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Swimming World

JULY 2011 — VOLUME 52 NO. 7

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JANET EVANS MAKING A COMEBACK

Split Time: Best Male HS Swimmer of All Time

Gutter Talk

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SARASOTA CAPTURES TEAM TITLE AT YMCA MASTERS NATIONALS
DARA TORRES POSTS QUICK 50 FREE IN FLORIDA

Workout Card/Sample Daily Diets: Masters of South Texas

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MARIA LENK TROPHY MEET Rio de Janeiro, Brazil May 3-7, 2011
CHARLOTTE ULTRASWIM Charlotte, North Carolina May 12-15, 2011
COLORADO 4A HIGH SCHOOL BOYS CHAMPS Grand Junction, Colorado May 20-21, 2011
COLORADO 5A HIGH SCHOOL BOYS CHAMPS Fort Collins, Colorado May 20-21, 2011
DELAWARE HIGH SCHOOL CHAMPS Newark, Delaware Feb. 23-26, 2011
KANSAS 5A-1A HIGH SCHOOL CHAMPS Topeka, Kansas
Girls: May 19-21, 2011 Boys: Feb. 17-19, 2011
KANSAS 6A HIGH SCHOOL CHAMPS Topeka, Kansas
Girls: May 19-21, 2011 Boys: Feb. 17-19, 2011
MARYLAND 3A/2A/1A HIGH SCHOOL CHAMPS College Park, Maryland Feb. 26, 2011
MARYLAND 4A/3A HIGH SCHOOL CHAMPS Canton, Ohio Feb. 23-24, 2011
NEVADA HIGH SCHOOL CHAMPS Carson City, Nevada May 21, 2011
NEW JERSEY HIGH SCHOOL CHAMPS Sewell, New Jersey March 5-6, 2011
NEW MEXICO HIGH SCHOOL CHAMPS Albuquerque, New Mexico Feb. 18-19, 2011
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PENNSYLVANIA AAA HIGH SCHOOL CHAMPS Lewisburg, Pennsylvania March 16-19, 2011
WASHINGTON, D.C. METROPOLITAN HS CHAMPS Boyds, Maryland Feb. 23-26, 2011

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Already decorated with multiple medals from elite international competitions, Tunisia's Ous Mellouli, 27, believes his best days are ahead, with the London Olympics his primary focus. He's confident the longest-standing world record on the books—the men's 1500—can be his. (See story, page 10.)

[COVER PHOTO PROVIDED BY LE PRESSE AND SHANDREW PR.]



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CUSTOM

DYED
SWIMWEAR

A VOICE for the SPORT THEN & NOW

BY BRENT RUTEMILLER

What a difference four years can make!

2007: Fran Crippen was an early favorite to make the Olympic team in open water events. **2011:** Olympic hopefuls now participate in Fran Crippen Memorial Open Water races around the globe after Crippen died in a FINA Open Water event in 2010.

2007: There was talk of Michael Phelps possibly winning eight gold medals in Beijing. **2011:** There is now talk that Ryan Lochte could possibly win eight gold medals in London.

2007: Chuck Wielgus, executive director for USA Swimming, was being treated for colon cancer. **2011:** Wielgus is now in full recovery and has his sights set on leading USA Swimming to London.

2007: Amanda Beard was posing nude for *Playboy* magazine. **2011:** Beard now poses on blocks while training for her fifth Olympics.

2007: Dave Durden was named head coach for UC-Berkeley. **2011:** Durden is now holding the NCAA Division I men's team trophy for UC-Berkeley.

2007: Frank Busch's University of Arizona teams are a year away from winning NCAA team titles. **2011:** Busch has now resigned from U of A to become national team director for USA Swimming.

2007: Brendan Hansen struggled to regain his form after being named 2006 USA Male Swimmer of Year. **2011:** Hansen comes out of retirement to train for 2012 USA Olympic team.

2007: Kate Ziegler broke Janet Evans' 1988 world record in the 1500 by 10 seconds (15:42.54). **2011:** Evans is now launching a comeback to make the 2012 USA Olympic Trial cuts.

2007: Mark Schubert was national head coach for USA Swimming. **2011:** Schubert now trains 39-year-old Janet Evans, and together notch Masters world records.

2007: Ian Crocker still owned the world record in the 100 fly with a time of 50.40. **2011:** Crocker is now in training again after retiring three years ago.

2007: Katie Hoff, coached by Paul Yetter, sets a world record in the 400 IM (4:32.89). **2011:** Hoff is now training

in California, and Yetter is coaching in Florida.

2007: Dara Torres, at age 40, starts her comeback by winning a 50 free at USA Nationals. **2011:** Torres is now training for a spot on her sixth Olympic team.

2007: Cesar Cielo was breaking NCAA records to start his march toward Olympic gold. **2011:** Cielo now owns one Olympic gold medal and world records in the 50 and 100 meter freestyles.

2007: Aaron Peirsol was setting world records. **2011:** Peirsol is now retired from swimming.

2007: Natalie Coughlin set a world record in the 100 back, ending a long dry streak. **2011:** Coughlin still remains at the top of her game.

2007: Teri McKeever is the top female coach in USA Swimming. **2011:** McKeever is now the head coach for USA Women's Olympic swim team.

2007: China training program, talent identification and performance predictions are a mystery. **2011:** China training program, talent identification and performance predictions are still a mystery.

2007: Jessica Hardy set American records in the sprint breaststrokes. **2011:** Hardy is now on track for London after being removed from the 2008 USA Olympic team for testing positive for ingesting a banned substance, only to be found innocent on a later date.

2007: Ous Mellouli is suspended 18 months for use of a banned substance. **2011:** Mellouli is now the leading contender to repeat as 1500 meter freestyle champion in London.

2007: Ian Thorpe was enjoying retirement at age 24. **2011:** Thorpe is now back in training at age 28.

2007: Ed Moses focused on pro golf after retiring from swimming after the 2004 Olympic Trials. **2011:** Moses is now making a comeback to make the 2012 Olympic team.

I don't know about you, but I think the Games have already begun! ♦

BRENT RUTEMILLER
Publisher, CEO

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Day in the Life:

PHOTOS BY GARRETT McCaffrey



PHOTO #1

The beginning of meet day always starts with the standard morning rituals that everyone does. Here, Josh takes care of his daily hygiene by brushing his teeth, while gearing up mentally to head to the facility.



PHOTOS #2A AND #2B

Stretching is a mandatory part of any athlete's meet preparation. It is especially important for a professional athlete such as Josh, as his body is the



PHOTOS #3A AND #3B

At a typical USA Swimming meet—where spots on national team rosters are at stake—the tomfoolery is usually limited to warm-up and warm-down games such as Bean.



PHOTOS #4A AND #4B

Signing autographs is part and parcel of any professional athlete's branding strategy. Without fans, the professional side of the sport would die off completely. Fans are the driving force behind keep-

The day in the life of a professional swimmer is often filled with watching the black line at the bottom of the pool while in continual training. However, swim meets are the times that the routine is shaken up a bit. This shake-up is even more evident when an athlete takes part in a specialized exhibition event such as the Jax50 Sprint Dual Challenge.

Swimming World followed SwimMAC Team Elite member Josh Schneider as he prepared for the intriguing 50 yard freestyle-only tournament that was held in Jacksonville, Fla. last April. Here's a look at some of the interesting (and even mundane) elements of his preparations that day:

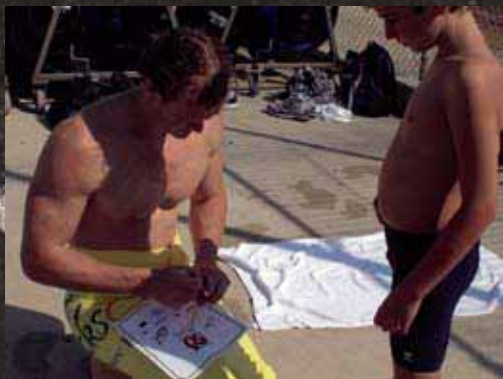
Josh Schneider



tool of his trade. If he doesn't take care of it, he's liable to sustain an injury that can seriously impact his ability to gain the revenue he needs to continue training.



However, at an exhibition event like the Jax50, swimmers are more likely to take time out to have fun. Here's Josh attempting to act like a diver. He wound up barely missing his goal, which was to jump the diving well and clear the lane line divider just beyond the view of these images!



ing a sport popular enough that a professional athlete can secure sponsorship dollars to allow them to continue to compete. They buy the merchandise, go to the training camps and consume all of the media revolving around their particular favorite athletes.



PHOTO #5

Here's Josh in his element: enjoying the ability to make a living as a professional swimmer. Josh went on to take third place in the Jax50 with an unorthodox 25-yard swim-off against Nick Brunelli—with a start from the side of the pool—after the two initially tied in the third-place match-up. ♦

The Complete Package

BY JOHN LOHN • PHOTOS PROVIDED BY LE PRESSE AND SHANDREW PR

PICTURED »
Tunisia's Ous Mellouli has it all together—from his viewpoints on the world to the assessment of his swimming career potential.

Ous Mellouli is one of the world's finest swimmers, perhaps the best in the distance freestyle events. Yet, the Tunisian star knows there are things much more important than lapping the field.

In this sport of swimming, what shows up on the digital scoreboard garners the greatest attention. In a stopwatch sport—where a hundredth of a second matters a great deal—time is everything.

Or is it?

Mellouli, the reigning Olympic champion in the 1500 freestyle and the man who dethroned a legend (Australia's Grant Hackett), also knows all about internal conflict in his homeland. He watched a dictatorship rule everything in Tunisia, governed in a far different manner than what is known in the United States. So, as his native country moves toward a greater state of freedom, Mellouli speaks optimistically.

Optimistic also encompasses the fashion in which Mellouli views his athletic career. Already decorated with multiple medals from elite international competitions, the 27-year-old believes his best days are ahead, with the London Olympics his primary focus. He's confident the longest-standing world record on the books can be his.

THE BIG PICTURE

For the moment, though, forget the athletic component of Ous Mellouli's life. His native Tunisia has recently undergone—and continues to undergo—major changes. It was only last January that the nation's dictatorship government was overthrown following a rash of civilian protests—demonstrations that demanded better living conditions and a change in the country's operation.

Although based in Southern California, Mellouli remained closely in touch with the events in his homeland, speaking with family members and following news releases. He beamed with pride when he spoke about his fellow Tunisians, who have begun the long, hard process of achieving democracy and freedom, something that became a possibility with the removal of President Zine El Abidine

Ben Ali from office. Mellouli also beamed with pride over the fact that Tunisia served as a catalyst for other revolutions in northern Africa, including those in Egypt and Libya.

Sadly, the transition that Tunisia is undergoing has led to the loss of lives. Many demonstrators died at the hands of anti-protest forces. Yet, the Tunisian Revolution has set the stage for a future in which there may be greater freedom for the country's citizens, less corruption in the government and

improvements in day-to-day life.

"I'm very proud of what is happening (in Tunisia)," Mellouli said. "There is a price for freedom, and it is very painful to see. It takes time. But the revolution has had a ripple effect to other countries, and I'm confident things are going to get better. I'm not sure of the timeline on everything, but there won't be a dictatorship again, and we're moving toward peace. The worst has been done. There is a lot of hope."

A DECORATED CAREER

To say Ous Mellouli has had an illustrious career would not do justice to his portfolio. He garnered his first international medal back in 2003, when he earned bronze in the 400 individual medley at the World Championships in Barcelona. Since that breakthrough, he's been a regular presence on the biggest of podiums, none larger than the day he mined gold at the Olympic Games.

There was much chatter at the 2008 Games in Beijing about Australian legend Grant Hackett becoming the first man in history to win the same event at three consecutive Olympiads. However, when the 30-lap affair was over inside the Water Cube, Mellouli had dethroned the champion in impressive fashion, sparking a changing of the guard.

Mellouli's charge to Olympic titlist was triggered by his attendance at the University of Southern California and his continued training with the Trojan Swim Club. Whether under the guidance of Mark Schubert or Dave Salo (his current

TOP 10 Colorful Swimming Personalities

BY JEFF COMMINGS

(Listed alphabetically)

Amanda Beard: When she was 14, she named basketball bad boy Dennis Rodman as a hero. Eleven years later, she posed nude for *Playboy*.

B.J. Bedford: At the 1996 Olympic Trials, she shaved her head. At the 2000 Olympics, she dyed her hair red, white and blue and did a back flip into the water in the 100 back finals.

Dawn Fraser: The Olympic legend angered officials and shocked fans by taking a Japanese flag from the emperor's palace grounds.

Gary Hall Jr.: The Olympian delighted fans by wearing robes and boxing shorts before big races. He was fined for doing so at the 2004 Olympics.

Michael Klim: After the Aussies won the 400 free relay at the 2000 Olympics, he led his teammates in an air guitar-strumming

pantomime to mock the Americans.

Laurie Lawrence: Duncan Armstrong's coach was so overjoyed with his charge winning the 200 free at the 1988 Olympics that he exuberantly slapped a reporter—twice—on the face!

Ryan Lochte: Grillz. Green shoes. Pink swimsuits. "Yeah!" Need we say more?

Laure Manaudou: Her part in a soap opera-worthy love triangle briefly overshadowed her amazing swimming accomplishments.

Richard Shoulberg: After one of his swimmers had an incredible swim, he sprinted to the end of the pool in order to be the first to offer congratulations.

Amy van Dyken: The sprinter spit into competitors' lanes before races. ♦

Special thanks to Phil Whitten for contributing to this list.

mentor), Mellouli has been molded by superb coaches. He's also trained with some of the sport's best athletes.

"I was very fortunate to land at USC," Mellouli said. "We have a big tradition, and it's been all I could ask for. I've gotten the chance to work with some of the best, like Larsen Jensen, Erik Vendt and Klete Keller. I lost those guys in my training group (after their retirements), but when I walk onto the deck, I'm reminded of greatness. We have an amazing group working here."

Certainly, Salo has assembled a special group of athletes, highlighted by the likes of Rebecca Soni, Jessica

— continued on 12



PICTURED »

Already decorated with multiple medals from elite international competitions, the 27-year-old Mellouli

believes his best days are ahead, with the London Olympics his primary focus. He's confident the longest-standing world record on the books—the men's 1500—can be his.

Hardy, Katinka Hosszu and Eric Shanteau. Without question, Mellouli is a headliner of the distance group. Still, there have been some tough times for the Tunisian.

His results from 2007 have been wiped from the record books due to a positive doping test for the stimulant Adderall, which Mellouli took to assist him with his academic studies. Following the positive test, Mellouli was hit with an 18-month retroactive ban from competition that ended not long before the Beijing Olympics. More, a shoulder surgery hampered him at last year's Pan Pacific Championships, leaving Mellouli far short of delivering his expected performances.

Mellouli, though, has rebounded from the tumultuous times in his career. He ended 2010 by winning four medals at the 2010 World Short Course Championships, including gold in the 1500 freestyle. Overall, he has captured 12 medals in world-championship action, whether long course or short course. And with the 2011 World Champs slated for Shanghai later this month, expect Mellouli's shopping cart to fill up even more. He's slated to race the 400, 800 and 1500 freestyles and might contest the 200 free as well.

"It was important to me to do well (at the World Short Course Championships) and put together a special meet," he said. "I'm pretty satisfied with where I am right now, and Shanghai is an exciting stepping stone. But the ultimate goal is London. That's what I'm thinking about and working toward."

SHANGHAI AND BEYOND

While some athletes won't discuss record chasing, Mellouli does not shy away from talking about Hackett's awe-inspiring

global standard in the 1500 free, largely considered the Holy Grail of records in the sport on the men's side. He says the record will go down—and will go down soon.

Of course, Mellouli believes he will be the guy to take care of business. At the same time, he recognizes that the middle-distance and distance events are currently stacked with talent—from China's rising superstar, Sun Yang, to South Korea's Tae Hwan Park, the reigning Olympic champ in the 400 free.

"Of course I keep tabs on the guys in my events," Mellouli said. "You want to know who's out there, but it won't change my routine and what I do to prepare. It does get me fired up. I think to win the Olympic Games (in the 1500 in London), the world record is going to have to go. It's 14:34, and that's no joke. But it's doable, and I haven't reached my full potential yet."

The beauty of Mellouli's skill level is that he could challenge for Olympic gold in the 400 IM, an event he rarely—if ever—gets to contest in peak condition. At the Olympics, the schedule for the 400 IM conflicts with the 400 freestyle. At the World Champs, the 400 IM conflicts with the 1500 free.

Unless something changes, Mellouli will stick with the freestyle events for London.

"It's not far off at all," he said. "The days go by fast. I'm motivated." ♦



PICTURED » Ous Mellouli ended 2010 by winning four medals at the 2010 World Short Course Championships in Dubai, including gold in the 1500 freestyle.

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JANET EVANS MAKING A COMEBACK

While she's on record with *Associated Press* as saying her ultimate goal is the 2012 London Olympics, Olympic great **Janet Evans**, 39, made her return to competitive swimming in the Masters ranks. Giving a boost to her eponymous meet—the Janet Evans Invitational held at the Janet Evans Swim Complex on June 11, Evans knocked down a pair of FINA Masters world records.



ABOVE » Janet Evans

[PHOTO BY JEFF CHRISTENSEN, REUTERS]

Evans clocked a time of 4:23.82 in the women's 35-39 400 meter freestyle to cut more than two seconds off the previous mark of 4:26.17, set by *Swimming World* contributor **Karlyn Pipes-Neilsen** in 1997.

Evans also shot down the age division standard in the 800 free with a time of 8:59.06, becoming the first woman in her age group to break nine minutes. The previous record had been a 9:09.12, set by **Kirsten Cameron** in 2010.

The meet was definitely a success for Evans, who had been rumored to be returning to competition since last year when *Swimming World* confirmed she was training for a comeback last November.

However, Evans has some work to do to make the U.S. roster. At the time of Evans' FINA Masters world records, **Chloe Sutton** was the top American in both events (4:06.04 and 8:29.20). Additionally, the current top times in the world this year at the time of Evans' swims were 4:09.42 in the 400 and 8:33.14 in the 800. ♦

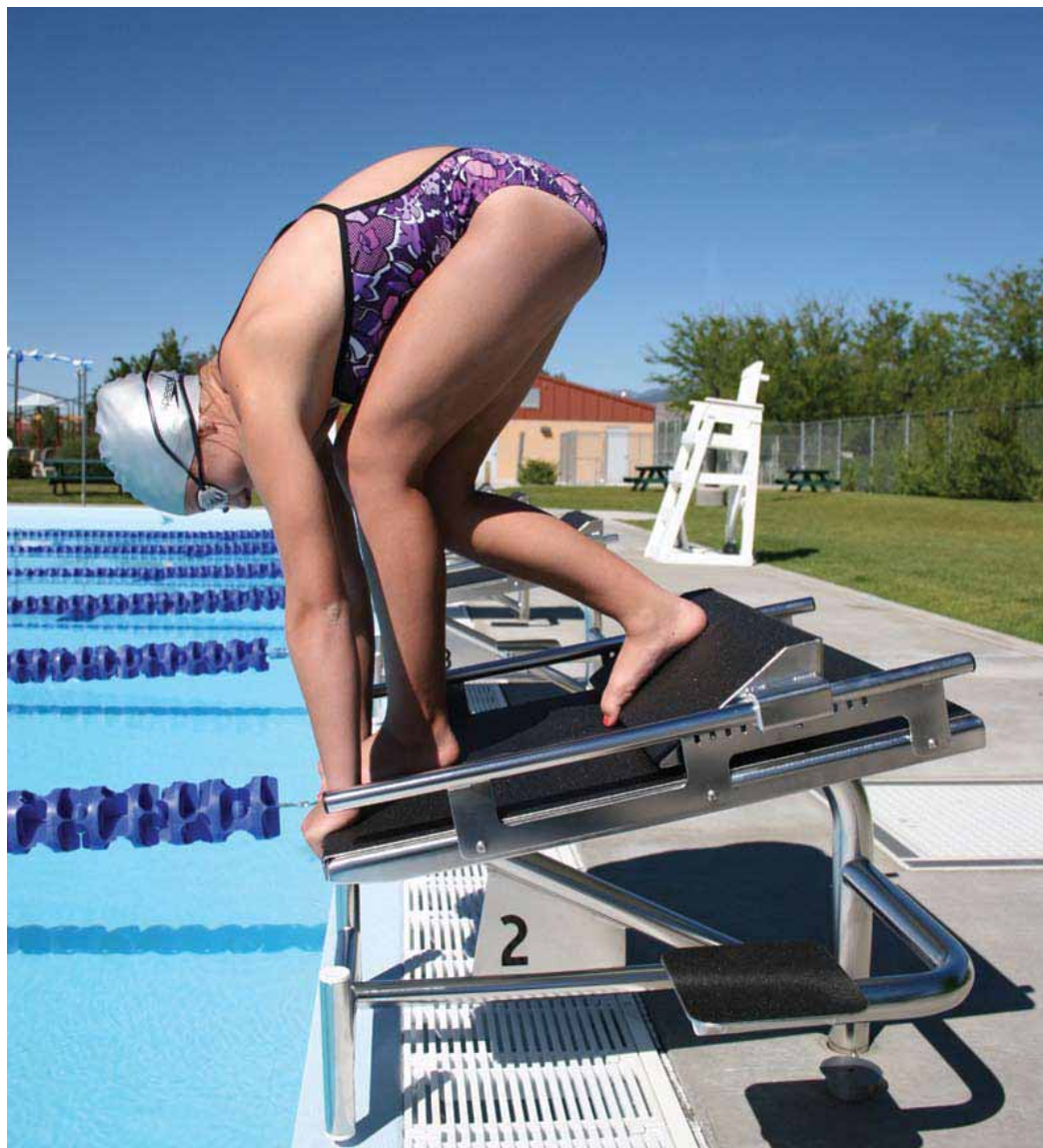
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Preparing for the Future

BY JASON MARSTELLER

USA Swimming has successfully identified young talent and has supported their development in the National Youth Team program. Many of these youngsters have become Olympic athletes.

There are a number of factors that have led to the success the United States has experienced in swimming at the Olympics. While some might argue that the strong American sports culture for the past century has definitely played a major role, it also takes a nation to be able to identify young talent and to support their development.

That's exactly what USA Swimming had in mind when it created the National Youth Team (recently renamed the National Junior Team). And if you look at the statistics, the program has been a success.

Swimming World Magazine, in conjunction with USA Swimming, has monitored the success of the National Youth Team (NYT) in producing Olympic athletes for the past two Olympics. We looked at former NYT members who wound up making the 2004 and 2008 Olympic teams.

Twenty-one NYT swimmers represented the United States at the Athens Olympics in 2004—a whopping 49 percent of the 43 total U.S. Olympians that year.

On the men's team were former NYT members Ian Crocker (1997-98), Nate Dusing (95-96), Scott Goldblatt (95-96), Brendan Hansen (97-98), Bryce Hunt (97-98), Klete Keller (98-99), Dan Ketchum (98-99), Ryan Lochte (01-02), Tom Malchow (92-93) and Erik Vendt (97-98) for a total of 10 of the 21-person male roster.

The women's team had 11 of 22 swimmers who previously trained with the NYT: Lindsay Benko (1991-92), Caroline Bruce (99-00), Kristen Caverly (98-99), Maritza Correia (96-97), Natalie Coughlin (96-97), Margaret Hoelzer (97-98), Katie Hoff (03-04), Kara Lynn Joyce (01-02), Dana Kirk (99-00), Diana Munz (95-96) and Amanda Weir (99-00).

Number of U.S. Olympians from NYT since 1989			
Year	Number of Olympians	Year	Number of Olympians
1989-90	3	1998-99	3
1990-91	3	1999-00	5
1991-92	4	2000-01	1
1992-93	3	2001-02	2
1993-94	3	2002-03	2
1994-95	1	2003-04	5
1995-96	6	2004-05	3
1996-97	4	2005-06	2
1997-98	6	2006-07	1

The 2004 Olympians who were never part of the NYT program included Amanda Beard, Haley Cope, Mark Gangloff, Gary Hall Jr., Rhi Jeffrey, Larsen Jensen, Kalyn Keller, Tara Kirk, Rachel Komisarz, Lenny Krayzelberg, Colleen Lanne, Jason Lezak, Aaron Peirsol, Michael Phelps, Carly Piper, Kaitlin Sandeno, Jenny Thompson, Scott Usher, Peter Vanderkaay, Dana Vollmer, Neil Walker and Gabe Woodward.

It was even better in 2008: 53 percent of former NYT members made the U.S. Olympic team that competed in Beijing (23 of 43).

For the men, it was 13 of 22: Nathan Adrian (2004-05), Ricky Berens (03-04), Crocker, Matt Grevers (02-03), Hansen, Keller, Lochte, Eric Shanteau (00-01), Scott Spann (04-05), Gil Stovall (03-04), Vendt, David Walters (04-05) and Mark Warkentin (95-96). And for the women, 10 of 21: Elaine Breeden (02-03), Coughlin, Kathleen Hersey (05-06), Hoelzer, Hoff, Joyce, Allison Schmitt (06-07), Julia Smit (03-04), Chloe Sutton (05-06) and Kate Ziegler (03-04).

Beard, Elizabeth Beisel, Caroline Burckle, Gangloff, Megan Jendrick, Jensen, Cullen Jones, Lezak, Christine Magnuson, Christine Marshall, Lacey Nymeyer, Peirsol, Phelps, Emily Silver, Rebecca Soni, Dara Torres, Kim Vandenberg, Vanderkaay, Garrett Weber-Gale and Ben Wildman-Tobriner earned the remaining Olympic roster spots without having been on the NYT roster.

DIGGING DEEPER

Looking further into the numbers from the last 10 years, 538 athletes made the NYT, with 114 of them going on to become national team members. Additionally, 16 Olympians were produced during this time, while 54 World Championship team members also came from the program.

However, these numbers are somewhat skewed as major changes took place with the program in 2007-08, when swimmers were allowed to be with the program for multiple years as long

PICTURED » Katie Hoff, a member of the 2003-04 National Youth Team, made an immediate impact by jumping from NYT membership to the Olympic team in the same year. She also represented the U.S. in 2008 at Beijing.

as they continued to qualify. Previously, swimmers could only be on the team for a single year. In 2007-08, there were seven repeats; 2008-09, 40; and 2009-10, 41.

Since 2000-01, the 2003-04 NYT proved to be the most productive team in producing Olympians, with five members representing the United States at the sport's pinnacle meet. Katie Hoff made an immediate impact by jumping from NYT membership to the Olympic team in the same year. Four other 2003-04 NYT members went on to make the 2008 Olympic roster, along with Hoff: Ricky Berens, Julia Smit, Gil Stovall and Kate Ziegler.

The 2004-05 team produced the second most number of Olympians from the NYTs over the past decade with three—Nathan Adrian, Scott Spann and David Walters made the Olympic roster for Beijing.

USA Swimming's numbers also indicate that there has been at least one U.S. Olympian coming from the NYT roster since 1989-90 (see accompanying chart).

A BRIGHT FUTURE

The future looks bright for the U.S. National Junior Team, with the 2010-11 squad already turning in impressive performances:

- Hershey High School's (Pa.) David Nolan had arguably the most dominant outing of any high school swimmer ever at the 2011 Pennsylvania High School Championships. He finished the meet with national high school records in the 100 yard free (42.34r), 100 back (45.49) and 200 IM (1:41.39), and helped Hershey to the 200 free

relay record with a 1:21.01. He also helped his school's 200 medley relay team set a record in 2010.

Nolan's efforts prompted a SwimmingWorld.TV Split Time discussion as to whether he could be considered the best male high school swimmer of all time. Swimmers such as Mark Spitz, Brian Goodell, Joe Hudepohl and Jeff Kostoff were discussed during that broadcast. (Visit *Swimming World's* website at <http://tv.swimmingworldmagazine.com/shows/split-time/split-time-episodes/10994>)

- West Coast's Cindy Tran helped the University of California to an American and NCAA record in the women's 200 medley relay (1:35.03) this past season. The freshman also won the 100 back in 51.30. College teammate and fellow freshman Deborah Roth of California Aquatics also turned up the heat at the 2011 NCAA's, taking second in the 100 back and eighth in the 200 back.
- After a dominant age group run, Springfield Family's Margo Geer swam well at the 2011 NCAA Division I Championships as a freshman at the University of Arizona. After finishing third in both the 50 and 100 yard freestyle, she was named the Arizona Athletics' Female Freshman Athlete of the Year.
- Palo Alto Stanford's Jasmine Tosky shot down the oldest record in the girls national high school record books last May. Representing Palo Alto High School (Calif.), Tosky scorched the 100 yard fly with a 51.92 during prelims, erasing Misty Hyman's legendary performance of 52.41, set while swimming for Shadow Mountain High School (Ariz.) in 1996.

Also in May, the Terrapins' Chelsea Chenault, swimming for Carondelet High School (Calif.), clocked 1:45.12 in the 200 yard free to eclipse the national independent high school record of 1:45.49 previously held by Ziegler (Bishop O'Connell, Va., 2006). ♦



PICTURED » Cindy Tran (left) and Deborah Roth, members of the 2010-11 U.S. National Junior Team, turned in impressive performances at women's NCAAAs in March. Tran contributed to Cal's American and NCAA record in the 200 medley relay. She also won the 100 back, just ahead of teammate and fellow freshman Roth.



Online Premium Members click here to see the *SwimmingWorld.TV* Split Time broadcast regarding the best male high school swimmer of all time at www.SwimmingWorldMagazine.com.

Junior Hopefuls

BY JASON MARSTELLER

USA Swimming's National Junior Team is loaded with talent.

In *Swimming World's* analysis of the U.S. National Junior Team (see pages 14-15), the focus was on some of the elite junior team swimmers, past and present, who have experienced success at the national or international level. Following is a feature on two swimmers from the current National Junior Team who clearly demonstrate this team's depth.

ELLEN WILLIAMSON, NORTHERN KENTUCKY CLIPPERS

Ellen Williamson made the National Junior Team in the 100 and 200 back off her performances at the long course junior nationals last summer in Irvine: fifth in the 100 (1:02.63) and sixth in the 200 (2:15.66, 2:14.65p).

This fall, she's set to attend the University of Virginia. She took recruiting visits to Arizona, Georgia, Notre Dame and Virginia, and

wound up choosing Virginia over Arizona.

"It was a very hard choice to make, but in the end I knew that Virginia was the best school for me," Williamson said. "I fell in love with the girls and the coaching staff at Virginia. Virginia has an exceptionally hard-working (team) both in the pool and out of the pool. This is what attracted me the most. I wanted a school that would prepare me the best for swimming and in my academics."

Williamson began swimming as a 5-year-old with a country club team.

"I loved swimming from the start," Williamson said. "Then I wanted to take swimming more seriously, so when I was 8, I started swimming for the Northern Kentucky Clippers. When I was younger, I always looked up to the older girls on my team. I always wanted to be just like them."

"Also, Whitney Meyers is one of my role models in the sport. She is from my area, so I have grown up hearing her name and shooting for her records. She is so versatile and has had an amazing college and post-college career in swimming. To follow in her footsteps would be amazing."

Northern Kentucky Clipper head coach Jason Roberts not only has been guiding Williamson's career, but has also coached Cory Chitwood, who went on to become an NCAA champion for the University of Arizona.



ABOVE » Ellen Williamson, Northern Kentucky Clippers

[PHOTO BY ROBERT NEWMAN]

"Jason has been my coach for all but two of the 10 years that I have been on the Clippers," Williamson said. "He is crucial to all of my success in swimming. He does a great job at showing me the next level in swimming and giving me the opportunity every day in practice to reach that level. He always tries to motivate me to train harder and has instilled in me the desire to never want to lose."

VAN DONKERSGOED, AQUAJETS (MINN.)

Van Donkersgoed, who made the National Junior Team last summer in the 200 meter breaststroke (fifth, 2:16.57, at junior nationals) has been active as an athlete representative on USA Swimming's Rules and Regulations Committee.

"I love being an athlete representative,"

Donkersgoed said. "I find the technical aspect of swimming to be fascinating, so my involvement in governance allows me to learn more about it."

"I wish that more athletes would get involved in the governance of their LSC or USA Swimming—ultimately, the LSC and USA Swimming are making decisions that will directly affect athletes."

"Interestingly, it wasn't hard for me to get involved," he added. "I was elected without competition to my LSC as an athlete rep, and then I went to convention and applied for a national committee. Now, I am a national athlete delegate to the house of delegates, a national committee member and an LSC representative. I absolutely love it!"

Donkersgoed began his swimming career at the age of 11 at a local health club before transitioning into club swimming.

"I decided that I wanted to try the swim team, and I have been enjoying it ever since," Donkersgoed said. "I am a huge fan of Ed Moses. I have seen a few of his technique videos, and his attention to detail and uncanny drive for perfection are very admirable."

Donkersgoed is under the tutelage of Kate Lundsten, who also coaches the Bootsma girls (Rachel and Katie).

"Kate is an amazing coach," Donkersgoed said. "She wants the best for all of her swimmers and genuinely cares about making her swimmers into model people. Kate also builds a team environment that could rival that of any program around the country. It is truly an honor to swim under such an incredible coach, and I will miss her when I go to college." ♦



ABOVE » Van Donkersgoed, Aquajets

[PHOTO PROVIDED BY KATE LUNDSTEN]

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Diving USA READY FOR SHANGHAI

BY EMILY SAMPLE

With the 14th FINA World Championships in Shanghai, China just a few weeks away, the United States' diving contingent appears ready to give the rest of the world all it can handle.

In what will serve as the last major international competition prior to the 2012 London Olympic Games and first opportunity for U.S. athletes to qualify for the Games, the Americans bring an experienced 14-member roster to Asia chock-full of veterans of the international stage, including six members of the 2008 U.S. Olympic team:

1-METER SPRINGBOARD

2008 Olympian **Chris Colwill** headlines the U.S. men's medal hopefuls in the 1-meter event. After placing ninth at the 2009 World Championships in Rome, Colwill will no doubt be looking for a higher finish this time around. Low scoring dives in the third and fourth rounds in 2009 put him well out of medal contention, and he'll need to be more consistent this year if he is to challenge the Chinese divers and Australian Matthew Mitcham.

In the past, **Aaron Fleshner** has been better known for his prowess on the 3-meter springboard than the 1-meter. However, he finished second behind Colwill at Trials in the 1-meter, securing his spot on the U.S. roster. A former NCAA All-American in the 3-meter and platform events at the University of Alabama, Fleshner will look to challenge for a medal in his first World Championship appearance.

One of the most experienced divers on the U.S. squad, 2008 Olympian **Kelci Bryant** will look to add some World Championship hardware to her ever-growing trophy case. Bryant captured the 2011 NCAA title in the 1-meter, as well as the 2010 and 2011 USA Diving Winter National Championship titles. Although she did not contest this event at the 2009 World Championships, Bryant will definitely be one to watch this year.

Abby Johnston, a senior-to-be at Duke, will join Bryant in the 1-meter after a narrow 12-point victory over Bryant at the U.S. Trials, 590.75-578.75. Johnston, though usually stronger at the 3-meter discipline as evidenced by her 2011 NCAA title in the event, has been improving in the

1-meter over the past few years, finishing fourth at the 2010 NCAA Championships and fifth this year. She'll look to continue her recent success this summer with a strong showing in China.

3-METER SPRINGBOARD

As long as **Troy Dumais'** name is on the U.S. roster, odds are the team will walk away with a medal of some color. Dumais, 31, has already represented the U.S. at three Olympic Games (2000-04-08) and five World Championships. He won two medals, both silvers, in the 3-meter individual and synchro events in 2009. Dumais has been diving longer than several of the U.S. divers have been alive, and chances are he'll put up a strong performance in the lead-up to London, which may

PICTURED » Troy Dumais, 31, has already represented the United States at three Olympic Games (2000-04-08) and five World Championships. In Shanghai, he will compete in the men's 3-meter individual and synchro events.

[PHOTO BY TONY GENTILE, REUTERS]

be his final shot at Olympic glory.

Meanwhile, 3-meter specialist **Kristian Ipsen** has made a lot of waves in the past few years in the synchronized discipline, and this summer he'll have an additional shot at individual success on an international

stage. With

two runner-up finishes in the event at the past two national championships, Ipsen has the talent to take that next step.

Veteran divers **Christina Loukas** and **Kelci Bryant** will represent the U.S. women in the 3-meter springboard in Shanghai. Both divers competed in the 3-meter event in the 2008 Olympic Games, with Loukas in the individual 3-meter and Bryant in the 3-meter synchro. Bryant captured the 2010 NCAA title in the event and will be looking to improve upon her third-place finish in the event at the AT&T USA Diving Grand Prix earlier this year. Loukas finished eighth at the 2009 World Championships. Should both make the final in Shanghai, prospects of a medal or two would be promising.

10-METER PLATFORM

The U.S. men bring arguably their strongest one-two punch to Shanghai in the men's 10-meter platform competition. **Nick McCrory**, the 2011 NCAA champion in platform, and **David Boudia**, the 2011 NCAA runner-up, 2008 Olympian and American record holder in the six-dive platform list at 605.40 points, have been two of the most dominant divers in the country in the event over the past several years—having traded first- and second-place finishes at numerous competitions. The two have literally been pushing each other to new heights in the event, and will no doubt challenge the rest of the world as well. Boudia placed sixth in the event in Rome, while McCrory was 20th. Podium finishes for both divers in such a prestigious international competition would be a huge positive for U.S. diving heading into London next year.

On the women's side, veteran diver **Brittany Viola**, 24, will headline the American squad. A team captain at the 2009 Worlds and a platform champion at the 2011 winter nationals, she'll be looking for her first World Championship medal. It will be the first World Championship

appearance for **Jessica Parratto**, 16, who will seek to translate her fourth-place finish on platform at winter nationals into a high placing in Shanghai.

3-METER SYNCHRO

In a battle of four of the top 3-meter divers in the country, **Christina Loukas** and **Kassidy Cook** edged Kelci Bryant and Abby Johnston by just 4.20 points (942.00 to 937.80) at

Trials to earn their ticket to Shanghai. Bryant and Ariel Rittenhouse had represented the U.S. in 2009, as well as the 2008 Olympics. Loukas already has a wealth of international experience, having competed in the 1- and 3-meter individual events in Rome in 2009 and the 3-meter at the 2008 Olympics. Just 16, Cook will look to her for leadership.

Troy Dumais and **Kristian Ipsen**, the USA's two qualifiers in the individual 3-meter, will team up for the synchro event in Shanghai. After picking up a silver medal in the event at the 2009 World Championships, expectations for a second medal—possibly gold—are high. With a few more years of experience diving together, reaching the top step of the podium now is certainly realistic.

10-METER PLATFORM SYNCHRO

After more than a year of competing together in the 10-meter synchro event, **David Boudia** and **Nick McCrory** stand an excellent chance to take that next step up the podium in Shanghai. With crowd-wowing performances at the 2011 USA Diving Winter National Championships and the 2010 AT&T National Diving Championships, the pair looks to be in outstanding position for another medal this summer. Boudia teamed with Thomas Finchum to grab silver in Rome, and gold this time around is certainly a realistic possibility, given their recent dominating performances.

The American women will be represented by a pair of teenagers in the 10-meter synchronized platform event in Shanghai, with 15-year-old **Anna James** and 18-year-old **Mary Beth Dunnichay** topping the field at the U.S. Trials in

May. Dunnichay will bring valuable experience to the competition after teaming with Haley Ishimatsu at the 2008 Olympics and 2009 Worlds, where they won a silver medal. In February, Dunnichay joined with Katherine Bell to win the USA Diving Winter National Championship title in the event, and she hopes to find success with another partner. James, meanwhile, will make her World Championship debut with hopes of collecting her first-ever medal in senior international competition. ♦

PICTURED » Veteran diver **Brittany Viola**, 24, will represent the United States in women's platform. A team captain at the 2009 World Championships and the 10-meter champion at the 2011 winter nationals, she will be looking for her first World Championship medal.



[PHOTO BY BRENT SMITH, REUTERS]

the **OFFICIAL WORD**

WHAT A GREAT TIME TO BECOME A SWIMMING OFFICIAL

BY JAMIE CAHN

As we move from the short course season to long course... and then back to short course in the fall, this may be the perfect time for you to take the plunge and become a swimming official.

How many times have you sat in the hot stands, waiting for your swimmer to swim his or her events, and wondered what those individuals on the pool deck are doing—and how you might be able to participate actively in the sport of swimming? As anyone who has worked as a swimming official can tell you, other than swimming yourself, there is no better way to participate.

One way to experience this is to contact your club's or LSC's officials chair and ask for the opportunity to apprentice with an experienced official. After you take a few hours to learn the rules of swimming—as well as the interpretations of the strokes, jurisdictions, etc.—you can join an experienced official on the deck and feel what it's like for yourself.

That's how I started officiating. As a parent in the stands, I was quite frankly a little bored during the four-hour sessions—with my children swimming for just a few minutes during that time. There are just so many times you can read the newspaper or a book. I was really looking for an opportunity to contribute, and our club was looking for more officials to staff the many meets that we hosted.

I apprenticed and became a stroke and turn official. I continued through the ranks to become a referee, and I then chose to participate in national meets. However, you can progress at your own pace, and you may choose to become a starter or referee and officiate locally or nationally.

I have also enjoyed training new officials at all levels. It has enabled me to participate in improving officiating and has allowed me to contribute actively to the sport. I hope these officials enjoy their "swimming" experience and will continue officiating for the next generation of competitive swimmers. ♦

Jamie Cahn is a Maryland Swimming official and a member of USA Swimming's national officials committee.



Claire Gendron has been involved in swimming for more than 20 years—first as a coach, then club leader, and now as an official with Indiana Swimming. As a coach, she understood the importance of knowing the rules, which is a main reason why she became an official—she wanted to work with swimmers and coaches to make sure the athletes had the best possible leadership available to them so they



Claire Gendron

could reach their goals. Gendron is willing to officiate a meet in any capacity—enthusiastically, efficiently and professionally—and has worked numerous competitions at

the local, zone, sectional and national levels. She is very thorough in her job, always staying current with rules and interpretations made available by USA Swimming. Claire has served Indiana Swimming for four years as a regional non-coach representative and has worked two terms on the LSC's board of review committee.



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Lane LEADERS

DEBBIE SANTOS

BY EMILY SAMPL

Debbie Santos (née Schultz) began her swimming career at age 5, and by 9 she had begun training year-round. After swimming collegiately at the University of Arizona, her swimming career seemed all but finished. Little did she know that Masters swimming was about to change her life.

"A group of friends all got together and talked me into swimming a few short events at nationals in Cupertino (in 1996)," she recalled. "I had so much fun! I didn't know it at the time, but I met my future husband at that meet! We met up again two years later at nationals in Indianapolis—and the rest is history."

Debbie, 43, and her husband, Roque—a 1992 Olympian—still compete in Masters meets together and motivate and inspire each other every day. They've raised three daughters—Shaila, Shelby and Siena, all of whom are swimmers.

"It's really fun to have us both involved in swimming," Debbie said. "Roque is a huge motivating factor for me in my swimming. He is always so good at trying to stay consistent in his training. He doesn't get to swim every day, but he just does the best he can, and that inspires me to try to do the same."

Debbie and Roque swim for Walnut Creek Masters in Walnut Creek, Calif. Debbie is also an assistant coach with the team, and loves everything about the environment there.

"Walnut Creek Masters is such a positive place to be," she said. "The swimmers are so much fun. I only coach two days a week, but I love every minute of it, and our other coaches—Kerry O'Brien, Mike Heaney and Steve Stahl—are awesome. Having a group of people to train with and great coaches on deck is so important. I think the main reason I come to practice is to see and swim with my friends!"

Just the fact that she's still swimming at this point in her life is one of Debbie's proudest accomplishments in the sport.

"I love that I just enjoy swimming and that I still do it," she said. "When I was swimming growing up, it was all about times and time standards. Now, it's about being able to do something I love for the

rest of my life, with people I enjoy being around."

Unfortunately, Debbie was unable to train as much as she wanted over the past year, and her performances at USMS short course nationals in April reflected that. She says her times at the meet will definitely serve as motivation for the next few months.

"Being a mom of three, it is not always easy to carve out time for yourself, and this past year has made me realize that I am a better person when I have the time to take care of myself," she said. "I miss swimming regularly. Being active and staying in shape is so important and sets a good example for your kids. My swims at nationals will definitely motivate me to get back in shape."



[PHOTO BY PETER H. BICK]

GETTING TO KNOW: DEBBIE SANTOS

Birthday: May 22, 1968

Residence: Concord, Calif.

College: University of Arizona

Team: Walnut Creek Masters

Top Times: 50 yard free (25.35), 50 breast (31.2), 100 breast (1:07.3)

Favorite pre-meet snack: Bagel and chocolate milk

Advice to younger swimmers: "Have fun, and talk to your coach. Your coach should be your friend, and someone you are comfortable talking to about things—like setting realistic goals. Having a good relationship with your coach is invaluable." ♦

ABOVE » Debbie Santos and her husband, Roque—a 1992 Olympian—still compete in Masters meets together and motivate and inspire each other every day.

DRYSIDE TRAINING

IM STROKE SERIES: FREESTYLE

BY J.R. ROSANIA • PHOTOS BY KAITLIN KELLY
DEMONSTRATED BY SAMANTHA CALDWELL

Following is the fourth and final article of the IM stroke series that was first published in April. This month: freestyle. These exercises are designed to improve your stroke power, distance per stroke, body balance and body position. For freestyle, we will work on core rotation shoulder strength and pulling power.

The movements here are designed to tie together your core, legs, shoulders and lats. Increasing the strength in these areas creates a greater opportunity to displace and move more water. Follow these illustrations, and your freestyle will feel stronger. You will gain more distance per stroke, enabling you, ultimately, to swim faster!

Perform the routine two to three times a week. Do 12 to 15 reps on each movement, but never to a max effort. Start with two sets per exercise, then advance to three sets after three weeks. Discontinue the program two weeks before a major swim competition.

Train hard and swim fast! ♦



J.R. Rosania, B.S., Exercise Science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, and has finished the Ironman Triathlon 18 times. He also serves as Swimming World Magazine's fitness trainer and was named one of "America's Top Trainers" by Men's Journal and Vogue magazines. Check out Rosania's website at www.jrhealthplex.net.



EXERCISE #1 WALKING, TWISTING LUNGE

With a medicine ball at waist height, take a lunge-step forward and do a full rotation with the med ball over the forward leg. Alternate legs.

EXERCISE #2 OVERHEAD MEDICINE BALL THROW-DOWN

Start with a medicine ball overhead and arms straight. Throw the ball down to the floor with force. Catch the ball on the way up and repeat.



USMS RECORD BOOKS TAKE HIT AT SHORT COURSE NATIONALS

The 2011 USMS Short Course National Championships, April 28-May 1, at Mesa, Ariz., featured 40 individual national Masters records across a dozen age groups. The Olympic Club captured the men's and combined local club titles, while Arizona Masters captured the men's, women's and combined regional club titles.

The following swimmers contributed to the four-day record-breaking spree:

18-24: Mathew O'Brien (50 fly), Nelson Silva (200 back)

- 25-29:** Kelly Harrigan (200 back)
- 30-34:** Noriko Inada (50 and 100 back), Ed Moses (50, 100 and 200 breast)
- 35-39:** Jeff Commings (100 breast), Josh Davis (50 fly)
- 40-44:** Sheri Hart (50 and 100 back)
- 45-49:** Susan von der Lippe (200 breast, 100 fly), Chris Stevenson (100 and 200 back)
- 50-54:** Rowdy Gaines (50 free)
- 55-59:** Tom Barton (50, 100 and 200 back)
- 60-64:** Charlotte Davis (200 and 500 free, 100 fly, 400 IM), Patricia Murphy (50 free, 50 and 100 back, 50 fly), Tim Broderick (200 IM), Lawrence Day (400 IM)
- 65-69:** Carolyn Boak (50 and 200 free; 100 fly; 100, 200 and 400 IM), Robert Strand (100 and 200 breast)
- 70-74:** Joann Leilich (100 breast)
- 80-84:** Bob Miller (200 back)

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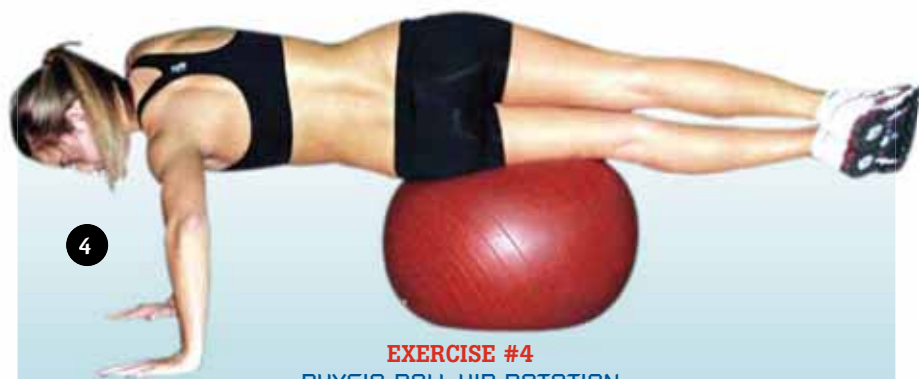
SARASOTA CAPTURES TEAM TITLE AT YMCA MASTERS NATIONALS

Continuing a legacy of success at YMCA nationals, the



EXERCISE #3 PLANK WITH ALTERNATE ARM EXTENSION

Lie in a prone position on your elbows and bridge your hips with your knees off the floor. Extend one arm forward to a straight position. Alternate arms.



EXERCISE #4 PHYSIO BALL HIP ROTATION

Lying prone with a physio ball under your hips, use your arms and core to help rotate your hips on the ball. Rotate a full 90 degrees until your hips go from horizontal to vertical on the ball. Go back to center and alternate to opposite side.



EXERCISE #5 ALTERNATE ARM UPRIGHT ROW

With a set of dumbbells in hand, do an upright movement—similar to a high-elbow drill in the pool—with one dumbbell and continue to alternate the arm movement.

Sarasota YMCA Sharks Masters ran away with the combined team title at the 2011 YMCA Masters National Championships, April 14-17, in Fort Lauderdale. Dozens of YMCA records fell at the meet, along with several USMS records.

The YMCA record breakers included:

WOMEN

- 18-24:** Amanda Stier (50 and 100 free, 50 fly)
- 25-29:** Lindsay Newport (100 fly)
- 40-44:** Nadine Day (400 IM)
- 50-54:** Cathy Shonkwiler (100 free)
- 55-59:** Darcy La Fountain (1650 free), Peggy McDonnell (200 IM)
- 60-64:** Cathy Mancino (100 and 200 fly), Diann Uustal (100 and 200 back, 50 fly, 200 IM)
- 75-79:** Nancy Brown (50 back, 400 IM)

MEN

- 25-29:** Luke Dickson (200 back), Adam Mania (50 fly)
- 35-39:** Ben Christoffel (50 and 100 free; 50, 100 and 200 breast)

55-59: Timothy Shead (200 back)

60-64: Rick Walker (1650 free)

The following swimmers also set USMS records: *Women:* **Nancy Brown:** 75-79 100 and 200 back (1:27.70 and 3:15.04); **Diann Uustal:** 60-64 50 back (32.47). *Men:* **Dave Costill:** 75-79 200 breast (2:59.83), 50 and 100 fly (30.84 and 1:12.71); **Mike Freshley:** 70-74 200 breast (2:46.46); **Richard Kitchell:** 70-74 200 fly (2:44.79).



DARA TORRES POSTS QUICK 50 FREE IN FLORIDA

Five-time Olympian **Dara Torres** showed she's reaching peak form with a quick mid-season 50 meter free at the Gulf Coast Spring Splash Masters Meet, April 30, at Fort Myers, Fla. Competing in the women's 40-44 age group, Torres posted a 25.68, winning by nearly 15 seconds. The time was off her own USMS record, however, which she set at the 2008 U.S. Olympic Trials with a 24.25. She also holds the USMS record in the women's 40-44 100 free with a 53.78, also from Trials in 2008. Her 50 swim tied her with China's **Junyao Wang** and Australia's **Brianna Throssell** for 54th in the world this year. ♦



PICTURED » Susan Ingraham is the head coach of Masters of South Texas (MOST) in San Antonio. She was selected the 2008 USMS Coach of the Year.

THE WORKOUT CARD

Training with Masters of South Texas

BY SUSAN INGRAHAM

Swimming World Magazine suggests that you have a medical exam before starting any exercise program, then at least once a year thereafter. Also, warm up for at least 10 minutes and warm down at least 10 minutes in each workout. If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime. We recommend that you start off your training program by swimming three times a week and build to five or six times a week. Remember, all exercise programs extend your fitness and health, but they do have inherent risks.

PRACTICE #1 - MONDAY-WAKE UP THE WEEK

WARM-UP

- 200 free, 300 pull, 200 free

PRE-SET

- 6 x 50 kick @ 1:10
Kick on your side—legs move equally forward and back
**Extend bottom lead arm with palm down
- 6 x 75 @ 1:30
25 - Swim right arm only - 25 - swim left arm
25 - swim 3 strokes right arm, 3 strokes left arm
**Note body snap from the hips when switching sides

MAIN SET

- (Repeat 3x, 25 secs. rest between 100s)
- 2 x 25 with 80% effort - Recovery/Perfect Stroke
- 2 x 50 build to strong pace - holding form
- 3 x 100 choice of stroke, descending by 3 secs.
**Set goal times for each last 100

POST-SET

- 10 x 100 pull @ :20 rest

IDEAS TO ADJUST LEVELS

Repeat main set x 2, or drop # of 100s pull

TOTAL = 3,800 Yards

PRACTICE #2 - TUESDAY-IM FANTASTIC

WARM-UP

- Reverse 400 IM, substitute fly with one-arm fly

PRE-SET

- 8 x 50 dolphin kick @ :20 rest (25 on belly, 25 on back)
- 4 x 50 drill with fins @ :15 rest
Breaststroke pull with dolphin kick
**Press the chest on extension and hold for 2 secs.
- 4 x 50 drill with fins @ :15 rest
One butterfly arm pull with 3 dolphin kicks
**Press the chest down on extra kick with arms in front

MAIN SET

(Repeat 4x, starting with fly, then back, breast, free; interval of 30 secs. per 25 distance base)

- 25 fly
- 50 fly-back
- 75 fly-back-breast
- 100 fly-back-breast-free
- 100 IM
- 200 free

IDEAS TO ADJUST LEVELS

200 free becomes 100 free, no free, or drop 100 IM

TOTAL = 3,400 Yards

PRACTICE #3 - WEDNESDAY-DARE D DISTANCE

WARM-UP

- 200 free, 100 kick, 100 back, 100 free

PRE-SET

- 8 x 50 kick @ 1:10 (25 sprint, 25 easy on back)
- 6 x 100 drill (fingertip drag, swim, catch-up swim)

MAIN SET

- 600 strong pace free
- **Note finish time...divide by 2, subtract 15 secs. to set goal time (e.g., if you finish in 9 mins., your new goal time becomes 4:15)
- 2 x 300 free @ :30 rest
- **600 finish time, divide by 3, subtract 15 secs. to set goal time (e.g., if you finish in 9 mins., your new goal time becomes 2:45)

POST-SET

- 10 x 50 pull @ :50 (or adjust to 9 @ :55 or 8 @ 1:00)

IDEAS TO ADJUST LEVELS

Each round total to 500 free or 400 free

TOTAL = 3,800 Yards

PRACTICE #4 - THURSDAY-RECOVERY

WARM-UP

- 200 free, 50 back, 200 free, 50 back

PRE-SET

- 8 x 50 kick @ 1:05
- 4 x 75 @ 1:30
- Right arm only - left arm
- 3 strokes right, 3 strokes left

- 4 x 25 @ :50 (count each stroke)
- 2nd 25—reduce count by 2
- 3rd and 4th 25—reduce

MAIN SET

- 9 x 200 @ :30 rest
- 1st - stroke count = 2nd
- warm-up 25, every lap
- 2nd - swim
- 3rd - pull

IDEAS TO ADJUST LEVELS

Reduce 9 x 200s down to 8 or 7

TOTAL = 3,200 Yards

PRACTICE #5 - FRIDAY-ALWAYS FUN!

WARM-UP

- 100 swim, 100 kick, 100 drill, 100 swim

PRE-SET

- 8 x 50 @ 1:10 (25 fingertip drag, 25 swim)

MAIN SET

(rest 30 secs. between lines and 20 secs. within lines)

- 1 x 200 kick
- 2 x 200 pull

- 3 x 200 swim
- 1 x 150 kick
- 2 x 150 pull
- 3 x 150 swim
- 1 x 100 kick
- 2 x 100 pull
- 3 x 100 swim

IDEAS TO ADJUST LEVELS

Use 100 kick, or 2 repeats per swim portion

TOTAL = 3,500 Yards

PRACTICE #6 - SATURDAY-EARNING YOUR WEEKEND

WARM-UP

- 200 swim, 100 1-arm fly, 100 back, 200 free

PRE-SET

- 6 x 50 kick
- 25 non-breather underwater
- 25 easy on back
- 6 x 75 swim @ :15 rest
- By 25s—breathe right, breathe left, breathe bi-lateral

MAIN SET

- 21 x 100 free (every 3rd 100,

POST-SET

- 6 x 75 pull @ :15 rest
- By 25s—breathe right, breathe left, breathe bi-lateral

IDEAS TO ADJUST LEVELS

Reduce total number of 100s, or swim 50 instead of 100 fly

TOTAL = 3,900 Yards



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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 KIM BRACKIN



[PHOTO PROVIDED BY UNIVERSITY OF TEXAS SPORTS INFORMATION]

Head Women's Coach University of Texas Austin, Texas

Kim Brackin (University of Albany, B.A., psychology, '91; Springfield College, M.S., physical education, '93) made assistant coaching stops at Ithaca, Davidson, Northwestern and Auburn before landing at the University of Texas in 2006. She has since led the Longhorn women to three top-six NCAA finishes. At Auburn (1997-2005), Brackin was a part of seven NCAA championships and was named NCAA Women's Swimming Co-Head Coach of the Year in 2002. Internationally, she has mentored seven Olympians—the most decorated being Zimbabwean world record holder, Kirsty Coventry (seven medals)—seven World Championship swimmers and 13 World University Games swimmers. She was Zimbabwe's head swimming coach for the 2004 and 2008 Summer Olympic Games and the 2005 and 2007 World Championships.

STAKING A CLAIM

BY MICHAEL J. STOTT

Kim Brackin has coached and has learned from some of the best athletes and coaches in the aquatic world. These days, she aspires to join respected rival, Teri McKeever, as a coach of a national championship team.

Q. *Swimming Technique:*

What role did Jimmy Tierney play in your development as a coach?

A. Coach Kim Brackin:

Jimmy Tierney allowed me to learn and grow by "doing." He guided me through his expectations, but let me work toward them in my individual way. He trusted me to develop individual relationships with the girls on the team, and he really solidified how I currently use assistant coaches: giving them creative freedom and allowing them to coach. I genuinely felt like I contributed to the Northwestern program. Jimmy also showed me that you can balance being a successful coach, spouse and parent.

David Marsh?

He is one of the best managers I have ever met. David surrounds himself with high-achieving individuals who have strong work ethics. I loved Northwestern, but left for Auburn because David convinced me we could build a championship women's program. He taught me how to do it through creating a standard of excellence, championship lifestyle, sense of team, proper recruitment, athlete development, teamwork, innovation and a consistent focus on efficient technique. David also gave me a ton of freedom—especially with the women—to direct the program

within his guidelines. He continually put me in situations where I would experience both successes and failures, forcing me to adapt, deal with adversity and maintain my composure. David also reinforced the importance of prioritizing my family and of maintaining balance in my life.

What was the mandate when you moved from Auburn to Austin?

To win with integrity. It is one of the primary reasons why I wanted the job—the challenge to bring championships back to UT, where the history of success and the legacies of Richard (Quick), Mark (Schubert) and Eddie (Reese) are tremendous.

How hard was it to transition from co-head women's coach at Auburn to head women's coach at Texas?

Harder than I expected. Although I prefer the single-gender team because of the focused training and a daily environment where the women MUST lead, I did need to readjust and devise strategies to motivate a female-only team. Needless to say, I have been humbled, but have learned from every experience and challenge.

Besides coaching swimming, your role is to...

...Teach young women how to navigate life, deal with adversity, learn compo-

sure, be committed and loyal, communicate respectfully and honestly with others and to embrace a strong work ethic.

You schedule tough dual meets because...

...I want to race the best and put my girls head-to-head (with the best) so that we can practice the personal skills just described. Although we strive to win, I don't want to avoid opportunities where learning through failure is an option.

What's a realistic expectation for freshmen swimmers?

To grow, learn, transition, improve, specialize, be a team player and open (themselves) to new ideas and challenges. It is also vital that they learn to trust and communicate with their coaches and Longhorn family.

What about the long term?

It is important to me that they improve both their times and their technique, and that they mature as students and as people. I want them to create lifelong bonds with teammates.

What's a realistic expectation of the swimmer for a coach?

To care about you as a person, student and athlete; to challenge you and to hold you accountable; to inspire you to do things daily that you didn't originally believe you could do; to surround you with other athletes who have similar goals and values.

What's your reaction when you get turned down by recruits?

We would like to sign about five to seven student-athletes. Hearing, "No," is just part of the process. The fit has to be right, and I thank athletes for considering UT and congratulate them for putting themselves in a position to be recruited by some of the best programs in the country.

What's Texas' strong diving tradition mean to you as a head coach?

That I can consistently rely on Matt (Scoggin) to recruit

and produce outstanding divers who always contribute to the team. I regularly ask Matt to speak to the entire team. He is incredibly inspiring.

Is Texas-Texas A&M swimming beginning to approach the Texas-Oklahoma football rivalry?

It has been a head-to-head battle each year with both teams rising to the occasion. I never underestimate what Steve (Bultman) and his team are going to bring to the pool. I love it. It brings out the best in both of us! I'm very proud of the classy way my team has handled both wins and losses to A&M.

How do you create a competitive training environment?

I like to challenge the girls with head-to-head races or set standards that I expect them to attempt to meet. I'll handicap swimmers and have them race teammates at different levels. Teaching them to race to win is extremely important because they learn so much about themselves individually and as a team when they compete. I try to give a lot of feedback and recognition for exceptional work or improvement.

What role does volume play in your program?

Less and less!

Kicking?

We kick virtually every workout. We have specific days dedicated to a primary kick set as well as one weekly workout that is about 80 percent kick-focused. We do a good deal of resistance kicking either with a parachute, on stretch cords or with ankle weights. Drill work also factors into our overall kick volume.

You are straightforward. Is that ever a problem?

Absolutely. The generation that I coach often has a hard time dealing with criticism and adversity. My husband, Steve, recently suggested that I should continue to speak honestly and directly to my

athletes, but that I don't have to say EVERYTHING that is on my mind. This year, I have spent a lot of time working on knowing myself better, learning the different personality types of the girls I coach and how to communicate with them most effectively. It has been extremely successful and rewarding for me.

What were you able to give Kirsty Coventry on her way to Olympic gold?

Wow, it should be, "What did she give me?" Kirsty and I had a really special relationship because of the nature of swimming in Zimbabwe—it was generally just Kirsty and me attending a meet, so we roomed and traveled together. On those trips, we trained on our own, so it was as if we were our own little team. During eight years, I watched her develop and knew her strengths and weaknesses extremely well. I had a valuable asset that coaches don't always have: time! We shared a

mutual respect as coach-athlete and a trust that great friends have with one another.

You and Teri McKeever—what is it like to be one of the "boys"?

Like a successful female! It really isn't about men/women/boys/girls. Instead, it is about setting high expectations for myself and athletes and then working daily to accomplish them. I do take the role of mentor to young female coaches very seriously. I take tremendous pride in being included among the names of successful female coaches such as Teri. She has been—and continues to be—a role model for me. Most of my direct mentors have been men, and I am thankful for their contributions, but I am excited about a new generation of female coaches who can mentor younger women. ♦

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

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KARLEE BISPO

BY MICHAEL J. STOTT

Karlee Bispo: what's not to like?

Former national high school record holder in the 200 yard free (1:45.14), 16-time college All-American, 2011 Big 12 Female Swimmer of the Year and a top-four finisher in three events at 2011 NCAAAs. The 5-11 junior from Modesto, Calif. is the second of six athletic children, and she's guided by her family's values and Mormon faith.

"Karlee espouses hard work, is extremely competitive, goal-driven, enjoys a challenge, hates to rest and desires to contribute," says University of Texas women's coach, Kim Brackin. "She is also indecisive and is very hard on herself. She doesn't give herself enough credit or praise, and that can get her down," says her coach.

Where Bispo is not indecisive is in the weight room.

"She believes her strength and fitness levels are key, and that's why she lifts and does dryland three times a week," says Brackin. "She has a strong desire to be the best athlete in the weight room and has forged a strong bond with our strength coach, Lee

McCormick.

"Karlee leads by example, is very aggressive and not afraid to try new things. She has also made nutrition a priority, understanding that proper fueling is vital to recovery, training and racing."

Bispo's signature event remains the 200 free, although this season she trained more for the 200 IM, bouncing into distance or sprint groups, depending on the time of the season.

"Karlee is extremely smart in and out of the water, and she holds herself to a very high standard," says Brackin. "She has great kinesthetic sense and understands her body's needs and responses, makes immediate stroke changes, can pace really well and challenges coaches and athletes around her to be at their best."

Bispo is also very coachable.

"She likes to be engaged in the process, is motivated by feedback and wants to be heard on what she needs. Although she knows how to warm herself up, she likes to get a meet warm-up from me all the time," says Brackin. "I think it is more about sitting with her coach, engaging

and knowing we're on the same page—it calms her."

An outstanding college and high school student (fourth in her class at Thomas Downey High School in Modesto), Bispo still needed schooling in several critical aquatic areas. One was pacing.

"She has learned to split her races much better," says Brackin. "We've committed to a race plan for short course yards as 75/50/50/25. For the 200 long course, we still utilize a more standard 4 by 50s race plan, but continually rehearse her takeout speed and tempo."

"Coming into Texas, she already had some great natural speed, but she wasn't executing her races very efficiently, tending to overswim the front end. Now she swims the first 75 of a short course yards 200 as a controlled build, typically shifting gears at the 75. For a long course race, we practice the first 50 pace and spend a ton of time imprinting a 1.4 tempo in her brain."

The second area Brackin addressed was Bispo's start, which "for such a great athlete was pretty poor. With improved strength and core control," Brackin says, "she has adopted—though not yet mastered—a lower, more direct line into the water. Now she utilizes her arms for propulsion off the blocks and keeps a rigid line to hold speed."

Bispo's leadership skills have matured as well.

"Karlee has worked hard to recognize that she is only as good as the people around her," says Brackin. "Each year she has become more engaging and trusting of her new teammates and coaches. It is easy for her to inspire others with her hard work ethic, but she has challenged herself to inspire and lead with attitude and guiding words as well." ♦

PICTURED » Karlee Bispo



Online Premium Members click here to see some of Karlee Bispo's sample workouts at www.SwimmingWorldMagazine.com.

Winning Championships Through Recovery

BY MICHAEL J. STOTT

All coaches agree: recovery is extremely important for their swimmers to be able to perform consistently and better.

Successful swim coaching: science or art? In 1968, Doc Counsilman penned "The Science of Swimming." Since then, thousands of coaches have applied his principles to produce some of the world's best performances. Yet macro-, meso- and micro-cycles are only part of the winning equation.

"Recovery is a component that often gets overlooked," says Auburn head coach Brett Hawke. "In order to perform consistently and better at the next workout, you need to recover from the last. At Auburn, we take recovery very seriously. We plan, discuss and talk about it with our athletes in terms of nutrition, sleep, water/fluid intake and the training cycles themselves—when to have easy days and when to push it.

"Generally, we build recovery within the week," says Hawke. Early and mid-season, that means Wednesday mornings off, easy swimming in the afternoon and "fairly intense" a.m. and p.m. practices every day except Sunday. Post-SECs and pre-NCAAs, the Tigers shift to two recovery days per week. Swimmers sleep in Tuesday and Thursday mornings, with the afternoons devoted to

hypoxic training (e.g., 10 x 50 on :50 with no breath), body position drills and light aerobic swimming limited to 3,000 to 4,000 yards.

Other days are characterized by high-intensity drilling with speed. In 2011—10 days out from NCAAs for women, 17 for men—the team did a two-round main set of:

2x the following:

- 3 x 25 (stroke) at 100 pace on :40
- 100 EZ
- 2 x 100 (free) at 160 heart rate (HR) (men were :51/:52; women were :55)
- 100 EZ

That was followed by a choice kick set of 8 x 15-meter blasts from a push, followed by skill work (e.g., fast turns, finishes and relay takeoffs)

Just how seriously Auburn takes recovery is seen in team infrastructure. In addition to water and Gatorade during practice, each swimmer is expected to consume another bottle of water after practice. Heavy lifting and dryland sessions are followed by protein shakes. On deck, hot and cold tubs warm bodies and flush out lactate. At meets, Auburn has meal plans and snack rooms where specific snacks are allocated for recovery between events.

"Two to three weeks from NCAAs, we bring in a massage therapist who rubs the team out daily," says Hawke.

TRUST YOUR COACH

As her team preps for NCAAs, Stanford women's mentor Lea Maurer believes, "This is also a time to trust your coach.

"Sometime you can give athletes rest, but they are so tired, it doesn't feel like rest. Some days they can't fathom 16 by 25 on 30 seconds rest, and other days, 16 by 400, descend one through four, is a breeze," she says. "I think the athletes need to trust the program, rest and communicate with the coach in terms of 'What kind of effort are you looking for today?' Also, they need to make sure the workout is done as it is designed."

Team traditions can weigh heavily, too.

"Older swimmers know how the program works, how it feels and can reassure

— continued on 30

PICTURED » "Recovery is a component that often gets overlooked," says Auburn head coach Brett Hawke (above). "In order to perform consistently and better at the next workout, you need to recover from the last. At Auburn, we take recovery very seriously."





RECOVERY — continued from 29

younger team members that, 'This is how we feel—yes, we are going to feel bad, but we are going to swim fast in the end.'"

Maurer believes that having good leadership and commitment to end-of-season team goals is critical: "When people are broken down at the same time, there is something empowering about walking into the locker room where there is a sense of humor versus people who are ebbing and flowing. It's hard on the psyche if some people are struggling and others are peppy. If everybody is in the same pit together, then there is some unifying power to that."

"Also, so much of recovery is relaxing. Like yoga, you've got to be at peace and let

“So much of recovery is relaxing,” says Stanford’s head women’s coach, Lea Maurer. “Like yoga, you’ve got to be at peace and let it come to you. That’s hard for swimmers because they want to make everything happen, and resting when they want to be working is almost counterintuitive. The secret is not trying to control too much....”

it come to you. That’s hard for swimmers because they want to make everything happen, and resting when they want to be working is almost counterintuitive. The secret is not trying to control too much, but just being Zen, present, really positive and trusting your body,” she says. “Everybody gets nervous, but replacing it with things you are proud of, improving your happy factor and staying even-keel will help you manage your life better.”

EVERYBODY’S DIFFERENT

When it comes to recovery, Washington & Lee men’s coach Joel Shinofield manages his athletes individually.

“For the most part, I don’t believe in

“For the most part, I don’t believe in recovery for the entire team on the same day—I’ve got 28 very different bodies on the team,” says Washington & Lee’s head men’s coach, Joel Shinofield. “Some guys need to work every day, and some need more recovery than others. It’s a very one-on-one determination. I think that’s my strength as a coach—knowing my athletes individually.”

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The Generals do not do doubles, so rest is built in daily. However, last year—at the swimmers’ request—Shinofield instituted a specific recovery day. The result?

“I thought we performed terribly. I don’t think we got nearly the quality of training that we had in the past, so this year we went back to what we used to do and had a much better season,” he says.

“During taper, I’ll send people home, tell them not to practice for a day or have them just warm up and leave. I think that’s my strength as a coach—knowing my athletes individually.”

Aquajets (Eden Prairie, Minn.) head coach Kate Lundsten assesses mood to gauge recovery.

“It’s my job to see how athletes are swimming and communicating—what’s the atmosphere in the pool, are they talking a lot or is it quiet?—things like that,” she says.

“Our intensity days are Tuesday and Thursday, with some stand-ups or fast swimming on Saturday. We often recover on Wednesday and Friday, doing more yards with much less intensity,” she says.

HYDRATION, NUTRITION AND SLEEP

Intrinsic to any good recovery is the triumvirate of hydration, nutrition and sleep. Unlike the Bear Bryant era during his early coaching days at Texas A&M—where water was for sissies—these days all coaches recognize the need for fluids. Personal water bottles at the end of the lane are essentially mandatory, and on-deck fluid sources abound.

Another imperative is food intake within 30 minutes after practice. Hall of Fame coach Dick Hannula founded the Tacoma Swim Club in 1955 and coached the Wilson (Wash.) High School swim team for 32 years while ringing up 323 straight dual-meet wins.

Hannula believed that speed and strength gained in weight training was enhanced by rest, and he preached to parents that swimmers be “consistently persistent” regarding good training habits, especially when it came to rest and nutrition.

Hannula also experimented with supplements—a topic Lundsten cites as “scary,” given all the chemical advancements and unfortunate recent histories affecting even clean athletes. He tested multivitamins, wheat germ oil, vitamin E



and creatine. “It wasn’t long before I forgot that dang stuff and went back to basic nutrition,” he says. “I thought that other stuff got to be guesswork and gave kids an excuse to find a magic pill.”

Coaches agree that lack of sleep may well be the biggest impediment to successful recovery. In high school and college, academic pressures are omnipresent. Today’s emphasis on social networking is an added distraction.

“In college, we only see athletes three to four hours a day,” says Maurer. “There are still another 20 hours. When the team walks into the natatorium at NCAAs, I hear, ‘Wow, I really want to go fast.’ And I say, ‘Did you want to go fast at 9:30 on Friday night; did you want to go fast at 5:30 Monday morning?’”

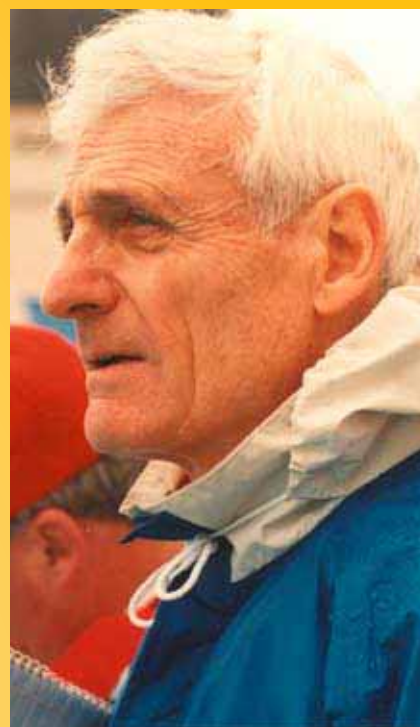
“I don’t want them to live, eat and breathe swimming, but obviously we can only control some piece of it, and then they have to be making good choices outside of the pool in order to give themselves every shot to be great.”

In addition to adequate sleep, Hannula urged swimmers and parents to monitor athlete stress levels, especially during the final month of the season.

“Stress is cumulative. It doesn’t matter where it comes from,” he says. “Yes, we pour it on in the pool, but the key is to

Hall of Fame coach Dick Hannula, who founded the Tacoma Swim Club in 1955 and coached the Wilson (Wash.) High School swim team for 32 years, believed that speed and strength gained in weight training was enhanced by rest. He preached to parents that swimmers be “consistently persistent” regarding good training habits, especially when it came to rest and nutrition.

reduce worry and make training a bit of a game and fun.” That’s an affirmative, but as Hawke notes, “We are in a competitive world. We need to try and stay up with what everyone else is doing.”



[PHOTO BY BILL COLLINS]

Ah, yes. Just one more thought on which to sleep. ♦

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

Learn from two renowned coaches



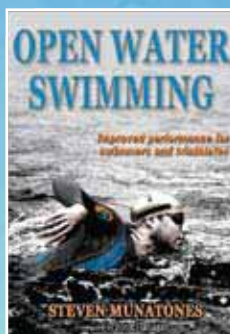
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Learn-to-Swim

LEAVING A LEGACY THAT COUNTS

BY RON SCIARRO

Whether in sports or at school, many of us seldom remember the number of teachers we encounter throughout our childhood experiences. But how many of us remember a great teacher or coach? All of us do.

Whether you are a swim coach teaching a large number of students or a swim instructor conducting a small group swim lesson, your influence within your community touches many lives. Many of us have grown up spending our lives in and around the water, but do we ever think about the impact that we have on those around us?

If you have the gift of teaching, you soon realize the best gauge of your skills occurs when your students move beyond their own expectations and break through their fears because they put their trust in you. Swim coaches and swim instructors naturally understand the rewards of watching these types of breakthrough events that occur in the lives of their students. However, what we rarely stop to think about is the legacy we are creating all around us.

All of us will leave a legacy—some good, some to be desired. Yet at the end of our time working with students, parents and staff, we will one day look back on our teaching time and wonder whether we really made a difference that counts.

Students who have teachers and coaches who believe in them find a remarkable sense of value and purpose. That encourages them to try harder to win the approval of their teacher. We all want this type of approval—in healthy doses. Our

students seek our approval, and when they get it, our affirmation of them helps them to excel beyond their expectations. Parents and grandparents are always amazed at the effect their teaching skills have on their child.

MAKING A DIFFERENCE

Others can only watch and wonder at how much patience you have, and marvel at the insight of your words of encouragement as they watch their child grow. As a coach or teacher, your lens of perspective in working with multiple age groups, varying swimming abilities and different personalities gives you the ability to find those “gold nuggets” in your students. Some may say that they never had recognized such a skill or ability in their child; others simply appreciate the hope you bring to their child. Many families take for granted your personal commitment to excellence, your gift of teach-

ing; they simply forget to thank you.

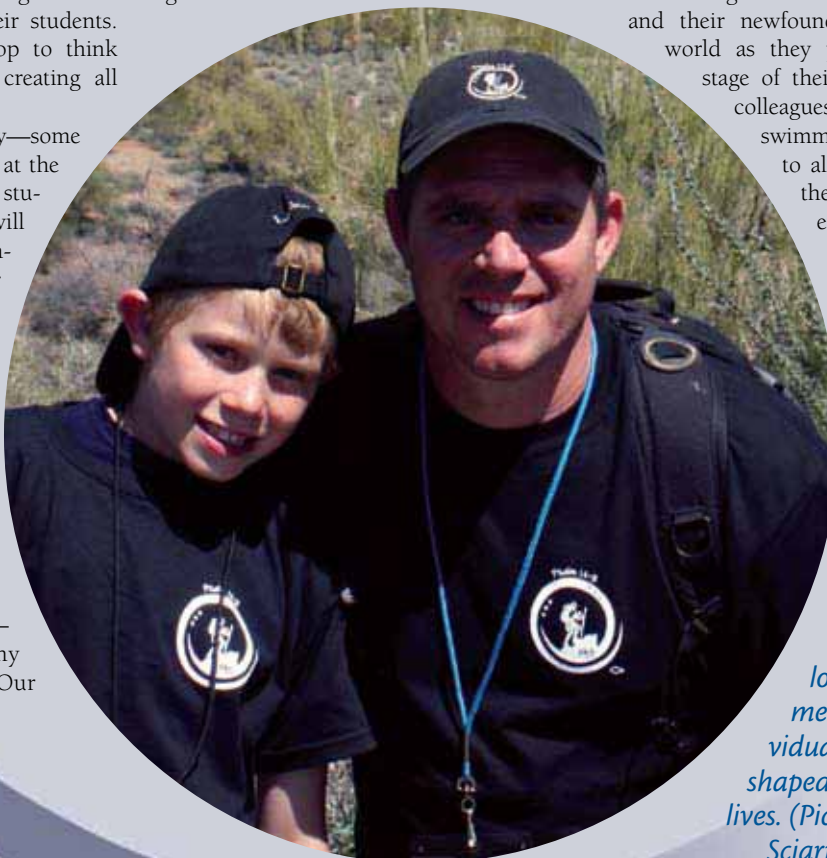
However, years down the road, as the child moves into adulthood, this student of yours will look back onto fond memories of key individuals who influenced, shaped and molded their lives. Although you may never hear the stories being told by countless numbers of students across the world, they will share the legacy and the wonderful experience that you made in their lives back in the day.

Leaving a legacy that counts starts with becoming intentional with those you influence on a daily basis. Student, parents, friends and staff members will never remember how much money you had or how successful you were. What they will ultimately remember about you is your “teacher’s heart” and the untold stories of your own words and actions toward the ones you taught over the years.

Swim coaches and swim teachers are the unsung heroes of many rising students and their newfound confidence in this world as they prepare for the next stage of their lives. To all of my colleagues and friends in the swimming business: hats off to all of you who pass on the gift of knowledge and encouragement to our next generation. ♦

Ron Sciarro is an active board member of the USSSA as well as founder/president of Aqua-Tots Swim Schools USA and International.

As a child moves into adulthood, he will look back onto fond memories of key individuals who influenced, shaped and molded their lives. (Pictured: author Ron Sciarro with son, Jacob)



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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 SETTER



ABOVE » Edward Kim

[statistics]

- **Team:**
Bellevue Club Swim Team
Bellevue, Wash.
- **National Age Group Record Holder:**
13-14 Boys
100 Yard Freestyle
- **Birthdate:**
Jan. 11, 1996
- **Height:**
5-10
- **Coach:**
Andy Pym

Edward Kim, Bellevue Club Swim Team

BY JUDY JACOB

Bellevue Club Swim Team's Edward Kim led off his team's first-place 400 yard free relay, Dec. 12, at the Washington State Senior Championships in 45.21, breaking the 13-14 boys national age group record of 45.49 for the 100 free, set by Kyle Bubolz (Waukesha Express Swim Team, Wis.) in 2001.

A week earlier at the Pacific Northwest Swimming 14-and-Under Championships, Kim placed first in six 13-14 boys events with times of 20.98 in the 50 yard free (first on the NAG Top 10 list as of mid-May), 45.85 in the 100 free, 1:40.22 in the 200 free (third on the NAG list), 51.80 in the 100 back, 51.49 in the 100 fly and 1:55.71 in the 200 IM. His 400 medley relay split of 50.86 landed him the fourth spot in the 14-year-old boys 100 yard back.

Just before turning 15, Kim competed at the Pacific Coast All-Star Meet, Jan. 8-9, in Gresham, Ore. He was first in the 50 yard free (21.51), 100 free (46.67), 200 free (1:41.95), 100 back (51.46), 200 back (1:52.77) as well as third in the 100 fly (51.17).

A freshman at Eastlake High School, Kim also competed at the Washington 4A High School Championships, Feb. 18-19, in Federal Way. He finished first in both the 50 and 100 yard free (21.32 and 45.56). His 100 free time earned him the fourth spot on the 15-year-old NAG Top 10 list. He also led off Eastlake's second-place 200 medley relay (24.07 50 back split) and anchored its second-place 200 free relay.

HANG TIME:

"Video games, watch movies, be with friends, snowboarding."

FAVORITE THING ABOUT SWIMMING:

"Making new friends, and racing."

SHORT-TERM GOALS:

"Make another senior nationals cut in long course."

LONG-TERM GOALS:

"Become an Olympian."

TRAINING:

"Ed trains seven days per week with eight water-time sessions and three dryland sessions," says his coach, Andy Pym. "Average practice distances run from 6,000 to 7,000 meters. He puts a strong emphasis on his underwater work as well as his efficiency, and he has a very positive attitude. He thrives in the competition environment we have at practices." ♦

AMERICAN RELAY

BY JUDY JACOB

ALASKA

Aurora Swim Team scored 4,957.5 points to capture the combined team title at the Alaska Junior Olympics, April 28-May 1, in Bartlett. Northern Lights Swim Club took second (2,981), followed by Glacier Swim Club (2,891.5).

Three 17-18 girls state records fell, courtesy of two members of the Knik Swim Club. **Janelle Stacy** lowered the marks in the 200 yard back (2:02.96) and 200 yard IM (2:07.58), while **Jordyn Campbell** went 17:23.59 in the 1650 free.

Caldwell earned the high-point award for senior women, and **Ryan O'Leary** of Seward Tsunami won the men's title. Age group high-point champions included **Camryn Williams**, Aurora, and **Bergen Davis**, Southeast Alaska (10-and-under); **Mia Ruffin**, Glacier, and **Talon Lindquist**, Kodiak (11-12); and **Tahna Lindquist**, Kodiak, and **Louis Belley**, Southeast Alaska (13-14).

FLORIDA

Kassey Mendoza of the Clifton Seahawks set six meet records at the Boys and Girls Clubs National Championships, April 8-10, in St. Petersburg. Mendoza erased the standards in the 10-and-under girls 50 yard free (28.01), 100 free (1:01.09), 200 free (2:12.26), 500 free (5:46.69), 100 fly (1:07.82) and 200 IM (2:32.21).

The Northern Westchester Marlins from New York dominated the competition with a combined team score of 9,346.5 points. Team New England was second (3,467.5), and New Jersey's Clifton Seahawks took third (2,534).

Four members of the Marlins set meet records. **Morgan Karetznick** lowered four records in the senior women's competition in the 200 free (1:51.83), 100 and 200 breast (1:06.67 and 2:20.93) and 200 IM (2:06.83). Single-event record setters included **Taegan Clarke** in the senior men's 200 back (1:54.58), **Matthew Karle** in the senior men's 200 breast (2:06.90) and **Alex Smith** in the 13-14 boys 500 free (4:51.14).

HAWAII

The 37th edition of the Coach Soichi Sakamoto Memorial meet was held May 27-28 on the island of Maui. Lahaina Swim Club took top honors, scoring 1,379 points. Hawaii Swim Club (Maui) came in second (960.5), followed by Maui Swim Club (859.5).

Age group high-point winners included **Rebecca Buenrostro Gallimore**, South Maui Sharks, and **Owen Lingenfelder**, Hawaii (10-and-under); **Aimee Iwamoto**, Pearl City, and **Dong Jin Hwang**, Manoa (11-12); **Paris Sargent**, Lahaina, and **Troy Kojenlaug**, Maui (13-14). All four of the senior high-point champions represented Lahaina: **Jessee Chapman** and **Renny Richmond** (15-16) plus **Mikiala Holly** and **Joshua Gaastra** (open).

Richmond lowered 15-16 boys meet records in four events: 100 and 200 meter free (54.05 and 2:03.70) plus the 100 and 200 fly (55.89 and 2:14.10). Sargent claimed meet standards in the 13-14 girls 200 back (2:31.61) and 200 IM (2:31.62). Iwamoto clocked 1:20.67 in the 11-12 girls 100 breast, and **Sarah Armstrong** of Lahaina became the 13-14 girls 100 fly record holder with her 1:07.06.

INDIANA

Four meet records were set during the Indiana Senior Championships, March 11-13, in Crawfordsville.

Maverick's **Megan Gallagher** posted a 16:31.33 to lower the 1650 yard free record, and PRO Swimming's **Brittany Robinson** brought the 100 fly meet mark down to 54.93. On the men's side, **Keanu Stevenson** from Newburgh cruised to a 2:00.76 in the 200 breast, and **Kyle Ruth** of Counsilman Center went 48.12 in the 100 fly.

Carmel Swim Club took top honors with 771.5 points in the combined team race, followed by Zionsville (750) and Duneland (707.5). Duneland was the top women's team, beating out Carmel by a single point (485 to 484), with Noblesville taking third (426). Zionsville was the men's champion, scoring 419 points to Counsilman Center's 400.5 and Newburgh's 360.

• • •

The scene shifted to Indianapolis a week later, March 18-20, for the Age Group Championships. Carmel once again led the combined team race with 1,658.5 points, ahead of Fishers Area (1,575.5) and Southeastern (1,223.5). Carmel's 11-12 girls 200 yard medley relay of **Claire Adams**, **Jillian Satz**, **Caroline Schultz** and **Morgan Grout** combined for a state and meet record 1:54.21. Two other meet records were broken, both by 11-12 girls. Duneland's **Vanessa Krause** swam a 26.63 in the 50 fly, and Crown Point's **Hanna Kukurugya** went 58.61 in the 100 fly.

MICHIGAN

The Kingfish Aquatic Club of Waterford racked up three 13-14 state records at the Michigan 13-14 and Open State Championships, March 18-20, in Ypsilanti.

The girls team of **Madison Wright**, **Sami Stelpflug**, **Megan Stelpflug** and **Kathryn Culver** combined for state marks in the 400 yard medley relay (3:56.91) and 400 free relay (3:34.58). The boys quartet of **Nick Arakelian**, **William Walker**, **Chad Pierce** and **Alec Girdler** set their mark in the 400 free relay (3:18.82).

Sami Stelpflug was the high-point winner among 13-14 girls, while **Aaron Pang** of Oakland Live Yers took top honors among the boys. The high-point winners in the senior division both came from Club Wolverine: **Anna Demonte** and **David Boland**.

The meet was co-hosted by the Tiger Sharks Swim Team of Detroit and the combined team champion Club Wolverine (1,963 points). Kingfish took second (1,408), followed by Novi Sturgeon (933).

MINNESOTA

Minnesota's All-State Swimming and Diving Banquet, honoring top high school swimmers and coaches from the 2010-11 season, was held April 8 in Oakdale.

This season's Class "AA" Athletes of the Year were **Rachel Bootsma**, Eden Prairie, and **Mike Gratz**, Edina. Class "A" Athletes of the Year included **Caley Oquist**, Monticello, and **Mike Hurley**, Fergus Falls.

Jeff Mace and **John Dailey**, the girls' coaches at Edina, and **Chris Guerrero**, boys' coach at Minnetonka, were the Class "AA" Coaches of the Year. Honored as Class "A" Coaches of the Year were Hutchinson's **Rory Fairbanks** (girls) and Fergus Falls' **Tom Uvaas** (boys).

NEW YORK

Adirondack Swimming's short course season came to a close with its Gold Short Course Championships. The distance events were held March 13 in Niskayuna, while the other events were contested March 18-20 in Troy.

Albany Starfish easily won the combined team championship with 7,001.5 points, followed by Schenectady Swim Club (3,576.5) and Clinton (1974.5). Albany and Schenectady also finished 1-2 in the girls and boys divisions with scores of 4,766.5 to 1,962.5 (girls) and 2,235 to 1,614 (boys). Taking third among the girls was Clinton (1,486.5), while the Hawks finished third among the boys (1,458).

High-point champions included **Sydney Madden**, Clinton, and **Ian McElrath**, Albany (9-10); **Emma McElrath** and **Miles**

— continued on 36

AGE GROUP SWIMMER of the MONTH

According to Brad Meacham, Vivian Wang's coach at the Sunnyvale Swim Club in California, her demeanor at practice is "very calm and relaxed. She listens well and works hard when asked. She has fun with her friends, but also realizes she is there to work."

The work that Vivian puts in during those practices has reaped rewards this past short course season. At the Pacific Swimming Spring Junior Olympics in San Ramon, March 18-20, she was first in the 10-and-under girls 50 yard free (27.08), 50 back (30.92) plus the 50 and 100 breast (35.12 and 1:16.83). She also took third in the 200 IM (2:27.64).

Those times earned her a trip to the Far Western Championships, March 31-April 3, in Morgan Hill. She was the high-point champion for 10-and-under girls with

first-place times of 26.57 in the 50 yard free, 30.32 in the 50 back, 1:13.47 in the 100 breast, 29.61 in the 50 fly and 1:05.84 in the 100 IM. Vivian also was second in the 50 breast (34.25) and third in the 100 back (1:07.60).

Vivian tied for the high-point trophy for 10-and-under girls at Pacific Swimming's 10-and-Under Championships, April 30, in Morgan Hill. She was first in the 50 yard free (26.26, missing the Pacific Swimming standard in that event by 5-hundredths), 50 back (30.03), 100 breast (1:14.22) and 100 IM (1:07.66).

Vivian began swimming at age 6. She has always been a very talented all-around athlete, excelling in gymnastics and ice skating. Her true passion is swimming, but manages to find time away from the pool to play Club Penguin and watch "Wizards of Waverly Place." ♦



■■■■■ VIVIAN WANG, AGE 10 ■■■■■

*Sunnyvale Swim Club
Sunnyvale, California*

**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.

Send everything to *Swimming World Magazine*, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341, or by e-mail to editorial@SwimmingWorldMagazine.com.

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

AMERICAN RELAY — continued from 35

Smachlo of Albany (11-12); **Karly Haraden** and **Ryan Sharkey** from Schenectady (13-14); and **Sarah Dougherty**, Albany, and **Seth MacDonald**, Clinton (senior).

Smachlo set a meet, district and resident record of 2:08.30 in the 11-12 boys 200 yard fly as well as a meet and district mark of 58.93 in the 100 fly. Madden claimed the 9-10 girls meet standard in the 500 free with her 5:59.97. Schenectady's **Quinn Smith** set a meet record in the 13-14 boys 200 back with a 1:58.87.

NORTH CAROLINA

The 2010-11 Martha McKee Awards and Recognition Banquet was held May 1 in Charlotte. **Margaret Hoelzer**, a 2004 and 2008 Olympian, was the featured speaker.

Athletes honored as Swimmers of the Year included **Kathleen Baker**, Star Aquatics, and **Christian Lam**, YMCA of the Triangle Area (11-12); **Maija Roses**, Duke Aquatics, and **Koya Osada**, North Carolina Aquatic Club (13-14); **Faith Johnson**, Star Aquatics, and **Kyle Darmody**, SwimMAC Carolina (15-16); and **Carly Smith**, North Carolina Aquatic Club, and **Kip Darmody**, SwimMAC Carolina (17-18).

Cullen Jones of SwimMAC Carolina received the Willis Casey Award, given to the highest internationally ranked swimmer. The Team of the Year Award was presented to SwimMAC Carolina.

WISCONSIN

Wisconsin Swimming recently announced its award recipients for the 2010-11 short course season.

The Age Group Swimmers of the Year were **Beata Nelson** and **Ben Gebhardt**, both of the YMCA of Dane County. **Michael Hamm**, coach of the Waukesha Express Swim Team, was selected Age Group Coach of the Year.

Kelsey Hogan-Clark of Elmbrook Swim Club and **Nicholas Potter** from DeForest Aquatic Club were chosen Senior Swimmers of the Year. Hogan-Clark's coach, **Fred Russell**, was this season's Senior Coach of the Year. ♦

AMERICAN RELAY

We want to share the latest news you have about outstanding swimmers on your team or your team's latest accomplishments. Send your letter, press release or team newsletter to:

Swimming World Magazine
P.O. Box 20337, Sedona, AZ 86341;
fax 928-284-2477;
or by e-mail to editorial@SwimmingWorldMagazine.com

■ Photos are welcome, too!

SPRINT

SUPER STARTS!

BY WAYNE GOLDSMITH

*Here are some tips on how to get faster—sooner—
and leave your competitors languishing in the slow lane.*

Speed. *Speed.* **Speed.** And more **SPEED.**
It's what swimming is all about.
There are no gold medals for the person
who can swim the most 100s or the slowest
400 or even for the swimmer who has the highest
heart rate.

Winning in swimming is about one thing and
one thing alone: **speed.** You swim faster than your
competitors...and you win. It's as simple as that.

So if swimming is all about speed, what is *speed*
all about?

Here are four really important things for every
swimmer who wants to swim faster to think
about:

1. In sprint swimming, *most* of the time it is
the person who gets to their top speed in
the shortest time who wins the race.
2. Getting to top speed in the shortest time
means having a brilliant first 15 meters.
3. Having a brilliant first 15 meters means
having an outstanding dive and underwater
kick.
4. Having an outstanding dive and underwater
kick means having a **Super Start!**

So, that means if you want to win more sprint
races, you need to have a **SUPER START** and a
brilliant first 15 meters!

...

The "first 15" is the "critical 15."

For a sprinter, where every fraction of a second
can mean the difference between success and fail-
ure, what happens in the first 15 meters
often determines the outcome of
the entire race.

Want to know how to
develop a "FFFFF"—
i.e., "Fantastically
Fabulously Fast First

Fifteen"?

There are five starting "zones": five places where
you physically and mentally ensure that your first
15 meters are so fast that it looks like you are the
Space Shuttle wearing a swimsuit!

Let's work through the five starting zones—aka
the "S.T.A.R.T. Zones":

STARTING ZONE 1: "SELF"

In the Stands

Your super start really starts in the stands—well
before you ever think about getting wet.

This is the "Self Zone"—the moment when you
put yourself and your needs first.

The "Self Zone" begins and ends with one ques-
tion: "*What do I need to do right now to make sure I
am ready to race?*"

For some swimmers, that means stretching. For
others, that means jumping up and down. For still
others, this "self" zone means putting a towel over
their heads and having some quiet time with their
own thoughts and emotions.

Whatever "self" means to you, Zone 1 is all
about switching on your brain to the business of
fast swimming.

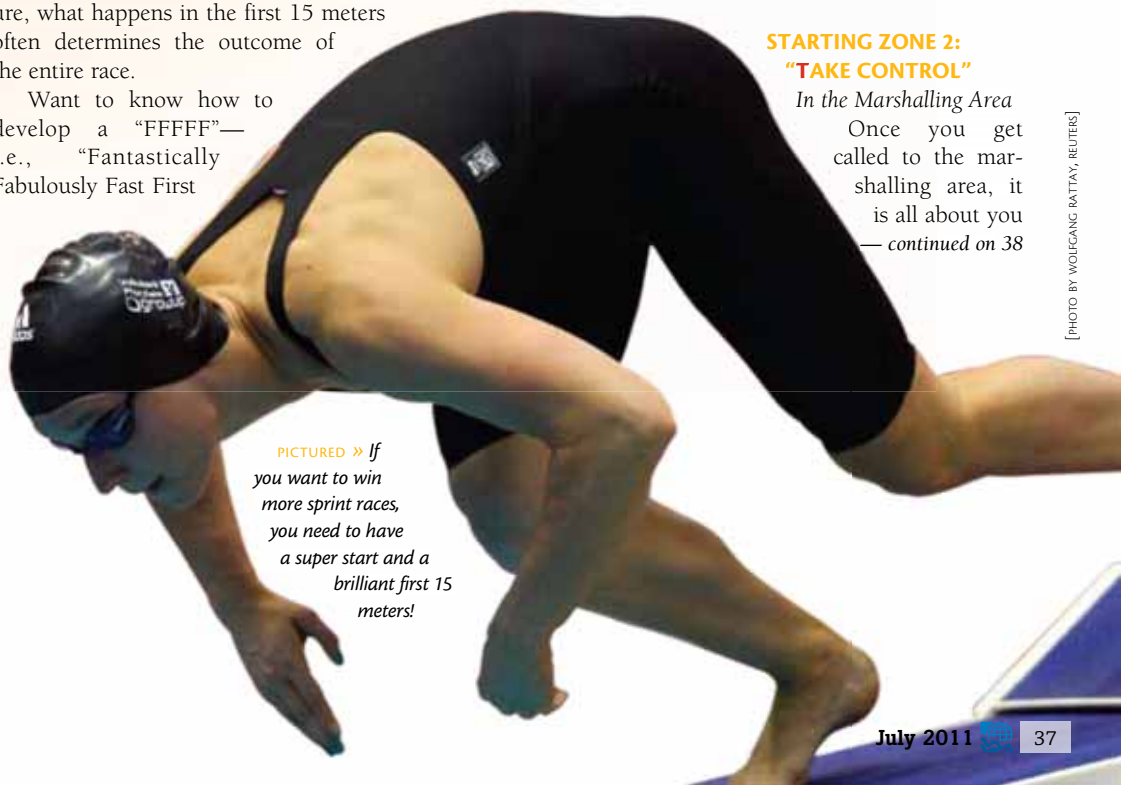
Think about the Space Shuttle. The comput-
ers are all on line and ready to go long before the
engines begin to fire up to blast off into orbit.

Zone 1 is where you switch on your "comput-
er," get it online and begin the countdown toward
takeoff!

STARTING ZONE 2: "TAKE CONTROL"

In the Marshalling Area

Once you get
called to the mar-
shalling area, it
is all about you
— *continued on 38*



PICTURED » If
you want to win
more sprint races,
you need to have
a super start and a
brilliant first 15
meters!

[PHOTO BY WOLFGANG BATTAY, REUTERS]

taking control.

Taking control of yourself...taking control of the marshalling area...taking control of your competitors—Starting Zone 2 is about taking control and making the race your own.

To accomplish this, remember the two **Big “B’s”** of pre-race management:

- **Breathing:** Breathe slowly, deeply and with purpose. As a guide, aim for five breaths per minute. That’s four seconds to breathe-in, four seconds to breathe-out and four restful seconds of relaxation before breathing-in again.
- **Body Language:** Move into and around the marshalling area with confidence, calm and control—head up and shoulders back, using strong, slow, deliberate movements. Make it look like you *own* the marshalling area.

This is what real “psyching-out” is all about. You don’t have to say anything. You don’t have to put anyone else down.

Through controlled breathing and strong body language in the marshalling area, you can “blow the minds” of most of your competitors, and you will have defeated many of them mentally without even getting in the water and racing!

STARTING ZONE 3: “ATTENTION”

Behind the Blocks

Behind the blocks in Starting Zone 3, the focus now shifts to “attention”—i.e., paying attention to the things that matter, not paying attention to the things that don’t...and *knowing* the difference!

The key here is to understand the difference between thoughts, words and actions.

Most swimmers will wait until their thoughts become actions—for example, uncontrollable nervousness—before they do anything about them.

In Starting Zone 3—the “Attention Zone”—the aim is to recognize your thoughts, but only pay attention to the ones that can help you swim fast. Let all the others just flow through your mind without taking hold.

For example:

Thought: “I am feeling really nervous.”

Response in Starting Zone 3: “I note I am feeling nervous”—but that’s where it ends. You “hear” the thought, you recognize the thought, you note the thought, but just as soon as you notice it, you allow it to drift off without paying it any real attention.

This ability to pay attention to thoughts *without* judgment and without allowing them to become words or actions is the cornerstone of real mental strength and emotional control for every swimmer.

Through controlled breathing and strong body language in the marshalling area, you can “blow the minds” of most of your competitors, and you will have defeated many of them mentally without even getting in the water and racing!

STARTING ZONE 4: “READY”

On the Blocks

Starting Zone 4 is the “Ready Zone”—on the blocks and ready to go. The three keys to success in Starting Zone 4 are “**PRE**”:

- **Position:** Be in the best possible starting position (i.e., body position, head position, feet position, hand position) on the blocks. Of course, this would be something that you would have practiced over and over and over in training!
- **Relaxation:** Continue the controlled breathing you started in Zone 2 and the thoughts management technique you started in Zone 3.
- **Energy:** Feel connected to all the energy in your body.

Starting Zone 4 is the “Connection Zone”: the zone where your mind and your body are connected together as one—a

unified swimming powerhouse about to unleash everything you’ve got with power and precision.

STARTING ZONE 5: “TAKE OFF”

The First 15!

Bang! The gun has sounded, and the race is on!

The most important parts of Starting Zone 5 are the “three kicks”:

- **The First Kick:** This is the kick you do under the water after your dive. In fly, back and free, that means fast, strong, powerful, explosive kicks to maintain the speed from your dive. In breaststroke, that means completing the underwater pull and kicks with flow, power and rhythm.
- **The Second Kick:** This is a deliberate kick that you do with purpose to get your body toward the surface.
- **The Third Kick:** This is the most important kick of all—the one you do to kick yourself into your first stroke on the surface: the *breakout!*

Speed over the first 15 meters comes down to one simple question:

How much speed can I generate as I leave the blocks PLUS how much speed can I maintain under the water before I start stroking?

Or, put another way:

FAST FIFTEEN = Maximize speed off the blocks AND minimize speed lost underwater.

If you have it right in Starting Zones 1-4, then Starting Zone 5 will take care of itself!

...

After that, you’re on your own, but if you work your way through the five starting zones—the “S.T.A.R.T. Zones”—and get to your top speed faster than anyone else in the pool, you will have given yourself every possible opportunity for a great race, a fast time and a winning performance. ♦

Wayne Goldsmith is one of the world’s leading experts in elite-level swimming and high-performance sport. To read more about Goldsmith, visit his blog at www.wyngoldsmith.com.

SUMMARY

1. In sprint swimming, **the first 15 meters often determines the outcome of the entire race:** the swimmer who gets to his or her top speed first will win most of the time!
2. **The start is not just what happens on the blocks.** It begins in the mar-

shalling area and continues behind the blocks, on the blocks and over the first 15 meters in the water.

3. **Start the way you want to finish.** If you want to finish first, start fast and go, go, **GO**.

FOR the RECORD



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

WORLD

MARIA LENK TROPHY MEET
Rio de Janeiro, Brazil
May 3-7, 2011 (50 M)



WOMEN

50 FREE April 20

25.45 Oksana Serikova
25.49 Svetlana Fedulova
25.81 Anastasiya Aksonova

100 FREE April 19

54.22n Veronika Popova
55.83 Natalia Lovtova
56.38 Margarita Nesterova

200 FREE April 22

1:57.96n Veronika Popova
2:00.00 Yelena Sokolova
2:01.55 Viktoria Andreyeva

400 FREE April 18

4:12.05 Elena Sokolova
4:18.97 Amanova Ranohon
4:19.83 Anna Guseva

800 FREE April 20

8:37.73 Yelena Sokolova
8:38.02 Anastasiya Ivanenko
8:42.15 Ekaterina Seliverstova

1500 FREE April 22

16:32.94 Ekaterina Seliverstova
16:32.97 Anastasiya Ivanenko
16:35.09 Elizaveta Gorshkova

50 BACK April 21

27.99 Anastasiya Zueva
28.91 Maria Gromova
29.06 Kseniya Moskvina

100 BACK April 23

59.35 Anastasiya Zueva
1:01.15 Kseniya Moskvina
1:02.02 Maria Gromova

200 BACK April 20

2:07.91 Anastasiya Zueva
2:11.83 Aleksandra Papusha
2:12.91 Maria Gromova

50 BREAST April 21

30.46 Yuliya Efimova
31.87 Ekaterina Baklakova
31.90 Valentina Artemyeva

100 BREAST April 20

1:07.44 Yuliya Efimova
1:08.54 Darya Deyeva
1:08.59 Valentina Artemyeva

200 BREAST April 23

2:24.17 Yuliya Efimova
2:25.52 Irina Novikova
2:25.89 Anastasiya Chaun

50 FLY April 23

27.20 Svetlana Fedulova
27.04 Irina Bepalova
27.29 Veronika Popova

100 FLY April 22

58.99 Irina Bepalova
1:00.21 Maria Ugolkova
1:00.29 Yulia Mantseva

200 FLY April 19

2:12.05 Yana Martynova
2:14.53 Irina Bepalova
2:17.07 Kristina Novichenko

200 IM April 21

2:12.87 Veronika Popova
2:13.71 Yuliya Efimova
2:14.65 Ekaterina Andreyeva

400 IM April 18

4:43.24 Yana Martynova
4:46.71 Anastasiya Ivanenko
4:52.05 Irina Nazarova

MEN

50 FREE April 21

22.13 Andrei Grechin
22.25 Sergei Fesikov
22.36 Nikita Konovalov

100 FREE April 23

48.62 Nikita Lobintsev
48.71 Andrei Grechin
48.77 Danila Izotov

200 FREE April 20

1:46.14 Danila Izotov
1:47.23 Nikita Lobintsev
1:47.82 Aleksander Sukhorukov

400 FREE April 18

3:49.60 Nikita Lobintsev
3:52.31 Nikolay Balakhov
3:54.42 Alexander Shimin

800 FREE April 21

7:59.77 Nikolai Bulakhov
7:59.81 Evgeny Kulikov
8:03.79 Aleksei Solpekovski

1500 FREE April 23

15:22.62 Daniil Serebrennikov
15:25.71 Nikolai Balakhov
15:28.77 Kirill Abrosimov

50 BACK April 23

25.17 Vitaliy Borisov
25.48 Stanislav Donets
25.61 Sergei Makov

100 BACK April 19

53.96 Stanislav Donets
54.08 Vitaliy Borisov
54.92 Arkady Vyatchanin

200 BACK April 21

1:58.37 Stanislav Donets
1:59.47 Arkady Vyatchanin
2:00.37 Anton Anchin

50 BREAST April 18

27.74 Alexander Triznov
27.91 Roman Sludnov
28.15 Stanislav Lakhtyukhov

100 BREAST April 23

1:00.69 Roman Sludnov
1:00.85 Anton Lobanov
1:01.50 Grigory Falko

200 BREAST April 20

2:11.50 Anton Lobanov
2:12.34 Grigory Falko
2:12.82 Anton Blednykh

50 FLY April 20

23.88 Nikita Konovalov
23.95 Evgeny Korotyskhin
24.51 Vladislav Seryy

100 FLY April 19

52.42 Evgeny Korotyskhin
52.66 Nikita Konovalov
53.28 Nikolay Skvortsov

200 FLY April 22

1:56.43 Nikolay Skvortsov
2:00.04 Sergei Ivanov
2:00.13 Roman Mikhailov

200 IM April 23

2:00.14 Aleksandr Tikhonov
2:00.82 Dmitriy Zhilin
2:02.63 Ivan Trovimon

400 IM April 19

4:21.45 Ilya Volovnik
4:22.74 Igor Savchenko
4:24.43 Sergei Kashperskiy

NATIONAL

CHARLOTTE ULTRASWIM
Charlotte, North Carolina
May 12-15, 2011 (50 M)



WOMEN

50 FREE May 14

25.13 Jessica Hardy, TROJ
25.17 K.L. Joyce, STARS
25.31 Amanda Weir, SA

100 FREE May 15

54.19 Natalie Coughlin, CAL
54.30 Dana Vollmer, CAL
54.60 Missy Franklin, STARS

200 FREE May 13

1:57.66 Missy Franklin, STARS
1:58.18 Allison Schmitt, UNAT
1:59.65 Dana Vollmer, CAL

400 FREE May 14

4:08.73 Chloe Sutton, MVN
4:11.02 Barbara Jardin, PPO
4:12.30 Andreina Pinto, GSC

800 FREE May 15

8:31.20 Chloe Sutton, MVN
8:33.37 Andreina Pinto, GSC
8:39.18 Camrynne Morris, NBAC

1500 FREE May 12

16:16.11 Chloe Sutton, MVN
16:18.79 Andreina Pinto, GSC
16:43.39 Gillian Ryan, PARK

100 BACK May 14

1:00.02 Natalie Coughlin, CAL
1:00.22 Missy Franklin, STARS
1:00.33 Rachel Bootsma, JETS

200 BACK May 15

2:08.36 Missy Franklin, STARS
2:09.36 Elizabeth Pelton, NBAC
2:13.27 T. Svendsen, UNAT

300 BREAST May 13

1:05.57 Rebecca Soni, TROJ
1:05.90 Jessica Hardy, TROJ
1:08.20 Jillian Tyler, MINN

200 BREAST May 14

2:23.33 Rebecca Soni, TROJ
2:26.24 Amanda Beard, FORD
2:30.05 M. Moravcikova, TN
2:30.05 Amanda Rutqvist, SWE

100 FLY May 13

57.82 Dana Vollmer, CAL
59.26 Elaine Breeden, UNAT
59.66 C. Magnuson, FORD

200 FLY May 14

2:09.12 Kathleen Hersey, UNAT
2:09.32 Elaine Breeden, UNAT
2:09.40 Audrey Lacroix, PPO

200 IM May 15

2:12.29 Katinka Hosszu, UNAT
2:14.42 Stina Gardell, UNAT
2:14.80 Elaine Breeden, UNAT

400 IM May 13

4:45.77 Katinka Hosszu, UNAT
4:47.73 Allysa Vavra, IU
4:48.48 Barbara Jardin, PPO

400 MR May 15

4:15.94 Swim Ontario
4:20.27 SwimMAC Carolina
4:20.36 Star Aquatics

400 FR May 13

3:45.73 Colorado Stars
3:47.93 Swim Ontario
3:52.83 TN Aquatics

800 FR May 14

8:12.19 Colorado Stars
8:15.56 Swim Ontario
8:26.30 Parkland

MEN

50 FREE May 14

22.51 Josh Schneider, MAC
22.52 Cullen Jones, MAC
22.56 Nick Brunelli, MAC

Swim-off May 12

22.24 Cullen Jones, MAC
22.28 Josh Schneider, MAC

100 FREE May 15

49.46 Richard Berens, UNAT
49.90 Scot Robison, NSS
50.19 Davis Tarwater, MAC

200 FREE May 13

1:48.55 D. Meichtry, TROJ
1:49.25 Richard Berens, UNAT
1:49.47 Markus Rogan, TROJ

400 FREE May 14

3:52.00 D. Meichtry, TROJ
3:53.65 Conor Dwyer, UNAT
3:54.08 Matthew Patton, CW

800 FREE May 12

8:11.10 Sean Ryan, SCAC
8:12.14 Joseph Arnold, MVN
8:12.54 Alex Gomez, GSC

1500 FREE May 15

15:27.04 Ryan Feeley, BSC
15:32.87 Sean Ryan, SCAC
15:34.77 Joseph Arnold, MVN

100 BACK May 14

54.04 David Plummer, MINN
54.15 Nicholas Thoman, MAC
54.79 Matthew Grevers, FORD

200 BACK May 15

1:57.20 Michael Phelps, NBAC
1:58.82 Ryan Lochte, DBS
1:59.98 Eric Ress, IU

300 BREAST May 13

1:01.49 Eric Shanteau, UNAT
1:02.04 Vladislav Polyakov, SFL
1:02.08 Mark Gangloff, NYAC

200 BREAST May 14

2:10.95 Eric Shanteau, UNAT
2:16.02 Elliott Keefer, OSU
2:18.21 Bob Holderness, CSEM

100 FLY May 13

53.15 Tyler McGill, AUB
53.22 Eugene Godsoe, MAC
53.26 Timothy Phillips, OSU

200 FLY May 14

1:56.83 Wu Peng, CW
1:58.22 Michael Phelps, NBAC
2:00.52 Davis Tarwater, MAC

200 IM May 15

1:59.82 Eric Shanteau, UNAT
2:00.20 William Rogan, TROJ
2:01.19 Wu Peng, CW

400 IM May 13

4:21.40 Yannick Lebherz, GER
4:23.51 William Harris, POS
4:27.27 Andrew Ford, SO

400 MR May 15

3:43.27 SwimMAC Carolina
3:46.43 Swim Ontario
3:47.94 Club Wolverine

400 FR May 13

3:22.25 SwimMAC Carolina
3:28.38 Club Wolverine
3:30.10 Swim Ontario

800 FR May 14

7:36.38 Club Wolverine
7:48.60 SwimMAC Carolina
7:54.59 Bolles School

COLLEGE

CALIFORNIA COMMUNITY COLLEGE CHAMPIONSHIPS
Monterey Park, California
April 28-30, 2011 (25 YD)

* = Calif. Community College Record

WOMEN

TEAM STANDINGS

551 Orange Coast
356.5 Diablo Valley
285 Santa Rosa
280 American River
245 Sierra

50 FREE April 28

1:18.28 Kiersten Coleson, OCC
23.72 Caitlin DeNise, MODC
24.06 Andrea Antonissen, RC

100 FREE April 30

51.44 Kiersten Coleson, OCC
51.83 Michelle Liu, SMC
52.48 Andrea Antonissen, RC

200 FREE April 29

1:53.42 Kiersten Coleson, OCC
1:56.11 Haley Ring, ARC
1:56.77 Kayleigh Jeffrey, VC

500 FREE April 28

5:03.46 Nicole Blum, MSAC
5:05.29 Jade Morton, GWC
5:07.28 Samantha Elam, PC

1650 FREE April 30

17:27.83 Nicole Blum, MSAC
17:31.87 Jade Morton, GWC
17:56.79 Samantha Elam, PC

50 BACK April 29

26.98 Diandra Prutton, DVC
27.53 Lauren Bugglin, SRC
27.75 Lisa MacManus, OCC

100 BACK April 30

57.69 Diandra Prutton, DVC
58.77 Justina Dunne, SC
59.31 Lisa MacManus, OCC

50 BREAST April 29

30.59 Lisa Boozer, DVC
31.57 Najelah Najdawi, SANM

31.85 LuLu Thrower, SRC

100 BREAST April 30

1:05.97 Lisa Boozer, DVC
1:07.19 Sareen Hagopian, PC
1:08.18 Rachel Maruggio, DVC

50 FLY April 29

56.55 Rebekah Padilla, DVC
26.17 Wu Peng, CW
26.46 Lauren Bugglin, SRC

100 FLY April 30

57.27 Caitlin DeNise, MODC
57.27 Alyssa Schrader, OCC
58.29 Andrea Chan, SANM

100 IM April 28

59.33 Michelle Liu, SMC
59.79 Alyssa Schrader, OCC
1:00.05 Rebekah Padilla, DVC

200 IM April 29

2:06.86 Caitlin DeNise, MODC
2:08.45 Michelle Liu, SMC
2:09.35 Andrea Chan, SANM

200 MR April 29

1:50.66 Santa Rosa
1:51.08 Orange Coast
1:52.20 Merced

400 MR April 28

3:58.38 Diablo Valley
3:58.46 Orange Coast
4:06.73 Santa Rosa

200 FR April 28

1:36.11 Orange Coast
1:39.53 Diablo Valley
1:39.64 Merced

400 FR April 30

3:32.72 Orange Coast
3:38.83 Riverside
3:40.27 American River

800 FR April 29

7:49.10 Orange Coast
8:00.65 Mt. San Antonio
8:02.42 Sierra

1-METER April 28

220.80 Molly Swartz, SC
204.75 Lisa Simmons, VC
174.40 Megan Zeeb, SEQ

3-METER April 29

234.75 Molly Swartz, SC
199.55 Lisa Simmons, VC
192.30 Robyn Dozier, GC

MEN

TEAM STANDINGS

522 Orange Coast
480 Ventura
407 Santa Rosa
362 Diablo Valley
187 Sierra

50 FREE April 28

20.92 Devon Jones, SRC
21.03 Jake Fletcher, MSAC
21.08 Trent Williams, SRC

100 FREE April 30

FOR THE RECORD — continued from 39

100 BREAST	
1:06.93 A. Morrow, LKHA	
1:07.79 Maddie Edwards, ALMA	
1:08.26 Virginia Carr, CFV	

100 FLY	
59.22 Clara Bracy, BENV	
1:00.05 Corissa Calico, CONW	
1:02.34 Lexie Keller, HARB	

200 IM	
2:04.82* Jenny Holtzen, FAYE	
2:12.32 Jocelyn Woo, CONW	
2:16.53 Andi Burroughs, ABAP	

200 MR	
1:51.86 Bentonville	
1:53.16 Conway	
2:03.74 Mountain Home	

200 FR	
1:42.43 Bentonville	
1:48.96 El Dorado	
1:49.69 Conway	

400 FR	
3:43.96 Conway	
3:53.97 Bentonville	
4:04.56 Mountain Home	

BOYS TEAM STANDINGS	
330 Bentonville	
273.5 Conway	
258 Little Rock Catholic	

50 FREE	
20:83* Pearson Gean, BENV	
21:55 Tyler Crosson, CONW	
22:42 Alex Holyfield, SILO	

100 FREE	
46:21 Pearson Gean, BENV	
47:09 Tyler Crosson, CONW	
48:34 Colton Holland, HERI	

200 FREE	
1:42.32 Sam Olson, CATH	
1:43.64 Dexter Thomas, SDAL	
1:46.69 Justin Potter, BENV	

500 FREE	
4:44.54 Eric Zheng, PULA	
4:45.51 Justin Potter, BENV	
4:57.52 Austin Hunt, BENV	

100 BACK	
51:52* Ravi Sun, ARKA	
53:03 Sam Olson, CATH	
56:09 Jimmy Burch, FAYE	

100 BREAST	
58:20 Gage Crosby, BENV	
58:89 Dexter Thomas, SDAL	
1:03:01t Liston Barber, LRCH	
1:03:01t Josh Spellmann, CONW	

100 FLY	
52.47 Jim Parker, HERI	
52.59 Gage Crosby, BENV	
53.27 Jimmy Burch, FAYE	

200 IM	
1:52.93* Eric Zheng, PULA	
1:56.23 Ravi Sun, ARKA	
1:57.86 Jim Parker, HERI	

200 MR	
1:38.34* Bentonville	
1:40.26 Conway	
1:41.25 Little Rock Catholic	

200 FR	
1:29.77 Conway	
1:30.42 Heritage	
1:34.65 Little Rock Central	

400 FR	
3:17.24 Bentonville	
3:23.07 Little Rock Catholic	
3:24.37 Fayetteville	

COLORADO 4A HIGH SCHOOL BOYS CHAMPIONSHIPS	
Grand Junction, Colorado	
May 20-21, 2011 (25 YD)	

TEAM STANDINGS	
277 J.K. Mullen	
195 Cheyenne Mountain	
170.5 Silver Creek	

50 FREE	
21.40 P.J. Wickwire, MHS	
21.48 Micah Blackwell, GMHS	
21.75 Jonathan Littles, CMHS	

100 FREE	
45.88 Jeff Garnier, DEHS	
47.19 Joey Notarianni, MHS	
47.31 Jonathan Littles, CMHS	

200 FREE	
1:38.44 Jeff Garnier, DEHS	
1:42.33 Alex Nickell, MVHS	
1:42.92 Derek Wedel, PSHS	

500 FREE	
4:33.52 P.J. Wickwire, MHS	
4:35.49 Alex Nickell, MVHS	
4:42.21 Martin Wallace, BHS	

100 BACK	
51.14 Darian Brunetti, WRHS	
51.23 Sawyer Franz, CHS	
51.73 Joey Notarianni, MHS	

100 BREAST	
57.14 Connor Dwyer, LHS	
58.41 Alex Bisping, SCHS	
59.25 Devon Davis, AAHS	

100 FLY	
51.62 Micah Blackwell, GMHS	
51.65 Derek Wedel, PSHS	
51.67 Deseon Davis, AAHS	

200 IM	
1:52.59 Eric May, AHS	
1:52.91 Sawyer Franz, CHS	
1:52.98 Darian Brunetti, WRHS	

200 MR	
1:37.52 Silver Creek	
1:37.66 J.K. Mullen	
1:38.24 Air Academy	

200 FR	
1:28.31 D'Evelyn	
1:29.02 Coronado	
1:30.33 Estes Park	

400 FR	
3:11.10 J.K. Mullen	
3:15.85 Cheyenne Mountain	
3:15.90 Conifer	

COLORADO 5A HIGH SCHOOL BOYS CHAMPIONSHIPS	
Fort Collins, Colorado	
May 20-21, 2011 (25 YD)	

TEAM STANDINGS	
296.5 Regis Jesuit	
280 Cherry Creek	
268.5 Highlands Ranch	

50 FREE	
21.12 Ben Fry, RJHS	
21.46 Ian Woon, HRHS	
21.60 Andrew Behrend, CCHS	

100 FREE	
46.34 Daryl Turner, CCHS	
46.54 Ben Fry, RJHS	
46.56 F. Betanzos, HRHS	

200 FREE	
1:40.47 John Martens, GHS	
1:41.54 Ben Holston, GWHS	
1:41.57 Kevin Stoddard, HRHS	

500 FREE	
4:26.20 Jared Markham, CCHS	
4:32.83 Ben Holston, GWHS	
4:33.85 John Martens, GHS	

100 BACK	
49.72 Ryan Arata, LPHS	
50.22 Daryl Turner, CCHS	
51.00t A. Hartbarger, HRHS	
51.00t Hennessy Stuart, RJHS	

100 BREAST	
58.17 Mike McCormick, PHS	
58.75 Rin Isobe, BHS	
59.01 Austin Smith, RHS	

100 FLY	
48.52 Clark Smith, RJHS	
49.32 Ryan Arata, LPHS	
49.86 Andrew Torres, RVHS	

200 IM	
1:46.74 Jared Markham, CCHS	
1:51.73 Nolan Tesone, POMHS	
1:52.71 Brandon Hatanaka, LHS	

200 MR	
1:32.88 Cherry Creek	
1:33.56 Regis Jesuit	
1:36.42 Highlands Ranch	

200 FR	
1:24.83 Regis Jesuit	
1:24.98 Cherry Creek	
1:26.37 Highlands Ranch	

400 FR	
3:07.45 Cherry Creek	
3:07.70 Highlands Ranch	
3:08.74 Regis Jesuit	

CONNECTICUT HIGH SCHOOL BOYS CHAMPIONSHIPS	
New Haven, Connecticut	
March 19, 2011 (25 YD)	

TEAM STANDINGS	
388 Greenwich	
321 Darien	
312 Ridgefield	

50 FREE	
21.51 Nicholas Porter, GLHS	
21.55 Michael Piyugin, BIHS	
21.56 Michael Dustin, GHS	

100 FREE	
46.70 Jason Potter, NCHS	
46.70 Andrew Dillinger, GHS	
47.09 Luke Zalewski, LMHS	

200 FREE	
1:40.69 Andrew Klutzy, RHS	
1:41.16 Jason Potter, NCHS	
1:41.79 Andrew Dillinger, GHS	

500 FREE	
4:31.19 Andrew Klutzy, RHS	
4:31.33 Robby Harder, BIHS	
4:38.55 C. Grombeck, SHS	

100 BACK	
51.74 N. Purrrington, SWHS	
52.52 Michael Piyugin, BIHS	
53.11 Nathaniel Boley, STHS	

100 BREAST	
56.37 Eric Holden, ARHS	
56.64 Raymond Cswenko, THS	
58.66 Gregory Han, CHS	

100 FLY	
49.99 Michael Dustin, GHS	
51.61 Ryan Buys, HK	
52.04 Austin Wolff, NCHS	

200 IM	
1:51.81 Raymond Cswenko, THS	
1:55.12 Kevin Kosciuk, XAV	
1:55.61 Eric Holden, ARHS	

200 MR	
1:36.70 Brookfield	
1:36.80 New Canaan	
1:37.12 Barlow/Immaculate	

200 FR	
1:26.15 Ridgefield	
1:26.25 Greenwich	
1:27.05 New Canaan	

400 FR	
3:08.41 Greenwich	
3:10.33 New Canaan	
3:11.12 Ridgefield	

DELAWARE HIGH SCHOOL CHAMPIONSHIPS	
Newark, Delaware	
Feb. 23-26, 2011 (25 YD)	

* = State Record

GIRLS TEAM STANDINGS	
365 Charter School	
289 St. Mark's	
201.5 Padua	

50 FREE	
23.73 Lily Dubroff, CHAR	
24.02 Elise Lankiewicz, WFS	
24.69 Payton Shirey, SUST	

100 FREE	
51.64 Annie Nunes, CHAR	
53.48t Laura Askin, CROD	
53.48t Brittany Lazear, PADUA	

200 FREE	
1:53.63 Lily Dubroff, CHAR	
1:54.82 Laura Askin, CROD	
1:55.51 Brittany Lazear, PADUA	

500 FREE	
4:46.10* Nicole Vernon, TAT	
5:10.30 Jaclyn Harkins, STM	
5:15.31 Lexi Santer, CHAR	

100 BACK	
55.34* Kaitlyn Jones, TAT	
58.45 Courtney Clarke, StM	
58.93 Alyssa Sanders, MILF	

100 BREAST	
1:02.62 Annie Nunes, CHAR	
1:05.55 Calli Marando, MIDD	
1:07.15 Haley Novak, STM	

100 FLY	
57.17 Elise Lankiewicz, WFS	
58.24 Courtney Clarke, STM	
58.43 Calli Marando, MIDD	

200 IM	
1:59.03* Kaitlyn Jones, TAT	
1:59.99 Nicole Vernon, TAT	
2:11.51 Haley Novak, STM	

200 MR	
1:48.59 Charter School	
1:52.87 Tattall	
1:54.84 St. Mark's	

200 FR	
1:38.19 Charter School	
1:40.71 Padua	
1:41.43 St. Mark's	

400 FR	
3:42.25 Padua	
3:45.93 St. Mark's	
3:49.56 Charter School	

BOYS TEAM STANDINGS	
302 Salesianum	
265.5 Charter	
195 Deleware Military	

50 FREE	
21.35 Tyler Beeson, MTP	
21.62 Nick Insley, APP	
21.97 Bryan Panaccione, STM	

100 FREE	
45.69* Tanner Kurz, DEM	
46.90 Tommy McKee, BRAN	
47.05 Tyler Beeson, MTP	

200 FREE	
1:42.56 Tommy McKee, BRAN	
1:43.40t Brad Brooks, CHAR	
1:43.40t Ben Creekmore, ARCH	

500 FREE	
4:38.57 Brad Brooks, CHAR	
4:42.81 Ben Creekmore, ARCH	
4:45.11 Matthew Stasiunas, SAL	

100 BACK	
50.67 Clifton Gordon, SAL	
52.84 Matthew Tankle, SAL	
53.66 Nick Insley, APP	

100 BREAST	
54.64* Tanner Kurz, DEM	
1:00.16 Seth Klair, AIDP	
1:01.41 Nick Gutsche, CHAR	

100 FLY	
52.00 Bryan Panaccione, STM	
52.68 Adam Keup, DEM	
54.25 Nick Gutsche, CHAR	

200 IM	
1:52.09* Clifton Gordon, SAL	
1:58.08 Alex Hampel, SAL	
1:59.95 Alan Panaccione, STM	

200 MR	
1:36.62* Salesianum	
1:38.41 Delaware Military	
1:40.36 St. Mark's	

200 FR	
1:29.57 Delaware Military	
1:30.48 Mt. Pleasant	
1:31.42 Brandywine	

400 FR	
3:14.19 Salesianum	
3:15.79 St. Mark's	
3:16.29 Archmere	

KANSAS 5A-1A HIGH SCHOOL CHAMPIONSHIPS	
Topeka, Kansas	
Girls: May 19-21, 2011 (25 YD)	
Boys: Feb. 17-19, 2011 (25 YD)	

* = Division Record

GIRLS TEAM STANDINGS	
381 Blue Valley	
177 Independent School	
162 Newton	

50 FREE	
24.72 Chesley Kilgore, TRIN	
24.85 Megan Becker, BVSW	
25.17 Christina Entz, NHS	

100 FREE	
49.54* Emily Dicus, TWHS	
53.83 Chesley Kilgore, TRIN	
54.73 Kelsey Eklund, TIS	

200 FREE	
1:48.33* Emily Dicus, TWHS	
1:55.84 Kelsey Eklund, TIS	
1:56.50 S. Brennan, BVHS	

500 FREE	
5:07.12 S. Brennan, BVHS	
5:09.04 Gina Cernohous, ACHS	
5:14.81 Maggie Metz, SHS	

100 BACK

MAINE "A" HIGH SCHOOL CHAMPIONSHIPS

Brunswick, Maine
Feb. 21-22, 2011 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS

305	Bangor
272	Morse
204	Cheverus

50 FREE

24.65	E. Buczkowski, MORSE
24.69	Celia Ouellette, MTA
25.00	Tessa Lindsley, CHEV

100 FREE

54.38	E. Buczkowski, MORSE
54.92	Victoria Weber, CONY
55.38	Celia Ouellette, MTA

200 FREE

2:00.21	Jamie Hunsaker, BANG
2:01.08	Victoria Weber, CONY
2:02.50	Elaine Miller, WIND

500 FREE

5:27.57	Jamie Hunsaker, BANG
5:30.68	Amanda Joy, MESS
5:37.10	Caitlin Foster, MORSE

100 BACK

1:01.03	Kathryn Violette, WEST
1:01.65	L. Pregovisk, MESS
1:02.16	Emma Pontius, DEER

100 BREAST

1:05.08*	G. Worthely, DEER
1:07.21	S. Couillard, SCAR
1:09.90	Melissa Paione, EL

100 FLY

58.25	Emma Waddell, BANG
1:01.34	Emma Pontius, DEER
1:03.13	Katy Wolfe, THOR

200 IM

2:09.80	G. Worthely, DEER
2:10.89	Emma Waddell, BANG
2:14.12	Kathryn Violette, WEST

200 MR

1:53.76	Morse
1:54.47	Bangor
1:54.69	Cheverus

200 FR

1:43.32	Morse
1:43.47	Messalonskee
1:48.42	Scarborough

400 FR

3:50.98	Bangor
3:58.60	Cony
4:01.38	Scarborough

BOYS

TEAM STANDINGS

328	Bangor
260	Cape Elizabeth
234	Windham

50 FREE

22.31	Evan Long, CAPE
22.48	N. Sundquist, WIND
22.82	Mark Endrizzi, SCAR

100 FREE

48.52	Marcus Cloutier, CAPE
48.85	N. Sundquist, WIND
50.25	Collin Hart, MASS

200 FREE

1:47.38	Evan Long, CAPE
1:48.66	Arthur Conover, MESS
1:48.91	Lance Webster, WIND

500 FREE

4:47.86	Arthur Conover, MESS
4:50.38	Eric Delmonte, DEER
5:00.02	Lance Webster, WIND

100 BACK

55.70	M. Whitehouse, KENN
55.98	Tyler Wright, MASS
56.35	Josh Williams, BREW

100 BREAST

1:02.15	Sam Barnett, BANG
1:02.34	Eric Delmonte, DEER
1:03.26	Nathan Paluso, WIND

100 FLY

53.79	Tyler Wright, MASS
54.89	M. Whitehouse, KENN
55.09	D. Smallwood, BANG

200 IM

1:59.91	Marcus Cloutier, CAPE
2:03.42	Nathan Paluso, WIND
2:04.03	Sam Lariviere, MASS

200 MR

1:41.88	Windham
1:43.33	Bangor
1:48.29	Kennebuck

200 FR

1:30.93	Cape Elizabeth
1:33.16	Massabesic
1:33.22	Bangor

400 FR

3:19.42	Windham
3:21.23	Cape Elizabeth
3:24.82	Massabesic

MAINE "B" HIGH SCHOOL CHAMPIONSHIPS

Orono, Maine
Feb. 19 & 21, 2011 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS

375	Mt. Desert Island
328.5	Greely
232	Waynflete

50 FREE

25.39	Chelsey Curran, MDI
26.25	Amelia Deady, WAYN
26.35	Erica Hemphill, PI

100 FREE

54.46	Sara Schad, GREE
56.22	Amelia Deady, WAYN
56.64	Megan Stroud, GREE

200 FREE

1:59.91	Sara Schad, GREE
2:00.79	Libby Gajewski, MCAU
2:01.25	Megan Stroud, GREE

500 FREE

5:33.45	Ellen Silk, WAYN
5:39.08	Aoife Ryle, MCAU
5:40.50	Kayla Merchant, BC

100 BACK

59.40*	Sarah Easterling, GREE
1:01.34	Chelsey Curran, MDI
1:04.42	Abby Haley, YARM

100 BREAST

1:09.12	A. Lewandowski, STDO
1:10.49	Cece McEachern, ELLS
1:12.89	Ryann Rourke, MDI

100 FLY

59.17	Colby Harvey, WAYN
59.92	Abby Haley, YARM
1:01.47	Libby Gajewski, MCAU

200 IM

2:09.58	Sarah Easterling, GREE
2:16.58	Colby Harvey, WAYN
2:19.21	A. Lewandowski, STDO

200 MR

1:55.60	Mt. Desert Island
1:55.93	Greely
2:00.32	McAuley

200 FR

1:43.06	Mt. Desert Island
1:45.13	Greely
1:49.28	Lincoln Academy

400 FR

3:48.63	Greely
3:53.17	Waynflete
3:57.31	McAuley

BOYS

TEAM STANDINGS

396	Greely
261	Ellsworth
200	Mt. Desert Island

50 FREE

22.39	Ian McCreary, GREE
22.63	Donnie Boyer, FOX
22.82	John McLeod, WISC

100 FREE

48.92	Dan Spencer, GREE
49.56	Mody Gad, WATER
49.60	Ian McCreary, GREE

200 FREE

1:48.23	Mody Gad, WATER
1:48.36	Dan Spencer, GREE
1:52.63	Maks Grover, ELLS

500 FREE

4:59.55	Maks Grover, ELLS
5:11.07	Luke Jeton, WAYN
5:11.15	Taylor Ottman, BELF

100 BACK

55.05	Nico Schultz, WATER
57.95	Evan Campbell, GREE
58.26	Cameron Dwyer, ORO

100 BREAST

1:01.20	Keith Chandler, ELLS
1:03.96	Cameron Fadley, FOX
1:04.54	Jason Carbone, MDI

100 FLY

52.86	Keith Chandler, ELLS
55.41	Cameron Dwyer, ORO
56.72	John McLeod, WISC

200 IM

2:00.69	Cameron Fadley, FOX
2:01.54	Nico Schultz, WATER
2:08.04	Nico Kanonov, NYA

200 MR

1:43.44	Greely
1:45.44	Ellsworth
1:46.59	Mt. Desert Island

200 FR

1:34.15	Greely
1:35.79	Ellsworth
1:35.94	Mt. Desert Island

400 FR

3:24.79	Greely
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3:25.14	Ellsworth
3:37.37	Waterville

MARYLAND 3A/2A/1A HIGH SCHOOL CHAMPIONSHIPS

College Park, Maryland
Feb. 26, 2011 (25 YD)

GIRLS

TEAM STANDINGS

271	Frederick
210	Middletown
179	Cambridge/SD

50 FREE

25.30	Carley Nitchie, BAH5
25.90	Brooke Bielecki, EHS
26.08	Page Fox, FHS

100 FREE

55.91	Page Fox, FHS
55.95	Carley Nitchie, BAH5
57.02	Emily McWilliams, CHS

200 FREE

1:53.95	Hanne Borgersen, FHS
---------	----------------------

2:02.81	Kelsey Lessard, QAHS
2:07.61	Chelsea Rossick, MHS

500 FREE

5:28.54	Madison Brown, FAHS
5:48.24	Olivia Wojtowicz, QAHS
5:52.59	Jordan Chamblee, FHS

100 BACK

1:03.30	Chelsea Rossick, MHS
1:04.06	Larissa Wildfang, WHS
1:04.84	Carolyn Slife, FHS

100 BREAST

1:11.56	Danielle Jackson, FHHS
1:12.63	Kelsey Lessard, QAHS
1:14.08	M. McCluskey, WHS

100 FLY

59.32	Hanne Borgersen, FHS
1:04.48	Alexandra Jacobs, NHHS
1:04.50	Jessica Narr, CHS

200 IM

2:15.99	Madison Brown, FAHS
2:22.54	Olivia Wojtowicz, QAHS
2:24.45	Jessica Narr, CHS

200 MR

2:02.67	Middletown
2:02.90*	Queen Anne's
2:02.90*	Walkersville

200 FR

1:45.76	Frederick
1:46.70	Bel Air
1:48.63	Queen Anne's

400 FR

3:49.37	Frederick
4:01.32	Bel Air
4:08.14	Patterson Mill

BOYS

TEAM STANDINGS

284	Fallston
218	Stephen Decatur
	Middletown

50 FREE

23.09	Jake Blazer, SDHS
23.38	Chris Lamont, OHS
23.61	C. Haymans, KIHS

— continued on 42

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100 FREE

50.95 Jake Blazer, SDHS
51.44 M. Walchuck, MHS
52.93 C. Haymans, KHS

200 FREE

1:52.59 M. Walchuck, MHS
1:58.42 Jake Middleton, SDHS
1:59.81 Sam Burgess, FAHS

500 FREE

5:05.39 Mitchell Reynolds, FHS
5:07.19 Collin Hickey, PMHS
5:18.87 Jake Middleton, SDHS

100 BACK

55.63 Brandon Carestia, HTHS
56.63 Shayne Custodio, SDHS
58.22 Austin Appel, FAHS

100 BREAST

1:04.53 Gus Paras, LHS
1:05.12 Brad Updegraff, WHS
1:05.58 Robbie Orzewicz, HDG

100 FLY

54.25 Austin Appel, FAHS
55.64 Shayne Custodio, SDHS
58.70 H. Simpson, PHHS

200 IM

2:05.44 Brandon Carestia, HTHS
2:07.45 Gus Paras, LHS
2:11.29 Brad Updegraff, WHS

200 MR

1:45.10 Stephen Decatur
1:47.76 Fallston
1:48.07 Middletown

200 FR

1:35.93 Havre de Grace
1:36.80 Stephen Decatur
1:38.93 Cambridge/SD

400 FR

3:29.74 Stephen Decatur
3:31.42 Middletown
3:34.27 Fallston

**MARYLAND 4A/3A
HIGH SCHOOL
CHAMPIONSHIPS**
Canton, Ohio
Feb. 23-24, 2011 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS

325.5 Urbana
300 Severna Park
228.5 C. Milton Wright

50 FREE

24.53 Margaret Manning, GTJ
25.21 Marissa Hand, SPHS
25.37 Molly Gallant, SPHS

100 FREE

53.63 Margaret Manning, GTJ
54.48 Rachel Flint, CMW
55.39 Marissa Hand, SPHS

200 FREE

1:55.66 Claire McMlmail, UHS
1:57.69 Rachel Flint, CMW
2:00.53 Zoe McMlmail, UHS

500 FREE

5:08.28 Sydney Williams, UHS
5:14.87 Kerry Treasdel, CMW
5:18.71 Jenna Kirchoff, SPHS

100 BACK

1:01.08 Alexa Santis, UHS
1:01.19 Taylor Gill, AHS
1:02.92 Selena Martin, BPHS

100 BREAST

1:07.23 Katie Parker, SPHS
1:09.78 Rachel Armstrong, BHS
1:10.54 Jennifer Clune, ERHS

100 FLY

56.84 Katelyn Sowinski, SPHS
57.39 Claire McMlmail, UHS
1:01.59 Mairyn Branaman, LHS

200 IM

2:11.64 Katie Parker, SPHS
2:13.37 Rachel Armstrong, BHS
2:13.57 Taylor Gill, AHS

200 MR

1:50.99 Severna Park
1:56.81 Urbana
1:58.25 Gov. Thomas Johnson

200 FR

1:42.17 Urbana
1:43.51 Severna Park
1:45.81 C. Milton Wright

400 FR

3:38.07* Severna Park
3:38.43 Urbana
3:49.16 C. Milton Wright

BOYS

TEAM STANDINGS

281 Severna Park
235 Broadneck
181 Urbana

50 FREE

22.08 Trevor Doll, OMHS
22.81 Ahmed Hegazi, GTJ
22.83 Mark Terzano, OMHS

100 FREE

22.08 Trevor Doll, OMHS
50.38 Bennett Bean, SPHS
50.48 Ivan Palaroan, GMHS

200 FREE

1:45.90 James Robichaud, BHS
1:47.01 Kevin Huntley, SPHS
1:49.43 Willie Sasse, GTJ

500 FREE

4:50.11 James Robichaud, BHS
4:54.68 Gavin Colley, AHS
5:02.28 Vadim Jacobson, BHS

100 BACK

53.81* Dylan Davis, AHS
56.59 Sean Brant, SPHS
56.63 Cody Edwards, BHS

100 BREAST

58.91* Michael Seaburg, SRHS
1:03.18 Kevin Huntley, SPHS
1:07.10 Kervin Garced, THS

100 FLY

54.82 Jared Wasserman, SPHS
55.96 Dylan Davis, AHS
56.23 Daniel Chavez, ERHS

200 IM

1:58.97 Michael Seaburg, SRHS
2:00.59 Gavin Colley, AHS
2:04.94 Sean Brant, SPHS

200 MR

1:42.81* Severna Park
1:43.62 Gov. Thomas Johnson
1:44.48 Annapolis

200 FR

1:31.95* Gov. Thomas Johnson
1:33.27 South River
1:34.57 Urbana

400 FR

3:23.23* Severna Park
3:27.36 Broadneck
3:30.06 Annapolis

**MASSACHUSETTS
DIVISION I
HIGH SCHOOL
CHAMPIONSHIPS**
Cambridge, Massachusetts
Feb. 20-21, 2011 (25 YD)

* = Division Record

GIRLS

TEAM STANDINGS

195 Lincoln-Sudbury
181.5 Westford
127 Concord-Carlisle

50 FREE

24.27 Christina Hurley, LINC
24.76 Diana Zeng, WBOR
24.87 Ivy Durepo, GARD

100 FREE

52.23 Christina Hurley, LINC
52.32 Lauryn Brown, LINC
52.91 M. Kwarcinski, WFLD

200 FREE

1:53.25 Stephanie Nasson, PHIL
1:53.91 India Boland, BEVER
1:56.93 Sarah Hargrave, NATTL

500 FREE

4:58.49 Stephanie Nasson, PHIL
5:00.66 India Boland, BEVR
5:00.81 Emily Parillo, GARD

100 BACK

56.73 Lauryn Brown, LINC
57.06 Jen Marrkand, WFOR
1:00.16 Tori Weinstock, WFOR

100 BREAST

1:06.05 Kelly Huber, WFOR
1:07.45 Alyssa Carle, FRANK
1:07.81 Q.Diaz-Patterson, AMHR

100 FLY

56.23 Taylor Strachan, GARD
58.32 Amanda Lucia, EHAM

58.38 Christiana Greco, MINN

200 IM

2:07.46 Jen Marrkand, WFOR
2:07.63 Taylor Strachan, GARD
2:08.46 M. Kwarcinski, WFLD

200 MR

1:47.58* Westfield Academy
1:47.86 Lincoln-Sudbury
1:50.70 Gardner

200 FR

1:40.20 Lincoln-Sudbury
1:40.79 Minnechaug
1:42.03 Concord-Carlisle

400 FR

3:37.25 Lincoln-Sudbury
3:38.27 Westford Academy
3:39.99 Beverly

BOYS

TEAM STANDINGS

249 St. John's Prep
186.5 Lincoln-Sudbury
148 Minnechaug

50 FREE

21.68 Cam Johnson, WFOR
21.77 Erik Funn, LOWL
21.83 John Bateman, SJP

100 FREE

46.76 Wiktor Karpinski, MINN
47.78 Aaron Athanas, SJP
48.17 Tyler Wieck, BCH

200 FREE

1:43.32 Wiktor Karpinski, MINN
1:43.40 Matt Tynan, WFOR
1:43.73 Robert Breen, SJP

500 FREE

4:35.03 Matt Tynan, WFOR
4:41.33 Robert Breen, JP
4:44.33 Kyle Duran, NBRG

100 BACK

52.12 Aaron Athanas, SJP
52.40 Sam Gyory, LINC
52.72 John Belanger, AND

100 BREAST

57.40 M. Normoyle, MINN
57.85 Ryan Fortin, SJP
58.95 Tim Gladyshev, BLIN

100 FLY

51.90 Mark Tracy, CHEM
51.96 Sam Gyory, LINC
52.10 Connor Daly, READ

200 IM

1:55.15 Ryan Fortin, SJP
1:55.62 Tim Storer, LINC
1:56.35 M. Normoyle, MINN

200 MR

1:36.04 Lincoln-Sudbury
1:36.16 St. John's Prep
1:37.89 Lowell

200 FR

1:27.78 St. John's Prep
1:28.04 Minnechaug
1:29.41 Lowell

400 FR

3:11.90 St. John's Prep
3:12.61 Lincoln-Sudbury
3:15.17 Minnechaug

**MASSACHUSETTS
DIVISION II
HIGH SCHOOL
CHAMPIONSHIPS**
Cambridge, Massachusetts
Feb. 20-21, 2011 (25 YD)

* = Division Record

GIRLS

TEAM STANDINGS

229 Marblehead
223.5 Wayland
128 Duxbury

50 FREE

24.16 Bianca Tocci, WESN
24.52 Emily Downs, WAYL
24.71t M. Cunningham, WAYL
24.71t Annie Futhergill, ARIC

100 FREE

52.08 Bianca Tocci, WESN
53.01 Emily Downs, WAYL
53.72 H. Verrette, MHEAD

200 FREE

1:53.39 Julie Lajoie, ELON
1:53.69 R. Alexander, MHEAD
1:54.80 Rafferty-Millett, MHEAD

500 FREE

4:58.75 M. Alexander, MHEAD

5:00.83 Meriza Werenski, HOLC
5:01.17 Julie Lajoie, ELON

100 BACK

57.70 M. Chamberlain, NAUS
58.09 R. Alexander, MHEAD
59.07 J. McDonald, MIDDLE

100 BREAST

1:07.82 Hope Kissick, COHS
1:08.94 Nysa Casha, AUST
1:09.46 H. Verrette, MHEAD

100 FLY

58.66 Annie Fothergill, ARLC
58.67 K. Foley, MHEAD
58.87 Emily Lajoie, ELON

200 IM

2:05.54 Meriza Werenski, HOLC
2:06.11 M. Alexander, MHEAD
2:10.19 K. Foley, MHEAD

200 MR

1:49.82 Marblehead
1:52.71 Weston
1:54.29 Wayland

200 FR

1:38.69 Wayland
1:39.98 Weston
1:42.50 Marblehead

400 FR

3:32.82 Marblehead
3:33.87 Wayland
3:42.75 Duxbury

BOYS

TEAM STANDINGS

178 King Philip
172 Weston
111 Concord-Carlisle

50 FREE

21.91 Drew Andre, CONC
21.92 Aaron Gustafson, KINGP
22.00 Jack Blyzinskiy, WESN

100 FREE

46.48 Leo Wright, AMH
47.73 Drew Andre, CONC
48.46 Colin Machat, NORH

200 FREE

1:43.13 Kevin Bradley, MILF
1:45.90 Jeff Cook, LYNF
1:47.12 Tommy Peacher, WESN

500 FREE

4:36.36 Kevin Bradley, MILF
4:44.70 Robert Owen, COYL
4:44.90 Kyle Viera, KINGP

100 BACK

49.68* Patrick Myers, KINGP
51.96 Aaron Gustafson, KINGP
53.86 Ben Kennedy, BELM

100 BREAST

58.63 Mike Ren, WAYL
1:00.20 Leo Wright, AMH
1:00.72 Graham Beck, DANV

100 FLY

49.31* Patrick Myers, KINGP
52.90 Tyler Lewtan, WESN
53.06 Ian Stack, WAYL

200 IM

1:55.98 Ryan Bobianski, ELON
2:00.47 P. McDonald, NRWEL
2:00.53 Ryan Palmer, KINGP

200 MR

1:36.94 King Philip
1:38.72 Weston
1:40.06 Wayland

200 FR

1:28.55 Weston
1:29.06 Concord-Carlisle
1:32.54 Wayland

400 FR

3:17.33 King Philip
3:20.63 Concord-Carlisle
3:21.01 Weston

**NEBRASKA
HIGH SCHOOL
CHAMPIONSHIPS**
Lincoln, Nebraska
Feb. 25-26, 2011 (25 YD)

GIRLS

TEAM STANDINGS

240 Millard West
145 Marian
136 Westside

50 FREE

23.56 E. McGinn, MWHS
24.01 A. Bilunas, ODHS
24.32 Lauren Smith, PIUSX

100 FREE

52.12 A. Bilunas, ODHS
52.18 E. McGinn, MWHS
52.50 E. O'Connell, MWHS

200 FREE

1:52.44 Kristine Kunkel, OMHS
1:55.68 E. O'Connell, MWHS
1:55.92 Molly Kroeger, OWHS

500 FREE

5:05.45 Kristine Kunkel, OMHS
5:11.96 Marry Luddy, MNHS
5:14.22 Molly Kroeger, OWHS

100 BACK

57.91 Erin Oeltjen, MWHS
58.26 Kyrá Lindholm, OMHS
58.35 Emily Green, LNEHS

100 BREAST

1:07.14 Taylor Counter, SHS
1:07.38 Jordane Linhart, RGHS
1:07.48 Karen Illg, MWHS

100 FLY

56.98 Erin Oeltjen, MWHS
58.64 Lindsey Phelps, PLV
59.11 Emily Green, LNEHS

200 IM

2:08.12 Kyrá Lindholm, OMHS
2:09.75 Karen Illg, MWHS
2:11.62 Katherine Lincoln, OWHS

200 MR

1:47.69 Millard West
1:49.87 Duchesne
1:51.19 Marian

200 FR

1:36.63 Millard West
1:37.21 Duchesne
1:39.50 Westside

400 FR

3:30.95 Millard West
3:39.70 Marian
3:41.11 Westside

BOYS

TEAM STANDINGS

411 Creighton Prep
110 Millard South
97t Lincoln East
97t Papillon-La Vista

50 FREE

21.09 Ryan Miksch, CHS
21.38 Nicholas Bauwens, CP
21.52 Andrew Stivers, MWHS

200 MR

1:38.41 Spring Valley
1:39.48 Boulder City
1:40.08 Coronado

200 FR

1:27.13 Boulder City
1:28.13 Green Valley
1:31.48 Palo Verde

400 FR

3:11.21 Boulder City
3:12.15 Green Valley
3:15.38 Coronado

**NEW ENGLAND
PREP SCHOOL
CHAMPIONSHIPS**
Exeter, New Hampshire
March 5-6, 2011 (25 YD)

* = New England Prep Record

GIRLS

TEAM STANDINGS

349 Phillips Exeter
325 Phillips Andover
320 Deerfield

50 FREE

24.01 Amy Zhao, PAA
24.13 Sela Wang, LCS
24.27 Jenner McLeod, DA

100 FREE

52.47 Samantha Pierce, LCS
52.53 Jenner McLeod, DA
53.80 Ritchey Howe, DA

200 FREE

1:51.84 Samantha Pierce, LCS
1:55.86 Julia Smachlo, PAA
1:58.36 Cooper Kearns, MPS

500 FREE

5:01.61 Molly McSweeney, PS
5:04.19 Sage Maggi, SUFF
5:04.42 Julia Smachio, PAA

100 BACK

57.78 Liza Bragg, DA
59.16 Olivia Jackson, PEA
1:00.08 Sela Wang, LCS

100 BREAST

1:05.07* Jamie Hillas, CRH
1:06.75 Courtney Flynn, SUFF
1:07.45 Emma Nuzzo, PEA

100 FLY

57.60 Amy Zhao, PAA
57.91 Sage Maggi, SUFF
58.07 Hannah Katz, SUFF

200 IM

2:07.45 Liza Bragg, DA
2:09.60 Jamie Hillas, CRH
2:11.14 Courtney Flynn, SUFF

200 MR

1:49.46 Suffield
1:50.34 Phillips Exeter
1:52.62 Choate Rosemary Hall

200 FR

1:36.65* Deerfield
1:40.18 Phillips Andover
1:40.66 Suffield

400 FR

3:33.31* Deerfield
3:36.75 Phillips Exeter
3:37.49 Loomis Chaffee

BOYS

TEAM STANDINGS

461 Phillips Andover
301 Phillips Exeter
299 Deerfield

50 FREE

21.36 Avery Reavill, PEA
21.64 Seth Magoon, SUFF
21.67 Alex Poltash, CRH

100 FREE

47.27 Avery Reavill, PEA
47.39 Oscar Miao, DA
47.90 Alex Poltash, CRH

200 FREE

1:41.32 Jun Oh, PAA
1:44.42 Brooks Reavill, PEA
1:45.04 Jack Vallar, DA

500 FREE

4:36.43 Jun Oh, PAA
4:41.36 Doug Barber, HOPK
4:45.05 Jack Vallar, DA

100 BACK

51.34 Connor Maher, HOPK
52.09 Conor Deveney, PAA
52.73 Derrick Choi, PAA

100 BREAST

59.19 Matt Mahoney, PAA
59.77 Bohdan Martin, NMH
1:00.00 Andrew Wilson, PAA

100 FLY

50.32 Joe Shepley, PEA
51.20 Henry Lee, DA
52.92 Cameron Phillips, PAA

200 IM

1:51.92 Connor Maher, HOPK
1:55.06 Joe Shepley, PEA
1:55.93 Doug Barber, HOPK

200 MR

1:35.46 Phillips Andover
1:38.06 Deerfield
1:39.28 Suffield

200 FR

1:24.98* Phillips Exeter
1:26.18 Suffield
1:28.22 Phillips Andover

400 FR

3:08.34* Phillips Exeter
3:09.41 Phillips Andover
3:10.47 Deerfield

**NEW JERSEY
HIGH SCHOOL
CHAMPIONSHIPS**
Sewell, New Jersey
March 5-6, 2011 (25 YD)

* = State Record

GIRLS

50 FREE

23.56 Jenna Immormino, KPHS
23.81 J. Kudryashova, NPHS
24.02 Megan Lydzinski, NPHS

100 FREE

51.25 Jenna Immormino, KPHS
51.57 Megan Lydzinski, NPHS
51.66 J. Kudryashova, NPHS

200 FREE

1:51.51 Marlee Ehrlich, CHE
1:52.80 Lauren Buckworth, MSD
1:52.94* Isabelle Cecere, MEND
1:52.94* Annie McCotter, BEHS

500 FREE

4:54.70 Marlee Ehrlich, CHE
4:57.54 Cailey Short, MILL
5:04.31 C. Patterson, CHW

100 BACK

55.73 Emily O'Neill, FBHS
57.41 Lindsay Temple, HHS
57.57 Kelsi Worrell, RVHS

100 BREAST

1:03.10* Colleen Callahan, ACHS
1:03.90 Stephanie Ferrell, MSM
1:04.30* Deirdre Esposito, MOR
1:04.30* Abby Fisher, KHS

100 FLY

55.23* Kelsi Worrell, RVHS
56.03 Jocelyn Yuen, WWS
57.12 Isabelle Cecere, MEND

200 IM

2:02.55* Colleen Callahan, ACHS
2:04.11 Abby Fisher, KHS
2:04.28 Stephanie Ferrell, MSM

200 MR

1:48.14 Mount St. Mary
1:48.31 Vineland
1:48.73 Kinnelon

200 FR

1:37.32 Vineland
1:38.29 Westfield
1:38.75 Hillsborough

400 FR

3:34.39 Mendham
3:34.86 Kinnelon
3:35.54 Westfield

BOYS

50 FREE

21.29 Jeff Flynn, SAHS
21.30 Ty Conley, RBHS
21.50 James Ross, PING

100 FREE

45.77 Luke Papendick, KHS
46.37 Evan Mahoney, CRHS
46.98 Kyle Madley, SHP

200 FREE

1:40.64 Joe Petrone, CHE
1:41.10 William Brown, SPP
1:42.87 M. McDuff, MLHS

500 FREE

4:34.16 Joe Petrone, CHE

— continued on 44

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FOR THE RECORD — continued from 43

4:37.60 Stephen Raynes, RHS
4:37.75 B. Wachenfeld, RHS

100 BACK

48.63* Michael Strand, CHS
49.02 Luke Papendick, KHS
50.42 Will Manion, HAD

100 BREAST

55.66* Nic Fink, PING
58.19 Sean Johnson, HHS
58.21 Andy Schuehler, AHS

100 FLY

49.55 Michael Strand, CHS
50.26 Leo Lim, THS
51.06 Kevin Jan, JPSHS

200 IM

1:52.96 Will Manion, HAD
1:53.93 Leo Lim, THS
1:54.40 Andy Schuehler, AHS

200 MR

1:34.36* Pingry
1:36.02 St. Augustine
1:37.05 Haddonfield

200 FR

1:25.07* Pingry
1:27.83 Haddonfield
1:28.89 Mountain Lakes

400 FR

3:06.58* Pingry
3:07.45 St. Augustine
3:15.86 Haddonfield

**NEW MEXICO
HIGH SCHOOL
CHAMPIONSHIPS**
Albuquerque, New Mexico
Feb. 18-19, 2011 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS

320.5 Albuquerque Academy
265 La Cueva
240 Eldorado

50 FREE

23.66 Anika Apostalon, ACAD
23.80 April Chee, FARM
24.52 Caitlin Myers, CLOV

100 FREE

51.37 Anika Apostalon, ACAD
52.05 Kassandra Cleto, VOLC
52.17 Gillian St. John, ACAD

200 FREE

1:52.07 S. Harding, LCHS
1:52.46 Nika Fellows, LACV
1:54.55 Gillian St. John, ACAD

500 FREE

5:02.24 S. Harding, LCHS
5:02.73 Lauren Atkins, STPI
5:06.34 Nika Fellows, LACV

100 BACK

59.00 Mariah Morrell, VOLC
59.19 Kassandra Cleto, VOLC
1:00.16 Kailee Cremer, LACV

100 BREAST

1:04.78 Natasha Moffitt, PIVI
1:07.67 Kristal Summers, CIBL
1:09.34 Felicia Zamora, ALBQ

100 FLY

56.89* Madison Bridges, ALBQ
57.91 Michelle Howell, ACAD
59.17 Jenna Foiles, ELDO

200 IM

2:04.36 Madison Bridges, ALBQ
2:08.52 Lauren Atkins, STPI
2:13.64 Brianna Putnum, ELDO

200 MR

1:50.32 Las Cruces
1:51.78 Eldorado
1:52.51 La Cueva

200 FR

1:37.45* Albuquerque Academy
1:42.27 Clovis
1:42.80 Eldorado

400 FR

3:34.04 Albuquerque Academy
3:38.49 La Cueva
3:39.59 Volcano Vista

BOYS

TEAM STANDINGS

299 Albuquerque Academy
259 Eldorado
213 St. Pius X

50 FREE

Landon Rogers, FARM
Gabriel Pleil-Pino, STPI
Bryce Lockett, CIBL

100 FREE

46.83 Gabriel Pleil-Pino, STPI
47.88 Landon Rogers, FARM
49.41 Jonah Hanks, ELDO

200 FREE

1:43.43 Jack Feely, STPI
1:44.78 K. Tillery, LACV
1:45.08 M. Gormley, MVCS

500 FREE

4:43.60 Jack Feely, STPI
4:52.43 M. Gormley, MVCS
4:54.81 Colin Martin, ACAD

100 BACK

53.44 Ian Walker, ELDO
53.88 Seth Montgomery, SFPR
54.25 K. Tillery, LACV

100 BREAST

59.86 Dorian Holler, VALL
1:01.55 Bryce Lockett, CIBL
1:02.64 Daniel Spradley, CIBL

100 FLY

51.51 Stephen Klein, ACAD
52.97 Reed Sanchez, BOSQ
53.17 Dorian Holler, VALL

200 IM

1:56.67 Stephen Klein, ACAD
1:57.39 Ian Walker, ELDO
1:58.39 Reed Sanchez, BOSQ

200 MR

1:39.70 Albuquerque Academy
1:40.33 Farmington
1:40.41 St. Pius X

200 FR

1:29.14 Albuquerque Academy
1:29.98 Cibola
1:30.21 Farmington

400 FR

3:14.98 St. Pius X
3:18.19 Eldorado
3:21.56 Albuquerque Academy

**PENNSYLVANIA AA
HIGH SCHOOL
CHAMPIONSHIPS**
Lewisburg, Pennsylvania
March 16-19, 2011 (25 YD)

* = AA State Record

GIRLS

TEAM STANDINGS

178.5 Villa Maria
159 West Allegheny
145 Central Columbia

50 FREE

23.45 Katie Saloky, CCHS
23.59 Adrianna Grabski, MHS
23.76 Taylor Snyder, THS

100 FREE

51.45 Sarah Hitchins, VMA
51.66 Adrianna Grabski, MHS
51.97 Rylee Klomp, MP

200 FREE

1:47.80 Gillian Ryan, KHS
1:49.90 C. Finkbeiner, TRIN
1:52.85 Taylor Kane, AWHS

500 FREE

4:44.29 Gillian Ryan, KHS
4:53.86 C. Finkbeiner, TRIN
4:55.45 Paige Daniel, MCHS

100 BACK

55.34 Marie Georger, MP
55.46 Margaret Gruber, MAHS
56.98 Kelsey Williams, DHS

100 BREAST

1:03.72 Madison Burns, NWLHS
1:06.08 Olivia Tierney, VMA
1:06.19 Michelle Fischl, GSHS

100 FLY

54.98 Margaret Gruber, MAHS
(Prelims: 54.84*)
57.57 Rebekah Campo, SP
58.09 Brianna Bentz, WHS

200 IM

2:00.48* Madison Burns, NWLHS
2:00.57 Marie Georger, MP
2:06.38 Paige Daniel, MCHS

200 MR

1:47.71 Central Columbia
1:48.04 Villa Maria
1:48.25 Shady Side

200 FR

1:37.24 Villa Maria
1:37.90 Central Columbia
1:38.27 Wyomissing

400 FR

3:32.30 Villa Maria
3:32.88 West Allegheny
3:33.47 Shady Side

BOYS

TEAM STANDINGS

190 Shady Side
163 Fairview
139 Franklin Area

50 FREE

20.57* Daniel Gosek, HGP
21.08 Jason Moyer, SLHS
21.44 Nathan Smith, STHS

100 FREE

45.38 Daniel Gosek, HGP
46.66 Brian Frederick, FAHS
46.68 Broderick Kelley, SSA

200 FREE

1:38.53 David Paulk, SSA
1:41.56 Jared Haley, NYHS
1:42.43 Travis Bohn, ACHS

500 FREE

4:29.41 David Paul, SSA
4:33.71 Jared Haley, NYHS
4:37.27 Zachary Oatis, SVHS

100 BACK

50.99 Travis Bohn, ACHS
51.84 Jason Moyer, SLHS
52.16 Tim Mangis, WAHS

100 BREAST

55.64* Zach Stephens, BHS
57.17 Brian Frederick, FAHS
57.68 Bobby Francis, QVHS

100 FLY

49.93 Broderick Kelley, SSA
51.98 Tim Mangis, WAHS
52.61 B. Strathmeyer, WYHS

200 IM

1:51.12 Zach Stephens, BHS
1:53.45 Richard Petrella, FHS
1:55.10 Matt Rochna, IHS

200 MR

1:36.83 Shady Side
1:37.28 Franklin Area
1:37.43 Indiana

200 FR

1:26.85 Springfield
1:27.28 Fairview
1:28.87 Indiana

400 FR

3:11.91 Shady Side
3:12.20 Springfield
3:12.87 Franklin Area

**PENNSYLVANIA AAA
HIGH SCHOOL
CHAMPIONSHIPS**
Lewisburg, Pennsylvania
March 16-19, 2011 (25 YD)

n = National Record
* = AAA State Record

GIRLS

TEAM STANDINGS

269.5 Hershey
210 Wilson
193 Parkland

50 FREE

23.22 Susanne Ginger, SCHS
23.29 Shannon Rauth, DWHS
23.51 Melanie Busch, WTHS

100 FREE

49.32* Meaghan Raab, HHS
49.37 Danielle Siverling, DEHS
49.45 Emily Cameron, WHS

200 FREE

1:46.16* Meaghan Raab, HHS
1:46.63 Danielle Siverling, DEHS
1:46.84 Leah Smith, OCHS

500 FREE

4:49.71 Leah Smith, OCHS
4:49.71 Taylor O'Brien, EHS
4:49.90 Claire Loht, RLHS

100 BACK

54.83 Christina Leander, WCE
54.84 Melanie Busch, WTHS
54.93 Allison Roberts, EHS

100 BREAST

1:02.12 Kristen Murslack, PRHS
1:03.37 Kelly Carroll, GRVHS
1:04.48 Kylie Reiter, WLHS

100 FLY

54.98 Yurie Nakano, HHS
55.22 Katie Diller, MTHS
56.52 Kasey Mann, MTHS

200 IM

1:57.74* Emily Cameron, WHS
2:02.05 Christina Leander, WCE
2:02.84 Kristen Murslack, PRHS

200 MR

1:44.45 Wilson
1:44.58 Hershey
1:45.73 Franklin Regional

200 FR

1:34.23 Hershey
1:34.79 Wilson
1:35.54 Parkland

400 FR

3:22.85* Hershey
3:26.32 Parkland
3:29.09 Council Rock North

BOYS

TEAM STANDINGS

344 Hershey
228 La Salle College
151 Wilson

50 FREE

20.35 Dain Bomberger, WHS
20.51 Jeffrey Young, HHS
20.95 Romain Decrop, EHS

100 FREE

43.32 Andrew Kosic, WCH
44.57 Dain Bomberger, WHS
45.75 Tyler Early, GVHS

200 FREE

1:38.36 Shane Ryan, HAVHS
1:38.63 John Nappi, MLHS
1:39.82 Tiim Maurer, LDHS

500 FREE

4:27.64 John Nappi, MLHS
4:29.72 C. McCurdy, PTHS
4:31.61 Chris Szekely, LSC

100 BACK

45.49 David Nolan, HHS
47.53 Shane Ryan, HAVHS
48.37 Nathaniel Savoy, WILHS

100 BREAST

55.95 David Speese, LSC
56.13 Luke Nosbisch, GHS
57.22 Nicholas Angeny, ARHS

100 FLY

47.68* Andrew Kosic, WCH
49.43 C. McCurdy, PTHS
49.52 Kyle Dudzinski, USC

200 IM

1:41.39n David Nolan, HHS
1:47.65 Nathaniel Savoy, WILHS
1:50.25 Matthew Burger, NAHS

200 MR

1:31.94* La Salle College
1:32.06 Hershey
1:34.00 North Allegheny

200 FR

1:21.01n Hershey
1:23.38 Wilson
1:23.58 Emmaus

400 FR

3:00.71 Hershey
(Leadoff: Nolan 42.34nr)
3:04.72 B. Reed Henderson
3:05.21 La Salle College

**WASHINGTON, D.C.
METROPOLITAN
HIGH SCHOOL
CHAMPIONSHIPS**
Boys, Maryland
Feb. 23-26, 2011 (25 YD)

* = Washington, D.C. Metro Record

GIRLS

TEAM STANDINGS

407 Walt Whitman
344 Good Counsel
321 Churchill

50 FREE

23.70 Natalya Ares, CH
23.81 Reia Tong, WHIT
23.87 Emily Ryzcek, SHER

100 FREE

51.18 Emily Ryzcek, SHER
51.79 Reia Tong, WHIT
52.99 Alicia Tiberino, CH

200 FREE

1:47.91 Elizabeth Pepper, WJ
1:48.39 Callie Fossburgh, WL
1:50.28 Katie Rogers, AHC

500 FREE

4:48.84 Elizabeth Pepper, WJ
4:51.06 Ellen Anderson, GHS
4:54.26 Callie Fossburgh, WIL

100 BACK

55.48 Ashleigh Ferguson, AHC
57.29 Charlotte Meyer, WHIT
57.40 Ellen Anderson, GHS

100 BREAST

1:00.44* Sarah Haase, GC
1:05.34 Audrey Gould, WHIT
1:05.96 Diana Hanson, PHS

100 FLY

55.31 Natalya Ares, CH
56.49 S. Pietrantonio, MARET
56.91 Anna Epstein, SID

200 IM

1:59.97* Sarah Haase, GC
2:02.81 Charlotte Meyer, WHIT
2:07.30 S. Pietrantonio, MARET

200 MR

1:47.82 Good Counsel
1:50.34 Wilson
1:50.40 Academy of Holy Cross

200 FR

1:36.32* Walt Whitman
1:36.87 Churchill
1:39.92 Good Counsel

400 FR

3:29.15* Walt Whitman
3:31.73 Good Counsel
3:33.92 Churchill

BOYS

TEAM STANDINGS

395 Gonzaga College
353 Churchill
335 Good Counsel

50 FREE

21.33 Sean Sullivan, GONZ
21.61 Sean Rhinehart, WTN
21.65 Austin Cole, CH

100 FREE

46.82 Colin Schwartz, GC
47.13 Will Lawler, PREP
47.40 Sean Sullivan, GONZ

200 FREE

1:39.05* Jack Conger, GC
1:41.18 Ian Decker, DJO
1:41.70 Will Lawler, PREP

500 FREE

4:29.12 Garrett Powell, WJ
4:32.28 Ian Decker, DJO
4:37.73 Thomas Finn, WTN

100 BACK

</

August

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

AUGUST

2-6 **Palo Alto, CA**
USA Swimming Nationals
719-866-4578

2-6 **Orlando, FL**
Southern Zone SR
Champs.
scomie@cfymca.org

3-5 **Guadalajara, MEX**
N. American Challenge
Cup

4-7 **Franklin, IN**
Central Zone SR Champs.
www.centralzones.org

4-7 **Pittsburgh, PA**
Speedo Champions Series
berghoff@pitt.edu

5-7 **Clovis, CA**
Western Zone SR Champs.
559-327-9237

5-7 **Fishers, IN**
Mid-Am Senior Classic
rthielking@mmufus.com

5-7 **Indianapolis, IN**
Central Zone AG Champs.
arlenemcd@aol.com

5-7 **Topeka, KS**
Central Zone AG Champs.
785-295-3756

5-7 **Bend, OR**
Bend Invitational, scy
aquaman@coinet.com

5-7 **Grants Pass, OR**
Grants Pass White Water
Invitational, scy
cc4me@charter.net

6 **Santa Maria, CA**
Summer Swim Festival
santamariawim@
verizon.net

6-7 **Camarillo, CA**
PVST JO Max
coachtim@pvst.org

6-7 **Downey, CA**
DWNLY LC
Championships
562-862-9300

8-12 **Palo Alto, CA**
USAS Junior Nationals
719-866-4578

10-13 **Fresno, CA**
Western Zone AG
Champs.
559-327-9237

10-13 **State College, PA**
Western Zone AG
Champs.
302-429-6288

12-14 **Walnut Creek, CA**
WCAB Approved Meet,
scy
aquabears@gmail.com

12-14 **Coos Bay, OR**
GCST Big Kahuna Open
kmatson@socc.edu

12-14 **Newport, OR**
Seahorse Invitational, scy
simpsons@
cablespeed.com

13 **Mammoth Lakes, CA**
MLST Open, scm
lindsey.barksdale@
gmail.com

13-14 **Corona, CA**
CCAQ JO Max
ccahcwayne@aol.com

14 **Los Gatos, CA**
SBLG Invitational
jodie@mac.com

14-19 **Shenzhen, CHN**
World University Games

16-21 **Lima, PER**
FINA World Junior
Champs.

19-21 **North Bend, OR**
SCAT Scott Poore
Memorial
nbpool@ucinet.com

27-30 **Miami, FL**
FGC Invitational, scy
coachjohn@
swimneptunes.com

27-30 **North Palm Beach, FL**
FGC Invitational, scy
nbpcoach4@aol.com

27-30 **Wellington, FL**
FGC Invitational, scy
rtw01@aol.com

SEPTEMBER

3-5 **Morgan Hill, CA**
MAKO Age Group Open
mmla2z@earthlink.net

9-10 **Morgan Hill, CA**
WAVE "C-B-A+"
wavemeetdirector@
yahoo.com

9-10 **Santa Rosa, CA**
SRN "C-B-A+"
neptunes@sonic.net

9-11 **Port Orange, FL**
DBS AG/SR/TF Open, scy
386-316-7553

10 **Fort Pierce, FL**
IRIV AG/SR/TF Open, scy
772-462-7760

10 **Sanford, FL**
SA AG/SR/TF Open, scy
407-430-9266

10 **Venice, FL**
SYS AG/SR/TF Open, scy
941-492-9622

10 **Savannah, GA**
GCAT Pentathlon
gcatcoach@aol.com

16-18 **St. Petersburg, FL**
PA AG/SR/TF Open, scy
727-471-8896

16-18 **Winter Haven, FL**
IN AG/SR/TF Open, scy
863-514-4564

16-18 **Brunswick, GA**
GIST Sunsational Invite
robertaculpepper@
hotmail.com

16-18 **Minden, NV**
DDST Invitational
johnstonld@gmail.com

17 **Jacksonville, FL**
BSS AG/SR/TF Open, scy
904-256-5213

23 **Fort Myers, FL**
CST AG/SR/TF Open, scy
239-949-6671

23-25 **Vallejo, CA**
VJO "C-B-A+"
rodskey@pacbell.net

24 **Gresham, OR**
MHA Pentathlon, scy
lunyone@yahoo.com

24-25 **Hercules, CA**
EBSD "C-B-A+"
a.birmam@gmail.com

24-25 **Pacific, CA**
SSF "C-B-A+"
650-875-6973

24-25 **San Jose, CA**
SJA Distance
stevejan5@sbcglobal.net

24-25 **Clearwater, FL**
AT AG/SR/TF Open, scy
727-791-9542

24-25 **Orlando, FL**
HIGH AG/SR/TF Open,
scy
407-206-1900/1180

24-25 **Vancouver, WA**
Annual Waverider
Challenge
crstbemis@aol.com

30 **St. Petersburg, FL**
PA AG/SR/TF Open, scy
727-471-8896

MASTERS AUGUST

Please note that membership in
USMS (United States Masters
Swimming) may be required for
participating in the following
meets. Please check with the meet
director before entering the meet.

3-6 **Auburn, AL**
USMS Summer Nationals
ses0032@auburn.edu

6 **Hudson, IL**
Central Illinois OW Swim
info2011@ciows.org

6 **Coney Island, NY**
USMS 5K OW Nationals
vergacaracristina@
hotmail.com

6 **Hubertus, WI**
Amy Belle Lake Swim
jernberge@yahoo.com

7 **Ketchikan, AK**
Pennock Island Challenge
grumpytuna@yahoo.com

7 **Fort Collins, CO**
Horsetooth Openwater
Swim
www.horsetoothswim.com

7 **Ellicott City, MD**
Centennial Lake 1-Mile
mikej@comcast.net

7 **Harbor Springs, MI**
Harbor Springs Coastal
Crawl
coastalcrawl@gmail.com

13 **Lake Placid, NY**
2-Mile Cable Nat'l Champs.
dddammerman@
yahoo.com

13 **Dandridge, TN**
Douglas Lake Swim-a-Thon
swimathon@douglaslake.us

13 **Deer Creek State Park, UT**
Deer Creek OW Marathon
jihubbard@prc-jv.com

20 **Brewster, MA**
Against the Tide
info@mbccc.org

20 **Westmore, VT**
Willoughby Swim
swim@
orleansrecreation.org

20 **Madison, WI**
2.4-Mile OW
Championships
swim.mows@gmail.com

27-28 **Hague, NY**
Lake George OW Swim
events@
greenleafacing.com

28 **Pinckney, MI**
Swim to the Moon
eva@epicraces.com

SEPTEMBER

10 **Chicago, IL**
Big Shoulders 5K
bigshoulders2011@
yahoo.com

11 **Sand Springs, OK**
Tallchief OW Challenge
denises@webzone.net

15-11/15 **USMS 3000/6000 Yard
Postal Championships**
davesebastian@msn.com

17 **Saguaro Lake, AZ**
Arizona OW Swim
Series #3
480-460-5052

THIS Month IN SWIMMING

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THE INTERNATIONAL
SWIMMING HALL OF FAME

July

Satoko Tanaka (1991 ISHOF Honor Swimmer) defeated childhood bronchitis and beriberi to become arguably one of the best women's 200 meter backstrokers ever. She held the world record in that event from 1959 to 1963, lowering it 10 times—except for one week in 1960 when American Lynn Burke held the mark. Tanaka represented Japan in both the 1960 and 1964 Olympics, earning a bronze medal in Rome in the 100 meter back (1:11.14). Tanaka was denied a chance at gold in the 200 back, since the event was not offered to women at either Olympics. She held the Japanese national record in the 200 meter back from 1958 to 1970.



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JAPAN (RIGHT) READIES FOR A RELAY EXCHANGE IN THE MEN'S 400 MEDLEY RELAY AT THE ASIAN GAMES [PHOTO BY MICHAEL DALDER, REUTERS]

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