

Swimming World magazine

FEBRUARY 2011 — VOLUME 52 NO. 2



AUSSIES REVEL IN GREAT SWIMMING TRADITION
See page 7

A CHANGE FOR THE BETTER

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Swimming WORLD



ON THE COVER:

After failing to make USA's 2009 World Championship team, Katie Hoff, 21, changed clubs and coaches, and is, once again, enjoying the sport...and life. **Cover snipe:** (from left) Australia's winning women's 400 medley relay at the Beijing 2008 Olympics—Jessica Schipper, Leisel Jones, Emily Seebohm and Lisbeth Trickett (in water). (See respective stories, pages 10 and 7.)

[COVER PHOTO BY PETER H. BICK; SNIPE PHOTO BY DAVID GRAY, REUTERS]



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A VOICE for the SPORT DON'T STAND SO CLOSE TO ME

BY BRENT RUTEMILLER

By this time next year, every USA Swimming coach, official and volunteer will be certified with background checks as part of the newly implemented athlete protection program.

The money spent for certification by a coach, official or volunteer (less than \$40 per person) is a small price to pay to help protect athletes from sexual predators.

But what safeguards are being implemented to protect coaches from allegations or rumors spread falsely?

Young teacher, the subject of schoolgirl fantasy...

In a hyper-vigilant sport environment that was rocked last year by a number of sexual abuse stories involving USA Swimming, coaches are now being more closely watched than ever. One team even hired a private investigator to follow its coach because of rumors regarding a coach-athlete relationship.

She wants him so badly, knows what she wants to be...

USA Swimming overhauled its Code of Conduct in 2010 to protect athletes and coaches. The code clearly outlines the boundaries between coach and athlete. Every member of USA Swimming is required to report any violation of the Code of Conduct rules to USA Swimming.

Inside her there's longing, this girl's an open page...

But what happens when a swimmer crosses the line and puts a coach in a compromising situation? Is the coach guilty by association?

Book marking she's so close now, this girl is half his age...

A professional coach will treat everyone equally, but often the successful athletes appear to have more attention. Private words by a professional coach are meant to motivate, not consummate. The message sent by a coach must not be confused.

Her friends are so jealous, you know how bad girls get...

A healthy relationship is based on mutual goals between an athlete and a coach. To achieve those goals, a passion for the sport and the emotion that comes from success and failure must be freely exhibited, but never confused by the athlete. A professional coach will always reinforce the boundaries and make it clear to the athlete that the relationship is a professional one.

Sometimes it's not so easy to be the teacher's pet...

However, this passion and emotion at times can easily be perceived by other athletes as something that should be reported. A professional coach should always be aware of this perception, especially when he or she is seen working and traveling with the same athlete year-round.

Loose talk in the classroom, to hurt they try and try...

These perceptions can be the foundation for destructive rumors or the early warnings of something terribly wrong. Professional coaches must address unfounded rumors quickly and decisively.

Strong words in the staffroom, the accusations fly...

The current guidelines within USA Swimming's Code of Conduct are an excellent start in protecting all members. However, coaches need to protect themselves further by communicating to their athletes that the relationship is motivational and not emotional.

All one-on-one relationships should start and end at the water's edge. Relationships outside the pool must all be team-oriented.

Now more than ever, coaches need to clearly articulate the professional boundaries between them and their athletes on a regular basis.

Don't stand, don't stand so, don't stand so close to me...

Lyrics from Police ©1980 ♦

BRENT RUTEMILLER
Publisher, CEO

SwimmingWORLD

PUBLISHING, CIRCULATION
AND ACCOUNTING OFFICE

P.O. Box 20337, Sedona, AZ 86341
Toll Free in USA & Canada: 800-511-3029
Phone: 928-284-4005 • Fax: 928-284-2477
www.SwimmingWorldMagazine.com

Chairman of the Board, President — *Richard Deal*
e-mail: DickD@SwimmingWorldMagazine.com

Publisher, CEO — *Brent Rutmiller*
e-mail: BrentR@SwimmingWorldMagazine.com

Circulation — *Karen Deal*
e-mail: KarenD@SwimmingWorldMagazine.com

Circulation Assistant — *Judy Jacob*
e-mail: Subscriptions@SwimmingWorldMagazine.com

Advertising Production Coordinator — *Betsy Houlihan*
e-mail: BetsyH@SwimmingWorldMagazine.com

EDITORIAL, PRODUCTION, MERCHANDISING,
MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016

Toll Free: 800-352-7946
Phone: 602-522-0778 • Fax: 602-522-0744
www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION
e-mail: Editorial@SwimmingWorldMagazine.com

Senior Editor — *Bob Ingram*
e-mail: BobI@SwimmingWorldMagazine.com

Managing Editor — *Jason Marsteller*
phone: 602-522-0778 • fax: 602-522-0744
e-mail: JasonM@SwimmingWorldMagazine.com

Senior Writer — *John Lohn*
e-mail: JohnL@SwimmingWorldMagazine.com

Photo Coordinator — *Judy Jacob*
e-mail: JudyJ@SwimmingWorldMagazine.com

Graphics Arts Designer — *Cassandra Crofoot*
e-mail: casandracc@swimmingworldmagazine.com

Fitness Trainer — *J.R. Rosania*

Chief Photographer — *Peter H. Bick*

SWIM Editor — *Emily Sampl*

SwimmingWorldMagazine.com WebMaster
e-mail: WebMaster@SwimmingWorldMagazine.com

MARKETING AND ADVERTISING
Advertising@SwimmingWorldMagazine.com

Marketing Coordinator — *Tiffany Elias*
e-mail: tiffanye@swimmingworld.com

MULTI-MEDIA/PRODUCT DISTRIBUTION

SwimmingWorld.TV Producer — *Garrett McCaffrey*
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USA CONTRIBUTORS

Kari Lydersen, Tito Morales, P.H. Mullen,
J.R. Rosania, Michael J. Stott,
Dana Abbott (NISCA), Eric Velazquez

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadj (TUN), Glen Byrom (ZIM);
Australia: Wayne Goldsmith, Justin Rothwell, Graham Senders;
Europe: Norbert Agh (HUN), Camilo Cametti (ITA),
Federico Ferraro (ITA), Oene Rusticus (NED),
Steven Selthoffer (GER), Andy Wilson (GBR);
Japan: Hideki Mochizuki; *Middle East:* Baruch "Buky" Chass, Ph.D. (ISR);
South Africa: Neville Smith (RSA);
South America: Jorge Aguado (ARG), Alex Pussieldi (BRA)

PHOTOGRAPHERS/SWTY

Michael Aron, Peter Bick, Bill Collins, Tony Duffy, Tim Morse,
Andrea Nigh, George Olsen, Reuters, Getty Images

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P.O. Box 20337
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Phone: 928-284-4005
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International Spotlight: AUSTRALIA

BBY JASON MARSTELLER

During the past quarter of a century, Australia has grown into one of the top swimming countries in the world. While the United States continues to dominate the medal charts in each Olympiad, Australia has moved into a strong second place overall. Since Seoul hosted the Olympics back in 1988, Australia has won 22 gold, 28 silver and 25 bronze medals for a total of 75 Olympic medals in the past six Olympiads.

RETIRED GREATS

Australia boasts many of the top swimming names in the sport's history. Perhaps at the top of that list is Ian

PICTURED »
Ian Thorpe, who won five Olympic gold medals along with three silvers and a bronze, was the first swimmer ever to be named *Swimming World Magazine's* World Swimmer of the Year four times.

PICTURED

» Stephanie Rice, a triple Olympic gold medalist from Beijing—including a medley sweep—is coming off shoulder surgery in 2010. Assuming she returns to form, she will be a definite help for the younger Aussie swimmers as they prepare for London 2012.

Thorpe, a four-time winner of the male World Swimmer of the Year award selected annually by *Swimming World Magazine*. He finished his illustrious career with five Olympic gold medals along with three silvers and a bronze. Thorpe was the first swimmer ever to be named the World Swimmer of the Year four times, a record he held until Michael Phelps won his fourth in 2007 (and went on to earn six total so far in his career).

Shane Gould or Dawn Fraser could arguably be regarded as the top women swimmers from Down Under. Gould, who retired from the sport when she was only 16, was named World

— continued on 8



[PHOTO BY JERRY LAMPEN, REUTERS]



[PHOTO BY DAVID GRAY, REUTERS]

Swimmer of the Year in back-to-back years in 1971 and 1972. She is still the only person ever to have held every freestyle world record from the 100 to the 1500-meter events simultaneously. She also is the first female ever to win three Olympic events in world record time—all occurring at the 1972 Munich Games. Additionally, she won a silver medal and bronze medal in Munich.

And, of course, freestyler extraordinaire Dawn Fraser became the first swimmer—and one of only two swimmers—to win the

same event at three consecutive Olympic Games when she won the 100 free in 1956, 1960 and 1964.

Australia also has had several swimmers win *Swimming World Magazine's* World Swimmer of the Year honors. Grant Hackett (2005), Michael Klim (1997), Kieren Perkins (1994) are the three other retired male winners, while Samantha Riley (1994) is the only other previous retired female winner of the award. Stephanie Rice (2008) and Leisel Jones (2005, 2006)—who are still competing—have also won the women's title.

Hackett finished his career with three

gold medals along with three silvers and a bronze. Meanwhile, Klim snared two gold medals, three silvers and a bronze. Perkins won two gold and two silver medals.

Riley won a silver and two bronze medals during her career, but her standout performances at the 1994 World Championships and Commonwealth Games proved to be her best season, when she was named the female World Swimmer of the Year. She captured three gold medals at the Commonwealth Games in Victoria, while winning a pair of breaststroke world titles in Rome.

VETERANS

While the Australian men are still looking to reload from the loss of such greats as Thorpe and Hackett, the women still have plenty of veterans leading the way, including Stephanie Rice, Leisel Jones, Jessicah Schipper and the recently “retired, then un-retired” Libby Trickett.

Rice, a triple Olympic gold medalist from Beijing—including a medley sweep—is coming off shoulder surgery in 2010. Assuming she returns to form, she will be a definite help for the younger Aussie swimmers as they prepare for London 2012.

Jones, a two-time World Swimmer of the Year and three-time Olympic gold medalist, is gunning for her fourth Olympics in 2012 after competing at the 2000, 2004 and 2008 meets. While she has surrendered the title of best female breastroker in the world to USA's Rebecca Soni, Jones can still rack up the medals with solid performances in both breaststroke events.

Schipper, the 2009 Pacific Rim Swimmer of the Year, provides Australia with a spark in the butterfly events, evidenced by her two bronze medals in 2008. She also swam on both of the winning medley relays in Athens and Beijing.

Trickett had a short-lived retirement in the sport starting in Dec. 2009 and ending

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PICTURED » Last year at only 14 years of age, newcomer Yolane Kukla made the Australian national teams that competed at the Pan Pacific Championships and Commonwealth Games, and came away with a pair of relay silver medals from Pan Pacs.

in Sept. 2010. While FINA retirement rules could keep her out of the bigger events in 2011, she'll be on path to help the Aussies in a big way in 2012. She's won three Olympic gold medals as well as a silver and two bronze medals.

For the men, Geoff Huegill came out of retirement not only to provide leadership, but also inspiration. During his retirement, he had gained nearly 90 pounds. In 2008, Huegill returned to swimming for fitness. That helped light his competitive fires, and he started making national teams again. At last year's Commonwealth Games, Huegill snatched gold medals in the 400 medley relay as well as the 100 fly—an event in which he bettered his personal best time that had lasted a decade.

The likes of Andrew Lauterstein, Brenton Rickard and Christian Sprenger will also provide some stability to Australia's men's team.

FRESH FACES

There are plenty of newcomers, including one who could be considered a veteran, but who is still considered a youngster at 18 years old. That would be Cate Campbell, who at 16, made the Olympic team that competed in Beijing, where she earned a pair of bronze medals (50 free and 400 free relay). Campbell, however, began having hip problems in 2009, and sat out 2010 due to more injuries. But she could be a force to be reckoned with should she successfully complete her rehabilitation.

Yolane Kukla, 15, is another teen that has clocked some impressive times at such a young age. Last year at only 14 years of age, she made the national teams that competed at the Pan Pacific Championships and Commonwealth Games, and came away with a pair of relay silver medals at Pan Pacs.

Alicia Coutts is a newcomer as far as the Olympics are concerned, but as a 23-year-old, she's been around the sport for quite some time. She's definitely a late-bloomer that made a huge mark on the sport in 2010 en route to *Swimming World Magazine's* female Pacific Rim

TOP 10 Moments in Australian Swimming History

BY JEFF COMMINGS

- 1** Aussies beat Americans in men's 4 x 100 free relay Olympic final and set world record over favored American squad (2000).
- 2** Australia claims Olympic mile superiority with four straight gold medals going to Kieren Perkins (1992 and 1996) and Grant Hackett (2000 and 2004).
- 3** Dawn Fraser wins third consecutive 100 free title, becoming first swimmer to win the same event at three consecutive Olympic Games (1964).
- 4** Ian Thorpe makes international debut at World Championships and wins 400 freestyle at 15 years of age (1998).
- 5** Leisel Jones finally wins individual Olympic gold in 100 breaststroke (2008).
- 6** Shane Gould holds all freestyle world records simultaneously (1972).
- 7** Ian Thorpe wins "Race of the Century"—men's Olympic 200 freestyle final—over Pieter van den Hoogenband and Michael Phelps (2004).
- 8** Susie O'Neill becomes new "Madame Butterfly," breaking Mary T. Meagher's 200 fly world record (1999).
- 9** Murray Rose, swimming in front of home crowd in Melbourne, wins 1500 meter freestyle Olympic gold medal over rival, Japan's Tsuyoshi Yamanaka (1956).
- 10** Geoff Huegill makes remarkable comeback, losing nearly 90 pounds and winning gold medal in the 100 butterfly at the Commonwealth Games (2010). ♦

Swimmer of the Year honors. She won five gold medals at the Commonwealth Games and finished the year with the world's second-ranked 200 IM (2:09.70). That performance had stood as a best time for women wearing textile suits before Ye Shiwen of China clocked a 2:09.37 at the Asian Games.

Kotuku Ngawati, 16, made her move into the global swimming consciousness with a strong short course season in 2010. She won her first international gold medal when she captured the 100 free at the Singapore stop of the World Cup circuit. She

added to her resumé by taking a silver medal in the 100 IM at the World Short Course Championships.

While the Aussie men do not have a group of teenage prodigies, a pair of swimmers is on its way to international significance. Tommaso D'Orsogna, 20, earned a relay bronze medal at the 2009 World Championships in Rome, then followed that up with a gold medal in the 400 free relay at the Commonwealth Games. Thomas Fraser-Holmes, 19, took home a pair of medals from the Commonwealth Games, including a bronze medal in the 200 free. He also helped the 800 free relay to a third-place finish at the Pan Pacific Championships. ♦

Online Premium Members click here at www.SwimmingWorldMagazine.com to see a list of Olympic medals that Australia has won since 1988.

A Shining Light

BY JOHN LOHN • PHOTOS BY PETER H. BICK

Despite winning three Olympic medals at Beijing in 2008, Katie Hoff's performance was considered by some as a disappointment because she did not meet the media's lofty expectations, failing to win a single gold medal. But now—more than two years later—Hoff has re-emerged as a shining light on the American swim scene.

She had no control over the expectations thrust upon her teenage shoulders. Because she was a rising star at the North Baltimore Aquatic Club and a multi-event talent, the comparisons were easily made. Katie Hoff, it was said, was the female version of Michael Phelps. Was it an unfair suggestion? Probably. Heck, Phelps was doing things the sport had never seen before.

Still, all sports lend themselves to athlete comparisons and the one made between Hoff and Phelps made some sense. Not only did they hail from the same club, but they both also were dominant performers in the individual medley events and superb elsewhere. We know what Phelps did at the Beijing Olympics. As a refresher, he became the greatest Olympian of all-time, a status affirmed by his collection of eight gold medals.

As for Hoff, she walked away from the 2008 Games with a silver medal in the 400 freestyle and bronze medals in the 400 individual medley and as a member of the United States 800 free relay. For most, this medal haul was impressive. Hoff's per-

formance, however, was viewed as a disappointment. It did not include a gold medal, and she did not reach the podium in the 200 and 800 freestyles nor the 200 individual medley.

What a cruel assessment.

Flash forward a little more than two years and we find Katie Hoff no longer with the North Baltimore Aquatic Club, but on the other side of the country, training with the Fullerton Aquatics Sports Team. She is enjoying the sport...and life. She has moved on from a disastrous 2009 season to emerge, once again, as a shining light on the American swim scene.

Simply, it is a good time for this talented young woman.

HOFF'S HISTORY

In a nutshell, the tale of Katie Hoff is this:

She burst onto the international stage in 2004 when she qualified for the Athens Olympics in both medley disciplines, making the final of the 200 IM. Suddenly, the United States had another teen sensation. Just as quickly, and in part because of her connection to Phelps' path, the expectations were huge.

For a while after Athens, Hoff looked perfectly capable of becoming the female Phelps. Aside from becoming an American and world record setter, she won the 200 IM and 400 IM at the 2005 World Championships in Montreal. Two years later, she repeated as world champion. With Beijing only a year away, Hoff's stars were aligning perfectly.

Of course, she won three medals, being narrowly edged for the gold in the 400 free by Great Britain's Rebecca Adlington. However, there were three events that yielded no hardware, and the intensity of her schedule showed in Hoff's inability to qualify for the final of the 800 freestyle. By the time the next internation-

PICTURED » At the recent Short Course World Championships in Dubai, Katie Hoff claimed gold in the 400 freestyle and silver in the 200 free. She was also a key figure on the U.S. 400 free relay that placed second.

al meet rolled around—the 2009 World Championships—Hoff wasn't even a part of the U.S. squad that traveled to Rome.

"That year, that's probably as close to rock bottom as I could get," Hoff said. "After it happened, I tried to block it out and pretend it didn't happen. Then I realized that wasn't going to work. I look back at it now, and it's something that has taught me a lot. Everything does happen for a reason. I look back and see a person who had little confidence. It helps me appreciate how far I have come and where I am now."

Which is nearly 3,000 miles away.

TIME FOR A CHANGE

Sometimes, change can be difficult.

It's not easy to leave our current setups, especially for a restart with no guarantees. Yet, after missing out on the 2009 World Champs, Hoff knew she had to shake things up. As a result, she parted ways with NBAC and ventured

westward to begin a new life in California, training under a new coach, FAST's Sean Hutchison.

By joining FAST, a United States Olympic Committee-designated training center, Hoff had the chance to work with the likes of Ariana Kukors. While she would be forced to adjust to new living and training environments, Hoff recognized the need for her September 2009 move. Initially, there were a few bumps.

"The first year, it was transitional," Hoff said. "I'm an impatient person and I wanted this fairytale, but that wasn't the case. It took about a year for everything to come together. My mom always emphasizes the "one-year rule" and giving things a chance. There were ups and downs and ups and downs, so it took time. Now, I have a whole new level of communication with (Hutchison)."

The first signs of Hoff becoming a world-class threat again came at the 2010 U.S. Nationals. There, Hoff punched a ticket to the Pan Pacific Championships, highlighted by her 400 freestyle victory in a swift clocking of 4:05.50. Although she didn't have the Pan Pacs she desired, the 21-year-old did enough to qualify for the 2011 World Champs in Shanghai. Aside from contesting the 400 free, Hoff likely will be on the American 800 free relay.

Her breakthrough of 2010, though, came a few months later, when she raced at the Short Course World Championships in Dubai.

BACK ON TOP

It's safe to say that the United States has

always placed more emphasis on the long-course realm, the long-term focus being the Olympic Games. As a result, there wasn't much buzz concerning Hoff's potential in Dubai. What she accomplished, however, created plenty of noise. Individually, she claimed gold in the 400 freestyle and silver in the 200 free. She was also a key figure on the U.S. 400 free relay that placed second.

Entering the second half of the Olympic cycle and with the next World Championships beckoning, Hoff produced the showing she needed. Her confidence has risen and her competition is again familiar with a determined young lady who is a threat to prevail every time she steps on the starting blocks.

"Honestly, I didn't know what to expect," Hoff said of the World Short Course Championships. "I swam well, and it felt really good. It has me excited. I have to try to take this success and transfer it to (Shanghai)."

This summer's World Championships will certainly serve as a building block for the 2012 Olympics in London. As opposed to the Beijing Games, Hoff is not going to tackle a schedule that will be both physically and mentally draining. Instead, her plan is to focus on the 200, 400 and 800 freestyles.

There is no intention to attempt the 200 free/200 IM double as she did in 2008, which resulted in a pair of fourth-place finishes. Hoff says that double was too much.

Rather, she is thrilled with her current approach and plan, and the way her life is going.

"I like living out here (in California), and I'm enjoying the sport," Hoff said. "I realized I have to do what makes me happy. Things are going well."

Deservedly so. ♦

PICTURED »

Katie Hoff has moved on from a disappointing Olympics in 2008 and a disastrous 2009 swimming season, and is training with the Fullerton Aquatics Sports Team, a United States Olympic Committee-designated training center. She is, once again, enjoying the sport... and life.



The FINA Short Course World Championships was the premier competition as the year 2010 came to a close. Earlier in December, the United States held national championships for both its senior and junior swimmers.

FINA SHORT COURSE WORLD CHAMPIONSHIPS

*Dubai, United Arab Emirates
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• With 2010 coming to a close, many in the sport expected that the year following the techsuit ban—put into place on Jan. 1, 2010—would be devoid of any world records. That’s exactly what happened until the 12th month of the year when, during the first night of finals, China’s Chen Qian, Tang Yi, Liu Jing and Zhu Qianwei became the first world record breakers of 2010 with a 7:35.94 in the women’s 800 meter free relay. That effort obliterated the previous mark of 7:38.90 set by The Netherlands at this meet in 2008. Four teams actually beat the old global mark with Australia (7:37.57), France (7:38.33) and the U.S. (7:38.42) all posting faster times.

• Ryan Lochte reminded the world why he was named *Swimming World Magazine* World Swimmer of the Year in 2010 with an epic meet in Dubai. He became the first swimmer to break a world record in an individual event since the techsuit ban with a 3:55.50 in the men’s 400 IM. That effort crushed the previous mark of 3:57.27 set by Laszlo Cseh in 2009. He followed up that effort with a global standard in the 200 IM, nearly clearing 1:50 with an awe-inspiring 1:50.08 to eclipse the former record of 1:51.55 set by Darian Townsend during the Berlin stop of the 2009 World Cup circuit. In addition to the two world records, Lochte added another four U.S. marks (200 free, 200 back, 100 IM and 800 free relay) and finished with seven medals—six gold and a silver.

• Russia’s Nikita Lobintsev, Danila

Izotov, Evgeny Lagunov and Alexander Sukhorukov became the first male relay to down a world record since the techsuit ban with a scorching time of 6:49.04 in the men’s 800 free relay. That swim smashed the previous record of 6:51.05 set by Canada in 2009. The U.S. foursome of Peter Vanderkaay, Lochte, Garrett Weber-Gale and Ricky Berens also cleared the former mark with a second-place American record time of 6:49.58.

• Rebecca Soni enjoyed a strong outing as the top female swimmer of the meet with a breaststroke sweep. Spain’s Mireia Belmonte Garcia, however, gave her a run for the top spot among the women with gold medals in the 200 and 400 IMs and 200 fly as well as a silver in the 800 free.

• Cesar Cielo put on a show in the sprint events, snatching both the 50 and 100 free world titles. This came after moving back to Brazil to train with Alberto Pinto.

• The American short course meters record book continued to produce some extremely confusing results. USA Swimming elected to implement the techsuit ban domestically in Oct. 2009, even though FINA did not install the worldwide ban until Jan. 1, 2010. That led to a slew of SCM times swum by Americans that were recognized by FINA internationally, but not by USA Swimming domestically—including some world records. As of press time, there were 18 American records (8 men’s, 10 women’s) that have a faster legal swim recognized at the international level. *Swimming World* will continue to keep these times in its record reports both in print and online.

USA SWIMMING AT&T SHORT COURSE NATIONAL CHAMPIONSHIPS

*Columbus, Ohio
Dec. 2-4*

• Just weeks before many of the swimmers headed to Dubai for the World Short Course (Meters) Championships, the United States held its nationals in a

25-yard pool in Columbus.

Tucson Ford’s Mike Alexandrov tallied a pair of American records. First, he dropped a sterling time of 51.35 in the men’s 100 breast. That swim wiped out his American record of 51.56 that was set amid controversy at the 2007 NCAA Division I Championships.

Alexandrov, a dual citizen of both the U.S. and Bulgaria, at the time was representing Bulgaria internationally. His record was the impetus for a rule change within USA Swimming stating that one had to be a “sports citizen” of the U.S. to break an American record, not just a legal citizen. Alexandrov has since changed his sports citizenship, and now represents the U.S. internationally.

A day later, Alexandrov shot down the men’s 200 breast American record with a time of 1:51.73. That performance bettered Brendan Hansen’s previous standard of 1:51.74 from 2006.

• USC’s Katinka Hosszu was the first record breaker at nationals with a meet mark of 1:53.47 in the women’s 200 IM on the first night of competition. That swim beat Dagny Knutson’s meet mark of 1:54.03 set in 2008, and also pushed Hosszu to fourth all time in the event. Hosszu also downed the meet record in the 400 IM with a 4:00.03, moving her to second all time and beating Knutson’s meet mark of 4:00.62. Hosszu took down still another meet record when she eclipsed Mary DeScenza’s two-year-old standard of 1:52.48 in the women’s 200 fly. She lowered the mark in the prelims with a 1:51.02, ranking her second all time. She went on to win the final in 1:51.45.

• Tucson Ford’s Matt Grevers, who missed making the World Short Course



DEFINING MOMENTS

End-of-Year Short Course Championships

BY JASON MARSTELLER

Championships team, used nationals as his showcase taper meet. He cleared the men's 100 free meet record in 41.35, erasing the 41.75 set by William Copeland in 2008 and vaulting Grevers to third all time in the event.

- USC's Haley Anderson enjoyed a meet record performance in the women's 1650 free with a time of 15:48.64. Her swim beat the 15:58.73 set by Alyssa Anderson in 2007.

SPEEDO SHORT COURSE JUNIOR NATIONAL CHAMPIONSHIPS

Atlanta, Georgia
Dec. 9-11

- A week after senior nationals, the junior nationals took place at the Georgia Tech pool in Atlanta. Loyola Blakefield's Tania Kylliainen, 17, and Great Lakes' William Hamilton, 18, each won three gold medals. Kylliainen swept the 200 and 400 yard IM with times of 1:59.34 and 4:09.66 and topped the 200 fly in 1:56.01. Her times in the 200 fly and 400 IM also broke meet records that were both set in 2008. She lowered Cammille Adams' 1:56.52 in the 200 fly and Amber McDermott's 4:11.36 in the 400 IM.

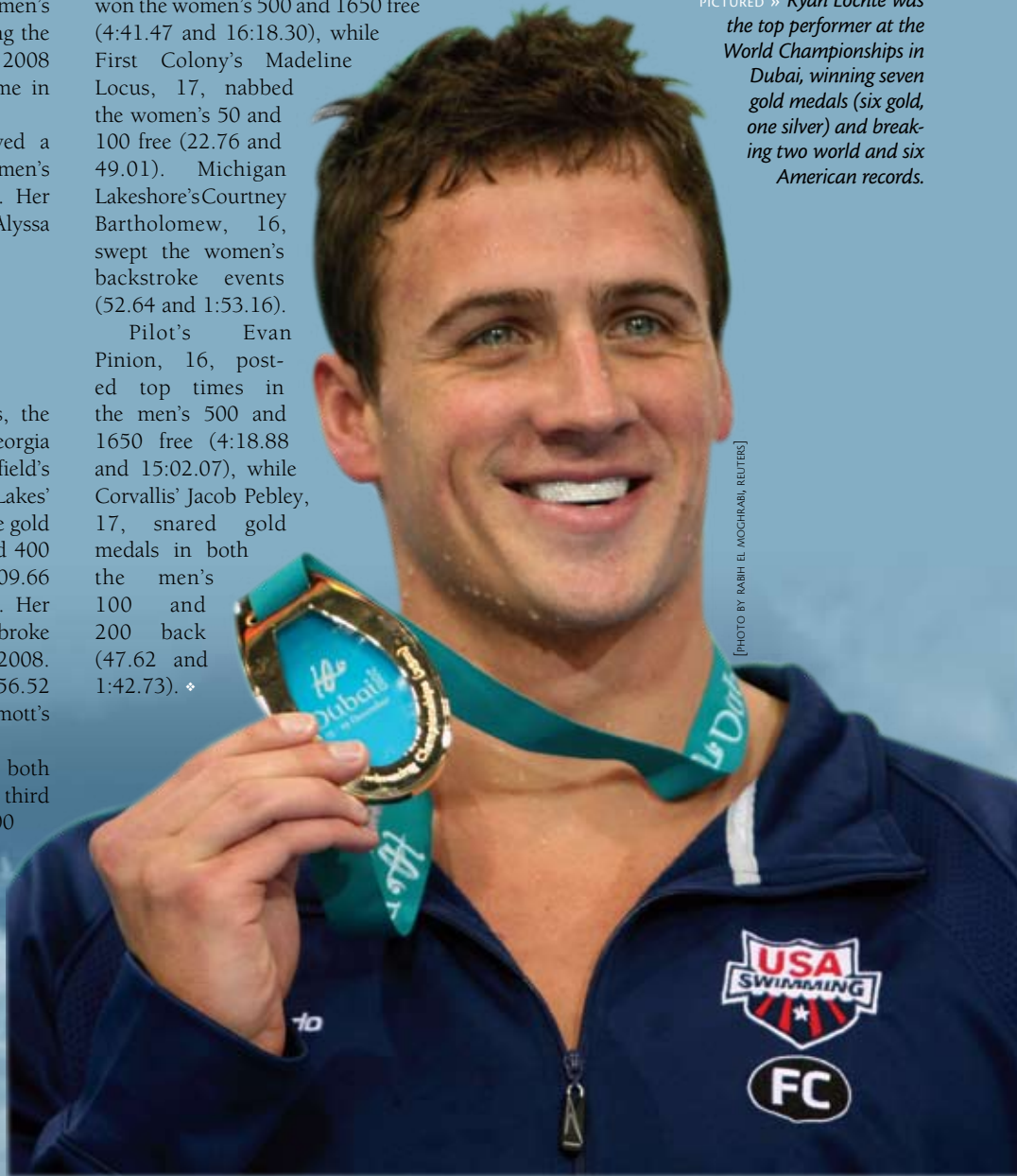
Hamilton, meanwhile, grabbed both butterfly gold medals along with a third gold in the 200 free. His time in the 100 fly (47.32) erased the 47.52 meet record set by John Wojciechowski in 2009, while his 200 fly (1:44.46) eclipsed the 1:46.09 meet mark set by Dakota Hodgson, also in 2009. In the 200 free, Hamilton bettered another year-old record with a 1:36.20 that took down Clay Youngquist's meet mark of 1:37.16.

- Five other swimmers won multiple events during the meet.

Swim Pasadena's Kathryn Campbell, 16, won the women's 500 and 1650 free (4:41.47 and 16:18.30), while First Colony's Madeline Locus, 17, nabbed the women's 50 and 100 free (22.76 and 49.01). Michigan Lakeshore's Courtney Bartholomew, 16, swept the women's backstroke events (52.64 and 1:53.16).

Pilot's Evan Pinion, 16, posted top times in the men's 500 and 1650 free (4:18.88 and 15:02.07), while Corvallis' Jacob Pebley, 17, snared gold medals in both the men's 100 and 200 back (47.62 and 1:42.73). ♦

PICTURED » *Ryan Lochte was the top performer at the World Championships in Dubai, winning seven gold medals (six gold, one silver) and breaking two world and six American records.*



[PHOTO BY RABIH EL MOGHRABI, REUTERS]

Lane 9

Wherever you see this logo, Online Premium Members can click on the link for more information.

USA OLYMPIC COACHES NAMED FOR 2012
In early December, **Gregg Troy** and **Teri McKeever** were named head coaches of the USA men's and women's Olympic swimming teams, respectively, that will compete in London in 2012. The two coaches led the U.S. team to 51 medals at this past summer's Pan Pacific Championships.

McKeever's appointment marks the first time a female coach has been at the helm of an American Olympic swimming team. The University of California at Berkeley women's team coach made history in 2004 when she was named as the women's team assistant Olympic coach, the first for an American female at the time. She was an assistant coach again at the 2008 Games.

For Troy, the University of Florida head men's and women's swimming coach, it will be his third appointment to the U.S. Olympic coaching staff, but his first as head coach. He

was the assistant women's team coach in 1996 and assistant men's team coach in 2008.

FINA SELECTS CATANIA, CASABLANCA AS FUTURE HOST CITIES
At its FINA Bureau meeting, Dec. 14, in Dubai, FINA awarded a pair of swimming championships to two host cities. **Catania, Italy** will host the 2014 Short Course World Championships, while **Casablanca, Morocco** will host the 2013 World Junior Swimming Championships.

PETER VANDERKAAY NOW TRAINING IN FLORIDA
Shortly after completing competition at the FINA Short Course World Championships in Dubai last December, Club Wolverine's **Peter Vanderkaay** announced that he would relocate from Michigan and train in Gainesville, Fla. with Coach **Gregg Troy**. ♦

Men's Water Polo THREE-PEAT FOR USC

BY EMILY SAMPL • PHOTOS BY DAN AVILA/USC SPORTS INFORMATION

The University of Southern California Trojans defeated Cal, 12-10, in overtime to capture their third straight men's NCAA water polo championship.

Three years, three national championship trophies.

In perhaps the most satisfying of its NCAA championship seasons thus far, the University of Southern California overcame its doubters—and the weather—on its way to a third consecutive national men's water polo title (a first for the program), Dec. 4-5, at the Spieker Aquatics Center in Berkeley, Calif.

THE REGULAR SEASON

After losing three first-team All-Americans—J.W. Krumpholz, Shea Buckner and the 2009 NCAA Tournament MVP, Jordan Thompson—from last season's championship squad, many expected 2010 to be a rebuilding year for the Trojans. That included USC's own conference, the Mountain Pacific Sports Federation (MPSF), which predicted the defending champs would finish fourth behind Cal, UCLA and Stanford in the preseason poll.

The Trojans quickly silenced the critics, winning the first 15 games on their schedule while capturing the UC Irvine Invitational, NorCal Tournament, Lancer Invitational and SoCal Tournament. Their first—and only—losses were to Stanford and Cal in consecutive games in October. In the first two games of the season, USC outscored its opponents, Redlands and Whittier, by an overwhelming 53-5 margin.

USC's losses to Cal and Stanford relegated them to a second-place finish in the MPSF's final standings, but that didn't hurt the Trojans' conference and NCAA national title aspirations. USC cruised through the MPSF tournament in November

NCAA ALL-TOURNAMENT TEAMS

First Team

Peter Kurzeka, USC
Nikola Vavic, USC
Ivan Rackov, Cal
Zach White, Cal
Brian Dudley, Cal
Tibor Forai, Loyola Marymount
Andy Stevens, Loyola Marymount

Second Team

Matt Burton, USC
Joel Dennerley, USC
Jeremy Davie, USC
Cory Nasoff, Cal
Ikaika Aki, Loyola Marymount
Boris Plavsic, St. Francis (N.Y.)
Marko Gencic, St. Francis (N.Y.)

with victories over UC Santa Barbara and UCLA in the opening rounds, before narrowly defeating fourth-seed Stanford, 8-7, in triple overtime for the championship. Their victory in the tournament earned them an automatic bid and No. 1 seeding for the NCAA tournament and served as a huge boost of confidence.

For their efforts during the regular season, several Trojans were recognized by the MPSF. The honorees included junior goalkeeper Joel Dennerley (Player of the Year) and Head Coach Jovan Vavic (Coach of the Year). Dennerley earned the MPSF tournament MVP award and also made the All-MPSF first team, along with junior driver Peter Kurzeka. Teammates Jeremy Davie (second team), Matt Burton (third team) and Nikola Vavic (third team) also were recognized.

PICTURED » The University of Southern California men's water polo team, playing in its sixth straight NCAA final, won its third consecutive championship—the first team to accomplish the feat since Cal in 1990-92.

A LITTLE HISTORY

Dating back to the first NCAA water polo championship held in 1969, no school outside of California had won the tournament, so it came as no surprise this year that, once again, the top contenders hailed from the Golden State. The battle for national supremacy figured to be among four powerhouses: USC, Cal, Stanford and UCLA. USC (2008-09) and Cal (2006-07) combined to win the past four NCAA championships, while UCLA won the 2009 conference tourney. UC Irvine, Pepperdine, UC Santa Barbara and Pacific also looked to play the spoiler.

For much of the regular season, the Golden Bears and Trojans flip-flopped back and forth in the rankings, with Cal sitting atop the final poll with an undefeated record of 8-0 in the MPSF and a regular season victory over USC.

THE TOURNAMENT

The two best water polo teams in the country, Cal and USC, played amid a steady downfall of rain at the Golden Bears' home pool in Berkeley, buoyed by hundreds of supporters from both schools.

Cal senior Zach White, who finished with four goals in the game, got the scoring started at 4:18 in the first quarter to establish the first of Cal's several leads of the afternoon. USC's Peter Kurzeka tied the score with less than a minute remaining in the first quarter. Scoring then alternated back and forth for most of the second period, until Nikola Vavic, Mace Rapsey and Jeremy Davie fired three shots past Cal goalie Justin Parsons at the end of the second and start of the third to give USC a 5-3 advantage.

Cal answered with two goals from White and Luka Saponjic, tying the score at 5 before Vavic restored the Trojans' lead just nine seconds later. Cal senior Brian Dudley—no stranger to high-stakes games after winning a national title with the Bears as a freshman in 2007—stepped up big time with a pair of goals within a span of one minute and 20 seconds to put Cal back on top. After two more goals from Stephen Siri and Tobias Preuss, USC carried an 8-6 lead into the final quarter.

White made it an 8-7 game with his third goal of the day at 7:38 of the fourth. Vavic then cushioned the

Trojans' lead with his third goal of the contest 22 seconds later. Cal mounted a serious comeback attempt with two goals from White and Ivan Rackov at 6:11 and 5:02, respectively, of the final quarter to make things very interesting as the clock ticked down.

With less than four minutes remaining, Cal's Saponjic was called for a foul, and USC's Kurzeka took full advantage of the opportunity, scoring his third goal of the day on a penalty shot from five meters out to tie the game at 10 and send the match into overtime.

Riding the momentum from the late goal, the Trojans struck twice in the first three-minute overtime period with a 6-on-5 goal from Kurzeka at 2:20 and another from Matthew Burton at 1:29 to solidify the threepeat for USC with a final score of 12-10.

USC goalie Joel Dennerley finished with eight saves in the game, while Parsons recorded 10. White and Kurzeka each scored four goals in the game, with Kurzeka earning the MVP award.

Following the win, USC players and coaches reflected on the hard-fought victory:

"No one expected us to do anything this season, so it was special," USC's Nikola Vavic said after the game.

"We figured if we were going to win it, we would have to go through Cal," Kurzeka added.

For head coach Vavic, this year's win may have been one of the sweetest, especially given the preseason predictions and exciting atmosphere in Berkeley. This marks his ninth NCAA water polo national title and comes just seven months after he guided the USC women to the national title in May.

"I felt this was the best NCAA tournament," Vavic said in an interview following the match. "The crowd, the excitement, having so many fans on both sides...the mecca of water polo is here. It was everything a championship game should be."

Loyola Marymount defeated St. Francis College (N.Y.), 9-7, in the third-place match held earlier in the day. Loyola

Marymount fell to Cal, 7-6, while USC dropped St. Francis, 10-7, in Saturday's semifinals. ♦

with MARK GANGLOFF

Sponsored by Arluck Promotions



[PHOTO BY PETER H. BECK]

WHO WAS THE FIRST OLYMPIAN YOU MET?

Mike Barrowman—at a swim clinic at my club team, Akron Firestone. I can remember watching the '92 Olympic Trials and the Olympics in Barcelona—and more specifically, the 200 breast. This was around the time that I really started becoming a breaststroker myself.

HOW DID HE INSPIRE YOU?

When Mike was at our clinic, he told us, "Someone in this group can make the Olympics." I remember thinking to myself that that person could be me. I would say that the seed of my Olympic dream was really planted at that time.

WHEN DID YOU REALLY BELIEVE YOU COULD BE AN OLYMPIAN?

In 1998, I had a great breakout meet at nationals in Clovis, Calif. I swam both breaststrokes and broke the NAG record in the 200—the same event Barrowman swam. I ended up qualifying for the 1999 Pan American Games, where I won a bronze medal. I really thought I was in position to make the 2000 Olympic team, but that was not to be.

After Trials, I went to Auburn and started a great college career. I stopped thinking about the Olympics for a couple years and focused on NCAA swimming. In 2003, I qualified for the Pan American Games again, but this time in the 100 breast. There, I broke Ed Moses' Games record, and then I truly started to believe that in 2004, I would make the Athens Olympics.

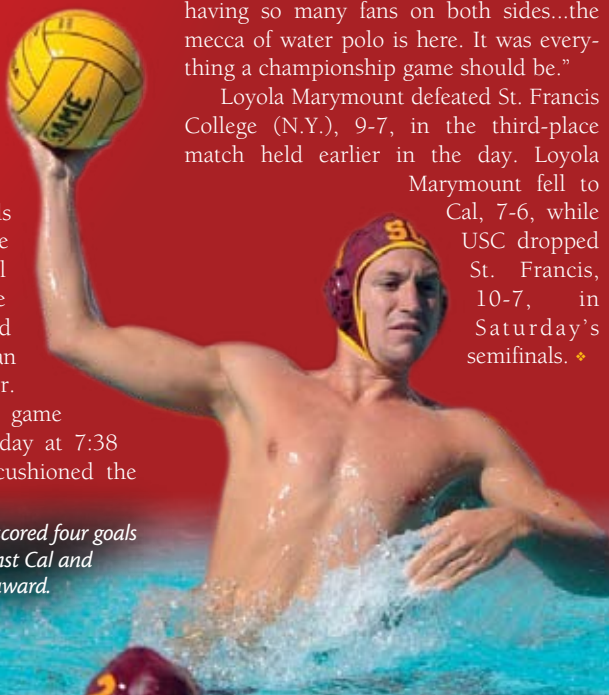
WHAT CONTINUES TO MOTIVATE YOU AFTER TWO OLYMPICS?

The reason that I still love swimming is because I think I am still getting better. I believe that I still have not shown my best race, and hopefully that race will come at the right time. ♦

SWIM CHAMPIONS' FITTER FASTER TOUR

Online Premium Members click here at www.SwimmingWorldMagazine.com for more "Q&A with Mark Gangloff."

PICTURED » USC's Peter Kurzeka scored four goals in the championship game against Cal and earned the tournament's MVP award.





SWIM

THE WORLD'S FOREMOST AUTHORITY ON ADULT SWIMMING

SWIM was started by Kim Hansen in 1984.

It became the official magazine of United States Masters Swimming in 1992.

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

Lane LEADERS

KAREN ANDRUS-HUGHES

BY EMILY SAMPL

Just a few years before Karen Andrus-Hughes entered college in the mid-1970s, there were virtually no opportunities for women to participate in intercollegiate athletics. Athletic scholarships simply didn't exist for women—and certainly not in swimming.

But after the landmark passage of Title IX in 1972, that suddenly changed. Andrus-Hughes and thousands of women across the country finally had a chance to compete for their colleges and universities alongside their male classmates. Taking full advantage of the historic opportunity, Andrus-Hughes and her teammates at Arizona State University captured the Association for Intercollegiate Athletics for Women (AIAW) national championship in 1977, under the guidance of head coach Mona Plummer, for whom the ASU pool is now named.

“College swimming, like high school swimming, emphasized the team more than regular club swimming,” she recalled. “It was exciting to be a part of that and earn a national championship ring, which



ABOVE » Karen Andrus-Hughes

prior to that I had always associated with football.”

Following her successful collegiate career at ASU, Andrus-Hughes took a long break from competitive swimming. She joined Oregon Masters just 10 years ago, after a parent on her son's swim team suggested creating a workout group for parents. Andrus-Hughes said she never intended to race when she first began, but she soon realized that setting goals for meets actually kept her motivation high at workouts.

“My primary goal with Masters swimming is fitness—to be strong and healthy,” she said. “I've found that meets give me the incentive to keep up with the workouts, so establishing some meet goals, like swimming a best time, ultimately helps me meet my fitness goal. The motivation to train really boils down to staying healthy, fit and reducing stress.”

Andrus-Hughes said she usually trains three days a week, and that she spends roughly the same amount of time swimming each week as she does with yoga, Pilates and other dryland strength training. Her regimen has kept any knee and shoulder injuries at bay, and has also contributed to some lightning-fast times in the pool. She currently holds four USMS records in the women's 50-54 age group, including the 100 yard and 100 meter back (1:02.67 and 1:13.55), along with the 50 and 100 back for short course meters (32.13 and 1:10.35).

Andrus-Hughes said she's proud of her individual accomplishments, but some of her performances on relays are what really stand out.

“I've had a few best times since turning 50, and seeing those times up on the board has been pretty exciting,” she said. “I've also been lucky enough to be a part of some record-breaking relays. There's a different sort of energy with relays, knowing that others are counting on you to swim fast. We've astonished ourselves a few times, not expecting to swim so fast. I guess that's the power of group dynamics!”

GETTING TO KNOW: KAREN ANDRUS-HUGHES

Birthday: Sept. 3, 1957

Birthplace: Fort Belvoir, Va.

Current Residence: Tualatin, Ore.

College: Arizona State University

Favorite pre-meet snack: (pre-race) Vanilla Energy Gel

Hardest set you've done: “A 3,600-yard IM set—ugly, especially in a shallow, wavy pool.”

Advice to young swimmers: “Know that it might not be totally fun every day, every practice—you know, ‘no pain, no gain’—but, generally, keep it fun and enjoy the journey. I think that's an important life lesson, and something to keep evaluating at whatever stage of life you're in.” ♦

DRYSIDE TRAINING

WANT TO SWIM FASTER? CROSS TRAIN! (PART II)

BY J.R. ROSANIA • PHOTOS BY KAITLIN KELLY

DEMONSTRATED BY SAMANTHA CALDWELL AND J.R. ROSANIA

This month's article on cross training—the second of a two-part series—focuses on functional, swim-specific strength exercises that incorporate medicine balls, dumbbells and tubing to increase resistance in the exercises. In the first part of this program (see Dec. SW, pages 22-23), we focused on conditioning and a few body strength exercises.

These exercises all strengthen different portions of our strokes and increase our power output in our upper and lower body. Done as a progression of the previous cross training program, you will begin to experience increased strength for better swim sets and faster swims.

Begin by adding this routine two to three days a week to your current program. Start easy and build up. Do one set of 12 reps for each exercise and add another set weekly until you're doing three sets of each exercise. As for tapering, stop this routine one week before a "B" swim meet and two weeks before the "big" meet. ♦



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.jrhealthplex.net.



1a

1b

EXERCISE #1 MEDICINE BALL LUNGE WITH TWIST

Standing in place with the medicine ball about waist-high, lunge forward, rotate at the waist with the medicine ball and step back. Alternate to the other leg and repeat.



1c

— continued on 18



BOAK, GUTHRIE SET FOUR WORLD RECORDS APIECE

At the South Central Regional Masters Short Course Championships, Dec. 4-5, in San Antonio, **Carolyn Boak**, 65, and **David Guthrie**, 50, each lowered four Masters world records. Boak, who represents The Woodlands Masters, set standards in the women's 65-69 200 and 400 meter free (2:39.77 and 5:35.53) as well as the 200 and 400 IM (3:04.22 and 6:31.71). Guthrie, swimming for Longhorn Aquatics, set individual marks in the men's 50-54 50, 100 and 200 breast (30.73, 1:06.84 and 2:28.59). He also joined forces with **Ande Rasmussen**, **Jim Sauer** and **Max Stinchcombe** to take down the men's 200-239 400 medley relay record, finishing in 4:11.46—under the previous time of 4:12.51.



WORLD RECORDS TUMBLE IN LONG BEACH

A whopping 17 individual and three relay Masters world records were broken at the Southern Pacific Masters Short Course Regional Championships, Dec. 3-5, in Long Beach, Calif. **Charlotte Davis** claimed six individual records in the women's 60-64 50 and 100 meter free (30.01 and 1:06.58), 50 fly (33.30) and the 100, 200 and 400 IM (1:17.48, 2:48.33 and 5:57.70). **Jim McConica** set five



[PHOTO BY PETER H. BUCK]

ABOVE » Jim McConica

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DRYSIDE TRAINING
— continued from 17



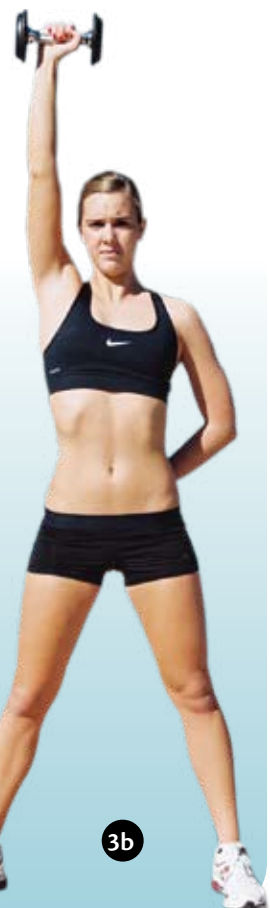
EXERCISE #2
MEDICINE BALL
JUMP SQUAT

Start in a squat position with your legs far apart, holding the med ball between your legs. Begin to raise the ball over your head and stand up from the squatting position. Return to your starting position.



EXERCISE #3
DUMBBELL SQUAT JERK

Start in a squat position with your legs far apart, holding a dumbbell in one hand between your legs. Explode upward, lifting the dumbbell with a straight arm to an overhead position. Lower and repeat for 10 reps, then do the exercise with the dumbbell in the other arm.



EXERCISE #4
TUBE STROKE PULL

While standing and slightly bent over, pull some tubing (attached to a stationary object such as a pole) as if you were swimming butterfly, and do a full butterfly stroke. Let your arms return to the starting position and repeat.



world records in the men's 60-64 division, setting four freestyle standards (200, 2:09.50; 400, 4:37.74; 800, 9:32.74; and 1500, 18:24.21) plus the 200 back (2:29.60). **Richard Abrahams** also recorded multiple Masters world records in the men's 65-69 50 and 100 free (25.80 and 58.68) and 100 IM (1:10.42).

Other individual record breakers included **Dawn Heckman** (women's 30-34 800 free, 8:49.93), **Steve West** (men's 35-39 200 breast, 2:15.90) and **Frank Piemme** (men's 85-89 200 breast, 4:05.91). Three relay records also fell—Rose Bowl Masters' mixed 100-119 800 free relay, San Diego Masters' mixed 280-319 800 free relay and San Diego Masters' men's 280-319 800 free relay.



REGISTRATION OPEN FOR KINGDOM SWIM

Early registration is now open for the Kingdom Swim to be held July 9 at Lake Memphremagog in Vermont. Swimmers can participate in either a 1-mile, 3-mile, 6-mile or 10-mile swim. Visit www.kingdomswim.org for more information, including registration and qualifying times.

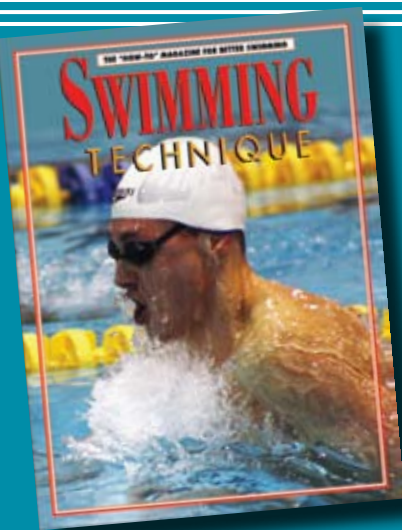


REGISTER NOW FOR THE ANNUAL ALCATRAZ CHALLENGE AQUATHLON AND SWIM

Registration opened Dec. 1 for the yearly 1.5-mile swim and 7-mile run in San Francisco. The swim/run, which evolved over the years from a full triathlon to an aquathlon, is scheduled for Sunday, July 17. Check out the event's website at <http://www.tricalifornia.com/index.cfm/ALChal2011-main.htm> for more information on how to register, the race route as well as the meet's history.

MASTERS SWIMMERS COMPETE IN OKLAHOMA

Three USMS swimmers competed at the 19th Annual Chesapeake Elite Pro-Am, Dec. 16-19, at the Oklahoma City Community College pool. FAST's **Richard Neville**, 54, placed 21st in the men's 50 breast, 61st in the 100 breast and 124th in the 50 free. Dallas Mustangs' **Michelle Chow**, 42, finished 12th in the women's 50 free, 27th in the 50 breast and 100 fly and 42nd in the 100 free and 100 breast. Schroeder YMCA's **Lindsay Newport**, 28, took 14th in the women's 100 fly and 79th in the 50 free. ♦



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 KIRK SANOCKI



[PHOTO PROVIDED BY WINGATE UNIVERSITY]

Kirk Sanocki
Head Coach

Wingate University
Wingate, North Carolina

Kirk Sanocki, an All-American breast-stroker and five-time ACC champion at the University of Maryland ('83, B.A. in independent studies with a concentration in American history and speech communication), arrived at Wingate 10 years ago after coaching stops at Western Maryland, UMBC and the University of Maryland. Sanocki began the Wingate women's program. Four years later, he formed a men's squad that has finished in the top 15 at the NCAA Division II Championships the last four years and produced 41 All-American recognitions. Over the last nine years, the Bulldogs have had 178 swimmers named to the All-Bluegrass Mountain Conference team. In addition to being named Bluegrass Mountain Coach of the Year three times, Sanocki was asked to serve as president of the College Swimming Coaches Association of America, beginning in May.

LEADING BY EXAMPLE

BY MICHAEL J. STOTT

Kirk Sanocki held the University of Maryland 200 yard breaststroke record for 16 years. Now he is guiding the Wingate University Bulldog men and women to national prominence and is currently serving as president-elect of the College Swimming Coaches Association of America.

Q. *Swimming Technique:*

You say you wouldn't be the man you are today without the sport of swimming.

A. *Coach Kirk Sanocki:*

Swimming gave me direction when I needed it most. Coming from a divorced family at an early age, I was a kid without a great deal of parameters.

Any mentors?

My early mentors were my stepfather, who adopted me and took on the responsibility of raising me and my siblings; Sid Burkot, my high school coach; and later, Charlie Hoffman, my college coach and still a close friend.

Tell me a little bit about Wingate.

Wingate is a progressive liberal arts university that aggressively seeks to pursue excellence. I view its underlying mindset as, "Maximize what you have, and you'll find there will be more to maximize."

What are Wingate's team parameters?

One of my favorite coaches, Don Easterling, gave out small cards at a presentation with his favorite sayings. The one I remember most said, "Character is what you stand for. Reputation is what you fall for." I think young people struggle with this concept, especially if they don't have

people with character in their lives to show the way.

Three basic parameters we look for are: a) good people with personal accountability, b) good students and c) good swimmers. "B" and "C" may be on a sliding scale from year to year, but "A" is paramount! We have a Ziglar quote on the cover of our handbook: "Ability is important, dependability is critical."

You run your team from a business perspective.

If you hit tough times regardless of how many trophies you have, the question becomes what does your department—or sport—do for the bottom line. Even then, it may not matter, but at least you'll have a tangible argument. Finding out what your institution is really looking for from the swimming program and then formulating the business approach to accomplish the task is key. In swimming, good grades and fast performances are expectations, but meeting or exceeding expectations haven't kept good programs around.

D-II swimming is different from D-I and D-III. How does D-II make swimming relevant?

The vast majority of aid at the D-I level is athletic aid. Typically, a great deal of need-based and academic money is not

— continued on 20

COACH KIRK SANOCKI — *continued from 19*

given for swimming at state institutions. Since D-III does not give athletic money, D-III packages are usually academic and need-based. D-II schools—especially a private institution such as Wingate—have the ability to receive three types of funding. If one is truly looking for the best package, Division II can be a great find for someone trying to keep cost low for an undergrad degree.

More than 25 percent of your rosters have international students.

International students shop for an education differently than Americans. They are not inundated with the U.S. educational marketing material on a daily basis, and the opportunity to come for an American education—even if in a rural setting—is a dramatic change from what they experience daily at home.

Is recruiting international students the way of D-II swimming these days?

I haven't taken the pulse of all of the D-II coaches around the country to see how international students fit their institutions' overall strategy. If the domestic student athlete with the same academic and athletic profile recruited Wingate in the same manner, that number would probably be lower. If other D-II institutions are experiencing this same scenario, then you will continue to see this trend.

Athletic accomplishments of international students aside, their presence provides a huge learning experience for all involved. We have had great success blend-

ing the international student-athlete into the Wingate family. All of our students, not just the athletes, have benefited from that diversity.

How can the women approach the men's sixth-place finishes at the last two NCAAAs?

We're on the verge with the women. In 2007, we finished 11th and feel like we missed out on a few recruits the past couple of years who could have put us over the top. Our current freshman class is our best in years, and hopefully we'll be able to follow that with a class to jump us into the top 10.

What are your future expectations?

Some of my mentors say that a program needs five years to achieve tangible athletic success, but 10 years to establish a lasting culture. We're at 10 for the women and six for the men, and we still have work to do. We'll continue to address weaknesses, and that will strengthen the culture of excellence we're looking to achieve.

Talk about swimming as an individual sport in a team setting.

I'll sum it up this way: have relay events the next five years, and your 18 swimmers can only have "A," "B" and "C" relays, then watch how the team dynamic changes while the approach to training remains the same. Finding a training solution for outcome-oriented people versus process-oriented people is difficult. Relays tend to bring both types of athletes closer to the middle. Most people will let themselves down, but don't want to let others down.

How has the availability of instant information via such services as the Internet, Facebook and Twitter altered the way you coach?

I've adapted to its availability, but I haven't completely bought in. Laptops and desktops allow students to process their work at record pace, but gathering the proper research and cultivating the work is what makes the product great—not the speed at which it's produced.

Why is it you were approached by coaches across divisional lines to be the next president of CSCAA?

They have witnessed my growth through the years and viewed how I've handled myself in situations that would be relevant to the position—for example, my passion, drive and determination; my love for the sport; the fact that I've worked in all three divisions; and the growth at Wingate. Or maybe they knew I would be the only one crazy enough to say, "Yes," from the Division II membership.

Did your multi-tasking skills help?

Absolutely! We admire the things in others that sometimes are flaws in us, but what I have always known is that we all bring something unique to the table. I've learned that I can make a decision and not over-analyze it. If we make a mistake, then learn from it, rectify and move on. That approach assisted me as an athlete as well as a coach. It will assist me with CSCAA. The deciding factor to get involved was that Mark Bernardino and George Kennedy would be mentoring me. I think the world of them.

Do you have any special plans or agendas for when you assume the CSCAA presidency?

There are many competitive people in our sport, and I don't think we'll ever get to the point where performance becomes secondary. We need to continue to make our sport relevant at all levels and protect it—whether it be college, club, Y's or high schools. If we don't, no one else will!

Sometimes you feel an abiding sense of calm amidst the chaos of a championship competition.

A coach can move the meter of an athlete, but on competition day, it's up to the athlete to perform and move it himself. I can't call a timeout in the middle of a race. So in swimming...no deposit, no return! Worrying won't improve performance, so I attempt to relish the moment. ♦

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

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MASON NORMAN AND NICOLE MOODY

BY MICHAEL J. STOTT

Wingate athletes Mason Norman and Nicole Moody may be perfect examples of different strokes for different folks. “Both have the qualities necessary to be the best even given vastly diverse backgrounds and experience,” says Wingate coach, Kirk Sanocki.

Norman has garnered 19 NCAA Division II All-American honors in his four NCAA meets, including six in 2010. Not only did he anchor the Bulldogs’ winning 400 free relay (43.29), but he also finished second in the 100 free (44.36), ninth in the 100 breast (56.12) and swam leadoff for Wingate’s second-place 800 free relay (1:39.32). In 2009, he was selected as the recipient of the J. Howard Williams Award as the school’s Male Athlete of the Year.

“Mason was an athlete that ended up in swimming,” says Sanocki. “He played many sports growing up. While he showed an aptitude for swimming fast, he was always just under the faster radar. Some might call him a late bloomer, but I call it late exposure. Yes, he would have been faster out of high school if he started training earlier, but who knows if he would have ended college as the same level of swimmer?”

“Norman’s first entry into year-round swimming was as a senior in high school. He arrived at Wingate as a 6-3, 180-pound, 11-percent-body-fat novice to the sport,” says Sanocki. Currently,

he weighs 200 pounds and has 4 percent body fat. “Mason’s distinguishing characteristic was his drive for competition. He loved our dryland and weight room programs, but the pool was his weakness. We worked with him to understand that he needed to carry increased muscle mass effectively over race distance. Football players don’t make the best swimmers,” he says.

Moody, a backstroker, multi-time All-American and 2010 first team ESPN Academic All-American, arrived as a seasoned, knowledgeable USAS swimmer. “She was very weak on land,” says Sanocki, “and did not have the complete body symmetry necessary to become a total swimmer.” She entered Wingate as a 5-11, 155-pounder with an average body fat percentage—“not high for a female, but not low for an

athlete,” Sanocki says. “Currently, Nicole has her weight down to 145 pounds and has a much lower percentage of body fat.

“Nicole and Mason both are disciplined athletes—even out of the pool. (I believe that) discipline out of the competition/practice arena is the greatest skill to master as a college athlete,” says Sanocki. “Both swimmers also embraced our philosophy of hard work, consistency and a positive attitude combined with our emphasis on strength, flexibility and proper body fuel.”

Norman graduated in December and has gone on to graduate school in Knoxville with plans to swim with the Tennessee men through Olympic Trials. Moody will complete her swimming at this year’s NCAAs and plans to attend graduate school at Appalachian State. ♦



ABOVE » Mason Norman



ABOVE » Nicole Moody

[PHOTOS PROVIDED BY WINGATE UNIVERSITY]

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Learn-to-Swim

A THANK YOU NOTE TO THE GROWN-UPS IN SWIMMERS' LIVES

BY ROSE CHOLEWINSKI

As a swim school owner and coach, I spend a lot of time thinking of ways to reward kids for their accomplishments—treats, high-fives and ringing the bell for passing a level are great incentives. However, I don't want to forget the grown-ups in these young swimmers' lives.

If you're reading this magazine, you're most likely a swimmer, the parent of a swimmer, a friend of a swimmer or, perhaps, a swim coach or instructor. Whatever the case, it's *your* turn to ring the bell! Enabling a child to become a swimmer is a gift for life: swimming provides a lifetime of safety, fun and fitness. And I applaud you for your efforts!

SUPERVISION AROUND WATER

Thank you for supervising children in and around water all the time. Even when your book or magazine was begging to be read in your comfy poolside lounge chair, you put it aside to get in the water with your toddler. You ask the right questions when your young swimmer goes to a pool party: is there a lifeguard? How many children will be in the pool?

You know that fences and gates can help, but they aren't perfect. Water accidents can happen in a split second. Your vigilance about keeping your child within arm's length is what is keeping your family safer.

Enabling a child to become a swimmer is a gift for life: swimming provides a lifetime of safety, fun and fitness.

COMMITMENT TO LEARNING TO SWIM

Thank you for your commitment to swim lessons for your children. You drove through traffic, rain and snow to get your child to her lesson—every week. When finances got tough for your family, you found a way to make swim lessons fit into your monthly budget. When your child was frustrated during a time when his progress hit a plateau, you talked with his instructor to find ways to keep him excited and interested in his lessons.

It takes the dedication of grown-ups to turn our children into lifelong swimmers.

TRUSTING THE EXPERTS

Thank you for trusting the coaches and instructors in your child's life. You let the swim instructor lovingly peel your crying three-year-old off your leg before his first lesson; then happily watched as those tears turned to giggles as the instructor did her job.

You watched—ever so quietly—from the viewing area as the swim instructor convinced your stubborn swimmer that goggles were a good choice. You cheered for your child at every race during every swim meet, but let your swim coach han-

dle your swimmer's awkward breaststroke kick.

By trusting the coaches in your child's world, you also instilled confidence in your child.

NOW, SPREAD THE WORD!

It's always heart-wrenching to hear the stories of drowning in our communities—especially to those of us in the swimming world that know how preventable these tragedies are.

That's why I encourage you to share your knowledge and enthusiasm for swimming with others. Get involved with an organization that promotes water safety, such as the Swim for Life Foundation (www.swimforlife.org). If you don't have time, then consider financial support. Think about becoming a teacher yourself!

I'm spreading the word in my community every time I drive my





to manage the Stadium Scholarship Cooperative Dormitory (built directly under the bleachers of the football stadium).

In 1989, she moved to Davis, Calif., to take a job in residence life as community development director at UC Davis.

While there, Cholewinski was able to rekindle her love of aquatics by swimming Masters and soon began coaching for the Aquadarts Swim Team in 1994. At the same time, she also recognized a need for kids who

were interested in swimming, but wanted to experience a different aquatic sport, so she started the Aquastarz—a small synchronized swim team. She also managed a small learn-to-swim business at a health club that grew from approximately 50 children in a summer-only program to a year-round program that peaked at 1,000-plus swimmers during the summer. In 2008, she expanded her SwimAmerica roots by opening a stand-alone, indoor pool facility that provides year-round lessons, birthday parties and school-break camps. Cholewinski serves on the board of directors of the United States Swim School Association and as a board member of the Davis Chamber of Commerce.

car with my LN2SWM license plate and car wrap proclaiming my love for what I do. Help families and schools in your community understand the true gift of swimming: it's an activity that offers a lifetime of safety, fun *and* fitness. Your efforts as swim parents are noticed—so ring the bell with pride! If I could reach out and give you a sticker, I would. Thank you for what you do in our swim community. ♦

Rose Cholewinski graduated from Western Illinois University with a degree in law enforcement administration and sociology. She later completed a master's degree in college student personnel. She was then recruited to Ohio State University



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



[PHOTO PROVIDED BY MISSION VIEJO NADADORES]

ABOVE » (from left) Connor Dobbs, Matthew Chalcarz, Coach Ad'm Dusenbury, Coach Tyler Fenwick, Janardan Burns and Patrick Early

[statistics]

• Team:

Mission Viejo Nadadores
Mission Viejo, California

• National Age Group Record Holders:

13-14 Boys
800 Meter Freestyle Relay

• Birthdates:

Janardan Burns: Aug. 10, 1995
Matthew Chalcarz: Sept. 26, 1996
Connor Dobbs: May 4, 1996
Patrick Early: Dec. 1, 1995

• Height:

Janardan: 5-10
Matthew: 5-8
Connor: 5-11
Patrick: 5-9

• Coaches:

Ad'm Dusenbury (Matthew, Connor and Patrick) and Tyler Fenwick (Janardan)

Mission Viejo Nadadores 13-14 Boys 800 Meter Freestyle Relay

BY JUDY JACOB

Mission Viejo's 13-14 boys set a national age group record in the 800 meter free relay at the Southern California Swimming Junior Olympics, July 29-Aug. 2, with a time of 8:04.91. Swimming at their home pool in front of more than 100 cheering teammates, Matthew Chalcarz led off in 2:02.27, followed by Patrick Early (2:00.74), Connor Dwyer (2:04.15) and Janardan Burns (1:57.75). Longhorn Aquatics held the previous mark of 8:06.82 from 2007.

In individual competition during the JOs, Dwyer finished first in the 200 (2:02.19), 400 (4:14.54), 800 (8:43.81) and 1500 (16:27.69) free. Chalcarz was first in the 50 free (25.35), 100 free (55.62) and 100 fly (59.81); second in the 200 fly (2:13.06); and fourth in both the 200 IM (2:18.08) and 400 IM (4:55.30). Early was third in the 400 IM (4:53.09); fourth in the 200 free (2:03.29), 400 free (4:21.87) and 200 fly (2:17.64); and seventh in the 200 IM (2:21.29). Burns only competed in the 800 free relay.

HANG TIME:

Janardan: "Surfing, playing video games and hanging out with friends"
Matthew: "Spending time with my sister"
Connor: "Beach time (surfing and bonfires), listening to music, playing video games, playing with my dogs and hanging out with friends"
Patrick: "Surfing, reading, listening to music and spending time with friends"

FAVORITE THING ABOUT SWIMMING:

Janardan: "Travel trips and winning races."
Matthew: "Actually, two things: being around friends at the pool and competing."
Connor: "The challenge (that the sport) presents and knowing that what I do in the pool every day for my training helps me go faster when I swim in meets."
Patrick: "Being in the water with my friends and training with them every day."

SHORT-TERM GOALS:

Janardan: Get more national cuts
Matthew: Train for the Olympics
Connor: Break 15:30 in the 1650 this season
Patrick: Get a junior national cut

LONG-TERM GOALS:

Janardan: Go to a good college and get an Olympic Trials cut and possibly make it to the Olympics
Matthew: Go to the Olympics
Connor: Make Olympic Trials cuts
Patrick: Go to nationals ♦

AMERICAN RELAY

BY JUDY JACOB

ARIZONA

Teams from California and Utah—as well as from throughout the state of Arizona—competed at the Holiday Swim Festival, Dec. 2-5, in Chandler. Desert Thunder Aquatic Club hosted the event.

Scottsdale Aquatic Club captured the combined team title with 1,553 points, ahead of Swim Neptune (1,367) and Phoenix (1,301).

High-point winners included **Taylor Ruck**, Scottsdale, and **Zachary Paliscak**, Swim Neptune (10-and-under); **Jocelyn Wang**, unattached, and **Tucker Fisk**, Davis Aquadarts (11-12); **Amy Bilquist**, Westside Silver Fins, and **Ryan Blair**, Scottsdale (13-14); and **Brenna Dickson**, Westside Silver Fins, and **J.J. Osborn**, Phoenix (senior).

CALIFORNIA

Chloe Isleta of Rovella Aquatic Club set three Pacific Swimming records in the 11-12 girls age group during the Pacific Swimming Junior Olympics, Dec. 3-5, in Pleasanton. She clocked times of 27.54 and 58.05 in the 50 and 100 yard back and a 4:27.62 in the 400 IM.

Santa Clara Swim Club topped the team standings with 509 points, followed by Crow Canyon Sharks (409) and DeAnza Cupertino Aquatics (366.5).

Raime Jones of Santa Clara and **Jeffrey Xu** from DeAnza Cupertino were the top 10-and-under swimmers. Isleta and **Daichi Matsuda** from Palo Alto Stanford won in the 11-12 division, and **Jenna Bauer** from Santa Rosa and **Jerome Sun** of Mission San Jose were the 13-14 champions.

HAWAII

Punahou School in Honolulu was the site of the Hawaiian Swimming Age Group Short Course Yards Championships, Dec. 17-20.

Earning high-point trophies were **Kysha Altura**, Hawaii, and **Joseph Ahia**, Splash (10-and-under); **Victoria Zukeran**, Splash, and **Aaron Wong**, Manoa (11-12); **Summer Harrison** and **Kevin Frifeldt** of Kamehameha (13-14); **Jasmine Mau** and **Kacy Johnson**, Kamehameha (15-16); and **LillyBelle Deer**, Punahou, and **Ryan Saunders**, Kamehameha (17-18).

The top team was Kamehameha Swim Club, scoring 1,843.5 points to Hawaii Swim Club's 909.5 and Splash Aquatics' 729.5.

NORTH CAROLINA

Twenty-four meet records were set at the 18th Annual TYR Capital Classic, held in Cary, Dec. 17-19, and sponsored by the YMCA of the Triangle Area Swim Team (YOTA).

A trio of swimmers captured three meet records apiece—**Dominick Glavich** of YOTA in the prelims of the 100 yard breast (55.57) as well as the finals of the 200 fly (1:47.87) and 200 IM (1:48.91); **Taylor Katz** from the Sarasota YMCA Sharks in the 1650 free (16:27.23), 200 fly (2:00.14) and 400 IM (4:19.44); and **Susanna White** of the Lynchburg YMCA in the 100 breast (1:03.68p), 200 breast (2:17.16) and 200 IM (2:02.32). Sarasota's **Ashlee Linn** posted standards in the 200 free (1:48.92) and 200 back (1:59.12).

Setting one individual record each were **Sabrina Benson**, YOTA (100 back, 56.34); **Joe Bonk**, YOTA (100 free, 44.91); **Kyle Duxtater**, Mid-Delmarva YMCA (400 IM, 4:00.34); **Christian Higgins**, Wilton YMCA (200 breast, 1:58.43); **Derek Pridemore**, Sarasota YMCA (1650 free, 15:29.36); and **Danielle Valley**, Sarasota YMCA (500 free, 4:50.45).

Seven relay marks were also broken. On the men's side, the YOTA team of **Kevin Rogers**, **Seth Connor**, Glavich and Bonk clocked 1:33.68 in the 200 medley and 3:24.01 in the 400 medley. **Nathan Walters** combined with Bonk, Glavich and Rogers for a 400 free relay mark of 3:03.77. The Sarasota YMCA quartet of **Ryan Turner**, Pridemore, **Nicholas Caldwell** and **Alexander Katz** combined for a 6:42.79 in the 800 free relay.

All three women's relay marks fell to Sarasota YMCA teams. **Rachel Harrington**, **Kathryne Muth**, Katz and Linn combined for a 3:27.64 in the 400 free relay; **Jacque Garcia** joined Katz, Harrington and Linn to set the 800 free mark at 7:30.73. Linn, **Bethany Leap**, Katz and Muth went 3:50.04 in the 400 medley relay.

Sarasota YMCA won the combined team title with 2,615 points to YOTA's 1,464 and Y-Spartaquatics' 1,125. Sarasota's women totaled 1,516 points to Y-Spartaquatics' 660 and YOTA's 592. In the men's division, Sarasota amassed 1,099 points to YOTA's 872 and Lynchburg YMCA's 507.

TEXAS

The Gulf Senior Championships were

held Dec. 3-5 in College Station and were sponsored by the Aggie Swim Club. **Madi Bridges** of the Vipers of Albuquerque Swim Team and **Avery Bub** from The Woodlands Swim Team were the top individual high-point swimmers.

Cypress Fairbanks Swim Club edged out The Woodlands Swim Team for first place overall, 1,059 to 1,054.5. Premier Aquatics finished in third with 696.5 points.

• • •

The scene shifted to Sugar Land, Dec. 10-12, for the Gulf Age Group Swimming Championships. First Colony Swim Team hosted the meet.

The high-point winners included **Lucie Nordmann**, The Woodlands, and **David Cleason**, Katy (10-and-under); **Alicia Finnigan**, First Colony, and **David Morejon**, Eagle (11-12); and **Madison Varisco**, First Colony, and **Gavin Erdmann**, Katy (13-14).

VIRGINIA

Rockville-Montgomery Swim Club's **Jack Conger** posted a national age group record in the 15-16 boys 200 yard back (1:43.16) to highlight the action at the Tom Dolan Invitational, Dec. 9-12, in Fairfax.

The combined team champion was Rockville-Montgomery (6,437.5 points), which finished ahead of Curl-Burke (6,321) and Delaware (2,301.5). Rockville-Montgomery also took the men's crown with 3,371 points to Curl-Burke's 3,131.5 and Machine Aquatics' 1,121. Curl-Burke was the top women's team, scoring 3,189.5 points to Rockville-Montgomery's 3,102.5 and Delaware's 1,359.5.

The high-point swimmers in their respective age groups were **Madison Homovich**, North Carolina, and **Sanjay Wijesekera**, Rockville-Montgomery (10-and-under); **Allie Szekely**, Central Bucks, and **Michael Andrew**, Aberdeen Aquaholics (11-12); **Lily Dubroff**, Delaware, and **Koya Osada**, North Carolina (13-14); and **Kaitlyn Jones**, Delaware, and **Eric Knight**, unattached (15-and-over). ♦

AMERICAN RELAY

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AGE GROUP SWIMMER *of the* MONTH

Erika Me-Finge Giuse was born in Hubei, China in 1998. She was adopted and came to the United States 15 months later. She is a seventh-grader at Martin Luther King Jr. Academic Magnet School in Nashville. Last year, she was second in the Nashville-Area Akiva math contest and fourth in the Tennessee State Middle School mathematics competition.

The recipient of several piano scholarships, Erika has played piano since she was 3-1/2. She also loves to travel and has visited Italy, China, Japan, Greece and the United Kingdom.

Erika, who swims with the Nashville Aquatic Club, also loves swimming—particularly the backstroke.



ERIKA GIUSE, AGE 11

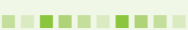
Nashville Aquatic Club
Nashville, Tennessee

Erika finished first in the 11-12 girls 100 meter back (1:09.43) at the Southeastern Swimming LSC Championships, July 22-25, in Knoxville. She also turned in a second-place 32.51 in the 50 back, was fourth in the 200 IM (2:37.38), fifth in both the 800 free (10:02.88) and 100 fly (1:10.67), and sixth in the 50 fly (31.68).

Days later at the Southern Zone Championships, July 27-31 in Atlanta, Erika lowered her 50 meter back time with her second-place 32.37. She also was sixth in the 100 back (1:10.94).

In USA Swimming's 2009-10 National Age Group Top 10 Times list, Erika was first in the 11-year-old girls 100 meter back (1:09.43), third in the 50 meter back (32.37) and sixth in the 50 yard back (28.33). In the 2010-11 NAG list (as of early January), she ranks fifth in the 12-year-old girls 100 yard back (58.78) and seventh in the 50 back (27.93) from her performances at the NIKE Music City Invitational, Dec. 3-5, in Nashville, Tenn. ♦

APPLY to BE the NEXT:



AGE GROUP SWIMMER *of the* MONTH

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

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NATIONAL AGE GROUP TOP 10 (LCM)

NATIONAL

2009-10 LONG COURSE RANKINGS
Compiled by USA Swimming
Times swum in 25-yard pool from Sept. 1, 2009 through Aug. 31, 2010

Boldface Italics = Existing NAG Record

Per USA Swimming, even though there are rankings for each age group from 11 through 18, the existing NAG records are still recognized by the standard 11-12, 13-14, 15-16 and 17-18 age groups (e.g., the 11-12 NAG record is the same for 11s as well as 12s, and so on for the 13-14, 15-16 and 17-18 age groups).

Italics = New NAG Record

GIRLS 11 YEARS

50 METER FREESTYLE

26.21	<i>Missy Franklin, CO (2008)</i>
28.50	Beata Nelson, MWY, WI
28.57	Amy Okada, DWNY, CA
28.65	Ingrid Wall, NTSC, IL
28.69	Chloe Isleta, RAC, PC
28.80	Aislinn Light, NOVA, CA
28.80	S. Dressel, SPAC, FL
28.83	Malerie Han, PST, PC
28.83	Jessie Everett, CMSA, SE
28.88	Zakia Trotter, FSC, WI
28.92	Chloe Hui, HSA, SE

100 METER FREESTYLE

56.87	<i>Lia Neal, MR (2008)</i>
1:01.89	Rose Smiddy, AKS, FG
1:02.48	Aislinn Light, NOVA, CA
1:02.52	Chloe Isleta, RAC, PC
1:02.72	Beata Nelson, MWY, WI
1:02.89	E. Zimcosky, LHRY, AM
1:02.94	S. Dressel, SPAC, FL
1:03.21	Jamie Kolar, NASA, IL
1:03.31	C. Domanowski, MMSC, PN
1:03.31	Jessie Everett, CMSA, SE
1:03.41	C. Mykkanen, NOVA, CA

200 METER FREESTYLE

2:03.38	<i>Dee Brown, OZ (1991)</i>
2:14.39	Rose Smiddy, AKS, FG
2:14.92	Jamie Kolar, NASA, IL
2:15.08	C. Domanowski, MMSC, PN
2:16.18	Delaney Walz, GPAC, MA
2:16.34	C. Mykkanen, NOVA, CA
2:16.93	Sydney Baker, YSSC, SC
2:17.13	Kynzie Huonker, BAC, WI
2:17.46	Jessie Everett, CMSA, SE
2:17.60	Cameron Smith, CSC, PN
2:17.71	K. Steczyk, GMSC, NE

400 METER FREESTYLE

4:19.48	<i>Dee Brown, OZ (1991)</i>
4:38.97	Rose Smiddy, AKS, FG
4:42.55	C. Domanowski, MMSC, PN
4:43.33	Delaney Walz, GPAC, MA
4:43.80	Jamie Kolar, NASA, IL
4:45.12	Chloe Isleta, RAC, PC
4:45.15	Rachel Powers, COPS, NT
4:45.31	Natalie Ward, FORD, AZ
4:45.93	Emily Meilus, FISH, PV
4:46.04	C. Mykkanen, NOVA, CA
4:46.29	Courtney Hamish, YY, MA

800 METER FREESTYLE

8:59.95	<i>Chloe Sutton, SN (2004)</i>
9:39.15	K. Steczyk, GMSC, NE
9:40.69	C. Domanowski, MMSC, PN
9:42.07	C. Mykkanen, NOVA, CA
9:43.85	Natalie Ward, FORD, AZ
9:49.49	Courtney Hamish, YY, MA
9:51.29	Megan Byrnes, UN, PV
9:52.33	Chloe Isleta, RAC, PC

2:55.45	HMacDougall, NYSA, MR
2:56.31	Jerrica Li, MTSC, NE
2:56.53	Olivia Coffey, NTN, NT

50 METER BUTTERFLY

28.23	<i>Dana Vollmer, NT (2001)</i>
29.75	Annie Kyriakidis, NAC, SE
30.02	Beata Nelson, MWY, WI
30.44	S. Dressel, SPAC, FL
30.56	Chloe Isleta, RAC, PC
30.78	K. Steczyk, GMSC, NE
30.99	Gianna Garcia, CROW, PC
31.04	Samantha Suer, CAGO, NI
31.08	R. Nentwich, AAAA, ST
31.25	Chloe Miller, DCS, GA
31.31	C. Brennan, CRST, OR

100 METER BUTTERFLY

1:02.49	<i>Dana Vollmer, NT (2000)</i>
1:07.56	Annie Kyriakidis, NAC, SE
1:07.61	K. Steczyk, GMSC, NE
1:08.48	Gianna Garcia, CROW, PC
1:08.75	Chloe Isleta, RAC, PC
1:08.92	V. Edwards, TXLA, ST
1:08.96	L. Epperson, THSC, OR
1:09.10	R. Nentwich, AAAA, ST
1:09.19	Aislinn Light, NOVA, CA
1:10.49	Chloe Miller, DCS, GA
1:10.50	C. Brennan, CRST, OR

200 METER BUTTERFLY

2:19.32	<i>C. Kalisz, MD (2003)</i>
2:28.55	K. Steczyk, GMSC, NE
2:32.52	V. Edwards, TXLA, ST
2:32.68	Nicole Fye, FRRR, GA
2:32.75	C. Domanowski, MMSC, PN
2:33.11	Cameron Smith, CSC, PN
2:33.40	R. Nentwich, AAAA, ST
2:34.22	Lindsay Seivier, OCA, PN
2:35.23	Delaney Walz, GPAC, MA
2:37.54	Chloe Miller, DCS, GA
2:37.59	Megan Measel, ABS, CA

200 METER INDIVIDUAL MEDLEY

2:19.12	<i>Missy Franklin, CO (2008)</i>
2:30.81	Annie Kyriakidis, NAC, SE
2:31.22	Chloe Isleta, RAC, PC
2:32.34	Rose Nelson, MWY, WI
2:33.10	C. Domanowski, MMSC, PN
2:33.46	C. Mykkanen, NOVA, CA
2:33.98	Aislinn Light, NOVA, CA
2:34.29	C. Brennan, CRST, OR
2:34.48	Emily Chuang, WHTN, IL
2:34.93	Ilse Adame, TXLA, ST
2:35.11	Haley Hynes, KCB, MV

400 METER INDIVIDUAL MEDLEY

4:55.35	<i>E. Beisel, NE (2005)</i>
5:21.80	Chloe Isleta, RAC, PC
5:23.30	C. Domanowski, MMSC, PN
5:24.20	Rose Smiddy, AKS, FG
5:27.66	K. Steczyk, GMSC, NE
5:27.74	Ilse Adame, TXLA, ST
5:28.76	Taylor Hoover, YY, MA
5:33.39	Kynzie Huonker, BAC, WI
5:35.40	Amber Khieralla, BUS, CC
5:35.56	V. Edwards, TXLA, ST
5:36.63	Jerrica Li, MTSC, NE

GIRLS 12 YEARS

50 METER FREESTYLE

26.21	<i>Missy Franklin, CO (2008)</i>
27.04	Brooke Bauer, LAK, KY
27.38	Mary Pelton, NBAC, MD
27.41	Lauren Heller, CFYN, LE
27.66	Hannah Boyd, RED, IL
27.71	Al Powell, SBSC, CA
27.71	A. Braunecker, DLTA, IL
27.74	Emily Kosten, CBST, MA
27.78	K. Wagner, RTLR, CA
27.92	H. Grossman, CJAC, NJ
27.95	Brina Kari, HAST, MN

100 METER FREESTYLE

56.87	<i>Lia Neal, MR (2008)</i>
59.56	Hannah Boyd, RED, IL
59.85	Mary Pelton, NBAC, MD
59.90	H. Grossman, CJAC, NJ
1:00.39	Brooke Bauer, LAK, KY
1:00.54	Gabby Vieira, GATR, OZ
1:00.60	Lauren Heller, CFYN, LE
1:00.63	Taylor Garcia, MLA, MI
1:00.64	S. Shimomura, SCS, PC
1:00.74	Shelly Drozda, CUADA, CO
1:00.79	G. St. John, LOBO, NM

200 METER FREESTYLE

2:03.38	<i>Dee Brown, OZ (1991)</i>
2:06.08	Hannah Boyd, RED, IL
2:07.45	Becca Mann, ACAD, IL
2:08.34	S. Shimomura, SCS, PC
2:10.39	K. Dawson, FSLA, FL
2:10.97	Gabby Vieira, GATR, OZ
2:11.27	Erim Emery, SAND, CA
2:11.29	B. Usinger, CROW, PC

2:11.54	Carly Straight, LAC, NT
2:12.05	M. McGrath, LAK, KY
2:12.11	Erin Falconer, PAC, IL

400 METER FREESTYLE

4:19.48	<i>Dee Brown, OZ (1991)</i>
4:23.53	Becca Mann, ACAD, IL
4:26.37	Hannah Boyd, RED, IL
4:31.21	Gabby Vieira, GATR, OZ
4:33.22	K. Dawson, FSLA, FL
4:34.18	S. Shimomura, SCS, PC
4:34.27	Carly Straight, LAC, NT
4:35.45	H. Davenport, L, MI
4:35.55	A. Saghafi, CROW, PC
4:35.55	B. Usinger, CROW, PC
4:35.56	C. Mykkanen, NOVA, CA

800 METER FREESTYLE

8:59.95	<i>Chloe Sutton, SN (2004)</i>
9:00.00	Becca Mann, ACAD, IL
9:24.17	Gabby Vieira, GATR, OZ
9:25.37	Val Daigneault, SNCO, CT
9:25.51	K. Dawson, FSLA, FL
9:25.83	Hannah Boyd, RED, IL
9:26.82	Hannah Davenport, L, MI
9:27.36	S. Bowser, GCST, FL
9:27.47	Kathleen Baker, STAR, NC
9:31.39	Ellie Dean, CUDA, MI
9:31.52	Kaitlin Harty, GMSC, NE

1500 METER FREESTYLE

17:01.59	<i>Chloe Sutton, SN (2004)</i>
17:02.67	Becca Mann, ACAD, IL
17:59.25	Gabby Vieira, GATR, OZ
18:10.99	Ellie Dean, CUDA, MI
18:23.14	Megan Birch, EDAC, AZ
18:23.76	D. Halmly, WEST, WI
18:24.00	Hannah Boyd, RED, IL
18:24.39	S. Bowser, GCST, FL
18:24.58	Val Daigneault, SNCO, CT
18:25.11	Isabel Whited, SAC, AZ
18:27.42	Eva Gontrum, SYAC, UT

50 METER BACKSTROKE

30.24	<i>E. Pelton, MR (2006)</i>
31.21	Brina Kari, HAST, MN
31.39	Lixi Monty, FCY, WI
31.43	Zheda Fields, GTAC, OH
31.49	Bre Thorne, AQJT, MN
31.71	Catherine Wu, PEA, GU
31.82	S. Coloma, TERA, PC
31.94	Annie Gosselin, ACAD, IL
32.00	Alicia Seldt, LAK, KY
32.04	Sasha Kumar, RTLR, CA
32.05	Spence Atkins, SYS, FL

100 METER BACKSTROKE

1:03.08	<i>Beth Botsford, MD (1994)</i>
1:03.91	Taylor Garcia, MLA, MI
1:06.77	Kathleen Baker, STAR, NC
1:07.12	Brina Kari, HAST, MN
1:07.51	Bre Thorne, AQJT, MN
1:07.81	Jessica Short, OZ, WI
1:07.84	Annie Gosselin, ACAD, IL
1:07.88	Zheda Fields, GTAC, OH
1:08.04	C. Mykkanen, NOVA, CA
1:08.09	Ami Bilquist, WSF, AZ
1:08.29	S. Coloma, TERA, PC
1:08.29	K. Oberlander, YY, MA

200 METER BACKSTROKE

2:15.17	<i>E. Beisel, NE (2005)</i>
2:24.38	K. Oberlander, YY, MA
2:24.74	Kaitlin Harty, GMSC, NE
2:24.74	Bre Thorne, AQJT, MN
2:24.86	Annie Gosselin, ACAD, IL
2:25.78	C. Mykkanen, NOVA, CA
2:26.31	Jessica Short, OZ, WI
2:26.76	Jordan Clark, KATY, GU
2:27.08	Destiny Nelson, FA, NT
2:27.48	Ami Bilquist, WSF, AZ
2:27.88	Catherine Wu, PEA, GU

50 METER BREASTSTROKE

33.33	<i>O. Anderson, MN (2009)</i>
34.91	Ronni Borders, AUB, SE
34.96	C. Jungers, SWAT, WI
35.21	Katelyn Swait, BNY, IL
35.29	R. Munson, SHOR, VA
35.41	Destiny Nelson, FA, NT
35.47	Riley Scott, MP, PC
35.53	Caily Friel, GILS, IL
35.54	Macy Marshburn, SPA, FL
35.69	Mary Pelton, NBAC, MD
35.70	Megan Marsh, TSC, NI

100 METER BREASTSTROKE

1:09.87	<i>Carly Geehr, CA (1997)</i>
1:16.61	Sydney Pickrem, CAT, FL
1:16.75	C. Jungers, SWAT, WI
1:16.97	Valerie Wang, DACA, PC
1:17.11	K. Lohman, LAK, KY
1:17.44	Ashley Brem, WOV, NC
1:17.54	Riley Scott, MP, PC
1:17.59	Destiny Nelson, FA, NT

1:17.82	Macy Marshburn, SPA, FL
1:18.14	R/ Munson, SHOR, WI
1:18.20	Allie Szekely, CBST, MA

200 METER BREASTSTROKE

2:34.28	<i>Annie Zhu, MR (2007)</i>
2:40.33	Destiny Nelson, FA, NT
2:42.13	Sydney Pickrem, CAT, FL
2:44.28	Valerie Wang, DACA, PC
2:45.44	Ingrid Shu, LHY, NJ
2:45.87	Riley Scott, MP, PC
2:46.27	Allie Szekely, CBST, MA
2:47.96	Sydney Angell, KCB, MN
2:48.91	Anna Lee, LGAC, MR
2:49.80	Katie Drabot, OZ, WI
2:50.02	C. Jungers, SWAT, WI

50 METER BUTTERFLY

28.23	<i>Dana Vollmer, NT (2001)</i>
29.02	Gabby Vieira, GATR, OZ
29.28	H. Grossman, CJAC, NJ
29.58	Rebecca Lelles, BCH, CA
29.69	Haley McInerney, SA, GA
29.77	B. Usinger, CROW, PC
29.81	Georgia Dacruz, TIDE, VA
29.90	Alicia Finnigan, FCST, GU
29.95	Spence Atkins, SYS, FL
29.96	Bre Thorne, AQJT, MN
30.01	Kelly Jacob, LAKE, WI

100 METER BUTTERFLY

1:02.49	<i>Dana Vollmer, NT (2000)</i>
1:03.57	A. Saghafi, CROW, PC
1:03.73	Madison Wright, KAW, MI
1:04.08	B. Usinger, CROW, PC
1:04.76	Nancy Hu, SYS, FL
1:04.77	H. Grossman, CJAC, NJ
1:05.15	Alicia Finnigan, FCST, GU
1:05.16	Spence Atkins, SYS, FL
1:05.44	Gabby Vieira, GATR, OZ
1:05.91	Haley McInerney, SA, GA
1:06.07	Megan Moroney, SAS, FG

200 METER BUTTERFLY

2:19.32	<i>C. Kalisz, MD (2003)</i>
2:20.64	Madison Wright, KAW, MI
2:20.88	Nancy Hu, SYS, FL
2:21.29	Alicia Finnigan, FCST, GU
2:21.94	A. Saghafi, CROW, PC
2:22.41	B. Usinger, CROW, PC
2:23.26	Ella Eastin, NOVA, CA
2:24.96	Becca Mann, ACAD, IL
2:26.14	H. Grossman, CJAC, NJ
2:27.06	Bre Thorne, AQJT, MN
2:28.89	D. Halmly, WEST, WI

200 METER INDIVIDUAL MEDLEY

2:19.12	<i>Missy Franklin, CO (2008)</i>
2:24.84	Becca Mann, ACAD, IL
2:26.28	Hannah Boyd, RED, IL
2:26.49	Kathleen Baker, STAR, NC
2:26.75	Destiny Nelson, FA, NT
2:27.15	Nancy Hu, SYS, FL
2:27.21	Chloe Isleta, RAC, PC
2:27.26	A. Saghafi, CROW, PC
2:27.95	Tyla Martin, CSSC, FG
2:28.00	Sydney Pickrem, CAT, FL
2:28.10	Shelly Drozda, CUADA, CO

400 METER INDIVIDUAL MEDLEY

4:55.35	<i>E. Beisel, NE (2005)</i>
4:59.90	Becca Mann, ACAD, IL
5:10.91	Chloe Isleta, RAC, PC
5:12.28	Nancy Hu, SYS, FL
5:12.83	A. Saghafi, CROW, PC
5:13.52	Bradford-Feldman, GMA, NE
5:14.49	C. Mykkanen, NOVA, CA
5:14.78	K. Dawson, FSLA, FL
5:14.90	Annie Gosselin, ACAD, IL
5:15.03	Destiny Nelson, FA, NT
5:16.61	Sydney Pickrem, CAT, FL

GIRLS 13 YEARS

50 METER FREESTYLE

25.23	<i>Missy Franklin, CO (2009)</i>
26.72	Simone Manuel, FCST, GU
26.74	M. McNichols, LRST, LE
26.85	K. Konopka, YSSC, SC
26.88	Hunter Church, AQTC, NC
26.93	Michelle Turek, TBAY, FL
27.18	Anna McKenzie, CTA

2:41.29 Allison Acker, PAAC, MA
2:42.22 Aileen Lee, CROW, PC

4:26.68 Felicity Cann, KING, PN
4:27.39 Sydney King, LCFY, OH

2:19.29 Maggie Gruber, PRA, AM

17:15.70 Ashley Neidigh, BSS, FL

GIRLS 16 YEARS

50 METER FREESTYLE

25.50 C. Swindle, FG (2000)
25.62 M. Schaefer, PASA, PC
25.96 Jasmine Tosky, PASA, PC
26.21 Sara Hamilton, UN, WV
26.46 M. Lucas, FCST, GU
26.51 B. Brandon, MACS, CO
26.52 Kelly Naze, STAR, CO
26.52 Claire Brandt, DM, NT
26.58 Rachael Acker, PASA, PC
26.59 Ivy Martin, BAC, WI
26.64 R. Bootsma, AQJT, MN
26.64 Megan Fonteno, BSS, FL
26.64 Melanie Busch, CAC, MA

2:17.50 Hali Flickinger, YY, MA

100 METER BREASTSTROKE

1:07.05 Megan Quann, PN (2000)
1:09.55 Kelly Naze, STAR, CO
1:09.84 A. Gargalakis, TERA, PC
1:10.18 Sarah Haase, RMSC, PV
1:11.15 E. Schoettmer, CGAC, IN
1:11.73 Erica Stock, WSF, AZ
1:11.82 Megan Molnar, AUB, SE
1:12.00 Andrea Kropp, RTL, CA
1:12.04 Kate Criter, OZ, WI
1:12.33 Heather Harper, PRO, PN
1:12.38 A. Meinholtz, WEST, WI

100 METER BUTTERFLY

59.51 Kendyl Stewart, SI (2009)
1:01.90 Madison Wright, KAW, MI
1:02.76 Sonia Wang, TCC, CA
1:03.50 Ella Eastin, NOVA, CA
1:03.75 Meaghan Raab, HAC, MA
1:04.20 Bailey Nero, FAST, CO
1:04.37 M. Hinkle, SCSC, MN
1:04.53 Megan Moroney, SAS, FG
1:04.54 Sydney Wheeler, NTN, NT
1:04.59 Cara Norris, CM, OH
1:04.75 S. Samudro, RTL, CA

800 METER FREESTYLE

8:29.35 C. Woodhead, CA (1978)
8:37.72 Gillian Ryan, PAAC, MA
8:57.48 S. Peters, LINS, GA
8:58.22 Madeline Tegner, OLY, MI
9:07.61 M. Marcos, DM, NT
9:08.11 Cece Williams, ATAC, FL
9:08.53 B. Lorentzen, MVN, CA
9:09.27 A. Richey, BLDR, CO
9:10.23 Cameron Davis, SYS, FL
9:10.27 G. Miller, TYDE, NC
9:10.76 Cailley Silbert, CAT, NJ

200 METER INDIVIDUAL MEDLEY

2:12.73 Missy Franklin, CO (2009)
2:19.81 Courtney Weaver, FLY, MI
2:19.87 Missy Franklin, STAR, CO
2:20.65 Kara Kopcos, BLAS, LA
2:21.53 Maija Roses, DUKE, NC
2:22.12 Ally Howe, PASA, PC
2:22.43 Clara Smiddy, AKS, FG
2:22.51 Kylie Stewart, DYNA, GA
2:22.66 Janet Hu, CUBU, PV
2:22.79 A. Marsteller, RAYS, OH
2:23.02 Megan Kingsley, MBR, SC

100 METER BACKSTROKE

59.77 R. Bootsma, MN (2009)
1:01.80 M. White, CROW, PC
1:02.67 C. Bartholomew, MLA, MI
1:03.03 Kaitlyn Jones, DST, MA
1:03.80 Lacey Locke, CSC, IN
1:03.92 Madison Hahn, US, VA
1:03.94 Kendzie Buss, SCSC, WI
1:04.12 Kenzie Stewart, NCA, WI
1:04.13 Meg Cooke, TWST, GU
1:04.20 Katie Kinnear, IST, PN

100 METER FREESTYLE

55.21 R. Jeffrey, FG (2003)
55.25 Jasmine Tosky, PASA, PC
55.35 M. Schaefer, PASA, PC
55.96 E. Pelton, NBAC, MD
56.46 Lauren Votava, RSCA, OZ
56.75 Lisa Boice, EXPR, IL
56.82 Julia Anderson, FAST, NT
56.96 Katie Grant, WY, MA
57.30 M. Lucas, FCST, GU
57.41 Kelly Naze, STAR, CO
57.47 R. Bootsma, AQJT, MN

200 METER BREASTSTROKE

2:25.35 Anita Nall, MD (1992)
2:29.70 Andrea Kropp, RTL, CA
2:32.88 E. Schoettmer, UN, IN
2:34.35 Jasmine Tosky, PASA, PC
2:34.97 A. Meinholtz, WEST, WI
2:35.39 Sarah Haase, RMSC, PV
2:36.51 B. Wanser, AZOT, CA
2:37.04 Erica Stock, WSF, AZ
2:37.40 Taylor Temple, COPS, NT
2:37.42 Kelly Naze, STAR, CO
2:38.08 M. Maher, GAAC, MA

200 METER BUTTERFLY

2:07.01 M.T. Meagher, KY (1979)
2:13.33 Madison Wright, KAW, MI
2:17.68 Sonia Wang, TCC, CA
2:18.77 E. Spillman, WFLA, FL
2:20.27 Megan Brown, GMSC, NE
2:20.97 Haley Rowley, BLDR, CO
2:21.42 Jasmine Margetts, UN, CA
2:21.52 Ella Eastin, NOVA, CA
2:21.78 Morgan Perrotti, CAT, FL
2:22.03 Kathleen Baker, STAR, NC
2:22.13 Leah Stevens, LAK, KY

1500 METER FREESTYLE

16:12.57 M. Richardson, FG (1984)
16:38.61 Gillian Ryan, PAAC, MA
16:38.61 Madeline Tegner, OLY, MI
17:18.36 Bailey Bowden, BSAC, FL
17:19.63 S. Peters, LINS, GA
17:20.02 A. Richey, BLDR, CO
17:26.75 Regan Loggia, CAT, NJ
17:26.80 L. Schlichte, LIAC, MR
17:27.30 Ashley Neidigh, BSS, FL
17:30.25 Ellie Berdusco, SYS, FL
17:30.61 Cailley Silbert, CAT, NJ

400 METER INDIVIDUAL MEDLEY

4:39.82 Katie Hoff, MD (2004)
4:54.10 Celina Li, PLS, PC
4:54.87 Kara Kopcos, BLAS, LA
4:58.09 Janet Hu, CUBU, PV
4:59.68 Megan Kingsley, MBR, SC
5:00.90 Courtney Weaver, FLY, MI
5:01.86 Kille Stewart, DYNA, GA
5:02.01 Katy Hulsey, SMAC, GA
5:02.47 Clara Smiddy, AKS, FG
5:03.08 Sharli Brady, CLPR, OH
5:03.84 Lauren Punger, GMSC, NE

200 METER BACKSTROKE

2:06.39 E. Beisel, NE (2009)
2:08.05 Missy Franklin, STAR, CO
2:11.67 M. White, CROW, PC
2:12.20 Kaitlyn Jones, DST, MA
2:13.91 C. Bartholomew, MLA, MI
2:15.38 L.Malazdrewicz, EVER, CO
2:16.84 C. Arakelian, KAW, MI
2:17.34 Annie Gillig, YSSC, SC
2:17.42 Hali Flickinger, YY, MA
2:17.85 R. Zilinskas, FCKW, AM
2:18.25 Taylor Katz, SYS, FL

200 METER FREESTYLE

1:57.73 D. Knutson, ND (2009)
1:58.54 Jasmine Tosky, PASA, PC
2:00.95 Lauren Driscoll, FLA, FG
2:01.15 Julia Anderson, FAST, NT
2:01.23 E. Pelton, NBAC, MD
2:01.34 Haley Lips, YSSC, SC
2:01.72 H. Stenkvist, RSA, NC
2:01.76 M. Schaefer, PASA, PC
2:02.04 L. McKnight, UN, FG
2:02.61 Allison Brown, PLS, PC
2:02.73 Kelly Naze, STAR, CO

100 METER BUTTERFLY

57.93 M.T. Meagher, KY (1981)
58.79 Kelly Naze, STAR, CO
59.43 Jasmine Tosky, PASA, PC
1:00.77 Haley Lips, YSSC, SC
1:01.12 Natalie Hinds, COM, WT
1:01.29 R. Bootsma, AQJT, MN
1:01.39 Rachel Moore, CRIM, NE
1:01.92 Caroline Bryant, MAC, NC
1:02.35 M. Schaefer, PASA, PC
1:02.39 Rachael Dudley, SA, GA
1:02.43 Mary Griffith, LODI, SN
1:02.43 M. Stein, TOPS, CO

200 METER INDIVIDUAL MEDLEY

2:12.73 Missy Franklin, CO (2009)
2:18.98 Ella Eastin, NOVA, CA
2:21.23 Sonia Wang, TCC, CA
2:22.10 Kathleen Baker, STAR, NC
2:23.28 Kim Williams, IST, PN
2:23.52 Meagan Popp, SCST, IL
2:23.94 Sydney Pickrem, KAT, FL
2:24.48 Madison Wright, KAW, MI
2:24.96 Haley Rowley, BLDR, CO
2:25.07 Darby Wayner, GCAT, GA
2:25.23 Lauren James, NBAC, MD

100 METER BACKSTROKE

1:00.50 Missy Franklin, CO (2009)
1:02.41 Kylie Stewart, DYNA, GA
1:03.33 Missy Franklin, STAR, CO
1:03.36 Grace Carlson, LOSC, OR
1:03.81 H. Vanderwel, WEST, PN
1:04.07 Danielle Galyer, YSSC, SC
1:04.14 Clara Smiddy, AKS, FG
1:04.21 Ally Howe, PASA, PC
1:04.74 Janet Hu, CUBU, PV
1:04.82 Genny Pittman, BSL, SE
1:04.97 Emily Slabe, CFY, OH

GIRLS 15 YEARS

50 METER FREESTYLE

25.50 C. Swindle, FG (2000)
25.46 Missy Franklin, STAR, CO
25.51 Lia Neal, AGUA, MR
26.24 Faith Johnson, STAR, NC
26.52 Emily Cameron, LAC, MA
26.53 L. McKnight, UN, FG
26.61 Julia Sanders, CRST, OR
26.75 Katie Kinnear, IST, PN
26.78 Abigail Speers, MACH, PV
26.85 Indira Ceranic, PSP, CA
26.90 Hellen Moffitt, CUBU, PV

200 METER BACKSTROKE

1:07.05 Megan Quann, PN (2000)
1:09.76 Annie Zhu, AGUA, MR
1:11.37 Annie Lazor, BBA, MI
1:11.40 K.C. Moss, WY, CT
1:11.64 L. Pronschinske, ECY, WI
1:11.73 L. McKnight, UN, FG
1:11.82 Emily Cameron, LAC, MA
1:12.19 Sarah Haase, RMSC, PV
1:12.34 C. Callahan, SEA, MA
1:12.37 Amy Bopp, SCHE, AD
1:12.42 Annie Nunes, DST, MA

200 METER FREESTYLE

1:57.73 D. Knutson, ND (2009)
1:58.54 Jasmine Tosky, PASA, PC
2:00.95 Lauren Driscoll, FLA, FG
2:01.15 Julia Anderson, FAST, NT
2:01.23 E. Pelton, NBAC, MD
2:01.34 Haley Lips, YSSC, SC
2:01.72 H. Stenkvist, RSA, NC
2:01.76 M. Schaefer, PASA, PC
2:02.04 L. McKnight, UN, FG
2:02.61 Allison Brown, PLS, PC
2:02.73 Kelly Naze, STAR, CO

200 METER BUTTERFLY

2:05.96 M.T. Meagher, KY (1981)
2:09.28 Jasmine Tosky, PASA, PC
2:14.06 Haley Lips, YSSC, SC
2:14.23 Hali Flickinger, YY, MA
2:14.36 Emma Nunn, NOVA, VA
2:15.00 M. Stein, TOPS, CO
2:15.41 E. Pepper, RMSC, PV
2:15.88 R. Bootsma, AQJT, MN
2:16.01 Taylor Nanfria, CROW, PC
2:16.19 Megan Rankin, AZOT, CA
2:16.41 J.Domanowski, MMSC, PN

400 METER INDIVIDUAL MEDLEY

4:39.82 Katie Hoff, MD (2004)
4:54.88 Ella Eastin, NOVA, CA
4:57.60 Haley Rowley, BLDR, CO
4:57.88 Sonia Wang, TCC, CA
4:58.61 Kathleen Baker, STAR, NC
4:59.78 Meagan Popp, SCST, IL
5:01.29 K. Ledecy, CUBU, PV
5:01.47 Katie Miller, SAND, CA
5:01.62 Kim Williams, IST, PN
5:01.80 Summer Finke, SPA, FL
5:02.33 Megan Brown, GMSC, NE

200 METER BACKSTROKE

2:09.16 Missy Franklin, CO (2009)
2:13.14 Kylie Stewart, DYNA, GA
2:16.10 H. Vanderwel, WEST, PN
2:17.48 Missy Franklin, STAR, CO
2:17.49 Ally Howe, PASA, PC
2:18.15 Janet Hu, CUBU, PV
2:18.64 Clara Smiddy, AKS, FG
2:19.26 Tasi Karosas, GMA, NE
2:19.56 Taylor Bass, MCA, MN
2:19.56 Isabel Wyer, MTKA, MN
2:19.72 Danielle Galyer, YSSC, SC

100 METER FREESTYLE

55.21 R. Jeffrey, FG (2003)
54.91 Lia Neal, AGUA, MR
55.07 Missy Franklin, STAR, CO
55.98 C. Chenault, TERA, PC
57.27 L. McKnight, UN, FG
57.43 Emily Cameron, LAC, MA
57.63 Faith Johnson, STAR, NC
57.82 P. Forrester, GCAT, GA
57.94 N. Stafford, DYNA, MA
57.97 Rachel Moore, UN, NE
58.05 C. Arakelian, KAW, MI

200 METER BACKSTROKE

2:25.35 Anita Nall, MD (1992)
2:29.15 Annie Zhu, AGUA, MR
2:31.39 K.C. Moss, WY, CT
2:32.60 Blair Carnes, NOVA, VA
2:33.97 S. O'Toole, NBAC, MD
2:34.18 Annie Lazor, BBA, MI
2:34.43 E. Cameron, LAC, MA
2:35.91 Abby Fisher, LHY, NJ
2:36.46 M. Boland, SAND, CA
2:36.65 Kelsey Kafka, NCA, SI
2:36.75 L. Pronschinske, ECY, WI

100 METER BUTTERFLY

57.93 M.T. Meagher, KY (1981)
1:00.70 Kendyl Stewart, NCA, SI
1:01.03 Katie Kinnear, IST, PN
1:01.19 Olivia Barker, SAND, CA
1:01.32 Jasmine Tosky, PASA, PC
1:01.49 Dana Grindall, SNCO, CT
1:01.64 P. Forrester, GCAT, GA
1:01.67 Chelsea Britt, FLA, FG
1:01.98 M. Karetnick, BGNW, MR
1:02.02 Missy Franklin, STAR, CO
1:02.42 Hellen Moffitt, CUBU, PV

200 METER BUTTERFLY

2:10.41 Katie Hoff, MD (2005)
2:12.58 E. Pelton, NBAC, MD
2:13.02 Jasmine Tosky, PASA, PC
2:16.41 Kelly Naze, STAR, CO
2:17.52 Lauren Driscoll, FLA, FG
2:17.66 M. Stein, TOPS, CO
2:19.08 Emma Smith, SCST, IL
2:19.39 Allison Brown, PLS, PC
2:19.52 L. McKnight, UN, FG
2:19.63 Sarah Haase, RMSC, PV
2:19.71 Andrea Kropp, RTL, CA

GIRLS 14 YEARS

50 METER FREESTYLE

25.23 Missy Franklin, CO (2009)
26.24 S. Rauth, UMLY, MA
26.29 Lia Neal, AGUA, MR
26.36 Simone Manuel, FCST, GU
26.43 Rochelle Dong, RSD, SI
26.45 Genny Pittman, BSL, SE
26.52 K. Vredevel, BAY, SE
26.68 Janet Hu, CUBU, PV
26.68 Missy Franklin, STAR, CO
26.69 Grace Carlson, LOSC, OR
26.70 Meaghan Raab, HAC, MA

100 METER BREASTSTROKE

1:08.09 Amanda Beard, CA (1996)
1:13.38 Maija Roses, DUKE, NC
1:13.55 C. Callahan, SEA, MA
1:13.71 Andee Cottrell, GCST, OH
1:14.05 Heidi Popp, UN, PC
1:14.16 Taylor Young, SRN, PC
1:14.32 Jo Jody Pocsik, DR, OH
1:14.48 Lyo Winkler, NBA, PC
1:14.57 P. Rooker, THSC, OR
1:14.86 E. Escobedo, COND, MR
1:14.86 Katharine Ross, CIA, IA

200 METER FREESTYLE

1:57.73 D. Knutson, ND (2009)
1:58.52 C. Chenault, TERA, PC
1:59.17 Missy Franklin, STAR, CO
2:00.69 Lia Neal, AGUA, MR
2:01.00 L. McKnight, UN, FG
2:03.17 R. Zilinskas, FCKW, AM
2:03.48 C. Morris, NBAC, MD
2:03.59 Willa Wang, NBAC, MD
2:03.70 C. Arakelian, KAW, MI
2:03.71 Taylor Katz, SYS, FL
2:03.84 Leah Smith, JCCS, AM

200 METER BUTTERFLY

2:05.96 M.T. Meagher, KY (1981)
2:12.99 Olivia Barker, SAND, CA
2:13.33 P. Forrester, GCAT, GA
2:13.65 H.-Maddox, AGUA, MR
2:14.06 Connie Hsu, WHTN, IL
2:15.82 Amy Bopp, SCHE, AD
2:16.02 M.D'Innocenzo, CRIM, NE
2:16.04 Taylor Katz, SYS, FL
2:16.33 A. Cotter, JYW, MA
2:16.51 Jasmine Tosky, PASA, PC
2:16.87 Hali Flickinger, YY, MA

1500 METER FREESTYLE

15:52.10 Janet Evans, CA (1988)
16:36.41 T. O'Brien, PAAC, MA
16:37.22 Eva Fabian, GMSC, NE
16:45.76 B. Brandon, MACS, CO
16:47.36 Megan Rankin, AZOT, CA
16:49.08 Hali Flickinger, YY, MA
16:54.56 Lauren Hine, NBAC, MD
16:55.39 Taylor Nanfria, CROW, PC
16:58.34 S. Nasson, LRAE, NC
16:59.17 Jessie James, CAT, OR

400 METER INDIVIDUAL MEDLEY

4:32.87 E. Beisel, NE (2008)
4:43.90 Jasmine Tosky, PASA, PC
4:47.09 Hali Flickinger, YY, MA
4:48.88 M. Stein, TOPS, CO
4:49.20 Andrea Kropp, RTL, CA
4:49.53 Kelly Naze, STAR, CO
4:51.86 Lauren Driscoll, FLA, FG
4:52.03 Allison Brown, PLS, PC
4:53.76 B. Brandon, MACS, CO
4:54.75 Taylor Nanfria, CROW, PC
4:55.93 T. O'Brien, PAAC, MA

100 METER FREESTYLE

54.03 Missy Franklin, CO (2009)
54.38 Simone Manuel, FCST, GU
57.59 Missy Franklin, STAR, CO
57.81 Lindsey Engel, NOVA, CA
57.93 Kylie Stewart, DYNA, GA
58.04 K. Vredevel, BAY, SE
58.06 Lia Neal, AGUA, MR
58.11 Rochelle Dong, RSD, SI
58.11 A. Meyers, SSTY, WI
58.13 Ally Howe, PASA, PC
58.23 Meaghan Raab, HAC, MA

200 METER BREASTSTROKE

2:25.75 Amanda Beard, CA (1996)
2:35.87 Maija Roses, DUKE, NC
2:37.73 Sydney Tan, NTRD, ST
2:38.05 E. Escobedo, COND, MR
2:38.47 Caroline Neil, STAR, NC
2:39.64 Megan Lloyd, LAKE, PC
2:39.66 Kelly Dupay, HYCA, WV
2:39.98 Ally Kattka, NCA, SI
2:40.03 Taylor Young, SRN, PC
2:40.09 Celina Li, PLS, PC
2:40.73 Brooke Zeiger, UN, NE

400 METER FREESTYLE

4:05.45 Janet Evans, CA (1988)
4:09.80 C. Chenault, TERA, PC
4:10.00 C. Morris, NBAC, MD
4:14.98 Willa Wang, NBAC, MD
4:16.69 Leah Smith, JCCS, AM
4:17.07 M. White, CROW, PC
4:17.11 R. Zilinskas, FCKW, AM
4:17.20 Taylor Katz, SYS, FL
4:18.78 Danielle Valley, SYS, FL
4:19.12 T. O'Brien, PAAC, MA
4:20.31 Jasmine Tosky, PASA, PC

200 METER BUTTERFLY

2:05.96 M.T. Meagher, KY (1981)
2:12.99 Olivia Barker, SAND, CA
2:13.33 P. Forrester, GCAT, GA
2:13.65 H.-Maddox, AGUA, MR
2:14.06 Connie Hsu, WHTN, IL
2:15.82 Amy Bopp, SCHE, AD
2:16.02 M.D'Innocenzo, CRIM, NE
2:16.04 Taylor Katz, SYS, FL
2:16.33 A. Cotter, JYW, MA
2:16.51 Jasmine Tosky, PASA, PC
2:16.87 Hali Flickinger, YY, MA

100 METER BACKSTROKE

59.77 R. Bootsma, MN (2009)
59.99 E. Pelton, UN, IN
1:00.40 R. Bootsma, AQJT, MN
1:02.11 H. Stenkvist, RSA, NC
1:02.21 C. Forman, CLPR, OH
1:02.23 B. Brandon, MACS, CO
1:02.86 C. Bartholomew, MLA, MI
1:03.22 Madison Hahn, US, VA
1:03.32 M. Schaefer, PASA, PC
1:03.41 Jenna Bickel, DELE, AD
1:03.56 Sierra Kuhn, VAC, WI

GIRLS 17 YEARS

50 METER FREESTYLE

25.00 Kara Joyce, MI (2004)
25.37 M. Schaefer, PASA, PC
25.82 Emily Lloyd, SPY, MD
25.94 Haley Sims, EXPR, IL
25.97 L. Harrington, MTS, SE
26.10 Kaylin Bing, RST, OR
26.13 Kathryn Murphy, UN, PC
26.22 G. Jacques, BREA, CA
26.32 M. Lucas, FCST, GU
26.33 Ivy Martin, BAC, WI
26.37 H. Bowen, SCSC, MN

200 METER BUTTERFLY

1:58.53 C. Woodhead, CA (1978)
2:02.64 Gillian Ryan, PAAC, MA
2:04.31 Kylie Stewart, DYNA, GA
2:04.93 Meaghan Raab, HAC, MA
2:05.56 Cece Williams, ATAC, FL
2:05.63 S. Peters, LINS, GA
2:05.97 Lindsey Engel, NOVA, CA
2:06.03 Clara Smiddy, AKS, FG
2:06.04 Sharli Brady, CLPR, OH
2:06.08 Ally Howe, PASA, PC
2:06.30 K. Vredevel, BAY, SE

100 METER FREESTYLE

50.51 M.T. Meagher, KY (1979)
50.78 Meaghan Raab, HAC, MA
1:01.97 Janet Hu, CUBU, PV
1:02.42 Ally Howe, PASA, PC
1:02.44 Kara Kopcos, BLAS, LA
1:02.75 Courtney Weaver, FLY, MI
1:02.90 Taylor Weiss, RAYS, GA
1:03.02 Maggie Gruber, PRA, AM
1:03.03 Kelsey Ochsen, GST, WY
1:03.14 Michelle Cefal, THSC, OR
1:03.24 Elsa Welshofer, MAC, NC

800 METER FREESTYLE

8:17.12 Janet Evans, CA (1988)
8:38.03 C. Chenault, TERA, PC
8:38.78 C. Morris, NBAC, MD
8:43.59 R. Zilinskas, FCKW, AM
8:47.18 M. White, CROW, PC
8:47.26 Danielle Valley, SYS, FL
8:47.68 Leah Smith, JCCS, AM
8:48.86 Missy Franklin, STAR, CO
8:50.90 Willa Wang, NBAC, MD
8:54.76 Lauren Hine, NBAC, MD
8:55.89 Nikki Chang, RMDA, CA

200 METER INDIVIDUAL MEDLEY

2:10.41 Katie Hoff, MD (2005)
2:11.69 Missy Franklin, STAR, CO
2:14.53 Kaitlyn Jones, DST, MA
2:15.93 Emily Cameron, LAC, MA
2:16.25 Annie Zhu, AGUA, MR
2:16.96 Celina Li, PLS, PC
2:17.54 S. O'Toole, NBAC, MD
2:17.71 L. McKnight, UN, FG
2:18.68 C. Arakelian, KAW, MI
2:19.16 Katie Miller, FAST, LE
2:19.76 Willa Wang, NBAC, MD

400 METER INDIVIDUAL MEDLEY

4:32.87 E. Beisel, NE (2008)
4:47.25 Emily Cameron, LAC, MA
4:48.60 Annie Zhu, AGUA, MR
4:49.88 Katie Miller, FAST, LE
4:51.16 S. O'Toole, NBAC, MD
4:51.70 Kaitlyn Jones, DST, MA
4:52.61 Willa Wang, NBAC, MD
4:52.80 M.D'Innocenzo, CRIM, NE
4:52.91 Hali Flickinger, YY, MA
4:53.03 R. Zilinskas, FCKW, AM
4:54.29 Celina Li, PLS, PC

100 METER FREESTYLE

54.28 Katie Hoff, MD (2008)
55.48 M. Schaefer, PASA, PC
56.47 C. Creed, PLS, PC
56.78 Olivia Scott, ACAD, IL
56.80 M. Lucas, FCST, GU
56.95 Caroline Piel, STAR, CO
57.00 Kelli Benjamin, SWIM, AZ
57.03 Emily Dicus, TSA, WI

400 METER FREESTYLE

4:07.15 C. Woodhead, CA (1978)
4:13.25 Gillian Ryan, PAAC, MA
4:21.60 Kylie Stewart, DYNA, GA
4:22.95 Madeline Tegner, OLY, MI
4:22.96 S. Peters, LINS, GA
4:24.92 Katy Hulsey, SMAC, GA
4:25.62 Clara Smiddy, AKS, FG
4:25.71 Cece Williams, ATAC, FL
4:26.06 Merrill Wilson, BSAC, FL</

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NAG TOP 10 — continued from 29

57.15 Aja Van Hout, BAC, WI
 57.20 Camille Cheng, PASA, PC
 57.30 Lindsay Gendron, RED, IL

2:33.95 Caroline Piehl, STAR, CO
 2:34.09 Elizabeth Beisel, ABF, NE
 2:34.66 R. Schaffer, NBAC, MD
 2:34.69 R. Rainer, NOVA, VA
 2:34.93 C. Wagner, CFSC, GU

200 METER FREESTYLE

1:55.92 Allison Schmitt, MI (2008)
 2:00.19 Elizabeth Beisel, ABF, NE
 2:01.53 D. Siverling, MSA, MA
 2:01.57 C. Breed, PLS, PC
 2:01.99 Melanie Klaren, MPV, CA
 2:02.01 Kiera Janzen, STAR, MN
 2:02.36 Maya DiRado, SRN, PC
 2:02.47 Jordan Mattern, STAR, CO
 2:02.52 Caroline Piehl, STAR, CO
 2:02.66 Tori Simenec, BRSC, OR
 2:02.97 Lynette Lim, PSP, CA

400 METER FREESTYLE

4:02.20 Katie Hoff, MD (2008)
 4:11.24 Lynette Lim, UN, CA
 4:11.24 A. McDermott, CSC, PN
 4:13.74 Elizabeth Beisel, ABF, NE
 4:14.28 Kiera Janzen, STAR, MN
 4:14.66 Jordan Mattern, STAR, CO
 4:14.75 Catherine Breed, PLS, PC
 4:16.61 K. Cummings, WCS, CA
 4:17.08 D. Siverling, MSA, MA
 4:18.05 Taylor Nanfria, CROW, PC
 4:18.17 Tristin Baxter, CLOV, CC
 4:18.17 K. Leneave, TWST, GU

800 METER FREESTYLE

8:16.22 Janet Evans, CA (1989)
 8:35.41 Lynette Lim, UN, CA
 8:41.56 A. McDermott, CSC, PN
 8:44.12 Elizabeth Beisel, ABF, NE
 8:44.61 Eva Fabian, GMS, NE
 8:46.13 Taylor Nanfria, CROW, PC
 8:47.54 K. Leneave, TWST, GU
 8:49.35 Nicole Vernon, DST, MA
 8:49.70 M. Hojan-Clark, EBSC, WI
 8:50.74 Courtney Otto, STAR, NI
 8:51.26 K. Cummings, WCS, CA

1500 METER FREESTYLE

15:42.54 Kate Ziegler, PV (2007)
 16:36.04 A. McDermott, CSC, PN
 16:46.53 K. Hojan-Clark, EBSC, WI
 16:47.16 Courtney Otto, STAR, NI
 16:53.97 K. Cummings, WCS, CA
 16:54.21 Lindsay Gendron, RED, IL
 16:56.34 Taylor Nanfria, CROW, PC
 16:56.39 Lauren Jordan, CSC, IN
 16:56.72 Damaris Iriondo, FLA, FG
 16:57.69 Jessica Heim, CAST, SI
 16:58.95 M. Gallagher, MVA, IN

100 METER BACKSTROKE

1:00.18 N. Coughlin, PC (2001)
 1:00.77 Elizabeth Beisel, ABF, NE
 1:02.63 E. Williamson, CLPR, OH
 1:02.85 Deborah Roth, UN, PC
 1:03.49 M. Schaefer, PASA, PC
 1:03.70 Melanie Klaren, MPV, CA
 1:03.76 A. McDermott, CSC, PN
 1:03.77 Caroline Kenney, SA, GA
 1:03.88 Maya DiRado, SRN, PC
 1:03.88 Mikkel-ane Stipe, NCA, SI
 1:03.99 Tess Behrens, AQJT, MN

200 METER BACKSTROKE

2:09.43 J. Wagstaff, MV (1992)
 2:08.50 Elizabeth Beisel, ABF, NE
 2:13.39 Maya DiRado, SRN, PC
 2:13.79 A. McDermott, CSC, PN
 2:14.65 E. Williamson, CLPR, OH
 2:15.62 Lauren Jordan, CSC, IN
 2:15.86 Melanie Klaren, MPV, CA
 2:17.01 Nicole Vernon, DST, MA
 2:17.68 Justine Ress, CDOG, CT
 2:17.85 C. Ciardello, BAD, MR
 2:18.14 Mikkel-ane Stipe, NCA, SI

100 METER BREASTSTROKE

1:05.75 Kasey Carlson, PC (2009)
 1:08.99 Katie Olsen, SDA, AZ
 1:09.64 Andrea Kropp, RTL, CA
 1:10.57 R. Rainer, NOVA, VA
 1:10.78 Siri Kristiansen, SCS, PC
 1:10.79 Melissa Bates, OCW, CA
 1:10.82 Abby Duncan, AQJT, MN
 1:11.05 G. Jaques, BREA, CA
 1:11.20 Skylar Smith, UN, GU
 1:11.51 Casey Mims, AZOT, CA
 1:11.59 Megan Molnar, AUB, SE

200 METER BREASTSTROKE

2:25.35 Amanda Beard, AZ (2000)
 2:27.63 Andrea Kropp, RTL, CA
 2:29.69 Katie Olsen, SDA, AZ
 2:30.52 Casey Mims, AZOT, CA
 2:32.49 Abby Duncan, AQJT, MN
 2:33.20 G. Jaques, BREA, CA

100 METER BUTTERFLY

58.53 Felicia Lee, MD (2009)
 59.99 Felicia Lee, NBAC, MD
 1:00.08 Haley Sims, EXPR, IL
 1:00.44 Olivia Scott, ACAD, IL
 1:00.44 L. Harrington, MTS, SE
 1:01.41 Noelle Tarazona, TCC, CA
 1:01.67 Lin Zhou, UN, NM
 1:01.69 Tori Simenec, BRSC, OR
 1:01.72 E. Williamson, CLPR, OH
 1:02.00 Audrey Kumm, HUT, MN
 1:02.10 Ana Anaya, MACM, FG

200 METER BUTTERFLY

2:06.96 K. Hersey, GA (2008)
 2:10.66 Noelle Tarazona, TCC, CA
 2:11.45 K. Pawlowicz, CUBU, PV
 2:11.88 Elizabeth Beisel, ABF, NE
 2:13.36 A. Haulsee, NOVA, VA
 2:14.12 Courtney Otto, STAR, NI
 2:14.36 Felicia Lee, NBAC, MD
 2:14.91 R. Naurath, NOVA, VA
 2:14.99 E. Pepper, RMSC, PV
 2:15.05 L. Harrington, MTS, SE
 2:15.11 T. Kyllainen, LBA, MD

200 METER INDIVIDUAL MEDLEY

2:10.05 Katie Hoff, MD (2006)
 2:12.11 Elizabeth Beisel, ABF, NE
 2:14.99 Felicia Lee, NBAC, MD
 2:15.41 Maya DiRado, SRN, PC
 2:16.60 R. Schaffer, NBAC, MD
 2:16.61 C. Piehl, STAR, CO
 2:17.54 G. Jaques, BREA, CA
 2:17.78 Lysi Halkides, UN, FL
 2:17.81 Jordan Mattern, STAR, CO
 2:17.86 A. McDermott, CSC, PN
 2:18.27 Noelle Tarazona, TCC, CA

400 METER INDIVIDUAL MEDLEY

4:32.89 Katie Hoff, MD (2007)
 4:39.08 Elizabeth Beisel, ABF, NE
 4:42.81 Maya DiRado, SRN, PC
 4:43.74 Nicole Vernon, DST, MA
 4:46.87 A. McDermott, CSC, PN
 4:47.02 Noelle Tarazona, TCC, CA
 4:47.93 R. Schaffer, NBAC, MD
 4:49.52 K. Pawlowicz, CUBU, PV
 4:49.73 T. Kyllainen, LBA, MD
 4:50.98 Andrea Kropp, RTL, CA
 4:51.15 Taylor Nanfria, CROW, PC

GIRLS 18 YEARS

50 METER FREESTYLE

25.00 Kara Joyce, MI (2004)
 25.69 Hannah Riordan, AU, SE
 25.89 Andi Murez, STAN, PC
 25.99 Felicia Lee, NBAC, MD
 26.00 Margo Geer, SPY, OH
 26.09 Kasey Carlson, WCAB, PC
 26.25 Melissa Bates, OCW, CA
 26.39 Emily Bos, MLA, MI
 26.47 Bethany Adams, UN, MD
 26.48 Samantha Tucker, UN, GU
 26.53 Kait Flederbach, VIPR, IN

100 METER FREESTYLE

54.28 Katie Hoff, MD (2008)
 55.36 Felicia Lee, NBAC, MD
 55.90 S. Vreeland, KCB, MV
 56.10 Andi Murez, STAN, PC
 56.11 Dagny Knutson, ASK, ND
 56.18 Margo Geer, SPY, OH
 56.38 Samantha Tucker, UN, GU
 56.76 Kasey Carlson, WCAB, PC
 56.77 Hannah Riordan, AU, SE
 57.15 Emily Bos, MLA, MI
 57.19 R. Naurath, NOVA, VA

200 METER FREESTYLE

1:55.92 Allison Schmitt, MI (2008)
 1:57.83 Dagny Knutson, ASK, ND
 1:59.52 Chloe Sutton, MPV, CA
 2:00.79 S. Peacock, SWIM, FL
 2:00.97 Andie Taylor, KING, PN
 2:01.19 R. Naurath, NOVA, VA
 2:01.42 Felicia Lee, NBAC, MD
 2:01.44 Andi Murez, UN, PC
 2:01.46 Samantha Tucker, UN, GU
 2:01.62 H. Anderson, SMST, SN
 2:02.03 S. Vreeland, KCB, MV

400 METER FREESTYLE

4:02.20 Katie Hoff, MD (2008)
 4:05.19 Chloe Sutton, MPV, CA
 4:08.80 Dagny Knutson, ASK, ND
 4:10.33 S. Peacock, SWIM, FL

4:11.55 H. Anderson, SMST, SN
 4:11.86 Andie Taylor, KING, PN
 4:12.19 Tristin Baxter, CLOV, CC
 4:13.14 R. Naurath, NOVA, VA
 4:14.48 R. Samantha Tucker, UN, GU
 4:16.19 Sarah Henry, RSA, NC
 4:16.61 Mattie Kukors, CW, MI

800 METER FREESTYLE

8:16.22 Janet Evans, CA (1989)
 8:24.51 Chloe Sutton, MPV, CA
 8:32.80 H. Anderson, SMST, SN
 8:44.86 Yang Jiao, UN, NM
 8:45.44 Tristin Baxter, CLOV, CC
 8:45.83 Lynette Lim, PSP, CA
 8:46.68 Andie Taylor, KING, PN
 8:47.23 Sarah Henry, RSA, NC
 8:48.42 Lauren Ross, BAC, NJ
 8:50.47 Kelly Baird, TYDE, NC
 8:51.17 Sharla Milne, BSAC, FL

1500 METER FREESTYLE

15:42.54 Kate Ziegler, PV (2007)
 16:18.10 H. Anderson, SMST, SN
 16:21.12 Chloe Sutton, MPV, CA
 16:49.69 Sharla Milne, BSAC, FL
 16:52.91 Tristin Baxter, CLOV, CC
 16:57.78 Lynette Lim, PSP, CA
 17:00.60 Alicia Mathieu, SNCO, CT
 17:06.58 R. Naurath, NOVA, VA
 17:12.45 Sarah Henry, RSA, NC
 17:13.79 B. McDowell, CY, OH
 17:13.92 Elin Slaatmo, UN, FL

100 METER BACKSTROKE

1:00.18 N. Coughlin, PC (2001)
 1:01.20 Elizabeth Beisel, ABF, NE
 1:01.55 Taylor Wohrley, IUCP, IN
 1:01.77 Emily Bos, MLA, MI
 1:02.36 Cindy Tran, WCS, CA
 1:02.38 Hannah Riordan, AU, SE
 1:02.50 Carly Smith, NCAC, NC
 1:02.59 D. Bouchard, UMIZ, MV
 1:02.62 Felicia Lee, NBAC, MD
 1:02.98 Kate McNeilis, WAC, OH
 1:03.30 Aubrey Peacock, BSS, FL

200 METER BACKSTROKE

2:09.43 J. Wagstaff, MV (1992)
 2:07.83 Elizabeth Beisel, ABF, NE
 2:14.28 Taylor Wohrley, IUCP, IN
 2:14.57 Dagny Knutson, ASK, ND
 2:15.42 Carly Smith, NCAC, NC
 2:15.55 D. Bouchard, UMIZ, MV
 2:16.13 Colleen Drew, CSC, IN
 2:16.23 Brittany Boone, CUBU, PV
 2:16.56 Trish Regan, CSC, IN
 2:17.03 W. Escobedo, TXLA, ST
 2:17.08 D. Brennan, UARK, AR

100 METER BREASTSTROKE

1:05.75 Kasey Carlson, PC (2009)
 1:08.15 Chelsey Salli, UN, AZ
 1:08.98 Kasey Carlson, WCAB, PC
 1:10.24 Liliana Alvarez, MP, PC
 1:10.93 C. Wixted, STAR, CO
 1:11.11 Melissa Bates, OCW, CA
 1:11.38 Jordan Danny, RTL, CA
 1:11.54 Lauren Stauder, CSC, IN
 1:11.87 Bethany Adams, EST, MD
 1:11.99 Shinhye Won, SDS, PV
 1:12.03 Emily Barber, BRS, CT

200 METER BREASTSTROKE

2:25.35 Amanda Beard, AZ (2000)
 2:28.83 Chelsey Salli, UN, AZ
 2:32.66 C. Wixted, STAR, CO
 2:32.72 Jordan Danny, RTL, CA
 2:33.05 G. Kohoyda, KRON, MI
 2:33.35 C. Wagner, CFSC, GU
 2:34.09 Emily Barber, BRS, CT
 2:34.44 M. Dockendorf, SBAC, CA
 2:35.06 Lauren Stauder, CSC, IN
 2:35.27 M. Duraj, CANY, CA
 2:35.40 Sarah Henry, RSA, NC

100 METER BUTTERFLY

58.53 Felicia Lee, MD (2009)
 58.41 Felicia Lee, NBAC, MD
 59.21 Yang Jiao, UN, NM
 1:00.44 R. Naurath, NOVA, VA
 1:01.07 K. Harrington, NCAL, PC
 1:01.21 Brooke Watson, TENN, SE
 1:01.39 Katie Nolan, HAC, MA
 1:01.61 Ellen Lob, CFSC, GU
 1:01.74 M. Powers, ACAD, IL
 1:01.82 Cindy Tran, WCS, CA
 1:02.06 Lindsey Norberg, UN, SE

200 METER BUTTERFLY

2:06.96 K. Hersey, GA (2008)
 2:08.40 Yang Jiao, UN, NM
 2:09.65 R. Naurath, NOVA, VA
 2:10.33 Andie Taylor, KING, PN
 2:10.97 Dagny Knutson, ASK, ND

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2:13.24 Felicia Lee, NBAC, MD
 2:13.60 Cammie Adams, UN, GU
 2:14.23 D. Schulkin, RMS, PV
 2:15.04 Brooke Watson, TENN, SE
 2:15.71 Chloe Sutton, MVN, CA
 2:16.02 Rachel Heaney, SCAT, OR

2:14.11 Samuel Jo, CCY, CA
 2:15.51 Josh Artmann, NTRO, ST
 2:16.36 Seth Mandel, NEP, AZ
 2:16.88 Tim Hanson, AZOT, CA
 2:16.89 Tin Le, GCST, OH

1:11.44 Jared Miller, DLTA, IL
 1:11.60 N. Alberer, CARD, KY
 1:11.74 Austin Nguyen, PS, SI

2:35.89 Paul Delakis, ECV, WI
 2:36.04 Devin Truong, RMS, PV

30.93 Preston Vesely, VAC, WI
 30.97 Chris Murphy, FISH, PV
 31.03 Collin Turner, NBAC, MD

2:24.86 Kevin Dai, CANY, CA
 2:25.36 Duncan Lee, CAQ, NM

200 METER INDIVIDUAL MEDLEY

2:10.05 Katie Hoff, MD (2006)
 2:12.13 Elizabeth Beisel, ABF, NE
 2:12.61 Dagny Knutson, ASK, ND
 2:14.80 C. Leverenz, CALI, PC
 2:16.13 M. Hawthorne, RTRL, CA
 2:16.86 S. Vreeland, KCB, MV
 2:17.15 Lysi Halkides, FSLA, FL
 2:17.29 Yang Jiao, UN, NM
 2:17.38 Andie Taylor, KING, PN
 2:17.86 Mattie Kukors, CW, MI
 2:18.11 Kirstie Chen, RMDA, CA

400 METER FREESTYLE

4:15.71 M. Smalley, GU (2000)
 4:27.56 M. Hirschberger, CAT, FL
 4:35.92 Liam Egan, BAD, MR
 4:39.17 Jared Yongyuth, SCSC, PC
 4:40.90 Kevin Dai, CANY, CA
 4:42.53 Jackson Defore, NAC, SE
 4:46.29 Adrian Maher, NTN, NT
 4:46.12 Josh Artmann, NTRO, ST
 4:46.29 Grant Norgan, EPAP, BD
 4:47.46 Justin Ferrell, PS, SI
 4:48.16 Samuel Jo, CCY, CA

50 METER BACKSTROKE

2:13.91 Ryan Murphy, FL (2008)
 2:25.56 Josh Artmann, NTRO, ST
 2:29.69 M. Hirschberger, CAT, FL
 2:32.60 Dylan North, YY, MA
 2:33.65 Kevin Dai, CANY, CA
 2:34.21 Tucker Fisk, DAV, SN
 2:34.57 Jared Miller, DLTA, IL
 2:34.98 Samuel Jo, CCY, CA
 2:35.38 Khalil Fonder, GATR, VA
 2:35.45 Sean Grieshop, EPAP, BD
 2:35.62 Jonah Saya, MACS, CO

400 METER INDIVIDUAL MEDLEY

4:54.92 N. Caldwell, FL (2006)
 5:20.52 Dylan North, YY, MA
 5:21.82 M. Hirschberger, CAT, FL
 5:22.45 Kevin Dai, CANY, CA
 5:28.73 Tim Hanson, AZOT, CA
 5:29.53 Samuel Jo, CCY, CA
 5:30.38 Jonah Saya, MACS, CO
 5:31.97 Jackson Defore, NAC, SE
 5:32.42 Jared Yongyuth, SCSC, PC
 5:32.67 Austin Mayer, FAST, OZ
 5:32.86 Adrian Maher, NTN, NT

100 METER BACKSTROKE

1:01.35 Seth Beer, GA (2009)
 1:04.20 Jerome Sun, MSJA, PC
 1:04.27 D. McArthur, LKWD, CA
 1:04.42 Ethan Young, CCAC, GA
 1:05.04 Tristan Furnary, MAC, OR
 1:05.73 Alex Taylor, DAQ, GA
 1:05.74 Alex Martin, JW, MA
 1:05.89 Todd Ber, PACK, GU
 1:06.00 Chris Murphy, FISH, PV
 1:06.09 Corey Gutierrez, SJA, PC
 1:06.48 A. Mihaleuscu, TWST, AM

200 METER INDIVIDUAL MEDLEY

2:15.42 Chas Morton, SE (1983)
 2:17.64 Jerome Sun, MSJA, PC
 2:21.20 Tyler Silver, MOR, NC
 2:22.57 Christian Lam, YOTA, NC
 2:22.72 Kevin Dai, CANY, CA
 2:22.72 Cooper Hodge, CAC, OH
 2:23.04 Alex Taylor, DAQ, GA
 2:23.37 D. McArthur, LKWD, CA
 2:23.48 Daichi Matsuda, PASA, PC
 2:23.55 Aidan Burns, SCSC, PC
 2:24.25 Ethan Young, CCAC, GA

400 METER INDIVIDUAL MEDLEY

4:32.89 Katie Hoff, MD (2007)
 4:34.04 Elizabeth Beisel, ABF, NE
 4:42.23 Andie Taylor, KING, PN
 4:42.90 Dagny Knutson, ASK, ND
 4:45.91 M. Hawthorne, RTRL, CA
 4:46.84 Kirstie Chen, RMDA, CA
 4:47.26 H. Anderson, SMST, SN
 4:48.41 Yang Jiao, UN, NM
 4:49.06 Mattie Kukors, CW, MI
 4:51.32 Sarah Henry, RSA, NC
 4:53.40 Julia Kucherich, YY, MA

800 METER FREESTYLE

8:53.02 M. Smalley, GU (2000)
 9:11.85 M. Hirschberger, CAT, FL
 9:41.32 Adrian Maher, NTN, NT
 9:45.95 Jared Yongyuth, SCSC, PC
 10:01.22 Kevin Dai, CANY, CA
 10:06.11 Tristan Hazlett, TBAY, FL
 10:08.75 M. Tenney, BREA, CA
 10:08.97 Jeffery Dean, PACK, GU
 10:09.57 Alfredo Mesa, SOFL, FG
 10:13.84 Michael Walsh, CRIM, NE
 10:14.03 Nick Woیدا, LAKE, WI

50 METER BACKSTROKE

31.86 A. Robinson, CT (1992)
 35.07 Hank Poppe, UN, PC
 36.28 Devin Truong, RMS, PV
 36.28 Jordan Vu, RAYS, PC
 36.48 J. Daugherty, SBSC, CA
 36.63 Michael Andrew, AA, SD
 36.84 Ben Whitty, BC, PN
 36.86 Chandler Bray, THT, IN
 37.05 Braxton Bilbrey, NEP, AZ
 37.10 Paul Delakis, ECV, WI
 37.14 Waylen Fu, SSF, PC

50 METER FREESTYLE

25.51 Gregory Pelton, CT (2003)
 25.92 Collin Turner, NBAC, MD
 26.08 Preston Padden, PKB, WV
 26.38 Andrew Tang, LINS, GA
 26.51 Tyler Silver, MOR, NC
 26.70 Jerome Sun, MSJA, PC
 26.75 Greg Brocato, CBST, MA
 26.91 John Kelly, YSSC, SC
 26.96 Chris Murphy, FISH, PV
 27.05 Alex Martin, JW, MA
 27.05 Roberto Pinedo, EPAP, BD

200 METER BACKSTROKE

2:13.91 Ryan Murphy, FL (2008)
 2:16.78 Jerome Sun, MSJA, PC
 2:18.40 D. McArthur, LKWD, CA
 2:21.16 Ethan Young, CCAC, GA
 2:21.74 Todd Ber, PACK, GU
 2:22.50 Alex Taylor, DAQ, GA
 2:22.71 Chris Martin, JW, MA
 2:22.98 Jack Cornish, TXLA, ST
 2:23.01 Brendan Feehery, LAC, NT
 2:23.20 Brennan Balogh, LSS, MW
 2:23.46 Maxime Rooney, PLS, PC

400 METER INDIVIDUAL MEDLEY

4:54.92 N. Caldwell, FL (2006)
 4:53.22 Jerome Sun, MSJA, PC
 5:01.08 Daichi Matsuda, PASA, PC
 5:08.29 Brennan Balogh, LSS, MW
 5:09.26 Aidan Burns, SCSC, PC
 5:10.22 Tyler Silver, MOR, NC
 5:10.94 Edward Yi, UN, CA
 5:11.00 Campbell Lee, SYS, FL
 5:12.33 Justin Hanson, AZOT, CA
 5:12.37 Alek Martin, CIA, IA
 5:13.00 Tyler Lis, LONG, CO

BOYS 11 YEARS

50 METER FREESTYLE

25.51 Gregory Pelton, CT (2003)
 27.30 M. Hirschberger, CAT, FL
 27.54 Jackson Defore, UN, SE
 27.98 Tyler James, TERA, PC
 28.06 Seth Mandel, NEP, AZ
 28.29 Michael Andrew, AA, SD
 28.40 Samuel Jo, CCY, CA
 28.43 Tin Le, GCST, OH
 28.47 Julien Pinon, BA, FG
 28.57 Jack Blake, PHX, AZ
 28.61 Waylen Fu, SSF, PC

1500 METER FREESTYLE

16:44.67 N. Caldwell, FL (2006)
 17:58.24 M. Hirschberger, CAT, FL
 19:00.24 Tim Hanson, AZOT, CA
 19:02.18 Jared Yongyuth, SCSC, PC
 C. Herlihy, CRIM, NE
 19:11.45 Kevin Dai, CANY, CA
 19:14.58 Samuel Jo, CCY, CA
 19:17.23 Dylan North, YY, MA
 19:17.13 Johnny Ellery, CANY, CA
 19:56.83 Mitchell Burns, UAIS, OH
 19:59.04 Van Cates, BSAC, FL

100 METER BACKSTROKE

1:09.48 M. Smalley, GU (2000)
 1:17.71 Hank Poppe, UN, PC
 1:18.56 Chandler Bray, THT, IN
 1:20.51 Julio Horrego, HSC, FG
 1:20.67 Michael Andrew, AA, SD
 1:20.81 Ben Whitty, BC, PN
 1:20.87 Braxton Bilbrey, NEP, AZ
 1:20.88 Austin Nguyen, PS, SI
 1:21.02 Devin Truong, RMS, PV
 1:21.31 Paul Delakis, ECV, WI
 1:21.58 Jordan Vu, RAYS, PC

100 METER FREESTYLE

55.70 M. Smalley, GU (2000)
 55.45 Preston Padden, PKB, WV
 56.06 Jerome Sun, MSJA, PC
 57.08 Tyler Silver, MOR, NC
 57.20 Collin Turner, NBAC, MD
 57.37 Andrew Tang, LINS, GA
 58.08 Greg Brocato, CBST, MA
 58.57 Maxime Rooney, PLS, PC
 58.65 Grant Watson, WCAB, PC
 58.71 Alex Taylor, DAQ, GA
 58.74 Christian Lam, YOTA, NC
 58.74 Duncan Lee, UN, NM

50 METER BACKSTROKE

31.86 A. Robinson, CT (1992)
 33.45 Jerome Sun, MSJA, PC
 33.45 Christian Lam, YOTA, NC
 33.52 Joshua Chen, SPA, FL
 33.67 C. Vissering, CUBU, PV
 33.69 Marco Leo, SMAC, GA
 34.10 Luke Rodarte, TTST, SN
 34.11 A. Okhtenberg, BASC, MR
 34.15 Ben Walker, NTRO, ST
 34.19 Zach Katz, ESC, NJ
 34.26 Ben Waldrep, SAC, NC

50 METER FREESTYLE

23.52 Jason Cobb, OH (1997)
 24.82 Caleb Dressel, SPAC, FL
 24.83 Justin Lynch, TERA, PC
 25.23 Adam Thomas, PACK, SE
 25.36 Matt Chalcarz, MVN, CA
 25.52 Joey Carbone, XCEL, SE
 25.65 Collin Turner, NBAC, MD
 25.86 Seth Beer, SA, GA
 25.89 Kevin Frifield, KSC, MI
 25.90 Cooper Burrill, ALMA, HI
 25.92 Sean Nguyen, PASA, PC

100 METER FREESTYLE

55.70 M. Smalley, GU (2000)
 59.44 Jackson Defore, UN, SE
 1:00.52 Kevin Dai, CANY, CA
 1:01.28 Samuel Jo, CCY, CA
 1:01.50 M. Hirschberger, CAT, FL
 1:01.58 Jared Yongyuth, SCSC, PC
 1:01.78 Alvin Jiang, DM, NT
 1:02.09 Seth Mandel, NEP, AZ
 1:02.11 Dylan Boyd, FAC, AM
 1:02.23 Liam Egan, BAD, MR
 1:02.27 Josh Artmann, NTRO, ST

50 METER BACKSTROKE

28.49 Seth Beer, GA (2009)
 30.80 Jordan Vu, RAYS, PC
 30.85 M. Hirschberger, CAT, FL
 31.26 Jackson Defore, UN, SE
 31.96 Josh Artmann, NTRO, ST
 32.37 Michael Andrew, AA, SD
 32.41 Tucker Fisk, DAV, SN
 32.56 Alvin Jiang, DM, NT
 33.01 Zachary Poti, BD, FL
 33.13 Jared Miller, DLTA, IL
 33.30 Austin Nguyen, PS, SI

200 METER BACKSTROKE

2:46.48 Hank Poppe, UN, PC
 2:49.21 Devin Truong, RMS, PV
 2:49.50 Paul Delakis, ECV, WI
 2:54.00 Chandler Bray, THT, IN
 2:54.23 Austin Tate, BASS, VA
 2:54.61 Michael Li, WCYM, CT
 2:56.75 Daniel Larson, WEST, WI
 2:57.49 Julio Horrego, HSC, FG
 2:57.73 Eric Shi, CRIM, NE
 2:57.87 Alex Vissering, CUBU, PV

200 METER FREESTYLE

2:01.30 M. Smalley, GU (2000)
 2:02.95 Jerome Sun, MSJA, PC
 2:03.34 Preston Padden, PKB, WV
 2:05.46 Andrew Tang, LINS, GA
 2:06.56 Tyler Silver, MOR, NC
 2:07.16 Maxime Rooney, PLS, PC
 2:07.36 Grant Watson, WCAB, PC
 2:07.38 Christian Lam, YOTA, NC
 2:07.47 Duncan Lee, UN, NM
 2:07.56 Aidan Burns, SCSC, PC
 2:07.77 James Murphy, MACH, PV

200 METER BACKSTROKE

1:09.48 M. Smalley, GU (2000)
 1:12.35 Christian Lam, YOTA, NC
 1:13.17 C. Vissering, CUBU, PV
 1:13.53 Jerome Sun, MSJA, PC
 1:13.75 Curtis Shinn, QUIK, PC
 1:14.36 Joshua Chen, SPA, FL
 1:14.96 Jason Tillotson, SWIM, FL
 1:15.05 Marco Leo, SMAC, GA
 1:15.51 Thomas Kim, MTRON, NT
 1:15.54 Chris McElroy, MVN, CA
 1:15.82 Ben Walker, NTRO, ST

100 METER FREESTYLE

51.59 Noel Strauss, AR (1987)
 54.72 Justin Lynch, TERA, PC
 54.97 Caleb Dressel, SPAC, FL
 55.62 Matt Chalcarz, MVN, CA
 55.63 Tom Brewer, BEND, OR
 55.81 Joey Carbone, XCEL, SE
 56.16 Tommy Thach, WSY, PN
 56.19 Riley Hickman, DAV, SN
 56.39 Jesse Miller, RED, IL
 56.46 Seth Beer, SA, GA
 56.52 J. Asuaje Solon, CRA, NE

200 METER FREESTYLE

2:01.30 M. Smalley, GU (2000)
 2:07.45 M. Hirschberger, CAT, FL
 2:11.80 Liam Egan, BAD, MR
 2:12.88 Jackson Defore, NAC, SE
 2:12.98 Kevin Dai, CANY, CA
 2:13.52 Jared Yongyuth, SCSC, PC

100 METER BACKSTROKE

1:01.35 Seth Beer, GA (2009)
 1:05.96 M. Hirschberger, CAT, FL
 1:07.93 Josh Artmann, NTRO, ST
 1:08.17 Jackson Defore, UN, SE
 1:10.08 Kevin Dai, CANY, CA
 1:10.41 Tucker Fisk, DAV, SN
 1:10.77 Benjamin Ho, UN, PC
 1:10.79 Michael Andrew, AA, SD

50 METER BUTTERFLY

27.36 Justin Lynch, PC (2009)
 29.39 Camden Murphy, SAC, MI
 29.67 Franco Reyes, UN, IL
 30.01 Alvin Jiang, DM, NT
 30.20 Seth Mandel, NEP, AZ
 30.36 Jackson Defore, NAC, SE
 30.50 Alex Liang, PASA, PC
 30.73 Tim Hanson, AZOT, CA
 30.99 Zachary Poti, BD, FL
 31.11 Oliver Martin, ICE, IA
 31.14 Jordan Vu, RAYS, PC

400 METER FREESTYLE

4:15.71 M. Smalley, GU (2000)
 4:21.15 Jerome Sun, MSJA, PC
 4:24.96 Preston Padden, PKB, WV
 4:27.53 Andrew Tang, LINS, GA
 4:27.62 Nicolas Medina, BA, FG
 4:27.73 Brendan Feehery, LAC, NT
 4:27.99 Alex Taylor, DAQ, GA
 4:28.65 Tyler Mazurek, SA, GA
 4:28.94 Aidan Burns, SCSC, PC
 4:29.01 Grant Watson, WCAB, PC
 4:29.85 Daichi Matsuda, PASA, PC

200 METER BACKSTROKE

2:30.12 Sean Mahoney, PC (2001)
 2:40.54 Ben Walker, NTRO, ST
 2:40.83 Christian Lam, YOTA, NC
 2:41.51 Curtis Shinn, QUIK, PC
 2:43.61 Connor Moran, NEP, AZ
 2:44.12 Mark Jurek, CYR, AZ
 2:44.42 Chris McElroy, MVN, CA
 2:44.47 Jason Tillotson, SWIM, FL
 2:44.63 A. Okhtenberg, BASC, MR
 2:45.12 Jerome Sun, MSJA, PC
 2:45.37 Thomas Kim, MTRON, NT

200 METER FREESTYLE

1:53.52 Tom Kremen, PC (2009)
 2:00.38 Nick Arakelian, KAW, MI
 2:01.25 Caleb Dressel, SPAC, FL
 2:01.49 Joey Carbone, XCEL, SE
 2:01.66 H. Campbell, QDD, VA
 2:02.04 Justin Lynch, TERA, PC
 2:02.13 Ryan Kao, RMDA, CA
 2:02.27 Matt Chalcarz, MVN, CA
 2:03.22 Dylan Baptist, RTRL, CA
 2:03.06 Tommy Thach, WSY, PN
 2:03.22 J. Asuaje Solon, CRA, NE

200 METER FREESTYLE

2:01.30 M. Smalley, GU (2000)
 2:07.45 M. Hirschberger, CAT, FL
 2:11.80 Liam Egan, BAD, MR
 2:12.88 Jackson Defore, NAC, SE
 2:12.98 Kevin Dai, CANY, CA
 2:13.52 Jared Yongyuth, SCSC, PC

100 METER BACKSTROKE

1:01.35 Seth Beer, GA (2009)
 1:05.96 M. Hirschberger, CAT, FL
 1:07.93 Josh Artmann, NTRO, ST
 1:08.17 Jackson Defore, UN, SE
 1:10.08 Kevin Dai, CANY, CA
 1:10.41 Tucker Fisk, DAV, SN
 1:10.77 Benjamin Ho, UN, PC
 1:10.79 Michael Andrew, AA, SD

100 METER BUTTERFLY

58.74 Chas Morton, SE (1983)
 1:06.26 Kevin Dai, CANY, CA
 1:06.57 Camden Murphy, SAC, MI
 1:06.72 Jackson Defore, NAC, SE
 1:07.58 Tim Hanson, AZOT, CA
 1:08.05 Seth Mandel, NEP, AZ
 1:08.49 Franco Reyes, UN, IL
 1:08.97 Zachary Poti, BD, FL
 1:09.02 Jeffery Dean, PACK, GU
 1:09.26 Alvin Jiang, DM, NT
 1:09.26 Ben Brockman, BEND, OR

800 METER FREESTYLE

8:53.02 M. Smalley, GU (2000)
 9:09.62 Jerome Sun, MSJA, PC
 9:17.24 Nicolas Medina, BA, FG
 9:17.93 Aidan Burns, SCSC, PC
 9:20.77 Preston Padden, PKB, WV
 9:21.50 Edward Yi, RTRL, CA
 9:21.81 Grant Sanders, CAT, FL
 9:23.92 Jason Tillotson, SWIM, FL
 9:27.64 Daryl Wang, NOVA, CA
 9:28.33 Campbell Lee, SYS, FL
 9:28.83 Zach Towers, LIAC, MR

50 METER BUTTERFLY

27.36 Justin Lynch, PC (2009)
 27.82 Tyler Silver, MOR, NC
 28.14 M. Hesklin, STRM, MN
 28.17 Ethan Young, CCAC, GA
 28.33 Santana Garcia, FST, CO
 28.40 J. Del Real, ESA, GU
 28.57 Ben Gebhart, MWV, WI
 28.57 Lee Smothers, CASC, AR
 28.60 Ty Jeter, AAAA, ST
 28.69 Bryce Murad, UAC, CT
 28.72 Maxime Rooney, PLS, PC

400 METER FREESTYLE

3:57.61 Evan Pinion, SE (2009)
 4:10.49 Nick Arakelian, KAW, MI
 4:15.13 H. Campbell, QDD, VA
 4:17.78 Justin Lynch, TERA, PC
 4:19.22 Jerome Sun, MSJA, PC
 4:19.93 Depawikowski, RYV, FG
 4:20.48 Joey Carbone, XCEL, SE
 4:21.10 Mikey Messner, SUNN, PC
 4:21.30 J. Asuaje Solon, CRA, NE
 4:21.54 Gavin Colley, NAAC, MD
 4:21.56 B. Woodrow, GCST, FL



ABOVE » Felicia Lee

200 METER BUTTERFLY

2:15.42 Chas Morton, SE (1983)
 2:25.12 Kevin Dai, CANY, CA
 2:30.33 Liam Egan, BAD, MR
 2:31.79 Alvin Jiang, DM, NT
 2:32.33 Chad Stickle, SEVA, VA
 2:34.01 Dylan North, YY, MA
 2:34.85 Tim Hanson, AZOT, CA
 2:34.89 Josh Artmann, NTRO, ST

200 METER BUTTERFLY

2:15.42 Chas Morton, SE (1983)
 2:25.12 Kevin Dai, CANY, CA
 2:30.33 Liam Egan, BAD, MR
 2:31.79 Alvin Jiang, DM, NT
 2:32.33 Chad Stickle, SEVA, VA
 2:34.01 Dylan North, YY, MA
 2:34.85 Tim Hanson, AZOT, CA
 2:34.89 Josh Artmann, NTRO, ST

500 METER FREESTYLE

16:44.67 N. Caldwell, FL (2006)
 17:32.06 Jerome Sun, MSJA, PC
 17:49.28 Aidan Burns, SCSC, PC
 17:57.52 A. Destrampe, FRST, IN
 17:59.11 Daichi Matsuda, PASA, PC
 18:01.38 Justin Hanson, AZOT, CA
 18:02.06 Daryl Wang, NOVA, CA
 18:03.61 Preston Padden, PKB, WV
 18:05.35 Campbell Lee, SYS, FL
 18:05.68 Taylor Delk, SA, GA
 18:12.36 Edward Yi, UN, CA

100 METER BUTTERFLY

58.74 Chas Morton, SE (1983)
 1:01.03 Tyler Silver, MOR, NC
 1:01.73 Ethan Young, CCAC, GA
 1:02.81 Jerome Sun, MSJA, PC
 1:03.02 Daichi Matsuda, PASA, PC
 1:03.25 Santana Garcia, FST, CO
 1:03.35 Luke Hanner, LRSA, FL
 1:03.68 Maxime Rooney, PLS, PC
 1:03.82 Roberto Pinedo, EPAP, BD
 1:04.03 Edward Yi, RTRL, CA
 1:04.08 Duncan Lee, CAQ, NM

800 METER FREESTYLE

NAG TOP 10 — continued from 31

17:14.25	P.J. Ransford, PACK, NI
17:15.19	B. Woodrow, GCST, FL
17:16.75	A. Orjuela, WOLFE, MN
17:16.86	Zach Hoelting, LBA, MD

4:48.19	Justin Lynch, TERA, PC
4:48.20	Ken Takahashi, AZOT, CA
4:51.20	Patrick Mulcare, DR, OH
4:53.00	Ryan Kao, RMDA, CA
4:54.06	B. Woodrow, GCST, FL

2:09.29	Alex Katz, SYS, FL
2:10.14	B. Kanonowicz, CAST, IE
2:10.57	Matthew Webster, UN, PC
2:11.03	R. Dudzinski, USCS, AM
2:11.05	B. Decker, BEND, OR
2:11.06	Tom Anderson, CAST, SI
2:11.36	Evan Coleman, CMA, ME

51.98	Sven Campbell, OAPB, PC
52.61	J. Ballestas, MACM, FL
52.63	Brett Ringgold, NTN, NT
52.69	Carson Brindle, MAC, OR
52.77	Daniel Spas, HAT, FG
52.92	T. Maudslin, KING, PN
52.95	Ryan Murphy, BSS, FL

2:23.14	Cole Hurwitz, TDPS, OR
2:23.26	Matt McNamara, OLY, MI
2:23.75	Paul Corbae, WFLY, ST
2:25.60	M. Williamson, CLRP, OH
2:26.41	Luke Marshall, MAC, OR
2:26.43	Wes Thomas, LCA, ST

3:57.05	Adam Hinshaw, PASA, PC
3:59.59	E. Yildirim, TWST, GU
4:01.68	S. Shimomura, SCSC, PC
4:01.92	Kevin Hughes, AGUA, MR
4:02.08	W. Webb, WSF, AZ
4:02.35	Sean Duggan, HIGH, FL
4:02.42	David Jaki, PASA, CA
4:02.57	Miguel Davila, DANA, FG

100 METER BACKSTROKE

57.99	Aaron Peirsol, CA (1998)
1:01.81	Justin Lynch, TERA, PC
1:02.46	R. Dudzinski, USCS, AM
1:02.62	Sam Hansen, SA, GA
1:02.81	Tommy Thach, WSY, PN
1:03.01	Seth Beer, SA, GA
1:03.09	Brennan Balogh, LSS, MW
1:03.24	Connor Johnson, SEA, NM
1:03.34	Jerome Sun, MSJA, PC
1:03.44	Jason Ewart, NBAC, MD
1:03.59	Chatham Dobbs, NAC, SE

200 METER BACKSTROKE

2:02.78	Aaron Peirsol, CA (1998)
2:13.59	Brennan Balogh, LSS, MW
2:13.78	Sam Hansen, SA, GA
2:13.80	Justin Lynch, TERA, PC
2:14.30	Will Strange, PPST, NJ
2:15.11	Patrick Mulcare, DR, OH
2:15.16	Jackson Tunks, SWAT, SE
2:15.55	Nick Arakelian, KAW, MI
2:15.65	Noah Stewart, YY, MA
2:16.13	Andy Liu, RYL, CA
2:17.04	Tommy Thach, WSY, PN

100 METER FREESTYLE

1:04.74	A. Robinson, GU (1994)
1:08.24	Sean Yeh, WAVE, NC
1:09.08	Nick Arakelian, KAW, MI
1:09.14	Abel Kim, MTS, SE
1:09.99	Tom Brewer, BEND, OR
1:10.42	Noah Stewart, YY, MA
1:11.49	John Om, RY, NJ
1:11.77	M. Grenon, TERA, PC
1:12.16	Jojo Kmak, BAC, PC
1:12.21	Jon Tybur, TWST, GU
1:12.24	C. Vissering, CUBU, PV

100 METER BACKSTROKE

2:20.11	Sean Mahoney, PC (2002)
2:28.11	Noah Stewart, YY, MA
2:29.24	Sean Yeh, WAVE, NC
2:29.79	Nick Arakelian, KAW, MI
2:30.19	Abel Kim, MTS, SE
2:30.19	Mikey Messner, SUNN, PC
2:30.71	Tommy Brewer, DR, OH
2:32.80	Jojo Kmak, BAC, PC
2:35.63	Jon Tybur, TWST, GU
2:36.02	Ken Takahashi, AZOT, CA
2:37.18	J.P. Portillo, SA, GA

100 METER BUTTERFLY

55.78	M. Phelps, MD (2000)
58.29	Justin Lynch, TERA, PC
59.81	Matt Chalcarz, MVN, CA
1:00.16	Justin Wright, CLOV, CC
1:00.34	Ryan Kao, RMDA, CA
1:00.46	Austin Boyles, TWST, GU
1:00.53	Brennan Balogh, LSS, MW
1:00.80	Seth Beer, SA, GA
1:01.02	Harrison Jones, AGS, GU
1:01.10	Joey Carbone, XCEL, SE
1:01.14	Justin Read, DACA, PC

200 METER BUTTERFLY

1:59.02	M. Phelps, MD (2000)
2:10.63	Joey Carbone, XCEL, SE
2:11.85	Justin Lynch, TERA, PC
2:12.09	Ryan Kao, RMDA, CA
2:12.19	Griffin Garratt, LINS, GA
2:13.06	Matt Chalcarz, MVN, CA
2:13.96	Jonathan Marsh, VAC, WI
2:14.29	Brett Martin, ATAC, FL
2:14.43	Depawlikowski, RWY, FG
2:14.59	Austin Boyles, TWST, GU
2:14.66	Harrison Jones, AGS, GU

200 METER INDIVIDUAL MEDLEY

2:06.50	M. Phelps, MD (2000)
2:14.30	Nick Arakelian, KAW, MI
2:15.27	Jerome Sun, MSJA, PC
2:15.37	Tommy Thach, WSY, PN
2:15.42	Brennan Balogh, LSS, MW
2:16.05	Noah Stewart, YY, MA
2:16.74	Ryan Kao, RMDA, CA
2:17.17	Mikey Messner, SUNN, PC
2:18.02	Ken Takahashi, AZOT, CA
2:18.08	Matt Chalcarz, MVN, CA
2:18.20	Matt Luther, SNCO, CT

400 METER INDIVIDUAL MEDLEY

4:24.77	M. Phelps, MD (2000)
4:37.52	Nick Arakelian, KAW, MI
4:45.06	Noah Stewart, YY, MA
4:46.05	Brennan Balogh, LSS, MW
4:47.23	Andy Liu, RYL, CA
4:47.86	Mikey Messner, SUNN, PC

BOYS 14 YEARS

23.52	Jason Cobb, OH (1997)
24.37	Gunnar Bentz, DYNA, GA
24.39	Brett Ringgold, NTN, NT
24.52	Ed Kim, BC, PN
24.59	B. Crabtree, IVDA, SI
24.61	Bryce Timonera, CM, OH
24.72	M. Domagala, UN, MR
24.78	Joe Shepley, CDOG, CT
24.89	Paul Powers, LA, GA
24.93	Will Freeman, BSL, SE
24.96	Thomas Cooper, TS, KY

100 METER FREESTYLE

51.59	Noel Strauss, AR (1987)
53.46	Gunnar Bentz, DYNA, GA
53.64	Ed Kim, BC, PN
53.71	Joe Shepley, CDOG, CT
53.74	Ryan Murphy, BSS, FL
53.77	Brett Ringgold, NTN, NT
53.93	Jimmy Yoder, RAYS, GA
54.30	Blake Pieroni, DUNE, IN
54.37	Blake Timonera, CM, OH
54.61	Will Freeman, BSL, SE
54.61	Clark Smith, DSA, CO

200 METER FREESTYLE

1:53.52	Tom Kremer, PC (2009)
1:54.54	Nick Silverthorn, PLS, PC
1:54.88	Jimmy Yoder, RAYS, GA
1:55.04	Alex Katz, SYS, FL
1:55.17	Liam Egan, CRIM, NE
1:55.21	Ryan Murphy, BSS, FL
1:57.01	Janardan Burns, MVN, CA
1:57.65	Eric Huff, EDI, MN
1:57.98	Jason O'Brien, NCA, SI
1:58.12	Will Freeman, BSL, SE
1:58.15	Joe Brown, DSSC, BD

300 METER FREESTYLE

4:57.61	Evan Pinion, SE (2009)
3:59.24	Nick Silverthorn, PLS, PC
4:02.25	Alex Katz, SYS, FL
4:02.32	Liam Egan, CRIM, NE
4:02.43	Jimmy Yoder, RAYS, GA
4:03.83	Janardan Burns, MVN, CA
4:05.20	Ty Fowler, TST, MV
4:05.52	Scott Clausen, NCA, SI
4:07.47	Jason O'Brien, NCA, SI
4:07.66	Nick Arakelian, KAW, MI
4:09.91	Will Freeman, BSL, SE

800 METER FREESTYLE

8:08.75	Evan Pinion, SE (2009)
8:20.00	Janardan Burns, MVN, CA
8:26.25	Ty Fowler, TST, MV
8:28.45	Scott Clausen, NCA, SI
8:28.46	Liam Egan, CRIM, NE
8:31.65	Nick Silverthorn, PLS, PC
8:32.18	Jimmy Yoder, RAYS, GA
8:33.34	Nick Arakelian, KAW, MI
8:34.41	Jason O'Brien, NCA, SI
8:36.08	Eric Stobbe, SAC, NJ
8:36.56	Alex Katz, SYS, FL

1500 METER FREESTYLE

15:31.03	Jesse Vassallo, CA (1976)
15:58.85	Ty Fowler, TST, MV
16:02.35	Janardan Burns, MVN, CA
16:07.17	Scott Clausen, NCA, SI
16:08.80	Jimmy Yoder, RAYS, GA
16:08.99	Liam Egan, CRIM, NE
16:12.36	Nick Silverthorn, PLS, PC
16:26.39	Alex Katz, SYS, FL
16:27.17	L. Lichtenberg, OLY, MI
16:27.69	Connor Dobbs, MVN, CA
16:27.98	Nick Arakelian, KAW, MI

100 METER BACKSTROKE

57.99	Aaron Peirsol, CA (1998)
57.76	Ryan Murphy, BSS, FL
59.78	R. Dudzinski, USCS, AM
59.95	Evan Coleman, CMA, ME
1:00.21	M. Domagala, LGAC, MR
1:00.79	Ed Kim, BC, PN
1:00.92	Eric Stobbe, SAC, NJ
1:00.93	Isaac Klinger, GCY, NC
1:00.95	Matthew Webster, UN, PC
1:01.13	G. Tarasevich, FSLA, FL
1:01.17	Alex Katz, SYS, FL

200 METER BACKSTROKE

2:02.78	Aaron Peirsol, CA (1998)
2:08.86	Ryan Murphy, BSS, FL
2:08.86	Eric Stobbe, SAC, NJ
2:08.81	Curtis Ogren, UN, PC

100 METER BREASTSTROKE

1:04.74	A. Robinson, GU (1994)
1:05.31	Gunnar Bentz, DYNA, GA
1:06.85	Zach Stevens, PUMA, CA
1:07.37	Quinn Cassidy, SAS, FG
1:07.86	Curtis Ogren, UN, PC
1:07.95	Cody Taylor, DON, IN
1:08.04	Matt Whittle, DAV, SN
1:08.19	Jon Tybur, TWST, GU
1:08.60	Alex Kandt, SEMS, MN
1:08.68	Brett Ringgold, NTN, NT
1:08.75	Liam Sosinsky, SSC, PN

200 METER BREASTSTROKE

2:20.81	Sean Mahoney, PC (2002)
2:20.48	Gunnar Bentz, DYNA, GA
2:23.66	Curtis Ogren, UN, PC
2:24.84	Jon Tybur, TWST, GU
2:26.03	Zach Stevens, PUMA, CA
2:26.22	Nick Arakelian, KAW, MI
2:27.93	Alex Goss, NAC, SE
2:28.33	Brennan Berger, NASA, IN
2:28.43	Jonathan Panchak, UN, PC
2:29.18	Basil Orr, SA, GA
2:29.27	Peter Kropf, RTRL, CA

100 METER BUTTERFLY

55.78	M. Phelps, MD (2000)
56.84	M. Domagala, UN, MR
58.01	Nick Peterson, OZ, WI
58.45	Joseph Schooling, BSS, FL
58.49	Jimmy Yoder, RAYS, GA
58.62	Corey Okubo, AZOT, CA
58.67	Joe Shepley, CDOG, CT
58.80	Isaac Klinger, GCY, NC
59.00	Patrick Park, XCEL, NJ
59.01	O'Brien Fauls, NOVA, VA
59.10	Ryan Murphy, BSS, FL

200 METER BUTTERFLY

1:59.02	M. Phelps, MD (2000)
2:05.80	Corey Okubo, AZOT, CA
2:07.17	Jimmy Yoder, RAYS, GA
2:07.74	Alex Katz, SYS, FL
2:08.05	Justin Wright, CLOV, CC
2:08.37	Joe Brown, DSSC, BD
2:09.96	Ryan Kao, RMDA, CA
2:10.02	Ryan Murphy, BSS, FL
2:10.51	Liam McKane, SYG, FL
2:10.63	R. Skjaerpe, TBAY, FL
2:11.56	D. Oja, OASDA, NCAC, NC

200 METER INDIVIDUAL MEDLEY

2:06.50	M. Phelps, MD (2000)
2:07.03	Gunnar Bentz, DYNA, GA
2:09.60	Curtis Ogren, UN, PC
2:10.24	Ryan Murphy, BSS, FL
2:10.28	Nick Arakelian, KAW, MI
2:10.74	M. Domagala, UN, MR
2:10.99	Nick Silverthorn, PLS, PC
2:11.63	Joe Brown, DSSC, BD
2:12.12	Corey Okubo, AZOT, CA
2:12.57	A.VanOverdam, CFSC, GU
2:12.75	Quinn Cassidy, SAS, FG

400 METER INDIVIDUAL MEDLEY

4:24.77	M. Phelps, MD (2000)
4:31.33	Gunnar Bentz, DYNA, GA
4:31.70	Curtis Ogren, UN, PC
4:34.09	Nick Silverthorn, PLS, PC
4:36.95	Nick Arakelian, KAW, MI
4:37.21	Corey Okubo, AZOT, CA
4:37.84	Joe Brown, DSSC, BD
4:38.83	Ty Fowler, TST, MV
4:38.99	B. Decker, BEND, OR
4:40.98	A.VanOverdam, CFSC, GU
4:41.08	Alex Lebed, GAAC, MA

BOYS 15 YEARS

50 METER FREESTYLE	22.72	S. Fleming, PC (2008)
	23.78	Carson Brindle, MAC, OR
	23.86	Cannon Clifton, UN, GU
	23.98	Ryan Murphy, BSS, FL
	24.03	A. Ivanovic, WILD, IL
	24.13	Daniel Spas, HAT, FG
	24.22	Brett Ringgold, NTN, NT
	24.26	Michael Murty, SAND, CA
	24.32	Kyle Haney, TCC, CA
	24.36	Fred Abramyan, CCY, CA
	24.40	Long Gutierrez, CHAT, UT

100 METER FREESTYLE

50.24	Joe Hudepohl, OH (1990)
51.10	D. Darrow, TORR, CA
51.47	Kyle Armstrong, MAC, NC
51.90	Cannon Clifton, UN, GU

200 METER FREESTYLE

1:49.48	Ian Crocker, ME (1998)
1:52.55	Tom Kremer, UN, PC
1:53.15	Nick Alexiou, CAT, FL
1:53.37	Evan Pinion, PACK, SE
1:53.54	Cannon Clifton, UN, GU
1:54.44	Clark Smith, DSA, CO
1:54.53	Michael Haney, TCC, CA
1:54.58	Sven Campbell, OAPB, PC
1:55.05	Ryan Murphy, BSS, FL
1:55.18	Ty Rocca, CSC, FL
1:55.23	Long Gutierrez, CHAT, UT

400 METER FREESTYLE

3:50.68	Larsen Jensen, CC (2002)
3:52.56	Evan Pinion, PACK, SE
3:58.09	Yun Hao, UN, NM
3:58.94	Nick Alexiou, CAT, FL
4:00.25	Ty Fowler, TST, MV
4:00.50	Jamey Lyon, NCA, SI
4:04.81	Reed Malone, NTSC, IL
4:04.85	Joseph Petrone, JW, MA
4:05.30	Ty Rocca, CSC, FL
4:05.31	Cameron Stitt, TDPS, OR
4:05.69	R. Rosenbaum, FLA, FG

800 METER FREESTYLE

7:52.05	Larsen Jensen, CC (2002)
7:58.93	Evan Pinion, PACK, SE
8:16.10	Ty Fowler, TST, MV
8:20.62	Jamey Lyon, NCA, SI
8:22.81	Robbie Graves, XCEL, SE
8:27.67	Cameron Stitt, TDPS, OR
8:28.00	Elliot Dewlen, TWST, GU
8:28.52	Joseph Petrone, JW, MA
8:28.84	Nick Alexiou, CAT, FL
8:29.17	Scott Fortner, ATAC, FL
8:29.87	Chris Swanson, TBAY, FL

2:02.92 Josh Prenot, SMS, CA
2:03.37 Dylan Wolf, DSS, CA
2:03.44 Matthew Ellis, UN, FL
2:04.17 Ryan Arata, FLFN, CO
2:04.26 Austin Criss, UN, VA
2:04.27 Andrew Yunker, FLY, MI
2:04.28 Adam Jorgensen, CCA, SN

15:31.93 Carlos Omana, MACM, FG
15:34.14 N. Caldwell, SYS, FL
15:41.00 Danny Thomson, HSC, IL
15:41.94 Egan Groome, FCST, GU
15:44.90 Cary Wright, CLOV, CC
15:45.63 William Silva, GSC, FL
15:46.65 Riley Mita, CAN, CA

4:25.89 Connor Signorin, PAA, NJ
4:28.03 David Nolan, HAC, MA
4:28.24 Alex Gianino, BAD, MR
4:28.82 Will Hamilton, GLA, MI
4:30.13 D. Cosgarea, NBAC, MD
4:30.49 D. Thompson, MSC, IN

3:55.61 Jon Daniec, MVN, CA
3:55.84 Connor Signorin, PAA, NJ
3:55.87 Sean Ryan, SCAC, SE
3:57.10 Jameson Hill, QDD, VA
3:57.70 Will Freeman, SA, GA
3:57.72 Parker Camp, NAC, SE
3:58.28 B. Jacobsen, RMDA, CA

2:04.20 Ellis Miller, NBAC, MD
2:04.85 A. Ringquist, HEAT, OR
2:04.88 M. Sheppard, MTAC, SE
2:05.22 Kyle Milberg, TOPS, CO
2:05.41 Drew Craig, CUDA, MI
2:05.60 P. Murphy, NBAC, MD
2:05.76 Quinn Bartlett, SSC, MA

55.34 Kyle Whitaker, DUNE, IN
55.42 Ryan Bubb, HLA, MW
55.42 B. Miesfeld, FORD, AZ

200 METER INDIVIDUAL MEDLEY

2:00.86 M. Phelps, MD (2001)
2:04.30 Jacob Pebley, CAT, OR
2:05.78 Andrew Porter, CAB, PC
2:06.04 Young Tae Seo, PASA, CA
2:06.64 Juan Sequera, RWY, FG
2:06.89 Tynan Stewart, HSAS, MS
2:07.36 Robert Hommel, BCH, CA
2:07.60 Steven Stumph, OAPB, PC
2:07.88 Jack Lane, DYNA, GA
2:07.96 J. McEldrew, GAAC, MA
2:07.96 Josh Prenot, SMS, CA

100 METER BACKSTROKE

54.47 Aaron Peirsol, CA (2002)
54.90 Kip Darmody, MAC, NC
55.84 David Nolan, HAC, MA
56.38 S. Zimmerman, CY, OH
56.59 Christian Diener, UN, AZ
57.48 T.Messerschmidt, WSF,AZ
57.57 Pat Myers, ABF, NE
57.64 Steve Schumh, BLDR, CO
57.96 Tim Maurer, HAC, MA
57.99 Jared Markham, GTS, CO
58.01 A. Ringquist, HEAT, OR

BOYS 18 YEARS

50 METER FREESTYLE

22.47 S. Fleming, PC (2009)
22.13 V. Morozov, TORR, CA
22.97 Charlie Moore, CFSC, GU
23.15 Tim Squires, RAYS, WV
23.19 S. Fleming, DACA, PC
23.23 Troy Tillman, VOLS, SE
23.24 Oliver Lee, LIAC, MR
23.39 M. Branning, PHX, AZ
23.43 Jake Hartley, BAT, BD
23.52 Jon Nunez, SWIM, FL
23.59 David Sanders, WA, KY

800 METER FREESTYLE

7:48.09 Larsen Jensen, CA (2003)
8:10.44 Dakota Hodgson, NAC, SE
8:12.75 Jon Daniec, MVN, CA
8:17.02 Will Freeman, SA, GA
8:17.36 Ryan Feeley, CW, MI
8:17.48 B. Jacobsen, RMDA, CA
8:17.60 Jake Ritter, HSC, GU
8:21.31 Matt Barber, BTA, GU
8:23.91 Matt Belcecaneh, JW, MA
8:25.11 K. Antoniak, CANY, CA
8:25.54 Dan O'Connor, SYCH, NJ

100 METER BREASTSTROKE

1:01.55 B. Hansen, MA (2000)
1:03.09 Kyle Whitaker, DUNE, IN
1:04.32 Tanner Krall, PSC, CO
1:04.40 N. Manousos, DANA, FG
1:04.62 Cody Miller, SAND, CA
1:04.67 C. Connors, HSA, SE
1:04.85 Taylor Grey, GMA, NE
1:04.91 Garren Reichel, SSC, PN
1:05.06 Daniel Hasler, CSC, IN
1:05.07 G. Kauffman, YSSC, SC
1:05.11 Mike Hurley, FFF, MN

200 METER BUTTERFLY

1:53.93 M. Phelps, MD (2003)
1:59.93 Kyle Whitaker, DUNE, IN
2:01.09 Hunter Hinson, ATAC, FL
2:01.32 Will Hamilton, GLA, MI
2:01.92 Dakota Hodgson, NAC, SE
2:02.75 Chris Pickard, AZM, AZ
2:03.07 Luiz Azarias, UN, FL
2:03.36 MacLin Simpson, LAK, KY
2:03.40 Tom Shields, CAL, PC
2:03.50 Evan Virtue, CCA, SN
2:04.03 Matt Belcecaneh, JW, MA

200 METER INDIVIDUAL MEDLEY

1:55.94 M. Phelps, MD (2003)
2:01.83 Kyle Whitaker, DUNE, IN
2:04.15 Evan Noble, CSP, OZ
2:05.49 Connor Signorin, PAA, NJ
2:05.60 Eric Solis, MLA, MI
2:06.07 Daniel Hasler, CSC, IN
2:06.51 A. Ringquist, HEAT, OR
2:06.61 Matt Salig, UMLY, MA
2:06.69 Bryan Offutt, NBAC, MD
2:06.85 John Hauser, PTFY, MA
2:07.37 Taylor Grey, GMA, NE

400 METER INDIVIDUAL MEDLEY

4:15.20 M. Phelps, MD (2001)
4:26.05 Young Tae Seo, PASA, CA
4:26.97 Chase Kalisz, NBAC, MD
4:28.33 Jacob Pebley, CAT, OR
4:28.85 Josh Prenot, SMS, CA
4:28.92 Adam Hinshaw, PASA, PC
4:30.23 Steven Stumph, OAPB, PC
4:30.53 Juan Sequera, RWY, FG
4:31.13 Andrew Porter, CAB, PC
4:31.36 J. McEldrew, GAAC, MA
4:31.84 Andrew Henry, RSA, NC

200 METER BACKSTROKE

1:55.15 Aaron Peirsol, CA (2002)
2:01.67 Christian Diener, UN, AZ
2:01.72 Jared Markham, GTS, CO
2:01.88 Kip Darmody, MAC, NC
2:03.95 Pat Myers, ABF, NE
2:04.13 S. Zimmerman, CY, OH
2:04.38 David Nolan, HAC, MA
2:05.51 C. Putnam, MACH, PV
2:06.06 Colin Hamilton, BSS, FL
2:06.47 Harrison Curley, HIGH, FL
2:06.49 Drew Teduits, BAC, WI

100 METER FREESTYLE

49.05 M. Phelps, MD (2004)
49.06 V.Morozov, TORR, CA
50.16 H. Abdel Khalik, UN, US
51.11 Jack Wagner, LIAC, MR
51.16 Charlie Moore, CFSC, GU
51.25 B.J. Homikel, SMRT, SC
51.35 Giles Smith, EST, MD
51.40 Jameson Hill, QDD, VA
51.64 Danny Tucker, MAVS, IL
51.66 Chris Pickard, AZM, AZ
51.68 Tim Squires, RAYS, WV

1500 METER FREESTYLE

14:45.29 Larsen Jensen, CA (2004)
15:06.34 Sean Ryan, SCAC, SE
15:24.16 Ryan Feeley, BAD, MR
15:27.15 Will Freeman, SA, GA
15:35.29 Jon Daniec, MVN, CA
15:44.09 Jameson Hill, QDD, VA
15:44.57 Zane Grothe, BCH, CA
15:47.84 B. Jacobsen, RMDA, CA
15:48.09 Matt Barber, BTA, GU
15:48.17 K. Antoniak, CANY, CA
15:54.37 Paul Nolle, BAC, NJ

200 METER BREASTSTROKE

2:13.11 N. D'Innocenzo, NE (2009)
2:15.43 Cody Miller, SAND, CA
2:18.89 Taylor Grey, GMA, NE
2:18.90 Brandon Meier, CAST, SI
2:19.27 Daniel Hasler, CSC, IN
2:19.41 Zac Hoinacki, FORD, AZ
2:19.64 N. Manousos, DANA, FG
2:20.47 Peter Haas, DYNA, GA
2:20.92 Tanner Krall, PSC, CO
2:20.93 Eric Matemiowski, DST, MA
2:21.05 Harrison Gibson, PHX, AZ

400 METER INDIVIDUAL MEDLEY

4:09.09 M. Phelps, MD (2003)
4:22.27 Bryan Offutt, NBAC, MD
4:23.85 Connor Signorin, PAA, NJ
4:24.46 Kyle Whitaker, DUNE, IN
4:25.87 Daniel Hasler, CSC, IN
4:27.81 Evan Noble, CSP, OZ
4:28.27 Dakota Hodgson, NAC, SE
4:28.92 Jon Daniec, MVN, CA
4:28.96 Will Hamilton, GLA, MI
4:29.03 Eric Solis, MLA, MI
4:29.95 Mike Thomas, NBAC, MD
4:29.95 Dan O'Connor, SYCH, NJ

BOYS 17 YEARS

50 METER FREESTYLE

22.47 S. Fleming, PC (2009)
22.78 Brent Murray, SA, GA
23.07 S. Stubblefield, COPS, NT
23.25 T.Messerschmidt, WSF,AZ
23.52 Philip Geerdes, UN, SI
23.52 Eric Peske, DACA, PC
23.53 G.Schumacher, AGUA,MR
23.58 David Nolan, HAC, MA
23.62 M. Meldon, SWIM, LE
23.64 Clay Youngquist, LAC, MI
23.69 Ben Anderson, TXLA, ST

100 METER BREASTSTROKE

1:01.55 B. Hansen, MA (2000)
1:01.99 Matt Elliott, PAWW, IL
1:02.26 Kevin Cordes, FOX, IL
1:02.90 C. Higgins, WYW, CT
1:03.55 Cameron Miller, MCPS, IN
1:03.91 Nicolas Fink, CAT, NJ
1:03.94 Zach Burnett, VOLS, SE
1:04.78 S. Lujan Rivera, BSS, FL
1:04.92 Spencer Rowe, BAY, SE
1:05.01 David Nolan, HAC, MA
1:05.02 Addison Bray, THT, IN

200 METER FREESTYLE

1:45.99 M. Phelps, MD (2003)
1:49.40 H. Abdel Khalik, CW, MI
1:50.64 Jameson Hill, QDD, VA
1:50.69 Jack Wagner, LIAC, MR
1:51.20 Connor Signorin, PAA, NJ
1:51.59 Ryan Feeley, BAD, MR
1:51.71 Mitch Stoehr, LFSC, IL
1:52.20 Matt Barber, BTA, GU
1:52.43 Matt Belcecaneh, JW, MA
1:52.65 Will Hamilton, GLA, MI
1:52.88 Chase Bloch, CLSS, CA

100 METER BACKSTROKE

54.47 Aaron Peirsol, CA (2002)
55.46 V. Morozov, TORR, CA
56.52 P. Murphy, NBAC, MD
56.92 James Wells, LRSC, ME
57.14 M. Friedemann, SSTY, WI
57.26 Alex Lendrum, PHX, AZ
57.26 M. Sheppard, MTAC, SE
57.31 Jack Wagner, LIAC, MR
57.46 Mitchell Frey, SA, GA
57.78 Chase Bloch, CLSS, CA
57.86 Ellis Miller, NBAC, MD

100 METER BUTTERFLY

51.10 M. Phelps, MD (2003)
53.62 Tom Shields, CAL, PC
54.56 Kyler Vanswol, NAC, IL
54.74 Giles Smith, EST, MD
54.83 Will Hamilton, GLA, MI
54.94 Chase Bloch, CLSS, CA
54.99 Woody Joye, MYB, SE
55.20 Wojciechowski, ROSE, CA
55.28 Mike Dugan, ALBS, AD

100 METER FREESTYLE

49.05 M. Phelps, MD (2004)
50.22 Clay Youngquist, LAC, MI
50.25 T.Messerschmidt, WSF,AZ
50.46 Kip Darmody, MAC, NC
50.80 S. Stubblefield, COPS, NT
50.99 David Nolan, HAC, MA
51.00 Brent Murray, SA, GA
51.38 Eric Peske, DACA, PC
51.57 G.Schumacher, AGUA,MR
51.59 A. Browning, DYNA, GA
51.91 Zach Walters, COPS, NT

200 METER BREASTSTROKE

2:13.11 N. D'Innocenzo, NE (2009)
2:13.53 Matt Elliott, PAWW, IL
2:14.14 C. Higgins, WYW, CT
2:16.16 Kevin Cordes, FOX, IL
2:19.10 Nicolas Fink, CAT, NJ
2:19.21 Cameron Miller, MCPS, IN
2:19.26 Robert Hommel, BCH, CA
2:19.83 Alex Vance, CCA, VA
2:19.96 Brandon Meier, CAST, SI
2:20.91 Brian Botterman, RAC, CT
2:20.95 M. Cartwright, AQIT, MN

400 METER FREESTYLE

3:46.08 Larsen Jensen, CA (2004)
3:53.45 H. Abdel Khalik, CW, MI
3:53.88 Ryan Feeley, BAD, MR
3:54.85 Matt Barber, BTA, GU

200 METER BACKSTROKE

1:55.15 Aaron Peirsol, CA (2002)
2:03.05 Alex Lendrum, PHX, AZ
2:03.56 Jack Wagner, LIAC, MR
2:03.57 Chase Bloch, CLSS, CA

200 METER FREESTYLE

1:45.99 M. Phelps, MD (2003)
1:48.44 Clay Youngquist, LAC, MI
1:49.25 N. Caldwell, SYS, FL
1:50.19 Kip Darmody, MAC, NC
1:50.40 David Nolan, HAC, MA
1:51.14 T.Messerschmidt, WSF,AZ
1:51.76 Sean Ryan, SCAC, SE
1:52.04 S. Stubblefield, COPS, NT
1:52.35 T. Stephens, NOVA, VA
1:52.60 D. Cosgarea, NBAC, MD
1:52.65 Will Hamilton, GLA, MI

100 METER BUTTERFLY

51.10 M. Phelps, MD (2003)
53.05 David Nolan, HAC, MA
54.00 S. Stubblefield, COPS, NT
54.29 Eric Peske, DACA, PC
54.65 Kip Darmody, MAC, NC
54.81 Will Hamilton, GLA, MI
54.92 D. Glavich, YOTA, NC
55.01 N. O'Halloran, THSC, OR
55.13 T.Messerschmidt, WSF,AZ
55.15 Coleman Allen, SAS, IE
55.67 Kevin Behrens, MSC, IN

400 METER FREESTYLE

3:46.08 Larsen Jensen, CA (2004)
3:50.51 N. Caldwell, SYS, FL
3:52.51 Sean Ryan, SCAC, SE
3:54.48 D. Cosgarea, NBAC, MD
3:56.13 Egan Groome, FCST, GU
3:58.04 Clay Youngquist, LAC, MI
3:58.40 Carlos Omana, MACM, FG
3:58.75 Reed Snyder, TXLA, ST
3:58.75 Jackson Partin, SCSC, PC
3:58.83 Danny Thomson, HSC, IL
3:59.43 Ben Bravence, KCB, MV

200 METER BUTTERFLY

1:53.93 M. Phelps, MD (2003)
1:59.15 S. Stubblefield, COPS, NT
2:00.11 Kip Darmody, MAC, NC
2:00.49 Will Hamilton, GLA, MI
2:01.17 D. Glavich, YOTA, NC
2:01.68 Cary Wright, CLOV, CC
2:01.93 Kyle McIntee, COPS, NT
2:02.50 Josh Prenot, SMS, CA
2:02.55 Adam Jorgensen, CCA, SN
2:02.72 Clay Youngquist, LAC, MI
2:03.79 Alex Cisneros, MVN, CA

800 METER FREESTYLE

7:48.09 Larsen Jensen, CA (2003)
8:02.50 N. Caldwell, SYS, FL
8:09.23 Eric Hedlin, NCA, SI
8:09.63 Carlos Omana, MACM, FG
8:10.48 Sean Ryan, SCAC, SE
8:11.22 Danny Thomson, HSC, IL
8:12.16 Jackson Partin, SCSC, PC
8:14.26 D. Cosgarea, NBAC, MD
8:15.14 Egan Groome, FCST, GU
8:15.75 Clay Youngquist, LAC, MI
8:16.29 Jacob Ores, LOVE, CO

200 METER INDIVIDUAL MEDLEY

1:55.94 M. Phelps, MD (2003)
2:00.61 David Nolan, HAC, MA
2:04.84 T.Messerschmidt, WSF,AZ
2:05.35 Josh Prenot, SMS, CA
2:05.69 Connor Signorin, PAA, NJ
2:05.77 Carlos Omana, MACM, FG
2:06.12 Robert Hommel, BCH, CA
2:06.41 Kip Darmody, MAC, NC
2:06.68 Patrick Olson, JW, MA
2:06.90 A. Browning, DYNA, GA
2:07.00 Alec Cohen, RAYS, GA

1500 METER FREESTYLE

14:45.29 Larsen Jensen, CA (2004)
15:04.84 Sean Ryan, SCAC, SE
15:17.81 Eric Hedlin, NCA, SI
15:27.11 D. Cosgarea, NBAC, MD

400 METER INDIVIDUAL MEDLEY

4:09.09 M. Phelps, MD (2003)
4:20.55 N. Caldwell, SYS, FL
4:20.68 Carlos Omana, MACM, FG
4:22.84 Josh Prenot, SMS, CA
4:22.98 Robert Hommel, BCH, CA

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S

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Swimming World Magazine's 38th Annual Camp Directory

The listings on pages 34-39 are paid advertisements.

AADVANCED SWIM CAMPS

April 4-8, 11-15, Free or Back
June 27-July 1, Free or Back
July 4-8, 11-15, Free or Back
July 11-15, Fly
July 18-22, Breast
December 26-30, Free or Back

Bob Prichard, Director
4 Tara Hill Road
Tiburon, CA 94920
800-227-6629, 415-435-9880
Fax: 415-435-9887
camps@somaxsports.com
www.somaxsports.com/
swimcamp.htm

We guarantee you will swim faster, or your swim camps are FREE! Five-day, co-ed camps, ages 7-up, daily frame-by-frame underwater video-tape analysis, 2 2-hour pool sessions and 1.5 hours dryland/day, strength training, stretching, co-ordination drills, 2 sessions Microfiber Reduction, POWERBELT, 2500 yard drill set, Internet stroke analysis available. Grads have won 43 Gold Medals, set 11 World Records. Age group swimmers have cut times 3-18%, top 16, national champions! We teach parents how to teach drills & take underwater videos. \$2,975 plus hotel. Camps in Tampa and San Francisco. Call for registration package and demo tape \$20. Camps limited to just 10 swimmers each for individual attention.

AUBURN SWIM CAMPS

Dave Denniston & Friends
Ultimate Breaststroke Day Camp
May 7-8

5-Day Auburn Swim Camps
Session I – May 29 – June 2
Session II – June 5 - 9
Session III – June 12-16

Brett Hawke, Frank Bradley and
Rowdy Gaines, Coaches
P.O. Box 351
Auburn, AL 36831-0351
334-844-9746; Fax: 334-844-0703
auswimcamps@gmail.com
www.auburnswimcamps.com

"HOME OF CHAMPIONS"
Head Coach of Auburn University's Swimming and Diving Teams, Two-time Olympian, Coach of former Auburn swimmer and 2008 Beijing

Olympic Gold-Medalist, Cesar Cielo, 2009 World Championships Asst. (Brazil) and 2008 Olympic Coach (Brazil) and 2009 SEC and NCAA Co-Head Coach of the Year, Brett Hawke, will be joined by a staff of highly qualified, accomplished, and enthusiastic coaches, counselors and collegiate swimmers to present the 2011 Auburn Swim Camps. Brett Hawke's coaching staff will combine the best of the Auburn Camp Tradition while incorporating the techniques used to create champions across the globe. This camp will feature technique instruction which will provide swimmers with the tools for success that can be applied to their training and development throughout their careers. Auburn men and women have won a combined thirteen NCAA Championship titles and a combined 21 SEC Championships! Spend a week at the "Home of Champions" and learn how to be the best that you can be at the 2011 Auburn Swim Camps. All swimmers ages 9 – 18 are welcome. Enrollment is limited and sessions do sell out, so don't delay. Register TODAY!

BOLLES SCHOOL SWIM CAMPS

One Week Camps:
June 12-17, June 18-23

Elite Camps: June 12–July 30
(Up to Seven Weeks)

Mini Camps: June 10-12

Sergio Lopez, Coach
7400 San Jose Blvd.
Jacksonville, FL 32217
904-256-5216; Fax: 904-733-0176
lopezs@bolles.org
www.Bolles.org

Under the direction of Sergio Lopez, head coach of The Bolles School swimming program, The Bolles School Swim Camps are developmental camps designed to provide quality instruction and training to swimmers of all abilities. All training and instruction will take place on The Bolles School's San Jose Campus, located on the St. Johns River. Campers will reside in The Bolles School's air conditioned dormitory rooms with 24-hour supervision and meals provided three times a day. One week camps are intended for swimmers ages nine and older, representing all ability levels. The typical daily schedule will include 50-meter and 25-yard training, stroke technique and classroom lecture sessions, video taping and analysis starts and turns, and a fun daytime activity. One week camps will be limited to 30 swimmers per week. The

elite camp is designed for experienced swimmers ages 13 years or older. Elite campers will train and compete with members of the Bolles Sharks swimming program including national high school champions, Florida high school state champions, high school All-Americans and Olympians. The elite camp will be limited to 45 swimmers.

CAMP AK-O-MAK FOR GIRLS

June 29 – Aug. 17 (7 week)
June 29 – July 26 (4 week)
June 29 – July 13 (2 week)
July 27 – Aug. 17 (3 week)
July 27 – Aug. 10 (2 week)
Aug. 20 – Sept. 3 (2 week)

Dianne Young, Executive Director
14-441 Stonehenge Drive
Ancaster, ON, Canada L9K 0B1
416-427-3171; 905-304-2982
diyong@sympatico.ca
www.campakomak.com

World's First Swim & Sports
Camp for Girls (Ages 7 – 16)

Camp Ak-O-Mak, founded in 1928 on beautiful Ahmic Lake, Ontario, Canada, is North America's first competitive swim camp for girls ages 7 – 16. Trade the chlorine and fluorescent lights for pure, fresh water and healthy sunshine as you train in our 50 meter and 25 yard pools, built right into the lake! Ak-O-Mak provides swimmers with the perfect combination of excellence in swimming development (at all levels) and a traditional summer camp experience. We specialize in competitive and open water swimming, triathlon and canoe/kayak sprint racing, all overseen by visiting Olympic and National coaches. Try Icelandic horseback riding, tennis, rock wall-climbing, sailing, mountain-biking and more and you will be challenged and refreshed as you enjoy participating in over 25 sports and activities that renew your spirit and enhance your swimming. Campers from the USA, Canada and the world over enjoy cabin living, canoeing, campfires, home-cooked meals, and forging life-long friendships. Ahmic Lake, Ontario – where a swim camp out to be!

CAMP CHIKOPI FOR BOYS THE WORLD'S FIRST SWIM CAMP (1920)

June 29 – Aug. 17 (7 week)
June 29 – July 27 (4 week)
July 20 – Aug 17 (4 week)
June 29 – July 13 (2 week)

July 20 – Aug 3 (2 week)
Aug. 21 – Sept 4 (2 week)

Bob and Colette Duenkel,
Camp Directors
373 Chikopi Road
Magnetawan, ON Canada P0A 1P0
Winter – 954-566-8235 /
Summer – 705-387-3811
Fax: Winter – 954-566-3951 /
Summer – 705-387-4747
campchikopi@aol.com
www.campchikopi.com

Sports and Wilderness Too

Established in 1920, we are the world's first competitive swimming camp. Our program emphasizes proper stroke mechanics, improving speed, and building self-confidence. Through individualized instruction, we do this with a staff of experienced coaches and a group of visiting coaches from Olympic, national, university and high school levels. Our 50m and 25m in-the-lake pool offers swimmers a refreshing change. We take the boys out of the chlorinated pool and into a clean-water lake. Our open-water training smoothes out strokes and provides for excellent endurance training. When not in the water, our blend of sports and camp experiences provides the setting for everyone to improve overall fitness and build self-confidence. We supplement our swimming workouts with cross-training of over 25 varied land and water sports. We give each camper the leadership, guidance and coaching to do his best. One of our many highlights is our canoe trip. We are in the canoe tripping region of Ontario, and the scenery is spectacular. Our canoe trips are fun, challenging and a resourceful part of camp. Paddling muscles and swimming muscles are one in the same. We are a fun, safe camp. With a 3-to-1 camper-to-staff ratio, constant supervision and individualized attention are guaranteed. Choosing the right summer camp for your son is a careful and planned decision. We look forward to having your son join us in the exciting Camp Chikopi experience this summer.

CAMP FLA AT FORT LAUDERDALE

June 5 – August 13, 2011
1 to 10 week sessions
Day and Resident Campers

Luis Galvan, Camp Director
Fort Lauderdale Aquatic
Complex at The International
Swimming Hall of Fame
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316
888-FLA-SWIM (352-7946);
954-468-5590; Fax: 954-468-5595
info@camp-FLA.com
www.camp-FLA.com
"Dream, Believe, Achieve"

Come have fun, learn, and train with the best at the only swim camp located directly on the Beach! Spend 1 to 10 weeks on the beach swimming at the world famous Fort Lauderdale Aquatic Complex and International Swimming Hall of Fame (Home of 10 World Records!). Elite Camp for swimmers 14 and older with 4 summer sectional qualifying standards. Resident camp for ages 9 to 18, Day camp for ages 7 to 18; and our new. Fun Swimming Summer Camp for novice swimmers aged 5 to 13. Six practice groups available, from the beginner to the Olympian, everyone gets better at CAMP FLA. Olympic coach and 2-time National Champion Duffy Dillon as well as 2-time Olympic Swimmer, World Champion and former World Record Holder, Coach Jesse Vassallo each bring 23 years of coaching and 12 years of camp leadership experience to the deck. Daily stroke sessions, long and short course training, a dry-land session, daily underwater and overwater video analysis and classroom talks covering motivation, race strategies and nutrition. Social activity each evening for resident and elite campers and one special day trip each week for all campers. Specialized individual and team training camps are available throughout the rest of the year.. A 2-week minimum is recommended to experience the full camp program.

DUKE SWIM CAMP

June 8-11 Masters Camp
June 12-16 Team Camp
June 19-23, 26-30

Dawn Chuck (Asst. Coach),
Camp Director
P.O. Box 90555
Durham, NC 27708
919-668-2172; Fax: 919-681-7866
dchuck@duaa.duke.edu
www.dukeswimcamp.com

Duke Swim Camp is located in Durham, North Carolina on the beautiful campus of Duke University. This camp is open to boys and girls above the age of 10 and is specifically designed for the swimmer wanting to learn elite level techniques and training skills. Enrollment is limited to 30 to ensure the most effective staff ratio and pool space. Register now to secure your space for summer 2011. The staff will conduct two daily sessions, which will include video feedback. Cost: \$675 overnight; \$550 day camper. Sibling, team and Duke employee discounts offered. Visit website for more details.

FLORIDA GATOR SWIMMING CAMP

June 12-17, 19-24, June 26-July 1
Ages 8 and up
Stroke Camps
June 17-19 Free/Back
June 24-26 Breast/Fly
Ages 8 and up

Gator Elite Camps
June 12 – July 1
Ages 13 and up

Leah Stancil, Camp Director
P.O. Box 14485
Gainesville, FL 32604
352-375-4683 X4524
Fax: 352-374-8727
leahsm@gators.uua.ufl.edu
www.gatorzone.com/camps

The University of Florida Gator Swim Camp is a developmental camp designed to teach swimmers proper technique and provide quality training to swimmers of ALL abilities ages eight and older. The camp emphasizes technical skills, training habits, and mental preparation as well as the importance of health and fitness in a structured, fun, and enthusiastic Gator environment. The stroke camp is designed for those who would like to improve their stroke technique, starts, turns and finishes. This is not a practice session. The focus is on technique. And the elite camp is designed for the experienced and highly motivated athlete of thirteen years and older. For this camp, the swimmer must be prepared for intense practices. Campers will be fully supervised at all times by qualified counselors who stay in the dorms alongside the campers. All activities will take place on the beautiful campus of the University of Florida, home of the 2006 & 2008 Men's Football, 2006 & 2007 Basketball National Champions and the 2010 Women's Swimming and Diving Champions! The campers will train in Florida's state-of-the-art athletic facilities where they will have the opportunity to see some of the country's top athletes in various sports. Come experience Gator Pride in the Gator Nation! For pricing and more information, please visit our website or contact Leah Stancil at leahasm@gators.uua.ufl.edu.

HARTWICK COLLEGE COMPETITIVE SWIMMING AND DIVING CAMPS

Celebrating Its 32nd Year

June 26-July 1 Springboard
Diving Camp
July 10-16, Stroke Technique
July 17-23, Stroke Technique/
Sprint/Distance Camps
July 24-30, Stroke Technique

Dale Rothenberger, Director
Hartwick College
Oneonta, NY 13820
607-431-4714; Fax: 607-431-4018
rothenberged@hartwick.edu
www.hartwick.edu/sportscamps.xml

An extensive program for ages 8-18 (coeducation-al...resident and commuter campers) emphasizing improvement in the fundamental skills of competi-

tive swimmers and divers. Morning, afternoon and evening sessions will balance time spending with water and dryland training. Above and under-water filming and analysis. Lectures on nutrition, mental preparation, strength training, etc. Sprint/distance camp emphasizes conditioning and proper training of the major energy systems. Diving camp concentrates on technical improvement on 1 and 3-meter springboard diving. Stroke camp enables competitive swimmers to develop skills and techniques in starts, turns, IM and competitive strokes. Special two and three-week sessions are available. Director, Dale Rothenberger, Hartwick swimming and diving coach, will be joined by a staff of highly experienced coaches, counselors and guest clinicians (1:6 staff/camper ratio). Enrollment limit guarantees individual attention and frequent feedback. E-mail or call for a brochure/application. Residential Camp: \$545 per week; Commuter Camp: \$440 per week. (Multiple-week discounts available)

HUSKER SWIM CAMP

Session 1: June 5-10
Session 2: June 12-17
Session 3: July 10-15

Pablo Morales, Camp Director
107F Bob Devaney Sports Center
Lincoln, NE 68588-0653
402-472-3186
huskerswimcamps@hotmail.com
www.huskers.com

For that great all-inclusive swim camp experience, nothing beats Husker Swim Camps. Gold-medal Olympian and Nebraska head coach, Pablo Morales, leads an outstanding staff that provides the best in swim-camp essentials including: skill development – drill progressions and individual stroke feedback (both verbal and written) on each stroke, starts and turns, and underwater efficiency; training sessions that incorporate all areas of conditioning and which are structured and modified toward the capability and experience of the individual camper; and exposure to a wide range of both on-deck and classroom presentations on subjects important to the full development of the competitive swimmer. Overall our objective is to help you learn to swim faster, increase your enjoyment and appreciation for competitive swimming, and make sure you take with you memories of fun and friendship that will last a lifetime. Tuition is \$530 for residents, \$430 for commuters. Price includes free snorkel and t-shirt. Register online today. See display ad on page 40.

LONGHORNS SWIM CAMP

Session 1: May 29 – June 3
Session 2: June 5 – 10
Session 3: June 12 – 17
Session 4: June 19 – 24
Session 5: June 26 – July 1
Session 6: July 3 – 8

Jon Alter, Director
Intercollegiate Athletics
The University of Texas
P.O. Box 7399
Austin, TX 78713-7399
512-475-8652; Fax: 512-232-1273
longhornswimcamp@athletics.
utexas.edu
www.longhornswimcamp.com

Headed by 2008 Olympic and U.T. head coaches Eddie Reese, Kim Brackin and Texas assistant coaches Kris Kubik (2009 World Championships coach) and Jim Henry, the 34th annual Longhorns Swim Camp is one of the most exciting camps in the country! Guest coaches and speakers include Olympians Aaron Peirsol, Eric Shanteau, Brendan Hansen, Garrett Weber-Gale, Ian Crocker, Ricky Berens, David Walters and Josh Davis. Open to male and female competitive swimmers ages 8 to 18. Camp held at the Jamail Texas Swimming Center on the University of Texas at Austin campus. The Texas Swim Center is home to 19 NCAA national team champions, includes a 50-meter by 25-yard pool, and 25-yard by 25-meter pool and will host the 2011 Women's NCAA Swimming & Diving Championships. Four training groups based on age and ability, with a 1:7 coach/swimmer ratio in stroke technique sessions. Daily training includes challenging long-course sessions Monday-Friday mornings; technique sessions Monday-Thursday afternoons and evenings, with start/turn work included. Classroom sessions on technique and race strategies. Underwater video of each camper analyzed by a coach. Daily social activities and field trips offered. Multiple-week stays include planned weekend activities with supervision. Experienced, mature, adult staff provide 24-hour supervision. Cost: Overnight Camp \$850; Day Camp \$750. Sessions are limited and will fill! Complete camp information and registration available online. Per NCAA rules, sport camps and clinics conducted by The University of Texas are open to all entrants. Enrollment is limited only by age, grade level, gender and capacity restrictions as specified by each camp.

MAVERICK STROKE, TECHNIQUE & RACE CAMP

Session 1 June 9-12
Session 2 June 16-19
Session 3 June 19-24

Nathan Owens, Camp Director
135 Myers Field House
Mankato, MN 56001
507-389-6326
E-mail: swimcamp@mnsu.edu
www.msumavericks.com/
swimmingcamps

Maverick swim camps are designed to give participants a competitive edge in their swimming. Our goals are to educate campers and improve swimming fundamentals. All participants will learn and practice strategies that will immediately impact their race performance. Led by the Minnesota State professional coaching staff and current Maverick swimmers, these camps will provide a challenging and educational training environment. Maverick swimming camps are beneficial for swimmers of all competitive levels. Highlights include video analysis, daily stroke work, dryland training, outdoor/evening activities, and more. We strive to create an exceptional camp experience by hiring an excellent 24-hour staff and attending to every camp detail. Campers will enjoy outstanding facilities, premium meals, off-campus field trips, and comfortable lodging in a newly constructed residence hall. Cost for Session 1 & 2 (3 nights): \$350 for overnight campers and \$250 for day campers. Session 3 (5 nights): \$550 for overnight campers and \$400 for day campers. Call or visit our website for more information and to register online.

NAVY SWIMMING CAMPS

Session I: June 8 – 12
Session II: June 13 – 17

Bill Roberts, Camp Director
566 Brownson Road
Annapolis, MD 21402
410-293-5834 / 410-293-3012
Fax: 410-293-3811
navyswimmingcamp@usna.edu
www.navyswimmingcamp.com
www.navysports.com

Expect immediate results by being part of the 2011 Navy Swimming Camp this summer! Our principal goal is to provide you the very best in individual instruction, evaluation, camper experience, and safety/supervision. The purpose of our camp is to provide you with a unique and awesome environment to learn and develop your competitive strokes including all related starts, turns and finishes. Navy Swimming Camp is a stroke-intensive camp. You will receive individual attention. Additional pool sessions are offered to all needing to maintain conditioning while at camp. Video analysis,

CHECK OUT ALL CAMP LISTINGS ON
WWW.SWIMMINGWORLDMAGAZINE.COM

dry land activities designed to improve individual fitness levels, performance, training, goal-setting and leadership presentations, and the Navy time trials meet are all part of a full schedule for 2010. Campers will learn, train and reside in an amazing environment on the grounds of the United States Naval Academy. The Navy camp is led by an experienced camp staff while providing the very best in 24-hour supervision. See www.navyswimming-camp.com for greater detail including brochure, application, daily schedule and frequently asked questions. Cost for each camp: \$520 for commuter campers (ages 8 – 18); \$570 for extended day campers (ages 8 – 18) and \$620 for resident campers (ages 9 – 18). All campers receive a NAVY swimming shirt. Go Navy! Facebook search: Navy Swimming Camp

NORTH BALTIMORE SWIM CAMP

**June 20-24, June 27-July 1
Day and Overnight Camp
Two Weeks Only**

John Cadigan, Director
5700 Cottonworth Ave.
Baltimore, MD 21209
410-433-8300; Fax: 410-433-0953
jcadigan@nbac.net
www.nbac.net

North Baltimore Aquatic Club, America's finest age group program, is offering an exciting teaching and training opportunity for competitive swimmers ages 9 – 13 featuring twin 50 meter pools and ample dryland training space at Meadowbrook. Heading up this year's camp will be NBAC Head Coach Bob Bowman and NBAC Senior Coaches Scott Armstrong along with NBAC founder, Murray Stephens. Coach Bowman, a two time Olympic coach, is the four time ASCA Coach of the Year and the coach of Michael Phelps. Murray, a recent inductee at the International Swimming Hall of Fame, was a 1996 US Olympic Team coaching four Olympians to five gold medals. Joining Coaches Stephen and Bowman will be US National Junior Team coach Scott Armstrong. Presenters include Michael Phelps and other national team members, NBAC's entire coaching staff and experts in dryland, nutrition, injury prevention and management. Pool sessions will include stroke development and refinement, drill work, starts, turns, speed and stroke work. Cost: \$775 per week per swimmer for day camp, \$950 for overnight campers. Register online at www.nbac.net.

NORTHWESTERN UNIVERSITY WILDCAT SWIM CAMP

**June 12-17 Commuter Camp
June 26 – July 1 Resident Camp**

Jimmy Tierney, Coach
2311 Campus Dr.
Evanston, IL 60208

847-491-4829 / 847-467-2396
n-ellis@northwestern.edu
www.nuswimcamps.com
www.nusports.com
FUN*TECHNIQUE*BEACHES*RACING*GAMES

You don't want to miss this wonderful camp experience at NU!

We provide a unique mix of swimming (training and technique) and fun and games along our beachfront facility. Each practice is conducted by the entire NU coaching staff and several of our elite swimmers. We plan daily drills to work on strokes, starts, and turns. Along with the hard work, we plan daily activities away from the pool that make this a truly enjoyable experience. Our goal is to provide each swimmer with new insights into our fabulous sport of swimming that help them to improve and enjoy their swimming experience. Contact us now! Don't delay because camps fill up annually. Special Guest: To Be Announced!

OHIO STATE UNIVERSITY

**Stroke Technique Camps
(Ages 10–18)**
May 23-26, June 6-9
4:00-8:00 pm; M-TH

**June 13-16; 20-23; 27-30
Days 8am – 4pm; M-TH**

**June 19-23; 26-30
Overnight Sun-TH**

**Intensive Training Program
Grades 9 - 12**
June 13-16 Day Camp
6:00-9:00am & 3:30-6:00pm

**June 20-23, June 27-30
Day and Overnight**

Bill Wadley, Coach
1847 Neil Avenue
McCorkle Aquatic Pavilion
Columbus, OH 43210
614-292-1542; Fax: 614-688-5736
wadley.1@osu.edu
www.USsportscamps.com
www.ohiostatebuckeyes.com

Coaches Bill Wadley and Bill Dorenkott will lead the Ohio State camps with the assistance of Chris Peters and Stefanie Williams. The Ohio State staff will conduct the camp in a healthy, wholesome environment that will provide a positive experience for all campers. The camp is designed to focus on the technical aspects of starts, turns and stroke technique in a fun and enjoyable environment that will prove beneficial for each camper. It is our plan to share the most up to date drills in a manner that is memorable for the athlete. Many of our campers have gone on to win State titles and even become National record holders and

USA Olympians. Coaches Dorenkoff and Wadley have both served on numerous USA National team staffs and each of them has produced Olympians and National record holders. The camp will take place in America's finest Aquatic center that hosted the NCAA's and Big Ten Championships in 2010. Stroke Technique Camp Costs: \$195 Evening Camps \$310 Day Camps; \$550 Overnight Camps. Training Camp Costs: \$400 Day Camps, \$850 1 week Overnight, \$1,675 2 weeks Overnight Camp. www.ohiostatebuckeyes.com

PINE CREST SWIM CAMP

Overnight Camp:
June: 12-18, 19-25, 26-July 2
July: 3-9, 10-16, 17-23, 24-30

Competitive Day Camp:
June: 13-17, 20-24, 27-July 1
July: 4-8, 11-15, 18-22, 25-29

Jay Fitzgerald, Camp Director
1501 N.E. 62nd Street
Fort Lauderdale, FL 33334-5116
954-492-4173
swimming@pinecrest.edu
www.pinecrestswimming.com

Pine Crest Swim Camp will give the swimmer the knowledge, training, background, technique, peer support and attitude that is needed to get to the next level. The swimmers will be instructed by Olympic Coaches and Olympic Athletes. At Pine Crest, we go a step beyond other camps and welcome overnight campers for full week-long (Sunday through Saturday) and day campers for Monday through Friday stays. The cost for our overnight campers is \$725 per week, which includes two workouts a day, three meals per day, daily activities, classroom sessions and 24-hour supervision. The cost for our daily campers is \$500 per week. The Camp Registration forms are available on the website and registration online is also available. Last year we had swimmers from over 40 countries including the National Junior Team of Russia. Come to Pine Crest Swim Camp and join our International Atmosphere, athletes and coaches. Pine Crest Swim Camp: "The Camp that makes a difference."

STANFORD SWIM CAMPS

**Sessions 1 & 2 June 18-23, 25-30
(Directed by Lea Maurer)**
**Sessions 3 & 4 July 2-7, 9-14
(Directed by Skip Kenny)**

US Sports Camps Inc.
**Operators of the
Nike Swim Camps**
1-800-NIKE-CAMP (645-3226),
Fax: 415-479-6061
swim@ussportscamps.com
www.ussportscamps.com

Stroke Technique Camps Designed for Competitive Swimmers Ages 9-18

Lea Maurer, Olympian, NCAA Champion and Stanford's Head Women's Coach, directs the June sessions with an unmatched passion for the sport. As a swimmer in the 1992 Barcelona Olympics, Maurer was a gold medalist in the 4 x 100 meter medley relay and won bronze in the 100-meter backstroke. As a Cardinal swimmer from 1990-94, Maurer swam on three Stanford national championship squads (1992, '93, '94), adding 15 Pac-10 titles (seven individual, eight relays) and 21 All-American honors to her impressive collegiate swimming resume. Most recently as Head Coach, her 2010 squad won their first Pac-10 title and finished 2nd in the country. Skip Kenney, Stanford's Head Men's Coach, is one of the greatest coaches in the history of collegiate swimming and one of the most respected leaders in United States Swimming today. Over the past two decades, Skip's swim camps have helped mold thousands of young men and women into championship caliber swimmers. In addition to being a 3-time Olympic Coach, a 6-time NCAA Coach of the Year, and 21-time Pac-10 Coach of the Year, Kenney holds the record for winning consecutive conference titles – currently 27 in a row! Regardless of the week, the Stanford Swim Camp will motivate you through state of the art technique and stroke drills that are fresh and proven to be successful. Each day, expect to be fully emerged into Stanford's teaching methods and passion for the sport of swimming. Campers receive concentrated training of all four strokes and starts and turns. Visit website for more details. See display ad on page 40.

TENNESSEE SWIM CAMPS

Day Camp – May 31 - June 3
Session I – June 5 – 9
Session II – June 12-16
Session III – June 19 - 23

John Trembley and Matt Kredich, Coaches
Coleman Weibley, Associate Director
2200 Andy Holt Avenue
Knoxville, TN 37996-2905
865-974-1287
cweibley@utk.edu
www.TNSwimcamp.com

The University of Tennessee Swim Camp is recognized as one of the most innovative and educational camps in the country. Our goal is to provide an atmosphere where campers are excited to learn about all areas of competitive swimming. The Residential Camp format gives us the perfect opportunity to offer intermediate to advanced swimmers to a comprehensive education in competitive swimming in a fun and supportive atmosphere. Open to boys and girls ages 8 – 19. Indoor and outdoor state-of-the-art swimming facilities.

Limited enrollment (9:1 swimmer/coach ratio) so that coaches get to know each swimmer's needs. Sessions in mental training, nutrition, weight training, aerobics and special topics as prepared by our coaches. Daily videotaping of every swimmer with subsequent analysis by our coaches. A personal log book with schedule, exercise programs, weight training information, stroke drills, nutrition outline, etc. providing the swimmers with a written record of their stay. A personal critique booklet pointing out areas in technique on which a swimmer should work. See display ad on page 41.

TOTAL PERFORMANCE SPORTS CAMPS

Kenyon College (OH)
June 13-17, 19-23, 26-30 – Comprehensive Camps
June 13-17 –Sprint Specialty
June 19-23 – IM Specialty
June 26-30 – Breaststroke Specialty

Colgate University (NY)
June 23-27 – Sprint Specialty
June 27-July 1 – Comprehensive

Calvin College (MI)
June 20-24, June 27-July 1 – Comprehensive Camps
June 20-24 – Sprint Specialty

Jim Steen, Coach
Pat, Camp Director
180 Essex Road
Lexington, OH 44904
419-884-2134
pat@tpscamps.com
www.tpscamps.com

In thirty plus years as head coach at Kenyon College, Jim Steen has guided his collegiate program to 54 National Championships and coached Olympians, NCAA Champions and All-Americans to lifetime best performances! As founder of the Total Performance Swim Camps, Coach Steen has incorporated his training and performance philosophies into a unique and unparalleled camp experience where campers learn to think and train like champions! Located on four beautiful college campuses, TPSC's talented coaching staff includes Jim Steen (Kenyon College), Bob Rueppel (Franklin & Marshall College), Dan Gelderloos (Calvin College) and Fernando Canales (former Olympian and Colgate University Head Coach). Come and experience the TPSC difference! Due to facility renovation this camp season, our Franklin & Marshall college location will return in 2012. For more information: please visit us online at www.tpscamps.com or via email at pat@tpscamps.com or by phone. See display ad on page 41.

UCI IRVINE COMPETITIVE SWIM CAMP

Saturday and Sunday Clinics:
March 5 am-Freestyle;
pm-Breaststroke
March 6 am-Backstroke;
pm-Butterfly

May 7- Freestyle,
May 8-Breaststroke
May 14-Backstroke,
May 15-Butterfly
June 18- Freestyle,
June 19-Breaststroke
June 25- Backstroke,
June 26-Butterfly

Half day \$65; Full Day \$115
Overnight 18 or 25, additional \$95
Check in at pool 8:30 am
Full Day 8:30 to 4:00 (lunch included)
Half Day 8:30-11:30 am or 1:00-4:00 pm (no lunch)

Summer Resident & Day camps
Half day, Full day, Resident
June 20-24, July 18-22
July 25-29 Aug 1-5

Half day, Full day No Resident
June 27-July 1, July 11-15
Aug 8-12, Aug 15-19
Half \$160, day \$315, Res. \$725

Charlie Schober, Camp Director
UC Irvine Crawford Hall
Irvine, CA 92697-4500
949-824-7946
ctschober@uci.edu
ucirvinesports.cstv.com

Aquatics Director, Charlie Schober, has been running camps and clinics for 30 years at the UC Irvine campus. The goal of the camps and clinics is to work on the often neglected areas of starts, turns, and stroke technique in a fun and informative atmosphere with small teaching groups of approximately 10. Each camper is recorded on their personal DVD from underwater with verbal critique. Camp features include four hours of in-water instruction plus a one hour discussion each day. The resident camp includes planned evening recreational activities; 24 hour adult supervision; convenient dorms, cafeteria and recreation facilities. Resident campers Sunday after 4:00 to Friday at 4:00 pm. Day camp 8:30- 4:00 M-F (lunch included). Half day 8:30 -11:30 am or 1:00 - 4:00 pm. Early Sign up, Group, Multi session, sibling or Alumni discount available.

UC SAN DIEGO TRITON SWIM CAMP

Spring Clinics:
April 9-10 Stroke Clinic
April 30 – Starts, Turns, and Speed Clinic

Summer Camps:
June 26-30 Day and Resident
June 6–July 8 Technique Day
July 10-14 Day and Resident

Corrie Falcon & Matt Macedo,
Coaches
858-534-8463; Fax: 858-534-8563
cfaalcon@ucsd.edu
www
UCSanDiegoSwimmingCamps
com

The UC San Diego Triton Swim Camp is designed to give athletes the opportunity to swim faster, train smarter and have fun. Spending the week on the beautiful campus of UC San Diego, campers receive drill instruction, long course training, start and turn development, and lectures on swimming related topics. Each camper has all four strokes videotaped underwater. Campers are supervised at all times, dine in on-campus facilities, train in one of the premier aquatic complexes in the country and experience life in the unique campus housing. The mild San Diego climate creates perfect outdoor swimming conditions during the summer months. Campers will get an opportunity to try ocean swimming when we have our beach training session. Fast swimming, proper technique and fun are the cornerstones of the UCSD Triton Swim Camp. The Canyonview Aquatics Complex on the campus of UC San Diego consists of two outdoor 50 meter x 25 yard pools, with the camp pool an all-deep competition pool. A 30 person hot tub, on-site weight room and team locker rooms are also part of the facility, with immediate access to a multi-use grass field. Cost: Day Camp \$450; Resident Camp \$675; Technique Day Camp \$295. Please note – after May 1st prices increase by \$50. Register early and save! For more info on camps, including discounts, visit our website. See you in San Diego!

UNITED SWIMMING CLINICS

Hosted at Mercersburg Academy
Session I – June 19 – 23
Session II – June 26 – 30

John Trembley and Pete
Williams, Coaches
Coleman Weibley, Associate
Director
United Swimming Clinics
P.O. Box 10074
Knoxville, TN 37939-1258
865-974-1258 Fax: 865-974-1287
cweibley@utk.edu
www.UnitedSwimmingClinics.org

Open to boys and girls ages 8 – 19. Strictly supervised campus dormitories for girls and boys. Indoor, state-of-the-art swimming facilities. All-You-Can-Eat training table meals in modern dining hall. Limited enrollment (9:1 swimmer/coach ratio) so that coaches get to know each swimmer's needs.

Discussions and sessions in mental training, nutrition, weight training, aerobics and special topics as prepared by our coaches. Daily videotaping of every swimmer with subsequent analysis by our coaches. A personal log book with schedule, exercise programs, weight training information, stroke drills, nutrition outline, etc. providing the swimmers with a written record of their stay. A personal critique booklet pointing out areas in technique on which a swimmer should work. We also offer one week seminars of learning for coaches and parents.

WEST POINT SUMMER CAMPS

July 5 – 9, 10- 14, 17 – 21

Mickey Wender, Coach
Kelly Conley, Camp Director
639 Howard Road
West Point, NY 10996
845-938-7671 (Kelly)
Fax: 845-938-8146
Kelly.spaulding@usma.edu
www.goarmysports.com

West Point Swim Camps will focus on the latest skills & drills that are designed to help campers become enthusiastic and dedicated swimmers. Campers will have fun, get fit and make new friends as they develop good habits and muscle memory during each (3 daily) swim training session. In addition to swimming instruction the campers will learn about nutrition, motivation, goal setting and dry land training while taking their swimming to the next level. A wide variety of extracurricular activities includes a lake swim, scavenger hunt and much more. Come take part in this one-of-a-kind experience. Our Swim Camps are directed by Coach Mickey Wender, Head of our Men's and Women's swimming teams. Coach Wender has 17 years of experience as an NCAA head coach. He has coached every level from summer league to international level athletes and has coached swimmers to the NCAA Division I Championships in every event. Camp sessions are conducted in West Point's world-class 50 meter pool. Costs: \$420 Commuter camper, \$520 Overnight camper.

WOLVERINE SWIM CAMP

June 12 - 17, 19 - 24, June 26 –
July 1, July 3-8

Jim Richardson, Coach
8160 Valley View Drive
Ypsilanti, MI 48197
734-746-0500 / 734-484-4125
Fax: 734-763-6543
wsc@wolverineswimcamp.com
www.wolverineswimcamp.com or
www.mgoblue.com

Four sessions limited to 185 campers per session in Canham Natatorium at the University of Michigan. A staff of 50 and three instructional

sessions per day ensure the individual attention necessary for significant improvement. Coaches Mike Bottom, Jim Richardson, Dr. Josh White, Stefanie Kerska, Bailey Weathers, Kurt Kimer, and Brad Shively are directly involved in coaching and teaching campers. All campers filmed and receive a written stroke analysis. Optional custom 4-view (2 underwater) DVD available for a fee. Intensive training tract or technique development tract for swimmers in need of skill acquisition. World-class staff provides leadership and mentoring that encourages each swimmer to strive for excellence in life. Cost: \$675/week includes instruction, swim cap, T-shirt, color photo, instructional printed materials, "goody bag" and room and board; \$565/week day camper fee includes all of the above (less room and board) and between-session supervision. See display ad on page 42.

TOM JOHNSON'S WYOMING SWIM CAMP

June 3-5 Start and Turn 1
June 5-10 Intensive 1
June 12-17 Intensive 2
June 17-19 Start and Turn 2
July 8-10 Start and Turn 3

O Thomas Johnson, Head Coach
and Director
Dept. 3414
100 E. University Ave.
Laramie, WY 82071-3414
tomj@uwyo.edu
www.wyomingathletics.com

Wyoming Head Coach Tom Johnson is hosting his 12th Wyoming Swim Camp this summer. Wyoming Swim is a premier summer swimming experience and is proud to offer its winning tradition to competitive swimmers. Coach Johnson, Coach Matt Leach and Coach Manny Noguchi and their staff stress the importance of outstanding stroke technique and training in a positive environment. The swim camps are held at the beautiful campus of the University of Wyoming located 135 miles north of Denver, CO and is convenient to Denver International Airport and both the Cheyenne and Laramie, Wyoming Airports. The University of Wyoming offers an outstanding summer experience at 7220 feet, offering the opportunity of altitude training at the highest Division I school in the United States. Wyoming Swim Camp is open to all, age nine and older. Staff ratios generally range 1:8 coach to swimmer ratio. It is also one of the few camps that offer video analysis at NO additional charge. It is recommended participants are competitive swimmers. Coaches who are interested in accompanying their team should contact Tom Johnson directly (307) 766-6265 or email at tomj@uwyo.edu. **Each camp is limited to the first 55 swimmers for each week. Online registration at <http://thriva.activenetwork.com/Reg4/Form.asp?IDTD=3707794&RF=3709104>**

Learn to Swim Even Faster at the 2010 Husker Swim Camp

with Pablo Morales

N

June 5-10

June 12-17

July 10-15

**Register Today at Huskers.com
Contact us at (402)472-3186 or
huskerswimcamps@hotmail.com
for more information**

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STANFORD SWIM CAMP 2011

Where Champions Come to Train!



**JUNE 18-23 & 25-30 / DIRECTED BY
HEAD WOMEN'S COACH LEA MAURER**



**JULY 2-7 & 9-14 / DIRECTED BY
HEAD MEN'S COACH SKIP KENNEY**

**Competitive
Swimmers
Ages 9-18
Overnight or
Extended Day Camp**



**1-800-NIKE CAMP
USSportsCamps.com**

Avery Aquatic Center, Stanford University
Training site of the 2004 and 2008 Olympic Teams

TENNESSEE SWIM CAMPS
www.TNSwimCamp.com

Jump Start Day Camp (Open to ages 6-14)
 May 31 - June 3

Overnight/Commuter Camps (Open to ages 8-18)
 Session I - June 5 - 9
 Session II - June 12 - 16
 Session III - June 19 - 23

All camp sessions are open to any and all entrants.

John Trembley
Men's Head Coach

Register Online Today

Matt Kredich
Women's Head Coach

Where Swimmers Learn to Think and Train Like Champions



In thirty plus years as head coach at Kenyon College, Jim Steen has guided his collegiate program to 54 National Championships and coached Olympians, NCAA Champions and All-Americans to lifetime best performances! As founder of the Total Performance Swim Camps, Coach Steen has incorporated his training and performance philosophies into a unique and unparalleled camp experience where campers learn to think and train like champions!

Located on three beautiful college campuses, TPSC's talented coaching staff includes Jim Steen (Kenyon College), Bob Rueppel (Franklin & Marshall College), Dan Gelderloos (Calvin College), and Fernando Canales (former Olympian and Colgate University Head Coach). Come and experience the TPSC difference!

Camp Highlights:

Unparalleled Facilities, World-Class Instruction, Intimate Learning Environments, Low Swimmer Coach ratios, Daily Dryland Instruction, 24-hour Supervision

Comprehensive Camps \$595

- Kenyon College (OH)- June 12-16, 19-23, 26-30
 - Calvin College (MI)- June 19-23
 - Colgate University (NY)- June 27-July 1
- Open to swimmers ages 10-18 of all skill levels.

Elite Camps* \$595

- Kenyon College (OH)-
June 12-16: Elite Sprint Specialty Camp
June 19-23: Elite IM Specialty Camp
June 26-30: Elite Breaststroke Specialty Camp
- Calvin College (MI)-
June 19-23: Elite Sprint Specialty Camp
- Colgate University (NY)-
June 23-27: Elite Sprint Specialty Camp

* Open to swimmers ages 13-18, but are MOST appropriate for swimmers with AAA times.

WWW.TPSCAMPS.COM

TOTAL PERFORMANCE Swim Camps

Contact Us:

For more information about camps, coaches, dates and locations, or to enroll online go to: WWW.TPSCAMPS.COM

For additional questions or to have registration materials mailed to you, please call: 419-884-2134



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FOR the RECORD

Wherever you see this logo, Online Premium Members can click on the link for more information and results.

WORLD

FINA SHORT COURSE WORLD CHAMPIONSHIPS
Dubai, United Arab Emirates
Dec. 15-19, 2010 (25 M)

w = World Record
a = Asian Record
e = European Record
f = African Record
s = South American Record
n = National Record

TEAM STANDINGS

870	United States
602	Australia
552	China
451	Russia
376	France

FINA TROPHY

29	Ryan Lochte, USA
18	Mireia Belmonte, ESP
15	Rebecca Soni, USA
12	Oussama Mellouli, TUN
10t	Cesar Cielo, BRA
10t	Stanislav Donets, RUS
10t	R. Kromowidjojo, NED

WOMEN

50 FREE Dec. 19

23.37	R. Kromowidjojo, NED
23.81	H. Schreuder, NED
24.04	Vanderpool-Wallace,BAH
24.09	Jessica Hardy, USA
24.16	Triin Aljand, EST
24.18	Li Zhesi, CHN
24.19n	Victoria Poon, CAN
24.21	Dorothea Brandt, GER

100 FREE Dec. 17

51.45	R. Kromowidjojo, NED
52.18	Femke Heemskerk, NED
52.25n	Natalie Coughlin, USA (Prelims 12-16: 52.27n)
52.41n	Camille Muffat, FRA

52.51n	(Semis 12-16: 52.90n) Victoria Poon, CAN (Semis 12-16: 52.76n)
52.81	Marieke Guehrer, AUS
52.95	Dana Vollmer, USA
53.10	Emma McKeon, AUS

200 FREE Dec. 19

1:52.29n	Camille Muffat, FRA
1:52.91n	Katie Hoff, USA
1:52.96n	Kylie Palmer, AUS
1:53.07n	Tang Yi, CHN
1:55.03	Blair Evans, AUS
1:55.06	Evelin Verraszto, HUN
1:55.24	Federica Pellegrini, ITA
1:56.73	Dana Vollmer, USA

400 FREE Dec. 17

3:57.07n	Katie Hoff, USA
3:58.39n	Kylie Palmer, AUS
3:59.52	Federica Pellegrini, ITA
4:00.05	Chloe Sutton, USA
4:00.14	Coralie Balmy, FRA
4:02.38	Li Xuanxu, CHN
4:02.69	Erica Villaecija, ESP
4:04.85	Patricia Castro, ESP

800 FREE Dec. 16

8:11.61n	Erika Villaecija, ESP
8:12.48	Mireia Belmonte, ESP
8:12.84	Kate Ziegler, USA
8:14.22	Lotte Friis, DEN
8:16.11	Chen Qian, CHN
8:16.52	Blair Evans, AUS
8:16.54	Chloe Sutton, USA
8:16.73	Coralie Balmy, FRA

50 BACK Dec. 19

26.27	Zhao Jing, CHN
26.54	Rachel Goh, AUS
26.80n	Mercedes Peris, ESP
26.91	Miyuki Takemura, JPN
27.00	Gao Chang, CHN
27.01	Anastasia Zueva, RUS
27.02	A. Gerasimenya, BLR
27.67	Fabiola Molina, BRA

100 BACK Dec. 16

56.08n	Natalie Coughlin, USA
--------	-----------------------

56.18	Zhao Jing, CHN
56.21	Gao Chang, CHN
56.92	Missy Franklin, USA
57.36	Rachel Goh, AUS
57.67	Anastasia Zueva, RUS
57.87n	Mercedes Peris, ESP
58.48	A. Gerasimenya, BLR

200 BACK Dec. 17

2:01.67n	Alexianne Castel, FRA
2:02.01n	Missy Franklin, USA
2:03.22n	Zhou Yanxin, CHN (Prelims 12-16: 2:04.37n)
2:03.61	Daryna Zevina, UKR
2:04.10n	S.Van Rouwendaal, NED
2:06.05	Simona Baumrtova, CZE
2:06.23	Madison White, USA
2:06.74	Zsuzanna Jakabos, HUN

50 BREAST Dec. 16

29.83	Rebecca Soni, USA
29.84	Leiston Pickett, AUS
29.90a	Zhao Jin, CHN (Semis 12-15: 29.96a)
29.99	Yulia Efmova, RUS
30.19	Dorothea Brandt, GER
30.22	Alia Atkinson, JAM
30.26	Randi Wang, CHN
30.34	Sarah Katsoulis, AUS

100 BREAST Dec. 18

1:03.98n	Rebecca Soni, USA
1:04.26	Leisel Jones, AUS
1:04.79	Ji Liping, CHN (Semis 12-17: 1:04.78n) (Prelims 12-17: 1:05.32n)
1:04.80	Rikke Pedersen, DEN
1:05.31	Jennie Johansson, SWE
1:05.43	Sarah Katsoulis, AUS
1:05.50	Yulia Efmova, RUS
1:05.99	Moniek Nijhuis, NED

200 BREAST Dec. 19

2:16.39n	Rebecca Soni, USA
2:18.09n	Sun Ye, CHN
2:18.82	Rikke Pedersen, DEN
2:19.69	Yulia Efmova, RUS
2:20.61	Martha McCabe, CAN
2:21.05	Ji Liping, CHN

2:22.11	Rie Kaneto, JPN
2:25.49	Alia Atkinson, JAM

50 FLY Dec. 17

24.87	T. Alshammer, SWE
24.90	Felicity Galvez, AUS
25.24	Jeanette Ottesen, DEN
25.34a	Lu Ying, CHN (Semis 12-16: 25.41a)
25.48	Inge Dekker, NED
25.61	Triin Aljand, EST
25.74	C. Magnuson, USA
25.96	Marieke Guehrer, AUS

100 FLY Dec. 19

55.43n	Felicity Galvez, AUS
55.73	T. Alshammer, SWE
56.25	Dana Vollmer, USA
56.61	Liu Zige, CHN
56.62	Lu Ying, CHN
56.67	Jeanette Ottesen, DEN
56.98	C. Magnuson, USA
57.46	Inge Dekker, NED

200 FLY Dec. 15

2:03.59	Mireia Belmonte, ESP
2:03.94n	Jemma Lowe, GBR
2:04.38	Petra Granlund, SWE
2:04.68	Katinka Hosszu, HUN (Prelims 12-14: 2:04.56n)
2:04.78	Liu Zige, CHN
2:04.98	Felicity Galvez, AUS
2:06.52	Audrey Lacroix, CAN
2:06.98	Allessia Polieri, ITA

100 IM Dec. 17

58.95	Ariana Kukors, USA (Prelims 12-16: 58.65n)
59.27	Kotuku Ngwati, AUS
59.53	H. Schreuder, NED
59.85	Jane Trepp, EST
59.97	Theressa Michalak, GER
1:00.19	Evelin Verraszto, HUN
1:00.75	Missy Franklin, USA
1:01.29	Francesca Segat, ITA

200 IM Dec. 18

2:05.73n	Mireia Belmonte, ESP
2:05.94a	Ye Shiwen, CHN
2:06.09n	Ariana Kukors, USA
2:06.88	Katinka Hosszu, HUN
2:07.81	Evelin Verraszto, HUN
2:08.38t	Missy Franklin, USA
2:08.38t	Francesca Segat, ITA
2:09.32	Kotuku Ngwati, AUS

4:24.21e	Mireia Belmonte, ESP
4:24.55a	Ye Shiwen, CHN
4:29.05	Li Xuanxu, CHN
4:29.77	Hannah Miley, GBR
4:30.44	Zsuzanna Jakabos, HUN
4:31.01	Ariana Kukors, USA
4:35.01	Barbora Zavadova, CZE
4:36.16	Maiko Fujino, JPN

400 MR Dec. 17

3:48.29a	China (Prelims 12-16: 3:50.69a)
3:48.36n	United States
3:48.88n	Australia
3:53.08n	Russia (Prelims 12-16: 3:57.11n)
3:53.98n	Sweden (Prelims 12-16: 3:54.80n)
3:56.57	Canada
3:57.58	Italy
3:59.45n	Brazil (Prelims 12-16: 3:59.92n)

400 FR Dec. 18

3:28.54	Netherlands
3:29.34n	United States (Coughlin 51.88rn)
3:29.81a	China (Tang Yi 52.27ra)
3:30.92n	Australia
3:31.97	Sweden
3:33.92	Canada
3:35.58n	Russia (Prelims 12-17: 3:37.80n)
3:35.95n	Brazil (Prelims 12-17: 3:37.46n)

800 FR Dec. 15

7:35.94w	China Chen 1:54.73, Tang 3:48.27/1:53.54 Liu 5:41.86/1:53.59 Zhu 7:35.94/1:54.08 (Prelims 12-14: 7:41.10a)
7:37.57n	Australia
7:38.33e	France (Muffat 1:53.17rn) (Prelims 12-14: 7:43.18n)
7:38.42n	United States (Hoff 1:53.17rn) (Prelims 12-14: 7:40.63n)
7:41.91n	Sweden (Prelims 12-14: 7:49.25n)
7:46.80	Italy
7:47.70	Hungary
7:48.97n	Russia

(Prelims 12-14: 7:50.14n)

MEN

50 FREE Dec. 17

20.51s	Cesar Cielo, BRA (Semis 12-16: 20.61s)
20.81	Fred Bousquet, FRA
20.88n	Josh Schneider, USA
20.97	Steffen Deibler, GER
21.00	Marco Orsi, ITA
21.20	Alain Bernard, FRA
21.23	Sergey Fesikov, RUS
21.37	Luca Dotto, ITA

100 FREE Dec. 19

45.74n	Cesar Cielo, BRA (Semis 12-18: 46.01n)
45.97	Fabien Gilot, FRA
46.35	Nikita Lobintsev, RUS
46.37	Alain Bernard, FRA
46.40	Matthew Aboud, AUS
46.44	Nathan Adrian, USA
46.68	Luca Dotto, ITA
46.81	Stefan Nystrand, SWE

200 FREE Dec. 15

1:41.08n	Ryan Lochte, USA
1:41.70	Daniila Izotov, RUS
1:42.02	Oussama Mellouli, TUN
1:42.03	Nikita Lobintsev, RUS
1:42.19	Paul Biedermann, GER
1:42.73	P. Korzeniowski, POL
1:42.96	T. D'Orsogno, AUS
1:43.91	Shaune Fraser, CAY

400 FREE Dec. 17

3:37.06	Paul Biedermann, GER
3:37.84	Nikita Lobintsev, RUS
3:38.17	Oussama Mellouli, TUN
3:38.44	Peter Vanderkaay, USA
3:38.56	Mads Glaesner, DEN
3:40.07t	Yannick Agnel, FRA
3:40.07t	Sebastian Rouault, FRA
3:40.33	A. Mathlouthi, TUN

1500 FREE Dec. 19

14:24.16f	Oussama Mellouli, TUN
14:29.52	Mads Glaesner, DEN
14:31.47	Gergely Gyurta, HUN
14:33.92	F. Colbordero, ITA
14:35.25	Peter Vanderkaay, USA
14:42.79	Sebastian Rouault, FRA
14:43.25	A. Mathlouthi, TUN
14:45.51n	Lucas Kieneski, BRA

50 BACK Dec. 18

22.93	Stanislav Donets, RUS
-------	-----------------------

(College/University Affiliated Swimming Camp)



MIKE BOTTOM
Michigan Men's Coach
US Olympian and Olympic Coach
DR. JOSH WHITE
Michigan Assistant Men's Coach
NCAA All American and National Champion



JIM RICHARDSON
Michigan Women's Coach
Big Ten / NCAA Coach of the Year
STEFANIE KERSKA
Michigan Assistant Women's Coach
Former All-American & Big Ten Champion

2011 WOLVERINE SWIM CAMP

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Washington University Head Coach
Sam Jalet
Former UM Assistant Coach
Bailey Weathers
Club Wolverine Head Coach
Kurt Kirner
Hillsdale College Head Coach

Wolverine Swim Camp
8160 Valley View Drive - Tpsilanti, MI 48197
PH: 734-647-0500 / 734-484-4125
FAX: 734-763-6543 / 734-484-1222
To register online go to: www.wolverineswimcamp.com
E-mail: wsc@wolverineswimcamp.com

2011 Camp Dates

- June 12—17
- June 19—24
- June 26—July 1
- July 3—July 8

23.14n	Sun Xiaolei, CHN (Semis 12-17: 23.23n) (Prelims 12-17: 23.41n)
23.13	Aschwin Wildeboer, ESP
23.16n	Camille Lacourt, FRA
23.28	Nick Thoman, USA
23.38n	Guilherme Guido, BRA
23.53	Jeremy Stravius, FRA
23.68	Benjamin Treffers, AUS

100 BACK Dec. 16

49.07	Stanislav Donets, RUS
49.80n	Camille Lacourt, FRA
50.04	Aschwin Wildeboer, ESP
50.38	Nick Thoman, USA
50.55	Ryosuke Irie, JPN
50.59	David Plummer, USA
50.79	Jeremy Stravius, FRA
50.91	Guilherme Guido, BRA

200 BACK Dec. 19

1:46.68n	Ryan Lochte, USA
1:49.09	Tyler Clary, USA
1:49.96	Markus Rogan, AUT
1:50.01	Aschwin Wildeboer, ESP
1:50.18	Ryosuke Irie, JPN
1:50.90	Radoslaw Kawecky, POL
1:52.26	John Tapp, CAN (Prelims 12-18: 1:52.15n)
DQ	Damiano Lestingi, ITA

50 BREAST Dec. 19

25.95	Felipe Silva, BRA
26.03	C. van den Burgh, RSA
26.29	A. Hetland, NOR
26.41	Roland Schoeman, RSA
26.44	Michael Alexandrov, USA
26.50	Robin Van Aggele, NED
26.71	Aleksandr Triznov, RUS
DQ	Fabio Scorzoli, ITA

100 BREAST Dec. 16

56.80	C. van der Burgh, RSA
57.13	Fabio Scorzoli, ITA
57.39	Felipe Silva, BRA
57.42	Michael Alexandrov, USA
57.79n	Brenton Rickard, AUS
58.16	Daniel Gyruta, HUN
58.66	Vladislav Polyakov, KAZ
DQ	Naoya Tomita, JPN

200 BREAST Dec. 17

2:03.12a	Naoya Tomita, JPN
2:03.47	Daniel Gyruta, HUN
2:04.33	Brenton Rickard, AUS
2:05.15n	Marco Koch, GER
2:05.15c	Neil Versfeld, RSA
2:05.28	Grigory Falko, RUS
2:05.68	Hugues Duboscq, FRA
2:05.86	Eric Shanteau, USA

50 FLY Dec. 18

22.40	Albert Subirats, VEN
22.43n	Andrii Govorov, UKR
22.44	Steffen Deibler, GER
22.45	Nicholas Santos, BRA
22.75	Geoff Huegill, AUS
22.77	Rafael Munoz, ESP
22.79	Masayuki Kishida, JPN
22.87	Glauber Silva, BRA

100 FLY Dec. 16

50.23	E. Korotyskhin, RUS
50.24	Albert Subirats, VEN
50.33	Kaio Almeida, BRA
50.64	Masayuki Kishida, JPN
50.75	Konrad Czerniak, POL
50.78	Joeri Verlinden, NED
50.79	Jason Dunford, KEN
50.85	Peter Mankoc, SLO

200 FLY Dec. 19

1:51.56f	Chad Le Clos, RSA (Prelims 12-18: 1:52.91f)
1:51.61	Kaio Almeida, BRA
1:51.67	Laszlo Cseh, HUN
1:51.85	Chris Wright, AUS
1:51.92n	Wu Peng, CHN
1:53.09	Marcin Cieslak, POL
1:53.61t	Robert Bollier, USA
1:53.61t	Jayden Hadler, AUS

100 IM Dec. 19

50.86	Ryan Lochte, USA (Prelims 12-18: 50.81n)
51.69n	Markus Deibler, GER (Prelims 12-18: 52.08n)
51.81	Sergey Fesikov, RUS
51.97	George Bovell, TRI
52.20	Kenneth To, AUS
52.36a	Takuro Fujii, JPN (Semis 12-18: 52.43a)
52.97	John Tapp, CAN (Semis 12-18: 52.62n) (Prelims 12-18: 53.43n)
53.69	H. Rodrigues, BRA

200 IM Dec. 17

1:50.08w	Ryan Lochte, USA (24.07, 51.42, 1:23.49)
1:52.90	Markus Rogan, AUT
1:53.56	Scott Clary, USA
1:54.20	H. Rodrigues, BRA
1:54.79	V. Janusaitis, LTU
1:55.64	Kenneth To, AUS
1:56.51	Dinko Jukic, AUT
1:57.12	T. D'Orsogna, AUS

400 IM Dec. 16

3:55.50w	Ryan Lochte, USA (54.62, 1:53.73, 3:01.14)
3:57.40	Oussama Mellouli, TUN
3:57.56	Scott Clary, USA
4:02.73	David Verrazto, HUN
4:03.74	Chad Le Clos, RSA
4:04.93	Laszlo Cseh, HUN
4:05.26	Gal Nevo, ISR
4:06.39	A. Tikhonov, RUS

400 MR Dec. 19

3:20.99n	United States
3:21.61n	Russia (Donets 48.95re)
3:23.12s	Brazil (Guido 50.69m) (Prelims 12-18: 3:26.60n)
3:23.60n	France
3:24.46	Australia
3:25.67	Japan
3:26.05n	Germany (Prelims 12-18: 3:26.91n)
3:27.47n	China (Prelims 12-18: 3:29.09n)

400 FR Dec. 15

3:04.78n	France
3:04.82n	Russia (Prelims 12-14: 3:07.78n)
3:05.74n	Brazil (Prelims 12-14: 3:08.71n)
3:06.10	United States
3:06.18n	Australia (Prelims 12-14: 3:08.06n)
3:06.56	Italy
3:11.03n	China (Prelims 12-14: 3:12.63n)
3:11.29	Sweden

800 FR Dec. 16

6:49.04w	Russia Lobintsev 1:42.10 Izotov 3:24.25/1:42.15 Lagunov 5:06.57/1:42.32 Sukhorukov 6:49.04
6:49.58n	United States
6:53.05	France
6:54.12	Germany
6:57.41	Australia
7:02.14	China
7:04.42	Czech Republic
7:06.19	Brazil

NATIONAL

USA SWIMMING
AT & T
SHORT COURSE
NATIONAL CHAMPIONSHIPS
Columbus, Ohio
Dec. 2-4, 2010 (25 YD)



TEAM STANDINGS—Club Combined

392	SwimMAC Carolina
333	Tucson Ford
200	FAST Swim Team

Women

314.5	Palo Alto Stanford
132	FAST Swim Team
126	Colorado Stars

Men

351	SwimMAC Carolina
294	Tucson Ford
94	Daytona Beach

TEAM STANDINGS—College Combined

818.5	Univ. of California
712.5	Ohio State
708.5	USC

Women

556	Univ. of California
495	USC
228	Notre Dame

Men

579.5	Ohio State
443.5	Michigan
262.5	Univ. of California

WOMEN

50 FREE Dec. 2

22.17	Kara Lynn Joyce, FAST
22.18t	Jessica Jardy, TROJ
22.18t	Maddy Schaefer, PASA
22.33	Missy Franklin, STAR
22.38	Madison Kennedy, CAL
22.50	Liv Jensen, CALI
22.57	Kasey Carlson, USC
22.65	Presley Bard, USC
22.76	Hannah Wilson, CALI
23.06	Jenna Stewart, ECA

100 FREE Dec. 4

47.81	Jessica Hardy, TROJ
47.96	Kara Lynn Joyce, FAST
48.13	Lia Neal, AGUA
48.24	Maddy Schaefer, PASA
48.38	Missy Franklin, STAR
48.68	Hannah Wilson, CALI
49.10	Erica Dagg, CALI
49.16	Julia Smit, STAN
49.43	Nathalie Lindborg, CALI
49.53	Margaux Farrell, IU

200 FREE Dec. 3

1:44.23	Missy Franklin, STAR
1:44.63	Jasmine Tosky, PASA
1:44.66	Sara Isakovici, UNAT
1:44.97	Kara Lynn Joyce, FAST
1:45.48	Brittany Strumbel, IU
1:45.62	S. Cheverton, OSU
1:45.63	Margaux Farrell, IU
1:47.32	Haley Anderson, USC
1:47.35	Tori Simenec, BRSC
1:47.46	Kelly Nelson, NLAC

500 FREE Dec. 2

4:38.54	Haley Anderson, USC
4:38.69	Bonnie Brandon, MACS
4:39.71	S. Cheverton, OSU
4:42.03	Amber McDermott, CSC
4:43.16	Jessica White, IU
4:43.28	Katie Kastes, CALI
4:43.30	Leah Smith, JCCS
4:44.94	Brittany Strumbel, IU
4:46.09	Shelley Harper, CALI
4:46.63	A. Steenvoorden, MINN

1650 FREE Dec. 4

16:26.60	Jessica Wolf, WEST
16:28.05	Lindsay Laporte, UOFL
16:31.28	K. Hojan-Clark, EBSC
16:32.88	Claire Leighty, UNAT
16:35.81	Jacy Dyer, UNAT
16:36.86	Lindsay Vrooman, IU
16:37.01	Allison Brown, PLS
16:37.07	Lauren Jordan, CSC
16:40.45	Lacey Buck, CPSU
16:40.64	Sommers Creed, SA

100 BACK Dec. 3

51.82	Presley Bard, USC
52.13	Gemma Spofforth, GSC
52.44	Olivia Smoliga, GTAC
52.90	Cindy Tran, CALI
53.20	Deborah Roth, CALI
53.25	Melissa Franklin, STAR
53.55	Taylor Wohrley, IU
53.65	Whitney Myers, FAST
54.05	Maddy Schaefer, PASA
55.03	Erica Dagg, CALI

200 BACK Dec. 4

1:52.62	Stephanie Proud, GSC
1:52.70	Presley Bard, USC
1:53.32	Missy Franklin, STAR
1:53.82	Bonnie Brandon, MACS
1:53.90	Julia Smit, STAN
1:53.97	Gemma Spofforth, GSC
1:55.14	Whitney Myers, FAST
1:55.48	Deborah Roth, CALI
1:56.23	Taylor Wohrley, IU
1:58.05	Ashley Jones, IU

100 BREAST Dec. 3

58.41	Jessica Hardy, TROJ
58.63	Ann Chandler, FORD
58.78	Jilliana Tyler, UOMN
1:00.28t	Corrie Clark, NLAC
1:00.28t	Katlin Freeman, SBAC
1:00.30	T. Bergstrom, UOFL
1:00.36	Caitlin Leeverenz, CALI
1:00.41	Kasey Carlson, USC
1:00.75	Samantha Maxwell, UND
1:01.10	Danielle Herrmann, KA

200 BREAST Dec. 4

2:06.55	Caitlin Leeverenz, CALI
2:08.97	Katlin Freeman, SBAC
2:09.40	Corrie Clark, NLAC
2:10.59	T. Bergstrom, UOFL
2:10.91	Jessica Schmitt, USC
2:11.06	Samantha Maxwell, UND
2:11.26	Ashley Danner, GMU
2:11.31	Giselle Kohoyda, UOFL
2:11.37	Jilliana Tyler, UMN
2:13.22	Annie Zhu, AGUA

100 FLY Dec. 3

51.46	Lyndsay De Paul, USC
52.31	Elaine Breen, STAN
52.40	Amanda Sims, CALI
52.59	Whitney Myers, FAST
52.70	A. Forrester, YALE
52.72	Hannah Wilson, CALI
53.26	Kelly Nelson, NLACD
53.46	Yumi So, USC
53.48	Ann Simenec, BRSC
53.69	Colleen Fotsch, CALI

200 FLY Dec. 4

1:51.45	Katinka Hosszu, USC
1:52.82	Lyndsay De Paul, USC
1:54.81	Sara Isakovici, UNAT
1:54.96	Elaine Breen, STAN
1:55.07	Jasmine Tosky, PASA
1:55.51	A. Forrester, YALE
1:55.63	Tanya Krisman, USC
1:55.64	Kelly Nelson, NLAC
1:56.39	Amanda Sims, CALI
1:58.72	Yumi So, USC

100 IM Dec. 2

1:53.47	Katinka Hosszu, USC
1:54.78	Julia Smit, STAN
1:55.32	Missy Franklin, STAR
1:56.25	Caitlin Leeverenz, CALI
1:56.94	Whitney Myers, FAST
1:57.20	Lyndsay De Paul, USC
1:57.59	Jasmine Tosky, PASA
1:58.17	Kelly Nelson, NLAC
1:58.34	Annie Zhu, AGUA
2:01.16	Allysa Vavra, IU

400 IM Dec. 3

4:00.03	Amber Hosszu, USC
4:03.55	Julia Smit, STAN
4:05.04	Caitlin Leeverenz, CALI
4:09.13	Stephanie Proud, GSC
4:10.90	Allysa Vavra, IU
4:11.34	Jasmine Tosky, PASA
4:12.72	Amber McDermott, CSC
4:13.01	Meghan Hawthorne, USC
4:15.33	Katie Kastes, CALI
DQ	Ashley Jones, IU

200 MR Dec. 3

1:36.79	California
1:37.31	USC
1:36.96	California B
1:40.26	Louisville
1:40.85	Notre Dame
1:41.08	Ohio State
1:41.19	Indiana
1:41.35	USC B
1:41.40	Palo Alto Stanford
1:42.84	Ohio State B

400 MR Dec. 2

3:32.20	USC B
3:34.87	California
3:37.92	California B
3:40.30	Indiana

3:40.33	Palo Alto Stanford
3:40.48	Louisville
3:40.87	Notre Dame
3:41.36	Louisville B
3:41.41	Ohio State
3:42.88	USC

200 FR Dec. 2

1:29.57	USC B
1:29.60	California
1:30.15	Palo Alto Stanford
1:32.04	California B
1:32.27	Indiana
1:32.62	USC
1:32.85	Notre Dame
1:32.86	Louisville
1:33.25	Ohio State
1:33.85	Northwestern

400 FR Dec. 4

3:14.50	California
3:15.39	USC B
3:16.58	Palo Alto Stanford
3:18.68	Ohio State
3:19.44	Indiana
3:20.24	California B
3:21.14	Louisville
3:21.94	USC
3:23.26	Ohio State B
3:23.36	Northwestern

800 FR Dec. 3

7:07.11	USC B
7:09.14	California
7:09.69	Indiana
7:11.68	Ohio State
7:13.98	Palo Alto Stanford
7:17.42	California B
7:20.50	Louisville
7:20.71	Cascade
7:21.16	Sarasota YMCA
7:22.13	USC

MEN

50 FREE Dec. 2

19.00	Nathan Adrian, CALI
19.21	William Copeland, CAL
19.30	Matthew Grevers, FORD
19.32	Vladimir Morozov, USC
19.33	Josh Schneider, MAC
19.42	Simon Burnett, FORD
19.73	Burphy Murray, UNAT
19.91	Ryan Lochte, DBS
19.95	Robert Savulich, CW
20.27	Jason Schnur, OSU

100 FREE Dec. 4

41.35	Matthew Grevers, FORD
41.63	Nathan Adrian, CALI
42.12	Vladimir Morozov, USC
42.13	William Copeland, CAL
43.22	Robert Savulich, CW
43.30	Simon Burnett, FORD
43.79	T. Messerschmidt, WFS
43.89	Davis Tarwater, MAC
44.00	Giles Smith, EST
44.72	Tyler Reed, UNAT

200 FREE Dec. 3

1:35.03	Rexford Tullius, UNAT
1:35.14	Michael Klueh, TXLA
1:35.15	Clement Lefert, USC
1:35.42	Ryan Lochte, DBS
1:35.53t	Dimitri Colupave, USC
1:35.53t	Dominik Meichtry, TROJ
1:35.69	Tyler Reed, UNAT
1:36.47	Shaun Fraser, GSC
1:37.16	Simon Burnett, FORD
1:37.39	James White, USC

500 FREE Dec. 2

4:14.22	Michael Klueh, TXLA
4:17.88	R. Charlesworth, USC
4:17.95	Jean Basson, FORD
4:18.04	Nicholas Caldwell, SYS
4:18.36	Dominik Meichtry, TROJ
4:18.54	Clement Lefert, USC

CLASSIFIED

ASSISTANT COACHES/ CAMP COUNSELORS NEEDED

The Longhorns Swim Camp at the University of Texas at Austin is seeking mature, motivated and team-oriented individuals to be part of its 34th year!

Exciting opportunity to work with our internationally known staff: head coaches Eddie Reese (2008 head men's Olympic coach), Kim Brackin (2008 Olympic coach) and assistant coaches Kris Kubik (2009 World Championships coach) and Jim Henry. Guest coaches/speakers include Olympians Ian Crocker, Aaron Peirsol, Brendan Hansen, Garrett Weber-Gale, Eric Shanteau, Ricky Berens, David Walters and Josh Davis.

Six one-week sessions (May 29-July 8). Room, board, parking, rec sports pass plus \$500/session salary, up to \$300 travel expense help and NIKE camp apparel package included. Applicants must agree to work in an alcohol/drug-free environment, have completed at least 60 hours of college coursework and/or have competitive swimming, coaching and/or camp counseling experience. References, First Aid, CPR and/or Lifeguarding/Safety Training for Swim Coaches required.

For more information and an application, call 512-475-8652 or e-mail: longhornswimcamp@athletics.utexas.edu, or check our employment section at www.LonghornswimCamp.com. Completed applications must be received no later than March 11, 2011.

The University of Texas at Austin is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability, age, citizenship status, Vietnam era or special disabled veteran's status or sexual orientation.

COACHES WANTED

The Carolina Swim Camp is seeking energetic, motivated and skilled coaches to help with the 2011 Swim Camp season. We offer two one-week camps beginning June 19-June 30, 2011, running from Sunday through Thursday each week.

If you are interested in joining our staff for these camps, please contact Eric Stefanski at estefanski@unca.unc.edu or call 919-966-1900.

2011 STANFORD SWIM CAMPS

Camp counselors/coaches needed for this Nike-sponsored swim camp. Work with and learn from Stanford's head women's coach Lea Maurer and head men's coach Skip Kenney as they provide four sessions of instruction on the beautiful Stanford University campus. Camp instruction will have a unique focus on stroke technique and mechanics.

Prior to employment, applicants must be coaching members of U.S. Swimming and certified in Coaches Safety Training, CPR and First Aid. Dates for the 2011 camps are June 18-23, June 25-30, July 2-7 and July 9-14. Base salaries adjusted by experience. The camp provides room and board. All staff will receive a Nike Camp apparel package.

If interested, please submit a letter of application and a resumé with references to Kathy Walker at kwalker@csbsju.edu.

CAMP COUNSELORS

The Wolverine Swim Camp at the University of Michigan is looking for individuals seeking an opportunity to work with internationally known coaches Mike Bottom and Jim Richardson. Four one-week sessions: June 12-17, June 19-24, June 20-25, June 26-July 1, July 3-8. Room, board, local telephone plus \$500/week salary and \$100 travel expense. Applicants must be 21 years or older, have attended at least two years of college and have had experience as a competitive swimmer and/or coach/teacher. References, CPR, First Aid certification and chauffeur's license are required.

For more information and an application, call 734-647-0500, fax 734-763-6543, e-mail skerska@umich.edu or write: Stefanie Kerska, 1000 S. State St., Ann Arbor, MI 48109.

FOR THE RECORD — continued from 43

1:20.73	Indiana	200 MR	Dec. 10
1:21.31	Louisville	1:42.00	Dynamo
1:21.58	Oakland	1:42.14	Michigan Lakeshore
1:21.77	California B	1:43.34	First Colony
1:21.84	Michigan B		

400 FR	Dec. 4	3:42.08	Dec. 9
2:51.58	USC B	3:42.79	Sun Devil
2:56.23	Ohio State	3:44.04	First Colony
2:56.51	California		Dynamo

2:57.59	Michigan	200 FR	Dec. 9
2:57.64	SwimMAC	1:32.06	First Colony
2:58.31	Indiana	1:32.85	Star
2:58.71	Oakland	1:34.10	Irvine Nova

2:59.54	USC	400 FR	Dec. 11
3:00.38	Louisville	3:21.92	First Colony
		3:22.33	Dynamo
		3:22.70	Star

800 FR	Dec. 3	7:19.73	Dec. 10
6:22.61	USC	7:19.73	First Colony
6:27.81	Ohio State	7:21.28	Team FLA
6:29.26	California	7:22.44	Dynamo

6:31.82	Louisville	800 FR	Dec. 11
6:33.54	Indiana	3:21.92	First Colony
6:34.05	Michigan B	3:22.33	Dynamo
6:34.32	Michigan	3:22.70	Star

6:35.34	SwimMAC	50 FREE	Dec. 9
6:35.61	Oakland	20:28	Nick Dillinger, GST
6:36.75	USC B	20:39	Andrew Kotic, GRA
		20:44	Stanley Wong, NYS

**SPEEDO
SHORT COURSE
JUNIOR
NATIONAL
CHAMPIONSHIPS**
Atlanta, Georgia
Dec. 9-11, 2010 (25 YD)



TEAM STANDINGS

Combined

754.5 Dynamo

748 Bolles

454.5 First Colony

Women

427.5 First Colony

317.5 Dynamo

295 Sun Devil

Men

504 Bolles

437 Dynamo

279 The Woodlands

WOMEN

50 FREE **Dec. 9**

22.76 Madeline Locus, FCST

22.77 Faith Johnson, STAR

22.88 Lauren Harrington, MTS

100 FREE **Dec. 11**

49.01 Madeline Locus, FCST

49.23 Faith Johnson, STAR

49.56 Nicole Barczak, UNAT

200 FREE **Dec. 10**

1:46.64 Quinn Carrozza, TXLA

1:47.49 Meaghan Raab, HAC

1:48.08 L. McKnight, UNAT

500 FREE **Dec. 9**

4:41.47 Kathryn Campbell, SPAS

4:42.21 Lauren Driscoll, FLA

4:43.44 Leah Smith, JCCS

1650 FREE **Dec. 11**

16:18.30 Kathryn Campbell, SPAS

16:26.48 Nicole Chang, RMDA

16:28.06 Taylor Nanfria, CROW

100 BACK **Dec. 10**

52.64 C. Bartholomew, MLA

53.45 Jillian Vitarius, BTA

53.74 Kylie Stewart, DYNA

200 BACK **Dec. 11**

1:53.16 C. Bartholomew, MLA

1:54.55 Jillian Vitarius, BTA

1:54.98 Henriette Stenkivist, RSA

100 BREAST **Dec. 10**

59.81 Mary Olsen, SDA

1:00.81 Abigail Duncan, AQJT

1:01.84 Gretchen Jaques, BREA

200 BREAST **Dec. 11**

2:10.03 Mary Olsen, SDA

2:10.75 Abigail Duncan, AQJT

2:12.35 Romy Landeck, FCST

100 FLY **Dec. 10**

53.32 Rachel Moore, CRIM

54.03 Olivia Barker, SAND

54.06 Natalie Hinds, COM

200 FLY **Dec. 11**

1:56.01 Tanja Kyllainen, LBA

1:57.61 Haley Lips, YSSC

1:57.78 Rachel Moore, CRIM

200 IM **Dec. 9**

1:59.34 Tanja Kyllainen, LBA

1:59.39 L. McKnight, UNAT

2:00.24 Gretchen Jaques, BREA

400 IM **Dec. 10**

4:09.66 Tanja Kyllainen, LBA

4:11.08 Lauren Driscoll, FLA

4:12.10 Taylor Nanfria, CROW

MEN

50 FREE **Dec. 9**

20:28 Nick Dillinger, GST

20:39 Andrew Kotic, GRA

20:44 Stanley Wong, NYS

100 FREE **Dec. 11**

44.19 Andrew Kotic, GRA

44.40 William Hamilton, GLA

44.74 Matthew Curby, BD

200 FREE **Dec. 10**

1:36.20 William Hamilton, GLA

1:36.41 Tom Kremer, PEAK

1:38.28 Jared Markham, GTS

500 FREE **Dec. 9**

4:18.88 Evan Pinion, PACK

4:19.29 Matias Koski, DYNA

4:23.05 Adam Hinshaw, PASA

1650 FREE **Dec. 11**

15:02.07 Evan Pinion, PACK

15:03.66 Ediz Yildirim, TWST

15:12.74 Matias Koski, DYNA

100 BACK **Dec. 10**

47.62 Jacob Pebley, CAT

47.96 Ryan Murphy, BSS

49.21 Preston Jenkins, GCAT

49.21 Shane Ryan, RAD

200 BACK **Dec. 11**

1:42.73 Jacob Pebley, CAT

1:43.48 Ryan Murphy, BSS

1:44.31 Jared Markham, GTS

100 BREAST **Dec. 10**

55.21 S. Lujan Rivera, BSS

55.36 Tyler Kaliszak, HAS

55.95 Richard Lehner, SA

200 BREAST **Dec. 11**

1:58.56 Zachary Gunn, NTR0

1:58.91 Young Tae Seo, SPAS

1:58.95 Steven Stumph, OAPB

100 FLY **Dec. 10**

47.32 William Hamilton, GLA

47.34 Paul Davis, NAC

48.23 John Lane, DYNA

200 FLY **Dec. 11**

1:44.46 William Hamilton, GLA

1:46.80 Young Tae Seo, SPAS

1:47.15 Coleman Allen, SAS

200 IM **Dec. 9**

1:47.28 Jared Markham, GTS

1:47.46 Jacob Pebley, CAT

1:47.47 Matthew Curby, BD

400 IM **Dec. 10**

3:47.60 Carlos Omana, MACM

3:47.74 Young Tae Seo, SPAS

3:48.39 Jared Markham, GTS

200 MR **Dec. 10**

Bolles

Bolles

Dynamo

SwimAtlanta

400 MR **Dec. 9**

3:18.57 Bolles

3:21.15 Dynamo

3:21.58 SwimAtlanta

200 FR **Dec. 9**

1:21.83 Dynamo

1:23.15 SwimAtlanta

Bolles

400 FR **Dec. 11**

2:59.73 Dynamo

3:01.03 Bolles

3:03.71 Alamo Area

800 FR **Dec. 10**

6:38.56 Dynamo

6:38.98 Bolles B

6:41.72 Santa Clara

March

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	31		

MARCH

- 2-5 **St. Peters, MO**
NAIA Championships
816-595-8000
- 2-5 **Buffalo, NY**
NJCAA Championships
jerebko@ecc.edu
- 3-5 **Plantation, FL**
FGC Senior Championships
561-691-3427
- 3-6 **Goodyear, AZ**
Senior State Champs., sc
602-264-2443
- 3-6 **Middletown, CT**
Connecticut Senior Champs.
ballb@ccsu.edu
- 3-6 **Chicago, IL**
IL Senior Championships
847-824-1996
- 3-6 **Indianapolis, IN**
USAS Grand Prix
arlenemcd@aol.com
- 3-6 **Annapolis, MD**
Maryland Swimming Championship Meet
plmckissick5106@verizon.net
- 3-6 **Cary, NC**
Southern Zone Sectionals
sanctions@ncswim.org
- 3-6 **Oklahoma City, OK**
Central Zone Sectionals
auggie1@sbcglobal.net
- 3-6 **Gresham, OR**
OSI Senior Championships
swim@oregonswimming.org
- 3-6 **College Station, TX**
Southern Zone Sectionals
gulf_sanctions@yahoo.com
- 4-6 **Pacifica, CA**
PSL Trials/Finals
pacificasealions@gmail.com
- 4-6 **Santa Rosa, CA**
SRN "C-B-A+"
neptunes@sonic.net
- 4-6 **Fort Collins, CO**
14&Under State Champs.
1-800-242-7946
- 4-6 **Council Bluffs, IA**
MSW Div. 1 Qualifier
baswmr@yahoo.com
- 4-6 **Battle Creek, MI**
Michigan JO West
coachyoungquist@yahoo.com
- 4-6 **Lake Orion, MI**
Michigan JO West
mguttilla@comcast.net
- 4-6 **Troy, NY**
Adirondack Silver Short Course Championships
rod@isdps.org
- 4-6 **Akron, OH**
LESI Silver Qualifier
cvirdo@aol.com

- 11-13 **San Marcos, CA**
SDI JO-Max, North
johnlinscheid@cox.net
- 11-13 **Coral Springs, FL**
FGC Junior Olympics, 14&U
561-691-3427
- 11-13 **Chicago, IL**
Illinois Age Group Champs.
847-824-1996
- 11-13 **Crawfordsville, IN**
Indiana Senior State Champs.
www.inswimming.org
- 11-13 **Wichita, KS**
Missouri Valley Division I Championships
ktyevak@gmail.com
- 11-13 **St. Mary's City, MD**
CBAC Junior Championship membership@cbacswim.org
- 11-13 **Zeeland, MI**
Michigan 12&Under State Championships
mtorrey@zps.org
- 11-13 **Cleveland, OH**
LESI Gold Championships
pamswim@aol.com
- 11-13 **Spokane, WA**
SWAT Shamrock Shakeup
kevinwang@spokanewaves.org
- 12 **El Cerrito, CA**
MONT Pentathlon
mattamike@hotmail.com
- 12 **Englewood, CO**
ACES Mighty Mini
303-741-1733
- 12 **Panama City, FL**
PCST Open
cochjonathan@hotmail.com
- 12 **St. Petersburg, FL**
SPA AG/SR Open
727-821-2918
- 12 **Chamblee, GA**
Warren Stephens 10&U Invitational
amanda@dynamoswimclub.org
- 12 **Carmel, IN**
CSC Marsh Madness 10&Under Invitational
carmelswimclub@aol.com
- 12 **Pittsburgh, PA**
TPIT "A" Championships
tpit@amswim.org
- 12-13 **Dalton, GA**
CCAC Mako Mania All-Trophy Meet
charles.todd@dalton.k12.ga.us
- 12-13 **Gainesville, GA**
Lanier Invitational
jjmyoung1@mindspring.com
- 12-13 **Olney, MD**
RMSC Mini Championships
240-314-8750
- 12-13 **Corvallis, OR**
CAT "BC" Invitational
catmeetdirector@gmail.com
- 12-13 **Forest Grove, OR**
Tall Timbers End of Season Finale
fgscmeetgr@yahoo.com
- 12-13 **Oregon City, OR**
Oregon City "BC" Open scm
ocst.coach@gmail.com

- 24-27 **Christianburg, VA**
Eastern Zone Sectionals
generalchair@virginiaswimming.org
- 25-27 **Grand Junction, CO**
Four Corners Championships
jlorimer@lornet.com
- 25-27 **Boyd's, MD**
RMSC Spring Finale
240-314-8750
- 25-27 **Laurel, MD**
MSSC Spring Champs.
240-417-5569
- 26-27 **Daly City, CA**
DCD "C-B-A" mosorio_deprd@yahoo.com
- 26-27 **Fremont, CA**
MSJA "C-B-A+"
izzyr1105@sbcglobal.net
- 26-27 **Oakland, CA**
CUDA "C-B-A+"
cgdonald@pacbell.net
- 26-27 **St. Helena, CA**
SHSC Invitational
tdixon24@hotmail.com
- 26-27 **Baltimore, MD**
MSC Spring Fling
msc@mndswim.org
- 26-27 **Fairfax, VA**
MAKO Spring Invitational
703-993-3220
- 27 **Fort Collins, CO**
Vortex Shamrock Shindig
coachjackie@eamvortex.t
- 31-2 **Webster, NY**
Eastern Zone SC Champs.
info@fairportswimming.org
- 31-3 **Morgan Hill, CA**
Far Western Championships
2011farwesternmeetdirector@gmail.com
- 5 **North Miami, FL**
John O'Keefe Spring Splash
nadadoresflorida@aol.com
- 5-6 **Wooster, OH**
Wooster SCY Swim Meet
toptenpatches@usms.org
- 6 **Bloomington, IL**
Central Illinois Spring Classic
evk01@yahoo.com
- 6 **Warrenton, VA**
Warrenton Masters Dreaming of Spring III
dreamingofspring@warrentonmasters.org
- 12-13 **Long Island, NY**
New York State Champs.
aquafitinc@aol.com
- 13 **Elmhurst, IL**
York Shamrock Splash
jeffputnam@hotmail.com
- 16-19 **Oudshoorn, South Africa**
RSA Masters Long Course Championships
blackfam@telkomsa.net
- 19 **Nrrth Bethesda, MD**
Albatross Open, scm
jroddin@pvmasters.org
- 19 **Baraboo, WI**
Wisconsin at Baraboo Jack Young Middle School
wmacswim@sbcglobal.net
- 20 **Naperville, IL**
Spring Fever Masters, scy
coachsue1@me.com
- 26 **Baltimore, MD**
Maryland Championships and Invitational
marko@usms.org
- 27 **Berkeley, CA**
Strawberry Canyon Meet
bswiggett@yahoo.com
- 27 **Lexington, VA**
RCA's Dive Into Spring
craig@rockbridgeswims.org

MASTERS

MARCH

Please note that membership in USMS (United States Masters Swimming) may be required for participating in the following

THIS Month IN SWIMMING

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THE INTERNATIONAL SWIMMING HALL OF FAME



February

On Feb. 8, 1978, Australia's Tracey Wickham (1992 ISHOF Honor Swimmer) set her first world record (1500 free, 16:14.93) during a special solo swim in Brisbane two weeks prior to the Australian nationals. During the next 12 months, she would set four more world standards, including times in the 400 and 800 free (4:06.28 and 8:24.62) that would not be broken for nearly nine years. Wickham earned a spot on the 1976 Australian Olympic team as a 13-year-old. Four years later, she was selected to the 1980 squad, but did not compete due to personal reasons. During her career, Wickham set 260 national and 12 Commonwealth records.



PARTING SHOT



USA'S RYAN LOCHTE SHOWS THE BOTTOM OF HIS SHOES WHILE POSING BETWEEN FELLOW PAN PAC TEAM MEMBERS CAITLIN LEVERENZ AND CHRISTINE MAGNUSON

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NORMAL ANGLE



EBP BURNER FIN ANGLE



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