BREASTSTROKER IN THE WORLD

Trojan's Rebecca Soni reminded the world that she is easily the best female breastroker on the planet with some sterling swims at nationals—and she still had plenty left in the tank two weeks later with some special performances at Pan Pacs. Soni swept the breaststroke events

at nationals with a 1:05.73 in the women's 100 breast and a 2:21.60 in the 200.

**PICTURED »** Ryan Lochte (above) delivered Michael Phelps his first loss in the men's 200 IM at a U.S. Nationals since he finished third in his first such meet in 2001. Lochte finished the meet with three national titles and a pair of second-place finishes.



### OLD GUARD STILL IN PLAY

California's Natalie Coughlin and Tucson Ford's Amanda Beard continued to showcase their talent with strong performances that put them on yet another national team, this time the Pan Pac team.

Three-time Olympic gold medalist Coughlin—after a year out of the water during which she stayed fit, including a stint on *Dancing with the Stars*—trumped burgeoning star Missy Franklin, 1:00.14 to 1:00.39, in the women's 100 back.

Meanwhile, less than a year after giving birth to her first child—a boy named Blaise Ray Brown—two-time Olympic gold medalist Beard made the U.S. squad with a second-place effort of 2:26.50 in the women's 200 breast.

### RETURN OF KATE AND KATIE

Ever since the duo failed to meet expectations at the 2008 Beijing Olympics, teammates Katie Hoff and Kate Ziegler of FAST have been looking for a return to the form that had had them deemed the “Female Michael Phelps” and the “Greatest Distance Swimmer in the World,” respectively.

Both took the first steps toward reclaiming those monikers by making the Pan Pacific roster. Hoff snatched the women's 400 free title in 4:05.50 over Allison Schmitt (4:06.19). Ziegler, meanwhile, made the team behind Chloe Sutton in the women's 800 free, 8:24.77 to 8:28.14.

### SPRINT KING

California's Nathan Adrian—the Sprint King of the U.S.—swept the sprint freestyle events at nationals and also went on to have quite an impressive meet at Pan Pacs

two weeks later.

In what turned out to be a controversial men's 50 free (see the story in the following subhead, “Administrative Error Costs Schneider”), Adrian raced to victory in a time of 21.70, ahead of SwimMAC's Cullen Jones at 21.97. Adrian also trumped Ryan Lochte in the 100 free, 48.41 to

48.83, to complete the sprint freestyle sweep.

### ADMINISTRATIVE ERROR COSTS SCHNEIDER

For some reason, it seems as though a national-level meet in the United States cannot finish without some sort of controversy

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**ABOVE »** Although Michael Phelps would be the first to admit that he wasn't in the best of shape at nationals, don't be too quick to count him down and out with two years remaining to the 2012 Olympics. Phelps still captured the 200 free and both butterfly events.



**PICTURED »** Ever since Katie Hoff and Kate Ziegler did not meet expectations at the 2008 Beijing Olympics, the two have been looking for a return to form. They found it at Irvine, with Hoff (above) taking the women's 400 free and Ziegler finishing second in the 800.



**U.S. NATIONALS** — *continued from 9*  
that has nothing to do with what actually happens in the water. Think back to this year's NCAA Division I Championships to see how multiple administrative errors created havoc.

At this year's nationals, SwimMAC's Josh Schneider proved to be in the center of the administrative maelstrom. Schneider, who had a breakthrough moment at the NCAA Championships this year when he won the 50 yard free over Nathan Adrian, was looking for his first long course success and seemed primed and ready for a breakout swim.

Unfortunately, Schneider's two coaching staffs at the University of Cincinnati and SwimMAC were not on the same page, and Schneider was entered in the men's 100 fly during the same preliminary session as his specialty event, the 50 free. Schneider, assuming his coaches took care of everything—rather than looking at the heat sheet to see in which events he was entered—did not show up for the prelims of the men's 100 fly. That led to a meet misconduct penalty, which results in the disqualification of a swimmer's next available swim. That swim happened to be the 50 free. Schneider swam prelims under appeal and qualified second in 22.20. He then returned to swim in the final—still under what was then his third appeal of the day—and tied teammate Cullen Jones for second in 21.97.

The next day, with his 50 free still under appeal, he broke his hand at the finish of his 100 free prelim swim. He elected to drop his appeal of the 50 free placing and medal, but is still committed to fighting, if necessary, to keep the 21.97 on the record as an official time.



**ABOVE »** Peter Vanderkaay finished among the top three in three of the five freestyle events, finishing first in the 400, second in the 1500 and third in the 200. He also placed seventh in the 200 fly.

#### OTHER WINNERS

Tucson Ford's Christine Magnuson topped California's Dana Vollmer in the women's 100 fly, 57.32 to 57.45, while FAST's Ariana Kukors snatched the women's 200 IM over California's Caitlin Leverenz, 2:10.54 to 2:10.84. Leverenz returned the favor in the women's 400 IM with a 4:35.60-to-4:37.03 win over Kukors.

NBAC's Allison Schmitt won the women's 200 free over Vollmer, 1:56.84 to 1:56.93, while FAST's Kara Lynn Joyce earned the women's 50 free over California's Madison Kennedy, 24.86 to 25.15. Longhorn's Kathleen Hersey held off Germantown's Teresa Crippen, 2:07.00 to 2:07.89, in the women's 200 fly, while BlueFish's Elizabeth Beisel claimed the

women's 200 back title with a 2:08.50 over Colorado Stars' Missy Franklin (2:09.74). Vollmer broke into the win column in the women's 100 free with a 53.94-to-54.14 triumph over Trojan's Jessica Hardy.

Club Wolverine's Peter Vanderkaay walked away with the men's 400 free title after a 3:46.88-to-3:48.24 win over Longhorn's Michael Klueh. Vanderkaay also finished second to Mission Viejo's Chad La Tourette in the men's 1500 free, 14:55.39 to 15:03.86.

Tucson Ford's Mike Alexandrov won the men's 100 breast, 1:00.26 to 1:00.42, over Mark Gangloff. Meanwhile, Longhorn's Eric Shanteau touched in 2:10.09 in the men's 200 breast to down NBAC's Scott Spann (2:12.26). Minnetonka's David Plummer touched out Longhorn's Aaron Peirsol, 53.60 to 53.63, in the men's 100 back. ♦

**PICTURED »** Although Caitlin Leverenz missed a win in the 200 IM by 3-tenths of a second, finishing behind Ariana Kukors, she returned the favor in the 400 IM, touching first over Kukors by nearly a second-and-a-half.

# Pan Pacific Championships

## A WHOLE LOT OF SHAKING GOIN' ON!

BY JOHN LOHN • PHOTOS BY PETER H. BICK

*Michael Phelps may have rocked the world two years ago in Beijing but it's American teammate Ryan Lochte who is taking his turn as the world's most dominant swimmer, capturing gold medal in all six of his events.*

IRVINE, Calif.—The powerful tremors that shook the sport two years ago, when some guy from Baltimore rocked the Water Cube in Beijing, were not expected to be felt ever again. What Michael Phelps accomplished at the Beijing Olympics rated as 10.0 on the aquatic Richter scale, with swimming changed forever by a once-in-a-lifetime Olympian.

Two years out from the next Games, however, there's been a shift in the sport's seismic plates. The fault line that runs through the North Baltimore Aquatic Club remains the strongest swimming has seen. Yet, there's a fault line in Florida that is threatening to produce an earthquake of the magnitude known in Beijing.

In what can only be described as a warning shot to Phelps and the rest of the world, Ryan Lochte was the showstopper at the Pan Pacific Championships,

Beyond Lochte, there were plenty of other storylines that arose from the Pan Pacific Championships, with the quadrennial event open to all nations but those from the European Union. In addition to the United States women flourishing, led by breastroker Rebecca Soni, Japan's Kosuke Kitajima made an impressive return to international competition, and Nathan Adrian continued his surge in the sprint events. There were also splendid performances by Australian Emily Seebohm and Canadian Ryan Cochrane.

### RYAN'S REIGN

No one has ever questioned Ryan Lochte's talent level. As a two-time Olympian with six medals to his credit, he's already established himself as an American great. But Lochte has not been completely satisfied with his career, a testament to his champion's mentality and proof that he believes his best performances await.

Over the past two years, while many of his foes—including Phelps—have eased up on their training, Lochte has pushed himself. The long hours of training and grueling sets he's embraced have been rewarded, a fact never more evident than in Irvine. It was here that Lochte captured top honors in the 200 meter freestyle, 200 backstroke and both medley disciplines, with the 200 IM capping his display. The 26-year-old also powered the United States to gold in the 400 and 800 freestyle relays.

All four of his individual-event  
— continued on 12

held Aug. 18-21 at the William Woollett Aquatic Center. Rather than his friend and rival stealing the headlines, it was Lochte who dominated the four-day competition, capturing gold medals in all six of his events.

No world records went down at the meet—not a surprise in the still-early stages of the post-techsuits era. Still, Lochte's excellence and panache were enough to keep the crowd electrified, and for close followers of swimming to ask this question: Will Lochte, in the face of a revitalized Phelps, be able to maintain his grip as the dominant swimmer in the world? Yes, for now, Lochte is No. 1, with Phelps in the unfamiliar position of hunter.

PICTURED » Ryan Lochte captured top honors in the 200 meter free, 200 back and both IMs. The 26-year-old also powered the USA to gold in the 400 and 800 freestyle relays.





**PAN PACIFIC** — continued from 11  
times rank No. 1 in the world and, barring a surprise at the Commonwealth Games or Asian Games, will stay there for 2010. As important, his display at Pan Pacs backed up what he did last year at the World Championships and, more recently, at the 2010 U.S. Nationals. It was at nationals that Lochte first topped Phelps in the 200 IM, and it was that event which served as the top-per for Pan Pacs.

Going after his world record of 1:54.10, notched in a techsuit in Rome last summer, Lochte made a run for that global standard, despite a hefty schedule crammed into four days. Ultimately, he came up short with a clocking of 1:54.43, but the effort nonetheless announced his presence and the fact he will be as big a player at the London Olympics in 2012 as Phelps.

"I am done," Lochte said after his last event. "I had the world record in my sight, and I know I'm capable of it, but all the swims earlier in the week took a (toll). But I'm happy with it. I wasn't thinking I had to go out and break the world record. I took a shot and tried, but it gives me something to work on for the next two years."

And that is the primary focus. Lochte has stated on a number of occasions that he believes himself capable of handling an eight-event program, à la Phelps. He certainly has the versatility, and it wouldn't be a surprise to see him tackle a schedule that includes both backstrokes, both medleys and the 200 freestyle, not to mention relays.

Meanwhile, Lochte should also be credited with lighting a fire under Phelps, who admittedly took it easy since his Beijing bonanza. While Phelps won the 100 and 200 butterfly at Pan Pacs and led off the American 400 free relay in 48.13—the top time in the world this year—he failed to

advance out of the prelims of the 400 IM and scratched the shorter medley.

Phelps was quite aware he wasn't on his "A" Game for Pan Pacs, but the emergence of Lochte as the world's top swimmer (as of now), is likely not going to sit well with a

man who loves a challenge. Phelps spoke of rededicating himself—much to the pleasure of Coach Bob Bowman—and having himself ready for next summer's World Champs in Shanghai, but more importantly in London in two years.

"When you don't have a meet where everything goes your way, it's not fun," Phelps said. "It's frustrating, annoying. If you make decisions, you have to be able to pay the consequences. I've done that. It's time to change. It's time to start moving forward."

What the future holds between Lochte and Phelps is exciting. First, we're preparing for a battle for supremacy in the sport. More specifically, these titans are headed for showdowns in the 200 freestyle and 200 IM, and then will team up for relay duty for the United States, which ran away with the team title at Pan Pacs.

**PICTURED »** Rebecca Soni demonstrated why it can be argued that she is America's premier female swimmer after she popped the fastest textile time ever in the 100 breast (1:04.93) and chased the world record in the 200, settling for a mark of 2:20.69.



The prospect of the tandem dueling is special, but even better news for American swimming—a fact not lost on the head honcho of the national team.

“How good is life for the United States when you have both Phelps and Lochte,” said Mark Schubert, the national team head coach and general manager. “What Ryan and (Coach) Gregg Troy have established has been tremendous, and they’ll keep working toward London.”

### SONI'S SURGE

There was little debate over which performance was the finest among the women at Pan Pacs. It was turned in by Rebecca Soni, who enabled the American women to win the medal count over Australia and begin a push toward once again being the dominant nation in the world. The question, however, is which of Soni's efforts was more impressive.

The reigning Olympic champ in the 200 breast, Soni popped the fastest textile time ever in the 100 breast (1:04.93) and chased the world record in the 200 before settling for a mark of 2:20.69. She then handled the breast leg on the winning 400 medley relay. Simply, Soni demonstrated why many experts believe she is the premier American female.

Still, her efforts had plenty of complements. There was Dana Vollmer claiming victory in the 100 butterfly, Natalie Coughlin prevailing in the 100 freestyle, and Chloe Sutton (400 free) and Kate Ziegler (800 free) collecting distance triumphs. But wait, there was more. Other U.S. wins came from Jessica Hardy (50 free/50 breaststroke), Allison Schmitt (200 free) and Elizabeth Beisel (400 IM, 200 backstroke).

Make no mistake, the United States appears to be well-positioned heading into the last half of this quadrennial. It boasts a quality mix of veteran leadership and talented youngsters, and there are clues that past stalwarts, such as Amanda Beard, are on the

comeback trail. Soni, though, is the current go-to girl, and that's a pretty good guiding hand to have.

### INTERNATIONAL ACCLAIM

There was no sign of Kosuke Kitajima last year. The double Olympic titlist in the 100 breast and 200 breast from Athens and Beijing decided to take 2009 as a recovery period. He returned in 2010, his training primarily based in Southern California under Coach Dave Salo of the Trojan Swim Club. It's safe to say, however, that few expected the Japanese star to produce the times he uncorked at Pan Pacs.

Unchallenged in either event and looking every bit as unbeatable as he looked at the past two Olympics, Kitajima stormed to easy victories in his pet events. He also posted the fastest textile times in history, going 59.04 in the shorter event and 2:08.36 in the 200 breast. For good measure, he added medals in the 50 breast and 400 medley relay.

At the London Games, Kitajima—with Phelps and Aaron Peirsol—will try to become the first man in history to win an event at three straight Olympics. While Kitajima has two opportunities, Phelps will have a chance in four events. Peirsol's opportunity will come in the 100 back, which he won in Irvine. Without question, Kitajima is ahead of where he anticipated.

“I think Michael will have more of a chance, but I'm in a place where I can do that,” Kitajima said. “The competition will make me try for a higher level, and I would like to try for that (three-peat). The most important thing is to do my all in the Olympics.”

Kitajima stood out internationally with the likes of Aussie Emily Seebohm and Canada's Ryan Cochrane. Expanding her program and setting herself up to be a multi-event medalist in London, Seebohm won the 100 back and 200 IM—her medley win (2:09.93) the fast-

— continued on 14



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#### PAN PACIFIC — continued from 13

est ever not in a techsuit or by an athlete who tested positive for performance-enhancing drugs.

As for Cochrane, he blitzed the competition in the 800 and 1500 freestyles, the highlights for a Canadian squad that also received strong efforts from Brent Hayden, the runner-up in the 100 free and bronze medalist in the 50 free. Cochrane also took silver in the 400 free, won by South Korean Tae Hwan Park in 3:44.73.

#### NATE THE GREAT

As much as Nathan Adrian has been pegged as a future star in American swimming, few gave him the chance to upend Brazilian world record holder Cesar Cielo in the 50 and 100 freestyles. By the end of the Pan Pacific Championships, Adrian was wearing four gold medals—two individual and two from relay action.

After charging to the wall to win the 100 free in 48.15, Adrian used a last-second boost to edge Cielo, the Olympic champ, in the 50 free. Adrian's winning time of 21.55 was 2-hundredths quicker than Cielo's and provided much-needed confidence going forward. If that weren't enough, Adrian marked himself as the new anchor of the American 400 medley and freestyle relays, splitting 47-mid in both finals.

"It's a good confidence booster still two years out from the Olympics," Adrian said. "Hopefully, this helps establish American sprinting as a force to be reckoned with." ♦



**ABOVE »** Unchallenged in either event and looking every bit as unbeatable as he looked at the past two Olympics, Japan's Kosuke Kitajima stormed to easy victories in the 100 and 200 breast while posting the fastest textile times in history—59.04 in the 100 and 2:08.36 in the 200.



**PICTURED »** The USA's Nathan Adrian won four gold medals, winning the 50 free in 21.55 and the 100 in 48.15. He also anchored both winning 400 medley and freestyle relays with consistent splits of 47-mid.

# Looking Good!

BY EMILY SAMPL

*U.S. divers are performing well at the halfway point between the 2008 and 2012 Olympic Games.*

The 2010 AT&T U.S. National Diving Championships, held Aug. 10-15 on the campus of Texas A&M in College Station, served as an important benchmark for America's past, present and future Olympic diving hopefuls. With only two years remaining until the 2012 Olympic Games in London, America's divers are looking strong.

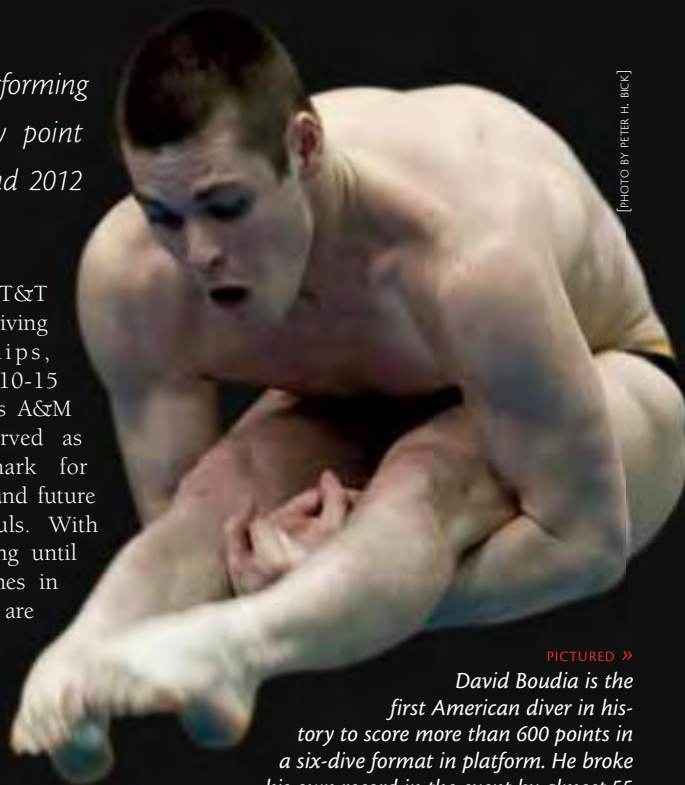
## 1-METER SPRINGBOARD

After qualifying seventh for the final of the men's 1-meter springboard competition, BYU's Brandon Watson basically had nowhere to go but up—and up he went. Watson, the 2010 Mountain West Conference Diver of the Year, posted a 336.80-point tally through the preliminary and quarterfinal rounds before scorching the competition with 398.85 points in the final round for his first national championship.

Landon Marzullo, who had qualified second with 361.65 points, held that place with a final total of 387.60. Watson knew he'd have to put up a high score on his final dive to hold off Marzullo.

"One-meter hasn't been my strong event, and everyone else dove great today," Watson said after the competition. "I saw on the last dive that there was less than a point between me and Landon, so that got me pretty excited."

Meanwhile, Longhorn's Matthew Cooper, who led all qualifiers out of the



[PHOTO BY PETER H. BECK]

PICTURED »

*David Boudia is the first American diver in history to score more than 600 points in a six-dive format in platform. He broke his own record in the event by almost 55 points and earned 19 perfect-10s in the final round.*

preliminary and quarterfinal rounds, fell to third with 383.70 points.

The women's 1-meter competition featured a relatively inexperienced field, as only three of the top eight finishers from last winter's national championship competition made this summer's final. Fifteen-year-old Kassidy Cook of The Woodlands, Texas, led the way with 299.65 points, improving upon her score at the winter championships by 15 points and moving up two places to capture her first-ever senior national title.

"I dove pretty solid. I missed a few of my hurdles, but I got my dives down," Cook commented. "I'm beyond happy. I'm ecstatic. It's a big deal to me."

Summer Allman finished 17 points behind with 282.40 points, while Loren

— continued on 16

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## DIVING— continued from 15

Figueroa jumped four spots from her preliminary ranking to take third (268.45). Olympian Kelci Bryant, who won the national title in February, did not compete, while Brittney Feldman, who placed second in February, failed to advance to the finals, finishing 11th in prelims.

## 3-METER SPRINGBOARD

After finishing a disappointing fourth place in the 3-meter at February's national championships, 30-year old Troy Dumais of Longhorn Aquatics came into the competition with something to prove. Dumais

quickly erased any doubts, blowing away the field by nearly 50 points and winning another national title with a score of 514.05.

Californian Kristian Ipsen finished a distant second with 465.60 points, matching his second-place finish from February. Brandon Watson, fresh off his victory in the 1-meter, grabbed third (459.20).

In the women's 3-meter event, Stanford's Cassidy Krug also avenged her fourth-place finish in the same event six months ago with a commanding win in her specialty. After posting 347.25 points in the semifinal round, Krug saved her best for last, earning

Krug's first national title since she won this event in 2007. After taking a short break from the sport following the 2008 Olympic Trials, her victory tasted even sweeter.

"When I came back, I just wanted to have fun, but now I have my sights set on 2012," Krug said. "It's two years out, and this is a good measuring stick. London is my goal."

The battle for third came down to the wire, as just six points separated the next three divers, with Allison Brennan (345.95) finishing ahead of Summer Allman (344.00) and Cassidy Cook (339.60).

## PLATFORM

At 18, Trojan Dive Club's Haley Ishimatsu already has several years of international experience, having competed at the 2008 Olympics and 2009 World Championships. With another dazzling performance on the 10-meter platform event in College Station, Ishimatsu ensured the U.S. will be competitive internationally for years to come. Though unable to match the 351.75 points she recorded in the semifinals, Ishimatsu received 340.95 points for her final five dives to defend her title from February.

Boiler Diving Academy's Kara Cook dove consistently throughout the final round and earned 330.45 points for second place. Meanwhile, Michelle Cabassol of The Woodlands Diving Academy overcame a low-scoring first dive with a 76.80-point inward 3-1/2 somersault tuck in the second round to finish third with 320.40 points. Cabassol held off late charges from Jessica Parratto and 14-year old Anna James for the bronze medal. Parratto earned 76.80 points on her final dive to pull within four points with 316.15, while James finished right behind at 316.00.

Plenty of incredible platform divers have moved through the ranks of USA diving over the years, but Purdue's David Boudia now stands alone. A 2008 U.S. Olympian in the platform event, Boudia earned 605.40 points in the men's final to obliterate the rest of the field. Harrison Jones finished more than 120 points behind at 481.30, while Matthew Cooper followed with 469.70. Boudia is the first American diver in history to score more than 600 points in a six-dive format—he broke his own record by almost 55 points and earned 19 perfect-10s in the final round.

"At this moment, this is one of the greatest accomplishments in my career," he said. "It beats being a four-time NCAA champion and everything just because I achieved the consistency that I've been searching for. To get this score is encouraging, being two years away from London."

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## SYNCHRO EVENTS

The men's and women's synchronized diving events featured a number of exciting finishes, as many of the top divers from the individual event disciplines joined forces.

Cassidy Krug and Kassidy Cook, the individual champions in the 3-meter and 1-meter events, respectively, teamed up for a dominating win in the women's 3-meter synchro competition. The pair posted a top score of 321.60, well ahead of Bianca Alvarez and Summer Allman's 295.08. Youngsters Emma Ivory-Ganja and Kendall Mcclenney earned 283.14 points for third.

In the women's platform, Hoosiers Amy Cozad and Laura Ryan finally earned the first title of the meet for Indiana with a solid performance. They scored 294.00 points, outdistancing Kaylea Arnett and Michelle Cabassol, who finished about 20 points behind (274.77). Jessica Parratto and Kristen Asman took third (255.45).

Troy Dumais and Kristian Ipsen, the top two male divers in the individual 3-meter competition, put on a clinic in the 3-meter synchro event, scoring 443.82 points for the win. G.C. Diving's Bradley Christensen and Bryce Klein—both only 15 years old—placed second with 360.84 points. Toby Stanley and Dashiell Enos were third (344.25).

David Boudia continued his dominance of the platform as he and Duke University's Nick McCrory, the 2010 NCAA 10-meter champion, combined efforts to win the synchro title with 450.00 points.

### PICTURED »

*Cassidy Krug (left) and Kassidy Cook (right), the individual champions in the 3-meter and 1-meter events, respectively, also teamed up for a dominating win in the women's 3-meter synchro competition.*

It was Boudia's second title of the meet and second consecutive national title in the event. Toby Stanley and Steele Johnson finished a distant second with 333.57 points, just ahead of Michael Dell'Orco and Zachary Nees from Indiana, who earned 316.65.

## FINAL STANDINGS

Longhorn Aquatics finished atop the leader board on the men's side with 144 points, just ahead of Indiana University's 131. Missouri Diving Club rounded out the top three men's teams with 110.

For the women, The Woodlands Diving Academy claimed the top prize with 178.50 points, ahead of Indiana University (127.50). Legacy Diving Association and Longhorn Aquatics tied for third (50.00).

Indiana claimed the overall team championship with a combined 258.50 points, well ahead of Longhorn's 194.00. The Woodlands finished third at 178.50, with all of their points coming from their women's team. ♦

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## LIBBY TRICKETT ANNOUNCES RETURN TO SWIMMING

World record holder and Olympic gold medalist **Libby Trickett** of Australia announced she will return to swimming after a short-lived nine-month retirement. "I think (the decision) really solidified in my mind when I was at Pan Pacs (in August, when she was doing post-race interviews), seeing the guys race in such a beautiful pool," she told *The Australian*. "I am ready to commit myself again and see how far I can take my swimming and how fast I can get. I think this year allowed me to find that fire and passion again. I realize I still love the sport so much."



## TYLER CLARY GOES PRO

With a year of NCAA eligibility remaining, University of Michigan's **Tyler Clary** decided

that he preferred staying in California to train with **Jon Urbanchek** at the FAST Swim Team. Clary won three NCAA titles (200 back in 2009 and the 400 IM in 2009 and 2010) and is an 11-time All-American. Additionally, Clary earned the 2009 NCAA Swimmer of the Year award for his pair of wins as a sophomore.



## USA WOMEN WIN GOLD AT FINA WATER POLO WORLD CUP

The **USA women's national water polo team** defeated Australia, 6-3, in the championship game of the FINA World Cup, Aug. 22, at Christchurch, N.Z. Since winning the Olympic silver medal in 2008, Team USA has won all of its major championships, including two FINA World League Super Finals, the FINA World Championships and, now, a FINA World Cup title—its first since 1979. ♦





# SWIM

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Today the title lives as a section in Swimming World Magazine and can be downloaded separately.

## the POOL'S EDGE

MOTIVATION ■ TECHNIQUE ■ TRAINING IDEAS ■ EQUIPMENT USAGE

## TIPS FROM THE TOP!

BY KARLYN PIPES-NEILSEN

**W**hat does it take to break a world record? Attention to detail, good technique and smart training strategies. If you have ever wondered what the fastest "older" swimmers in the world think about when they swim, then read on!

### BUTTERFLY

Long, strong, and keep your head down! This is especially important as you tire, as you may shorten your stroke, leave your head up longer for air and drop your hips, causing drag. —*Laura Val, 59*

Butterfly is all about rhythm, and the underwater kick is all about moving your whole body. If you improve your dolphin kick, I promise...you will be a better dancer! —*Misty Hyman, 31*

The key to good butterfly technique is to hold your stroke together while building your endurance with short training distances such as sets of 25s. —*Lisa Dahl, 48*

I like looking for opportunities to rest in all of my races. My favorite resting spot in fly is during the recovery. I try to relax my hands and arms as they recover. Not only does this save energy—I feel like it improves my catch. —*Mike Ross, 42*

### BACKSTROKE

Keep those hips and legs up! Also, flex your ankles so your feet feel like they are "scooping" water to help speed you along. —*Betsy Jordan, 73*

On the start, I focus on the back of my hands and try and get them to push off as fast as possible. If my hands get

away quickly, my feet will follow. —*Rich Burns, 67*

Are you faster underwater or above water? Time a series of 25s, experimenting with (the) number of kicks (you do). I am stronger on top of the water, so I resist the temptation to stay under. —*Sheri Hart, 39*

### BREASTSTROKE

When I swim breast, I find that I can think about the pull OR the kick, but not both. —*Susan von der Lippe, 44*

Breaststroke has become a power stroke with a "catch" similar to butterfly followed by a forceful in-sweep. There is tremendous power here, but many Masters do not



**ABOVE »** Jane Asher, 79, offers the following advice in freestyle: "I keep my head down by watching the tiles on the bottom of the pool."

emphasize it enough. —*Bob Strand, 64*

"Eyes, Exhale and Late": Keep your eyes looking down when you extend forward, exhale prior to lifting the head to ensure a quick, clean breath, and try a "late" timing of the kick. The later you put the kick, the smaller it will be—since you will be rushed to finish it—and this can help limit resistance. —*Glenn Mills, 48*

### FREESTYLE

Play with toys such as a snorkel and a pull buoy to emphasize good hip rotation. Also look forward to watch your catch. You should see your elbow high, a straight wrist and fingers pointed at the bottom. —*Mike Mann, 56*

I keep my head down by watching the tiles on the bottom of the pool. On the flip, I look at my feet touching the wall before I push off.

This keeps my head in the right position for quick rotation. —*Jane Asher, 79*

Remember to squeeze your butt muscles (glutes) when you push off the wall to take the curvature out of your lower spine and for better streamlining. —*Rich Abrahams, 65*

I am working on a longer reach through better hip rotation. I am also digging down deeper to get a solid grip on that still water. —*Jim McConica, 60*

### TRAINING

Since most Masters workouts are an hour long, make the most of it by working on your walls, stroke technique or race strategy. Weed out the garbage yardage and focus on quality. —*Dawn Heckman, 33*

When I am at my most broken-down and tired, I hammer my sets the hardest and do my best to achieve race pace, either by time or by feel. This gives me the confidence to attack my race. —*Alex Kostich, 40 ♦*

*Author's note: All participants polled for this article have set a FINA world, FINA Masters world or USMS national record in their specialty. Contact Karlyn at [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com).*

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# DRYSIDE TRAINING

## KILLER SWIM SET — ON LAND!

BY J.R. ROSANIA • PHOTOS BY MICHAEL ARON

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Do you need to always be in the pool to have a great “swim workout”? Good question. I say, “No.”

I have trained thousands of swimmers from beginner to world-class, and each one of them has had great swim set workouts—*on land!*

How do we do this?

It starts with several swim-specific exercises: for flyers, more fly exercises; for freestylers, more free exercises—well, you get the point. These exercises will help you develop strength in your strokes on land to transfer to the water.

Let’s look at how this works.

In this article, I have chosen several swim-specific exercises that the swimmer will perform. They will complete three circuits of the exercises. Each circuit is done in a manner in which the swimmer completes each exercise in a row—without stopping—until all exercises in the circuit are complete. Each exercise is performed for one minute, with just an exchange to the next exercise for rest. Of course, if you cannot complete the minute, stop and pause for 10 seconds, then resume the exercise.

For starters, complete the circuit one time the first week,

two times the second week, and build to a third time after two to four weeks.

Equipment needed is only a pair of light dumbbells, a 6-pound medicine ball and a medium-size physio ball.

Enjoy the great swimming—without getting wet! ♦

*J.R. Rosania, B.S., Exercise Science, CSCS, is one of the nation’s top performance enhancement coaches. He is the co-founder of Ironbody Lifestyle Fitness, LLC, and has finished the Ironman Triathlon 18 times. He also serves as Swimming World*

*Magazine’s fitness trainer.*

*Check out Rosania’s website at [www.Iron90.com](http://www.Iron90.com).*



*This month’s models are Maureen Rankin (Exercise #1), a Masters swimmer at Phoenix Swim Club; Brittney Rosania (Exercise #2), a swimmer at Biola University in Southern California; and J.R. Rosania (Exercises #3-6).*



### EXERCISE #1 SEATED MED BALL TWISTING

Seated with a 6-pound med ball chest-high, lift legs off the floor and begin twisting med ball. Keep legs as straight as possible.

### EXERCISE #2 PHYSIO BALL PIKE UP

In a push-up position with feet on ball, use legs and core to roll the ball toward your waistline, then slowly return. Start with ball placed on shins and progress to the feet as a starting position.



### EXERCISE #3 MEDICINE BALL THROW-DOWNS

Using a 6-pound med ball and standing on a 10-inch step or bench, begin with the ball overhead and throw the ball downward toward your feet. Catch the ball on the rebound and repeat.



### EXERCISE #4 ALTERNATE DUMBBELL UPRIGHT ROW

Standing with a light dumbbell in each hand, raise your arm upward, keeping your elbow higher than your wrist. Imagine a high-elbow drill in the water. Repeat both arms.



### EXERCISE #5 DUMBBELL BALL STROKE

Lying face down on the physio ball with your upper body extended over the ball, begin a freestyle or butterfly stroke with the dumbbells in your hands.

### EXERCISE #6 PHYISO BALL KICKING

Lying face down with a physio ball at your hips, and with your hands on the floor, lift legs off the floor and begin kicking.





## THE WORKOUT CARD

# Training with Crawfish Aquatics

BY NAN FONTENOT, MASTERS DIRECTOR AND ASSOCIATE LESSON DIRECTOR, CRAWFISH AQUATICS, BATON ROUGE, L.A.

Swimming World Magazine suggests that you have a medical exam before starting any exercise program, then at least once a year thereafter. Also, warm up for at least 10 minutes and warm down at least 10 minutes in each workout. If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime.

We recommend that you start off your training program by swimming three times a week and build to five or six times a week.

Remember, all exercise programs extend your fitness and health, but they do have inherent risks.

\* = Within each workout are four different groups. Swimmers can switch among the groups, depending upon time constraints and abilities.

"We have weekly log-ins for yardage, so many swimmers like to keep up with how far they swim, and then in the weekly e-mail,

I post the totals to provide a little extra competition within the team," says Fontenot.

### PRACTICE #1 - (Monday) DISTANCE

#### WARM-UP

- Groups 1&2: 600 swim/400 pull
- Groups 3&4: 400 swim/300 pull

#### MAIN SET

- 12 x 25 drill (10 secs. rest)
- Groups 3&4: 8 x 25 drill (10 secs. rest)
- 10 x 50, build on 1:00
- Groups 1&2: 25 kick, 25 swim;
- Group 3: 50 swim; Group 4: 50 swim with fins
- 100 swim/100 kick (1 min. rest)
- Respective Distances for Groups 1-4: 800-700-600-400
- Pull (breathe every 3 or 5)
- Respective Distances: 600-500-400-300

- Kick with fins
- Respective Distances: 400-350-300-250
- 8 x 50 sprint on 1:00

#### WARM-DOWN: 100

TOTALS (Groups 1-4) = 4,200-3,950-3,300-2,950 Yards

#### MOTIVATIONAL QUOTE FOR THE DAY:

"Wealth, notoriety, place and power are no measures of success whatsoever. The only true measure of success is the ratio between what we might have been and what we have become." -H.G. Wells-

### PRACTICE #2 (Tuesday) INDIVIDUAL MEDLEY

#### WARM-UP

- Groups 1&2: 600 swim/400 IM drill
- Groups 3&4: 400 swim/300 IM drill

#### MAIN SET

- 25 kick, 25 drill
- Groups 1&2: 400 IM; Group 3: 300 IM; Group 4: 200 IM
- Pull on 7:15
- Respective Distances for Groups 1-4: 500-450-400-300
- 8 x 25 kick, IM order, on :35
- 4 on 3:40

- Group 1: 250 (200 IM + 50 free);
- Group 2: 200 IM; Group 3: 175 IM;
- Group 4: 150 IM
- 4 on 2:15
- Group 1: 125 (100 IM + 25 free);
- Group 2: 100 IM; Groups 3&4: 75 IM

#### WARM-DOWN: 100

TOTALS (Groups 1-4) = 4,200-3,800-3,100-2,700 Yards

#### MOTIVATIONAL QUOTE FOR THE DAY:

"Actions speak louder than words!"



#### FOUR WORLD RECORDS FALL AT SPM CHAMPIONSHIPS

Alex Kostich, Frank Piemme and Jim McConica took down four long course FINA Masters world records at the Southern Pacific Masters meet, July 23-25, in Fullerton, Calif. Kostich erased the 800 and 1500 free records in the men's 40-44 age group with times of 8:37.81 and 16:36.91. The previous marks were both held by Jeff Erwin (8:41.65 and 16:39.60).

Piemme set a USMS record in the men's 85-89 50 breast with a 49.49, then followed with a world record in the 100 breast in 1:51.79. Barton Greenberg held the

previous marks at 50:57 and 1:53.27. McConica established a Masters WR in the men's 60-64 400 free with a 4:40.52, breaking Graham Croft's old standard by nearly eight seconds.



#### USMS TOP TEN ARCHIVES RELEASED

The USMS Records and Tabulation Committee, as well as the History and Archives Committee, have compiled a new list of the top ten swims in each age group and event dating back to 1971. The previous online top ten lists only dated back to 1993. Check out the lists at <http://www.usms.org/comp/tt/>.



#### AUSTRALIAN MASTERS RECORDS TUMBLE IN PERTH

A number of Australian national records were bettered at the 1500m Long Course State meet, hosted by Perth's Somerset Masters team in August. Joyce O'Farrell, a 90-year old from host Somerset, set the first-ever national record in the women's 90-94 1500 meter free with a time of 43:09.97. She also broke national records with her 400 and 800 splits. She eclipsed

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## PRACTICE #3 (Wednesday) MIDDLE DISTANCE

### WARM-UP

- Groups 1&2: 600 swim/  
400 kick with fins
- Groups 3&4: 400 swim/  
300 kick with fins

### MAIN SET

- 10 x 50 (25 drill, 25 kick)  
(10 secs. rest)
- 10 x 50 on 1:00 (streamline  
past flags on start and turns)
- 6 on 2:45
- Respective distances for

- Groups 1-4: 200-175-150-125
- 6 on 2:30 with fins
- Respective distances:  
200-175-150-125

### WARM-DOWN: 100

**TOTALS (Groups 1-4) = 4,500-  
4,200-3,500-3,100 Yards**

### MOTIVATIONAL

#### QUOTE-FOR-THE-DAY:

"Do not simply be good—be  
good for something."

## PRACTICE #4 (Thursday) STROKES

### WARM-UP

- Groups 1&2: 600 swim/  
400-50 free; 50 stroke
- Groups 3&4: 400 swim/  
300-50 free; 50 stroke
- 50; Group 4: 100, 50, 25
- 10 x 50 stroke (middle of pool—  
work turns) on 1:00

### MAIN SET

- 10 x 50 drill, kick stroke  
(10 secs. rest)
- Group 3: 8 x 50; Group 4: 6 x 50
- 2 on 4:15
- Respective distances for Groups  
1-4: 300-275-225-150
- 4 x stroke on 3:30; 2:00; 1:00
- Group 1: 200, 100, 50; Group 2:  
175, 75, 50; Group 3: 150, 75,

### WARM-DOWN: 100

**TOTALS (Groups 1-4) = 4,100-  
3,850-3,000-2,350 Yards**

### MOTIVATIONAL

#### QUOTE-FOR-THE-DAY:

"Success is not measured by what  
a man accomplishes, but by the  
opposition he has encountered and  
the courage with which he has  
maintained the struggle against  
overwhelming odds. —Charles  
Lindbergh

## PRACTICE #5 (Friday) SPRINTS

### WARM-UP

- Groups 1&2: 600 swim
- Groups 3&4: 400 swim

### MAIN SET

- 2x the following (30 secs. rest  
between #1 pull, #2 kick)  
Respective distances for Groups  
1-4: 400-350-300-250
- 12 x 25 (build-up) on :30
- 6 on 1:45
- Respective distances:  
125-100-75-75
- 8 on 1:30
- Respective distances:  
100-100-75-50

- 10 on 1:10
- Respective distances:  
75-75-50-50

- 12 on :30
- Respective distances:  
25-25-25-25

### WARM-DOWN: 100

**TOTALS (Groups 1-4) = 4,400-  
4,150-3,450-3,150 Yards**

### MOTIVATIONAL

#### QUOTE-FOR-THE-DAY:

"Unless a man undertakes more  
than he possibly can do, he will  
never do all that he can." —Henry  
Drummond ♦

the previous record in the 400 by nearly two minutes with an 11:26.04, and her split at 800 was nearly seven minutes below the previous mark of 22:59.63.

O'Farrell's teammate, **Jeremy Allen**, broke **Victor Paul's** Aussie record of 26:20.98 in the men's 60-64 1500 backstroke with a time of 26:04.72.

### MASTERS WORLD RECORDS FALL AT WORLD CHAMPS

More than a dozen swimmers took part in a Masters world record-breaking spree at the FINA World Masters Long Course Championships in Gothenburg, Sweden, July 31-Aug. 6. **Marcus Mattioli** (3) and **Thomas Maine** (4) had the most individual records at the meet. Here is a list of the record breakers:

- 25-29:** Kamil Kasproicz (200 back, 2:03.80; 200 IM, 2:05.98), Linda Lund Kristiansen (50 fly, 27.90)
- 30-34:** Ioan Stefan Gherghel (100 fly, 54.19), Ricardo Monasterio (800 free, 8:16.52)
- 35-39:** Kirsten Cameron (800 free, 9:09.12)

- 40-44:** Vlad Pyshnenko (100 free, 51.72; 200 free, 1:53.65), Edilson Silva Jr. (50 back, 27.38), Mark Vogel (200 back, 2:12.77)
- 50-54:** Marcus Mattioli (800 free, 8:55.05; 200 fly, 2:15.05; 400 IM, 4:53.69)
- 60-64:** Charlotte Davis (200 IM, 2:52.67; 400 IM, 6:08.99), Sanderina Kruger (200 free, 2:29.54)
- 65-69:** Margit Ohlsson (100 back, 1:21.81; 200 back, 3:03.48), Noboku Yasuda (200 breast, 3:24.79)
- 70-74:** Christel Schulz (200 free, 2:48.03)
- 85-89:** Karl Hauter (200 breast, 4:13.81), Thomas Maine (100 fly, 1:55.18; 200 fly, 4:15.93; 200 IM, 3:51.20; 400 IM, 8:34.37)
- 90-94:** Barbara Bohm (200 breast, 6:53.97)
- 95-99:** Mieko Nagaoka (800 free, 31:37.24; 50 breast, 2:50.35)
- 120-159:** Tina Mollenhauer, Timo Nolte, Nina-Christin Winter, Stephan Kunzelmann (GER) (mixed 200 medley relay, 1:53.92)
- 240-279:** Antje Stille, Monika Senftleben, Brigitte Merten, Ruth Stubert (GER) (women's 200 medley relay, 2:30.49) ♦





THE "HOW-TO" MAGAZINE FOR BETTER SWIMMING

# SWIMMING TECHNIQUE

*Swimming Technique was first published in 1964 as the official magazine of the American Swim Coaches Association. Today the title lives as a section in Swimming World Magazine and can be downloaded separately.*

## COACH DAVE ANDERSON

**Dave Anderson**  
Director of Competitions  
Co-Head Coach  
Walter Schroeder Aquatic Center  
Brown Deer, Wisconsin

Dave Anderson graduated from Hartwick College (1985) with a bachelor's degree in political science. He eventually earned his master's degree in education at the University of Minnesota (1997) after beginning his master's in exercise science at Nebraska. He has spent the last 15 years coaching at Schroeder. During a 25-year career, he has coached 15 Olympic Trials qualifiers, two Trials finalists, 16 Big Ten and Big Eight Conference champions, four U.S. Open champions, four USA national junior team members, two USA national team members and two junior national champions who set five junior national records. He has been a staff member at a national junior team camp and for the USA national team. A YMCA National Coach of the Year in 1996 and 2007, he led the Schroeder YMCA to a national combined team title (1997) and a women's team championship in 1999.

## BUILDING BODIES, MINDS, SPIRITS AND SWIMMERS

BY MICHAEL J. STOTT

*Dave Anderson's survival skills led to the formation of a non-profit corporation that saved and restored the Walter Schroeder Aquatic Center (Brown Deer, Wis.). These days, he and co-head coach and operations director Matt Miller routinely turn out individual champions and annually vie for YMCA national team titles.*

**Q: *Swimming Technique:***  
**You spent time at Nebraska and Minnesota.**

**A. Coach Dave Anderson:**

Yes, but I credit the guidance and support of my coach, Jim Schulte, at Perkiomen Valley High School (Pa.) for my passion for swimming, as well as my college coach, Paul Richards. My experiences as a graduate assistant with Cal Bentz and Rick Paine at Nebraska and as an assistant coach with Dennis Dale at Minnesota were exceptional. At both places, assistants were given responsibility and were encouraged to be creative. Threads of both programs are evident at Schroeder. Nebraska's success with speed in the late 1980s and Dennis' "codification" of the Nebraska training are part and parcel of my thinking.

**What's unique about the organizational structure of the Walter Schroeder Aquatic Center and your YMCA affiliation?**

In 2007, the YMCA of Metropolitan



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— continued on 26

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facility of Wisconsin Swimming, Inc., Wisconsin YMCA Swimming and regional diving. Matt Miller and I, with the incredible help of a swim team parent and real estate developer, Mark Irgens, established a non-profit organization and raised dollars to buy and refurbish the Walter Schroeder Aquatic Center.

We exceeded our own financial predictions for 2009, and 2010 will be another good year. Both the new non-profit and the YMCA were interested in maintaining a strong relationship. The members of our swim, dive and Masters teams are full-privilege YMCA members. We compete in both USA Swimming and YMCA events.

#### What accounts for the boys' second- (2009) and fourth-place (2010) finishes at Y Short Course Nationals?

Talent and luck—it's pretty hard to mess up Will Colbert, Mitchell Friedemann, Steve Cebertowicz, Victor Leclere, Kevin Baseheart, Chris Jenkins, Ryan Hansen, Graham Charlton, Carl Newenhouse, Francisco Vital, Chris Meyers and Casey Murphy. They are all big, tall, talented guys. Many are swimming or will swim at (NCAA) Division I schools. You will note that the team of Baseheart, Mania, Friedemann and Cebertowicz won the men's 400 free relay at the U.S. Long Course Nationals in August, going a 3:22.86.

#### What are the chances you'll reprise the girls' former success in future years?

Very good—both boys and girls swam well this year. We have some very good young girls coming out of Matt's group. They are quick, willing and skilled. The future is bright.

#### How did you go about building a strong age group program?

Matt is incredible at developing age group swimmers and keeping them in the sport when they are most vulnerable to leaving. He had a standout career at Kenyon. One day, he posted a list of two names on the office window that said, "Congratulations to the following swimmers for coming four times this week." The list grew and became an expectation. Shortly thereafter, he implemented a challenging 500-yard time to get into his group. Matt's bread-and-butter is aerobic freestyle. He starts kids off on a 1:40 or 1:50 base. Eventually, swimmers move to lane 1 and go off a 1:10 base.

#### Schroeder seems to have a pronounced speed orientation.

Our age groupers are pointed toward

skill and good habits and then aerobic development. I am a realist. If a kid can't kick breast and excels at backstroke, he's a backstroker. If an athlete shows some ability aerobically and has no speed, I believe he should swim the 800 or mile. We do honor the sprinter.

One mission is to help kids find the right college swimming program. We are a moderate-to-low-volume program and have always had a fair amount of speed. We got beat this year by a very good group from YOTA at the national YMCA meet in the 4 x 50 relay, but we swam fast. We had won that event four years in a row with many different guys. We work on sprinting a lot, but most of the guys who made up those relays probably average 25,000 to 28,000 yards or meters per week.

#### Is long course integral to your training?

I am at Schroeder because it is a 50-meter facility. We train long course year-round. During the indoor season we train long course on Tuesday and Thursday morning, Friday afternoon and Saturday morning. In the summer, the pool is long course every morning and short course yards on Monday through Thursday afternoon. Training long course is important. My athletes and I think fluently in SCY and LCM.

#### Does that give you a leg up on other teams?

I think it helps. We never really suffer that one-to-two-week adjustment to LCM training. We move back and forth easily. During an athlete's career, there is a positive cumulative effect.

#### Is there much focus on core-centered training?

Strength and conditioning coach Brad Arnett has worked at both Minnesota and the University of Arizona. Core strength is a large part of his basic program. He evaluates each athlete and addresses his or her weaknesses. The athletes who train with him enter their freshman year of college at about the junior-year level. It's that dramatic.

#### What about dryland?

We offer a basic strength-training program three times a week. The athletes usually get one to two sessions per week with Brad and another one with us. Our YMCA has fantastic facilities, and we do not want for any kind of equipment or space.

#### What about kicking?

Loosely, we kick about 8,000 yards or meters per week. It depends on the athlete and his event, but we've doubled our kick volume in the last three years. Quality and intensity are up as well. Schroeder is

a moderate volume program, and I think kicking has decreased our total training volume per week. Overall, it's helped performance.

#### How much kicking per practice?

Minimum 1,000, maximum 4,500—our weekly minimum is 6,500 with a max of 12,000.

#### How about swimming volume?

This year we maintained a basic four-week cycle that let the athletes go eight, seven, nine and then six times per week. Kids who traveled to sectionals or the national YMCA meet probably went 25K to 35K per week.

#### Are you a patient coach?

I don't think so. I'm pretty good until about October, and then again in the spring until May.

#### At a meet such as the YMCA Nationals, how do you ready an athlete who has already had one race?

The national YMCA meet is hard for a kid who is really good. Virtually all individual events and relays are prelim/finals. We rest appropriately, but keep basic volume up because with warm-up and warm-down and racing, athletes will swim 6 to 7,000 yards per day. We value sleep highly and have nearly abandoned wake-up swims. Our evening meal is delivered to the pool so that the athletes can get back to their rooms. Getting ready for the next race is easy if the athlete is swimming well. It is more challenging for an athlete to recover and prepare for the next race when a meet begins poorly.

#### Good or bad swims, what do you say?

What I say is very different. If an athlete has a great swim, it's usually just a high-five and maybe compliments on the key pieces that went well. If a race goes poorly, it really depends on the athlete. Some need space and time, others need consoling, and still others want an explanation or reason. I try to find something that went well, but it usually doesn't seem to make much difference. I don't get surprised very often at an event. I don't believe a taper can "save" a season of poor training. If athletes are on a hot streak and swimming well before they rest, they will go fast. If they've been ill or struggling before rest, it's unusual that something good will happen. I usually try to put a bad result into the context of the whole season. ♦

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Michael J. Stott, one of Swimming World Magazine's USA contributors, is based in Richmond, Va.

# MITCHELL FRIEDEMANN

BY MICHAEL J. STOTT

University of Arizona-bound Mitchell Friedemann had a whale of a 2010 Short Course YMCA Nationals, finishing first in the 50 yard free (20.33, a YMCA national record), 100 free (44.24), 100 fly (48.66) and 100 back (47.61). In addition, he clocked relay legs of 19.78 in the 200 free, 22.37 (back) in the 200 medley and 1:38.44 in the 800 free relays.

Always a top swimmer, Friedemann joined the Schroeder team in spring 2008. At 10 years old, he had broken Matt Grever's 9-10 national age group record in the 50 yard backstroke, and Coach Dave Anderson's goal was "to keep him going fast and not mess him up."

A very willing trainer and highly motivated athlete, Friedemann benefited from a relaxed academic senior year, devoting much of his free time to training, often with post-grad teammate, Adam Mania.

Careful scheduling and Anderson's keen sense of what best suited Friedemann paid big dividends this past spring. Fall 2009 training began with kicking and speed work while ramping up into aerobic volume.

"An outstanding backstroker, Mitch trains mostly freestyle, averaging six-and-a-half swims per week," says Anderson. "His lifting consists of intense, highly supervised sessions two-and-a-half times weekly for about three-and-three-quarter hours per week. He has not taken off more than two weeks in the last several years," he says.

Friedemann's typical weekly volume without a meet is 33,000 yards or meters, broken down as:

- Sunday: 3,000 (video, power racks, loosening, technique work)

PROGRESSION OF TIMES (LCM)					
	Summer '10	Summer '09	Summer '08	Summer '07	Summer '06
100 Free	51.85	51.05	52.23*	54.26	55.91
100 Back	57.14	56.74	57.96*	1:00.08	1:03.22

\* = Friedemann adapted early to technical suits (2008 Juniors), and by spring of 2010, he had attained best times in a jammer.

- Monday: 6,000 (moderate aerobic)
- Tuesday: 7,000 (bigger kick set, harder aerobic)
- Wednesday: 6,000 (some dryland and a mix of speed and aerobic work)
- Thursday: 4,500 (something fast from a dive—7 x 50 @ 5:00 is typical)
- Friday: 5,500 LCM (moderate aerobic)
- Saturday: 6,000 LCM (hard aerobic, good kick)

Anderson orchestrates Friedemann's energy systems as follows:

- Kick 6,500—mostly on his back without a board (rarely kicks slower than 1:30 base/yards)
- Pink 6,500 (heart rate 26-28/10 seconds or 7.5 on scale 1-10)
- Purple 400 really hard
- Sprint 2,000 including power racks (25s and some 50s)
- Rarely swims repeats longer than 200 yards/meters

"Mitch is not distracted from his sport ever and considered only swimming when planning college visits," says Anderson. "He doesn't race many events per meet and resists local competition when he's not prepared to go fast. He absolutely hates losing and purposely limits his race schedule so he can get up for the big meets.

We have found that about 16

days of good rest works well.

"Honestly, Mitch has an unusually high level of personal energy and can be painful to be around during taper, but he is very sincere and a pleasure to coach because he only wants to get better. He likes to race all the time in training unless he's playing 'grab-butt' with his friends like he's 10 years old," says Anderson.

Friedemann is extremely durable and has remained healthy, although he is susceptible to sinus infections.

## FAVORITE SETS

Following is an Anderson favorite set (from Dennis Dale) done on Tuesday evenings about six times per year. It is swum after a general warm-up and some light aerobic work that takes the workout to 5,000 yards.

3x through:

- 10 x 25 from a push
- 200 easy

1st time through @ :50, 2nd @ 1:00, 3rd @ 1:10

"The following set is hard, meaningful and builds confidence," says Anderson. "I get swimmer times, and we usually go 10 seconds apart."

3x through:

- 6 x 50
- 100 easy

1st time through @ :50, thinking 200 pace; 2nd @ 1:00, thinking 150 pace; 3rd @ 1:10, thinking 100 pace ♦



How they train



# Learn-to-Swim

## THE MAGICAL WORLD OF SWIMMING LESSONS—THE 5 CITIES SWIM SCHOOL WAY

BY JEFF PURCHIN

**B**efore we can have Olympic swimmers...before we can have highly-gifted swimmers...before we can have Masters swimmers...before we can have the champion age group swimmers...before we can have the hard-working age group swimmers...and before we can have a confident swimmer in the water...we must start off with the basics of learning *how to swim*.

Learning how to swim involves trust, balance, confidence, reassurance and knowing you are doing the best you can:

**Trust:** The child must have trust in the instructor. There is no way that a child will enter into a strange environment...or go into the pool with a complete stranger...or go into a big pool away from their parent for the first time—unless there is trust between the instructor and the student.

**Balance:** Without balance in the water, there is no way that the student will accomplish much in the pool. This is one of the most important aspects of our teaching at our swim school, the 5 Cities Swim School in Arroyo Grande, Calif.

**Confidence:** The instructor must give the student confidence. Without confidence, there is no way the child will succeed when first learning how to swim.

**Reassurance:** The instructor must continue to give positive feedback to the student. When the instructor gives a constructive criticism, he or she must also make a positive point—no matter how small or large it is.

**Knowing You Did the Best You Can:** No matter how long it takes to teach the first-time student, you will be successful as an instructor, knowing you did everything in your heart to make the child water-safe and feeling comfortable in the water.

### SKILLS AND TECHNIQUES

The magic of trust, balance, confidence, reassurance and knowing you did the best you can all can be combined by getting into that child's world and finding something to which you both can relate and bond together. To achieve this, we have used many different skills and techniques at our swim school. Here are a couple of examples:

*Learning how to swim involves trust, balance, confidence, reassurance and knowing you are doing the best you can. The 5 Cities Swim School (opposite page, far right) uses several techniques and skills to reach the children on their level. Among the successful techniques the school uses are imagination, fun and creativity. The Candy Machine (center) and the Pirate Ship (right) incorporate all these aspects and puts the student at ease.*

[PHOTOS PROVIDED BY JEFF PURCHIN]







**The Candy Machine.** Among the successful techniques we use are imagination, fun and creativity. The Candy Machine incorporates all these aspects and puts the student at ease. With the Willy Wonka chocolate candy song, we incorporate getting the face wet, the hair wet and the ears wet—and the student doesn't even know what happened to him!

The child is so intrigued by the creative activity with joy, laughter and fun that the student does not know he or she is already learning, feeling and gaining confidence in the water. The child is also bonding with the instructor. Yes—there are even some balance issues that are taking place in the water. The student is far more relaxed because of this activity.

*How the candy machine works:* The instructor asks the student what kind of candy he or she wants, then the creativity starts by singing the “Oompa Loompa”

song while the instructor sways the student back and forth through the water. At this time, the ears are getting wet.

Then the instructor pours “chocolate” (water) onto the student's head while continuing to sing. Then the instructor mixes up the “chocolate” through the water (works on balance), pops the student up and down, making bubbles with their body (which are the candy sprinkles), and sprinkles the candy on the student's face.

Of course, the child eats the imaginary candy, and the instructor glides the student back to the steps and starts all over with the next student.

You will find a much better confident glide after this activity has finished because the student is more relaxed, confident and assured.

**Pirate Ship.** Another very successful creative imaginary skill is our pirate ship. All children love pirates, and all students have fun with this activity. We put the student on a noodle or kickboard. We sing the “Pirates of the Caribbean” song from the popular Disneyland ride—“Yo-ho, Yo-ho, a pirates life's for me!”

As we make circles with the kickboard (boat), we splash the student with water. We then find another “pirate” (another student from the class) and fire our cannon at the other students (using the kickboard by pushing it up and down in the water).

We then end the skill by raising the student's kickboard in the air and having it come down on the water surface with a nice splash. Again, we accomplished laughter, which eases the student's fear. We see

that bonding has taken place and that trust is instilled at this point of the lesson.

#### **BOTTOM LINE: TO BECOME WATER-SAFE**

Once you incorporate these creative skills by “going into your student's world,” you can really start teaching the skills to get the swimmer to become water-safe. You will achieve balance and trust more easily, and you will experience bonding with your student.

Being a part of the United States Swimming Association, one of our main objectives is to get all children water-safe. So many children cannot get over the fear of water because they are not having fun, and they are not relaxed in the water. It is so important to incorporate all of our aspects of teaching—trust, balance, confidence, reassurance and knowing you did your best—to make your lessons successful. ♦

---

*Jeffery Purchin started his own swim school in 1979 in Los Angeles. In 1984, he founded the 5 Cities Swim School in Arroyo Grande, Calif., and is in his 26th year of operating the swim school. Since 1977, Purchin has been teaching children how to swim. He graduated from San Diego State University with a bachelor's degree in business and recreation. He has served on the board of directors for the United States Swim School Association and is currently the chairperson for USSSA's public relations committee. For more information on the 5 Cities Swim School, go to [www.5citiesswimschool.com](http://www.5citiesswimschool.com).*





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PICTURED (ALL PHOTOS) » Xavier College Preparatory (Phoenix, Ariz.)

# Prep Schools

## PROVIDING THE NECESSARY TOOLS

*Academics, athletics and cultural diversity are three important components to consider when choosing the right school for one's high school education.*

BY TIFFANY ELIAS

*Tiffany Elias graduated from Xavier College Preparatory (Phoenix, Ariz.) and Florida State University. She now works at Swimming World as its marketing coordinator.*

I attended Xavier College Preparatory, an all-girls school in Phoenix, Ariz., because I was confident that it would meet my needs for an outstanding

education, a strong athletic program and a diverse student body. As it turned out, the prep school experience far exceeded my expectations.

When choosing the right school for my education, I learned that I needed to consider a number of factors, the most important of which were academic excellence, the quality of the athletic programs and cultural diversity.

- A strong academic curriculum is the foundation for future success.

Obviously, one of the ultimate goals of a college preparatory school is to provide students with the necessary tools to excel in their next level of education. College prep schools around the country are achieving this goal by providing advanced placement, honors-level courses and college credit with dual enrollment.

- For the competitive athlete, it is crucial to choose a school with a history of athletic success. To help me with my decision, I recognized and acknowledged the school's athletic legacy. While at Xavier, I was proud to contribute to the swimming team's tradition and record-breaking number of consecutive dual meet wins, its streak of state titles and the No. 1 national team ranking in 2005. Also, the success of a team in one sport often breeds success for teams in other sports. As with many prep schools, Xavier offers 11 other highly competitive interscholastic sports.
- More importantly, college preparatory schools typically accept students from all cultures as well as varying socioeconomic and ethnic backgrounds. Consequently, these schools promote leadership, friendship and community among an extremely diverse group of students.

...

The pursuit of excellence that college preparatory schools demand plus the opportunities they provide ensure a degree of unparalleled success compared to many high school curriculums. Personally, I am proud to credit Xavier College Preparatory for my academic success at the collegiate level and for the honor of becoming the captain of an NCAA Division I swim team.

The prep school experience gave me the tools I needed to balance an academic workload and a rigorous athletic program in college plus the indispensable skills required to lead a diverse group of outstanding individuals on my swim team. ♦



# Prep Schools

The listings on pages 33-41 are paid advertisements.

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dan\_flack@baylorschool.org  
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*Swimming World Magazine's* 2009 Girls National High School Champion and 2008-2009 Boys Independent School Champions.

For more than 100 years, Baylor School has been one of the leading college prepara-

tory schools in the South. Located on a spectacular 670-acre campus, Baylor provides a challenging curriculum featuring small classes and 19 AP courses. The Class of 2010 was offered \$8.9 million in academic scholarships and were accepted to the country's top universities. Our swimming program has produced an Olympic Gold Medalist, NCAA Champion, National Youth team members and high school All Americans. Our swim teams have won over 40 Tennessee State Championships. They are the 2009 *Swimming World* Girls National Champions, the 2008 and 2009 Boys' Independent School National Champions. Baylor's new state-of-the-art Aquatic Center features a 50 meter by 25-yard pool, an endless pool and a new \$1.2 million sports performance center. Head Coach Dan Flack has been named Tennessee either Men's or

Women's Swimming Coach of the Year 5 times since 2007. See display ad on page 33.

## THE BOLLES SCHOOL

**College Preparatory  
PK-12 Co-ed Day  
7-12 Co-ed Boarding  
Enrollment: 1,700**

**7400 San Jose Boulevard  
Jacksonville, FL 32217  
Coach: Sergio Lopez  
904-256-5210  
lopezs@bolles.org  
www.bolles.org**



*Swimming World Magazine's* 2009-10 Boys National High School Champions and 2003-

# BaylorLeads



**Our program has produced an Olympic Gold Medalist, US National Finalists, Olympic Trials Qualifiers, US and NCSA Junior National Champions, National Youth Team Members and High School All-Americans.**

- 🏆 2009 Swimming World Women's National Champions
- 🏆 2008 and 2009 *Swimming World* Boys Independent School National Champions
- 🏆 Over 40 Tennessee Team State Championships
- 🏆 2009 Eastern Prep Boys and Girls Champions
- 🏆 State-of-the-art Aquatic Center, including a 50-meter by 25-yard pool
- 🏆 A diverse program with swimmers from seven countries in the last three years

**(423) 267-8505 | www.baylorschool.org**



### *2004 and 2004-2005 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 nearly 300 member year-round United States Swimming program, the Bolles Sharks, have developed several nationally and world-ranked swimmers. The Bolles Sharks earned recognition as a Gold Medal Club through USA Swimming's National Club Excellence Program for 2010–2012. Swimmers with Bolles ties have competed at every Summer Olympics since 1972, with a total of 44 Bolles students and alumni competing for 24 different countries through the 2008 games. Ten of these swimmers have won a total of 13 gold, silver, or bronze medals. Bolles has claimed a combined ten National High School Championships since 1972. In addition, Bolles has won 53 total Florida high

school state championships including 22 consecutive for the boys' team and 19 consecutive for the girls' team through the 2009 season. The program facilitates training and stroke instruction in Bolles' 50-meter and 25-yard pools, as well as the Aquatic Center with dry land and weight training equipment. The program is guided by head coach Sergio Lopez. The Bolles School welcomes students without regard to race, religion, gender or national origin. See display ad on page 34.

#### **CANTERBURY SCHOOL**

**College Preparatory  
Co-educational  
Boarding & Day  
Grades: 9-12  
Enrollment: 350**



**Mr. Keith Holton  
Director of Admission  
101 Aspetuck Avenue  
New Milford, CT 06776  
860-210-3832  
admissions@cbury.org  
www.cbury.org**

Founded in 1915, Canterbury is a college preparatory, coeducational boarding and day school for students in grades 9–12. The School prides itself on creating a community based on Catholic values, where students and faculty forge lasting bonds and every student experiences a broad and challenging program in a small school setting. The School's educational environment fosters academic rigor, athletic development, artistic enrichment, and spiritual growth. Our swimming program competes in the New England Prep School Swimming Association (NEPSSA). Our teams consistently compete with the top competition in the NEPSSA, including recent championships by both our girls (2009) and boys (2010) teams. Home to our swim and water polo teams is the William W. Higgins '53 Aquatic Center that opened in September 2008. This state of the art facility is specifically designed for competitive swimming, diving, and water polo events. See display ad on page 35.



## In a lane of its own!



- ◆ Olympic Medalists & Competitors
- ◆ 53 Boys' and Girls' State Championship Titles
- ◆ Overall Sports Program recognized as 9th in the nation by *Sports Illustrated*

**Contact us at  
(904) 733-9292  
or visit  
[www.Bolles.org](http://www.Bolles.org)**

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.

## EAGLEBROOK SCHOOL

**Preparatory  
Boys Boarding and Day  
school  
Grades 6 - 9  
Enrollment: 280**



**Theodore Low  
Director of Admissions  
271 Pine Nook Road PO Box  
7  
Deerfield, MA 01342  
413-774-9119  
Email: [tlow@eaglebrook.org](mailto:tlow@eaglebrook.org)**

**Bo Tanner  
Swimming, Diving and Water  
Polo Coach  
413-774-9263  
[btanner@eaglebrook.org](mailto:btanner@eaglebrook.org)**

Eaglebrook is a world leader in boarding and day school education for middle school boys. Located on 750 acres in historic Deerfield, MA, 100 miles west of Boston, our diverse student body represents over twenty-

one states and twenty-one countries. Our students benefit from: a vigorous curriculum that prepares them for secondary school; a student to faculty ratio of 5:1; average class sizes of 8 – 12 students; and outstanding secondary school placement assistance. The aquatics center, opened in 1997, has a six-lane twenty-five yard state of the art pool. We have both Junior Varsity and Varsity level teams for Water Polo and Swimming and Diving. Our teams compete with secondary school JV and Varsity teams in the New England Prep School league. The team has earned four Division III championship titles. Varsity athletes go on to participate on secondary school varsity teams including Deerfield Academy, Peddie School, Mercersburg Academy, Suffield Academy, Phillips Exeter, Phillips Andover, Choate Rosemary Hall, and college teams including Harvard, Columbia, Middlebury College, Dartmouth, Bates College and Connecticut College.

## FORK UNION MILITARY ACADEMY

**College Preparatory  
Boys Boarding  
Grades 6-12 and Post-  
Graduate  
Enrollment: 550**



**Steve Macek  
Director of Admissions  
Fork Union Military Academy  
P.O. Box 278  
Fork Union, VA 23055  
434-842-4205; 800-GO2-FUMA  
[maceks@fuma.org](mailto:maceks@fuma.org)**

**Head Swim Coach: Jim Bocci  
434-842-4210  
[boccij@fuma.org](mailto:boccij@fuma.org)  
[www.forkunion.com](http://www.forkunion.com)**

Fork Union Military Academy is one of the premier college preparatory schools in the country. Founded in 1898 the school has a tradition of educating young men in "Body, Mind and Spirit." The Academy is located in Central Virginia near the town of

## Canterbury School

Located in the Litchfield Hills of western Connecticut, Canterbury is a college preparatory, coeducational boarding and day school for students in grades 9-12. The School's educational environment fosters academic rigor, athletic development, artistic enrichment, and spiritual growth.

Home to Canterbury's aquatic program is the William W. Higgins '53 Aquatic Center. This state of the art facility, which opened in September 2008, is specifically designed for swimming, competitive diving, and water polo.



**Canterbury School**  
101 Aspetuck Avenue  
New Milford, CT 06776-2825  
860-210-3832 • [www.cbury.org](http://www.cbury.org)  
[admissions@cbury.org](mailto:admissions@cbury.org)

*Inspiring Excellence in Mind, Body, & Spirit*





Charlottesville and the University of Virginia. FUMA has been nationally recognized as a sports powerhouse by producing multiple Olympians, two Heisman trophy winners and over 150 professional football, basketball and baseball players. The Swimming and Diving team has a rich tradition of excellence, boasting over 30 All-Americans, multiple individual state champions and state record holders, and numerous national qualifiers. Recently, the team was crowned the 2010 Virginia State Champions, and repeated as Virginia Prep League Champions (2009 and 2010). The team garnered a 5th place national ranking on the NISCA National Dual Power Point Rankings for private schools. The Academy's multi-million dollar aquatic facility is home to the high school team, year-round club team and host venue for some of the largest competitions in Virginia. The team is led by Coach Jim Bocci who joined FUMA in 2005 and was named the Virginia State Coach of the Year in back-to-back seasons (2009-2010). He is also rated as an American Swimming Coaches Association Level IV Swim Coach. The FUMA Blue Devils routinely travel to competitions held at some of

the top universities in the region. Our squads consist of swimmers and divers from virtually all parts of the country, and international students from all over the world. See display ad on page 36.

### HARGRAVE MILITARY ACADEMY

**College Preparatory  
Boy's Boarding  
Grades 7-12 and  
Post-Graduate  
Enrollment: 350**



**Mrs. Amy Walker  
Director of Admissions  
200 Military Drive  
Chatham, VA 24531  
434-432-2481  
800-432-2480  
Fax: 434-432-3129  
[www.hargrave.edu](http://www.hargrave.edu)  
[admissions@hargrave.edu](mailto:admissions@hargrave.edu)**

**Head Coach Larry Simonov  
434-432-2681  
[simonovl@hargrave.edu](mailto:simonovl@hargrave.edu)**

Hargrave Cadets lead. They lead in the classroom. They lead in character development. And, they lead in the pool. Since Hargrave's modern swimming program started 1995, Hargrave's varsity swimming team and Hargrave Aquatics, its USA Swimming program, have continually engaged various competitors of Virginia's Commonwealth and the surrounding states with great success. Led by internationally known Coach Larry Simonov, Hargrave Cadets train in a spacious indoor 50 meter/25 yard pool. Weight training, dry land and large quantities of good healthy food round out a swimmer's daily support at Hargrave. Hargrave is known for its academics, routinely placing students in the University of Virginia, Virginia Tech, NC State and the U.S. service academies. For an extra prep-year, Hargrave's Post-Graduate swimming helps build physical maturity/speed, strengthen transcripts or better test scores for athletes looking for more than a walk-on status. The NCAA allows a four full years of collegiate eligibility after taking one prep year. See display ad on page 37.

## Fork Union MILITARY ACADEMY

**Serious about your sport  
and your studies?**



- Ranked 5th in the nation on the NISCA Power Point Rankings for private schools (class 9)
- 2009-10 Virginia State Champions
- Multiple Current Virginia State Record Holders and All-Americans
- Over 30 swimmers and divers have been inducted into the National Honor Society in the past four years
- Coach Bocci, 2010 Virginia High School Swimming Coach of the Year

Fork Union Military Academy is a top college prep school for student athletes who are serious about their sport and their studies, FUMA has produced world-class talent for decades. Olympians, NBA players, NFL stars (including Heisman Trophy winners Vinny Testaverde and Eddie George), and many more have chosen to prepare for college by attending FUMA. We send more than three dozen athletes to Division I college programs on scholarship each year, and have a long history of helping young men develop in body, mind, and spirit. Come train in our \$4 million aquatic center and be part of a winning team. Boys, Grades 6 - 12 and postgraduate.

**Success stories begin here.**

[forkunion.com/swim](http://forkunion.com/swim)

**1-800-GO-2-FUMA**

## MCDONOGH SCHOOL

**College Preparatory  
K-12, coed  
Day and Five-day Boarding**

**Anita Hilson**

**Director of Admissions**

**8600 McDonogh Road  
Owings Mills, MD 21117  
410-581-4719**

**admission@mcdonogh.org  
www.mcdonogh.org**

**Scott Ward**

**Aquatic Director**

**410-998-3501**

**sward@mcdonogh.org**

On 800 rolling acres in a suburb north of Baltimore, McDonogh School is a vibrant, diverse, family-like academic community. Students are inspired regularly by talented, caring teachers and achievement-oriented classmates. Opportunities abound in academics, arts, athletics, and service. A five-day boarding program is an appealing option for swimmers with early-morning practices. The Henry A. Rosenberg, Jr. Aquatic Center, built in 2006, includes an indoor eight-lane, 50-meter pool, which is home to boys' and girls' swim teams and co-ed water polo teams. The girls' squad has won eight straight league championships. McDonogh swimmers have risen to the top of the sport. One set a national high school prep record in the 50-free in 2009. Fourswimming alumni have competed for Brown, Columbia, Colgate, Harvard, Niagara, Miami, Georgia, Tennessee. Two have won NCAA titles. Upper School tuition for day students is \$23,370; \$31,420 for five-day boarding. In 2010, McDonogh awarded more than \$3.5 million in need-based financial aid.

## MERCERSBURG ACADEMY

**College Preparatory  
Co-ed Boarding and Day  
Grades 9-12**

**300 E. Seminary Street  
Mercersburg, PA 17236**



**Tommy Adams, Assistant  
Head of School for Enrollment  
717-328-6173  
admission@mercersburg.edu  
www.mercersburg.edu**

Founded in 1893, Mercersburg offers a rigorous and dynamic curriculum to 430 students from 33 nations and 31 American states. Distinctive features include: international study opportunities; 41 AP, post-AP, and Honors courses; 70% of faculty hold advanced degrees; 55,000 volume Lenfest Library, 65,000-square-foot Burgin Center for the Arts, rigorous yet adventuresome curriculum includes robotics, Chinese, kayaking, and mountaineering; strong college counseling; \$182 million endowment; 28 with 22 varsity teams that are recognized regionally and nationally. Swimming at Mercersburg has a long tradition of excellence and has fielded 31 swimming Olympians. Former Olympic head coach Pete Williams heads Mercersburg's swimming program, which has produced numerous prep school All-Americans and other swim-

mers who go on to represent a wide variety of top colleges and universities. Our men's team clinched First Place at the 2010 Eastern Interscholastic Swimming Championships. Mercersburg also operates a summer swim camp program for youth ages 8-18. The 300-acre campus is convenient to Baltimore and Washington, D.C., Philadelphia and Pittsburgh. See display ad on page 38.

## PEDDIE SCHOOL

**College Preparatory  
Co-ed Boarding and Day  
Grades 9-21, Post Graduate  
Enrollment: 540**

**Raymond Cabot**

**Director of Admission**

**201 South Main Street  
Hightstown, NJ 08520  
609-944-7501**

**admission@peddie.org**

**Swim Coach, Greg Wriede**

**gwriede@peddie.org  
www.peddie.org**



PEDDIE SCHOOL

# Meet Success.

**In the water or out,  
achieve your  
full potential.**



*Hargrave*  
Military Academy

**800/432-2480  
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*College Prep ~ Excellent Service Academy Track  
Coach Larry Simonov ~ 50m Indoor Pool ~ USA Swimming Team*



# powerhouse.

2010  
Eastern  
Interscholastic  
Swimming  
Championships  
1st Place



2010 NISCA/Speedo All-Americans (L-R):  
*Tareq Kaaki '11, Nick Thomson '10, Linc Kupke '11,  
Ty Malone '10, Kevin Shivers '13, and Sammy Schadt '10.*

Swimming and Mercersburg are synonymous with excellence, stretching back to the early 1900s.

We consistently rank in the top ten nationally among high school/prep school swim teams, and the Academy boasts 54 Olympians as alumni, 31 of them swimmers, including 5 gold medalists. Former Olympic assistant coach Pete Williams and his talented Mercersburg staff design training for each individual swimmer.

Start your swimming legacy today at Mercersburg.  
Call 717-328-6173 M-F, 8:30-5.

define yourself.  
**here.**  
**MERCERSBURG**



Mercersburg Academy  
300 E. Seminary St.  
Mercersburg, PA 17236  
[www.mercersburg.edu](http://www.mercersburg.edu)

**Admission Open Houses** October 11, 2010 & January 17, 2011

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 close community, Peddie's talented staff is highly accessible and technology unsurpassed. The campus is linked by e-mail and full internet access. Each Peddie student receives a laptop computer as part of tuition. A national swimming power, Peddie swimmers represented the U.S. in the last three Olympics including double-gold medalist Nelson Diebel in Barcelona and gold medalist BJ Bedford in Sydney. This spring, Peddie's girls' swim team captured first place in the Easterns and boys third. Recent graduating swimmers went on to University of Southern California, Harvard, University of Tampa, University of Florida, Auburn and Stanford. 2010 – 2011 tuition for boarding students is \$43,000 and day is \$33,000. Peddie's substantial endowment provides need-based financial aid for 41 percent of Peddie students.

## THE PENNINGTON SCHOOL

**College Preparatory  
Co-ed Boarding and Day  
Grades 6-12  
Enrollment: 476**



**112 W. Delaware Ave.  
Pennington, NJ 08534  
Mark Saunders, Director of  
Admission And Financial Aid  
609-737-6128  
admiss@pennington.org  
www.pennington.org**

**Coach, George Ward  
gward@pennington.org**

The Pennington School is an independent coeducational school for students in grades 6 through 12, in both day and boarding programs, with a current enrollment of 476 students. The curriculum is college preparatory, with an emphasis on fostering the development of the whole student through academics, athletics, community service, and the creative and performing arts. Within

the curriculum there are also small programs for international students and for students with learning differences. Founded in 1838, Pennington values both tradition and innovation, applying the values gleaned from centuries of learning, along with the most up-to-date knowledge, to a rapidly changing world. The School's faculty members focus not only on what they can teach the students but also on what the varied perspectives of the student body can impart to the overall educational experience. The Pennington has both varsity girls' and varsity boys' teams, as well as a Middle School team (6th–8th). The School introduced water polo as a club sport in the fall of 2007. All programs use a 25-yard, 6 lane pool with a brand new Colorado touch pad timing system and water polo scoreboard. Swimmers have earned a 185-44-2 record in the last 15 years. Pennington has won 10 (8 Girls and 2 Boys) NJISAA State Championships since 1996 including winning both the girls and boys NJISAA State Championship in 2009. The program includes 8 morning and afternoon practices a week in season and finishes annually within the top three at States

## Mind ■ Body ■ Spirit



- Year-round Programs in Swimming, Diving, and Water Polo
- New Athletic, Fitness, and Aquatic Centers
- Winter Home to top Collegiate Swimming Programs
- .....
- JK-12, College Preparatory Curriculum
- Co-ed Boarding Program, Grades 9-12
- Episcopal Affiliation; All Faiths Welcome

3900 Jog Road, Boca Raton, Florida ■ 561.210.2128 ■ [www.saintandrews.net](http://www.saintandrews.net)



and also qualified 20 swimmers to attend the 2009 EISC (Easterns) Championships. In recent years, graduates have gone on to swim for Lafayette, University of Michigan, Penn State, Maine, Kenyon, Clairmont (CA), Redlands, Denison and Georgetown. Coach George Ward has been the Head Coach of swimming at Pennington since 1998.

## SAINT ANDREW'S SCHOOL

**College Preparatory  
Co-ed Boarding and Day  
Grades JK-12 Day  
9-12 Boarding  
Enrollment: 1,290**



**Killian Forgas  
Associate Headmaster for  
Enrollment and Planning  
3900 Jog Road  
Boca Raton, FL 33434  
561-210-2020  
admission@saintandrews.net  
www.saintandrews.net**

Saint Andrew's School is a nationally recog-

nized JK-12 day and boarding college preparatory school known for its academic excellence and education of the whole child – in mind, body and spirit. An IB World School, it serves 1,290 students from 20 countries and several states. Saint Andrew's School has 99% college placement with recent swimming/diving graduates having competed at Harvard, Yale, Dartmouth, Miami, Michigan State, UNC, Georgia Tech, Maryland, SMU and the U.S. Naval Academy. The swimming program has produced 20 District Team Titles, more than 50 All-Americans, and one National Championship. The year-round swimming, diving and water polo programs benefit from a modern 50-meter outdoor pool and a contemporary cutting-edge fitness center adjacent to the aquatic complex. Head Coach, S.A. "Sid" Cassidy serves on numerous USA Swimming and FINA committees and recently directed the Inaugural Olympic Marathon Swim in the 2008 Olympic Games in Beijing, China. See display ad on page 39.

## SUFFIELD ACADEMY

**Co-ed Boarding and Day  
Grades 9-12 and PG  
Enrollment: 400**

**Terry Breault  
Director of Admissions  
185 North Main Street  
Suffield, CT 06078  
860-668-7315  
Coach: Andy Lowe  
Alowe@suffieldacademy.org**



Founded in 1833, Suffield Academy prepares young men and women for the challenges of college and beyond. One of our greatest strengths lies in the quality of the academic program and in the continuing personal concern that is shown for each student. Suffield's program is designed for students who seek academic challenge in a friendly, close-knit environment. Suffield encourages students to take good risks in order to discover the potential they possess. As part of this philosophy, we were the first high school in the country to require every

# SUFFIELD ACADEMY

Founded in 1833 - Grades 9-12 (PG) - 400 Students - 5:1 student and faculty ratio - Coed day and Boarding  
185 North Main Street Suffield, Connecticut 06078 [www.suffieldacademy.org](http://www.suffieldacademy.org)

Founded in 1833, Suffield Academy prepares young men and women for the challenges of college and beyond. One of our greatest strengths lies in the quality of the academic program and in the continuing personal concern that is shown for each student. Suffield's program is designed for students who seek academic challenge in a friendly, close-knit environment.

**Suffield's swimming and water polo programs have produced over 50 All-Americans in recent years.**

The water polo teams routinely place in the top echelon of league competition. The girls' team has won four New England Prep School Championships since 2002.



Suffield Academy does not discriminate on the basis of sex, race, color, religion, creed, national or ethnic origin, citizenship, physical attributes, disability, age, or sexual orientation. We administer our admissions, financial aid, educational, athletic, extracurricular, and other policies so that each student is equally accorded all the rights, privileges, programs, and facilities made available by the school.

student to own a laptop, and we have developed a Leadership Program that explores issues of moral and ethical responsibility. Suffield's swimming and water polo programs have produced over 50 All-Americans in recent years. Suffield's boy's swim team has been ranked in the top ten nationally among independent schools in 2008 and 2009. The water polo teams routinely place in the top echelon of league competition, most recently winning the New England Prep title in 2009. The girls' team has won four New England Prep School Championships since 2002. In the summer of 2010, Suffield completed renovations to the swimming pool that include a rebuilt locker room, acoustical and aesthetic enhancements and improved lighting. See display ad on page 40.

### XAVIER COLLEGE PREPARATORY

**Roman Catholic High School for Girls**

**College Preparatory  
Day School  
Grades 9-12  
Enrollment: 1160**

**Paula Petrowski  
Director of Admissions  
4710 N. 5th Street  
Phoenix, AZ 85012  
602-240-3104  
ppetrowski@xcp.org  
www.xcp.org**

Founded in 1943 by the Sisters of Charity, BVM, Xavier College Preparatory has built a solid reputation for excellence in education and its attention to the cognitive and social development of girls maturing into young women. The School provides an education for life that emphasizes individual potential as well as the importance of working effectively with others to achieve success. The faith-filled environment, rigorous academic curriculum, competitive athletic program, variety of activities, world-class art offerings, and commitment to service engender leadership that is based on integrity, innovation and tradition. A talented and caring faculty challenges, encourages and supports Xavier students. The college prep curriculum includes Advanced Placement and honors level courses and college dual enrollment

classes. 100% of the students at Xavier are college-bound, and the average SAT and ACT scores annually exceed state and national averages. Students in Xavier's Class of 2010 received over \$24 million dollars in scholarships from more than 220 colleges and universities. See display ad on page 41.



## *women of faith pursuing excellence* **Xavier College Preparatory** **Roman Catholic High School**

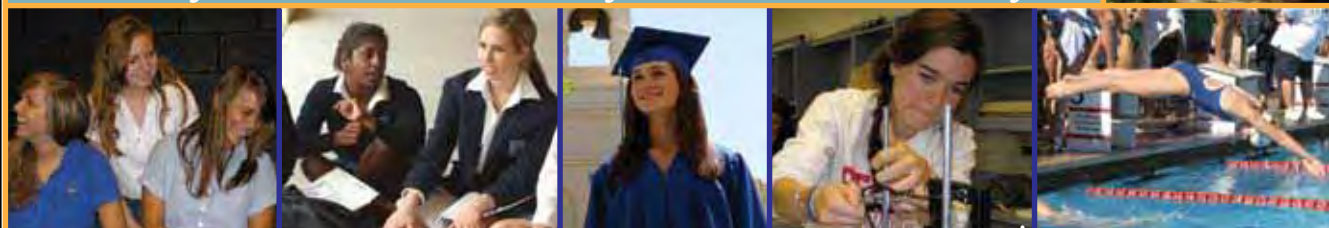


### **Xavier Swimming & Diving**

- 24 Arizona State 5A Conference Championships
- 2005 National Champions
- 2009 Team had 8 All American Swimmers
- Team produces Division 1, 2 and 3 Collegiate swimmers every year



**Discover your talents. Discover your future. Discover you**



**4710 N 5th St. Phoenix 85012 • www.xcp.org • 602-277-3772**



# Junior Swimmer

INSPIRATION AND RECOGNITION FOR YOUNG SWIMMERS

*Jr. Swimmer* was started by Peter Daland in 1952. It became a magazine in 1960 and then merged with *Swimming World* in 1961. Today, the title lives as a monthly section in *Swimming World Magazine*.

## NAG Record SETTERS



ABOVE » (from left) Rachael Acker, Camille Cheng, Maddy Schaefer, Jasmine Tosky

### [statistics]

#### • Team:

Palo Alto Stanford Aquatics  
Palo Alto, California

#### • National Age Group Record Holders:

15-18 Girls  
200 Meter Freestyle Relay

#### • Birthdates:

**Rachael Acker:** Jan. 24, 1994  
**Camille Cheng:** May 9, 1993  
**Maddy Schaefer:** Aug. 4, 1993  
**Jasmine Tosky:** March 8, 1994

#### • Height:

**Rachael:** 5-10  
**Camille:** 5-10  
**Maddy:** 5-11  
**Jasmine:** 5-5

#### • Coaches:

Scott Shea (Rachael) and Tony Batis  
(Camille, Maddy, Jasmine)

## Palo Alto Stanford Aquatics 15-18 Girls 200 Meter Free Relay

BY JUDY JACOB

The Palo Alto Stanford Aquatics' 15-18 girls relay of Maddy Schaefer, Jasmine Tosky, Rachael Acker and Camille Cheng shattered the national age group record in the 200 meter free relay during the Far Western Championships in Concord, July 28-Aug. 1. The quartet's time of 1:44.65 erased the Academy Bullets' 2009 mark of 1:46.08. That relay was composed of Kara Savegnago, Olivia Scott, Kally Fayhee and Courtney Pope.

That was the only event during Far Westerns that all four girls swam together as a relay team, and none of the four swam in individual competition.

They would come together again at junior nationals, Aug. 9-13, at Irvine, to take first place in the 400 meter free relay (3:48.24). Their time was just 36-hundredths off the NAG record in that event.

Jasmine and Maddy also competed at senior nationals and earned spots on the National Youth Team.

### HANG TIME:

**Rachael:** Watching movies, reading, hanging out with friends  
**Camille:** Hanging out with friends  
**Maddy:** Listening to music  
**Jasmine:** Relaxing, hanging out with friends, listening to music

### FAVORITE THING ABOUT SWIMMING:

**Rachael:** Teammates, best times, traveling  
**Camille:** Teammates  
**Maddy:** Making teams and meeting new people  
**Jasmine:** Teammates, traveling

### GOALS:

**Rachael:** Qualify for nationals  
**Camille:** Get cuts for nationals in the 50 and 200 free, and make the National Youth Team  
**Maddy:** Make the U.S. National Team  
**Jasmine:** Be the best swimmer I can be ♦

Online Premium Members click here to watch the NAG record swim from the Far Western Championships at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com).

[PHOTO PROVIDED BY PALO ALTO STANFORD AQUATICS]

# AMERICAN RELAY

BY JUDY JACOB

## CALIFORNIA

Pacific Swimming captured the combined team title at the Western Zone Championships, Aug. 10-14, in San Jose. Pacific swimmers combined for 1,403.5 points, well ahead of Oregon Swimming's 969 and Colorado Swimming's 813.5.

Montana's **Kate Zimmer** had a close battle in the 13-14 girls 100 meter back with Wyoming's **Kelsey Ochsner**. Zimmer set a Western Zone record with a 1:06.11 to Ochsner's 1:06.20. Ochsner nabbed a zone record of her own in the 200 fly (2:20.55).

Also setting Western Zone individual meet records were San Diego's **Brendan Santana** in the 10-and-under boys 100 fly (1:08.84) and **James O'Brien** in the 13-14 boys 800 free (8:34.41); Inland Empire's **Bryce Kananowicz** in the 13-14 boys 200 back (2:10.14); and Oregon's **Scott Bergstrom** in the 15-16 boys 200 fly (2:07.33).

The Inland Empire quartet of **Taylor McGregor**, **Melissa Peplinski**, **Carlie McGregor** and **Amber Amr** claimed two zone records with their victories in the 18-and-under girls 200 free (1:53.53) and 400 free (4:07.65) relays.

...

With her 1:10.24 victory in the 100 meter breast, **Lilian Alvarez** of the Marin Pirates set the only meet record at the California-Nevada Gold Sectional Championships, July 21-25, in Santa Clarita.

**Megan Rankin** of Aquazot was tops in the distance free events, claiming wins in the 400, 800 and 1500 free (4:18.11, 8:50.75 and 16:47.36). Double-event champions included **Gretchen Jaques** of Brea (50 free, 26.26; 200 IM, 2:17.54) and **Ally Howe** of Palo Alto Stanford (100 back, 1:04.74; 200 fly, 2:15.90).

The Armada's **John Mendoza** claimed three wins on the men's side, winning the 400, 800 and 1500 free (4:01.95, 8:21.87 and 15:50.79). **Takeshi Yamada** of Trojan was tops in both breaststrokes (1:03.37 and 2:19.32). **Garrett Thompson** from Swim Club of Norcal was first in the 100 and 200 free (52.21 and 1:53.66). **Chris Gibson**, swimming unattached, was first in both the 100 back (57.68) and 100 fly (55.70).

Aquazot Swim Club (large), La Mirada Armada (medium) and Inland Coastal

(small) were the combined team champions.

## GEORGIA

Florida Swimming swept all three team titles at the Southern Zone Championships, July 27-31, in Atlanta. Florida swimmers scored a total of 1,117 points to Georgia's 970 and North Carolina's 723.5. Florida's girls combined for 617.5 points to Georgia's 483 and Kentucky's 397.5. It was a much closer race on the boys' side, with Florida edging Georgia for first, 499.5 to 487. North Carolina took third with 411 points.

## MARYLAND

Potomac Valley's **Christopher Murphy** and Middle Atlantic's **Alex Martin** tied for first in the 11-12 boys high-point race at the Eastern Zone Championships, Aug. 11-14, in Rockville. New England's **Matthew Tynan** and Potomac Valley's **Will Lawler** also tied for the top spot in the 15-18 boys division.

Other high-point champions included Potomac Valley's **Isabella Rongione** and Virginia's **Keith Myberg** (10-and-under); New Jersey's **Helen Grossman** (11-12 girls); Virginia's **Jesse Arnold** and Allegheny Mountain's **Kyle Dudzinski** (13-14); and Middle Atlantic's **Liz Browne** (15-18 girls).

In team competition, Potomac Valley came out on top with a combined 1,332.5 points. Virginia claimed second with 914 points, and New England took third with 756.5 points.

Rongione claimed Eastern Zone records in the 10-and-under girls 200 meter free (2:19.01) and 400 free (4:54.63). Also rewriting the meet record book in two events each were Dudzinski in the 13-14 boys 100-200 back (59.78-2:11.03) and New England's **Drew Ledwith** in the 15-18 boys 800-1500 free (8:34.06-16:17.88). Middle Atlantic's 11-12 boys team of **Billy Beard**, **Martin**, **J.P. Venneri** and **Gregory Brocato** set records in the 200 free (1:48.62) and 400 free (3:59.42) relays.

## NEBRASKA

The Midwestern Swimming 10-and-under boys 200 meter free relay team of **Michael Ayers**, **Logan Kreizel**, **Luke Hemmingsen** and **Masen Louviere** set the only meet record at the Central Zone

14-and-Under Championships, Aug. 6-8, in Lincoln. The boys' time of 2:03.09 erased Illinois Swimming's 2004 posting of 2:03.84 from the record book.

Ayers won the high-point trophy for 10-and-under boys. The other high-point champions included **Olivia Calegan**, Iowa (10-and-under girls); **Lauren Heller**, Lake Erie, and **Gabriel Swardson**, Indiana (11-12); **Hannah Kastigar**, South Dakota, and **Blake Pieroni**, Indiana (13-14).

Missouri Valley was the top team in the combined standings with 3,539 points. Indiana placed second with 3,003 points, and Midwestern was third with 2,365 points.

## OREGON

Lake Oswego's quartet of **Grace Carlson**, **Karen Turner**, **Brenda Cha** and **Celia Keany** bettered the Oregon Swimming record in the open women's 200 meter free relay with a 1:47.26. The previous record was 1:47.85, set by a team from Tualatin Hills. The girls set the record at the Western Region Section Championships in Gresham, July 20-24.

...

Three Oregon Swimming records fell during the LSC's 11-and-Over Championships, July 29-Aug. 1, in Gresham. **Michelle Cefal** of Tualatin Hills posted a 1:03.14 in the 14-year-old girls 100 meter fly, erasing **Karen Turner's** 2008 time of 1:03.22. In the 12-year-old boys 50 back, Multnomah's **Tristan Furnary** swam a 30.14, bettering **Brandon Deckard's** 2008 time of 30.98.

Tualatin Hills' 13-14 boys 800 free relay of **Benjamin Buchalski**, **Jackson Wahl**, **Josh Noll** and **Jonathan Zoucha** combined for a 8:23.52, easily taking down The Dolphins' record of 8:30.53 set last year.

Tualatin Hills took home the combined team trophy, scoring 1,365 points. Mount Hood was second (598.5), followed by Bend (575.5).

Individual high-point champions in the 11-year-old division were **Cassidy Brennan**, Columbia River, and **Ben Brockman**, Bend. **Ellie Thornbrue** from Hillsboro and **Felicia Anderson** of Portland tied for the 12-year-old girls title, while Furnary won on the boys' side. **Mackenzie Rumrill** of Bearcat and **Tommy Brewer** of Bend won in the 13-year-old category. **Brenna Sapienza** of Superior Stingray and **Nick Thorne** of Mount Hood were the 14-year-old champions. In the 15-and-over age group, the champions were Bearcat's **Emma Dow** and Mount Hood's **Colin Eaton**.

— continued on 44



## TEXAS

During the Texas Age Group Swimming Championships (TAGS) meet, July 21-25, in Austin, two 11-year-old boys lowered three TAGS records apiece. **Joshua Artmann** of Nitro rewrote all three backstroke marks with times of 31.98 in the 50 meter back, 1:08.26 in the 100 and 2:25.56 in the 200. **Alvin Jiang** from Dallas Mustangs set standards in the 50 free (28.62), 100 free (1:01.78) and 50 fly (30.01).

Five TAGS standards fell in the 11-year-old girls events. The record-setters were Ilse

Longhorn (200 breast, 2:57.03); **Emily Bocock**, Blue Tide (50 breast, 35.98); **Victoria Edwards**, Longhorn (100 fly, 1:08.92); **Rachel Powers**, City of Plano (400 free, 4:46.10); and **Lauren Thompson**, Mansfield (100 breast, 1:22.92).

Also setting meet records were **Todd Ber**, Premier (12-year-old boys 50 back, 29.92); **Quinn Carrozza**, Longhorn (13-14 girls 100 free, 57.40); **Alicia Finnigan**, First Colony (12-year-old girls 200 fly, 2:21.29); **Isaac Guin**, Nitro (10-and-under boys 100 fly, 1:11.93); **Luke Guin**, Nitro (10-and-under boys 100 back, 1:14.60); and **Matthew Willenbring**, North Texas

Nadadores (10-and-under boys 400 free, 4:47.87).

The top team was Nitro, scoring a combined 618 points. North Texas Nadadores took the second spot with 511.5 points, followed by The Woodlands' 475.5 points.

## WISCONSIN

From Aug. 6-8, swimmers from the eastern portion of the Central Zone met for their Central Zone Age Group Championships in Pleasant Prairie. Team Illinois came out on top with 4,586.5 points. The runner-up spot was taken by Wisconsin with 3,680.5 points, and Team Minnesota was third with 3,387.5 points.

High-point champions were **Holly Stoll**, Wisconsin, and **Jack Levant**, Illinois (10-and-under); **Bre Thorne**, Minnesota, and **Ryan Scripp**, Wisconsin (11-12); and **Danielle Nack**, Minnesota, and **Josh Brooks**, Ohio (13-14).

Individual Central Zone record setters included Thorne in the 11-12 girls 100 meter fly (1:06.25); Nack in the 13-14 girls 50 free (27.18); **Michael Draves**, Wisconsin, in the 10-and-under boys 200 free (2:19.05); **Marshall Heskin**, Minnesota, in the 10-and-under boys 200 free (2:19.05); and **Nicholas Petersen**, Wisconsin, in the 13-14 boys 100 fly (58.01).

When it came to setting relay records at this edition of the Central Zone meet, two seemed to be the magic number, as four teams set two records apiece.

Wisconsin's 11-12 relay teams were responsible for setting four Central Zone records. The girls team of **Beata Nelson**, **Dot Halmy**, **Madison Tew** and **Katie Drabot** combined for a 4:10.31 in the 400 free relay. Nelson joined **Carolyn Jungers**, **Kelly Jacob** and **Greta Welsch** for a second zone mark of 2:04.82 in the 200 medley relay.

Wisconsin's boys squad of **Duke Bednarke**, **Aidan Meara**, **Ryan Scripp** and **Preston Vesely** went 1:51.04 in the 200 free relay. **Andrei Conrad** and **Ben Gebhart** joined Vesely and Scripp to set the record in the 200 medley relay at 2:02.49.

Minnesota's 13-14 girls team of **Kallyn Barkey**, **Kate Reilly**, **Courtney Evensen** and **Nack** cruised to a 1:49.71 in the 200 free relay. Evensen combined with **Brina Kari**, **Rae Bullinger** and **Mickayla Hinkle** to lower the 200 medley relay mark to 2:03.79.

And Illinois' 10-and-under boys team of **Ethan Morse**, **Spencer Hohm**, **Mitchell Milosch** and **Levant** took care of the 200 free relay record with their 2:01.20. **Harrison Fudge** came on board with Milosch, Levant and Morse to better the 200 medley standard with their 2:17.36. ♦

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SECTIONAL CHAMPIONSHIP

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# Junior Nationals EXTRA MOTIVATION

BY JUDY JACOB

*The nation's top 18-and-under swimmers at this year's Speedo Long Course Junior National Championships, Aug. 9-13, in Irvine, Calif. were rewarded with a trip to Hawaii to represent the United States at the Junior Pan Pacific Championships.*

## **TOSKY LEADS THE WOMEN**

Palo Alto Stanford's Jasmine Tosky, the women's high-point champion, won five individual events. She bettered meet records in the 200 meter free (1:58.54), 200 fly (2:09.28) and 400 IM (4:44.85), and also captured the 100 fly (59.43) and 200 IM (2:13.02). Tosky's teammate, Madeline Schaefer, was first in the 50 free (25.37) and second in the 100 free (55.48).

With teammates Camille Cheng and Rachael Acker, the duo lowered the meet record in the 400 free relay to 3:48.24. Ally Howe joined Cheng, Tosky and Schaefer in setting the 800 free relay mark at 8:12.97. Howe, Sarah Liang, Tosky and Schaefer made it a sweep of the relay titles for PASA with their 4:13.52 in the 400 medley.

Terrapin Chelsea Chenault took first place in the 400 free (4:11.37), while Team Florida's Lauren Driscoll lowered the meet record in the 800 to 8:35.43, and Rachel Zilinskas of Fox Chapel Killer Whales won the 1500 in 16:37.96. Bonnie Brandon of Mission Aurora held off a fast-charging Madison White of Crow Canyon Sharks in the 200 back, 2:12.30 to 2:12.34. Taylor Wohrley of Indiana University, who finished fifth (2:15.23), came back later in the meet to finish first in the 100 with her 1:01.55.

The Rattlers' Andrea Knopp lowered the meet record in the 200 breast to 2:28.70, while Allison Gargalikis of the Terrapins won the shorter distance in 1:09.84.

Lia Neal of Asphalt Green was first in the 100 free (55.17) and took second behind Schaefer in the 50 (25.64).

## **CALDWELL IS TOPS AMONG THE MEN**

Sarasota YMCA's Nicholas Caldwell, the men's high-point champ, set a meet record 3:52.32 in the prelims of the 400 free and came back in finals to win in 3:52.88. He also was first in the 800 (8:06.01) and 400 IM (4:20.55).

Vladimir Morozov of Swim Torrance set meet records in the 50 and 100 free (22.13 and 49.06p) as well as the 100 back (55.46). His winning 100 free time was 49.15.

Lakeview's Clay Youngquist set a meet record in the 200 free (1:49.37), while Wilton YMCA's Christian Higgins did the same during prelims of the 200 breast (2:14.35). Come finals, however, he finished fourth (2:15.67), with Matthew Elliott of Peoria Area Water Wizards winning in 2:14.66. Higgins did, however, win the 100 breast (1:02.95).

City of Plano's Seth Stubblefield was the meet's top flyer, outtouching Kyler Vanswol of North Aquatics in the 100, 54.51 to 54.56, and winning the 200 with the only time under two minutes (1:59.15).

Also winning individual events were Ediz Yildirimer from The Woodlands (1500 free, 15:29.38), Ryan Murphy of Bolles School Sharks (200 back, 2:00.81) and Evan Noble of Clayton Shaw Park (200 IM, 2:04.15).

SwimMAC Carolina was tops in both the 400 medley (3:49.86) and 400 free (3:22.38) relays, and finished second behind Dynamo in the 800 free relay (7:34.65 to 7:35.02).

## **PASA WINS TWO OF THREE TEAM RACES**

On the strength of its women's team—which contributed 304 points—Palo Alto Stanford Aquatics scored 345 points overall to earn its first combined team title since 2008. Dynamo took second (246), while Sarasota YMCA finished third over SwimMAC Carolina by a point (229 to 228).

In a tight battle for second behind Palo Alto in the women's competition, the Terrapins outpointed Parkland, 134 to 127. SwimMAC Carolina was the top men's team with 210 points, ahead of City of Plano (190) and Santa Clara (133). ♦

PICTURED » Palo Alto Stanford's Jasmine Tosky dominated the women's competition at juniors, winning five individual events and swimming on three championship relays.

[PHOTO BY PETER H. BICK]



# YMCA Nationals YAHOO FOR WAHOOS!

BY JUDY JACOB

[PHOTO BY MARK PAHMER]

*The Wilton YMCA Wahoos captured the combined team title at the YMCA Nationals by a large margin, but the separate races for women and men were very close.*

If you look at the overall team scores from the YMCA Long Course National Championships, July 26-30, in College Park, Md., you might conclude that Wilton YMCA had an easy time in winning the combined team title. After all, they scored 832 points—far ahead of Upper Main Line's 610 and Middle Tyger's 573.

But if you take a closer look at the women's and men's team races, you'll see that the Wahoos actually finished second—behind Middle Tyger—among the women (424-417), and squeaked by Upper Main Line (415-410.5) to win the men's competition. Countryside finished third in both races, with its men scoring 232 points and its women, 275.5.

...

In the women's race, Caroline Fore paced Middle Tyger with triumphs in the 200 and 400 IM (2:21.35 and 5:05.22), while Danielle Galyer added a win in the 100 back (1:04.07), ahead of Cheshire's Justine Ress (1:04.22), who won the 200 back in 2:18.34. MTY also won the 400 free relay (3:58.32) and placed second in the 200 free relay, behind Stevens Point, 1:49.57 to 1:49.91.

The Wahoos' gold-medal haul came from Shelby Fortin (200 and 400 free, 2:04.74 and a meet record 4:19.65), Emily Weir (50-100-200 breast, 32.97, 1:12.09 and 2:36.73) and their 200 and 400 medley relay teams (2:00.41 and 4:24.14).

Weir, who also set a meet record in the 50 breast in 32.78 during prelims, was one of two swimmers who won three individual events. The other was Emily Lloyd of Anne Arundel, who took the 50 and 100 free (25.82 and 57.46) as well as the 50 fly

(28.02). Lloyd's teammate, Kendall Farnham, won the 100-200 fly (1:03.22 and 2:21.97).

In distance freestyle, West Shore's Carly Munchel was first in the 800 (9:08.38), while Countryside's Breann McDowell won the 1500 (17:15.19). West Shore also took the 800 free relay (8:38.94).

Countryside boasted another individual champ, with Emily Slabe nipping West Monmouth's Emily O'Neill, 30.13 to 30.15, in the 50 back.

...

Although Wilton Y's men edged Upper Main Line for the men's team title, the Wahoos only won one individual event and one relay: Robby Harder (400 free, 4:06.47) and the 200 medley relay (1:48.06).

Upper Main Line, on the other hand, stood atop the awards podium eight times. Besides winning four of the five relays (400 medley, a meet record 3:55.90; and the 200-400-800 free, 1:37.13, 3:33.63 and 7:53.49), UML also had the top male individual swimmer, Matthew Salig, who won the 50-100-200 fly (25.43, 55.49 and 2:05.48) and 200 IM (2:06.61).

Elkins' Tim Squires and Countryside's Steven Zimmerman both had two wins apiece, with Squires posting a meet record in the 50 free (23.15) and adding a win in the 100 (51.68), and Zimmerman doing the same in the 100 and 200 back (a meet record 56.38 to go with a 2:04.13 victory). Bath's James Wells set the only other individual men's meet record in the 50 back (25.90).

John Hauser of Pottstown, who had a pair of runner-up finishes in the 50 free and 200 IM, was first in the 200 free (1:55.46). South Family's Ty Perkins, who also finished second twice (to Harder in the 400 and to Hickory's Graham Williams' 6:05.63 in the 1500), captured the 800 free in 8:35.62.

Winners in the breaststroke events were Glens Falls' Andrew Guinther (50, 29.79), Somerset Valley's Sean Johnson (100, 1:05.78) and West North Carolina's Bill Young (200, 2:21.37). Young's teammate, Nathan Hart, took the 400 IM in 4:35.50. ♦

PICTURED » Wilton YMCA



# FOR the RECORD

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## WORLD

EUROPEAN CHAMPIONSHIPS  
Helsinki, Finland  
Aug. 9-15, 2010 (50 M)



e = European Record

## WOMEN

### 50 FREE Aug. 15

24.45 T. Alshammar, SWE  
24.66 H. Schreuder, NED  
24.67 Francesca Halsall, GBR

### 100 FREE Aug. 11

53.58 Francesca Halsall, GBR  
53.82 A. Herasimenia, BLR  
54.12 Femke Heemskirk, NED

### 200 FREE Aug. 14

1:55.45 Federica Pellegrini, ITA  
1:56.98 Silke Lippok, GER  
1:57.12 Agnes Mutina, HUN

### 400 FREE Aug. 15

4:04.55 Rebecca Adlington, GBR  
4:05.40 Ophelie Etienne, FRA  
4:07.10 Lotte Friis, DEN

### 800 FREE Aug. 12

8:23.27 Lotte Friis, DEN  
8:24.60 Ophelie Etienne, FRA  
8:24.99 Federica Pellegrini, ITA

### 1500 FREE Aug. 14

15:59.13 Lotte Friis, DEN  
16:02.39 Grainne Murphy, IRL  
16:05.08 Erika Villacaja, ESP

### 50 BACK Aug. 14

27.64 A. Herasimenia, BLR  
27.99 Daniela Samulski, GER  
28.01 Mercedes Peris, ESP

### 100 BACK Aug. 12

59.80 Gemma Spofforth, GBR  
1:00.19 E. Simmonds, GBR  
1:00.72 Jenny Mensing, GER

### 200 BACK Aug. 9

2:07.04 E. Simmonds, GBR  
2:08.25 Gemma Spofforth, GBR  
2:10.46 Duane Da Rocha, ESP

### 50 BREAST Aug. 15

30.29 Yuliya Efimova, RUS  
31.12 Kate Haywood, GBR  
31.24 Jennie Johansson, SWE

### 100 BREAST Aug. 11

1:06.32 Yuliya Efimova, RUS  
1:07.36t Jennie Johansson, SWE  
1:07.36t Rikke Pedersen, DEN

### 200 BREAST Aug. 13

2:23.50 Anastasia Chaun, RUS  
2:24.42 Sara Nordenstam, NOR  
2:24.99 Rikke Pedersen, DEN

### 50 FLY Aug. 10

25.63 T. Alshammar, SWE  
25.69 Jeanette Ottesen, DEN  
26.09 Melanie Henique, FRA

### 100 FLY Aug. 13

57.32 Sarah Sjostrom, SWE  
57.40 Francesca Halsall, GBR  
57.80 T. Alshammar, SWE

### 200 FLY Aug. 15

2:06.71 Katinka Hosszu, HUN

2:07.06 Z. Jakabos, HUN  
2:07.54 Ellen Gandy, GBR

### 200 IM Aug. 12

2:10.09 Katinka Hosszu, HUN  
2:10.10 Evelyn Verraszto, HUN  
2:10.89 Hannah Miley, GBR

### 400 IM Aug. 9

4:33.09 Hannah Miley, GBR  
4:36.43 Katinka Hosszu, HUN  
4:37.92 Z. Jakabos, HUN

### 400 MR Aug. 15

3:59.72 Great Britain  
4:01.18 Sweden  
4:03.22 Germany

### 400 FR Aug. 9

3:37.72 Germany  
3:38.57 Great Britain  
3:38.81 Sweden

### 800 FR Aug. 12

7:52.49 Hungary  
7:52.69 France  
7:55.29 Great Britain

## MEN

### 50 FREE Aug. 15

21.49 Fred Bousquet, FRA  
21.60 Stefan Nystrand, SWE  
21.76 Fabien Gilot, FRA

### 100 FREE Aug. 13

48.49 Alain Bernard, FRA  
48.52 Evgeny Lagunov, RUS  
48.56 William Meynard, FRA

### 200 FREE Aug. 11

1:46.06 Paul Biedermann, GER  
1:46.51 Nikita Lobintsev, RUS  
1:46.91 S. Verschuren, NED

### 400 FREE Aug. 9

3:46.17 Yannick Agnel, FRA  
3:46.30 Paul Biedermann, GER  
3:48.14 Gergo Kis, HUN

### 800 FREE Aug. 13

7:48.28 Sebastian Rouault, FRA  
7:49.12 Christian Kubusch, GER  
7:49.94 Samuel Pizzetti, ITA

### 1500 FREE Aug. 11

14:55.17 Sebastian Rouault, FRA  
14:56.90 Pal Joensen, FAR  
14:59.76 Samuel Pizzetti, ITA

### 50 BACK Aug. 12

24.07 Camille Lacourt, FRA  
24.70 Liam Tancock, GBR  
25.04 Guy Barnea, ISR

### 100 BACK Aug. 10

52.11e Camille Lacourt, FRA  
53.44 Jeremy Stravius, FRA  
53.86 Liam Tancock, GBR

### 200 BACK Aug. 14

1:57.18 Stanislav Donets, RUS  
1:57.31 Markos Rogan, AUT  
1:57.37 Benjamin Stasiulis, FRA

### 50 BREAST Aug. 14

27.38 Fabio Scozzoli, ITA  
27.47 Dragos Agache, ROU  
27.51 L. Stekelburg, NED

### 100 BREAST Aug. 10

59.20 Alexander Oen, NOR  
1:00.15 Hugues Duboscq, FRA  
1:00.41 Fabio Scozzoli, ITA

## 200 BREAST Aug. 12

2:08.95 Daniel Gyurta, HUN  
2:09.68 Alexander Oen, NOR  
2:11.03 Hugues Duboscq, FRA

### 50 FLY Aug. 10

23.17 Rafael Munoz, ESP  
23.41 Fred Bousquet, FRA  
23.43 E. Korotyshekin, RUS

### 100 FLY Aug. 14

51.73 E. Korotyshekin, RUS  
51.82 Joeri Verlinden, NED  
52.16 Konrad Czerniak, POL

### 200 FLY Aug. 12

1:55.00 P. Korzeniowski, POL  
1:56.13 Nikolay Skvortsov, RUS  
1:57.10 I. Drymonakos, GRE

### 200 IM Aug. 11

1:57.73 Laszlo Cseh, HUN  
1:58.03 Markos Rogan, AUT  
1:59.46 Joe Roebuck, GBR

### 400 IM Aug. 15

4:10.95 Laszlo Cseh, HUN  
4:12.96 David Verraszto, HUN  
4:15.10 Gal Nevo, ISR

### 400 MR Aug. 15

3:31.32 France  
3:33.29 Russia  
3:33.99 Netherlands

### 400 FR Aug. 9

3:12.46 Russia  
3:13.29 France  
3:15.07 Sweden

### 800 FR Aug. 14

7:06.71 Russia  
7:08.13 Germany  
7:09.70 France

PAN PACIFIC SWIMMING CHAMPIONSHIPS  
Irvine, California  
Aug. 18-21, 2010 (50 M)

## TEAM STANDINGS

### Combined

489.5 United States  
311.5 Australia  
234 Japan  
177 Canada  
70 Brazil

### Women

253.5 United States  
190.5 Australia  
102 Japan  
97 Canada  
38 New Zealand

### Men

236 United States  
132 Japan  
121 Australia  
80 Canada  
61 Brazil

## WOMEN

### 50 FREE Aug. 21

24.63 Jessica Hardy, USA  
24.76 Amanda Weir, USA  
24.76 Victoria Poon, CAN  
24.95 Yulane Kukla, AUS  
24.99 Marieke Guehrer, AUS  
25.35 Hayley Palmer, NZL  
25.36 Delaroli-Cazzolato, BRA  
25.49 Tomoko Hagiwara, JPN

## 100 FREE Aug. 19

53.67 Natalie Coughlin, USA  
53.96t Emily Seeborn, AUS  
53.96t Dana Vollmer, USA  
54.02 Yulane Kukla, AUS  
54.45 Victoria Poon, CAN  
54.93 Haruka Ueda, JPN  
55.32 Hannah Wilson, HKG  
56.04 Hayley Palmer, NZL

## 200 FREE Aug. 18

1:56.10 Allison Schmitt, USA  
1:57.13 Morgan Scroggy, USA  
1:57.27 Blair Evans, AUS  
1:57.50 Kylie Palmer, AUS  
1:57.89 Haruka Ueda, JPN  
1:58.20 Genevieve Saumur, CAN  
1:58.80 Tash Hind, NZL  
1:58.98 Barbara Jardin, CAN

## 400 FREE Aug. 20

4:05.19 Chloe Sutton, USA  
4:05.84 Katie Goldmann, AUS  
4:06.36 Blair Evans, AUS  
4:06.73 Allison Schmitt, USA  
4:09.59 Lauren Boyle, NZL  
4:11.53 Barbara Jardin, CAN  
4:12.67 A. Komarnycky, CAN  
4:14.95 Yurie Yano, JPN

## 800 FREE Aug. 18

8:21.59 Kate Ziegler, USA  
8:24.51 Chloe Sutton, USA  
8:26.38 Katie Goldmann, AUS  
8:30.45 Melissa Gorman, AUS  
8:31.95 Kristel Kobrich, CHI  
8:33.84 Maiko Fujino, JPN  
8:34.80 Blair Evans, AUS  
8:35.33 Haley Anderson, USA

## 1500 FREE Aug. 21

16:01.53 Melissa Gorman, AUS  
16:03.26 Kate Ziegler, USA  
16:06.57 Kristel Kobrich, CHI  
16:18.10 Haley Anderson, USA  
16:19.15 Maiko Fujino, JPN  
16:24.71 Chika Yonemura, JPN  
16:35.47 Yurie Yano, JPN  
16:41.22 Yurie Yano, JPN

## 50 BACK Aug. 19

27.83 Sophie Edington, AUS  
28.04 Aya Terakawa, JPN  
28.44 Rachel Bootsma, USA  
28.44t Fabiola Molina, BRA  
28.44t Emily Thomas, NZL  
28.45 Grace Loh, AUS  
28.55 Julia Wilkinson, CAN  
28.75 Shioh Sakai, JPN

## 100 BACK Aug. 18

59.45 Emily Seeborn, AUS  
59.59 Aya Terakawa, JPN  
59.70 Natalie Coughlin, USA  
1:00.16 Missy Franklin, USA  
1:00.44 Julia Wilkinson, CAN  
1:00.54 Sophie Edington, AUS  
1:00.68 Shioh Sakai, JPN  
1:02.02 Fabiola Molina, BRA

## 200 BACK Aug. 20

2:07.83 Elizabeth Beisel, USA  
2:08.10 Elizabeth Pelton, USA  
2:08.60 Belinda Hocking, AUS  
2:09.12 Shioh Sakai, JPN  
2:09.98 Melissa Ingram, NZL  
2:11.56 Genevieve Cantin, CAN  
2:12.89 Lauren Lavigna, CAN  
2:12.21 Marie Kamimura, JPN

## 50 BREAST Aug. 20

30.03 Jessica Hardy, USA  
30.75 Leiston Pickett, AUS  
30.78 Leisel Jones, AUS  
31.20 Ann Chandler, USA  
31.49 Satomi Suzuki, JPN  
31.55 Chelsey Salli, CAN  
32.00 Mina Matsushima, JPN  
32.01 Ashley McGregor, CAN

## 100 BREAST Aug. 19

1:04.93 Rebecca Soni, USA  
1:05.66 Leisel Jones, AUS  
1:07.04 Sarah Katsoulis, AUS  
1:07.05 Satomi Suzuki, JPN  
1:07.49 Amanda Beard, USA  
1:07.90 Annamary Pierce, CAN  
1:08.32 Mina Matsushima, JPN  
1:08.45 Jillian Tyler, CAN

## 200 BREAST Aug. 21

2:20.69 Rebecca Soni, USA  
2:23.23 Leisel Jones, AUS  
2:23.65 Annamary Pierce, CAN  
2:23.83 Satomi Suzuki, JPN  
2:24.30 Amanda Beard, USA  
2:24.38 Sarah Katsoulis, AUS  
2:24.85 Rei Kaneto, JPN  
2:27.33 Martha McCabe, CAN

## 50 FLY Aug. 18

25.99 Marieke Guehrer, AUS  
26.08 Emily Seeborn, AUS  
26.33 C. Magnuson, USA  
26.38 Yuka Kato, JPN  
26.52 Gabrielle Silva, BRA

26.61 Jessica Hardy, USA  
27.01 Hannah Wilson, HKG  
27.16 Katherine Savard, CAN

## 100 FLY Aug. 20

57.56 Dana Vollmer, USA  
57.95 C. Magnuson, USA  
57.99 Alicia Coutts, AUS  
58.22 Yulane Kukla, AUS  
58.75 Yuka Kato, JPN  
58.92 Katherine Savard, CAN  
59.22 Audrey LaCroix, CAN  
59.35 Tomoyo Fukuda, JPN

## 200 FLY Aug. 18

2:06.90 Jessicah Schipper, AUS  
2:06.93 Teresa Crippen, USA  
2:07.27 Kathleen Hersey, USA  
2:08.32 Audrey Lacroix, CAN  
2:08.49 Natsumi Hoshi, JPN  
2:09.23 Samantha Hamill, AUS  
2:11.39 M. Downing, CAN  
2:12.91 Yurie Yano, JPN

## 200 IM Aug. 21

2:09.93 Emily Seeborn, AUS  
2:10.25 Ariana Kukors, USA  
2:11.21 Caitlin Leverenz, USA  
2:11.32 Julia Wilkinson, CAN  
2:11.88 Alicia Coutts, AUS  
2:12.35 Erica Morningstar, CAN  
2:14.36 Natalie Wiegiersma, NZL  
2:14.51 Izumi Kato, JPN

## 400 IM Aug. 19

4:34.69 Elizabeth Beisel, USA  
4:37.84 Samantha Hamill, AUS  
4:38.03 Caitlin Leverenz, USA  
4:40.43 Izumi Kato, JPN  
4:41.93 Natalie Wiegiersma, NZL  
4:42.25 A. Komarnycky, CAN  
4:42.28 Maiko Fujino, JPN  
4:45.36 Lindsay Seemann, CAN

## 400 MR Aug. 21

3:55.23 United States  
3:56.96 Australia  
3:57.75 Japan  
4:03.08 Canada

## 400 FR Aug. 20

3:35.11 United States  
3:38.06 Australia  
3:38.14 Canada  
3:38.85 Japan  
3:42.15 New Zealand

## 800 FR Aug. 19

7:51.21 United States  
7:52.64 Australia  
7:54.32 Canada  
7:57.63 Japan  
7:59.80 New Zealand  
8:18.20 Brazil

## MEN

### 50 FREE Aug. 21

21.55 Nathan Adrian, USA  
21.57 Cesar Cielo  
21.89 Brent Hayden, CAN  
21.93 Bruno Fratus, BRA  
22.08 Gideon Louw, RSA  
22.10 Cullen Jones, USA  
22.15 Ashley Callus, AUS  
22.41 Cameron Prosser, AUS

### 100 FREE Aug. 19

48.15 Nathan Adrian, USA  
48.19 Brent Hayden, CAN  
48.48 Cesar Cielo, BRA  
48.57 Jason Lezak, USA  
48.76 Graeme Moore, RSA  
48.81 Kyle Richardson, AUS  
48.84 Eamon Sullivan, AUS  
49.46 Lyndon Ferns, AUS

### 200 FREE Aug. 18

1:45.30 Ryan Lochte, USA  
1:46.27 Tae Hwan Park, KOR  
1:46.65 Peter Vanderkaay, USA  
1:47.23 T. Fraser-Holmes, AUS  
1:47.37 Kenrick Monk, AUS  
1:47.43 Jean Basson, RSA  
1:48.42 Yuki Kobori, JPN  
1:49.28 Yoshihiro Okumura, JPN

### 400 FREE Aug. 20

3:44.73 Tae Hwan Park, KOR  
3:46.78 Ryan Cochrane, CAN  
3:46.71 Zhang Lin, CHN  
3:47.11 Peter Vanderkaay, USA  
3:47.98 Charlie Houchin, USA  
3:49.10 Takeshi Matsuda, JPN  
3:49.36 Robert Hurley, AUS  
3:51.90 Junpei Higashi, JPN

### 800 FREE Aug. 21

7:48.71 Ryan Cochrane, CAN  
7:51.62 Chad La Tourette, USA  
7:51.87 Takeshi Matsuda, JPN  
7:52.71 Robert Hurley, AUS  
7:54.10 Peter Vanderkaay, USA  
7:55.98 Charlie Houchin, USA  
7:58.73 Junpei Higashi, JPN  
7:59.77 Arthur Frayler, USA

## 1500 FREE Aug. 18

14:49.47 Ryan Cochrane, CAN  
14:54.48 Chad La Tourette, USA  
14:58.90 Zhang Lin, CHN  
15:06.34 Sean Ryan, USA  
15:07.51 Andrew Gemmell, USA  
15:12.04 Michael Klueh, USA  
15:12.89 Arthur Frayler, USA  
15:13.91 Tae Hwan Park, KOR

## 50 BACK Aug. 19

24.86 Junya Koga, JPN  
24.98 Ashley Delaney, AUS  
25.02 Nick Thoman, USA  
25.09 David Plummer, USA  
25.32 Ben Treffers, AUS  
25.41 Ryoussuke Irie, JPN  
25.65 Glauber Silva, BRA  
25.83 Guilherme Guido, BRA

## 100 BACK Aug. 18

53.31 Aaron Peirsol, USA  
53.63 Junya Koga, JPN  
53.67 Ashley Delaney, AUS  
53.71 Ryoussuke Irie, JPN  
53.80 David Plummer, USA  
54.06 Hayden Stoeckel, AUS  
54.57 Gareth Kean, NZL  
55.05 Guilherme Guido, BRA

## 200 BACK Aug. 20

1:54.12 Ryan Lochte, USA  
1:54.90 Tyler Clary, USA  
1:55.21 Ryoussuke Irie, JPN  
1:57.78 Ashley Delaney, AUS  
1:58.55 Gareth Kean, NZL  
1:59.68 George du Rand, RSA  
2:00.37 Charles Francis, CAN  
2:00.79 Tobias Orwoll, CAN

## 50 BREAST Aug. 20

27.26 Felipe Silva, BRA  
27.52 Mark Gangloff, USA  
27.63 Scott Dickens, CAN  
27.65 Brenton Rickard, AUS  
27.67 Kosuke Kitajima, JPN  
27.67t Ryo Tateishi, JPN  
27.69 Joao Gomes Jr., BRA  
27.70 M. Alexandrov, USA

## 100 BREAST Aug. 19

59.35 Kosuke Kitajima, JPN  
1:00.18 Christian Sprenger, AUS  
1:00.24 Mark Gangloff, USA  
1:00.26 Ryo Tateishi, JPN  
1:00.28 Brenton Rickard, AUS  
1:00.55 Eric Shanteau, USA  
1:00.63 Tales Cedeira, BRA  
1:00.90 Felipe Lima, BRA

## 200 BREAST Aug. 21

2:08.36 Kosuke Kitajima, JPN  
2:09.97 Brenton Rickard, AUS  
2:10.13 Eric Shanteau, USA  
2:10.99 Naoya Tomita, JPN  
2:12.61 Scott Dickens, CAN  
2:12.62 Craig Calder, AUS  
2:13.08 Scott Spann, USA  
2:14.42 Henrique Barbosa, BRA

## 50 FLY Aug. 18

23.03 Cesar Cielo, BRA  
23.33 Nicholas Santos, BRA  
23.39 Roland Schoeman, RSA  
23.42 Geoff Huegill, AUS  
23.50 Cullen Jones, USA  
23.77 Masayuki Kishida, JPN  
23.92 Timothy Phillips, USA



# FOR THE RECORD — continued from 27

4:15.93	Yuya Horiata, JPN	4:45.51	Keryn McMaster, AUS
4:16.21	Brian Johns, CAN		
4:17.47	Ken Takakuwa, JPN		
4:21.66	Andrew Ford, CAN		
4:23.72	Jayden Hadler, AUS		

<b>400 MR Aug. 21</b>	
3:32.48	United States
3:33.90	Japan
3:35.55	Australia
3:36.86	Brazil
3:37.01	Canada
3:38.69	New Zealand
3:43.00	Korea

<b>400 FR Aug. 20</b>	
3:11.74	United States
3:14.30	Australia
3:15.93	South Africa
3:16.53	Canada
3:17.49	Japan
3:24.53	Korea

<b>800 FR Aug. 19</b>	
7:03.84	United States
7:11.01	Japan
7:11.05	Australia
7:12.66	Canada
7:27.74	Brazil
7:32.99	Korea

<b>JUNIOR PAN PACIFIC SWIMMING CHAMPIONSHIPS Maui, Hawaii Aug. 26-29, 2010 (50 M)</b>	
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<b>TEAM STANDINGS</b>	
458	United States
382	Australia
264	Japan
215	Canada
31	New Zealand

<b>WOMEN 50 FREE Aug. 29</b>	
24.74	Yolane Kukla, AUS
25.42	Madeline Schaefer, USA
25.49	C. Vanlandeghem, CAN

<b>100 FREE Aug. 27</b>	
54.69	Yolane Kukla, AUS
54.91	Lia Neal, USA
55.25	Jasmine Tosky, USA

<b>200 FREE Aug. 26</b>	
1:58.52	Chelsea Chenault, USA
1:59.69	Jasmine Tosky, USA
1:59.98	Amy Levings, AUS

<b>400 FREE Aug. 28</b>	
4:10.79	Chelsea Chenault, USA
4:12.19	Tristin Baxter, USA
4:12.47	Jessica Ashwood, AUS

<b>800 FREE Aug. 26</b>	
8:34.48	Lauren Driscoll, USA
8:37.00	Bonnie MacDonald, AUS
8:37.72	Gillian Ryan, USA

<b>1500 FREE Aug. 29</b>	
16:29.79	Bonnie MacDonald, AUS
16:30.40	Jessica Ashwood, AUS
16:36.04	Amber McDermott, USA

<b>100 BACK Aug. 26</b>	
1:00.82	Sayaka Akase, JPN
1:02.01	Mai Harada, JPN
1:02.02	Madison White, USA

<b>200 BACK Aug. 28</b>	
2:09.68	Sayaka Akase, JPN
2:11.89	Bonnie Brandon, USA
2:11.92	Madison White, USA

<b>100 BREAST Aug. 27</b>	
1:07.99	Tessa Wallace, AUS
1:08.32	Tera Van Beilin, CAN
1:08.98	Rebecca Kemp, AUS

<b>200 BREAST Aug. 29</b>	
2:26.47	Rebecca Kemp, AUS
2:27.64	Andrea Kropp, USA
2:29.12	Tera Van Beilin, CAN

<b>100 FLY Aug. 28</b>	
58.72	Rino Hosoda, JPN
58.87	Kelly Naze, USA
59.53	Jasmine Tosky, USA

<b>200 FLY Aug. 26</b>	
2:10.66	Noelle Tarazona, USA
2:12.15	Madeline Groves, AUS
2:12.52	Kaitlin Pawlowicz, USA

<b>200 IM Aug. 29</b>	
2:13.55	Jasmine Tosky, USA
2:15.78	Rika Omoto, JPN
2:16.23	Emily Cameron, USA

<b>400 IM Aug. 27</b>	
4:43.74	Nicole Vernon, USA
4:44.93	Amy Levings, AUS

4:45.51	Keryn McMaster, AUS
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<b>400 MR Aug. 29</b>	
4:03.73	United States
4:05.16	Australia
4:07.59	Canada

<b>400 FR Aug. 28</b>	
3:40.97	United States
3:42.50	Canada
3:42.58	Australia

<b>800 FR Aug. 27</b>	
8:00.89	United States
8:06.00	Canada
8:06.51	Australia

<b>MEN 50 FREE Aug. 29</b>	
22.49	Kenneth To, AUS
22.66	Te Houri Maxwell, AUS
22.78	Brent Murray, USA

<b>100 FREE Aug. 27</b>	
50.16	Kenneth To, AUS
50.22	Clay Youngquist, USA
50.46	Kevin Darmody, USA

<b>200 FREE Aug. 26</b>	
1:48.44	Clay Youngquist, USA
1:48.71	Ned McKendry, AUS
1:49.25	Nicholas Caldwell, USA

<b>400 FREE Aug. 28</b>	
3:50.51	Nicholas Caldwell, USA
3:50.71	Ned McKendry, AUS
3:52.56	Evan Pinion, USA

<b>800 FREE Aug. 29</b>	
7:58.93	Evan Pinion, USA
8:02.28	Ned McKendry, AUS
8:02.50	Nicholas Caldwell, USA

<b>1500 FREE Aug. 26</b>	
15:17.09	Evan Pinion, USA
15:17.81	Eric Hedlin, USA
15:24.45	Yohei Takiguchi, JPN

<b>100 BACK Aug. 26</b>	
54.91	Gareth Kean, NZL
55.07	Kevin Darmody, USA
55.88	Jacob Pebley, USA

<b>200 BACK Aug. 28</b>	
1:57.78	Gareth Kean, NZL
1:58.96	Jacob Pebley, USA
2:00.33	Mitch Larkin, AUS

<b>100 BREAST Aug. 27</b>	
1:01.92	Nicholas Schafer, AUS
1:01.99	Matthew Elliott, USA
1:02.48	Masaya Kano, JPN

<b>200 BREAST Aug. 29</b>	
2:13.43	Akihiro Yamaguchi, JPN
2:13.53	Matthew Elliott, USA
2:13.92	Nicholas Schafer, AUS

<b>100 FLY Aug. 28</b>	
52.91	Jayden Hadler, AUS
53.12	David Nolan, USA
53.50	Hirofumi Ikebata, JPN

<b>200 FLY Aug. 26</b>	
1:57.47	Jayden Hadler, AUS
1:59.18	Seth Stubblefield, USA
1:59.46	Daniel Tranter, AUS

<b>200 IM Aug. 29</b>	
2:00.61	David Nolan, USA
2:01.53	Mitch Larkin, AUS
2:03.40	Jayden Hadler, AUS

<b>400 IM Aug. 27</b>	
4:16.07	Mitch Larkin, AUS
4:19.07	Daiya Seto, JPN
4:20.53	Daniel Tranter, AUS

<b>400 MR Aug. 29</b>	
3:38.44	United States
3:40.28	Australia
3:41.75	Japan

<b>400 FR Aug. 28</b>	
3:20.09	United States
3:21.36	Australia
3:25.62	Canada

<b>800 FR Aug. 27</b>	
7:18.35	Australia
7:19.10	United States
7:30.47	Japan

<b>YOUTH OLYMPIC GAMES Singapore Aug. 15-20, 2010 (50 M)</b>	
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<b>WOMEN 50 FREE Aug. 20</b>	
25.40c	Anna Santamans, FRA
25.40c	Tang Yi, CHN
25.61	Emma McKeon, AUS

<b>100 FREE Aug. 17</b>	
54.46	Tang Yi, CHN
55.37	Emma McKeon, AUS
56.59	Lauren Earp, CAN

<b>200 FREE Aug. 18</b>	
1:58.78	Tang Yi, CHN
2:00.99	Boglarka Kapas, HUN
2:01.18	Emma McKeon, AUS

<b>400 FREE Aug. 20</b>	
4:10.37	Boglarka Kapas, HUN
4:14.28	Kiera Janzen, USA
4:14.31	Eleanor Faulkner, GBR

<b>50 BACK Aug. 19</b>	
29.19	Mathilde Cinc, FRA
29.34	Daryna Zevina, UKR
29.51	Alexandra Papusha, URS

<b>100 BACK Aug. 16</b>	
1:01.51	Daryna Zevina, UKR
1:01.97	Bai Anqi, CHN
1:02.15	Alexandra Papusha, URS

<b>200 BACK Aug. 17</b>	
2:11.46	Bai Anqi, CHN
2:12.20	Kaitlyn Jones, USA
2:12.31	Daryna Zevina, UKR

<b>50 BREAST Aug. 16</b>	
32.06	Rachel Nicol, CAN
32.44	Martina Carraro, ITA
32.49	Anade Pinho, POR

<b>100 BREAST Aug. 18</b>	
1:08.95	Tera van Beilen, CAN
1:09.06	Emily Selig, AUS
1:09.18	Rachel Nicol, CAN

<b>200 BREAST Aug. 20</b>	
2:27.78	Emily Selig, AUS
2:29.39	Tera van Beilen, CAN
2:29.75	Maya Hamano, JPN

<b>50 FLY Aug. 18</b>	
25.97	Liu Lan, CHN
27.06	Elena di Liddo, ITA
27.31	Anna Santamans, FRA

<b>100 FLY Aug. 20</b>	
59.67	Liu Lan, CHN
1:00.07	Judit Ignacio, ESP
1:00.26	Rachael Kelly, GBR

<b>200 FLY Aug. 18</b>	
2:08.72	Boglarka Kapas, HUN
2:10.11	Judit Ignacio, ESP
2:11.94	Liu Lan, CHN

<b>200 IM Aug. 15</b>	
2:14.53	Kaitlyn Jones, USA
2:15.13	K. Kochetkova, RUS
2:15.36	Barbara Zavadova, CZE

<b>400 MR Aug. 16</b>	
4:09.68	Australia
4:11.07	Russia
4:11.77	Germany

<b>400 FR Aug. 19</b>	
3:46.64	China
3:49.02	Germany
3:49.12	Canada

<b>MEN 50 FREE Aug. 18</b>	
22.35	Andrii Govorov, UKR
22.82	Kenneth To, AUS
22.83	Aitor Martinez, ESP

<b>100 FREE Aug. 20</b>	
49.99	Medny Metella, FRA
50.25	V. Stepanovic, SRB
50.29	Kenneth To, AUS

<b>200 FREE Aug. 16</b>	
1:49.81	Andrey Ushakov, RUS
1:49.98	Cristian Quintero, VEN
1:50.67	Jeremy Bagshaw, CAN

<b>400 FREE Aug. 15</b>	
3:50.91	Dai Jun, CHN
3:51.37	Chad le Clos, RSA
3:53.44	Cristian Quintero, VEN

<b>50 BACK Aug. 18</b>	
26.36	Christian Horner, TRI
26.45	Rainer Ng, SIN
26.46c	Max Ackermann, AUS
26.46c	A. Alkhwaini, KUW

<b>100 BACK Aug. 16</b>	
55.16	He Jianbin, CHN
55.28	Yakov Toumarkin, ISR
56.20	Lavrans Solli, NOR

<b>200 BACK Aug. 20</b>	
1:59.18	Peter Bernek, HUN
1:59.39	Yakov Toumarkin, ISR
2:01.60	Balazs Zambó, HUN

<b>50 BREAST Aug. 20</b>	
28.55	Ivan Capan, CRO
28.59	Nicholas Schafer, AUS
28.69	Razvan Tudose, ROU

<b>100 BREAST Aug. 16</b>	
1:01.38	Nicholas Schafer, AUS
1:01.44	Anton Lobanov, RUS
1:02.22	Flavio Bizzarri, ITA

<b>200 BREAST Aug. 18</b>	
2:13.31	Flavio Bizzarri, ITA
2:13.65	Anton Lobanov, RUS
2:13.72	Nicholas Schafer, AUS

<b>50 FLY Aug. 19</b>	
23.64	Andrii Govorov, UKR
24.05	Guycheol Chang, KOR
24.80	Tommaso Romano, ITA

<b>100 FLY Aug. 17</b>	
53.13	Guycheol Chang, KOR
53.31	Chad le Clos, RSA
53.77	V. Stepanovic, SRB

<b>200 FLY Aug. 20</b>	
1:55.89	Bence Biczo, HUN
1:56.85	Chad le Clos, RSA
1:57.68	Marcin Cieslak, POL

<b>200 IM Aug. 16</b>	
2:00.68	Chad le Clos, RSA
2:02.31	Kenneth To, AUS
2:02.59	Dylan Bosch, RSA

<b>400 MR Aug. 18</b>	
3:42.50	Australia
3:43.84	France
3:44.22	Germany

<b>400 FR Aug. 17</b>	
3:23.91	Russia
3:24.46	China
3:24.66	South Africa

<b>MIXED 400 MR Aug. 20</b>	
3:52.52	China
3:55.29	Russia
3:55.63	Australia

<b>400 FR Aug. 15</b>	
3:31.34	China
3:31.69	Australia
3:35.90	France

<b>CANADIAN LONG COURSE NATIONALS Victoria, B.C., Canada July 28-31, 2010 (50 M)</b>	
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<b>WOMEN 50 FREE July 31</b>	
25.69	Victoria Poon
25.77	Hannah Riordan
25.88	Seanna Mitchell

<b>100 FREE July 29</b>	
55.68	Victoria Poon
55.84	Kier Wilkinson
55.86	Hannah Riordan

<b>200 FREE July 28</b>	
1:58.95	Julia Wilkinson
1:59.13	Barbara Jardin
1:59.49	Samantha Cheverton

<b>400 FREE July 30</b>	
4:12.00	Alexa Kornarnecky
4:12.71	Samantha Cheverton
4:14.88	Stephanie Horner

<b>800 FREE July 28</b>	
8:36.21	Savannah King
8:36.78	Lindsay Seemann
8:49.96	Brittany MacLean

<b>1500 FREE July 31</b>	
16:33.65	Zsofi Balazs
16:48.44	Savannah King
16:51.31	Natalie Sacco

2:00.83 Felix Wolf  
2:01.35 Jan-Philip Glania

27.77 Mandy Loots  
28.59 Jessica Ashley-Cooper

4:18.12 Riaan Schoeman  
4:26.00 Michael Meyer

288.5 Tucson Ford  
250.5 SwimMAC Carolina  
190 North Baltimore  
164 Ohio State

1:57.50 Katie Hoff, FAST  
1:57.56 Morgan Scroggy, ABSC  
1:58.47 Dagny Knutson, ASK  
1:58.63 Jasmine Tosky, PASA  
1:59.41 Chelsea Chenault, TERA  
2:00.24 Chloe Sutton, MVN

1:00.39 Melissa Franklin, STAR  
1:00.40 Rachel Bootsma, AQJT  
1:00.48 Elizabeth Pelton, NBAC  
1:00.76 Presley Bard, TERA  
1:00.77 Elizabeth Beisel, ABF  
1:01.73 Taylor Wohrley, IU  
1:02.43 Mary Mohler, FAST

**50 BREAST July 2**  
27.62 Hendrik Feldwehr  
28.37 Marco Koch  
28.41 Johannes Neumann

**100 FLY Aug. 9**  
1:00.22 Mandy Loots  
1:01.52 Ronwyn Roper  
1:02.12 Vanessa Mohr

**NATIONAL**  
CONOCO PHILLIPS  
USA SWIMMING  
NATIONAL  
CHAMPIONSHIPS  
Irvine, California  
Aug. 3-7, 2010 (50 M)

**WOMEN**  
**50 FREE Aug. 5**  
24.86 Kara Lynn Joyce, FAST  
25.15 Madison Kennedy, CAL  
25.29 Amanda Weir, SA  
25.32t Dana Vollmer, CAL  
25.32t S. Woodward, STAN  
25.44 Jessica Hardy, TROJ  
25.45 C. Magnuson, FORD  
25.46 Melissa Franklin, STAR

**400 FREE Aug. 3**  
4:05.50 Katie Hoff, FAST  
4:06.19 Allison Schmitt, NBAC  
4:06.33 Chloe Sutton, MVN  
4:08.80 Dagny Knutson, ASK  
4:08.84 Kate Ziegler, FAST  
4:09.80 Chelsea Chenault, TERA  
4:11.83 S. Peacock, SWIM  
4:13.26 Amber McDermott, CSC

**200 BACK Aug. 6**  
2:08.50 Elizabeth Beisel, ABF  
2:09.74 Melissa Franklin, STAR  
2:10.87 Morgan Scroggy, ABSC  
2:11.03 Elizabeth Pelton, NBAC  
2:11.85 Teresa Crippen, GAAC  
2:12.82 Madison White, CROW  
2:14.01 Amy Modglin, PSU  
2:15.87 Ashley Jones, IU

**100 BREAST July 3**  
1:01.03 Hendrik Feldwehr  
1:01.47 Marco Koch  
1:01.95 Johannes Neumann

**200 FLY Aug. 6**  
2:10.03 Mandy Loots  
2:11.64 Kathryn Meaklim  
2:17.86 Vanessa Mohr

**TEAM STANDINGS**  
**Combined**  
478.5 Tucson Ford  
416 FAST  
397.5 California  
311.5 Longhorn  
292 North Baltimore

**100 FREE Aug. 7**  
53.94 Dana Vollmer, CAL  
54.14 Jessica Hardy, TROJ  
54.34 Natalie Coughlin, CAL  
54.71 Kara Lynn Joyce, FAST  
54.73 Amanda Weir, SA  
55.07 Melissa Franklin, STAR  
55.33 Morgan Scroggy, ABSC  
55.42 Katie Hoff, FAST

**800 FREE Aug. 7**  
8:24.77 Chloe Sutton, MVN  
8:28.14 Kate Ziegler, FAST  
8:32.80 Haley Anderson, SMST  
8:34.25 E. Brunemann, MICH  
8:38.59 Kelsey Dittio, STAN  
8:38.79 Chelsea Chenault, TERA  
8:40.49 Lauren Driscoll, FLA  
8:42.36 Amber McDermott, CSC

**100 BREAST Aug. 5**  
1:05.73 Rebecca Soni, TROJ  
1:08.07 Ann Chandler, FORD  
1:08.48 Micah Lawrence, AU  
1:08.54 Megan Kendrick, KING  
1:08.77 Corrie Clark, NLAC  
1:09.12 Amanda Beard, FORD  
1:09.24 Jessica Hardy, TROJ  
1:09.46 Keri Hehn, TROJ

**200 BREAST July 4**  
2:12.37 Marco Koch  
2:14.01 Christian vom Lehn  
2:16.70 Johannes Neumann

**100 IM Aug. 8**  
1:03.72 Mandy Loots  
1:03.86 Kathryn Meaklim  
1:03.87 Ronwyn Roper

**Women**  
286 FAST  
279.5 California  
196 Colorado Stars  
190 Tucson Ford  
160 Palo Alto Stanford  
290.5 Men Longhorn

**200 FREE Aug. 4**  
1:56.84 Allison Schmitt, NBAC  
1:56.93 Dana Vollmer, CAL

**100 BACK Aug. 4**  
1:00.14 Natalie Coughlin, CAL

— continued on 50

**50 FLY July 2**  
23.51 Steffen Deibler  
24.29 Philip Heintz  
24.59 Leif Kruger

**200 IM Aug. 9**  
2:13.48 Jessica Pengelly  
2:14.08 Mandy Loots  
2:15.60 Kathryn Meaklim

**100 FLY July 4**  
52.45 Steffen Deibler  
54.07 Jan Hesse  
54.16 Philip Heintz

**400 IM Aug. 6**  
4:38.70 Jessica Pengelly  
4:40.36 Kathryn Meaklim  
4:40.83 Wendy Trost

**200 FLY July 3**  
1:59.48 Toni Embacher  
2:02.11 Simon Becker  
2:02.25 Paul-Philipp Drobny

**MEN**  
**50 FREE Aug. 9**  
22.39 Graeme Moore  
22.84 Gregory Widmer  
22.90 Werner Bosman

**200 IM July 1**  
2:00.79 Markus Deibler  
2:01.32 Jan David Schepers  
2:01.45 Tim Wallburger

**100 FREE Aug. 8**  
48.67 Graeme Moore  
48.69 Lyndon Ferns  
49.17 Neil Watson

**400 IM June 30**  
4:16.77 Yannick Lebartz  
4:24.43 Morten Imitate  
4:28.32 Maximilian Kruger

**200 FREE Aug. 6**  
1:47.89 Chad Le Clos  
1:49.10 Darian Townsend  
1:49.40 Leith Shankland

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SWIMMING  
CHAMPIONSHIPS  
Pietermaritzburg, South Africa  
Aug. 6-9, 2010 (25 M)

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## WOMEN

**50 FREE Aug. 9**  
25.84 Karin Prinsloo  
26.83 Tamlin Crafford  
26.87 Peggy de Villiers

**100 FREE Aug. 8**  
55.15 Leone Vorster  
55.29 Karin Prinsloo  
57.74 Jo-Mar Van Zyl

**200 FREE Aug. 9**  
1:57.18 Leone Vorster  
1:59.62 Wendy Trost  
2:02.47 Megan Stephens

**400 FREE Aug. 8**  
4:06.28 Wendy Trost  
4:10.02 Jessica Pengelly  
4:10.04 Leone Vorster

**800 FREE Aug. 7**  
8:23.29t Wendy Trost  
8:37.54 Jessica Pengelly  
8:50.13 Rene Warnes

**1500 FREE Aug. 6**  
17:04.26 Caitlin Kat  
17:04.53 Bianca Hauser  
17:06.10 Zoe Venter

**50 BACK Aug. 9**  
28.21 Chanelle Van Wyk  
28.82 Karin Prinsloo  
29.67 Jessica Ashley-Cooper

**100 BACK Aug. 7**  
1:00.63 Leone Vorster  
1:00.82 Chanelle Van Wyk  
1:00.85 Karin Prinsloo

**200 BACK Aug. 9**  
2:10.88 Mandy Loots  
2:11.29 Jessica Pengelly  
2:16.75 Jessica Ashley-Cooper

**50 BREAST Aug. 7**  
32.28 Claire Conlono  
32.82 Jeanie du Toit  
32.90 Ronwyn Roper

**100 BREAST Aug. 9**  
1:10.59 Ronwyn Roper  
1:10.80 Kathryn Meaklim  
1:11.08 Claire Conlon

**200 BREAST Aug. 7**  
2:27.87 Kathryn Meaklim  
2:30.80 Ronwyn Roper  
2:31.03 Bianca Meyer

**50 FLY Aug. 8**  
27.54 Vanessa Mohr

**1500 FREE Aug. 9**  
15:01.10 Heerden Herman  
15:35.07 Myles Brown  
15:49.52 Michael Meyer

**50 BACK Aug. 9**  
24.59 Gerhard Zandberg  
25.73 Ricky Ellis  
26.36 Gregory Stojakovic

**100 BACK Aug. 7**  
52.46 Gerhard Zandberg  
53.56 George du Rand  
54.44 Ricky Ellis

**200 BACK Aug. 9**  
1:55.36 George du Rand  
1:59.30 Charl Crous  
2:00.47 Chris v.d. Sande

**50 BREAST Aug. 9**  
27.14 Cameron v.d. Burgh  
28.03 Giulio Zorzi  
28.23 William Diering

**100 BREAST Aug. 8**  
58.28 Cameron v.d. Burgh  
1:00.84 William Diering  
1:01.27 Neil Versfeld

**200 BREAST Aug. 6**  
2:09.94 William Diering  
2:10.41 Neil Versfeld  
2:14.99 Jared Pike

**50 FLY Aug. 7**  
23.46 Roland Schoeman  
23.53 Graeme Moore  
24.03 Garth Tune

**100 FLY Aug. 8**  
53.02 Neil Watson  
53.17 Garth Tune  
53.42 Darian Townsend

**200 FLY Aug. 9**  
2:00.75 Frank Greeff  
2:00.95 Heini Alberts  
2:01.23 Justin Kermack

**100 IM Aug. 8**  
53.57 Gerhard Zandberg  
54.62 Darian Townsend  
55.11 Graeme Moore

**200 IM Aug. 9**  
1:58.08 Darian Townsend  
2:01.07 Kyle MacMillan  
2:06.33 Kyle Duckitt

**400 IM Aug. 6**  
4:08.00 Chad Le Clos

# S W I M M A R T

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**200 BREAST Aug. 7**

2:21.60 Rebecca Soni, TROJ  
2:26.50 Amanda Beard, FORD  
2:26.87 Katy Freeman, SBAC  
2:27.10 Keri Hahn, TROJ  
2:27.63 Andrea Kropp, RTL  
2:28.58 Caitlin Leverenz, CAL  
2:28.77 Ashley Wanland, WA  
2:29.70 Micah Lawrence, AU

**100 FLY Aug. 3**

57.43 C. Magnuson, FORD  
57.45 Dana Vollmer, CAL  
58.15 Kathleen Hersey, SA  
58.31 Natalie Coughlin, CAL  
58.44 Felicia Lee, NBAC  
58.58 Lyndsay De Paul, TROJ  
59.07 Mary Mohler, FAST  
59.28 Claire Donahue, WKU

**200 FLY Aug. 6**

2:07.00 Kathleen Hersey, SA  
2:07.89 Teresa Crippen, GAAC  
2:08.91 Mary Mohler, FAST  
2:09.08 Kim Vandenberg, NYAC  
2:10.17 Jasmine Tosky, PASA  
2:11.72 Andrea Taylor, KING  
2:11.80 Rachel Naurath, NOVA  
2:14.04 Tanya Krisman, NCA

**200 IM Aug. 3**

2:10.54 Ariana Kukors, FAST  
2:10.84 Caitlin Leverenz, CAL  
2:11.25 Morgan Scroggy, ABSC  
2:11.69 Melissa Franklin, STAR  
2:12.11 Elizabeth Beisel, ABF  
2:12.58 Elizabeth Pelton, NBAC  
2:13.48 Teresa Crippen, GAAC  
2:14.01 Julia Smit, STAN

**400 IM Aug. 5**

4:35.60 Caitlin Leverenz, CAL  
4:37.03 Ariana Kukors, FAST  
4:37.51 Katie Hoff, FAST  
4:39.08 Elizabeth Beisel, ABF  
4:41.87 Teresa Crippen, GAAC  
4:42.90 Dagny Knutson, ASK  
4:43.92 Andrea Taylor, KING  
4:50.37 Justine Mueller, MAC

**400 MR Aug. 7**

4:08.17 Tucson Ford  
4:09.13 FAST Swim Team  
4:09.15 Colorado Stars  
4:11.24 Terrapins  
4:11.49 California  
4:12.32 Tennessee  
4:12.73 Team Bruin  
4:13.32 Palo Alto Stanford

**400 FR Aug. 4**

3:44.87 California  
3:44.92 Palo Alto Stanford  
3:45.50 Colorado Stars  
3:48.62 FAST Swim Team  
3:50.85 Tucson Ford  
3:51.29 Boilermaker  
3:51.46 Minnesota  
3:52.33 Team Bruin

**800 FR Aug. 5**

8:07.45 Colorado Stars  
8:12.51 Team Bruin  
8:13.75 Palo Alto Stanford  
8:17.72 Boilermaker  
8:17.87 Indiana  
8:18.05 Minnesota  
8:18.65 Pleasanton  
8:20.86 Aggie

**MEN****50 FREE Aug. 5**

21.70 Nathan Adrian, CAL  
21.97 Cullen Jones, MAC  
22.21 G. Weber-Gale, TXLA  
22.36 Nicholas Brunelli, MAC  
22.45 William Copeland, CAL  
22.53 Matthew Grevers, FORD  
22.55 Adam Small, FORD

**100 FREE Aug. 6**

48.41 Nathan Adrian, CAL  
48.83 Ryan Lochte, DBS  
48.96c Jason Lezak, ROSE  
48.96c G. Weber-Gale, TXLA  
49.09 David Walters, TXLA  
49.36 Scot Robison, NSS  
49.49c Nicholas Brunelli, MAC  
49.49c Matthew Grevers, FORD

**200 FREE Aug. 4**

1:45.61 Michael Phelps, NBAC  
1:45.78 Ryan Lochte, DBS  
1:46.84 Peter Vanderkaay, CW  
1:47.09 Ricky Berens, TXLA  
1:47.35 Conor Dwyer, LFSC  
1:47.78 David Walters, TXLA  
1:48.20 Matt McLean, SNOW  
1:49.45 Scot Robison, NSS

**400 FREE Aug. 3**

3:46.88 Peter Vanderkaay, CW  
3:48.24 Michael Klueh, TXLA  
3:48.30 Charlie Houchin, FAST

3:26.82 Wildcat KY

**800 FR Aug. 6**

7:28.28 Ohio State  
7:30.57 Indiana  
7:31.00 SwimMAC Carolina  
7:35.52 Minnesota  
7:36.52 Palo Alto Stanford  
7:37.36 Wildcat IL  
7:37.69 Boilermaker  
7:38.19 Santa Clara

**TEAM STANDINGS Combined**

345 Palo Alto Stanford  
246 Dynamo  
229 Saratoga YMCA  
228 SwimMAC Carolina  
196 City of Plano

**Women**

304 Palo Alto Stanford  
134 Terrapins  
127 Parkland  
118t Dynamo  
118t Pleasanton

**Men**

210 SwimMAC Carolina  
190 City of Plano  
133 Santa Clara  
128 Dynamo  
126 Saratoga YMCA

**WOMEN****50 FREE Aug. 13**

25.37 Madeline Schaefer, PASA  
25.64 Lia Neal, AGUA  
25.96 Jasmine Tosky, PASA

**100 FREE Aug. 10**

55.17 Lia Neal, AGUA  
55.48 Madeline Schaefer, PASA  
55.95 Jasmine Tosky, PASA

**200 FREE Aug. 12**

1:58.54 Jasmine Tosky, PASA  
1:58.92 Chelsea Chenault, TERA  
2:01.15 Julia Anderson, FAST

**400 FREE Aug. 11**

4:11.37 Chelsea Chenault, TERA  
4:13.25 Gillian Ryan, PAAC  
4:16.69 Leah Smith, JCCS

**800 FREE Aug. 9**

8:35.43 Lauren Driscoll, FLA  
8:37.83 Gillian Ryan, PAAC  
8:37.84 Taylor O'Brien, PAAC

**1500 FREE Aug. 13**

16:37.96 Rachel Zilinskas, FCKW  
16:39.66 Gillian Ryan, PAAC  
16:40.50 Danielle Valley, SYS

**100 BACK Aug. 12**

1:01.55 Taylor Wohrley, IUCP  
1:02.21t Caitlyn Forman, CLPR  
1:02.21t Madison White, CROW

**200 BACK Aug. 10**

2:12.30 Bonnie Brandon, MACS  
2:12.34 Madison White, CROW  
2:13.14 Kylie Stewart, DYNA

**100 BREAST Aug. 12**

1:09.84 A. Gargalikis, TERA  
1:10.78 Siri Kristiansen, SCSC  
1:10.82 Abigail Duncan, AQJT

**200 BREAST Aug. 9**

2:28.70 Andrea Kropp, RTL  
2:30.36 Annie Zhu, AGUA  
2:30.52 Casey Mims, AZOT

**100 FLY Aug. 11**

59.43 Jasmine Tosky, PASA  
1:00.08 Haley Sims, EST  
1:01.12 Natalie Hinds, COM

**200 FLY Aug. 9**

2:09.28 Jasmine Tosky, PASA  
2:11.45 K. Pawlowicz, CUBU  
2:12.09 Noelle Tarazona, TCC

**200 IM Aug. 13**

2:13.02 Jasmine Tosky, PASA  
2:15.93 Emily Cameron, LAC  
2:16.13 M. Hawthorne, RTL

**400 IM Aug. 10**

4:44.85 Jasmine Tosky, PASA  
4:47.02 Noelle Tarazona, TCC  
4:47.09 Halli Flickinger, YY

**400 MR Aug. 13**

4:13.52 Palo Alto Stanford  
4:17.30 Carmel  
4:17.31 Aquajets

**400 FR Aug. 10**

3:48.24 Palo Alto Stanford  
3:52.93 Irvine Nova  
3:53.63 Terrapins

**800 FR Aug. 12**

8:12.97 Palo Alto Stanford  
8:19.72 Dynamo  
8:22.89 Saratoga YMCA

**MEN****50 FREE Aug. 13**

22.13 V. Morozov, TORR  
23.01 Charles Moore, CFSC  
23.07 Seth Stubblefield, COPS

**100 FREE Aug. 10**

49.15 V. Morozov, TORR  
50.65 T. Messerschmidt, WSF  
50.67 Matthew Ellis, UNAT

**200 FREE Aug. 12**

1:49.37 Clay Youngquist, LAC  
1:50.79 Nicholas Caldwell, SYS  
1:51.14 T. Messerschmidt, WSF

**400 FREE Aug. 11**

3:52.88 Nicholas Caldwell, SYS  
3:54.85 Ryan Feeley, BSC  
3:55.61 Jan Daniec, MVN

**800 FREE Aug. 13**

8:06.01 Nicholas Caldwell, SYS  
8:09.63 Carlos Omana, MACM  
8:09.69 Ediz Yildirim, TWST

**1500 FREE Aug. 9**

15:29.38 Ediz Yildirim, TWST  
15:31.93 Carlos Omana, MACM  
15:34.14 Nicholas Caldwell, SYS

**100 BACK Aug. 12**

55.46 V. Morozov, TORR  
55.70 Kevin Darmody, MAC  
56.33 Jacob Pebley, CAT

**200 BACK Aug. 10**

2:00.81 Ryan Murphy, BSS  
2:01.38 Jacob Pebley, CAT  
2:01.84 Jared Markham, GTS

**100 BREAST Aug. 12**

1:02.95 Christian Higgins, WYW  
1:03.13 Zachary Gunn, NTRO  
1:03.40 Kevin Cordes, FOX

**200 BREAST Aug. 9**

2:14.66 Matthew Elliott, PAWW  
2:14.94 Zachary Gunn, NTRO  
2:15.43 Cody Miller, SAND

**100 FLY Aug. 11**

54.51 Seth Stubblefield, COPS  
54.56 Kyler Vanswol, NAC  
54.65 Kevin Darmody, MAC

**200 FLY Aug. 9**

1:59.15 Seth Stubblefield, COPS  
2:00.11 Gillian Ryan, PAAC  
2:01.32 William Hamilton, GLA

**200 IM Aug. 13**

2:04.15 Evan Noble, CSP  
2:04.84 T. Messerschmidt, WSF  
2:05.49 Connor Signorin, PAA

**400 IM Aug. 10**

4:20.55 Nicholas Caldwell, SYS  
4:20.68 Carlos Omana, MACM  
4:23.69 Robert Hommel, BCH

**400 MR Aug. 13**

3:49.86 SwimMAC Carolina  
3:51.22 Fox Valley  
3:53.31 Dynamo

**400 FR Aug. 13**

3:27.38 SwimMAC Carolina  
3:28.89 Dynamo  
3:29.86 Santa Clara

**800 FR Aug. 11**

7:34.65 Dynamo  
7:35.02 SwimMAC Carolina  
7:38.19 Santa Clara



\* = YMCA National Record

**TEAM STANDINGS Combined**

832 Wilton  
610 Upper Main Line  
573 Middle Tyger  
507.5 Countryside  
383 West Shore

**Women**

424 Middle Tyger  
417 Wilton  
375.5 Countryside  
263 West Shore

259 Anne Arundel

**Men**

415 Wilton  
410.5 Upper Main Line  
232 Countryside  
197 W. North Carolina  
195.5 Somerset Valley

**WOMEN****50 FREE July 27**

25.82 Emily Lloyd, ANNE  
26.24 Shannon Rauth, UML  
26.57 Becca Weiland, SPT

**100 FREE July 29**

57.46 Emily Lloyd, ANNE  
58.91t Breann McDowell, CRS  
58.91t Maddy Smart, WCT

**200 FREE July 28**

2:04.74 Shelby Fortin, WYW  
2:06.28 Breann McDowell, CRS  
2:06.29 Emily Lloyd, ANNE

**400 FREE July 27**

4:19.65t Shelby Fortin, WYW  
4:25.51 Breann McDowell, CRS  
4:27.08 Madeline Hoch, WSY

**800 FREE July 28**

9:08.38 Carly Munch, WSY  
9:14.36 Courtney Beidler, THY  
9:22.88 Claire Loht, WSY

**1500 FREE July 26**

17:13.79 Breann McDowell, CRS  
17:17.33 Emily Launer, KISH  
17:21.70 Claire Loht, WSY

**50 BACK July 30**

30.13 Emily Slabe, CRS  
30.15 Emily O'Neill, WMON  
30.20 Anna Gibas, GREEN

**100 BACK July 27**

1:04.07 Danielle Galyer, MTY  
1:04.22 Justine Ress, CHES  
1:05.78 Emily O'Neill, WMON

**200 BACK July 29**

2:18.34 Justine Ress, CHES  
2:20.31 Shelby Fortin, WYW  
2:20.88 Emily Slabe, CRS

**50 BREAST July 27**

32.97 Emily Weir, WYW  
(Prelims: 32.78\*)  
33.10 Kayla Brumbaum, RAPP  
33.44 Jenelle Zee, SHY

**100 BREAST July 30**

1:12.09 Emily Weir, WYW  
1:13.84 Stephanie Ferrell, MONT  
1:14.57 Kayla Brumbaum, RAPP

**200 BREAST July 28**

2:36.73 Emily Weir, WYW  
2:39.34 Courtney Weaver, WNC  
2:39.66 Ally Dupay, HUNT

**50 FLY July 29**

28.02 Emily Lloyd, ANNE  
28.22 Becca Weiland, SPT  
28.77 Kendall Farnham, ANNE

**100 FLY July 28**

1:03.22 Kendall Farnham, ANNE  
1:03.89 Victoria Oslund, WNC  
1:03.95 Courtney Weaver, GRF

**200 FLY July 30**

2:21.97 Kendall Farnham, ANNE  
2:22.14 Courtney Weaver, GRF  
2:22.92 Sarah D'Antoni, RIDGE

**200 IM July 27**

2:21.35 Caroline Fore, MTY  
2:22.29 Shannon Ahearn, WYW  
2:22.56 Courtney Weaver, GRF

**400 IM July 29**

5:05.22 Caroline Fore, MTY  
5:06.17 Madeline Hoch, WSY  
5:06.70 Courtney Weaver, GRF

**200 MR July 27**

2:00.41 Wilton  
2:00.44 Anne Arundel  
2:00.93 Countryside

**400 MR July 30**

4:24.14 Wilton  
4:24.79 Middle Tyger  
4:24.95 Anne Arundel

**200 FR July 30**

1:49.57 Stevens Point  
1:49.91 Middle Tyger  
1:49.96 Wilton

**400 FR July 28**

3:58.32 Middle Tyger  
3:59.00 Wilton  
4:01.07 Stevens Point

**800 FR July 29**

8:38.94 West Shore  
8:49.54 Wilton  
8:51.66 Middle Tyger

**MEN****50 FREE July 27**

23.15\* Tim Squires, ELK  
23.74 John Hauser, POTTS  
23.78 Jack Forese, NCY

**100 FREE July 29**

51.68 Tim Squires, ELK  
52.07 Josh Fleagle, AMY  
53.23

**200 FREE July 28**

1:55.46 John Hauser, POTTS  
1:56.82 Nathan Reed, UML  
1:57.70 Robby Harder, WYW

**400 FREE July 27**

4:06.47 Robby Harder, WYW  
4:08.14 Ty Perkins, SFY  
4:08.34 Graham Williams, HICK

**800 FREE July 30**

8:35.62 Ty Perkins, SFY  
8:37.94 Graham Williams, HICK  
8:41.18 Spencer Scarth, WYW

**1500 FREE July 26**

16:05.63 Graham Williams, HICK  
16:11.09 Ty Perkins, SFY  
16:17.74 Spencer Scarth, WYW

**50 BACK July 30**

25.90t James Wells, BATH  
26.58 Steven Zimmerman, CRS  
27.45 Jay Warner, MTY

**100 BACK July 29**

56.38t Steven Zimmerman, CRS  
56.92 James Wells, BATH  
58.46 Jay Warner, MTY

**200 BACK July 29**

2:04.13 Steven Zimmerman, CRS  
2:08.85 Grant Alef, KISH  
2:09.33 Adam Lebovitz, WYW

**50 BREAST July 27**

29.79 Andrew Guinther, GFY  
30.21 Zach Auchler, EHY  
30.35 Harrison Cefalo, RBY

**100 BREAST July 30**

1:05.78 Sean Johnson, SVY  
1:06.04 Andrew Guinther, GFY  
1:06.29 Jared Kauffman, MTY

**200 BREAST July 28**

2:21.37 Bill Young, WNC  
2:22.02 Eric Ronda, WYW  
2:24.59 Harrison Cefalo, RBY

**50 FLY July 29**

25.43 Matthew Salig, UML  
25.74 Michael Murphy, PCY  
26.03 Eric Hallman, WCY

**100 FLY July 28**

55.49 Matthew Salig, UML  
56.26 Nathan Hart, WNC  
56.64 Andrew Yunker, GRF

**200 FLY July 30**

2:05.48 Matthew Salig, UML  
2:07.81 Nathan Hart, WNC  
2:07.90 Billy Draves, POTTS

**200 IM July 27**

2:06.61 Matthew Salig, UML  
2:06.85 John Hauser, POTTS  
2:07.39 Nathan Hart, WNC

**400 IM July 29**

4:35.50 Nathan Hart, WNC  
4:36.71 Bill Yoon, WNC  
4:38.44 Matt Navata, MONT

**200 MR July 27**

1:48.06 Wilton

# November

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## NOVEMBER

5 **Davie, FL**  
Broward South Sizzler  
robemary@cs.com

5 **Lauderhill, FL**  
Broward North Sizzler  
lauderhillswimteam@earthlink.net

5-6 **Phoenix, AZ**  
Phoenix Fall Meet #2  
602-468-0319

5-6 **Eaton, CO**  
Eaton Fall Fest  
kurzsm@aol.com

5-7 **Mobile, AL**  
CMSA Open  
gregdavi@yahoo.com

5-7 **Montgomery, AL**  
MYB Open  
pmielke@ymcamontgomery.org

5-7 **Napa, CA**  
NAPA "C-B-A+"  
1swim-mom@sbcglobal.net

5-7 **Englewood, CO**  
ACES Fall Open  
acestom@aol.com

5-7 **Clearwater, FL**  
CAT AG/SR Open  
727-791-9542

5-7 **Jacksonville, FL**  
BSS AG/SR Open  
904-256-5216

5-7 **Carrollton, GA**  
CBF Fall Classic  
blufins1@gmail.com

5-7 **Cobb County, GA**  
RAYS IMX Invitational  
iangoss@bellsouth.net

5-7 **Independence, MO**  
TST Tsunami Fall Roundup  
coachtmk@sbcglobal.net

5-7 **Oklahoma City, OK**  
CSC Halloween Meet  
okswim@hotmail.com

5-7 **McMinnville, OR**  
McSwimville Invitational  
scottcatt@smgengr.com

5-7 **Portland, OR**  
PAC Fall Invitational  
kjjones@msn.com

5-7 **Knoxville, TN**  
PACK Open, p/f  
jberlucci@pilotaquaticclub.com

6 **Oakhurst, CA**  
YSC "A-B-C"  
laut6@stinet

6 **Miami, FL**  
Dade Sub-JO  
maccoach27@aol.com

6 **Savannah, GA**  
GCAT Pick-3  
gcatoach@aol.com

6 **Norfolk, NE**  
Jenna Krivohlavek  
Memorial  
ggpowell@cableone.com

6 **Astoria, OR**  
NCSC Pentathlon Invite  
mjsparks87@yahoo.com

6 **Bainbridge Island, WA**  
BISC Ferry Boat Sprints  
pparc@comcast.net

6 **Tacoma, WA**  
OST Honu Gathering  
253-209-7693

6-7 **Huntsville, AL**  
HAS Open  
coachmatt@swimhsa.org

6-7 **Livermore, CA**  
CROW "C-B-A+"  
msandcdg@sbcglobal.net

6-7 **Morgan Hill, CA**  
ALMA "C-B-A+"  
asrcswimteam@earthlink.net

6-7 **Rancho Bernardo, CA**  
SDAC "C" All Ages  
timoeigoetz@sbcglobal.net

6-7 **Redding, CA**  
Redding Age Group/JR+  
reddingswimteam@yahoo.com

6-7 **Montrose, CO**  
Montrose Fall Open  
josephbnovak@msn.com

6-7 **Davie, FL**  
Broward Sub-JO  
robemary@cs.com

6-7 **North Palm Beach, FL**  
PASA Invitational  
npbcoach4@aol.com

6-7 **Gainesville, GA**  
LA Annual Fall Invitational  
jimyoung1@mindspring.com

6-7 **Wichita, KS**  
WSC Legends Invitational  
ktyevak@gmail.com

6-7 **Papillion, NE**  
Monarch November Classic  
lweaver@paplv.esu3.org

6-7 **Strongsville, OH**  
Swimstrong Splash Out  
Cancer Odd Age Meet  
jhenkels@swimstrongsville.org

6-7 **Seattle, WA**  
Cascade November Meet  
rjd27@comcast.net

7 **Washington, DC**  
PVS November Open  
703-627-7996

7 **Washington, DC**  
PVS November Open  
703-820-7946

7 **Alexandria, VA**  
PVS November Open  
703-897-7157

7 **Chantilly, VA**  
PVS November Open  
mparis@pvfish.org

7 **Bainbridge Island, WA**  
Bob Miller Distance Meet  
pparc@comcast.net

7 **Mercer Island, WA**  
Chinook Pentathlon  
mlssaysana@msn.com

7 **Puyallup, WA**  
SST 25 YD Free  
Tournament  
ssttheadcoach@comcasts.net

11-13 **Chattanooga, TN**  
BAY Open  
meets@baylorswimming.org

12-13 **Omaha, NE**  
MAC AG/SR Pentathlon  
madmac6@cox.net

12-14 **Madison, AL**  
MSA Open  
auee97@hotmail.com

12-14 **Scottsdale, AZ**  
Fall FASTival  
480-951-5368

12-14 **Concord, CA**  
TERA Senior Trials/Finals  
terameetdirector@gmail.com

12-14 **Arvada, CO**  
North Jeffco Pineapple  
Open  
kandc30@aol.com

12-14 **Loveland, CO**  
Loveland Fall Open  
lovelandentries@msn.com

12-14 **Atlanta, GA**  
CAD Luqman El Amin  
jack9687@bellsouth.net

12-14 **Gladstone, MO**  
SABW KC Splashdown  
coachmklier@hotmail.com

13 **Anthem, AZ**  
AD November Invitational  
623-742-6050

13 **Akron, FL**  
FAST Fall Breakout Meet  
cvirdo@aol.com

13-14 **Palo Alto, CA**  
PASA Invitational  
kenyasprid@aol.com

12-14 **Poway, CA**  
PS "A-B" All Ages  
gary@psswim.sdcxmail.com

13-14 **San Francisco, CA**  
DACA Invitational  
annie@daca.org

13-14 **Longwood, FL**  
PA AG/SR Invitational  
407-862-2207

13-14 **Hutchinson, KS**  
HYSC YMCA Fall Classic  
hysc@hutchymca.org

13-14 **Lawrence, KS**  
Aquahawk "ABC" Meet  
zach@aquahawks.org

13-14 **Boyd, MD**  
RMSC National Age Group  
Challenge Meet  
240-314-8750

13-14 **Carson City, NV**  
CARS Polytathlon  
reginaford@rocketmail.com

13-14 **Eugene, OR**  
Marta Hogard Invitational  
jfellows@yahoo.com

13-14 **Lincoln City, OR**  
Pumpkin Sprint Open, scm  
lippyb@hotmail.com

13-14 **Oregon City, OR**  
Oregon City Fall Sprint  
Invitational, scm  
ocst.coach@gmail.com

13-14 **St. Helens, OR**  
Artman Memorial Invite  
plahnj@hotmail.com

14 **Solon, OH**  
STRS Fall Breakout Meet  
sharon\_badertscher@ohnd.uscourts.gov

14 **Falls Church, VA**  
YORK Friendship  
Mini Meet  
703-961-1163

14 **Federal Way, WA**  
PAC "Q" Meet  
coachkelli@comcast.net

18-21 **Plantation, FL**  
FGC Winter  
Championships  
561-691-3427

19-21 **Vestavia, AL**  
BSL Open  
b\_wrighton@yahoo.com

19-21 **Chandler, AZ**  
Triton Turkey  
Invitational  
coachhelen@cox.net

19-21 **Goodyear, AZ**  
WSF Gobble the Bubbles  
623-935-5193/25134

19-21 **Phoenix, AZ**  
IMX Xtreme Challenge  
602-468-0319

19-21 **Folsom, CA**  
Sierra Marlin "BB+/-"  
cadolley@yahoo.com

19-21 **Orlando, FL**  
SOY AG/SR Open  
407-363-1911

19-21 **Sarasota, FL**  
SYS AG/SR Invitational  
941-922-9622

19-21 **Augusta, GA**  
ASL Fall Invitational  
tatrouman@rdbrowncontractors.com

19-21 **Indianapolis, IN**  
IMX Challenge  
we4watsons@sbcglobal.net

19-21 **Columbia, MO**  
CSC Fall Invitational  
csccoachphil@yahoo.com

19-21 **Cleveland, OH**  
Mark Braun Fall Classic  
akiel@windstream.net

19-21 **Oklahoma City, OK**  
EAT Turkey Meet  
cgoddard1@cox.net

19-21 **Albany, OR**  
AA Memorial Invite  
meetdirector@albanyaquaticassoc.com

19-21 **Germantown, TN**  
GST Open  
str090262@aol.com

20 **Port Orange, FL**  
DBS "A" and Under Open  
386-747-6993

20 **St. Petersburg, FL**  
SPA AG/SR Open  
727-821-2918

20 **Tampa, FL**  
CVST AG/SR Invitational  
813-961-1368

20 **Sioux Center, IA**  
SCH IMXtreme Plus  
axprmos@mtcnet.net

20 **Bend, OR**  
Hi Desert Classic  
bendswim@coinet.com

20 **Canby, OR**  
Canby Mile Open  
heftershelly@canby.com

20-21 **Chandler, AZ**  
NEP Turkey Invitational  
coachhelen@cox.net

20-21 **Tucson, AZ**  
TTAC November Fest  
520-229-9006

20-21 **Atherton, CA**  
SOLO "C-B-A+"  
solotom@yahoo.com

20-21 **Livermore, CA**  
LAC "B-A+"  
emily.horst@lute.com

20-21 **Oakland, CA**  
EBAT "B-A+"  
jmcruz@pacbell.net

20-21 **Saratoga, CA**  
DACA "C-B-A+"  
annie@daca.org

20-21 **Broomfield, CO**  
CUDA Pentathlon  
meetdirector@teamcudss.com

20-21 **Jonesboro, GA**  
TARA John Bowles Invite  
denisbyrd@hotmail.com

20-21 **Laurel, MD**  
FAST Odd Ball Challenge  
240-456-0103

20-21 **Lincoln, NE**  
HLA Goggle Gobble  
coachhenk@heartlandaquatics.org

20-21 **Woodburn, OR**  
WBST Thanksgiving  
Open  
coachzell@wbst.org

20-21 **Kirkland, WA**  
WAC Nov. AGI Division 1  
chapman\_family@comcast.net

20-21 **Mercer Island, WA**  
WSY Nov. AGI Division 2  
lgfriesen@comcast.net

20-21 **Mukilteo, WA**  
WCA Nov. AGI Division 4  
pam@westcoastaquatics.us

20-21 **Renton, WA**  
IST Nov. AGI Division 3  
office@istsockeyes.org

21 **Kingsport, TN**  
BSC Open  
bscswim@yahoo.com

21 **Oakton, VA**  
SDS Go the Distance  
703-917-9208

21 **Sterling, VA**  
CUBU Pilgrim Pentathlon  
Mini Meet  
301-428-9493

27-28 **Washington, DC**  
DCPR Distance Meet  
202-671-0335

28 **Castle Rock, CO**  
Thanksgiving  
at the ROCK  
rockentries@gmail.com

## MASTERS NOVEMBER

7 **Phoenix, AZ**  
PSC Masters SCY  
Pentathlon  
mrankin@bestswimclub.org

7 **Tempe, AZ**  
Arizona Open Water  
Series 5  
david@dcbadventures.com

7 **Santa Clarita, CA**  
Santa Clarita SCM  
lokeefe@santa-clarita.com

20-21 **Tempe, AZ**  
Ron Johnson Invitational  
katyjameswims@gmail.com

21 **Woodland Hills, CA**  
SW Masters  
Turkey Shoot  
mitchellrobert@cox.net

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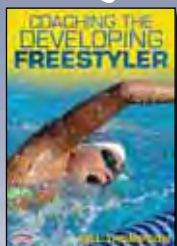
## October

When Cathy Ferguson (ISHOF Honor Swimmer 1978) stepped on the blocks for the 100 meter backstroke finals at the 1964 Tokyo Olympics, Oct. 14, among the competitors she faced were Christine Caron of France (the former world record holder in the event), American Ginny Duenkel (the current world record holder) and Japan's Sata Tanaka (11 career world marks in the 200 back). Ferguson won the race with a WR 1:07.7, having set the global standard in the 200 a month earlier. She won a second gold medal—also in WR time—leading off the 400 medley relay with Cynthia Goyette, Sharon Stouder and Kathy Ellis.

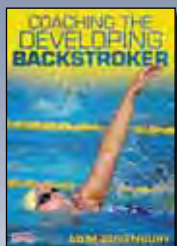




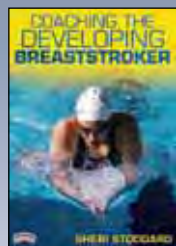
# CHAMPIONSHIP Productions World-Class Instructional Swimming DVDs



List Price: US \$39.99  
Code: VCP3526A



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Code: VCP3526B



List Price: US \$39.99  
Code: VCP3526C



List Price: US \$39.99  
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**Coaching the Developing Swimmer Series**  
List Price: US \$139.99  
Code: VCP3526



List Price: US \$39.99  
Code: VCP3140A



List Price: US \$39.99  
Code: VCP3140B



List Price: US \$39.99  
Code: VCP3140C



List Price: US \$39.99  
Code: VCP3140D

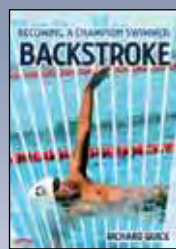
**Faster Fast Sprint Freestyle DVD Series**  
List Price: US \$149.99  
Special: US \$129.99  
Code: VCP3140



List Price: US \$79.99  
Code: VCP3467



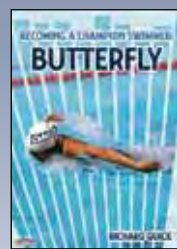
List Price: US \$29.99  
Code: VCP02548A



List Price: US \$29.99  
Code: VCP02548B



List Price: US \$29.99  
Code: VCP02548C



List Price: US \$29.99  
Code: VCP02548D



List Price: US \$29.99  
Code: VCP02548E

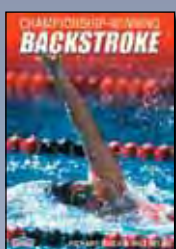
**Richard Quick - Becoming a Champion Swimmer - 5 DVD Set**  
List Price: US \$149.95  
Special: US \$134.95  
Code: VCP02548



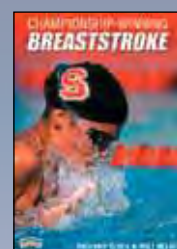
List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017A



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017B



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017C

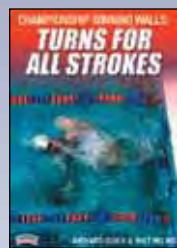


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Special: US \$39.99  
Code: VCP2017D

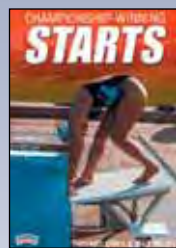


List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017E

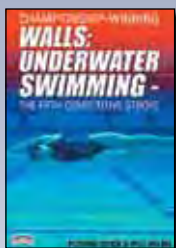
**Richard Quick - Championship Winning Swimming - Complete 10 DVD Set**  
List Price: US \$349.99  
Special: US \$329.99  
Code: VCP2017



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017F



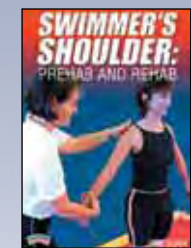
List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017G



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2017H



List Price: US \$39.99  
Code: VCP1996A



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# World-Class Instructional Swimming DVDs



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Code: VCP2663C



List Price: US \$39.99  
Code: VCP2663D



List Price: US \$39.99  
Code: VCP2663E



List Price: US \$39.99  
Code: VCP2663F

**Frank Busch - Fast Lane Series**  
List Price: US \$239.94  
Special: US \$219.99  
Code: VCP2663-6



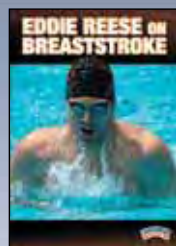
List Price: US \$39.95  
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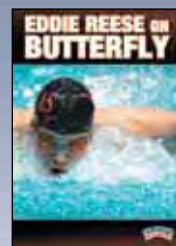
List Price: US \$39.99  
Code: VCP02419A



List Price: US \$39.99  
Code: VCP02419B

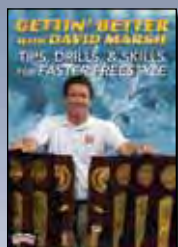


List Price: US \$39.99  
Code: VCP02419C

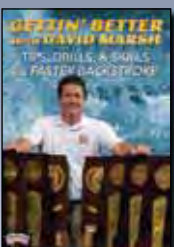


List Price: US \$39.99  
Code: VCP02419D

**Eddie Reese (Texas) On Swimming - Complete 4 DVD Set**  
List Price: US \$159.96  
Special: US \$149.99  
Code: VCP02419



List Price: US \$39.99  
Code: VCP02798A



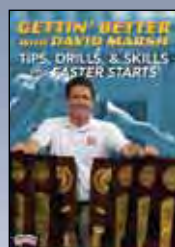
List Price: US \$39.99  
Code: VCP02798B



List Price: US \$39.99  
Code: VCP02798C



List Price: US \$39.99  
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List Price: US \$39.99  
Code: VCP02798E



List Price: US \$39.99  
Code: VCP02798F

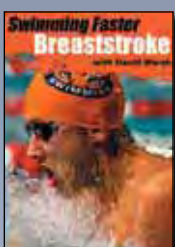
**Gettin' Better with David Marsh**  
List Price: US \$219.99  
Code: VCP0279



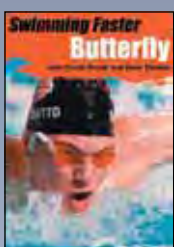
List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210A



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210B



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210C



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210D

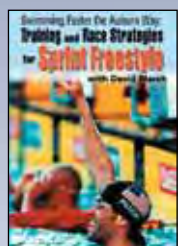


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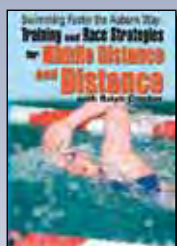


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Special: US \$39.99  
Code: VCP2210F

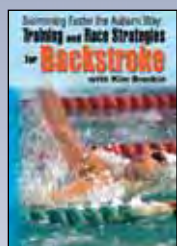
**David Marsh - Swimming Faster Series - Complete 11 DVD Set**  
List Price: US \$472.89  
Special: US \$379.99  
Code: VCP2210



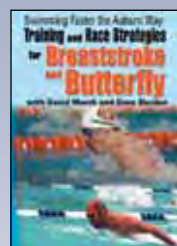
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Code: VCP2210G



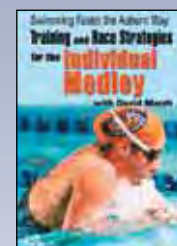
List Price: US \$42.99  
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List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210I



List Price: US \$42.99  
Special: US \$39.99  
Code: VCP2210J



List Price: US \$42.99  
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RUSSIA'S ROMAN SLUDNOV IS SEEN FROM UNDERWATER AS HE SWIMS THE 100 BREAST AT THE EUROPEAN CHAMPIONSHIPS [PHOTO BY WOLFGANG RATTAY, REUTERS]



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