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SWIMMING WORLD

JANUARY 2013-VOLUME 54 NO. 1

TOP
AQUATIC
MOMENTS
OF 2012



THOMAS
SMITH:
TRUSTING
IN HOPE

4 WAYS TO
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YOUR
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After disappearing from the swimming spotlight for nearly a decade after retiring from the sport in 2003, Anthony Ervin returned and qualified for the U.S. Olympic team that competed in London. This time around, he approaches swimming with a



PHOTO BY MIKE LEWIS,
OLAVISTAPHOTOGRAPHY.COM

newfound maturity he considered absent before. "Now, I am a swimmer, an educator and learner, but I'm also a rock-and-roller. We'll see where life takes me," he says.
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A Voice for the Sport:

Swimming World Magazine

Introduces **New Look!**

BY BRENT T. RUTEMILLER

Every January, the world rings with proclamations of self-improvement for the coming year. "Eat better, exercise more." "Spend more time with family." "Work for a raise."

The new year means progress, and *Swimming World Magazine* is following suit. Inside the January 2013 issue, you will see the results of a resolution to improve the design of the magazine layout and to focus more on athlete features, lifestyle choices and training content.

Created in 1960, *Swimming World Magazine* has consistently provided readers with reliable news, quality results, training tips, athlete profiles and event coverage. However, we recognize that many people today no longer rely on print vehicles alone for timely news coverage. As a result, we now offer two versions of each monthly issue of *Swimming World Magazine*: a print version for our valued subscribers and an expanded online version for Internet users.

Since our followers are a hybrid of print and online readers, visitors are now asked to subscribe to our content online. Total Access subscribers have everything at their fingertips with 13 dedicated news channels, **SwimmingWorld.TV**, magazine articles, results and archives back to 1960. Our Internet video-and-event streaming leads the industry. In addition, *Swimming World* platforms have expanded to mobile devices and smart phones. Users of our website can easily access *Swimming World* content from all browsers.

It took us awhile to get here, but we grew every step of the way. Starting in July 1996, *Swimming World Magazine* created an Internet presence with the launch of **SwimInfo.com**. We were the world's first online news site for aquatics. Now, 17 years later, the website is named **SwimmingWorldMagazine.com**.

Today, **SwimmingWorldMagazine.com** is the No.1 website worldwide for daily news in swimming, and the magazine remains the only independent aquatic magazine in the world. Instead of competing against ourselves to report the same news items, the magazine picks up where our .com leaves off. The magazine now offers an in-depth look at the "rest of the story." By moving away from reporting "old" news that you read on the Internet, the magazine now focuses on new and exciting content that is timeless.

Don't worry, the expanded online edition has traditional content such as "For The Record," "Calendar" and "How They Train." Today's magazine—both in print and online—is just the beginning of the magazine's next area of growth.

The new phase of *Swimming World Magazine* begins with the January 2013 issue. We could not have chosen a better cover personality to symbolize evolution and revolution than Anthony Ervin. Ervin made an incredible comeback after retiring with a gold medal from the Sydney 2000 Olympics. Just as Ervin had to prove himself—once again—to the swimming community, *Swimming World Magazine* believes that our subscribers will accept the new direction of the magazine.

At *Swimming World Magazine*, we are proud and excited to present a new January 2013 version of our magazine to our long-time subscribers. The magazine will continue to focus on the two fundamentals of sport: improving athlete and coaching skills and highlighting memorable performers and performances. Additionally, we will continue to maintain our standards of presenting subscribers with the best swimming coverage in the world. **Swim on!**



PUBLISHING, CIRCULATION AND ACCOUNTING OFFICE

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

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

Publisher, CEO — Brent T. Rutemiller
e-mail: BrentR@SwimmingWorldMagazine.com

Circulation/Art Director — Karen Deal
e-mail: KarenD@SwimmingWorldMagazine.com

Circulation Assistant — Judy Jacob
e-mail: Subscriptions@SwimmingWorldMagazine.com
Advertising Production Coordinator — Betsy Houlihan
e-mail: BetsyH@SwimmingWorldMagazine.com

EDITORIAL, PRODUCTION, MERCHANDISING, MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016
Toll Free: 800-352-7946
Phone: 602-522-0778 • Fax: 602-522-0744
www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION

e-mail: Editorial@SwimmingWorldMagazine.com

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

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

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

Graphic Arts Designer — Kaitlin Kelly
e-mail: KaitlinK@SwimmingWorld.com

Graphic Arts Designer — Casaundra Crofoot
e-mail: CasaundraC@SwimmingWorld.com

Staff Writer — Shoshanna Rutemiller
e-mail: ShoshannaR@SwimmingWorld.com

Fitness Trainer — J.R. Rosania

Chief Photographer — Peter H. Bick

Staff Writer — Michael Stott

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

MARKETING AND ADVERTISING

Advertising@SwimmingWorldMagazine.com

Marketing Coordinator — Tiffany Elias

e-mail: TiffanyE@SwimmingWorld.com

MULTI-MEDIA

Writer/Producer — Jeff Comings
e-mail: JeffC@SwimmingWorldMagazine.com

SWIM SHOP

Product Manager — Caleb Studghill
e-mail: CalebS@SwimmingWorld.com

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadj (TUN);

Australia: Wayne Goldsmith, Ian Hanson;

Europe: Norbert Agh (HUN), Camilo Cametti (ITA), Federico Ferraro (ITA), Oene Rusticus (NED), Steven Selthoffer (GER), Rokur Jakupsstovu (FAR), Tom Willdridge (GBR);

Japan: Hideki Mochizuki; Middle East: Baruch "Buky" Chass, Ph.D. (ISR);

South Africa: Neville Smith (RSA);

South America: Jorge Aguado (ARG), Alex Pussieldi (BRA)

PHOTOGRAPHERS/SWTW

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TOP TEN moments FROM 2012

The following top 10 moments are captured in pictures (next page) from top to bottom, left to right:

1. The last race of **Michael Phelps'** swimming career was the men's 400 medley relay at the London Olympics. Swimming butterfly, the most decorated Olympian of all time captured his 18th career gold medal and 22nd medal overall.
2. The **U.S. women's water polo** team had been predicted to win Olympic gold since Sydney 2000, when the sport was first included on the Olympic schedule. The squad finally pulled off the win in London, thanks in large part to top scorer and MVP Maggie Steffens.
3. South Africa's **Chad le Clos** upset Michael Phelps in Phelps' signature event, the 200 fly, in one of the most shocking performances of the London Olympics. Le Clos' statement before the Games that Phelps was his sporting hero sweetened the win.
4. The **Cal men's and women's teams** defended their titles at the NCAAs. Coach Teri McKeever led the women to their third title in four years, while Coach Dave Durden guided the men to an unexpected win after being predicted to finish fourth.
5. Cal won the grand prize in recruiting when four-time Olympic gold medalist **Missy Franklin** (high school Class of 2013) signed with Coach Teri McKeever and the Golden Bears women's swimming team for her freshman and sophomore years of college.
6. Shortly after **Cameron van der Burgh** won Olympic gold in the 100 breast, he admitted to cheating during the race, using several additional illegal underwater dolphin kicks at the start and turn. His admission has caused FINA to consider utilizing underwater video as a tool in judging races.
7. **David Boudia's** Olympic performance finally returned the United States to the podium in diving. He won the gold medal in the 10-meter platform—the first for the U.S. in men's diving since 1992. He nearly lost his chance for gold when he barely advanced past the preliminary rounds.
8. China's 16-year-old **Ye Shiwen** caused controversy when she won the Olympic gold medal in the 400 IM. Her 28.93 split for the last 50 meters freestyle—nearly 2-tenths faster than the split of men's champ Ryan Lochte (29.10)—ignited doping allegations.
9. The \$100,000 check Hungary's **Katinka Hosszu** earned as the top female performer in the 2012 FINA World Cup circuit is almost as remarkable as her 39 individual gold medals, won from more than a month of international meets.
10. There were plenty of comebacks in 2012. **Brendan Hansen** retired from swimming in 2008 and returned as Olympic team captain. Similarly, **Anthony Ervin**, who retired in 2003, came back and qualified for the U.S. Olympic team. After a tainted nutritional supplement caused **Jessica Hardy** to test positive for a banned substance in 2008, she, too, returned as an Olympian in London.



ABOVE > Missy Franklin (right) celebrates with friends after signing with the Golden Bears women's swimming team.



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Back in Full Force



BY SHOSHANNA RUTEMILLER

PHOTOS BY MIKE LEWIS, OLAVISTAPHOTOGRAPHY.COM

After retiring from swimming in 2003, Anthony Ervin, now 31, has developed into a mature student of the sport, culminating with a return appearance at the Olympics 12 years after winning a gold medal in Sydney.



Anthony Ervin's world changes when he dives into a pool. "It has a meditative quality. Life rushes past you and over you while you're doing the exercise," explains the two-time Olympian. "That's why being in the water is so fascinating to me."

Fascinating doesn't even begin to describe the relationship Ervin has with water, swimming and his Olympic stardom.

By the age of 19, Ervin was on scholarship at the University of California-Berkeley and had won an Olympic gold medal in the 50 meter freestyle, tying teammate Gary Hall Jr. at the 2000 Sydney Games. The following year, he won World Championship titles in the 50 and 100 free.

Then, shockingly, in 2003—at the young age of 22—he announced his retirement from the sport. The following year, he auctioned off his Olympic gold medal to aid survivors of the Indian Ocean tsunami, left Cal and moved to New York City, disappearing from the spotlight.

HE'S BAAACK!

When he re-appeared at USA Swimming's Grand Prix in January 2012, people did a double take. The shaved head he favored in Sydney was now a moptop of curls, and he sported full-sleeve tattoos on both arms.

Most remarkable was that Ervin was not only back swimming—he was swimming *fast*. He turned heads by placing third in the 50 in Austin. As he reacquainted his body with the stress of racing, he continued to improve and won the 50 in June at Santa Clara, the final stop on the Grand Prix circuit.

The timing was perfect. Ervin, 31, was back—just in time for a chance to try and qualify for the U.S. Olympic team that would compete later in the summer in London.

At the Olympic Trials in Omaha, June 25-July 2, Ervin earned a spot on the U.S. team by touching 1-hundredth of a second behind Cullen Jones in the 50. Although Ervin missed out on the podium in London, his sudden



re-emergence at the top of the swimming world drew attention.

He found himself constantly bombarded with questions about his time away from the sport, with inevitable comparisons to the competitor who represented the United States in Sydney.

“People see it as a career that is in continuity. For me, it’s not. I retired my career,” he explains. “That competitor is gone. That guy you saw this past summer (in London) is totally different. I’m a lifestyle swimmer now.”

TRANSITION FROM SYDNEY TO LONDON

The transition from Sydney to London was hardly cut-and-dried. After leaving California, Ervin spent years in New York immersed in the bohemian lifestyle. He formed a band, worked at a record store and rediscovered his love for the guitar. It was a period of self-discovery, of transitioning from an arrogant, young boy to a man.

“Being a public figure, I had to go underground to learn about myself,” Ervin says. “I shouldn’t have been going through all of that under the burning lights.”

After watching the devastation caused by the Indian Ocean earthquake and ensuing tsunami in December 2004, Ervin realized that even a “master of water” would fall victim to an onrushing wall of water more than 30 feet high. Humbled, he auctioned off his Olympic gold medal and donated the proceeds to the relief efforts.

“I thought I was some sort of demi-god of the water. (The tsunami) showed me how real and delicate life can be,” he says.

Even though he packed his bags and moved to New York, releasing his past life—including swimming—water still seeps under a closed door.

After bouncing around several odd jobs, Ervin’s former California teammate, Lars Merseberg, offered him a job at Brooklyn-based Imagine Swim. Helping infants acclimate to water made Ervin reflect on his own initial attraction. He developed a new appreciation for the pool.

“Just seeing (the children) trying to grasp this alien environment, just enjoying being in water, only then was I able to realize and appreciate the process.”

While pursuing his peace with the pool, Ervin came face to face with a different reality: his career. By dropping out of the University of California before finishing a degree in English, Ervin quickly hit the metaphorical “glass ceiling” of job prospects in New York.

He re-enrolled at Cal in 2007, and completed his English undergraduate degree in 2010. After graduation, he started a master’s program in sport, culture and education. He also coached at a local club team, the Oakland Undercurrents, and eventually flew back to New York in the summer to teach at Imagine, which had expanded to include a USA Swimming-sanctioned club team.

By experiencing the other side of swimming—teaching fundamentals and coaching young athletes—Ervin grew to understand and appreciate the multi-person effort that goes into molding a successful swimmer. Soon thereafter, he began swimming for fitness.

BACK IN TRAINING

He eventually reached out to Cal’s head women’s coach, Teri McKeever, asking if he could train with the women’s team. She accepted, moving Ervin one step closer to returning to the sport. Then, to his surprise, he began swimming fast.

In December 2011, after posting some good results at the Elite Pro-Am swim meet in Oklahoma City, Ervin joined the California men’s team on their winter training trip at the Olympic Training Center.

“From that point forward, I considered myself in training,” says Ervin.

The rest is history. Ervin proved he could once again compete with the world’s best. He finished fifth in the 50 free in the finals of the London Olympics, and then continued international competition by racing at every stop in the 2012 FINA World Cup Circuit, which ran from October through the beginning of November.

He won 16 medals (nine gold, five silver and two bronze) during the course of the World Cup tour, and finished in the top 10 overall among the men, setting an

— continued on 14

BACK IN FULL FORCE — *continued from 13*

American record in the 50 SCM free (20.85).

He improved with each stop, which consisted of two meets in the Middle East, three meets in Europe and ended with an additional three meets in Asia. It was a month-and-a-half of hard, international travel and competition. Consistently fast swimming is remarkable, considering an athlete must continually acclimate to new time zones, food, culture and accommodations.

“It’s a total grind,” Ervin says. “You have to work to make swimming fall into place—you can’t just swim and hope it falls into place.”

Ervin felt the grind outside of the pool more often than in it. Bills for international travel and accommodations left Ervin strapped for cash. As is the reality for the majority of professional athletes, time and effort does not guarantee monetary compensation. Unless a swimmer is as visible as Olympians Michael Phelps or Ryan Lochte, money in professional swimming is sparse.

So, Ervin, along with his manager Emily White of Whitesmith Entertainment, took a proactive approach to fund-raise for the trip. The duo put together an online fund-raising campaign, appealing to Ervin’s supporters for contributions.

Even better than collecting medals, Ervin collected fans with each stop in the circuit. The successful campaign raised more than \$10,000 in funds, part of which was donated to a worthy charity (Mamade’s “Water to the Thirsty,” which helps provide clean water to the world’s needy).

GROWING WITH THE SPORT

In November, Ervin attended USA Swimming’s Golden Goggles gala in New York City as a Perseverance Award nominee. There, he talked about the direction of his sport.

“I would love to see swimming grow and expand,” he said, joining a long list of professional swimming advocates, including Tom Jager, Matt Biondi and Gary Hall Jr.

“We’re making an exodus from where swimming was just this ‘college thing;” he says. “Now the average age of the men’s Olympic team is 26 to 27. We’re looking at it being post-grad, post-collegiate. (But) we really still rely on the college format for swimming. It would be nice to see a professional team arise somewhere that doesn’t lean on a collegiate team or age group development program.”

Improvements have been made recently to accommodate professional swimmers. SwimMAC Carolina has a group of “elite” swimmers; Club Wolverine in Michigan has a similar squad. However, a large portion of the Olympians who represented the United States in London this past summer pursued their swimming goals by training with their collegiate alma mater or club team.

Ervin is a perfect example of this phenomenon. Although the process by which he returned to the pool was long and complex, finishing his undergraduate studies at Cal was a key component in his comeback. He returned to school and, in effect, returned to the pool.

“It made sense for me (to swim) because I was in graduate school,” he explains.

But this time around, he approaches swimming with a newfound maturity he considered absent in 2000.

“(Before), I was stuck chasing the win, chasing the dragon, trying to find the next level of competition,” he says, referencing his swimming career in his early 20s. “Now, I am a swimmer, an educator and learner, but I’m also a rock-and-roller. We’ll see where life takes me.” ♦





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Better Things to Come?

PICTURED » Katinka Hosszu not only won the \$100,000 grand prize in the women's division of the World Cup Series, but she also won money each time she finished among the top three in her events, giving her a record total of \$169,250.

BY JEFF COMMINGS

Although she finished out of the medal picture at the London Olympics, Katinka Hosszu is definitely setting herself up for a bright future after winning 39 gold medals during the eight-meet World Cup Series.

When Katinka Hosszu dove into the water in the 800 freestyle (short course) finals in Dubai—her first race of the FINA World Cup—nobody knew she would be the one to steal the show over the course of six weeks in October and November.

The talk surrounding her appearance centered mostly on the staggering number of events she was swimming in each of the eight meets, and whether she had the stamina to perform well in each one. Once the water settled in the final meet in Singapore, Hosszu received a check for \$100,000 as the grand-prize winner of the women's division. Money was also awarded to the top three finishers in each event, giving her an extra \$69,250.

Even more impressive were the 39 gold medals she collected. Hosszu raced in more than 60 finals, meaning she won more

aces than she lost. She not only won gold medals in her specialty events—butterfly and IM—but in middle-distance freestyle as well.

"I just went to the World Cup (meets) to do it as training," Hosszu said recently in an episode of "The Morning Swim Show" on SwimmingWorld.TV. "After the Olympics, I wanted to do something different, something more exciting than just being at home training."

Given her performance, the 23-year-old should be better prepared to race against the likes of China's Ye Shiwen, who shocked the world with a remarkable freestyle leg in the 400 IM at the Olympics, a race in which Hosszu finished fourth.

Hosszu said the Dubai, Stockholm and Singapore meets were the highlights of her world tour—for different reasons.

In Dubai, the first meet of the circuit, Hosszu surprised herself when she won seven of her eight individual events. That gave her confidence through the European leg of the tour, which is generally much tougher in terms of competition. In Stockholm, she swam some of her fastest times of the circuit and won six gold and two silver medals. And, of course, Singapore will be memorable as the place where she officially won the grand

prize of \$100,000.

"After my last race in Singapore, I just got so exhausted, I could barely keep my eyes open," she said. "I was actually not as excited as I thought I would be (during the final award ceremony), but I definitely was excited the next morning."

Hosszu has been a constant presence on the international stage since the 2009 World Championships, where she won the gold medal in the 400 IM. Though she continued to represent Hungary well at the European Championships and World Championships in the years leading up to the 2012 Olympics, her biggest accomplishments during that time were as a student-athlete at the University of Southern California. There, she was instrumental in bringing more exposure to Coach David Salo's collegiate program, winning five NCAA titles and becoming the fastest woman ever in the 400 yard IM.

Now, after a fourth-place finish in the 400 IM at the London Olympics and a successful trip through the World Cup meets, Hosszu will garner more attention as the countdown to this summer's World Championships begins. She will train in Hungary this year in her preparation for Barcelona, where she will be a medal contender in the individual medley events and the 200 butterfly. ♦

PLENTY OF PROMISE



PICTURED » Though unable to secure a spot on the Australian Olympic team (fourth in the 200 IM), Kenneth To continued to put in the work over the summer, and it showed at the short course nationals in September, where he won three events. To continued his success in October and November by claiming the \$100,000 grand prize in the men's division of the FINA World Cup Series.

BY JEFF COMMINGS

With more than \$120,000 in hand from the World Cup Series, Kenneth To now looks to the promise of 2013 and a spot on the Australian team that will compete in the Long Course World Championships.

Kenneth To likes to race against the best. Before he set the pool ablaze through the course of the FINA World Cup last fall, his first major test against the world's elite was at the 2010 Short Course World Championships, where he earned two top-eight finishes in the individual medley events. He followed it up with an appearance at the 2011 Long Course World Championships, where he finished seventh in the 200 IM. Though he had not secured places on international meet podiums, the performances did set up To as one to watch in the months leading up to the Australian Olympic Trials.

Unable to secure a spot on the Australian Olympic team (fourth in the 200 IM), he continued to put in the work over the summer, and it showed at the short course nationals in September. He won three events, earning a return trip to the Short Course World Championships.

With those victories in Australia, To's presence on the world radar grew into more than just a blip, as fans became anxious to see more of the Aussie at the end of the year. Little did they know they would see his name *a lot* in October and November as he traveled around the globe for eight meets on the World Cup circuit.

The 20-year-old student at the University of Sydney took down more established swimmers on his way to the \$100,000 grand prize in the men's division, as well as \$20,500 in race winnings. He only notched nine victories, but he made them count, especially in the 100 IM, which he won five times.

"I had just come off the back of the Australian Championships and knew I was in good form," To said. "For me, the primary goal was to go for PBs in the 100 IM, 100 butterfly and 200 IM at each leg, as well as swim some extra events that would help me develop my race skills."

Besides having the opportunity to turn in personal best times in his specialty events, he also swam some extra events—such as the 100 free—to help develop his race skills.

He won the 100 free twice, with his best time coming in Dubai. Although a 46.89 might not have the world's best sprinters running scared at the moment, it does portend a promising future for To in the event.

But nothing beat the feeling of winning the 100 IM in Singapore, the final stop of the World Cup tour. After eight grueling meets—not to mention the exhausting plane travel—To swam close to his season best with a 51.50.

"I think it was my favorite—not because of the time, but because of what it meant to me," To recalled. "There was a lot of pressure to repeat my performance as I was leader of the overall point score, and anything short of that could have been the difference between coming in first or second. I was also just relieved to have done so well and for the series to be finally over, as it was one of my last important races." ♦

BRENDA VILLA: Leaving Her Legacy

BY SHOSHANNA RUTEMILLER

Even though Brenda Villa will be absent from national team competition in 2013, her impact on U.S. women's water polo will be felt for years to come.

Four Olympics was enough. One gold, two silvers and one bronze medal later, Brenda Villa has hung up her water polo cap for good. But her legacy remains.

Villa, the captain of Team USA's women's water polo team at the 2012 London Olympics, was born to Mexican immigrant parents and grew up in Commerce, Calif., a low-income suburb of Los Angeles. At age 6, she joined Commerce Aquatics, swimming and playing water polo for the city league.

As a high school senior in 1998, the four-time, first-team All-American was considered the nation's top water polo recruit. She received a scholarship to play water polo at Stanford and led the team to the 2002 NCAA championship. The 5-4 driver graduated as the second leading scorer in the school's history with 172 goals.

In 2000 at the age of 20, she was one of the youngest members on Team USA's women's water polo team that won the silver medal at the Sydney Olympics. She also medaled in 2004 and 2008, then capped her Olympic career last summer with a gold medal.

Along the way, she inspired numerous young Latinas to take up sports for self-fulfillment. Last

August, following the London Olympics, her hometown city of Commerce dedicated its aquatic center to Villa, and renamed it the Brenda Villa Aquatic Center.

Villa currently lives in the San Francisco Bay area, working for "Project 20/20," a nonprofit group she co-founded. The goal of the group is to introduce disadvantaged youths to water safety, swimming and water polo. She is also head varsity coach for both swimming and water polo at Castilleja, an all-girls school for grades 6-12, in Palo Alto, Calif.

THE NEXT GENERATION

Stanford lies a short distance down the road. Should she feel the urge, Villa can easily pop her head into the aquatic facility and check

up on Team USA's next up-and-coming water polo superstar: Maggie Steffens.

Although London 2012 was the first Olympics for the 19-year-old, she is expected to fill the hole that Villa's retirement left on Team USA. Steffens was the top scorer in London—scoring 20 goals during six games—and was nominated by the Women's Sports Foundation for the Sportswoman of the Year award in the team division.

Now a freshman at Stanford, Steffens plays the same position that Villa played when she was there: driver. She will have some work to do before becoming the next "Wayne Gretzky of Water Polo"—as Villa's old Stanford coach, John Tanner, aptly dubbed Villa. But Steffens is in a good place to try and meet the challenge, playing with two of her fellow Olympic teammates, Annika Dries and Melissa Seidemann, both of whom play 2-meter offense.

And it wouldn't come as a surprise to spy Villa in the stands at Stanford, cheering for both her London teammates and alma mater.

As for the greater water polo community, Villa will continue to spread her knowledge and love of the sport to disadvantaged youths. One day these children will have their own chance, perhaps, at college scholarships and, ultimately, the Olympic Games. ♦

PICTURED » Brenda Villa has won four Olympic medals with four U.S. women's water polo teams since 2000 when, at the age of 20, she was one of the youngest members. She capped her Olympic career last summer, winning gold as team captain.

[PHOTO BY TONY DUFFY]

a tribute to dr. jane katz...



Jane Katz's love of swimming was passed on from her father, Leon (from left), seen here circa 1960 at Hamilton Fish Pool in Manhattan with his wife, Dorothea, Jane and her siblings, Paul (an All-American swimmer and coach at Yale), Elaine and June.

Dr. Jane Katz has swum hundreds if not thousands of miles in her long and distinguished career as an aquatic pioneer, yet she has not strayed far from her roots growing up in New York's Lower East Side. Today, you will still find Jane swimming in the public pools of New York City and helping others do the same as co-chair of the NYC Swim Council, which runs the Swim for Life program. She has held this post since 2011, helping to guide the program in its mission to provide swimming instruction to second-graders. Video highlights of the program were shown at the 2012 USA Swimming Foundation's Golden Goggles dinner.

Teaching swimming and its associated life lessons is a passion of Jane's, a love passed down from her father, Leon, who nearly drowned as a youngster and became a tireless swimming advocate and instructor for nearly 75 years. Jane's dedication to spreading the swimming gospel was further solidified following a serious car accident after which she relied on aquatic therapy to recover.

Jane has taught thousands of students about the benefits of water fitness at CUNY since 1964 and is a professor at John Jay College in the Department of Health & Physical Education. She helped create the KARE (Kids Aquatic Re-Entry) Program, in cooperation with the Department of Juvenile Justice, to help troubled youths learn life's lessons poolside. She has been a trailblazer in the area of teaching seniors the therapeutic benefits of water exercise, tapping into her Ed.D. in gerontology earned at Columbia University.

Her work as an educator, aquatics innovator and author has not gone unrecognized.

She received the Outstanding Teacher Award for 1999-2000 at John Jay College of Criminal Justice of CUNY, and was the 2000 honoree of the National Girls and Women in Sports Day. At the XXVII Olympiad in 2000, Jane was awarded the FINA-IOC "Certificate of Merit" to honor her 45 years of "dedication and contribution to the development" of the sport.

In 2004, for the second time, Jane was voted Women's Swimming Coach of the Year of the City University of New York Division III Athletic Conference.

In 2011, Jane was inducted into the National Jewish Sports Hall of Fame alongside the likes of Mark Spitz, Jason Lezak and Sandy Koufax. At the 2011 United States Aquatics Sports Convention in Florida, Jane received the U.S. Masters Swimming Fitness Award for lifetime support of fitness through swimming. In addition, she also received the USMS June Krauser Communications Award in recognition of her books, DVDs, articles, appearances and volunteerism. That same year, she was honored at the United Nations for her inaugural work in open water swimming and received an International Marathon Swimming Hall of Fame "Certificate of Merit."

In 2012, Jane received the Distinguished Educator Award from her alma mater, City College of New York, and was inducted into the John Jay College of Criminal Justice Athletics Hall of Fame.

In the pool, Jane was a member of the 1964 U.S. synchronized swimming performance team in Tokyo, helping to pioneer the acceptance of synchronized swimming as an Olympic event.

Jane has earned U.S. Masters Swimming All-American status 33 times and has won 10 USMS Long Distance Championships. Since 1971, she has compiled 661 top 10 times in USMS events. She has represented the U.S. at every Maccabiah Games since 1957 and is co-chair and coach of the U.S. Masters Maccabiah swim team for the 2013 Games, where she will compete as the "new kid on the block" by moving into the 70+ age group.

Since 1985, Jane has compiled 125 top 10 times in FINA-IOC World Masters rankings, including 18 gold, 23 silver and 15 bronze finishes. ♦

*More information on Jane, her books (including the long-standing staple, *Swimming for Total Fitness*, also available as an e-book) and DVDs (e.g., *Swim Basics*) can be found at www.GlobalAquatics.com.*

trusting in hope

BY SHOSHANNA RUTEMILLER
PHOTO PROVIDED BY THOMAS SMITH



FIFTEEN-YEAR-OLD SWIMMER THOMAS SMITH, WHO IS DIAGNOSED WITH BONE CANCER, BELIEVES THAT, WITH HOPE, HIS DREAMS CAN BECOME A REALITY.

with Irvine Aquazot teammates Ken Takahashi, Justin Hanson and Matthew Wong, set the national age group record in the boys 11-12 400 yard medley relay with a 3:53.04 at the California Winter Age Group Swim Championships.

Smith, however, had kept his surgery a secret from coaches and teammates prior to the championship meet: "I respected them enough to let them not be distracted by it. Our coaches wanted us to perform well," he explains, "and we are expected to perform well no matter what."

That seems to be Smith's mantra.

Just 15 days after his bone cancer diagnosis, in December 2011, he set another national age group record in the boys 13-14 400 yard medley relay, along with teammates Tyler Lin, Hanson and Wong at Winter Sectionals. The quartet clocked 3:29.45, the first time a 13-14 age group medley relay had broken 3:30.

"To be in that racing atmosphere was a gift," he says. "You're always told to race as if it were your last season—that was actually going through my mind."

Even though Smith's cancer continues to grow, it is not aggressively malignant. Every 90 days, he returns to the hospital for doctors to track the cancer's growth. Should the cancer cells' growth suddenly progress faster than the growth of a normal adolescent boy, treatment options will be discussed, including the possibility of amputating his leg up to his mid-thigh.

Thomas Smith looked on in wonder as swimmers competing at a Paralympic meet in Southern California removed their prosthetic limbs before climbing onto the blocks and diving into the water.

After being diagnosed with knee cancer in December 2011, Smith, 15, may one day be doing the same thing.

On Nov. 30, 2011, Smith showed his father a large, abnormal bump on his left knee. An X-ray two days later showed a startling picture: a solid lump with a collection of rays

protruding from it. The image was a telltale sign of bone cancer.

PERFORMING WELL NO MATTER WHAT

But Smith's story actually begins in the summer of 2009, when he noticed a bump on the right side of his body. He underwent testing in September, several weeks before he began middle school. The diagnosis was lymphoma, and Smith, only 12 at the time, had to have the lymph node surgically removed.

Less than three months later, in December 2009, Smith, along

FOCUSED ON SWIMMING

Meanwhile, Smith continues to focus on his swimming.

"I was joking around with the boys (on his record-setting relay) the other day that the time's coming up for us to set another national record," he says with a laugh. That kind of goal setting keeps Smith levelheaded in and out of the pool.

Taped to his bedroom wall is a list of goals for the next four years. The list starts with small, short-term goals, and eventually broadens to include the ultimate dream: competing in the Olympics.

"I always keep (Rio) 2016 in the back of my head, to give myself at least a shot at it," he says. "But whatever happens in (the next) four years is a long, long time."

Short-term, Thomas wants to be ranked top-five nationally in his specialty events, which include the 100 and 200 back, 200 IM and 100 and 200 free. He works closely with his father to accomplish this, laying out a number of daily training goals.

"(The cancer diagnosis) didn't change my relationship with swimming, but it changed how I viewed myself as a swimmer. It's no longer an obligation, but a gift," he says, adding, "It's a sport that's very demanding, but if you do it correctly, it's going to pay off."

With two national records to his credit, Smith's commitment to the sport has paid off. He has his sights set on someday competing on a Pan Pacific Championships team and racing at nationals and Olympic Trials.

SHARING THE JOURNEY

Despite his success, Smith emphasizes that his journey is not just his own: "Cancer affects not just you, but the people around you," he says. "It was the people around me that kept me focused."

Smith became emotional as he described the implications of having cancer, pausing to regain his composure before listing the people who have supported him after the diagnosis. That list includes family, friends, coaches, teachers,

teammates and his pastor. He and his family are very involved with their church. After competing at the 2012 Junior National Championships, Smith departed on a mission trip to Panama. It was his first time to Panama without his family.

After he was diagnosed with cancer in his knee, Smith reflected on his experience as a pre-teen volunteering at the Paralympic meet. Although he was healthy at the time, the meet was impactful then, just

as it personally resonates with him today. It reminds him that even if his bone cancer eventually progresses to a stage that would require amputation, it is not the end of the world.

"I have this quote on my desk," he says. "It says, 'Hope is not a dream, but a way of making dreams become a reality.'" He pauses before adding, "I have always trusted in my hopes and not my fears." ♦

Hasty Awards is the official awards company of the Rowdy Gaines Masters Classic Swim Meet

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The advertisement features a smiling swimmer wearing blue goggles and a blue and yellow swim cap, holding a large, ornate gold medal. The medal has a dark center with a white logo and the text 'ROWDY GAINES MASTERS CLASSIC' and 'POWERED BY LIMU'. The background is dark with a subtle pattern.

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LET'S LIVE A HEALTHIER LIFE

WHAT YOU PUT INTO YOUR BODY IS WHAT YOU GET OUT OF IT.
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EAT HEALTHIER AND PERFORM BETTER.

The new year is here, and for most of you, that means making resolutions and working to improve something in your lives.

Now is the perfect time to reassess and refocus. Whether you're grinding out the yards, buckling down on schoolwork, traveling or trying to get ahead at your job, life's daily grind can make it difficult to eat nutritious foods and stay on top of your diet.

You all know what it's like to be tired, rundown, stressed and in need of a little break. Now is your time once again to take charge of the situation and make simple changes in your diet that will result in big performance improvements. It's time to take another hard look at why you're doing what you do, how you're working to become successful as well as some ways to improve.

TAKING THE FIRST STEP

In 2005, I was diagnosed with dangerously high blood pressure and almost had to give up my swimming career—and Olympic dream! Through refining my diet, learning to cook, and with the help of some blood pressure medication, I was able to get my blood pressure under control.

Controlling my blood pressure enabled me to continue pursuing my dreams in swimming. While learning to cook was a bit of an adventure, and refining my diet took time, my motivation to do both was steadfast. I wanted to continue following my dream of swimming in the Olympics. Not only did I have a goal, but I was also motivated—and that is the first step toward success.

Figuring out why you want something is critical. The “why” will help you push through the hard times and give you clarity on your journey.

So, as you enter the new year, why do you want to get healthy, refine your diet, add more nutritious foods and take your game to a new level?

Often we go through the motions of working toward a goal without a clear sense of why we're doing it or the best way to accomplish it. This would be like trying to cross an ocean without a compass or without knowing why you want to go in the first place. Eventually, you'll lose your way. Having a clear sense of purpose will give you a guiding light, enabling you to power forward.

REACHING THE ULTIMATE LEVEL OF SUCCESS

After I began watching what I ate a bit more closely, I was shocked to realize that my body was able to perform at a level I had never before experienced.

It's really quite simple: what you put into your body is what you get out of it.

Think of your body as a high-performance machine. If you put in racing fuel, your body is ready to race! Putting junk food in your fuel tank will not help you reach the ultimate level of success.

During my trials of learning how to cook, I began dedicating myself to learning tricks and techniques for fueling myself with the healthiest and most nutritious foods I could find. I credit a large part of my success in 2008 to my improved diet, which helped fuel me to win the 50 and 100 freestyles at the U.S. Olympic Trials—breaking the American records in both events—and capture two gold medals at the Beijing Olympics.

You, too, can achieve a competitive edge from nutrition! ✦

ATHLETICFOODIE SWIM CLINICS
with Garrett Weber-Gale

1 A 20 minute healthy cooking demo by Garrett

2 Swim clinic by Garrett = presentation, time in the pool, Q&A, pictures, autographs, and medal viewing

3 Presentation and Q&A by one of our contributing AF nutritionists

4 Presentation and Q&A with Olympic parent on raising an Olympian

5 AthleticFoodie swag

“ I was blown away . . . Anyone can put on a clinic but it takes someone special to go above and beyond like Garrett did. The kids loved him and they gained so much from the clinic! **”**

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ALMOND-POWERED PORRIDGE



Nutrition Expert Note: "The oats and quinoa in this recipe provide not only a great source of whole grain carbohydrates for energy, but also a powerful source of protein for muscle repair. The flax seeds and almond butter are dense sources of fiber and omega 3 fatty acids that promote heart and digestive health." –Julie Dubois RD, LD

Ingredients:

- 2 cups old fashioned oats
- 2 cups quinoa
- 2 cups water
- 2 cups almond milk
- 4 tbs milled flax seeds
- 4 tbs almond butter
- 4 tbs blueberry preserve

Directions:

- Pour the water and almond milk to a pot. Turn to high heat.
- Add oats, quinoa and milled flax seeds to the pot and stir so that everything is evenly incorporated.
- Allow the content in the pot to come to a boil. Let boil for two minutes.
- Turn the pot down to low and add in the almond butter and blueberry preserve.
- Let the porridge simmer for 10 minutes or until it reaches your desired thickness.
- **Note:** Feel free to add more almond butter or blueberry preserve if you like. Sometimes I add fresh blueberries or raspberries once I serve it in the bowl. Enjoy!

7 STEPS TO A HEALTHIER YOU

JUMP-START THE PROCESS

- 1** Find two people who are eating healthy, and talk to them about how they're doing it.
- 2** Take someone who knows about healthy shopping to the grocery store with you to learn the basics of shopping for nutritious foods.
- 3** Flip on the TV and watch a short cooking show here and there. It's amazing what you can learn from a quick instructional TV show. I became addicted!
- 4** Think about consulting a nutritionist or dietitian. Everyone's body and health goals are different, and you probably need a bit of professional coaching.
- 5** Buy one cookbook. Yes, that's right, only one. Find a cookbook with recipes that sound interesting and start cooking from that one book. For the beginner, a book with enticing pictures will make it easier. You'll see the end result. Don't get caught up in buying too many books at the start—one book will serve you just fine.
- 6** Have a little patience. The first meal you make might not turn out perfectly. Each time you get in the kitchen, you'll be better. Just as in swimming, becoming a good cook takes practice.
- 7** Remember that what you bring into your house is what you'll eat. If you don't bring junk food into your house, you'll be in a position to feed yourself only foods with big-time fuel.



Olympic gold medalist **Garrett Weber-Gale** and his family founded AthleticFoodie in 2008 on the belief that delicious food can be healthy, too. The company's mission is to show athletes—particularly swimmers—how tasty, healthy food and fitness can easily become an important part of everyone's daily routine. Weber-Gale's passion is to help others realize how good nutrition can make a difference in their lives. For more information, visit www.athleticfoodie.com.

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DRYSIDE//TRAINING
NEW YEAR'S OVERHAUL

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

1



SIDE HIP-UPS

Lying on your side with the top arm on your hip, lift your hips up and down. Flip over and repeat on other side.

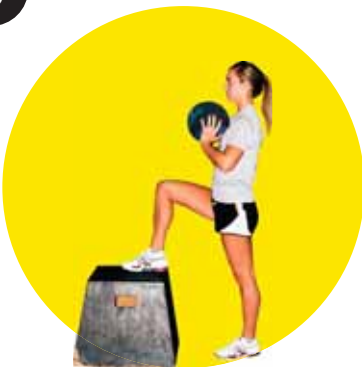
2



LUNGES

Standing with your feet together and holding a medicine ball, step forward with one leg and squat down to a 90-degree knee bend with the forward leg. Rotate at the waist with the med ball. Step back and alternate to the opposite leg and side.

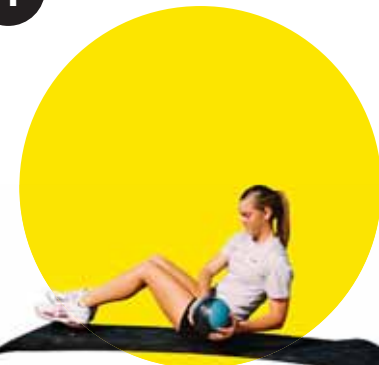
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STEP-UPS

Holding a medicine ball, start with one leg on a platform and begin to step up onto the box, raising the med ball above your head with your arms straight. Return to your starting position, alternate to the opposite leg and repeat.

4



SEATED TWIST

Start in a seated position, holding a medicine ball at your waist. If possible, lift your legs slightly and begin to twist your torso by moving the med ball from side to side. If necessary, leave your legs on the ground.

Want to be a better swimmer in 2013? If you're like me, I am always thinking of ways to improve my overall health and become a better athlete.

Most of us can use a kick-start to our health and fitness. By incorporating the exercises pictured here into your weekly routine, you can quickly burn off those holiday calories, build some muscle and help get rid of those horrible holiday pounds!

Start easy with a moderate effort. Each week for five weeks, slowly add intensity. By the end of the fifth week, you will be more fit and will start feeling the "fitness" boost.

1. Add 30 to 40 minutes of extra cardio fat-burning activities two to three times a week. This can be hiking, biking, jogging or any other cardiovascular activity.

2. Add sprints, up to 10 intervals. Sprints can be running or biking, and should last 30 to 60 seconds with a one-minute recovery.

3. Add an extra 60- to 90-minute cardio fat-burning session with little to zero intensity. Walking or hiking is great for this.

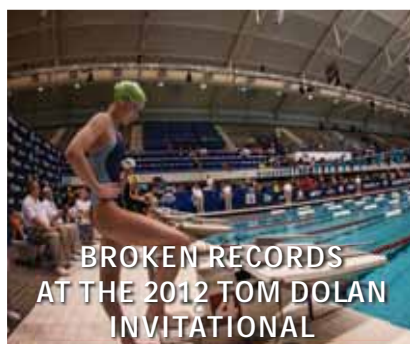
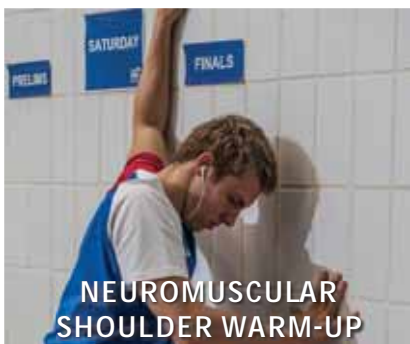
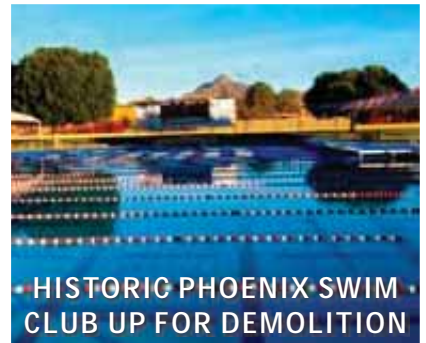
4. Perform these exercises one to three times a week, completing two to three sets of 15 to 20 reps per exercise. ♦



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.

CHECK OUT THE TOP STORIES YOU MAY HAVE MISSED ON SWIMMINGWORLD.COM





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5

BY HERMINE TERHORST

WAYS TO IMPROVE

body alignment

TURN OFF YOUR NECK MUSCLES

A common mistake in swimming is to swim with a high head. Your head weighs about 15 pounds, and if it's positioned in the wrong place, it can be a disaster.

Often you will hear coaches tell swimmers to "put your head in line with your spine." Achieving this proper head alignment requires a swimmer to turn off his or her neck muscles.

Wrinkles and tightness in the neck are indicators that your neck muscles are turned on. This type of holding restricts the blood and oxygen to swim effortlessly and efficiently.

Slip your hand behind your neck while you are swimming. Better yet, take a quick video of yourself swimming. Look at your neck on the video and correct accordingly.

Relax your neck muscles—it will drop your head into perfect alignment.

USE THE LOWER PORTION OF YOUR RIBCAGE TO FEEL THE OXYGEN YOU INHALE

The oxygen that you inhale latches onto the blood pumping from your *cor*. Inhaling is the most natural thing a human body does. However, it can be done half-heartedly!

To ensure constant renewal of your blood supply, fill up your lungs from the bottom, allowing you to get the full breath. As you inhale, put your hands on your lower ribs and feel them move outward and backward. If your shoulders rise, only your upper lungs are being filled.

Your kidneys are located right below your lungs. They contain the hormone that tells your bones to make more blood. Therefore, think about "touching your kidneys with your lungs."

Do this on land, and then take it to the pool.

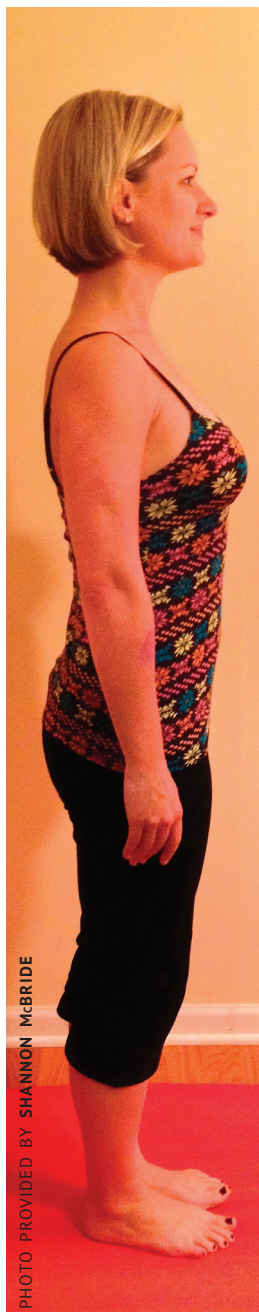


PHOTO PROVIDED BY SHANNON MCBRIDE

Your *cor* (the Latin word for heart) and the rivers of healing blood attached to it make up your core—the very center of you. Since blood is essential for healing, the beautiful alignment of your *cor*-diovascular system is the best way to ensure healing, whether you are struggling through a 100 butterfly or finishing a long workout. The following are simple alignment tips to optimize using your real *cor*:

EXHALE WITH GUSTO...AND DO IT LOUDLY!

Good exhalation takes practice. When you hold your inhale, you begin to collect carbon dioxide, resulting in fatigue and panic.

In a pool, your body reacts to this by lifting your head without your awareness. We know that's not good. Exhale loudly and "blow with gusto" from your lower rib cage for a full exhalation. Scream inside your head, "Exhale, exhale, exhale," and you will effectively cure your holding habit!

The result will be clean blood and great alignment! Low head + high ribs = high hips. This will result in easy downhill swimming.

PENALTY: HOLDING!

Keep your breath moving and turn off all of your muscles that aren't being used. Tight fingers and toes are a good indicator that you have more muscles "on" than necessary. Holding muscles creates heaviness in the wrong places and restricts blood flow and necessary oxygen.

Do a body check often as you swim. Always begin with your fingers and toes...easy and effective!

LAUGHTER IS THE BEST MEDICINE!

You have heard that phrase often. What you may not know, though, is laughter puts your ribs in perfect alignment, ensuring a full blood-enhancing inhale and toxin-releasing exhale, perfect body alignment and that wonderful euphoric feeling.

Swim with your friends and make them laugh! It's the best thing you can do for your *cor*—heart! ❖

Hermine Terhorst is a coach at Santa Rosa (Calif) Masters Flower Power and a long-time Pilates trainer.

THE OFFICIAL WORD

Sanctioned, Approved and Observed Swims

BY CLARK HAMMOND

What is the difference among sanctioned, approved and observed swims?

This question often arises whether a time can be entered into the SWIMS database. The following article discusses the three types of events in which an “official time” may be achieved:

SANCTIONED EVENT (Rules 202.4.2 and .3)

- Meet must be sanctioned by the host LSC and conducted under USA Swimming rules.
- Participants must be registered members of USA Swimming (coaches, officials, athletes, meet host, etc.)
- Times achieved are recognized and uploaded into SWIMS.

APPROVED COMPETITION (Rule 202.4)

- Meet must be conducted under USA Swimming rules, including time resolutions (e.g., YMCA).
- A request must be made to the host LSC sanctions officer in accordance with LSC procedures for sanctioning an approved meet.
- Only times achieved by USA Swimming members are uploaded into the SWIMS database.
- There are no requirements for USA Swimming membership to participate in meet.

OBSERVED SWIM(S) (Rule 202.5)

- The meet must be a season-culminating championship (e.g., league, conference, district, sectional, state, regional) or be specifically approved by the USA Swimming Program Operations Vice President or designee.
- Meet is conducted under other than USA Swimming rules (e.g., high school, NCAA).
- A request must be made to the host LSC sanctions officer in accordance with LSC procedures for sanctioning an observed meet.
- Only times from swim(s) observed and approved by USA Swimming/YMCA appointed and certified officials acting as observers are recognized by USA Swimming. USA Swimming members' times will be uploaded into the SWIMS database.
- There are no requirements for membership in USA Swimming for participation in meet. ❖

Clark Hammond is chair of the National Officials Committee.



MAXWELL MEDALS & AWARDS *Excellence Award*

Jeff Crain from West Virginia Swimming started officiating like virtually all swimming officials—he had children competing. He rapidly moved

from timer to stroke-and-turn



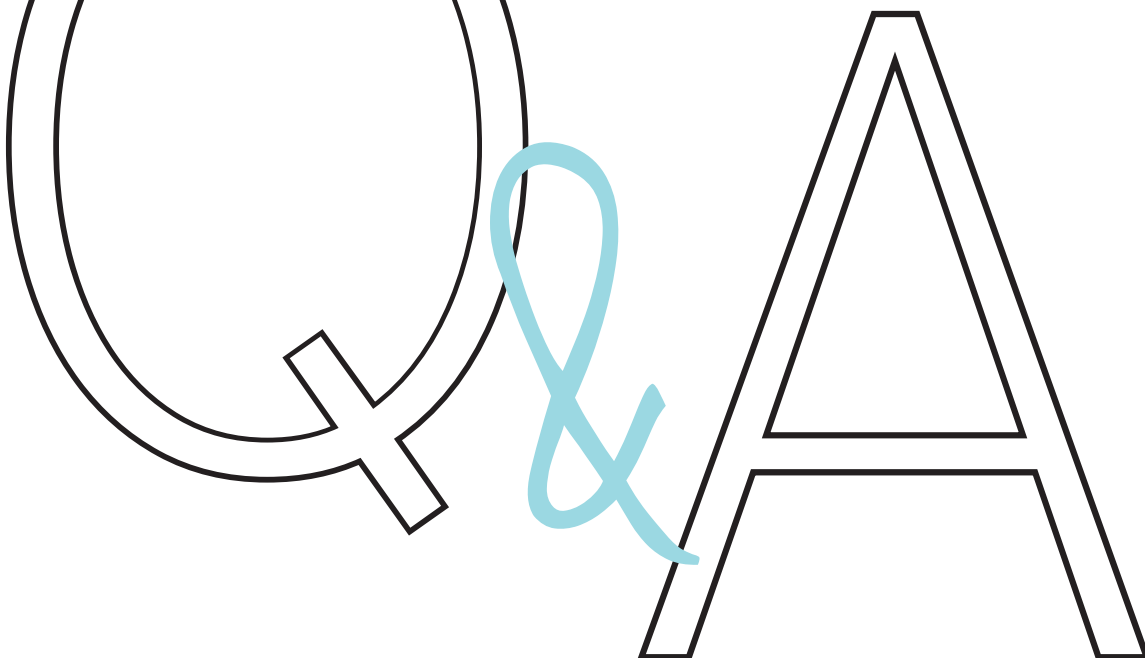
official, then to referee/ starter (2004) and later to officials chair (2005). Not only does he officiate in USA Swimming meets, but he is also a

certified official for YMCA and high school—and is a trainer for both. He was named Swimming and Diving Official of the Year for West Virginia by NISCA in 2008. Crain's greatest contribution to West Virginia Swimming has been his passion for understanding the rules and applying them fairly in all cases. He has been instrumental in improving the quality of officiating in West Virginia and, in particular, increasing the number of officials in the LSC. He and his wife of 20 years, Kathy, still have two children competing: Katherine (University of Chicago) and Jacob (HYCAT Swim Team).



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Sean Tedesco has two degrees in business administration. These days, he's all business, building an aquatic legacy at the United States Merchant Marine Academy in Kings Point, NY.

BY MICHAEL J. STOTT

PHOTOS PROVIDED BY UNITED STATES MERCHANT MARINE ACADEMY

Q *Swimming World:*
A swimmer at the University of Connecticut and a coach at Villanova...how did you end up at the United States Merchant Marine Academy?

A *Coach Sean Tedesco:*
At the 2001 Women's D-I NAAs, Sue Petersen Lubow, the athletic director and former head coach at the United States Merchant Marine Academy, said she was looking for a head swimming coach. Villanova head coach Rick Simpson encouraged me to pursue this position. After much research and speaking with Sue, I realized this was a great opportunity that would allow me to teach as well as coach.

How did two business degrees prepare you for a coaching career?

Running a successful collegiate swimming and diving team is very similar to running a business. I took many classes in administration, communication, management, marketing, operations, planning and leadership whose ideas and principles translate well in leading one's own program.

Why swimming and not marketing or some think-tank?

That was a very tough decision. Approaching graduation from the University of Connecticut, I debated between the business world and collegiate coaching. But how often does one get to do something they love while incorporating everything they have learned? This career path made sense for me, although it's not a typical career choice for a

business major.

Your team is geographically diverse. Why do athletes choose the USMMA?

Because of its dynamic, collegial learning environment and vibrant campus culture that includes a highly successful NCAA Division III swimming and diving team. In the last 11 seasons, we have produced 28 NCAA qualifiers and won 11 consecutive conference swimming and diving championships. When prospective student-athletes do visit, they see banners highlighting our team's national champions, All-Americans, national qualifiers and Scholar All-Americans.

For more than 70 years, the U.S. Merchant Marine Academy has trained America's best young men and women for careers at sea in the service of our nation and helped them acquire the skills and character to become leaders in the maritime industry, the military and the community. Our swimming and diving program helps build those leadership and teamwork skills.

We are also the only academy where graduates earn three credentials—a bachelor of science degree, a U.S. Coast Guard license and an officer's commission in any of the armed services.

Why do women choose USMMA?

For the same reasons as men—they want to be leaders who serve America's marine transportation and defense needs, and want to receive the best maritime education in the world. We were the first federal service academy to matriculate women and continue to emphasize diversity,

— continued on 30



COACH SEAN TEDESCO

Head Coach
United States Merchant Marine Academy
Kings Point, N.Y.

Sean Tedesco (B.S., business administration, University of Connecticut, '98; M.S., business administration, Adelphi, '03) is in his 12th year at USMMA. He has coached five NCAA Division III national champions, 28 NCAA qualifiers and has overseen 138 school records and 166 pool/conference standards. Twelve of his athletes have garnered 30 All-American certificates, while nine have received Academic All-American honors. His men's teams have won 11 straight conference titles—five as a member of the Landmark Conference and six dating back to the Skyline Conference. The women have won three conference titles as a member of the Skyline Conference. Tedesco also excels as a triathlete, having been honored as an All-American in 2006-07-08-10-11. Also, he has completed two Ironman Triathlons in 2004 and 2012. Swimming for the University of Connecticut, he was the school's MVP in 1996 and 1998 and a Big East champion in the 200 yard breast.

Q&A — continued from 29

unity and respect. Our values are simple and direct: honor, service and excellence. And our women's swimming and diving program has improved the last four years.

What does it take for your men to move into the top 20 at D-III NCAAs...?

Our team has finished in the top 31 10 of the last 11 years. We have to continue to recruit and develop high-quality student-athletes so they reach their fullest potential both academically and athletically. Our assistant coaches—Julie Harrington, Melissa Chamberlin, Olga (Wojcik) James, Sean Raffile and Shane McGrath—have been integral to our success. We are focused on qualifying and scoring relays at NCAAs. That will help propel us into the top 20.

...and for the women to match the men's success?

The women have improved steadily over the last five years, consistently moving up in our conference and producing several conference champions. We are excited about our current team and see opportunity to grow current and new talent.

Is it difficult to be competitive at a service academy?

We can be competitive in our conference because as a federal service academy, we attract high-quality student-athletes who are driven, focused and committed to excellence.

The USMMA provides unique opportunities for the midshipmen. During their sea year, students spend about 300 days (broken into 100 and 200 days) on board U.S. merchant ships traveling to six different continents and 18 countries...plus they receive a salary during their hands-on training.

Where else can a student-athlete receive a top quality education with the opportunity to travel the globe? How many college students can say they've been to Greenland, Malaysia or the Antarctica? Students get a real world experience. All of our athletes compete in every swimming and diving meet, and the sea year helps to rejuvenate them and foster peak performance for the upcoming season.

Acta Non Verba (Deeds Not Words). How does that manifest itself in USMMA training?

The Academy's motto is instilled in our athletes well before our season starts. They understand the importance of actions. We train at a high level with a main set each day hitting a specific energy zone.

Did your prowess in the breaststroke help Emily Boyson win Landmark Conference championships in the 100 and 200 last year?

Emily trained very hard and overcame several random injuries to drop more than 12 seconds in the 200 breast, seven seconds in the 200 IM and one second in the 100 breast. Our coaching staff spent a lot of time going over drills and technique. She was confident she could achieve her goals if she consistently focused on her training and

worked hard. We are excited for her season this year.

Diving has been integral to USMMA success over the years....

Yes, it has. Kevin Ryan is a great coach and mentor who is developing good divers into national champions and beginners into conference finalists and champions. He is a four-time NCAA (D-III) Diving Coach of the Year. Between Joel Meyer and Nick Halbach, we have had five NCAA champions in the last 11 seasons.

Your skill as a triathlete sends what message to the team?

I try to lead by example. Triathlons allow me to stay in shape, work hard and compete. Competition is part of what motivates me to be my best. I regularly challenge the team whether it's in the pool, on a run or doing pull-ups. If I can motivate them through hard work and get them to believe in themselves, they can achieve great things. I tell them, "Don't be afraid to be awesome."

The Academy has twice named you its Coach of the Year....

Overall, I have been fortunate to have earned 16 Coach of the Year Awards in the last 11 years. I believe in being excellent in all that I do. We consistently discuss the principles of our program: respect, responsibility, encouragement and pride. I believe this helps everyone become better persons and teammates. I try to be efficient with our time and training. We strive to create an atmosphere where our swimmers and divers can accomplish anything if they commit themselves to hard work and believe in themselves.

Is USMMA a heavy-volume swimming program?

We don't have the time nor do I believe in extremely high volume. We train with an individual mentality. Each athlete's yardage and stroke-specific group is based on what we feel is the best training environment for them to meet their goals. We train to hit specific energy zones. Two days a week are focused on threshold aerobic, two days of anaerobic and two days of VO_2 max. This allows us to maneuver through different energy zones and a much higher level of training.

How do you integrate weights and dryland?

We lift or do dryland three to four times per week. We focus on two areas: general conditioning and stroke-specific lifts. Lifting and/or dryland are individualized based on the athlete's needs.

Any advice for high school recruits looking to swim in college?

I recommend that student-athletes take ownership of the recruitment process and be honest with their expectations, needs, questions and concerns. They should not hesitate to reach out to college coaches throughout the process. ♦

HOW THEY TRAIN

Frank Vita



BY MICHAEL J. STOTT

Gone, but not forgotten. Frank Vita, USMMA's senior captain and All-American, graduated in May with a degree in marine engineering. Recruited as a mid-distance and distance freestyler, Vita did yeoman service in the 200 IM, 400 IM, 200 free and 500 free before Coach Sean Tedesco and staff identified his unlimited potential in butterfly.

During his sophomore year, Tedesco started mixing in fly during practice and meets. That led to Vita's 1:54.79 clocking in the 200 fly at the Metropolitan Conference meet.

"As a result, we were both thrilled and excited about training and racing him in more fly events in his junior and senior years," says Tedesco. "Frank really put the time and energy into his 200 fly training. In his junior year, he went 1:51.01 to place 12th at NCAAs (Division III). He became determined to swim sub-1:50 and place in the top five."

It all paid off with a 1:49.39 fourth-place finish at NCAAs—USMMA's second highest swimming finish in 11 years.

"Frank's accomplishments were driven by his determination and focus. He believed in his training and had the confidence to excel. He would race and train against anyone in any distance or stroke. We could always count on him to step it up and win races—even those back-to-back when necessary," says Tedesco.

Vita finished his career as a three-time All-American (100 and 200 fly in 2012, 200 fly in 2011). He was also a six-time NCAA qualifier, five-time conference champion and 30-time conference finalist who bettered 25 Academy, conference, meet and pool records. ♦



[Total Access members click here to see some of Frank Vita's sample sets.](#)

PROGRESSION OF TIMES				
SCY	2009	2010	2011	2012
200 FREE	1:45.36	1:44.64	—	1:42.51
500 FREE	4:43.50	4:39.21	—	4:35.83
100 FLY	—	—	50.93	49.81
200 FLY	—	1:54.79	1:51.01	1:49.39
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400 IM	—	4:07.77	4:04.25	—

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SUPPORT THOSE WHO SUPPORT THE SPORT

PARTY HENRY...or Not

BY MICHAEL J. STOTT

Martin Luther King's epic "Free at Last" civil rights speech was not aimed at graduating high school seniors. Yet for student-athletes with swimming in their four-year plans, such newfound freedom carries with it significant social responsibility.

"There is more partying in high school than ever before," says Texas men's coach Eddie Reese. "Kids coming out of high school have more independence and less responsibility." As a result—and in his relentless pursuit of "getting better"—Reese talks to his athletes every two weeks about personal responsibility.

"I think this is something with which college coaches struggle every year," says UCLA women's mentor Cyndi Gallagher. "I don't think there is any easy answer, and it seems every team is a little different.

"Mostly, the kids just have to grow up! And coaches have to be patient and encourage them to be the best student, the best athlete and the best person they can be. That doesn't happen by partying every night or every weekend. But I do understand students trying to figure out who they are. Sometimes that includes pushing the line," she says.

Through his position as a former college coach and now executive director of the CSCAA, Joel Shinofield enjoys a broad perspective on how athletes view training rules.

"It varies from athlete to athlete, depending on their reasons for swimming in college," he says. "Some want guidance; others are looking to exert control over their lives. However, when you choose to join a team, you are choosing to live by the standards set by that group in order to be a part of that team."

MAKING THE RIGHT CHOICE

Not surprisingly, the operative word is "choice." The general consensus is that most college swimmers respect training rules, and the pressure to observe them should come from within, with leadership provided by the upperclassmen.

Reese has been a teetotaler for 71 years, but doesn't have a rule about drinking.

"I don't supervise it, and I don't want to penalize for it. Our rules like that have to come from the kids. Training rules don't work unless they come from the swimmers," he concludes.

Greg Meehan, now women's coach at Stanford, made stops at the University of Pacific, UCLA, Princeton and Cal before going to The Farm. "Ultimately, each program is different, and coaches handle their approach to this topic with knowledge of their own team," he says. "As a head coach, it is my responsibility to talk on a higher level about making good decisions—not only as it relates to the social element of college, but also as it relates to academics and athletics. It's difficult to be really poor in one area of your life and excel in the others," he says.

From a macro perspective, "Coaches are employed to help people reach their potential as people, students and athletes, so providing information, guidelines and rules are part of coaching and teaching," says Shinofield. "Coaches can stress the effects on training, legal ramifications plus institutional and departmental policies regarding alcohol as part of that conversation. Ideas that do not reflect university policies or academic and athletic goals should not be accepted," he says.

PEER PRESSURE

And then there is peer pressure. Student-athletes are often faced with making decisions that have consequences. The responsibility for helping guide younger swimmers often falls to upperclassmen.

Meehan notes, "I believe, in most cases, the senior class has the experience to handle this issue responsibly. They have perspectives that an 18-year-old doesn't. The experience can be very powerful in a teaching moment."

So, are rules necessary at all? That depends: "People need to know what the expectations are of being part of a team," says Shinofield.

Often it depends on coaching style and setting standards with which seniors/captains are comfortable. Showing a united front when it comes to drinking rules and sleeping habits is important.

Meehan believes there "may be years when team rules will be needed, but generally not. Are there 'unwritten' rules? Absolutely. We talk about responsibility, making good decisions and always putting oneself in a safe and

— continued on 34

healthy environment. That said, the door is always open to have written rules if needed. We are representatives of ourselves, our families, our sport, our swimming and diving team and our university. Gentle reminders of this are needed throughout the course of a season," he says.

A SIMILAR APPROACH IN HIGH SCHOOL

Not surprisingly, coaches of some of the very best high school programs approach social responsibility much like their college counterparts. Todd Larkin is in his fourth year at St. Xavier in Louisville, Ky. His Tigers have won the last 24 KHSAA state titles and finished fifth in 2012 in the NISCA Dual Meet Team Rankings for Independent Schools (enrollment 900+).

He clearly defines training rules so athletes understand the commitment level he requires. Larkin discusses acceptable behavior, rules and consequences: "I want them to understand that they are representing the school 24 hours a day, not just when they are in the pool. My message is, 'It takes just one student to ruin a team's reputation—don't be that student!'

"All rules should be simple, and simple for the high school coach to monitor. I don't have a sign-in sheet or sign-out sheet. If you leave workout early, or come in late, it doesn't count. It's less work for the coaching staff and less for the swimmers to digest. Students want rules and a program that is organized and disciplined.

"I think it is about education and accountability," says Larkin. "It helps to elect great captains. Your leaders are a reflection of the coaches. You might be surprised at what a great leader a student can become when he is asked to step up."

For years, Holton-Arms School in Bethesda, Md. has been a force in Metro Washington, D.C. swimming circles. Coach Graham Westerberg believes rules are necessary, so his girls have something to live up to and respect.

"I make it very clear at the beginning what the rules will be, and they had better follow them or they will not be swimming for me. I try not to address too much unless it is needed. Once I have talked with them, I usually let it run its course. As it is, I try not to put more pressure on them than they already put on themselves."

As in college, there is also peer pressure in high school.

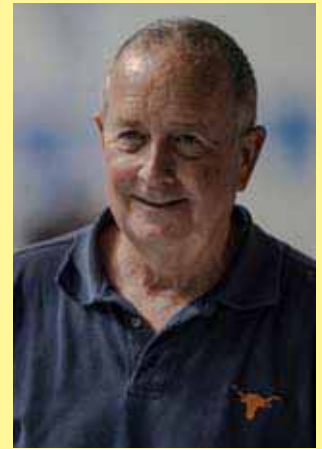
"It is one of the hardest things to deal with," says Westerberg. "We talk about always making the correct decision—do what is best for you and not what is best to make a friend happy.

"I think most high school grads head to school with the mindset of getting an education first, not partying. Most know what lies ahead, and they will need to make some tough decisions. That is part of growing up. You just hope that what you have taught them allows them to make the right decision when put into situations that become uncomfortable." ♦

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

The University of Texas men's team doesn't have a rule about drinking.

"I don't supervise it, and I don't want to penalize for it. Our rules like that have to come from the kids. Training rules don't work unless they come from the swimmers."



[PHOTO BY PETER H. RICK]

*—Eddie Reese,
men's coach,
University of Texas*

"We are representatives of ourselves, our families, our sport, our swimming and diving team and our university. Gentle reminders of this are needed throughout the course of a season."



[PHOTO PROVIDED BY STANFORD UNIVERSITY]

*—Greg Meehan,
women's coach,
Stanford University*

"Mostly, the kids just have to grow up! And coaches have to be patient and encourage them to be the best student, the best athlete and the best person they can be. That doesn't happen by partying every night or every weekend. But I do understand students trying to figure out who they are. Sometimes that includes pushing the line."



[PHOTO PROVIDED BY DON LEBIG, ASUCLA]

*—Cyndi Gallagher,
women's coach,
UCLA*

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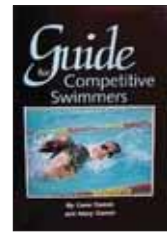
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UP & COMERS

• **Giovanna Cappabianca**, 11, was named the 2012 Lake Erie Swimmer of the Year. She holds six 8-and-under, ten 9-10 and four 11-12 team records for the Cuyahoga Falls (Ohio) YMCA Tigersharks. She is currently ranked first in the nation among 11-year-olds in the 200 yard breaststroke (2:29.05) and third in the 100 breast (1:10.63).

HIGH SCHOOL STATE CHAMPIONSHIPS

• The Bolles School made history at the Florida Division I High School State Championships when **Ryan Murphy**, **Joseph Schooling**, **Josh Booth** and **Santo Condorelli** swept and set national high school records in the 200 yard medley (1:28.09), 200 free (1:19.27) and 400 free (2:54.43) relays. Additionally, Schooling lowered the national high school mark in the men's 100 fly (46.50), while Murphy took down the 100 back record during prelims (45.34).

• Brophy Prep won its 25th straight men's state championship title—and 35th overall—at the Arizona Division I High School State

Championships in November. Senior **Gabriel Espinosa** led the squad with wins in the 50 and 100 free, and was a member of the winning 200 and 400 free relays.

OTHER NEWS

• Palo Alto Stanford Aquatics (PASA) took home numerous awards at the Pacific Swimming awards banquet in November. The overall undergraduate winners were **Curtis Ogren**, 16, and **Jasmine Tosky**, 18. Ogren is currently the No. 1-ranked high school swimmer (Class of 2014) in California, and Tosky is a freshman at the University of Southern California. PASA coach **Ricky Silva** was honored as the age group coach of the year.

• The White Eagle Swim Team pool record in the boys 13-14 200 yard medley relay hasn't been broken for 20 years! **Greg Busse**, **George Wittendorf**, **Bryan Everhart** and **Chris O'Malley** were all members on the historic relay in 1993. The White Eagle pool is part of the White Eagle Golf Club in Naperville, Ill., 40 miles west of Chicago. ♦



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LONG-TERM SWIM GOALS: Go to Olympics!

AGE GROUP SWIMMER OF THE MONTH

Taylor Abbott knows that hard work pays off. When Swimming World asked what the 14-year-old from Cedar Park, Texas does in his free time, he replied, "I swim before and after school, Monday through Friday, a.m. and p.m. I don't have free time!"

Abbott holds a number of South Texas records and is ranked top-10 nationally in the 500, 1000 and 1650 yard freestyle as well as the 200 butterfly. At the TXLA November Unclassified meet, Abbott broke a 30-year-old South Texas record in the boys 13-14 1650. His 15:57.39 ranked him first in the nation among 14-year-olds at the time. Abbott swims both club and high school for Cedar Park Swimming and Cedar Park High School, respectively.

John Baltzell, Abbott's high school coach, said, "Taylor is relentless in his pursuit of his goals, and once accomplished, he moves on to the next."

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OLYMPIC SWIMMERS ARRIVE IN STYLE AT USA SWIMMING'S GOLDEN GOGGLES EVENT

STORY AND PHOTOS BY SHOSHANNA RUTEMILLER

The U.S. London Olympic team members ditched their caps, goggles and swimsuits for something a bit more formal this past November. The occasion was USA Swimming's 2012 Golden Goggles awards banquet, held at the Times Square Marriott Marquis, in the heart of downtown Manhattan. The stage was set with red carpet, flashing lights and a few of those infamous, unflinching English guards—in reference to the hosts of the London Games.

The athletes arrived in style as waiters moved through the crowd, passing out (to those of age for such indulgences) the "Olympic cocktail"—a mixture of blue Gatorade and liquor. Couple **Ricky Berens** and Relay Performance of the Year recipient **Rebecca Soni** arrived together, as did **Matt Grevers** and fiancée **Annie Chandler**. **Lia Neal** and **Cullen Jones** adorably chose their mothers for their "plus one," and posed for red-carpet pictures with their proud parents. Meanwhile, **Missy Franklin's** cousin, who also designed and made Franklin's dress for the evening, accompanied the Female Athlete of the Year.

Paralympic athlete and 2011 *Swimming World Magazine* Disabled Athlete of the Year, **Jessica Long**, was stunning in a floor-length silver dress. Not to be outdone by the ladies, several male Olympians, including **Eric Shanteau** and **Anthony Ervin**, rocked MOvember mustaches for prostate cancer awareness month. Shanteau was diagnosed with testicular cancer prior to the 2008 Beijing Olympics. He competed in both the 2008 and 2012 Olympics, and was awarded the Athlete Humanitarian Award for his work with the Livestrong Foundation.

Ryan Lochte made a daring style choice, pairing a tailored suit jacket with leather pants. Male Performance of the Year award winner **Nathan Adrian** looked dapper, suited head-to-toe in Tommy Hilfiger.

Male Athlete of the Year Golden Goggle award winner **Michael Phelps** was conspicuously absent from the red carpet, but was later spotted off in the wings, signing autographs for several young fans in attendance. ♦





CLASSIFIED

CAMP COUNSELORS/COACHES

The Michigan Swim Camp at the University of Michigan is looking for individuals seeking an opportunity to work with Olympic coach Mike Bottom and staff.

Four one-week sessions (June 9-13, 16-20, 23-27, Aug. 4-8). Room, board, local telephone plus \$520/week salary and \$100 travel expense help. Applicants must be 21 years or older, have attended at least two years of college and have experience as a competitive swimmer and/or coach or teacher. References, CPR and First Aid certification are required.

For more information and an application, call 734-647-0862, fax 734-763-6543, e-mail danitans@umich.edu or write to Danielle Tansel, Michigan Swim Camp, 1000 S. State St., Ann Arbor, MI 48109.

Candidates must be willing to work in an alcohol/drug-free environment.



ASSISTANT COACHES/ CAMP COUNSELORS NEEDED

The Longhorns Swim Camp at The University of Texas at Austin is seeking mature, motivated and team-oriented individuals to be part of its 36th year!

Exciting opportunity to work with our internationally known staff: Eddie Reese, Carol Capitani, Kris Kubik and Roric Fink. Guest coaches/speakers include Olympians Ian Crocker, Brendan Hansen, Kathleen Hersey, Colleen Lanné-Cox, Garrett Weber-Gale and Whitney Hedgepeth.

Five one-week sessions (May 26-June 28). Room, board, parking, rec sports pass, plus \$500/session salary, up to \$300 travel expense help and NIKE camp apparel package included. Applicants must agree to work in an alcohol/drug-free environment and have completed at least 65 hours of college coursework. Competitive swimming and/or coaching/camp counseling experience required. References, First Aid, CPR and/or Lifeguarding/Safety Training for Swim Coaches must also be submitted.

For more information and an application, call (512) 475-8652, e-mail longhornswimcamp@athletics.utexas.edu, or check our employment section at www.LonghornswimCamp.com. Completed applications accepted through March 8, 2013.

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



FOR the RECORD



Wherever you see this logo, Total Access members can click on the link for more information and results.

WORLD

FINA WORLD CUP 1 Dubai, United Arab Emirates Oct. 2-3, 2012 (25 M)



WOMEN

50 FREE Oct. 2
24.50 Therese Alshammar, SWE
24.57 Britta Steffen, GER
24.75 Inge Dekker, NED

100 FREE Oct. 3
53.39 Britta Steffen, GER
54.00 Michelle Coleman, SWE
54.48 Hang Yu Sze, HKG

200 FREE Oct. 2
1:55.97 Katinka Hosszu, HUN
1:57.12 Hang Yu Sze, HKG
1:57.75 Daryna Zevina, UKR

400 FREE Oct. 3
4:04.43 Katinka Hosszu, HUN
4:04.91 Melissa Ingram, NZL
4:05.64 Darya Zevina, UKR

800 FREE Oct. 2
8:31.70 Katinka Hosszu, HUN
8:33.54 Tanja Smid, SLO
8:38.15 Zsuzsanna Jakabos, HUN

50 BACK Oct. 2
27.02 Rachel Goh, AUS
27.38 Noriko Inada, JPN
27.98 Michelle Coleman, SWE

100 BACK Oct. 3
57.67 Rachel Goh, AUS
58.07 Darya Zevina, UKR
59.29 Noriko Inada, JPN

200 BACK Oct. 2
2:05.01 Darya Zevina, UKR
2:05.22 Melissa Ingram, NZL
2:07.67 Katinka Hosszu, HUN

50 BREAST Oct. 3
30.62 Jennie Johansson, SWE
31.61 Fumiko Kawanabe, JPN
31.62 Joline Hostman, SWE

100 BREAST Oct. 2
1:06.27 Jennie Johansson, SWE
1:06.62 Fumiko Kawanabe, JPN
1:06.96 Joline Hostman, SWE

200 BREAST Oct. 3
2:23.01 Fumiko Kawanabe, JPN
2:23.87 Joline Hostman, SWE
2:24.60 Anna Dzerkal, UKR

50 FLY Oct. 3
25.56 Therese Alshammar, SWE
26.08 Inge Dekker, NED
26.83 Hang Yu Sze, HKG

100 FLY Oct. 2
57.91 Therese Alshammar, SWE
58.30 Inge Dekker, NED
58.37 Hang Yu Sze, HKG

200 FLY Oct. 3
2:10.43 Katinka Hosszu, HUN
2:11.57 Zsuzsanna Jakabos, HUN
2:17.74 Spela Bohinc, SLO

100 IM Oct. 3
1:00.75 Katinka Hosszu, HUN
1:00.99 Zsuzsanna Jakabos, HUN
1:01.95 Britta Steffen, GER

200 IM Oct. 2
2:10.53 Katinka Hosszu, HUN
2:11.42 Zsuzsanna Jakabos, HUN
2:11.79 Anna Dzerkal, UKR

400 IM Oct. 3
4:31.34 Katinka Hosszu, HUN
4:36.93 Zsuzsanna Jakabos, HUN
4:38.92 Kathryn Meaklim, RSA

MEN

50 FREE Oct. 3
21.18 Anthony Ervin, USA
21.23 George Bovell, TRI
21.58 Kyle Richardson, AUS

100 FREE Oct. 2
46.89 Kenneth To, AUS
47.04 Anthony Ervin, USA
47.24 Roland Schoeman, RSA

200 FREE Oct. 3
1:42.71 Darian Townsend, RSA
1:43.37 Robert Hurley, AUS

1:44.65 T. D'Orsogna, AUS

4:07.17 Daryna Zevina, UKR

400 FREE Oct. 2
3:40.77 Kosuke Hagino, JPN
3:41.49 Robert Hurley, AUS
3:44.32 Wang Kecheng, CHN

1500 FREE Oct. 3
15:00.65 Gergo Kis, CLB
15:01.70 David Brandl, AUT
15:02.98 Sergii Frolov, UKR

50 BACK Oct. 3
23.47 Stanislav Donets, RUS
23.61 Robert Hurley, AUS
23.77 Ashley Delaney, AUS

100 BACK Oct. 2
50.62 Stanislav Donets, RUS
51.28 Ashley Delaney, AUS
52.04 Radoslaw Kaweck, POL

200 BACK Oct. 3
1:51.03 Radoslaw Kaweck, POL
1:51.04 Kosuke Hagino, JPN
1:52.20 Kazuki Watanabe, JPN

50 BREAST Oct. 2
26.64 Cameron v.d. Burgh, RSA
26.91 Giulio Zorzi, RSA
27.04 Glenn Snyders, NZL

100 BREAST Oct. 3
58.33 Cameron v.d. Burgh, RSA
58.42 Glenn Snyders, NZL
58.90 Marco Koch, GER

200 BREAST Oct. 2
2:05.26 Marco Koch, GER
2:05.72 Daiya Seto, JPN
2:05.96 Sean Mahoney, USA

50 FLY Oct. 2
22.77 Jason Dunford, KEN
22.86 Chad le Clos, RSA
22.94 Roland Schoeman, RSA

100 FLY Oct. 3
49.82 Chad le Clos, RSA
50.67 Evgeny Korotyskhin, RUS
50.97 Tom Shields, USA

200 FLY Oct. 2
1:51.61 Chad le Clos, RSA
1:51.71 Daiya Seto, JPN
1:56.18 Velimir Stepanovic, CLB

100 IM Oct. 2
51.43 Kenneth To, AUS
52.19 George Bovell, TRI
52.60 Darian Townsend, RSA

200 IM Oct. 3
1:53.25 Darian Townsend, RSA
1:53.90 Daiya Seto, JPN
1:54.86 Kenneth To, AUS

400 IM Oct. 2
4:02.64 Daiya Seto, JPN
4:06.69 Laszlo Cseh, HUN
4:06.78 Huang Chaoshong, CHN

MIXED

200 MR Oct. 2
1:43.21 Germany
1:45.31 Hungary
1:45.89 Ukraine

200 FR Oct. 3
1:35.44 Hungary
1:35.85 Ukraine
1:37.91 Hong Kong

FINA WORLD CUP 2 Doha, Qatar Oct. 6-7, 2012 (25 M)



WOMEN
50 FREE Oct. 6
24.44 Therese Alshammar, SWE
24.46 Britta Steffen, GER
24.78 Inge Dekker, NED

100 FREE Oct. 7
53.40 Britta Steffen, GER
53.60 Michelle Coleman, SWE
54.25 Inge Dekker, NED

200 FREE Oct. 6
1:54.79 Katinka Hosszu, HUN
4:05.62 Melissa Ingram, NZL
4:07.17 Daryna Zevina, UKR

400 FREE Oct. 7
4:04.24 Katinka Hosszu, HUN
4:05.62 Melissa Ingram, NZL

800 FREE Oct. 6
8:29.31 Katinka Hosszu, HUN
8:30.60 Tanja Smid, SLO
8:35.48 Zsuzsanna Jakabos, HUN

50 BACK Oct. 6
27.29 Noriko Inada, JPN
27.67 Rachel Goh, AUS
28.05 Michelle Coleman, SWE

100 BACK Oct. 7
57.90 Daryna Zevina, UKR
58.88 Rachel Goh, AUS
59.27 Noriko Inada, JPN

200 BACK Oct. 6
2:02.99 Daryna Zevina, UKR
2:04.95 Melissa Ingram, NZL
2:07.54 Katinka Hosszu, HUN

50 BREAST Oct. 7
30.69 Jennie Johansson, SWE
31.55 Fumiko Kawanabe, JPN
31.59 Joline Hostman, SWE

100 BREAST Oct. 6
1:06.11 Jennie Johansson, SWE
1:06.96 Fumiko Kawanabe, JPN
1:07.25 Joline Hostman, SWE

200 BREAST Oct. 7
2:22.59 Fumiko Kawanabe, JPN
2:24.03 Joline Hostman, SWE
2:24.46 Tanja Smid, SLO

50 FLY Oct. 7
25.62 Therese Alshammar, SWE
25.98 Inge Dekker, NED
26.60 Hag Yu Sze, HKG

100 FLY Oct. 6
57.22 Therese Alshammar, SWE
58.04 Inge Dekker, NED
59.23 Hang Yu Sze, HKG

200 FLY Oct. 7
2:09.31 Katinka Hosszu, HUN
2:10.61 Zsuzsanna Jakabos, HUN
2:13.12 Kin Lok Chan, HKG

100 IM Oct. 7
59.74 Katinka Hosszu, HUN
1:00.41 Zsuzsanna Jakabos, HUN
1:01.58 Britta Steffen, GER

200 IM Oct. 6
2:09.86 Katinka Hosszu, HUN
2:10.58 Zsuzsanna Jakabos, HUN
2:12.73 Kathryn Meaklim, RSA

400 IM Oct. 7
4:30.03 Katinka Hosszu, HUN
4:30.44 Zsuzsanna Jakabos, HUN
4:46.05 Kathryn Meaklim, RSA

MEN

50 FREE Oct. 7
21.02 Anthony Ervin, USA
21.06 George Bovell, TRI
21.54 Kyle Richardson, AUS

100 FREE Oct. 6
47.10 T.D'Orsogna, AUS
47.10 Kenneth To, AUS
47.17 Anthony Ervin, USA

200 FREE Oct. 7
1:43.84 T. D'Orsogna, AUS
1:43.95 Darian Townsend, RSA
1:44.05 Robert Hurley, AUS

400 FREE Oct. 6
3:42.89 Robert Hurley, AUS
3:44.15 Wang Kecheng, CHN
3:44.87 Gergo Kis, HUN

1500 FREE Oct. 7
14:43.83 Wang Kecheng, CHN
14:48.97 Daiya Seto, JPN
14:56.57 Gergo Kis, HUN

50 BACK Oct. 7
23.49 Stanislav Donets, RUS
23.55 Robert Hurley, AUS
23.86 Ashley Delaney, AUS

100 BACK Oct. 6
50.18 Robert Hurley, AUS
50.47 Stanislav Donets, RUS
50.92 Kosuke Hagino, JPN

200 BACK Oct. 7
1:50.89 Radoslaw Kaweck, POL
1:52.64 Kazuki Watanabe, JPN
1:52.86 Ashley Delaney, AUS

50 BREAST Oct. 6
25.95 Cameron v.d. Burgh, RSA
26.38 Roland Schoeman, RSA
26.68 Glenn Snyders, NZL

100 BREAST Oct. 7
57.22 Cameron v.d. Burgh, RSA
58.13 Glenn Snyders, NZL
58.60 Daiya Seto, JPN

200 BREAST Oct. 6
2:04.87 Daiya Seto, JPN
2:05.72 Marco Koch, GER
2:06.23 Sean Mahoney, USA

50 FLY Oct. 6
22.34 Roland Schoeman, RSA
22.87 Jason Dunford, KEN
22.90 Chad le Clos, RSA

100 FLY Oct. 7
49.60 Chad le Clos, RSA
50.22 Evgeny Korotyskhin, RUS
50.42 Tom Shields, USA

200 FLY Oct. 6
1:51.30 Daiya Seto, JPN
1:51.31 Chad le Clos, RSA
1:52.72 Tom Shields, USA

100 IM Oct. 6
51.58 Kenneth To, AUS
51.87 George Bovell, TRI
52.76 Darian Townsend, RSA

200 IM Oct. 7
1:53.75 Darian Townsend, RSA
1:53.85 Laszlo Cseh, HUN
1:54.78 Daiya Seto, JPN

400 IM Oct. 6
4:02.51 Daiya Seto, JPN
4:03.71 Laszlo Cseh, HUN
4:07.58 Huang Chaoshong, CHN

MIXED

200 MR Oct. 6
1:43.38 Germany
1:45.34 Hungary
1:47.41 Hong Kong

200 FR Oct. 7
1:35.56 Hungary
1:37.28 Hong Kong
(only two teams competed)

FINA WORLD CUP 3 Stockholm, Sweden Oct. 13-14, 2012 (25 M)

WOMEN

50 FREE Oct. 13
24.08 Britta Steffen, GER
24.24 Therese Alshammar, SWE
24.41 Jessica Hardy, USA

100 FREE Oct. 14
52.46 Britta Steffen, GER
53.38 Jessica Hardy, USA
53.58 Jessica Morrison, AUS

200 FREE Oct. 13
1:55.30 Katinka Hosszu, HUN
1:56.31 Zsuzsanna Jakabos, HUN
1:56.58 Hannah Miley, GBR

400 FREE Oct. 14
4:03.83 Katinka Hosszu, HUN
4:05.37 Melissa Ingram, NZL
4:05.86 Lotte Friis, DEN

800 FREE Oct. 13
8:24.48 Katinka Hosszu, HUN
8:25.96 Lotte Friis, DEN
8:31.96 Zsuzsanna Jakabos, HUN

50 BACK Oct. 13
26.94 Rachel Goh, AUS
27.50 Magdalena Kuras, SWE
27.58 Fabiola Molina, BRA

100 BACK Oct. 14
57.52 Rachel Goh, AUS
59.08 Kira Toussaint, NED
59.50 Fabiola Molina, BRA

200 BACK Oct. 13
2:04.84 Melissa Ingram, NZL
2:07.44 Katinka Hosszu, HUN
2:08.71 Zsuzsanna Jakabos, HUN

50 BREAST Oct. 14
29.96 Ruta Meilutyte, LTU
30.24 Jennie Johansson, SWE
30.48 Jessica Hardy, USA

100 BREAST Oct. 13
1:05.02 Ruta Meilutyte, LTU
1:05.39 Jennie Johansson, SWE
1:05.44 Rie Kaneto, JPN

200 BREAST Oct. 14
2:21.09 Rie Kaneto, JPN
2:24.72 Joline Hostman, SWE

2:26.43 Miku Kanashashi, JPN

50 FLY Oct. 14
25.64 Therese Alshammar, SWE
25.85 Inge Dekker, NED
26.06 Ingvald Snidal, NOR

100 FLY Oct. 13
56.68 Therese Alshammar, SWE
57.98 Ingvald Snidal, NOR
58.48 Emilia Pikarainen, FIN

200 FLY Oct. 14
2:06.90 Zsuzsanna Jakabos, HUN
2:07.18 Katinka Hosszu, HUN
2:08.67 Martina Granstrom, SWE

100 IM Oct. 14
59.71 Katinka Hosszu, HUN
1:00.04 Theresa Michalak, GER
1:00.65 Ruta Meilutyte, LTU

200 IM Oct. 13
2:08.13 Katinka Hosszu, HUN
2:09.05 Sophie Allen, GBR
2:09.05 Zsuzsanna Jakabos, HUN

400 IM Oct. 14
4:28.01 Katinka Hosszu, HUN
4:28.79 Zsuzsanna Jakabos, HUN
4:30.86 Hannah Miley, GBR

MEN

50 FREE Oct. 14
20.82 George Bovell, TRI
20.99 Anthony Ervin, USA
21.15 Matthew Targett, AUS

100 FREE Oct. 13
47.05 T. D'Orsogna, AUS
47.24 Kenneth To, AUS
47.33 Kyle Richardson, AUS

200 FREE Oct. 14
1:43.45 Darian Townsend, RSA
1:43.67 Robert Hurley, AUS
1:44.89 T. D'Orsogna, AUS

400 FREE Oct. 13
3:43.75 Robert Hurley, AUS
3:45.14 Paul Biedermann, GER
3:45.89 Marcos Oliveira, BRA

1500 FREE Oct. 14
14:46.68 Lucas Kaniecki, BRA
14:51.66 Marcos Oliveira, BRA
14:54.32 Gregorio Paltrinieri, ITA

50 BACK Oct. 14
23.51 Stanislav Donets, RUS
23.61 Guilherme Guido, BRA
23.69 Robert Hurley, AUS

100 BACK Oct. 13
50.38 Robert Hurley, AUS
50.42 Stanislav Donets, RUS
51.35 Ashley Delaney, AUS

200 BACK Oct. 14
1:50.70 Yuki Shirai, JPN
1:52.20 Ashley Delaney, AUS
1:52.42 Hayate Matsubara, JPN

50 BREAST Oct. 13
26.61 Glenn Snyders, NZL
26.69 Joao Gomez, BRA
26.83 Aleksander Hetland, NOR

100 BREAST Oct. 14
57.87 Glenn Snyders, NZL
58.51 Neil Versfeld, NZL
58.55 Fabio Scozzoli, ITA

200 BREAST Oct. 13
2:06.09 Marco Koch, GER
2:06.65 Daiya Seto, JPN
2:07.63 Neil Versfeld, RSA

50 FLY Oct. 13
22.51 Matthew Targett, AUS
22.99 Jason Dunford, KEN
23.02 Evgeny Korotyskhin, RUS

100 FLY Oct. 14
50.19 Kenneth To, AUS
50.26 Evgeny Korotyskhin, RUS
50.55 Tom Shields, USA

200 FLY Oct. 13
1:51.95 Kazuya Kaneda, JPN
1:52.12 Daiya Seto, JPN
1:52.80 Tom Shields, USA

100 IM Oct. 13
51.56 George Bovell, TRI
51.75 Kenneth To, AUS
52.78 Kyle Richardson, AUS

200 IM Oct. 14
1:53.66 Darian Townsend, RSA
1:53.68 Laszlo Cseh, HUN
1:55.15 Henrique Rodrigues, BRA

400 IM Oct. 13
4:00.85 Daiya Seto, JPN
4:01.01 Laszlo Cseh, HUN

4:08.32 Gal Nevo, ISR

MIXED

200 MR Oct. 13
1:41.83 Norway
1:43.92 Brazil
1:44.26 Sweden B

200 FR Oct. 14
1:32.75 Finland
1:33.72 Netherlands
1:34.10 Sweden

FINA WORLD CUP 4 Moscow, Russia Oct. 17-18, 2012 (25 M)



WOMEN

50 FREE Oct. 17
24.20 Britta Steffen, GER
24.52 Jessica Hardy, USA
24.76 Svetlana Kradygina, RUS

100 FREE Oct. 18
52.92 Britta Steffen, GER
53.74 Jessica Hardy, USA
54.47 Natalia Lovtsova, RUS

200 FREE Oct. 17
1:55.46 Katinka Hosszu, HUN
1:56.43 Zsuzsanna Jakabos, HUN
1:56.77 Guo Junjun, CHN

400 FREE Oct. 18
4:04.83 Elena Sokolova, RUS
4:05.04 Leah Smith, USA
4:06.20 Melissa Ingram, NZL

800 FREE Oct. 17
8:19.24 Leah Smith, USA
8:19.33 Becca Mann, USA
8:29.45 Elizaveta Gorshkova, RUS

50 BACK Oct. 17
26.87 Rachel Goh, AUS
27.51 Fabiola Molina, BRA
27.68 Chen Shiming, CHN

100 BACK Oct. 18
57.80 Rachel Goh, AUS
58.93 Etienne Medeiros, BRA
59.25 Fabiola Molina, BRA

200 BACK Oct. 17
2:05.35 Melissa Ingram, NZL
2:05.79 Kylie Stewart, USA
2:07.29 Katinka Hosszu, HUN

50 BREAST Oct. 18
30.29 Jessica Hardy, USA
31.03 Jenna Laukanen, FIN
31.14 V. Artemyeva, RUS

100 BREAST Oct. 17
1:06.15 Rie Kaneto, JPN
1:06.19 Mio Motegi, JPN
1:07.55 Maria Temnikova, RUS

200 BREAST Oct. 18
2:20.08 Rie Kaneto, JPN
2:22.94 Maria Temnikova, RUS
2:23.02 Mio Motegi, JPN

50 FLY Oct. 18
25.65 Inge Dekker, NED
26.21 Italia Bianchi, ITA
62.43 Daria Tevetkova,

200 FREE Oct. 18
1:44.26 Darian Townsend, RSA
1:44.49T Paul Biedermann, GER
1:44.49T T. D'Orsogna, AUS

400 FREE Oct. 17
3:44.00 Paul Biedermann, GER
3:44.62 Robert Hurley, AUS
3:47.84 Evgeny Kulikov, RUS

1500 FREE Oct. 18
15:03.02 Daiya Seto, JPN
15:25.92 Anton Goncharov, UKR
15:27.16 Mauricio Villanueva, PER

50 BACK Oct. 18
23.31 Stanislav Donets, RUS
23.73 Robert Hurley, AUS
23.81 Guilherme Guido, BRA

100 BACK Oct. 17
49.74 Stanislav Donets, RUS
50.70 Robert Hurley, AUS
51.47T Guilherme Guido, BRA
51.47T Yuki Shirai, JPN

200 BACK Oct. 18
1:50.80 Yuki Shirai, JPN
1:51.96 Hayate Matsubara, JPN
1:53.36 Ashley Delaney, AUS

50 BREAST Oct. 17
26.51 Fabio Scozzoli, ITA
26.74 Sergei Geibel, AUS
27.00 Glenn Snyders, RUS

100 BREAST Oct. 18
58.32 Fabio Scozzoli, ITA
58.72 Gu Biaorong, CHN
58.89 Sergei Geibel, RUS

200 BREAST Oct. 17
2:05.11 Sean Mahoney, USA
2:06.06 V. Sinkevich, RUS
2:06.39 Marco Koch, GER

50 FLY Oct. 17
22.56 Matthew Targett, AUS
23.09 Jason Dunford, KEN
23.12 Evgeny Korotyskhin, RUS

100 FLY Oct. 18
50.56 Evgeny Korotyskhin, RUS
50.82 Nikolay Skvortsov, RUS
50.89 Tom Shields, USA

200 FLY Oct. 17
1:52.43 Kazuya Kaneda, JPN
1:52.49 Daiya Seto, JPN
1:52.63 Nikolay Skvortsov, RUS

100 IM Oct. 17
51.66 Kenneth To, AUS
51.81 George Bovell, TRI
53.19 Darian Townsend, RSA

200 IM Oct. 18
1:53.93 Daiya Seto, JPN
1:54.31 Laszlo Cseh, HUN
1:54.63T Kenneth To, AUS
1:54.63T Darian Townsend, RSA

400 IM Oct. 17
4:01.30 Daiya Seto, JPN
4:06.20 Laszlo Cseh, HUN
4:09.90 Gal Nevo, ISR

MIXED 200 MR Oct. 17
1:40.87 United States
1:41.34 Russia
1:43.11 Russia B

200 FR Oct. 18
1:33.25 Russia
1:34.70 Russia B
1:34.94 Brazil

FINA WORLD CUP 5 Berlin, Germany Oct. 20-21, 2012 (25 M)

WOMEN 50 FREE Oct. 20
24.16 Britta Steffen, GER
24.43 Jessica Hardy, USA
24.56 Inge Dekker, NED

100 FREE Oct. 21
52.88 Britta Steffen, GER
53.00 Jessica Hardy, USA
53.31 Jessica Morrison, AUS

200 FREE Oct. 20
1:52.28 Camille Muffat, FRA
1:55.14T Charlotte Bonnet, FRA
1:55.14T Katinka Hosszu, HUN

400 FREE Oct. 21
3:54.93 Camille Muffat, FRA
4:04.86 Leah Smith, USA
4:05.21 Becca Mann, USA

800 FREE Oct. 20
8:16.58 Becca Mann, USA

8:17.96 Leah Smith, USA
8:22.04 Lotte Friis, DEN

50 FLY Oct. 20
26.80 Rachel Goh, AUS
27.11 Chen Shiming, CHN
27.29 Fabiola Molina, BRA

100 BACK Oct. 21
57.02 Rachel Goh, AUS
58.87 Fabiola Molina, BRA
58.91 Kaitlyn Jones, USA

200 BACK Oct. 20
2:04.28 Melissa Ingram, NZL
2:04.70 Kylie Stewart, USA
2:07.31 Jenny Mensing, CLB

50 BREAST Oct. 21
30.13 Jessica Hardy, USA
30.89 Kathryn Johnstone, GBR
31.09 M. Hummel, CLB

100 BREAST Oct. 20
1:04.58 Jessica Hardy, USA
1:06.38 Mio Motegi, JPN
1:06.52 Rie Kaneto, JPN

200 BREAST Oct. 21
2:19.96 Rie Kaneto, JPN
2:20.57 Mio Motegi, JPN
2:22.93 Fanny Lecluyse, BEL

50 FLY Oct. 21
25.96 Ilaria Bianchi, ITA
25.98 Inge Dekker, NED
26.55 Louise Hansson, SWE

100 FLY Oct. 20
56.86 Ilaria Bianchi, ITA
57.55 Louise Hansson, SWE
57.65 Inge Dekker, NED

200 FLY Oct. 21
2:05.78 Katinka Hosszu, HUN
2:06.99 Zsuzsanna Jakabos, HUN
2:07.16 Celina Li, USA

100 IM Oct. 21
59.62 Theresa Michalak, GER
1:00.23 Katinka Hosszu, HUN
1:00.53 Zsuzsanna Jakabos, HUN

200 IM Oct. 20
2:07.52 Sophie Allen, GBR
2:08.54 Zsuzsanna Jakabos, HUN
2:08.95 Celina Li, USA

400 IM Oct. 21
4:28.88 Katinka Hosszu, HUN
4:29.78 Zsuzsanna Jakabos, HUN
4:37.03 Becca Mann, USA

MEN 50 FREE Oct. 21
20.85 Anthony Ervin, USA
20.97 George Bovell, TRI
21.12 Matthew Targett, AUS

100 FREE Oct. 20
46.71 Anthony Ervin, USA
46.99 T. D'Orsogna, AUS
47.02 Darian Townsend, RSA

200 FREE Oct. 21
1:42.10 Yannick Agnel, FRA
1:42.71 Paul Biedermann, GER
1:42.79 Darian Townsend, RSA

400 FREE Oct. 20
3:42.21 Paul Biedermann, GER
3:45.28 David Brandl, AUT
3:46.88 Robin Backhaus, CLB

1500 FREE Oct. 21
14:51.29 David Verraszto, HUN
14:55.02 M. Sawrymowicz, POL
14:58.91 Richard Nagy, SVK

50 BACK Oct. 21
23.16 Stanislav Donets, RUS
23.57 Robert Hurley, AUS
23.67 Guilherme Guido, GBR

100 BACK Oct. 20
50.02 Stanislav Donets, RUS
50.73 Robert Hurley, AUS
51.04 Ashley Delaney, AUS

200 BACK Oct. 21
1:49.94 Yuki Shirai, JPN
1:51.93 Hayate Matsubara, JPN
1:52.82 Ashley Delaney, AUS

50 BREAST Oct. 20
26.31 Fabio Scozzoli, ITA
26.71 Erik Steinhagen, CLB
26.79 Glenn Snyders, NZL

100 BREAST Oct. 21
57.61 Fabio Scozzoli, ITA
57.89 Glenn Snyders, AUS
58.50 Henrique Barbosa, BRA

200 BREAST Oct. 20
2:04.55 Sean Mahoney, USA

2:06.20 Henrique Barbosa, BRA
2:06.84 Marco Koch, CLB

50 FLY Oct. 20
22.30 Matthew Targett, AUS
22.83 Steffen Deibler, CLB
23.31 Evgeny Korotyskhin, RUS

100 FLY Oct. 21
50.03 Tom Shields, USA
50.14 Evgeny Korotyskhin, RUS
50.89 Nikolay Skvortsov, RUS

200 FLY Oct. 20
1:51.77 Nikolay Skvortsov, RUS
1:52.22 Daiya Seto, JPN
1:52.27 Tom Shields, USA

100 IM Oct. 20
51.20 George Bovell, TRI
51.53 Kenneth To, AUS
53.04 Darian Townsend, RSA

200 IM Oct. 21
1:53.44 Darian Townsend, RSA
1:53.59 Laszlo Cseh, HUN
1:53.84 Daiya Seto, JPN

400 IM Oct. 20
4:00.12 Daiya Seto, JPN
4:01.42 Laszlo Cseh, HUN
4:03.19 David Verraszto, HUN

MIXED 200 MR Oct. 20
1:40.49 United States
1:41.64 Italy
1:43.51 China

200 FR Oct. 21
1:31.16 United States
1:34.98 Denmark
1:35.26 Brazil

FINA WORLD CUP 6 Beijing, China Nov 2-3, 2012 (25 M)

WOMEN 50 FREE Nov. 2
24.47 Yin Fan, CHN
24.53 Inge Dekker, NED
24.60 Zhang Ying, CLB

100 FREE Nov. 3
52.78 Britta Steffen, GER
53.04 Li Shuyi, CLB
53.17 Tang Yi, CHN

200 FREE Nov. 2
1:55.13 Shao Yiwen, CHN
1:55.14 Zsuzsanna Jakabos, HUN
1:55.24 Qiu Yunan, CHN

400 FREE Nov. 3
4:00.56 Shao Yiwen, CHN
4:06.48 Zhang Yufei, CLB
4:06.53 Melissa Ingram, NZL

800 FREE Nov. 2
8:21.49 Katinka Hosszu, HUN
8:21.58 Yan Siyu, CHN
8:23.83 Laura Crockett, AUS

50 BACK Nov. 2
26.66 Rachel Goh, AUS
26.81 Cheng Haihua, CLB
27.18 Zhou Yanxin, CHN

100 BACK Nov. 3
57.07 Rachel Goh, AUS
57.91 Zhou Yanxin, CLB
58.27 Cheng Haihua, CLB

200 BACK Nov. 2
2:04.81 Zhou Yanxin, CLB
2:05.35 Melissa Ingram, NZL
2:06.78 Bai Anqi, CHN

50 BREAST Nov. 3
30.41 Jennie Johansson, SWE
30.53 Jessica Hardy, USA
30.56 Rebecca Ejdervik, SWE

100 BREAST Nov. 2
1:05.30 Sarah Katsoulis, AUS
1:05.97 Sally Foster, AUS
1:06.11 Rebecca Ejdervik, SWE

200 BREAST Nov. 3
2:19.33 Rie Kaneto, JPN
2:19.96 Sally Foster, AUS
2:23.25 Shi Jingling, CLB

50 FLY Nov. 3
25.80 Inge Dekker, NED
25.80 Lu Ying, CHN
25.94 J. Ottesen Gray, DEN

100 FLY Nov. 2
57.62 Inge Dekker, NED
58.01 J. Ottesen Gray, DEN
58.05 Zhang Yufei, CLB

200 FLY Nov. 3
2:06.02 Katinka Hosszu, HUN
2:07.25 Zsuzsanna Jakabos, HUN
2:08.75 Liu Zige, CHN

100 IM Nov. 3
59.90 Katinka Hosszu, HUN
1:00.25 Zsuzsanna Jakabos, HUN
1:00.27 Kotuku Ngawati, AUS

200 IM Nov. 2
2:06.10 Ye Shiwen, CHN
2:08.22 Zsuzsanna Jakabos, HUN
2:08.35 Katinka Hosszu, HUN

400 IM Nov. 3
4:26.93 Ye Shiwen, CHN
4:27.80 Katinka Hosszu, HUN
4:31.28 Zsuzsanna Jakabos, HUN

MEN 50 FREE Nov. 3
20.98 George Bovell, TRI
21.19 Anthony Ervin, USA
21.46 Cameron McEvoy, AUS

100 FREE Nov. 2
47.06 T. D'Orsogna, AUS
47.41 Cameron McEvoy, AUS
47.59 Kenneth To, AUS

200 FREE Nov. 3
1:43.20 T. D'Orsogna, AUS
1:43.50T Robert Hurley, AUS
1:43.50T Darian Townsend, RSA

400 FREE Nov. 2
3:40.74 Matthew Stanley, NZL
3:41.62 Michael Klueh, USA
3:41.83 Li Yundi, CHN

1500 FREE Nov. 3
14:39.11 Michael Klueh, USA
14:47.13 MacKenzie Horton, AUS
14:52.71 Liu Weijia, CLB

50 BACK Nov. 3
23.14 Stanislav Donets, RUS
23.16 Sun Xiaolei, CLB
23.64 Ashley Delaney, AUS

100 BACK Nov. 2
50.07 Stanislav Donets, RUS
50.25 Robert Hurley, AUS
51.53 Ashley Delaney, AUS

200 BACK Nov. 3
1:51.04 Yuki Shirai, JPN
1:52.04 Stanislav Donets, RUS
1:52.18 Ashley Delaney, AUS

50 BREAST Nov. 2
26.46 Glenn Snyders, NZL
26.74 Christian Sprenger, AUS
26.86 Wang Shuai, CLB

100 BREAST Nov. 3
57.96 Glenn Snyders, NZL
58.06 Christian Sprenger, AUS
58.42 Wang Shuai, CLB

200 BREAST Nov. 2
2:06.38 Sean Mahoney, USA
2:08.12 Xie Zhi, CHN
2:08.99 Liu Weijie, CLB

50 FLY Nov. 2
23.14 Jason Dunford, KEN
23.16 Zhang Qibin, CHN
23.43 Ashley Delaney, AUS

100 FLY Nov. 3
50.96 Kenneth To, AUS
51.21 Zhang Qibin, CLB
51.34 Jason Dunford, KEN

200 FLY Nov. 2
1:51.22 Kazuya Kaneda, JPN
1:52.14 Wang Shun, CHN
1:55.47 Christopher Wright, AUS

100 IM Nov. 2
51.58 Kenneth To, AUS
51.69 George Bovell, TRI
52.71 Kyle Richardson, AUS

200 IM Nov. 3
1:54.25 Darian Townsend, RSA
1:54.36 Wang Shun, CHN
1:54.65 Kenneth To, AUS

400 IM Nov. 2
4:05.62 Yang Zhixian, CHN
4:09.69 Travis Mahoney, AUS
4:10.68 Mao Feilian, CLB

MIXED 200 MR Nov. 2
1:43.04 China
1:43.61 China Clubs 3
1:47.62 China Clubs

200 FR Nov. 3
1:34.71 China
1:34.97 China Club 3
1:35.08 China Club

FINA WORLD CUP 7 Tokyo, Japan Nov. 6-7, 2012 (25 M)

WOMEN 50 FREE Nov. 6
24.01 Britta Steffen, GER
24.40 Inge Dekker, NED
24.60 Jessica Hardy, USA

100 FREE Nov. 7
52.42 Britta Steffen, GER
53.49 J. Ottesen Gray, DEN
53.59 Inge Dekker, NED

200 FREE Nov. 6
1:54.94 Katinka Hosszu, HUN
1:55.36 Zsuzsanna Jakabos, HUN
1:56.50 Kelly Stubbins, AUS

400 FREE Nov. 7
4:05.22 Melissa Ingram, NZL
4:05.33 Katinka Hosszu, HUN
4:07.34 Alanna Bowles, AUS

800 FREE Nov. 6
8:24.89 Katinka Hosszu, HUN
8:25.62 Laura Crockett, AUS
8:25.89 Emu Higuchi, JPN

50 BACK Nov. 6
26.99 Noriko Inada, JPN
27.09 Grace Loh, AUS
27.26 Shiho Sakai, JPN

100 BACK Nov. 7
57.71 Grace Loh, AUS
57.72 Rachel Goh, AUS
58.44 Shiho Sakai, JPN

200 BACK Nov. 6
2:05.39 Melissa Ingram, NZL
2:05.98 Marie Kamimura, JPN
2:06.95 Jenny Mensing, GER

50 BREAST Nov. 7
29.92 Jessica Hardy, USA
30.35 Rikke Pedersen, DEN
30.52 Rebecca Ejdervik, SWE

100 BREAST Nov. 6
1:04.86 Jessica Hardy, USA
1:04.94 Rikke Pedersen, DEN
1:05.03 Mio Motegi, JPN

200 BREAST Nov. 7
2:18.38 Rie Kaneto, JPN
2:18.42 Rikke Pedersen, DEN
2:19.48 Mio Motegi, JPN

50 FLY Nov. 7
25.48 J. Ottesen Gray, DEN
25.64 Inge Dekker, NED
26.57 Masako Kuroki, JPN

100 FLY Nov. 6
57.39 Inge Dekker, NED
58.24 Sophie Allen, GBR
58.30 Liu Lan, CHN

200 FLY Nov. 7
2:05.90 Katinka Hosszu, HUN
2:06.79 Zsuzsanna Jakabos, HUN
2:07.47 Misuzu Yabu, JPN

100 IM Nov. 7
59.50 Sophie Allen, GBR
59.80 Katinka Hosszu, HUN
59.90 Kotuku Ngawati, JPN

200 IM Nov. 6
2:07.51 Katinka Hosszu, HUN
2:07.85 Sophie Allen, GBR
2:07.92 Zsuzsanna Jakabos, HUN

400 IM Nov. 7
4:28.14 Katinka Hosszu, HUN
4:28.96 Zsuzsanna Jakabos, HUN
4:33.08 Miho Takahashi, JPN

MEN 50 FREE Nov. 7
20.94 George Bovell, TRI
21.15 Anthony Ervin, USA
21.48 Kenta Ito, JPN

100 FREE Nov. 6
47.09 Anthony Ervin, USA
47.17 T. D'Orsogna, AUS
47.23 Kenneth To, AUS

200 FREE Nov. 7
1:43.31 Darian Townsend, RSA
1:43.93 Robert Hurley, AUS
1:44.49 T. D'Orsogna, AUS

400 FREE Nov. 6
3:40.23 Michael Klueh, USA
3:42.21 Matthew Stanley, NZL
3:43.30 Naito Ehara, JPN

1500 FREE Nov. 7
14:38.64 Michael Klueh, USA
14:44.83 Pal Joensen, FAR
14:45.60 Ayatsugu Hirai, JPN

50 BACK Nov. 7
23.25 Stanislav Donets, RUS
23.30 Junya Koga, JPN
23.40 Ashley Delaney, AUS

100 BACK Nov. 6
49.49 Stanislav Donets, RUS
50.49 Robert Hurley, AUS
50.66 Ashley Delaney, AUS

200 BACK Nov. 7
1:49.69 Yuki Shirai, JPN
1:52.14 Ashley Delaney, AUS
1:52.32 Hayate Matsubara, JPN

50 BREAST Nov. 6
26.62 Christian Sprenger, AUS
26.70 Yuuki Okajima, JPN
26.86 Glenn Snyders, AUS

100 BREAST Nov. 7
57.98 Glenn Snyders, NZL
58.22 Akihiro Yamaguchi, JPN
58.67 Kouichiro Okazaki, JPN

200 BREAST Nov. 6
2:04.64 Akihiro Yamaguchi, JPN
2:05.62 Kazuki Kohinata, JPN
2:05.77 Yukihiro Takahashi, JPN

50 FLY Nov. 6
23.03 Jason Dunford, KEN
23.12 Zhang Qibin, CHN
23.22 Syota Hara, JPN

100 FLY Nov. 7
50.53 Zhang Qibin, CHN
50.73 Jason Dunford, KEN
50.92 Kazuya Kaneda, JPN

200 FLY Nov. 6
1:51.08 Kazuya Kaneda, JPN
1:52.92 Yuuki Kobori, JPN
1:53.74 Kou Fukaya, JPN

100 IM Nov. 6
51.80 George Bovell, TRI
51.83 Kenneth To, AUS
51.83 Kyle Richardson, AUS

200 IM Nov. 7
1:52.48 Daiya Seto, JPN
1:53.30 Darian Townsend, RSA
1:53.76 Kousuke Hagino, JPN

400 IM Nov. 6
4:00.02 Daiya Seto, JPN
4:06.94 Yousuke Mori, JPN
4:07.70 Kousuke Hagino, JPN

MIXED 200 MR Nov. 6
1:43.50 Chuyou University, JPN
1:43.71 China
1:44.97 Green Mizonokuchi, JPN

200 FR Nov. 7
1:37.12 Waseda University, JPN
1:37.63 Green Mizonokuchi, JPN
1:38.30 Central Meguro, JPN

FINA WORLD CUP 8 Singapore Nov. 10-11, 2012 (25 M)

WOMEN 50 FREE Nov. 10
24.10 Britta Steffen, GER
24.59 J. Gray Ottesen, DEN
24.77 Jessica Hardy, USA

100 FREE Nov. 11
52.38 Britta Steffen, GER
53.26 Angie Bainbridge, AUS
53.62 J. Gray Ottesen, DEN

200 FREE Nov. 10
1:53.57 Katinka Hosszu, HUN
1:54.28 Angie Bainbridge, AUS
1:54.34 Zsuzsanna Jakabos, HUN

400 FREE Nov. 11
4:04.01 Angie Bainbridge, AUS
4:04.14 Melissa Ingram, NZL
4:06.08 Jessica Pengelly, RSA

800 FREE Nov. 10
8:21.94 Katinka Hosszu, HUN
8:22.70 Alanna Bowles, AUS
8:22.81 Jessica Pengelly, RSA

50 BACK Nov. 10
27.06 Rachel Goh, AUS
27.08 Xiu Tianlongzhi, CHN
27.71 Grace Loh, AUS

100 BACK Nov. 11
57.34 Rachel Goh, AUS
57.75 Grace Loh, AUS
58.96 Xiu Tianlongzhi, CHN

200 BACK Nov. 10
2:04.93 Melissa Ingram, NZL
2:05.74 Jenny Mensing, GER

— continued on 44

FOR THE RECORD — continued from 43

2:07.80 Katinka Hosszu, HUN
50 BREAST Nov. 11
 29.96 Jessica Hardy, USA
 30.52 Rebecca Ejdervik, SWE
 30.59 Sarah Katsoulis, AUS

100 BREAST Nov. 10
 1:05.58 Jessica Hardy, USA
 1:05.77 Sarah Katsoulis, AUS
 1:06.21 Rie Kaneto, JPN

200 BREAST Nov. 11
 2:20.18 Rie Kaneto, JPN
 2:22.15 Sally Foster, AUS
 2:25.27 Miku Kanasashi, JPN

50 FLY Nov. 11
 25.42 J. Ottesen Gray, DEN
 25.78 Li Tao, SIN
 25.92 Inge Dekker, NED

100 FLY Nov. 10
 57.75 J. Ottesen Gray, DEN
 58.33 Li Tao, SIN
 58.66 Inge Dekker, NED

200 FLY Nov. 11
 2:05.85 Katinka Hosszu, HUN
 2:06.61 Liu Lan, CHN
 2:07.44 Zsuzsanna Jakabos, HUN

100 IM Nov. 11
 59.73 Zsuzsanna Jakabos, HUN
 59.74 Ngawati Kotuku, AUS
 59.97 Katinka Hosszu, HUN

200 IM Nov. 10
 2:06.41 Zsuzsanna Jakabos, HUN
 2:06.78 Katinka Hosszu, HUN
 2:09.17 Ngawati Kotuku, AUS

400 IM Nov. 11
 4:27.96 Katinka Hosszu, HUN
 4:28.31 Zsuzsanna Jakabos, HUN
 4:33.55 Miyu Otsuka, JPN

MEN
50 FREE Nov. 11
 20.99 Anthony Ervin, USA
 21.30 George Bovell, TRI
 21.36 Cameron McEvoy, AUS

100 FREE Nov. 10
 47.03 T. D'Orsogna, AUS
 47.20 Cameron McEvoy, AUS
 47.53 Darian Townsend, RSA

200 FREE Nov. 11
 1:43.40 Cameron McEvoy, AUS
 1:43.50 Darian Townsend, RSA
 1:44.24 T. D'Orsogna, AUS

400 FREE Nov. 10
 3:41.01 Robert Hurley, AUS
 3:42.12 Matthew Stanley, NZL
 3:43.97 Jarrod Killey, AUS

1500 FREE Nov. 11
 14:54.25 MacKenzie Horton, AUS
 14:55.80 Mark Randall, RSA
 15:07.19 Zhang Yunxiang, CHN

50 BACK Nov. 11
 23.22 Stanislav Donets, RUS
 23.51 Ashley Delaney, AUS
 23.67 Robert Hurley, AUS

100 BACK Nov. 10
 49.82 Stanislav Donets, RUS
 50.31 Robert Hurley, AUS
 50.69 Ashley Delaney, AUS

200 BACK Nov. 11
 1:50.70 Yuki Shirai, JPN
 1:51.52 Ashley Delaney, AUS
 1:53.43 Travis Mahoney, AUS

50 BREAST Nov. 10
 26.69 Christian Sprenger, AUS
 26.74 Glenn Snyders, AUS
 27.43 Igor Golovin, RUS

100 BREAST Nov. 11
 57.46 Christian Sprenger, AUS
 58.18 Glenn Snyders, NZL
 58.53 Sean Mahoney, USA

200 BREAST Nov. 10
 2:06.17 Sean Mahoney, USA
 2:06.98 Christian Sprenger, AUS
 2:08.72 Jeremy Meyer, AUS

50 FLY Nov. 10
 23.09 Zhang Qibin, CHN
 23.16 Jason Dunford, KEN
 23.31 T. D'Orsogna, AUS

100 FLY Nov. 11
 50.58 Zhang Qibin, CHN
 50.76 Kenneth To, AUS
 50.85 Kazuya Kaneda, JPN

200 FLY Nov. 10
 1:52.23 Kazuya Kaneda, JPN
 1:57.03 Christopher Wright, AUS
 2:02.96 Jerry Yong, SIN

100 IM Nov. 10
 51.50 Kenneth To, AUS
 51.69 George Bovell, TRI
 53.32 Darian Townsend, RSA

200 IM Nov. 11
 1:54.16 Darian Townsend, RSA
 1:54.95 Yuki Shirai, JPN
 1:58.14 Justin James, AUS

400 IM Nov. 10
 4:09.24 Darian Townsend, RSA
 4:09.75 Travis Mahoney, AUS
 4:15.98 Mitchell Donaldson, NZL

MIXED
200 MR Nov. 10
 1:42.10 Australia 3
 1:43.29 China
 1:43.90 Australia 7

200 FR Nov. 11
 1:34.20 China
 1:34.43 Australia
 1:35.55 Singapore

200 FREE Nov. 11
 1:41.46 Yannick Agnel, FRA
 1:43.08 Pieter Timmers, BEL
 1:43.21 Gregory Mallet, FRA

400 FREE Nov. 22
 3:37.54 Yannick Agnel, FRA
 3:41.66 Gabriele Detti, ITA
 3:42.32 Andrea D'Arrigo, ITA

1500 FREE Nov. 24
 14:27.78 Gregorio Paltrinieri, ITA
 14:30.87 Sergey Frolov, UKR
 14:41.97 Anthony Pannier, FRA

50 BACK Nov. 23
 23.28 Jeremy Stravius, FRA
 23.46 Guy Barnea, ISR
 23.47 Vladimir Morozov, RUS

100 BACK Nov. 25
 49.70 Jeremy Stravius, FRA
 50.31 Benjamin Stasiulis, FRA
 51.35 Damiano Lestingi, ITA

200 BACK Nov. 22
 1:48.51 Radoslaw Kaweck, POL
 1:49.41 Peter Bernek, HUN
 1:51.81 Benjamin Stasiulis, FRA

50 BREAST Nov. 24
 26.18 Fabio Scozzoli, ITA
 26.20 Aleksander Hetland, NOR
 26.24 Damir Dugonjic, SLO

100 BREAST Nov. 23
 57.25 Fabio Scozzoli, ITA
 57.75 Martti Aljand, EST
 57.76 Giacomo Dortona, FRA

200 BREAST Nov. 25
 2:04.55 V. Sinkovych, RUS
 2:05.12 Igor Borysik, UKR
 2:05.21 Andriy Kovalenko, UKR

50 FLY Nov. 25
 22.53 Rafael Munoz, ESP
 22.54 Frederic Bousquet, FRA
 22.72 Andriy Govoruc, UKR

100 FLY Nov. 23
 49.98 Evgeny Korotyskin, RUS
 50.39 Rafael Munoz, ESP
 50.66 Mendy Metella, FRA

200 FLY Nov. 24
 1:52.11 Laszlo Cseh, HUN
 1:53.38 Viktor Bromer, DEN
 1:53.47 Joeri Verlinden, NED

100 IM Nov. 25
 51.89 Vladimir Morozov, RUS
 52.64 Peter Mankoc, SLO
 52.92 Martti Aljand, EST

200 IM Nov. 22
 1:52.74 Laszlo Cseh, HUN
 1:54.00 Jeremy Stravius, FRA
 1:55.14 Gal Nevo, ISR

400 IM Nov. 23
 4:00.99 Laszlo Cseh, HUN
 4:02.54 David Verraszto, HUN
 4:04.80 Gal Nevo, ISR

200 MR Nov. 22
 1:32.35 France
 1:33.87 Russia
 1:35.18 Czech Republic

200 FR Nov. 25
 1:23.31 France

59.15 Zsuzsanna Jakabos, HUN
 59.72 Siobhan O'Connor, GBR

200 IM Nov. 22
 2:05.78 Katinka Hosszu, HUN
 2:06.21 Hannah Milej, GBR
 2:06.66 Zsuzsanna Jakabos, HUN

400 IM Nov. 25
 4:23.47 Hannah Milej, GBR
 4:23.91 Katinka Hosszu, HUN
 4:25.61 Zsuzsanna Jakabos, HUN

200 MR Nov. 25
 1:47.41 Denmark
 1:47.67 Czech Republic
 1:47.20 France

200 FR Nov. 22
 1:38.10 Denmark
 1:38.13 Finland
 1:38.39 Belarus

MEN
50 FREE Nov. 22
 20.70 Florent Manaudou, FRA
 20.89 Vladimir Morozov, RUS
 20.97 Frederic Bousquet, FRA

100 FREE Nov. 24
 45.68 Vladimir Morozov, RUS
 46.52 Evgeny Lagunov, RUS
 46.80 Yannick Agnel, FRA

200 FREE Nov. 25
 1:41.46 Yannick Agnel, FRA
 1:43.08 Pieter Timmers, BEL
 1:43.21 Gregory Mallet, FRA

400 FREE Nov. 22
 3:37.54 Yannick Agnel, FRA
 3:41.66 Gabriele Detti, ITA
 3:42.32 Andrea D'Arrigo, ITA

1500 FREE Nov. 24
 14:27.78 Gregorio Paltrinieri, ITA
 14:30.87 Sergey Frolov, UKR
 14:41.97 Anthony Pannier, FRA

50 BACK Nov. 23
 23.28 Jeremy Stravius, FRA
 23.46 Guy Barnea, ISR
 23.47 Vladimir Morozov, RUS

100 BACK Nov. 25
 49.70 Jeremy Stravius, FRA
 50.31 Benjamin Stasiulis, FRA
 51.35 Damiano Lestingi, ITA

200 BACK Nov. 22
 1:48.51 Radoslaw Kaweck, POL
 1:49.41 Peter Bernek, HUN
 1:51.81 Benjamin Stasiulis, FRA

50 BREAST Nov. 24
 26.18 Fabio Scozzoli, ITA
 26.20 Aleksander Hetland, NOR
 26.24 Damir Dugonjic, SLO

100 BREAST Nov. 23
 57.25 Fabio Scozzoli, ITA
 57.75 Martti Aljand, EST
 57.76 Giacomo Dortona, FRA

200 BREAST Nov. 25
 2:04.55 V. Sinkovych, RUS
 2:05.12 Igor Borysik, UKR
 2:05.21 Andriy Kovalenko, UKR

50 FLY Nov. 25
 22.53 Rafael Munoz, ESP
 22.54 Frederic Bousquet, FRA
 22.72 Andriy Govoruc, UKR

100 FLY Nov. 23
 49.98 Evgeny Korotyskin, RUS
 50.39 Rafael Munoz, ESP
 50.66 Mendy Metella, FRA

200 FLY Nov. 24
 1:52.11 Laszlo Cseh, HUN
 1:53.38 Viktor Bromer, DEN
 1:53.47 Joeri Verlinden, NED

100 IM Nov. 25
 51.89 Vladimir Morozov, RUS
 52.64 Peter Mankoc, SLO
 52.92 Martti Aljand, EST

200 IM Nov. 22
 1:52.74 Laszlo Cseh, HUN
 1:54.00 Jeremy Stravius, FRA
 1:55.14 Gal Nevo, ISR

400 IM Nov. 23
 4:00.99 Laszlo Cseh, HUN
 4:02.54 David Verraszto, HUN
 4:04.80 Gal Nevo, ISR

200 MR Nov. 22
 1:32.35 France
 1:33.87 Russia
 1:35.18 Czech Republic

200 FR Nov. 25
 1:23.31 France

1:23.99 Russia
 1:25.60 Belgium

MIXED
200 MR Nov. 23
 1:38.74 France
 1:39.79 Slovenia
 1:40.10 Norway

200 FR Nov. 24
 1:29.64 France
 1:30.41 Russia
 1:31.74 Finland

50 FREE Nov. 10
 22.15 Missy Franklin, STAR
 22.75 Erin Caffisch, UOFM
 22.88 Rebecca Weiland, UOFM

100 FREE Nov. 11
 48.31 Missy Franklin, STAR
 49.65 Erin Caffisch, UOFM
 49.77 Kathryn McLaughlin, MVN

200 FREE Nov. 9
 1:42.28 Missy Franklin, STAR
 1:46.70 Dagny Knutson, ASK
 1:47.20 Chloe Sutton, MVN

500 FREE Nov. 10
 4:38.45 A. Steenvoorden, MINN
 4:38.47 Chloe Sutton, MVN
 4:40.15 Rebecca Mann, CAT

1650 FREE Nov. 11
 15:49.41 Chloe Sutton, MVN
 15:54.46 Rebecca Mann, CAT
 15:57.11 A. Steenvoorden, MINN

100 BACK Nov. 10
 50.97 Missy Franklin, STAR
 53.55 Mickayla Hinkle, SCSC
 53.67 Tess Behrens, UOFM

200 BACK Nov. 11
 1:50.10 Missy Franklin, STAR
 1:56.07 Tess Behrens, UOFM
 1:58.79 Mickayla Hinkle, SCSC

100 BREAST Nov. 9
 59.96 Ashley Wanland, UNAT
 1:00.32 Jillian Tyler, CAN
 1:00.43 Kierra Smith, UOFM

200 BREAST Nov. 10
 2:08.11 Kierra Smith, UOFM
 2:11.47 Ashley Wanland, UNAT
 2:17.04 Katharine Ross, CIA

100 FLY Nov. 9
 52.71 Claire Donahue, WKU
 54.31 Kathryn McLaughlin, MVN
 54.33 Rebecca Weiland, UOFM

200 FLY Nov. 10
 1:57.14 Rebecca Mann, CAT
 1:58.24 Dagny Knutson, ASK
 1:58.87 Tori Simenec, UOFM

200 IM Nov. 11
 1:59.41 Dagny Knutson, ASK
 2:00.11 Kierra Smith, UOFM
 2:02.13 Tori Simenec, UOFM

400 IM Nov. 9
 4:10.29 Rebecca Mann, CAT
 4:21.21 Isabella Rongione, FISH
 4:23.51 Reagan Cook, SWAC

400 MR Nov. 11
 3:39.74 Minnesota
 3:47.83 Minnesota B
 4:02.74 Fish

400 FR Nov. 9
 3:19.99 Minnesota
 3:22.65 Minnesota B
 3:24.55 Star

800 FR Nov. 10
 7:15.93 Minnesota
 7:22.21 Minnesota B
 7:27.27 Star

MEN
50 FREE Nov. 10
 19.73 James Feigen, TXLA
 20.11 Garrett Weber-Gale, TXLA
 20.17 Derek Toomey, UOFM

100 FREE Nov. 11
 43.59 Garrett Weber-Gale, TXLA
 45.10 Hrvoje Capan, UOFM
 45.20 Derek Toomey, UOFM

200 FREE Nov. 9
 1:35.15 Ryan Lochte, UNAT
 1:35.69 Mads Glaesner, TROJ
 1:37.86 Robert Bollier, UNAT

500 FREE Nov. 10
 4:15.96 Mads Glaesner, TROJ
 4:26.49 Liam Egan, CRIM
 4:28.70 Janardan Burns, MVN

1650 FREE Nov. 11
 14:48.53 Mads Glaesner, TROJ
 15:17.05 David Heron, MVN
 15:24.71 Clayton Smith, UOFM

100 BACK Nov. 10
 46.21 Ryan Lochte, UNAT
 47.24 David Plummer, MTKA
 47.82 Arkady Vyatchanin, GSC

200 BACK Nov. 11
 1:41.43 Ryan Lochte, UNAT
 1:44.06 Arkady Vyatchanin, GSC
 1:46.50 Carl Newenhouse, UOFM

100 BREAST Nov. 9
 52.80 Mihail Alexandrov, TROJ
 52.94 Carlos Almeida, CARD
 53.74 Scott Weltz, UCD

200 BREAST Nov. 10
 1:55.38 Mihail Alexandrov, TROJ
 2:00.07 Max Cartwright, UOFM
 2:00.08 Jared Anderson, UOFM

100 FLY Nov. 9
 46.73 Ryan Lochte, UNAT
 47.66 Kiyler Van Swol, UOFM
 47.74 Robert Bollier, UNAT

200 FLY Nov. 10
 1:44.46 Robert Bollier, UNAT
 1:47.07 Kiyler Van Swol, UOFM
 1:49.69 B. Hatanaka, UOFM

200 IM Nov. 11
 1:45.62 Ryan Lochte, UNAT
 1:49.24 Kiyler Van Swol, UOFM
 1:50.75 B. Hatanaka, UOFM

400 IM Nov. 9
 3:53.93 Luke Bushman, UNAT
 3:54.24 David Dimitrov, LLSC
 3:57.65 Austin Vacek, KATY

400 MR Nov. 11
 3:16.40 Minnesota
 3:23.95 Minnesota B
 3:24.39 Minnetonka

400 FR Nov. 9
 3:02.86 Minnesota B
 3:06.34 Minnetonka
 6:43.29 Minnesota
 6:48.51 Minnesota B
 7:01.45 Elite

800 FR Nov. 10
 6:43.29 Minnesota
 6:48.51 Minnesota B
 7:01.45 Elite

USA SWIMMING WINTER NATIONAL CHAMPIONSHIPS
 Austin, Texas
 Nov. 29-Dec. 1, 2012 (25 YD)
 n = American and U.S. Open Record
 a = American Record

TEAM STANDINGS—Club
Combined
 248 Nation's Capital
 211 Tucson Ford
 154 Dynamo
Women
 141 Nation's Capital
 102 Colorado Stars
 65 Longhorn
Men
 172 Tucson Ford
 107 Nation's Capital
 106 Dynamo

TEAM STANDINGS—College
Combined
 812.5 Texas
 810.5 Arizona
 721.5 USC
Women
 422.5 USC
 419 Arizona
 384.5 Texas
Men
 428 Texas
 391.5 Arizona
 299 USC

WOMEN
50 FREE Nov. 29
 21.83 Jessica Hardy, TROJ
 21.84 Margo Geer, ZONA
 21.91 C. Magnuson, FORD
 22.04 Kasey Carlson, USC
 22.05 Olivia Smoliga, GTAC
 22.26 Janet Hu, NCAP
 22.31 Erika Erndt, UT
 22.53 Kellyn Stewart, UOFM

100 FREE Nov. 11
 43.59 Garrett Weber-Gale, TXLA
 45.10 Hrvoje Capan, UOFM
 45.20 Derek Toomey, UOFM

200 FREE Nov. 9
 1:35.15 Ryan Lochte, UNAT
 1:35.69 Mads Glaesner, TROJ
 1:37.86 Robert Bollier, UNAT

400 FREE Nov. 29
 21.83 Jessica Hardy, TROJ
 21.84 Margo Geer, ZONA
 21.91 C. Magnuson, FORD
 22.04 Kasey Carlson, USC
 22.05 Olivia Smoliga, GTAC
 22.26 Janet Hu, NCAP
 22.31 Erika Erndt, UT
 22.53 Kellyn Stewart, UOFM

100 FREE Dec. 1
 47.16 Margo Geer, ZONA

47.60 Missy Franklin, STAR
 47.89 Olivia Smoliga, GTAC
 47.97 Simone Manuel, FCST
 47.98 Jessica Hardy, TROJ
 48.22 Liana Erndt, UT
 48.21 Erika Neal, AGUA
 49.23 Janet Hu, NCAP

200 FREE Nov. 30
 1:42.42 Missy Franklin, STAR
 1:43.46 Erika Erndt, T2
 1:43.99 Karlee Bispo, TXLA
 1:44.56 Katie Ledecy, NCAP
 1:44.86 Simone Manuel, FCST
 1:45.26 Kylie Stewart, DYNA
 1:45.67 Quinn Carrozza, UNAT
 1:45.95 Lia Neal, AGUA

500 FREE Nov. 29
 4:34.53 Katie Ledecy, NCAP
 4:36.87 Haley Anderson, USC
 4:36.90 Leah Smith, JCCS
 4:41.55 A. Steenvoorden, UNAT
 4:43.31 Kelsey Leneave, UT
 4:43.35 Lindsay Vrooman, IU
 4:44.92 Bonnie Brandon, ZONA
 4:45.74 Kaitlin Pawlowicz, UT

1650 FREE Dec. 1
 15:28.36 Katie Ledecy, NCAP

4:14.60	Anna Senko, UCLA	1:38.22	Arkady Vyatchanin, GSC
		1:42.29	James Lendrum, USC
		1:42.72	Eric Ress, IU
200 MR Nov. 30		1:43.10	Jacob Jarzen, MSU
1:36.46	Arizona	1:43.38	Austin Surhoff, UT
1:37.41	USC	1:43.41	Matt Thompson, UNAT
1:38.67	Texas	1:43.90	Ellis Miller, ZONA
1:39.43	Arizona B		
1:40.86	USC B		
1:40.74	UCLA		
1:40.82	Indiana		
1:41.75	West Virginia		

400 MR Nov. 29		100 BREAST Nov. 30	
3:31.16	Arizona	51.10a	Kevin Cordes, ZONA (Split: 23.94)
3:32.20	USC	51.62	Mike Alexandrov, TROJ
3:33.50	Texas	51.99	C. Burckle, FORD
3:36.80	USC B	52.30	Bradley Craig, VOLS
3:36.87	Arizona B	52.41	Carl Mickelson, ZONA
3:38.42	Indiana	52.66	Kevin Steel, ZONA
3:40.27	UCLA	53.12	Imri Ganiel, UNAT
3:41.52	Texas B	53.81	Timothy Freeman, UCSB

200 FR Nov. 29		200 BREAST Dec. 1	
1:28.63	Arizona	1:50.73n	Kevin Cordes, ZONA (24.92, 53.37, 1:21.86)
1:29.14	Texas	1:51.20	C. Burckle, FORD
1:29.47	USC	1:52.24	Mike Alexandrov, TROJ
1:31.04	Arizona B	1:54.73	Austen Thompson, FORD
1:31.24	UCLA	1:54.89	Cody Miller, IU
1:32.13	USC B	1:55.11	Bradley Craig, VOLS
1:32.40	Indiana	1:56.43	Chase Kalisz, NBAC
1:33.37	Texas Christian	1:57.40	Carl Mickelson, ZONA

400 FR Dec. 1		100 FLY Nov. 30	
3:13.90	Arizona	44.88	Thomas Shields, UNAT
3:16.05	Texas	45.32	Davis Tarwater, VOLS
3:16.29	USC	45.81	Giles Smith, ZONA
3:17.81	Arizona B	46.19	Jacob Jarzen, MSU
3:17.85	UCLA	46.86	Chase Bloch, USC
3:20.56	Texas B	47.18	Tripp Cooper, UT
3:20.57	Indiana	47.21	Bryan Williams, MSU
3:20.72	USC B	47.56	Wade Allen, UCSB

800 FR Nov. 30		200 FLY Dec. 1	
7:05.69	USC	1:40.24	Thomas Shields, UNAT
7:07.87	Texas	1:44.58	Clark Smith, DSA
7:09.35	Indiana	1:44.80	N. Shapira Bar-Or, ZONA
7:13.76	UCLA	1:45.39	Matthew Barber, ZONA
7:17.63	USC B	1:45.44	Andrew Seliskar, NCAP
7:19.22	Villanova	1:45.62	Dakota Hodgson, USC
7:19.36	Texas Christian	1:47.03	Tripp Cooper, UT
7:26.34	UCLA B	1:47.96	Justin DiFedericko, USC

MEN 50 FREE Nov. 29		200 IM Nov. 29	
18.99	Matt Grevers, FORD	1:40.97	Ryan Lochte, DBS
19.36	Davis Tarwater, VOLS	1:44.24	James Lendrum, USC
19.44	Pavel Babaev, SWIM	1:44.39	Austin Surhoff, UT
19.61	Joao de Lucca, UOFL	1:44.43	Ryan Murphy, BSS
19.64	Garrett Weber-Gale, TXLA	1:44.52	Austen Thompson, FORD
19.65	Adam Small, FORD	1:44.76	Chase Kalisz, NBAC
19.79	John Wagner, USC	1:45.67	Miles Joye, ZONA
19.88	Jakob Allen, UCD	1:45.79	Gunnar Bentz, DYNA

100 FREE Dec. 1		400 IM Nov. 30	
41.71	Matt Grevers, FORD	3:43.06	Chase Kalisz, NBAC
42.05	Joao de Lucca, UOFL	3:44.60	Austen Thompson, FORD
42.37	Ricky Berens, UNAT	3:45.32	Alexander Tikhonov, TROJ
42.63t	Nikita Lobintsev, TROJ	3:45.81	Gunnar Bentz, DYNA
42.63t	Giles Smith, ZONA	3:46.13	Andrew Seliskar, NCAP
42.89	Garrett Weber-Gale, TXLA	3:47.87	Matt Thompson, UNAT
43.26	Alex Sukhorukov, TROJ	3:49.30	Sam Williamson, CLPR
43.57	Pavel Babaev, SWIM	3:50.71	Samuel Rowan, FORD

200 FREE Nov. 30		200 MR Nov. 30	
1:31.96	Ricky Berens, UNAT	1:24.84	Arizona
1:32.57	Joao de Lucca, UOFL	1:26.58	Arizona B
1:33.26	Ryan Lochte, DBS	1:26.77	USC
1:33.66	Nikita Lobintsev, TROJ	1:27.53	Texas
1:33.89	Clay Youngquist, UT	1:28.44	USC B
1:34.19	Dax Hill, UT	1:29.53	Indiana
1:35.92	Chad Bobrosky, USC	1:30.08	New York
1:36.23	Ryan Murphy, BSS	1:31.41	Nation's Capital

500 FREE Nov. 29		400 MR Nov. 29	
4:16.08	Michael McBroom, UT	3:05.69	Arizona
4:16.56	Cristian Quintero, USC	3:10.43	Arizona B
4:16.92	Matthew Barber, ZONA	3:11.12	USC
4:18.10	Nikita Lobintsev, TROJ	3:14.26	Texas B
4:18.28	Clark Smith, DSA	3:14.86	Indiana
4:19.78	Evan Pinion, DYNA	3:18.51	Nation's Capital
4:26.42	Nicholaus Johnson, USC	3:19.47	Texas Christian
4:28.06	Michael Domagala, AGUA	3:19.54	New York

1650 FREE Dec. 1		200 FR Nov. 29	
14:40.10	Michael McBroom, UT	1:17.95	Arizona
14:56.47	Evan Pinion, DYNA	1:19.37	USC
15:00.79	Cristian Quintero, USC	1:19.53	Texas
15:11.91	Jordan Wilimovsky, NU	1:19.69	Texas B
15:12.41	Theodore Singley, USC	1:20.26	Arizona B
15:12.47	Cary Wright, USC	1:20.61	Michigan State
15:13.55	James Barbieri, IU	1:21.60	Cleveland State
15:20.32	Kevin Litherland, DYNA	1:22.60	USC B

100 BACK Nov. 30		400 FR Dec. 1	
44.55n	Matt Grevers, FORD (Split: 21.43)	2:51.21	Arizona
45.36	Eugene Godsoe, STAN	2:54.06	Texas
45.92	Arkady Vyatchanin, GSC	2:54.80	USC
45.93	M. Friedemann, ZONA	2:56.07	Texas B
45.96	Ryan Murphy, BSS	2:57.55	Arizona B
46.01	Ryan Lochte, DBS	2:58.92	Michigan State
47.13	Nick Karpov, USC	2:59.13	Indiana
47.51	Luca Spinazzola, USC	2:59.27	USC B

200 BACK Dec. 1		800 FR Nov. 30	
1:38.15	Ryan Murphy, BSS	6:23.22	USC
		6:23.48	Texas
		6:33.36	Indiana
		6:34.40	Michigan State
		6:37.83	USC B



PICTURED » Arizona's Kevin Cordes set an American record in the 100 yard breast (51.10) as well as an American and U.S. Open record in the 200 breast (1:50.73) at USA Swimming's Winter Nationals, Nov. 29-Dec. 1.

6:37.99	Texas B	1:01.73	Lillie King, UNAT
6:40.06	Dynamo	1:01.92	Kathleen Baker, MAC
6:43.44	Texas Christian		

USA SWIMMING SHORT COURSE JUNIOR NATIONAL CHAMPIONSHIPS Knoxville, Tennessee Dec. 6-8, 2012 (25 YD)

* = Junior National Record

TEAM STANDINGS Combined	
674	SwimMAC Carolina
561	Bolles School
330	Palo Alto Stanford
308	Crow Canyon
236	Dayton Raiders
Women	
405	SwimMAC Carolina
221	Palo Alto Stanford
194	Orange County Waves
167	Lakeside
145	Crow Canyon

Men	
424	Bolles School
269	SwimMAC Carolina
223	North Texas Nadadores
206	Dayton Raiders
163	Crow Canyon

WOMEN 50 FREE Dec. 6	
22.24*	Lindsey Engel, OCV
22.58	Linnea Mack, OSP
23.11	Kristen Vredveld, BAY

100 FREE Dec. 8	
48.73	Emily Allen, NMSC
48.96	Lindsey Engel, OCV
49.26	Linnea Mack, OSP

200 FREE Dec. 7	
1:45.79	Meaghan Raab, HAC
1:46.78	Emily Allen, NMST
1:47.08	A. Malazdrewicz, JEFF

500 FREE Dec. 6	
4:43.26	Leah Stevens, LST
4:43.61	Cecilia Williams, ATAC
4:44.72	Zoe Thatcher, MMR

1650 FREE Dec. 8	
16:07.77	Leah Stevens, LST
16:11.96	Erin Emery, SON
16:13.51	Ashley Neidigh, BSS

1650 FREE Dec. 8	
15:12.01	Jonathan Roberts, NTN
15:12.84	Liam Egan, CRIM
15:21.36	Adam Henley, SON

100 BACK Dec. 7	
47.22	Dylan Carter, DN
48.31	William Glass, COM
48.44	Aaron Greene, NTN

200 BACK Dec. 8	
1:43.64	Hennessey Stuart, UNAT
1:43.74	Aaron Greene, NTN
1:43.96	William Glass, COM

100 BREAST Dec. 7	
54.46	Steven Stumpf, OAPB
54.56	Michael Duderstadt, PCS
54.60	Curtis Ogren, PASA

200 BREAST Dec. 8	
1:55.88*	Steven Stumpf, OAPB
1:58.25	Curtis Ogren, PASA
1:59.15	Michael Duderstadt, PCS

100 FLY Dec. 7	
46.70*	Joseph Schooling, BSS
47.26	Santo Condorelli, BSS
47.52	Matthew Joss, MAC

200 FLY Dec. 8	
1:45.00	Joseph Schooling, BSS
1:45.96	Pace Clark, MTSC
1:46.86	James Yoder, RAYS

200 IM Dec. 6	
1:46.79	Steven Stumpf, OAPB
1:47.11	Curtis Ogren, PASA
1:47.65	Harrison Thai, CRES

400 IM Dec. 7	
3:44.87*	Curtis Ogren, PASA
3:49.60	Jonathan Roberts, NTN
3:50.06	Steven Stumpf, OAPB

200 MR Dec. 7	
1:27.80	Bolles School
1:28.29	SwimMAC Carolina
1:31.25	Nashville

400 MR Dec. 6	
3:15.83	Bolles School
3:16.76	SwimMAC Carolina
3:19.99	Tide

200 FR Dec. 6	
1:19.03*	Bolles School
1:20.44	SwimMAC Carolina
1:22.54	Phoenix

400 FR Dec. 8	
2:55.89*	Bolles School
2:57.69	SwimMAC Carolina
3:03.65	Crow Canyon Sharks

800 FR Dec. 7	
6:37.77	Bolles School
6:39.29	SwimMAC Carolina
6:40.36	Dayton Raiders

TOM DOLAN INVITATIONAL College Park, Maryland Dec. 6-9, 2012 (25 YD)

WOMEN 50 FREE Dec. 8	
22.26	Janet Hu, NCAP
23.01	Valerie Yoshimura, SSC
23.10	Lilly Dubroff, DST

100 FREE Dec. 9	
48.81	Janet Hu, NCAP
50.47	Emily Kosten, CBST
50.50	Valerie Yoshimura, SSC

200 FREE Dec. 7	
1:48.30	Kaitlyn Jones, DST
1:48.45	Anna Kolanowski, RMSC
1:49.96	Marina Falcone, NCAP

500 FREE Dec. 8	
4:34.71	Katie Ledecy, NCAP
4:50.18	Hutchinson-M., AGUA
4:52.47	Kaitlyn Jones, DST

1000 FREE Dec. 9	
9:25.90	Katie Ledecy, NCAP
10:02.13	Anna Kolanowski, RMSC
10:06.28	Jessie Gvozdas, NOVA

100 BACK Dec. 7	
47.22	Dylan Carter, DN
48.31	William Glass, COM
48.44	Aaron Greene, NTN

200 BACK Dec. 8	
1:43.64	Hennessey Stuart, UNAT
1:43.74	Aaron Greene, NTN
1:43.96	William Glass, COM

100 BREAST Dec. 7	
54.46	Steven Stumpf, OAPB
54.56	Michael Duderstadt, PCS
54.60	Curtis Ogren, PASA

200 BREAST Dec. 8	
1:55.88*	Steven Stumpf, OAPB
1:58.25	Curtis Ogren, PASA
1:59.15	Michael Duderstadt, PCS

100 FLY Dec. 7	
46.70*	Joseph Schooling, BSS
47.26	Santo Condorelli, BSS
47.52	Matthew Joss, MAC

200 FLY Dec. 8	
1:45.00	Joseph Schooling, BSS
1:45.96	Pace Clark, MTSC
1:46.86	James Yoder, RAYS

200 IM Dec. 6	
1:46.79	Steven Stumpf, OAPB
1:47.11	Curtis Ogren, PASA
1:47.65	Harrison Thai, CRES

400 IM Dec. 7	
3:44.87*	Curtis Ogren, PASA
3:49.60	Jonathan Roberts, NTN
3:50.06	Steven Stumpf, OAPB

200 MR Dec. 7	
1:27.80	Bolles School
1:28.29	SwimMAC Carolina
1:31.25	Nashville

400 MR Dec. 6	
3:15.83	Bolles School
3:16.76	SwimMAC Carolina
3:19.99	Tide

200 FR Dec. 6	
1:19.03*	Bolles School
1:20.44	SwimMAC Carolina
1:22.54	Phoenix

400 FR Dec. 8	
2:55.89*	Bolles School
2:57.69	SwimMAC Carolina
3:03.65	Crow Canyon Sharks

800 FR Dec. 7	
6:37.77	Bolles School
6:39.29	SwimMAC Carolina
6:40.36	Dayton Raiders

TOM DOLAN INVITATIONAL College Park, Maryland Dec. 6-9, 2012 (25 YD)

WOMEN 50 FREE Dec. 8	
22.26	Janet Hu, NCAP
23.01	Valerie Yoshimura, SSC
23.10	Lilly Dubroff, DST

100 FREE Dec. 9	
48.81	Janet Hu, NCAP
50.47	Emily Kosten, CBST
50.50	Valerie Yoshimura, SSC

200 FREE Dec. 7	
1:48.30	Kaitlyn Jones, DST
1:48.45	Anna Kolanowski, RMSC
1:4	

FOR THE RECORD — continued from 24

1:49.43 Ben Southern, NCAP
200 IM Dec. 9
 1:47.96 Michael Domagala, AGUA
 1:49.67 Brandon Fiala, MACH
 1:51.66 Koya Osada, UNAT

400 IM Dec. 7
 45.79 Koya Osada, UNAT
 3:53.16 Jack Foster, RMSC
 3:54.62 Brandon Fiala, MACH
 4:00.04 Brandon Fiala, MACH

200 MR Dec. 9
 1:31.38 Nation's Capital
 1:32.82 Rockville Montgomery
 1:32.83 Asphalt Green

400 MR Dec. 8
 3:17.52 Rockville Montgomery
 3:20.35 Nation's Capital
 3:25.77 Nation's Capital B

200 FR Dec. 8
 1:22.49 Nation's Capital
 1:24.35 Rockville Montgomery
 1:24.74 Delaware

400 FR Dec. 9
 3:02.99 Rockville Montgomery
 3:03.99 Nation's Capital
 3:09.32 Machine

800 FR Dec. 7
 6:37.56 Rockville Montgomery
 6:50.90 Nation's Capital
 6:53.30 Asphalt Green

50 FREE
 20.95 Alex Gray, BHS
 21.14 Corey Holmes, SPHS
 21.57 Hal McRae, BHS
100 FREE
 45.79 Corey Holmes, SPHS
 45.87 Robert Howard, BRHS
 45.92 Alex Gray, BHS

200 FREE
 1:38.22* Will Freeman, SPHS
 1:40.34 Robert Howard, BRHS
 1:41.17* Carl Madden, UMSW
 1:41.17* Slater Whiston, SPE

500 FREE
 4:30.34 Will Freeman, SPHS
 4:34.75 Carl Madden, UMSW
 4:39.34 Russell Noletto, MGTSHS

100 BACK
 48.41* Will Glass, MGTHS
 49.89 Will Anderson, MGTHS
 50.23 Kyle Simpson, SFHS

100 BREAST
 55.51* M. Brutkiewicz, UMSW
 58.80 Stephen Jellenc, FHS
 1:00.18 Bryful Sun, LAMP

100 FLY
 48.21* Will Glass, MGTHS
 49.22 Kyle Simpson, SFHS
 40.32 Will Anderson, MGTHS

200 IM
 1:52.46 M. Brutkiewicz, UMSW
 1:53.75 Foster Ballard, ECHS
 1:55.48 Jackson Tunks, FHS

200 MR
 1:35.28* McGill-Toolen Catholic
 1:36.49 Fairhope
 1:41.66 Huntsville

200 FR
 1:28.62 Huntsville
 1:30.43 Bob Jones
 1:31.23 Hoover

400 FR
 3:10.45 McGill-Toolen Catholic
 3:13.56 Huntsville
 3:13.92 Fairhope

ALASKA HIGH SCHOOL CHAMPIONSHIPS
 Bartlett, Alaska
 Nov. 2-3, 2012 (25 YD)

GIRLS TEAM STANDINGS
 100 Kodiak
 79 Dimond
 78 Ketchikan

50 FREE
 23.65 Ila Hughes, KHS
 24.59 Martha Hood, IDEA
 24.72 Isabel Stephens, KAYHI

100 FREE
 50.62 Ila Hughes, KHS
 52.73 Emmie Jennings, CHS
 53.53 Katie Stark, PHS

200 FREE
 1:53.78 Jorie Lindquist, KHS
 1:55.72 Jenny Wilcox, DHS
 1:56.93 Tara DeGeorge, WHS

500 FREE
 4:57.06 Tahna Lindquist, KHS
 5:17.63 Tara DeGeorge, WHS
 5:21.36 Maddy Stephens, KAYHI

100 BACK
 58.17 Victoria Adams, SHS
 58.44 Jorie Lindquist, KHS
 58.50 Sammy Burke, CHS

100 BREAST
 1:06.80 Kari Wray, DHS
 1:07.20 Dakota Isaak, JDHS
 1:07.43 Kira O'Donoghue, WVHS

100 FLY
 57.64 Jenny Wilcox, DHS
 57.65 Ciera Kelly, JDHS
 58.47 Martha Hood, IDEA

200 IM
 2:06.63 Tahna Lindquist, KHS
 2:11.06 Arianna Rohde, DHS
 2:11.12 Victoria Adams, SHS

200 MR
 1:49.00 Juneau Douglas
 1:49.26 Dimond
 1:49.69 Ketchikan

200 FR
 1:36.58 Kodiak
 1:40.19 Ketchikan
 1:41.39 Dimond
400 FR
 3:31.96 Kodiak
 3:41.29 Dimond
 3:41.78 Ketchikan

BOYS TEAM STANDINGS
 131 Dimond
 67 Sitka
 49 Kodiak

50 FREE
 21.87 Abel Auelbach, PETER
 22.00 Kenny Fox, TMHS
 22.06 Brent O'Connor, CRAIG

100 FREE
 47.74 Abel Auelbach, PETER
 48.89 Brent O'Connor, CRAIG
 49.20 Sundstren-Brenner, SITKA

200 FREE
 1:43.67 Jackson Ursin, DHS
 1:44.31 Michael Summers, DHS
 1:45.73 Michael Smith, KHS

500 FREE
 4:40.94 Jackson Ursin, DHS
 4:40.98 Michael Summers, DHS
 4:47.61 Michael Smith, KHS

100 BACK
 52.56 Louis Belley, SITKA
 53.99 Cory Chan, DHS
 55.69 Nathaniel Adams, SHS

100 BREAST
 1:01.50 Jonah Swanson, JDHS
 1:01.52 T. O'Donoghue, WVHS
 1:02.14 Jarod O'Brien, DHS

100 FLY
 52.25 Kenny Fox, TMHS
 52.28 Erik Wilcox, DHS
 53.01 Merek Corporon, KAYHI

200 IM
 1:55.30 Louis Belley, SITKA
 1:57.21 Erik Wilcox, DHS
 2:00.68 Louis Marquis, WVHS

200 MR
 1:38.91 Sitka
 1:41.61 Kodiak
 1:41.86 South Anchorage

200 FR
 1:29.19 Dimond
 1:30.54 Soldotna
 1:30.67 Thunder Mountain

400 FR
 3:14.86 Dimond
 3:17.56 Sitka
 3:18.67 South Anchorage

ARIZONA DIVISION I HIGH SCHOOL CHAMPIONSHIPS
 Mesa, Arizona
 Nov. 2-3, 2012 (25 YD)

GIRLS TEAM STANDINGS
 330 Xavier College Prep
 245 Pinnacle
 169 Mesa Mountain Vie

50 FREE
 23.33 Victoria Toris, PHS
 23.58 S. Guttmacher, RMHS
 23.79 Samantha Fazio, PHS

100 FREE
 49.87 Victoria Toris, PHS
 51.68 Kathleen Mulligan, XCP
 52.27 Madi Mullisn, HAMHS

200 FREE
 1:47.22 Kat Simonovic, MMV
 1:49.67 Isabel Whited, PHS
 1:52.00 Brianna Leverenz, RHS

500 FREE
 4:53.85 Isabel Whited, PHS
 4:58.90 Kendra Griffin, PHS
 4:59.80 Hayden Walker, XCP

100 BACK
 56.31 Clara Jenck, MPHS
 56.47 Kathleen Mulligan, XCP
 57.62 Madeline Nichols, DVHS

100 BREAST
 1:03.63 Sara Borendame, IRHS
 1:05.06 Madeline Wells, XCP
 1:05.20 Ashley Grijalva, GHS

100 FLY
 54.57 Kat Simonovic, MMV

54.96 S. Guttmacher, RMHS
 56.15 Kendra Griffin, PHS
200 IM
 2:04.63 Clara Jenck, MPHS
 2:04.86 Sarah Takach, HORHS
 2:05.23 Katie Shannahan, DMHS

200 MR
 1:45.83 Xavier College Prep
 1:49.94 Desert Vista
 1:50.59 Hamilton

200 FR
 1:36.19 Pinnacle
 1:36.93 Catalina Foothills
 1:37.16 Mesa Mountain View

400 FR
 3:29.39 Pinnacle
 3:31.77 Xavier College Prep
 3:33.71 Catalina Foothills

BOYS TEAM STANDINGS
 344 Brophy College Prep
 178 Highland
 155 Mesa Mountain View

50 FREE
 20.67 Gabriel Espinosa, BCP
 20.97 Bradley Dorsey, BCP
 21.12 Seth Maddy, MHS

100 FREE
 45.04 Gabriel Espinosa, BCP
 45.71 Nicholas Magana, DMHS
 46.48 Seth Maddy, MHS

200 FREE
 1:39.84 Lukas Williams, BCP
 1:41.35 Josh Olszewski, HORHS
 1:41.61 Ben Fitch, MPHS

500 FREE
 4:32.47 Josh Olszewski, HORHS
 4:35.93 Lukas Williams, BCP
 4:36.31 Kyle Ewoltdt, HIGH

100 BACK
 50.71 Alex Schultz, GHS
 51.44 Austin Drummond, CHS
 53.02 Matt Lujan, CFHS

100 BREAST
 57.61 Michael White, DHS
 58.13 T.J. Decker, BCP
 58.73 Edgar Febres, MMV

100 FLY
 49.97 Jason Alentado, CFHS
 50.15 Grant Temple, PRHS
 50.18 Alex Schultz, GHS

200 IM
 1:51.94 Michael White, DHS
 1:52.58 Kyle Ewoltdt, HIGH
 1:54.83 Jonas Fowler, BCP

200 MR
 1:36.50 Brophy College Prep
 1:37.77 Highland
 1:38.12 Catalina Foothills

200 FR
 1:25.25 Brophy College Prep
 1:25.72 Mesa Mountain View
 1:27.30 Chaparral

400 FR
 3:06.84 Brophy College Prep
 3:09.91 Chaparral
 3:14.11 Mesa

ARIZONA DIVISION II HIGH SCHOOL CHAMPIONSHIPS
 Mesa, Arizona
 Nov. 2-3, 2012 (25 YD)

GIRLS TEAM STANDINGS
 246 Salpointe Catholic
 221 Arcadia
 218 Verrado

50 FREE
 22.96 Amy Bilquist, VHS
 24.18 Danielle Badger, VHS
 24.22 A. Van Hofwegen, PCHS

100 FREE
 52.83 Samantha Getzen, NDP
 52.98 Danielle Badger, VHS
 53.67 Madison McGinnis, CHS

200 FREE
 1:53.20 Picabo Bender, VHS
 1:53.78 Natalie Ward, SCHS
 1:55.11 M. Klosterman, NDP

500 FREE
 5:02.93 Picabo Bener, VHS
 5:04.25 Natalie Ward, SCHS
 5:06.24 M. Klosterman, NDP

100 BACK
 55.15 Amy Bilquist, VHS
 57.68 Cecelia Croman, SCHS
 59.01 Razilee Luker, SRHS

100 BREAST
 1:04.07 Briana Jurries, VCHS
 1:06.76 Jaimie Bryan, PCD
 1:09.87 Searra Sandlin, ACP

100 FLY
 55.87 Samantha Getzen, NDP
 58.33 A. Van Hofwegen, PCHS
 58.68 C. Babich Morrow, SPRP

200 IM
 2:03.74 Briana Jurries, VCHS
 2:12.92 Jaimie Bryan, PCD
 2:13.58 Allison Winter, PCD

200 MR
 1:51.00 Salpointe Catholic
 1:53.87 Arcadia
 1:54.72 Liberty

200 FR
 1:38.83 Verrado
 1:42.50 Liberty
 1:44.01 Notre Dame Prep

400 FR
 3:33.72 Verrado
 3:40.52 Salpointe Catholic
 3:42.95 Arcadia

BOYS TEAM STANDINGS
 252 Arcadia
 221 Salpointe Catholic
 206.5 Queen Creek

50 FREE
 21.76 J. Starkweather, NDP
 21.97 Danny Bullington, AHS
 22.03 Jack Poupore, NDP

100 FREE
 46.16 Jake Lambros, BCHS
 46.39 Trey Cashion, WGHs
 48.74 Billy Early, SCHS

200 FREE
 1:42.16 Jake Lambros, BCHS
 1:42.26 Trey Cashion, WGHs
 1:46.81 Cason Flygare, QCHS

500 FREE
 4:46.01 Antonio Ramirez, AHS
 4:54.04 Cason Flygare, QCHS
 4:56.80 Laurence Muldoon, SCHS

100 BACK
 53.67 Max Montour, CORHS
 55.33 David Olson, CGHS
 58.25 Caleb Ring, NPREP

100 BREAST
 59.02 Matthew Anderson, AHS
 59.83 Danny Bullington, AHS
 1:00.65 Grant Sugaski, CGHS

100 FLY
 50.46 Steven Koppel, CGHS
 52.28 J. Starkweather, NDP
 52.56 Syllas Cole, SGHS

200 IM
 1:59.19 Max Montour, CORHS
 2:00.20 Matthew Anderson, AHS
 2:02.27 Braxton Bilbrey, NDP

200 MR
 1:38.72 Notre Dame Prep
 1:40.36 Arcadia
 1:41.29 Casa Grande

200 FR
 1:29.33 Notre Dame Prep
 1:29.76 Red Rock
 1:31.42 Salpointe Catholic

400 FR
 3:17.08 Arcadia
 3:18.89 Red Rock
 3:25.19 Queen Creek

CALIFORNIA NORTHERN MASTERS HIGH SCHOOL CHAMPIONSHIPS
 Redding, California
 Oct. 27, 2012 (25 YD)

GIRLS 50 FREE
 24.14 Jamie Pincin, FHS
 25.36 Paige Treff, CHS
 26.51 Lauren Tokunaga, DHS

100 FREE
 52.18 Jamie Pincin, FHS
 55.54 Paige Treff, CHS
 57.64 McKena Barker, PVHS

200 FREE
 1:53.69 Gracie Hernandez, PVHS
 2:04.95 Adeline Kikut, SHS
 2:05.46 McKena Barker, PVHS

500 FREE
 5:02.68 Gracie Hernandez, PVHS
 5:36.70 Caitlin Kalsbeek, SHS
 5:39.51 Rose Wyse, FHS

100 BACK
 59.90 Keely Johnson, PVHS
 1:00.96 Christi Jackman, SHS
 1:01.45 Kimberly Harbert, PVHS

100 BREAST
 1:08.05 Areilla Aung, UPS
 1:10.06 Cydni Aird, CHS
 1:11.75 Kelsey Gardner, PVHS

100 FLY
 59.29 Maddi Johnson, CHS
 59.79 Kimberly Harbert, PVHS
 1:00.74 Mimi Hoxie, FHS

200 IM
 2:13.32 Keely Johnson, PVHS
 2:17.21 Maddi Johnson, CHS
 2:17.77 Areilla Aung, UPS

200 MR
 1:54.41 Chico
 1:58.50 Shasta
 2:00.27 Foothill

200 FR
 1:40.11 Pleasant Valley
 1:41.51 Chico
 1:46.14 Foothill

400 FR
 3:39.04 Pleasant Valley
 4:00.04 Chico
 4:03.43 Shasta

BOYS 50 FREE
 22.40 Holden Philbrook, WHS
 22.88 Sean Jordan, CHS
 23.07 Ben Rasmussen, ACA

100 FREE
 49.08 Holden Philbrook, WHS
 50.87 Joseph Hicks, ACA
 50.17 Austin Lowry, WHS

200 FREE
 1:49.20 Joseph Hicks, ACA
 1:52.08 Austin Lowry, WHS
 1:52.68 Greg Lennon, UPS

500 FREE
 4:59.43 Noah Burrell, FHS
 5:10.26 Spencer Reed, UPS
 5:13.60 Zach Bettner, PVHS

100 BACK
 55.99 Ben Sanders, PVHS
 56.03 Colten Montgomery, WHS
 59.40 Teddy Crete, DHS

100 BREAST
 1:01.60 Andrew Hasek, PHS
 1:02.31 Ben Rasmussen, ACA
 1:05.50 Justin Nitzkowski, WHS

100 FLY
 52.41 Colten Montgomery, WHS
 55.36 Teddy Crete, DHS
 56.48 Connor Hughes, CHS

200 IM
 2:01.40 Andrew Hasek, PHS
 2:05.72 Noah Burrell, FHS
 2:07.54 Justin Nitzkowski, WHS

200 MR
 1:45.77 Pleasant Valley
 1:47.46 American Christian
 1:48.80 West Valley

200 FR
 1:33.97 American Christian
 1:34.03 Pleasant Valley
 1:35.74 West Valley

400 FR
 3:25.17 Winters
 3:26.03 Pleasant Valley
 3:34.44 University Prep

CONNECTICUT HIGH SCHOOL GIRLS CHAMPIONSHIPS
 New Haven, Connecticut
 Nov. 17, 2012 (25 YD)

GIRLS 50 FREE
 24.14 Jamie Pincin, FHS
 25.36 Paige Treff, CHS
 26.51 Lauren Tokunaga, DHS

100 FREE
 52.18 Jamie Pincin, FHS
 55.54 Paige Treff, CHS
 57.64 McKena Barker, PVHS

TEAM STANDINGS
 548 Darien
 439 New Canaan
 436.5 Greenwich

HIGH SCHOOL

ALABAMA HIGH SCHOOL CHAMPIONSHIPS
 Auburn, Alabama
 Nov. 30-Dec. 1, 2012 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS
 174 McGill Toolen Catholic
 162 St. Paul's Episcopal
 156 Spain Park

50 FREE
 23.42 Ashton Ellzey, BAKER
 23.91 Maria Reed, BAKER
 24.26 Sissy Schultz, HTHS

100 FREE
 51.33* Maria Reed, BAKER
 51.56 Maddie Kamman, OMHS
 52.48 Ashton Ellzey, BAKER

200 FREE
 1:50.23* Paige Madden, UMSW
 1:51.77 Cooper Brown, SPE
 1:52.33 Maddie Kamman, OMHS

500 FREE
 4:54.96 Paige Madden, UMSW
 4:57.76 Cooper Brown, SPE
 5:00.17 Kelly Berger, TCHS

100 BACK
 56.37 Genny Pittman, HHS
 (Prelims: 55.05*)
 57.01 Kierstin Page, ELHS
 58.26 Olivia Hudson, FHS

100 BREAST
 1:05.80 Rachel Cunningham, BHS
 1:07.24 Mallory Underwood, AHS
 1:07.27 Jennifer Starck, HHS

100 FLY
 57.81 Maddie Wohlforth, SPHS
 58.08 Jewels Harris, NHS
 58.21 Sarah Cimino, RHS

200 IM
 2:07.17 Mallory Underwood, AHS
 2:09.30 Kelly Berger, TCHS
 2:09.57 Olivia Hudson, FHS

50 FREE
23.51 Maddie Rusch, NCHS
23.78 Siobhan Dale, EOSHS
23.88 Dana Grindall, ARHS

100 FREE
51.58 Jessica Hespeler, LHS
51.62 Madeline Smart, BHS
51.86 Siobhan Dale, EOSHS

200 FREE
1:50.75 Jessica Hespeler, LHS
1:52.24 Verity Abel, SHS
1:53.61 Kristen Moss, WHS

500 FREE
4:58.47 Verity Abel, SHS
5:06.49 Brittany Driscoll, LYM
5:08.44 Courtney Ferreira, DHS

100 BACK
57.31 Caroline Orem, DHS
58.16 Mary Spillane, LHHS
58.65 Kira Page, NMHS

100 BREAST
1:04.96 Olivia Leunis, DHS
1:05.61 Katie Evans, GHS
1:06.68 Erin Dunstan, NCHS

100 FLY
54.10* Dana Grindall, ARHS
55.69 Maddie Rusch, NCHS
57.83 Caroline O'Brien, WHS

200 IM
2:05.81 Olivia Leunis, DHS
2:07.10 Katie Evans, GHS
2:09.14 Mary Spillane, LHHS

200 MR
1:48.51 Darien
1:48.81 Amity Regional
1:49.82 Greenwich

200 FR
1:36.56 New Canaan
1:38.37 Greenwich
1:38.78 Darien

400 FR
3:30.67 New Canaan
3:30.69 Greenwich
3:35.94 Brookfield

FLORIDA DIVISION 1A HIGH SCHOOL CHAMPIONSHIPS
Orlando, Florida
Nov. 8, 2012 (25 YD)

n = National High School Record
* = State Record

GIRLS TEAM STANDINGS
408.5 Bolles School
251.5 St. Andrew's School
245 Pine Crest School

50 FREE
23.09 Kasey Schmidt, BOLS
23.62 Caroline Nava, WEST
23.69 Brooke Ferrara, WFLA

100 FREE
50.49 Claire Rasmus, BOLS
50.85 McKenna DeBeven, BKEN
51.06 Lydia Ware, BKEN

200 FREE
1:48.02 Megna Moroney, STA
1:48.29 Jessica Hodgson, BOLS
1:49.10 Claire Rasmus, BOLS

500 FREE
4:47.17 Ellen Berdusco, SSE
4:48.18 Genevieve Miller, BOLS
4:49.44 Britta Hammond, PCRS

100 BACK
53.62* Tasija Karosas, STA
55.31 Clara Smiddy, SFLA
55.92 Darby Goodwin, PINE

100 BREAST
1:02.61 Bethany Leap, BOOK
1:03.51 R. Bradford-Feldman, STA
1:04.42 Annie Valls, RANE

100 FLY
54.46 Megan Moroney, STA
55.47 Grace DiMeo, BOOK
55.68 Tyla Martin, PCRS

200 IM
2:00.40 R. Bradford-Feldman, STA
2:01.38 Tasija Karosas, STA
2:02.39 Bethany Leap, BOOK

200 MR
1:42.77 St. Andrew's School
1:43.65 Bolles School
1:46.15 Ransom Everglades

200 FR
1:36.38 Pine Crest School
1:37.77 Lake Highland Prep
1:37.87 Westminster

400 FR
3:23.43* St. Andrew's School
3:23.72 Bolles School
3:32.24 Bishop Kenny

BOYS TEAM STANDINGS
512 Bolles School
200.5 Lake Highland Prep
179 St. Andrew's School

50 FREE
19.88* Santo Condorelli, BOLS
20.37 Daniel Spas, AHER
20.90 Emiro Goossen, BOLS

100 FREE
44.55 Daniel Spas, AHER
45.21 Jemal Legrand, SAGE
45.81 Luke Georgiadis, BOLS

200 FREE
1:38.20 Rasmus Skjaerpe, TPRP
1:38.76 Jemal Legrand, SAGE
1:39.48 Josh Booth, BOLS

500 FREE
4:29.51 Matt O'Donnell, CARM
4:30.74 Alex Pena, LHP
4:30.93 Kent Haefner, PCRS

100 BACK
48.08 Ryan Murphy, BOLS
(Prelims: 21.75/45.34n)
49.98 John Farese, SHRP
51.13 Matt McPheters, BOLS

100 BREAST
56.87 Quinn Cassidy, STA
57.53 Wayne Denswil, STB
58.86 Gustav Machado, BOLS

100 FLY
46.50n Joseph Schooling, BOLS
(Split: 21.79)

200 IM
1:49.64 Quinn Cassidy, STA
1:51.45 Julian Radice, IMM
1:51.77 J. Barrera Loromo, BOLS

200 MR
1:28.02* Bolles School
Murphy 21.09
Schooling 46.57
Booth 1:08.38
Condorelli 1:28.02
Trinity Prep
1:35.84
1:36.28 St. Andrew's School

200 FR
1:19.27n Bolles School
Murphy 19.54
Schooling 39.27
Goosen 59.81
Condorelli 1:19.27
St. Andrew's School
1:26.17
1:26.73 American Heritage

400 FR
2:54.43n Bolles School
Murphy 42.95
Condorelli 1:26.06
Booth 2:10.23
Schooling 2:54.43

FLORIDA DIVISION 2A HIGH SCHOOL CHAMPIONSHIPS
Orlando, Florida
Nov. 8, 2012 (25 YD)

GIRLS TEAM STANDINGS
304.5 Chiles
161 Suncoast
151 Martin County

50 FREE
23.39 Victoria Bindi, GBHS
23.89 Elise Haan, GCHS
24.01 Taylor Anderson, MHS

100 FREE
50.81 Victoria Bindi, GBHS
51.23 Sophie Cattermole, LBHS
51.40 Delaney Barnard, CHIL

200 FREE
1:47.54 Cecelia Williams, CHIL
1:48.97 Danielle Valley, LRHS
1:51.70 Macey Arnold, MCHS

500 FREE
4:40.97 Danielle Valley, LRHS
4:48.07 Cecelia Williams, CHIL
4:57.16 Kendall Brent, FMHS

100 BACK
54.43 Elise Haan, GCHS
56.71 Fabiana Ingram, SHS
56.83 A. Yambor-Maul, CHIL

100 BREAST
1:02.95 Meghan Haila, CRHS
1:04.12 Hannah Burns, COLHS
1:05.98 Lia Lombardi, CHIL

100 FLY
55.21 A. Yambor-Maul, CHIL
56.55 C. McGovern, SRHS
56.97 M. Piagliacampi, SHS

200 IM
2:00.82 Hannah Burns, COLHS
2:03.58 Sophie Cattermole, LBHS
2:06.57 Lia Lombardi, CHIL

200 MR
1:46.96 Chiles
1:48.61 Gulf Coast
1:49.14 Suncoast

200 FR
1:37.48 Martin County
1:37.50 Holy Names
1:38.25 Washington

400 FR
3:29.71 Chiles
3:32.89 Martin County
3:36.26 Gulf Coast

BOYS TEAM STANDINGS
221 Belen Jesuit Prep
151 Mosley
145 Gainesville

50 FREE
20.73 Wesley Olmsted, EHS
21.02 Nathaniel Thomas, PACE
21.15 John Nolte, RHS

100 FREE
44.10 Caeleb Dressel, CHS
45.08 Julian Ballestas, BJP
46.40 John Nolte, RHS

200 FREE
1:38.10 Julian Ballestas, BJP
1:40.06 Alex Dehner, CHIL
1:40.09 Lance Rutkin, FLHS

500 FREE
4:25.33 Logan Samuelson, FMHS
4:25.78 Lance Rutkin, FLHS
4:27.86 Scott Fortier, LHS

100 BACK
50.08 Caeleb Dressel, CHS
50.67 Alex Dehner, CHIL
50.84 Ben Borgert, GHS

100 BREAST
55.08 M. Duderstadt, MOSHS
56.08 Devin McCaffrey, MHS
58.61 David Li, STAN

100 FLY
48.86 Devin McCaffrey, MHS
49.07 Wesley Olmsted, EHS
50.48 Daniel Hartley, MCHS

200 IM
1:50.01 M. Duderstadt, MOSHS
1:51.37 Ben Borgert, GHS
1:53.47 Chas Gutknecht, GCHS

200 MR
1:36.05 Mosley
1:36.53 Gainesville
1:36.54 Belen Jesuit Prep

200 FR
1:27.24 Belen Jesuit Prep
1:27.47 Ponte Vedra
1:29.13 Robinson

400 FR
3:09.69 Belen Jesuit Prep
3:11.70 Gainesville
3:12.98 Fort Myers

FLORIDA DIVISION 3A HIGH SCHOOL CHAMPIONSHIPS
Orlando, Florida
Nov. 9, 2012 (25 YD)

GIRLS TEAM STANDINGS
256 Riverview
154t Dr. Phillips
154t Newsome

50 FREE
23.54 Angela Algee, DPHS
23.95 Lauren Hall, CHS
24.08 Kendall McIntosh, PHU

100 FREE
50.88 Maddie Hess, NHS

51.16 Daniela Johnson, MPHS
51.68 Emma Lincoln, CBHS

200 FREE
1:47.26 Taylor Katz, RHS
1:47.77 Kendal Casey, SCHS
1:48.91 Hannah James, RHS

500 FREE
4:45.27 Taylor Katz, RHS
4:48.11 Kendal Casey, SCHS
4:49.80 Hannah James, RHS

100 BACK
55.01 Maddie Hess, NHS
55.38 Sydney Pickrem, ELHS
57.33 Jasmine Williams, FIHS

100 BREAST
1:03.81 A. Donahue, PLANT
1:05.23 McKenna Harris, SPHS
1:05.86 Daniela Johnson, MPHS

100 FLY
54.08 Kayla Moran, LYMAN
54.31 Angela Algee, DPHS
54.45 Isabella Paez, REAHS

200 IM
2:01.40 Sydney Pickrem, ELHS
2:04.78 Barbara Caraballo, NHS
2:06.70 Dee Sopapong, WHS

200 MR
1:46.94 Newsome
1:47.07 Plant
1:49.35 Miami Palmetto

200 FR
1:36.62 Dr. Phillips
1:36.85 Riverview
1:37.39 Plant

400 FR
3:28.78 Riverview
3:31.68 Dr. Phillips
3:32.06 Newsome

BOYS TEAM STANDINGS
285 Boca Raton
247 Palm Harbor University
219 Riverview

50 FREE
20.43 Jason McCormick, BRHS
21.04 Sam Corona, BRHS
21.27 Scott Goddin, SHS

100 FREE
45.07 Jason McCormick, BRHS
45.41 Ryan McRae, PHU
45.73 Gage Kohner, BRHS

200 FREE
1:37.67 Ryan McRae, PHU
1:37.90 Alexander Katz, RHS
1:40.87 Taylor Uselis, PHU

500 FREE
4:29.40 Nazareno Boscaino, ELHS
4:30.45 Taylor Uselis, PHU
4:36.86 Liam McKane, RHS

100 BACK
49.63 Tristan Sanderson, PHU
50.54 Ryan Peters, CHS
50.57 Alexander Katz, RHS

100 BREAST
56.45 Matt Ankerholz, SHS
57.30 Alex Kimpel, TCHS
57.47 Ilya Evdokimov, THS

100 FLY
50.29 Samuel Smiddy, MPHS
50.35 Alex Lilley, STA
50.45 K. Boisson Yates, THS

200 IM
1:50.83 Samuel Smiddy, MPHS
1:52.78 Brandon Goldman, STA
1:53.43 Manuel Barragan, PHU

200 MR
1:34.60 Boca Raton
1:35.29 Seminole
1:35.35 Palm Harbor University

200 FR
1:23.79 Boca Raton
1:25.57 Seminole
1:26.20 Dr. Phillips

400 FR
3:05.00 Boca Raton
3:06.94 Palm Harbor University
3:09.53 Riverview

ILLINOIS HIGH SCHOOL GIRLS CHAMPIONSHIPS
Evanston, Illinois
Nov. 18-19, 2011 (25 YD)

n = National High School and Public School Record
* = State Record

TEAM STANDINGS
166 New Trier
157 Fenwick
99 Neuqua Valley

50 FREE
21.99n Olivia Smoliga, GSHS
23.09 Avery Braunecker, EHS
23.19 Evan Swenson, LOYA

100 FREE
49.57 Gabby Sims, DGNHS
50.97 Avery Braunecker, EHS
51.40 Nikol Lagodzinska, STI

200 FREE
1:49.05 Hannah Boyd, NORU
1:49.76 Stephanie Marchuk, NTHS
1:50.12 Kirsten Jacobsen, BHS

500 FREE
4:50.53 Kirsten Jacobsen, BHS
4:52.24 Morgan Dickson, LIBHS
4:52.39 Hannah Boyd, NORU

100 BACK
51.43n Olivia Smoliga, GSHS
54.02 Gabby Sims, DGNHS
56.27 Amanda Petro, HHS

100 BREAST
1:02.42 Evan Swenson, LOYA
1:02.49 Riley Hayward, NTHS
1:02.53 Paulina Kaminski, FHS

100 FLY
53.44 Gia Dalesandro, NVHS
54.36 Mimi Schneider, FHS
55.17 Kiersten Farley-Sepe, FHS

200 IM
2:02.53 Gia Dalesandro, NVHS
2:03.11 Julia Roller, NCHS
2:03.72 Morgan Dickson, LIBHS

200 MR
1:41.87* Fenwick
1:43.75 New Trier
1:44.67i Loyola Academy
1:44.67i Neuqua Valley

200 FR
1:32.98 Glenbrook South
1:33.46 Fenwick
1:35.86 Neuqua Valley

400 FR
3:24.50 Glenbrook South
3:25.25 Fenwick
3:28.45 New Trier

IOWA HIGH SCHOOL GIRLS CHAMPIONSHIPS
Marshalltown, Iowa
Nov. 2-3, 2012 (25 YD)

* = State Record

TEAM STANDINGS
274 Ames
224 Pleasant Valley
192 WDM Valley

50 FREE
23.34 Maddie Gehrke, WHS
23.72 Maddy Burnham, BHS
23.92 Taylor Sieperda, SLHS

100 FREE
51.54 Aftin Phyfe, CFHS
51.85 Molly Lemberdez, DHS
52.50 Taylor Flummerfeld, AHS
51.08* Emma Sougstad, MCHS

200 FREE
1:49.64* Gabbie Stecker, PVHS
1:52.32 McKenna Lynch, DCHS
1:53.50 Allyssa Fluit, SEPHS

500 FREE
4:52.91* Gabbie Stecker, PVHS
5:05.04 Brittany Moffat, CFHS
5:05.12 Allyssa Fluit, SEPHS

100 BACK
56.89 Sara Bentley, AHS
57.80 Taylor Sieperda, SLHS
58.20 Victoria Trost, JHS

100 BREAST
1:01.18* Katharine Ross, DMNHS
1:04.97 Savannah Butler, ICWHS
1:05.30 Moriah Ross, DMNHS

100 FLY
55.25 Emma Sougstad, MCHS
56.06 Maddy Burnham, BHS
56.24 Maddie Gehrke, WHS

200 IM
2:00.33* Emma Sougstad, MCHS
2:03.47 Katharine Ross, DMNHS
2:08.82 Nicole Oppel, PVHS

200 MR
1:47.44 Dowling Catholic
1:47.83 Ames
1:48.38 Bettendorf

200 FR
1:36.15 Pleasant Valley
1:36.77 Bettendorf
1:36.93 Ames

400 FR
3:31.31* Pleasant Valley
3:33.71 Ames
3:34.29 Cedar Falls

LOUISIANA DIVISION I HIGH SCHOOL CHAMPIONSHIPS
Sulphur, Louisiana
Nov. 16-17, 2012 (25 YD)

* = State Record
** = Division Record

GIRLS TEAM STANDINGS
492 St. Joseph
288 Northshore
268 Mandeville

50 FREE
23.93 Jonna Frantz, MHS
24.22 M.C. Beaver, SJA
24.27 Lindsay Hagmann, SJA

100 FREE
52.32 M.C. Beaver, SJA
52.82 Alyssa Dilldine, DTHS
53.17 Caroline Beene, STA

200 FREE
1:52.37 Alyssa Dilldine, DTHS
1:52.45 Megan Loop, MHS
1:53.46 Kate Rodriguez, SJA

500 FREE
5:01.56 Megan Loop, MHS
5:06.65 Alyssa Dilldine, DTHS
5:09.16 Clayton Black, SJA

100 BACK
57.27 S. Antonetz, BARBE
58.76 Victoria Padiat, SJA
59.02 Carolina Beene, SJA

100 BREAST
1:05.76 Cameron Balkom, SJA
1:07.76 Lia Joslin, MHS
1:08.56 Erin Trumbach, NOR

100 FLY
55.43* Kara Kopsco, FHS
58.47 S. Antonetz, BARBE
59.65 Abby Mahl, MCA

200 IM
2:03.37** Kara Kopsco, FHS
2:08.90 Lia Joslin, MHS
2:10.14 Mary Kate Miller, SJA

200 MR
1:48.57* St. Joseph
1:52.87 Mandeville
1:53.76 Northshore

200 FR
1:37.13* St. Joseph
1:42.50 Fontainebleau
1:42.76 Mandeville

400 FR
3:32.81* St. Joseph
3:38.47 Mandeville
3:40.71 Northshore

BOYS TEAM STANDINGS
393 Jesuit
373 Catholic
163 Northshore

50 FREE
21.30 Shawn Paretto, NOR
21.66 Tyler Massimini, RUM
21.99 Eric Ferrell, DTHS

100 FREE
46.55 Shawn Paretto, NOR
47.94 Tyler Massimini, RUM
49.10 Michael Favalaro, RUM

200 FREE
1:44.26 Colin Bone, CHS
1:47.13 Jackson Forbes, CHS

— continued on 48

FOR THE RECORD — continued from 47

1:47.42 Brady Grenfell, CHS
259 Holy Cross
196 South Lafourche

500 FREE
4:46.02 Colin Bone, CHS
4:47.50 Michael Conrad, JES
4:50.66 Casey Panepinto, CHS

100 BACK
52.70 Nathan Borel, LHS
56.16 John Burkhardt, JES
56.19 Ben East, BMHS

100 BREAST
57.70 Zach Stump, BARBE
1:00.01 Andrew Knudsen, FHS
1:02.27 Matthew Frederic, CHS

100 FLY
52.73 Brady Grenfell, CHS
52.86 M. Hutchinson, SPAR
53.03 Griffin Guzan, WOLV

200 IM
1:56.68 Andrew Knudsen, FHS
2:00.45 Zach Stump, BARBE
2:00.69 Casey Panepinto, CHS

200 MR
1:40.65 Jesuit
1:42.42 Northshore
1:42.51 Catholic

200 FR
1:28.35 Catholic
1:29.55 Jesuit
1:33.18 Sulphur

400 FR
3:14.52 Catholic
3:18.69 Jesuit
3:22.25 Northshore

LOUISIANA DIVISION II HIGH SCHOOL CHAMPIONSHIPS
Sulphur, Louisiana
Nov. 16-17, 2012 (25 YD)

GIRLS TEAM STANDINGS
479 St. Scholastica
222.5 Baton Rouge
204 South Lafourche

500 FREE
25.57 Emily Prieto, SSA
26.01 Gabby Regard, SSA
26.76t Payton Gold, GATOR
26.76t Sydney Gordon, BRHS

100 FREE
54.89 Madeleine Rawls, SSA
59.67 Payton Gold, GATOR
1:00.13 Shelby Vasquez, CABR

200 FREE
2:02.20 Marin Tichenor, CADO
2:09.08 April Aguilard, STM
2:09.82 Katya Stolin, SSA

500 FREE
5:30.99 Marin Tichenor, CADO
5:53.44 Hannah Bellotte, PKWY
5:54.32 Megan Kleefisch, CAB

100 BACK
1:00.91 Kristen Jennings, SSA
1:03.03 Emily Prieto, SSA
1:07.48 Natalie Dyke, RUST

100 BREAST
1:11.39 April Aguilard, STM
1:15.77 Amanda Dewitt, PHS
1:18.17 Ashton Keen, CADO

100 FLY
1:01.24 Kristen Jennings, SSA
1:07.09 Hope Winkler, SSA
1:07.63 Jordan Gilliano, SLHS

200 IM
2:16.03 Madeleine Rawls, SSA
2:27.30 Kara Ye, BRHS
2:27.61 Hope Winkler, SSA

200 MR
1:52.22 St. Scholastica
2:06.82 South Lafourche
2:07.75 Caddo Magnet

200 FR
1:44.97 St. Scholastica
1:51.17 South Lafourche
1:54.24 Baton Rouge

400 FR
4:00.00 St. Scholastica
4:10.78 Baton Rouge
4:15.83 Caddo Magnet

BOYS TEAM STANDINGS
289 Ruston

500 FREE
22.27 Zachary Harrison, ASH
22.99 Jerry Ye, BRHS
23.45 David Booth, PHS

100 FREE
47.99 Morgan Meyer, RUS
48.45 Zachary Harrison, ASH
52.43 David Booth, PHS

200 FREE
1:47.24 Morgan Meyer, RUS
1:50.79 Eugene Fortier, SHAW
1:54.41 Sam Cook, STM

500 FREE
5:32.11 Alex McDonald, CADO
5:45.73 Justin Reimoneng, HCT
5:50.14 Caleb Frost, PHS

100 BACK
56.60 Zack Begnaud, NCHS
57.86 Jerry Ye, BRHS
1:00.57 Walter Lacroix, ASH

100 BREAST
1:04.21 A. McDonald, CADO
1:05.94 Nicholas Guidry, SLHS
1:06.78 Jack Cheng, HAMM

100 FLY
54.57 Eugene Fortier, SHAW
57.17 Bryce Davidson, WEST
57.93 Austin Meng, RUS

200 IM
2:09.53 Jack Cheng, HAMM
2:11.52 Nicholas Guidry, SLHS
2:12.35 Austin Meng, RUS

200 MR
1:47.65 South Lafourche
1:49.66 Caddo Magnet
1:49.67 Ruston

200 FR
1:35.59 Alexandria
1:35.99 Ruston
1:36.65 South Lafourche

400 FR
3:29.99 Ruston
3:36.57 Caddo Magnet
3:39.08 Holy Cross

200 IM
1:54.42* Gage Alleman, SCC
2:09.75 Zack Butler, EHS
2:09.79 Nicholas Rathle, EDW

200 MR
1:42.73* St. Charles Catholic
1:45.26 Vandebilt Catholic
1:45.85 Episcopal

200 FR
1:33.22 E.D. White
1:33.94 St. Charles Catholic
1:33.95 Vandebilt Catholic

400 FR
3:26.59 St. Charles Catholic
3:27.07 E.D. White
3:33.25 Episcopal

100 FREE
54.71 Emily Rush, UHS
56.23 Ann Singletary, EHS
58.44 Morgna James, ASH

200 FREE
1:59.71 Danielle Miles, PBS
2:01.84 Jane Barney, EHS
2:05.44 Bailey Stevens, EHS

500 FREE
5:22.03 Danielle Miles, PBS
5:30.44 Jane Barney, EHS
5:35.26 Caroline Haydel, VCHS

100 BACK
1:00.49 Emily Rush, UHS
1:04.11 Meredith Keating, SCC
1:05.72 Tyra Watkins, SCC

100 BREAST
1:09.74 Laura Patrick, STL
1:09.93 Jessica Ding, HAY
1:10.69 Hannah Coppin, LAKE

100 FLY
59.90 Sarah Simar, NDHS
1:00.07 Erin Trahan, NDHS
1:00.80 Maggie Trepagnier, SCC

200 IM
2:15.01 Laura Patrick, STL
2:15.25 Sarah Simar, NDHS
2:17.02 Maggie Trepagnier, SCC

BOYS TEAM STANDINGS
289 Ruston

200 MR
1:58.36 St. Charles Catholic
1:58.44 Academy of Sacred Heart
1:58.79 Episcopal

200 FR
1:44.37 Episcopal
1:51.24 Lutcher
1:51.26 St. Charles Catholic

400 FR
3:50.20 Episcopal
3:54.98 Vandebilt Catholic
3:57.91 Academy of Sacred Heart

BOYS TEAM STANDINGS
278 St. Charles Catholic
272 E.D. White
227 Episcopal

500 FREE
22.49 Jay Danos, EDW
23.06 Challen Talbot, EDW
23.21 Luke Jackson, SCC

100 FREE
50.05 Patrick Stone, EHS
51.08 Jay Danos, EDW
51.43 Eric Hamm, LUS

200 FREE
1:45.51* John Miller, PBS
1:50.81 C. Comardelle, PBS
1:57.53 Eric Hamm, LUS

500 FREE
5:49.75 Weldon Furr, UHS
5:57.59 Jared Swetnam, EHS
5:58.79 Nathan Weinert, SCC

100 BACK
53.66 Gage Alleman, SCC
57.49 Patrick Stone, EHS
1:01.28 Ken Toloudis, EDW

100 BREAST
59.81 Elie McRae, VCHS
1:03.60 Zack Butler, EHS
1:07.59 Dean Rhodes, LUS

100 FLY
53.69 Elie McRae, VCHS
55.38 C. Comardelle, PBS
55.74 Ken Toloudis, EDW

200 IM
1:54.42* Gage Alleman, SCC
2:09.75 Zack Butler, EHS
2:09.79 Nicholas Rathle, EDW

200 MR
1:42.73* St. Charles Catholic
1:45.26 Vandebilt Catholic
1:45.85 Episcopal

200 FR
1:33.22 E.D. White
1:33.94 St. Charles Catholic
1:33.95 Vandebilt Catholic

400 FR
3:26.59 St. Charles Catholic
3:27.07 E.D. White
3:33.25 Episcopal

200 MR
1:43.42 Newman
1:57.70 Dunham
1:58.89 Patrick F. Taylor

200 FR
1:42.06 Newman
1:42.76 Westminster
1:44.90 St. Martins

400 FR
3:22.45 Newman
3:53.18 Dunham
3:56.41 Cedar Creek

500 FREE
24.36 An. Cherbonnier, NHS
25.35 Olivia Huffman, DUN
26.69 Maddie Guidry, STM

100 FREE
56.34 Thea Martin, JAG
59.15 Maddie Guidry, STM
1:02.32 Aoif O'Donovan, STF

200 FREE
1:58.03 Victoria Barczyk, ASE
1:58.64 Helen Keyes, NHS
2:02.57 Claudia Apsey, EHS

500 FREE
5:24.23 Victoria Barczyk, ASE
5:42.58 Olivia Bradley, DUN
5:47.48 Emma Cole, NEW

100 BACK
1:01.06 Helen Keyes, NHS
1:03.50 Olivia Huffman, DUN
1:04.77 Juliana White, CLA

BOYS TEAM STANDINGS
289 Ruston

100 BREAST
1:09.76 A. Cherbonnier, NHS
1:14.48 Anna Morris, CLA
1:16.23 A.L. Cherbonnier, NHS

100 FLY
1:00.75 Brenna Weber, CDS
1:01.04 Anna Buttaci, FALC
1:05.15 Claudia Apsey, EHS

200 IM
2:15.79 Anna Buttaci, FALC
2:16.97 Brenna Weber, CDS
2:23.04 A. Thurman, ACHS

200 MR
1:59.20 Newman
2:08.22 Dunham
2:10.00 Ascension Episcopal

200 FR
1:51.49 St. Martins
1:51.74 Riverside
1:54.92 McGehee

400 FR
3:52.93 Newman
4:09.34 Ascension Episcopal
4:10.65 Dunham

BOYS TEAM STANDINGS
369 Newman
170 Dunham
158 Cedar Creek

500 FREE
22.52 Silas Dejean, WCA
23.14 Hunter Marvin, MID
24.31 Carson Chauvin, PTHS

100 FREE
45.84* Patrick Riess, NHS
51.99 Hunter Marvin, MID
54.83 Ross Reggio, WEST

200 FREE
1:52.31 Harry Browne, NHS
2:01.01 Ryan Ratcliff, CCHS
2:05.00 Jackson Boersma, CCHS

500 FREE
5:01.41 Harry Browne, NEW
5:22.67 Grant Mattson, PATFT
5:30.80 Jackson Boersma, CCHS

100 BACK
50.62** Patrick Riess, NHS
1:00.52 Matthew Stegen, WOLV
1:00.59 Kirkland Mawae, DUN

100 BREAST
58.27 Silas Dejean, WCA
59.17 Aleksandr Bahat, NHS
1:09.94 Foppe Koper, NHS

100 FLY
58.41 Matthew Stegen, NCHS
1:03.25 Cody Schafer, RIVER
1:03.59 Robyn Krieger, NHS

200 IM
2:02.80 Aleksandr Bahat, NHS
2:14.49 Grant Mattson, PTHS
2:23.46 Donovan Bendana, NHS

200 MR
1:43.42 Newman
1:57.70 Dunham
1:58.89 Patrick F. Taylor

200 FR
1:42.06 Newman
1:42.76 Westminster
1:44.90 St. Martins

400 FR
3:22.45 Newman
3:53.18 Dunham
3:56.41 Cedar Creek

500 FREE
24.36 An. Cherbonnier, NHS
25.35 Olivia Huffman, DUN
26.69 Maddie Guidry, STM

100 FREE
56.34 Thea Martin, JAG
59.15 Maddie Guidry, STM
1:02.32 Aoif O'Donovan, STF

200 FREE
1:58.03 Victoria Barczyk, ASE
1:58.64 Helen Keyes, NHS
2:02.57 Claudia Apsey, EHS

500 FREE
5:24.23 Victoria Barczyk, ASE
5:42.58 Olivia Bradley, DUN
5:47.48 Emma Cole, NEW

100 BACK
1:01.06 Helen Keyes, NHS
1:03.50 Olivia Huffman, DUN
1:04.77 Juliana White, CLA

BOYS TEAM STANDINGS
289 Ruston

200 FREE
1:51.66 M. D'Innocenzo, AND
1:56.64 Alexa Korsberg, AND
1:57.91 Jennifer Day, CHELM

500 FREE
5:07.64 Jennifer Day, CHELM
5:09.28 Alison Murtag, AND
5:11.42 Sarah Abreu, BRAIN

100 BACK
57.58 Sarah Broderick, HAV
57.68 Rachele Gauvin, METH
58.46 Maeve Awiszus, AND

100 BREAST
1:05.67 M. D'Innocenzo, AND
1:07.33 Michaela Savran, FRAM
1:09.00 Kendra Ganley, WELL

100 FLY
56.02 Caitlin Sheridan, CHELM
57.81 Lucy Chai, AB
59.87 Kathryn Santaniello, NEED

200 IM
2:02.97 Caitlin Sheridan, CHELM
2:11.95 Kelly Lennon, METH
2:14.34 Sarah Abreu, BRAIN

200 MR
1:49.66 Andover
1:52.18 Acton-Boxborough
1:52.22 Haverhill

200 FR
1:38.76 Chelmsford
1:41.15 Andover
1:42.20 Needham

400 FR
3:33.16 Andover
3:36.18 Chelmsford
3:38.02 Acton-Boxborough

500 FREE
54.13* Maddie Wright, WKHS
55.76 Morgan Bullock, ZHS
55.77 Chanel Bonin, SLHS

200 IM
2:05.09 Maddy Lomiewicz, FHM
2:05.98 Sami Stelpflug, CHS
2:06.00 Linda Zhang, SALEM

200 MR
1:45.14 West Ottawa
(Prelims: 1:45.12*)
1:45.28 Zeeland
1:45.64 Saline

200 FR
1:35.58 West Ottawa
1:36.87 Rockford
1:36.94 Saline

400 FR
3:29.13 Saline
3:30.53 West Ottawa
3:30.56 South Lyon

500 FREE
1:06.78 Emily Medeiros, WAKE
1:07.21 Marisa Reidemeister, FEEH
1:08.93 Kasey Lamb, READ

100 BACK
59.98 MacKenzie Niness, NDAW
1:00.38 Helen Smith, MALV
1:01.58 Julie Coen, NDAH

100 BREAST
1:06.78 Emily Medeiros, WAKE
1:07.21 Marisa Reidemeister, FEEH
1:08.93 Kasey Lamb, READ

100 FLY
58.10 MacKenzie Niness, NDAW
59.14 Jessica Blake-West, BELM
59.81 Kaylie O'Connell, STONE

200 IM
2:09.02 Marisa Feidemeister, FEEH
2:12.42 Abby Lake, URL
2:12.43 Helen Smith, MALV

200 MR
1:52.90 Bishop Feehan
1:52.90 Bishop Stang
1:52.99 Reading

200 FR
1:42.03 Reading
1:42.60 Bishop Stang
1:43.27 Belmont

400 FR
3:39.51 Reading
3:40.22 Bishop Feehan
3:46.54 Notre Dame-Hingham

500 FREE
4:59.45 Cassie Mislewicz, HHS
5:00.36 Natalie Criswell, PCHS
5:01.88 Krissy Harmon, BCW

100 BACK
55.81 Taylor Garcia, HHS
56.38 Gabby DeLoof, GPS
56.43 M. Leonberger, PCHS

100 BREAST
1:03.22 Ashleigh Shanley, AAS
1:03.24 Shannon Cowley, AAS
1:04.03 M. vandermeulen, HHS

100 FLY
54.72 Taylor Garcia, HHS

MICHIGAN DIVISION I HIGH SCHOOL GIRLS CHAMPIONSHIPS
Holland, Michigan
Nov. 16-17, 2012 (25 YD)

* = Division Record

TEAM STANDINGS
293.5 West Ottawa
272 Mercy
266 Saline

500 FREE
22.96* Danielle Freeman, HHS
23.47 Maddy Frost, SHS
23.60 Anna Babinec, WOHS

100 FREE
50.76 Danielle Freeman, HHS
51.51 Anna Babinec, WOHS
51.93 Rachel Green, SLHS

200 FREE
1:48.01 Maddie Wright, WKHS
1:52.02 Sarah Dombkowski, PHS
1:52.34 Kathleen McGee, FHM

500 FREE
4:55.82 Sarah Dombkowski, PHS
5:01.93 Elizabeth Fris, WOHS
5:03.40 Kathleen McGee, FHM

100 BACK
54.91 Elliott Schinella, FHM
56.33 C. VandePoe, WOHS
56.42 Mallory Buha, NOVI

100 BREAST
1:03.71 Catherine Cui, NHS
1:04.33 Kennedy Cutler, RHS
1:04.95 Karen Zhang, AAP

100 FLY
54.13* Maddie Wright, WKHS
55.76 Morgan Bullock, ZHS
55.77 Chanel Bonin, SLHS

200 IM
2:05.09 Maddy Lomiewicz, FHM
2:05.98 Sami Stelpflug, CHS
2:06.00 Linda Zhang, SALEM

200 MR
1:45.14 West Ottawa
(Prelims: 1:45.12*)
1:45.28 Zeeland
1:45.64 Saline

200 FR
1:35.58 West Ottawa
1:36.87 Rockford
1:36.94 Saline

400 FR
3:29.13 Saline
3:30.53 West Ottawa
3:30.56 South Lyon

MICHIGAN DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS
Rochester, Michigan
Nov. 16-17, 2012 (25 YD)

TEAM STANDINGS
311.5 Holland
255.5 Skyline
190 Grosse Pointe South

500 FREE
23.66 Catie DeLoof, GPS
23.87 Holly Morre, HHS
24.06 M. Vandermeulen, HHS

100 FREE
50.74 Holly Morren, HHS
50.86 Catie DeLoof, GPS
51.03 Mollie Pulte, BHM

200 FREE
1:50.27 Mollie Pulte, BHM
1:52.83 Katie Portz, AAS
1:52.93 Cassie Mislewicz, HHS

500 FREE
4:59.45 Cassie Mislewicz, HHS
5:00.36 Natalie Criswell, PCHS
5:01.88 Krissy Harmon, BCW

100 BACK
55.81 Taylor Garcia, HHS
56.38 Gabby DeLoof, GPS
56.43 M. Leonberger, PCHS

100 BREAST
1:03.22 Ashleigh Shanley, AAS
1:03.24 Shannon Cowley, AAS
1:04.03 M. vandermeulen, HHS

100 FLY
54.72 Taylor Garcia, HHS

57.10 Rebecca Dickey, AAS
57.42 Mykala Arnold, BSHS

200 IM
2:03.84 Ashleigh Shanley, AAS
2:05.38 Madison Limberger, PCHS
2:06.45 Gabby DeLoof, GPS

200 MR
1:44.20 Holland
1:45.83 Grosse Pointe South
1:46.17 Skyline

200 FR
1:35.89 Holland
1:36.86 Skyline
1:38.03 Marian

400 FR
3:28.64 Holland
3:30.06 Skyline
3:30.32 Grosse Pointe South

MICHIGAN DIVISION III HIGH SCHOOL GIRLS CHAMPIONSHIPS
Ypsilanti, Michigan
Nov. 16-17, 2012 (25 YD)



* = Division Record

TEAM STANDINGS
361 Cranbrook Kingswood
211 Lahser
168.5 Hamilton

50 FREE
23.93 H. Kopydlowski, PCHS
24.30 Maggie Pyett, DCD
24.40 Lara Kokubo, CKHS

100 FREE
52.19 Lara Kokubo, CKHS
52.65 Maggie Pyett, DCD
53.45 Ashlee Sall, HCHS

200 FREE
1:48.07* Mallory Comerford, PHS
1:54.44 Sydney Asselin, HCHS
1:54.81 Marin McInerney, NDP

500 FREE
4:53.14* Mallory Comerford, PHS
5:06.30 Kylie Powrie, CKHS
5:06.58 Sydney Asselin, HCHS

100 BACK
56.92 Ines Charles, BHL
58.99 Mary Pilibosian, BHL
59.04 Andrea Okuly, CLHS

100 BREAST
1:05.48 Rachel Waite, THS
1:06.33 H. Kopydlowski, PCHS
1:09.05 Hailey Sambor, BHL

100 FLY
57.11 Jennifer Wagley, AHS
58.25 Ines Charles, BHL
59.30 Julia Briggs, CKHS

200 IM
2:07.32 Mary Pilibosian, BHL
2:09.90 Jennifer Wagley, AHS
2:10.13 Rachel Waite, THS

200 MR
1:38.28 Cranbrook Kingswood
1:38.42 Holland Christian
1:39.34 Hamilton

200 FR
1:38.28 Cranbrook Kingswood
1:38.42 Holland Christian
1:39.34 Hamilton

400 FR
3:33.63* Cranbrook Kingswood
3:38.18 Holland Christian
3:40.01 Lahser

MINNESOTA DIVISION A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Minneapolis, Minnesota
Nov. 15-17, 2012 (25 YD)



* = State Record
** = Division Record

TEAM STANDINGS
223 Northfield
175 Sartell-St. Stephen
172 Visitation

50 FREE
22.82** Danielle Nack, MWHS
23.51 Solveig Viren, GRHS
23.55 Lindsey Horejsi, ALHS

100 FREE
51.32 Solveig Viren, GRHS

51.81 Steph Frey, BHS
52.99 Abbie Dolan, VHS

200 FREE
1:51.64 Chantal Nack, MWHS
1:51.90 Claire Walters, NHS
1:53.87 Mackenzie Braden, HOLF

500 FREE
5:00.22 Thomasin Lee, CLHS
5:02.31 Chantal Nack, MWHS
5:05.12 Mackenzie Braden, HOLF

100 BACK
56.36 Ellen Bloom, SSS
57.67 Marissa Warren, LHS
57.69 Caroline Gaertner, VHS

100 BREAST
1:00.16* Lindsey Horejsi, ALHS
1:03.97 Heather Farley, VHS
1:04.87 Kathryn Ostrom, SLP

100 FLY
52.41* Danielle Nack, MWHS
56.80 Abby Erdmann, BRECK
57.70 Marissa Warren, LHS

200 IM
2:04.65 Ellen Bloom, SSS
2:07.37 Steph Frey, BHS
2:08.07 Kathryn Ostrom, SLP

200 MR
1:48.10 Visitation
1:48.63 Albert Lea
1:49.00 Sartell-St. Stephen

200 FR
1:37.06 Northfield
1:37.48 Mankato West
1:38.72 Sartell-St. Stephen

400 FR
3:32.63 Mankato West
3:33.32 Sartell-St. Stephen
5:40.71 Northfield

MINNESOTA DIVISION AA HIGH SCHOOL GIRLS CHAMPIONSHIPS
Minneapolis, Minnesota
Nov. 15-17, 2012 (25 YD)



* = State Record

TEAM STANDINGS
228 Edina
222 Wayzata
220 Eden Prairie

50 FREE
23.06 Kaia Grobe, CHS
23.33 Carolyn Kane, MHS
23.56 Emma Paulson, WHS

100 FREE
49.97 Kaia Grobe, CHS
51.07 Megan Wenman, RHS
51.29 Isabel Wyer, MHS

200 FREE
1:48.61 Amelia Schilling, MHS
1:48.88 Courtney Evensen, AHS
1:49.80 Isabel Wyer, MHS

500 FREE
4:48.96* Amelia Schilling, MHS
4:53.10 Kira Zubar, EPHS
4:56.32 Courtney Evensen, AHS

100 BACK
53.50 Zoe Avestruz, CHS
56.06 Bre Thorne, EPHS
56.36 Emma Paulson, WHS

100 BREAST
1:02.96 Olivia Anderson, EHS
1:03.69 Kasey Roberts, SMAHS
1:03.73 Tara Chapman, CEHS

100 FLY
54.30 Zoe Avestruz, CHS
54.73 Bre Thorne, EPHS
55.38 C. Grunewald, ERHS

200 IM
2:02.63 Kasey Roberts, SMAHS
2:03.15 Ellie Suek, EPHS
2:04.29 Sophia Bisch, SHS

200 MR
1:43.97* Edina
1:44.47 Wayzata
1:44.87 Chanhassen

200 FR
1:35.65 Eden Prairie
1:36.07 Edina
1:36.54 Armstrong

400 FR
3:26.23 Chanhassen
3:27.83 Eden Prairie

3:28.69 Armstrong

MISSISSIPPI DIVISION I HIGH SCHOOL CHAMPIONSHIPS
Cleveland, Mississippi
Nov. 2-3, 2012 (25 YD)



GIRLS TEAM STANDINGS
109 Cleveland
103 Saint Andrew's
86 St. Joseph Catholic

50 FREE
25.20 MariMac Collins, STJOE
25.30 Nijior May, STJOE
25.83 Mary Clay Kline, CHS

100 FREE
53.15 Alex Good, STAND
54.35 MariMac Collins, STJOE
54.57 Emily Mansour, SJS

200 FREE
1:54.48 Alex Good, STAND
1:57.10 Emily Mansour, SJS
1:58.27 Manuela Portilla, CHS

500 FREE
5:13.40 Gabrielle Sanchez, BURG
5:18.13 Manuela Portilla, CHS
5:21.57 Sarah Murphy, GTHS

100 BACK
1:00.40 Gabrielle Sanchez, BURG
1:03.41 Maggie Gleason, STAND
S. Waddingham, STJOE

100 BREAST
1:07.87 Carly Good, STAND
1:08.82 Rachel Dees, RHS
1:14.45 Halilee Pinkerton, CHS

100 FLY
1:00.80 Maggie Gleason, STAND
1:01.26 Shelby Cox, CHS
1:02.18 Rachel Dees, RHS

200 IM
2:12.45 Carly Good, STAND
2:17.67 Shelby Cox, CHS
2:21.22 Mollie Shepard, STAND

200 MR
1:52.64 Saint Andrews
1:59.22 St. Joseph Catholic
2:05.15 Cleveland

200 FR
1:44.27 St. Joseph Catholic
1:44.49 Cleveland
1:52.08 Lewisburg

400 FR
3:42.73 Saint Andrews
3:55.79 Cleveland
4:07.03 Lewisburg

BOYS TEAM STANDINGS
101 Saint Andrew's
91 St. Joseph Catholic
68 St. Stanislaus

50 FREE
22.07 Wally Wibowo, SAHS
23.79 Bennett Holland, SSC
24.31 Kelvin Williams, EHS

100 FREE
49.07 Wally Wibowo, SAHS
53.09 Bennett Holland, SSC
53.54 Peter Neto, SSC

200 FREE
1:48.65 Zach Cruthirds, SPCHS
1:55.94 Winn Walker, STAND
1:59.14 Jack Collins, STJOE

500 FREE
5:09.71 Zach Cruthirds, SPCHS
5:18.85 Thatcher Shepard, STAND
5:19.18 A. Santangelo, STAND

100 BACK
59.07 Will Weeks, CHS
59.40 Walker Burrow, STJOE
1:00.92 Gray Carpenter, SPCHS

100 BREAST
1:05.18 Winn Walker, STAND
1:09.68 Mikhail Dixon, SHHS
1:10.92 Stewart Inman, STJOE

100 FLY
55.45 Walker Burrow, STJOE
55.95 Jack Smithson, STAND
57.51 Eien McGee, HAWKS

200 IM
2:06.62 Eien McGee, HAWKS
2:07.91 Jack Smithson, STAND
2:10.23 Mikhail Dixon, SHHS

200 MR
1:48.35 Saint Andrew's
1:50.50 St. Stanislaus
1:52.99 St. Joseph Catholic

200 FR
1:36.38 St. Stanislaus
1:37.66 St. Joseph Catholic
1:38.58 Saint Andrew's

400 FR
3:36.32 St. Joseph Catholic
3:36.69 Saint Andrew's
3:49.80 Germantown

MISSISSIPPI DIVISION II HIGH SCHOOL CHAMPIONSHIPS
Cleveland, Mississippi
Nov. 2-3, 2012 (25 YD)



GIRLS TEAM STANDINGS
108 Tupelo
76 Starkville
70 Oxford

50 FREE
23.76 Bailey Scott, THS
24.20 Courtney Goff, CHS
24.73 Kyjana Webber, HCHS

100 FREE
52.94 Kyjana Webber, HCHS
53.91 Laken Vickers, STARK
55.97 Courtney Goff, CLINT

200 FREE
1:59.34 A.K. Mitchell, NWR
2:04.43 Dora Chen, OHS
2:07.06 Marta Burwell, OHS

500 FREE
5:37.41 Landra Gavin, WJHS
5:40.58 Kristen Lacy, STARK
5:40.71 Marta Burwell, OHS

100 BACK
1:01.07 Chris Roberts, THS
1:02.38 Morgan Eguia, OGHs
1:03.94 Haruka Sugimoto, THS

100 BREAST
1:06.62 Taylor Ballard, BRAND
1:07.08 Laken Vickers, STARK
1:11.34 Chelsie Gray, THS

100 FLY
57.31 Chris Roberts, THS
58.31 Ashley Moore, OSHS
1:00.93 A.K. Mitchell, NWR

200 IM
2:12.63 Ashleigh Moore, OSHS
2:14.49 Taylor Ballard, BRAND
2:18.88 Haruka Sugimoto, THS

200 MR
1:51.63 Tupelo
1:57.52 Starkville
2:00.06 Northwest Rankin

200 FR
1:43.61 Starkville
1:45.94 Oxford
1:46.08 Tupelo

400 FR
3:46.56 Tupelo
4:00.62 Ocean Springs
4:06.40 Madison Central

BOYS TEAM STANDINGS
117 Tupelo
111 Madison Central
63 Oxford

50 FREE
21.85 Parker King, MC
22.39 Michael Ray, THS
22.87 Marlan McElroy, NWR

100 FREE
47.66 Parker King, MC
48.13 Sean Kirwan, OBHS
48.81 Connor Anderson, THS

200 FREE
1:45.30 Jackson Kojima, MC
1:48.64 Austin Parker, MC
1:50.11 Connor Chase, THS

500 FREE
4:48.33 Jackson Kojima, MC
4:59.08 Michael Pickich, BHS
5:00.73 Connor Chase, THS

100 BACK
55.36 Corey Persons, COL
55.72 Austin Parker, MC
56.05 Connor Anderson, THS

1:01.90 Benjamin Branson, MC

100 FLY
52.70 Colton Fremont, THS
53.63 Harrison Ciskowski, DCHS
53.79 Ashton Robertson, BHS

200 IM
1:56.40 Colton Fremont, THS
2:02.45 Ashton Robertson, BHS
2:04.28 Grant Thornton, THS

200 MR
1:39.03 Tupelo
1:42.07 Madison Central
1:44.23 Northwest Rankin

200 FR
1:29.17 Tupelo
1:30.84 Madison Central
1:31.96 Northwest Rankin

400 FR
3:20.07 Madison Central
3:25.82 Oxford
3:27.58 Tupelo

MISSOURI HIGH SCHOOL BOYS CHAMPIONSHIPS
St. Peters, Missouri
Nov. 9-10, 2012 (25 YD)



* = State Record

TEAM STANDINGS
225 Rockhurst
203.5 Parkway Central
148.5 Francis Howell

50 FREE
20.44 Andrew Sansoucie, THS
21.63 Kevin Steinhouse, JBHS
21.66 Shane Witzki, LHS

100 FREE
46.50 Alex Crawford, FHHS
47.00 Liam Huffman, PHSHS
47.13 Nick Davis, MHS

200 FREE
1:40.79 Liam Huffman, PHSHS
1:41.34 Louis Behnen, RHS
1:41.52 John Glaser, STLHS

500 FREE
4:29.05 Louis Behnen, RHS
4:29.32 Ryan Baker, FHHS
4:40.92 Tom Prinslow, PHSHS

100 BACK
51.93 Justin Marler, THS
52.03 Will O'Shea, CJS
52.84 Nicholas Alexander, VHS

100 BREAST
57.70 Zach Knoche, LSHS
58.94 Alex Albracht, RHS
59.39 Nathaniel Vawter, SHS

100 FLY
47.96* Andrew Sansoucie, THS
49.20 Nick Orf, PCHS
51.31 Kevin Poskin, MHS

200 IM
1:51.44 Nick Orf, PCHS
1:52.88 Ethan Bresette, LSNHS
1:54.52 Ryan Baker, FHHS

200 MR
1:36.81 Parkway Central
1:37.29 John Burroughs
1:38.50 Francis Howell

200 FR
1:28.71 John Burroughs
1:28.55 Park Hills South
1:28.57 MI Country Day

400 FR
3:11.84 Parkway Central
3:13.70 Francis Howell
3:13.71 Blue Springs South

NORTH DAKOTA HIGH SCHOOL GIRLS CHAMPIONSHIPS
Bismarck, North Dakota
Nov. 9-10, 2012 (25 YD)



* = State Record

TEAM STANDINGS
386 Fargo North
336 Century
266 Minot

50 FREE
24.20 Emily Roche, FNHS
24.24 Jaren Fullgatter, BCHS
24.62 Danica Dutt, WFHS

100 FREE
53.43 Emily Roche, FNHS
53.48 Hallie Peterson, WFHS
53.86 Kelli Ringwall, WHS

200 FREE
1:52.37 Dani Bergeson, BCHS
1:55.11 Hallie Peterson, WFHS
1:55.46 Katie Svendsen, GFCHS

500 FREE
5:06.25 Katie Svendsen, GFCHS
5:13.60 Kyra Ekre, BCHS
5:15.48 Alexis Yunggren, GFCHS

100 BACK
55.68* Dani Bergeson, BCHS
58.96 Maddie Derby, FNHS
59.89 Annie Hart, JHS

100 BREAST
1:05.59 Veronica Herrmann, BCHS
1:06.21 Ellie Roche, FNHS
1:06.67 McKenzie Jeske, BCHS

100 FLY
57.09 Danica Dutt, WFHS
59.88 McKenzie Jeske, BCHS
1:00.64 Maddie Derby, FNHS

200 IM
2:08.67 Ellie Roche, FNHS
2:10.67 Veronica Herrmann, BCHS
2:13.70 Sam Miller, WHS

200 MR
1:46.98 Century
1:48.94 Fargo North
1:52.06 Williston

200 FR
1:39.90 West Fargo
1:40.21 Fargo North
1:41.66 Minot

400 FR
3:34.29* Fargo North
3:35.33 Century
3:40.24 West Fargo

SOUTH CAROLINA DIVISION 3A HIGH SCHOOL CHAMPIONSHIPS
Columbia, South Carolina
Oct. 6, 2012 (25 YD)



* = Division Record

GIRLS TEAM STANDINGS
498.5 Hilton Head
302.5 Greenville
299.5 St. Josephs

50 FREE
24.01 Katrina Konopka, SJO
24.85 C. Bendziewicz, CHP
25.05 Peyton Wilson, JIS

100 FREE
52.18 Katrina Konopka, SJO
53.65 Cassie Ley, HHD
53.92 C. Bendziewicz, CHP

200 FREE
1:55.56 Hannah Craig, JIS
1:55.87 Camille Felix, HHD
1:57.15 Sydney Baker, CCH

500 FREE
5:07.98 Camille Felix, HHD
5:14.89 M. Whisenhunt, GRV
5:15.10 Anna Kassis, BEN

100 BACK
59.95 Caty Hueske, JIS
1:00.06 Leeann Tiffany, ESD
1:00.57 Maggi Langdale, MYR

100 BREAST
1:09.66 Sydney Baker, CCH
1:10.72 V. De maria, ESD
1:12.40 Lauren Konopka, SJO

100 FLY
58.96 M. Whisenhunt, GRV
59.01 Kate Kelly, SJO
59.22 Madison Field, HHD

200 IM
2:10.05 Cassie Ley, HHD
2:13.97 Leeann Tiffany, ESD
2:15.00 Hannah Robins, ACF

200 MR
1:52.64 Hilton Head
1:53.64 St. Josephs
1:54.03 James Island

200 FR
1:40.73 James Island
1:41.92 Hilton Head
1:43.78 Greenville

— continued on 50

FOR THE RECORD — continued from 49

400 FR
3:38.84 Hilton Head
3:44.85 St. Josephs
3:46.92 Greenville

BOYS TEAM STANDINGS
428 Academic Magnet
367 Bishop England
330 Socastee

50 FREE
22.37 Nate Silvestri, ACM
22.48 Garrett Ocker, ACF
22.52 John Kelly, SJO

100 FREE
47.53 Garrett Ocker, ACF
48.68 M. Stapleton, ACM
49.34 Nate Silvestri, ACM

200 FREE
1:41.27* Matthew Adams, BEN
1:45.16 Justin Mehl, SJO
1:45.71 M. Stapleton, ACM

500 FREE
4:44.84 James Koval, ACM
4:51.14 Talmadge Davis, PALM
4:51.69 James Hammond, HHD

100 BACK
51.92 Matthew Adams, BEN
55.36 Jack Story, BEN
55.44 Mason Bryan, NMB

100 BREAST
59.96 Walker Harwell, SOC
1:01.02 Taylor Hall, GRV
1:01.87 Alex Cavazzoni, BEN

100 FLY
50.77 Adam Dear, WAC
51.51 Justin Mehl, SJO
53.60 Jack Story, BEN

200 IM
1:55.71 Adam Dear, WAC
2:00.00 Taylor Hall, GRV
2:01.77 A. Rutkowski, CHP

200 MR
1:41.32 Socastee
1:41.33 Greenville
1:42.97 Academic Magnet

200 FR
1:29.07 Bishop England
1:30.76 Waccamaw
1:32.18 Socastee

400 FR
3:16.75 Bishop England
3:19.20 Academic Magnet
3:23.65 Waccanaw

SOUTH CAROLINA DIVISION 4A HIGH SCHOOL CHAMPIONSHIPS
Columbia, South Carolina
Oct. 8, 2011 (25 YD)

* = District Record

GIRLS TEAM STANDINGS
330 Wando
320 Fort Mill
305 J.L. Mann

50 FREE
24.38 Kelsey Williams, NOA
24.41 Morgan Rulevich, CLO
24.67 A. Bennett, WEA

100 FREE
52.06 Tori Angermeier, DOR
52.72 Kelsey Williams, NOA
53.71 A. Bennett, WEA

200 FREE
1:51.70 Nicole Fuller, NOA
1:52.36 Tori Angermeier, DOR
1:55.85 M. Coughlen, FOM

500 FREE
4:56.43* Nicole Fuller, NOA
5:08.67 M. Coughlen, FOM
5:15.41 Sarah Babrowicz, SPT

100 BACK
56.80 Micah Bohon, ASR
57.81 Danielle Galyer, MLN
57.84 Ali Galyer, JLM

100 BREAST
1:06.79 Morgan Rulevich, CLO
1:07.10 Madison Little, FOM
1:08.02 S. Faulconer, JLM

100 FLY
54.03* Megan Kingsley, WAN
58.33 Jessi Snover, RVS
58.48 Amanda McNulty, JLM

200 IM
2:00.99* Megan Kingsley, WAN
2:06.64 Micah Bohon, ASR
2:09.72 Ali Galyer, JLM

200 MR
1:50.47 J.L. Mann
1:51.36 Wando
1:52.80 Dorman

200 FR
1:39.94 Fort Mill
1:43.32 Mauldin
1:43.95 Lexington

400 FR
3:36.68 Fort Mill
3:36.68 Wando
3:39.10 Mauldin

BOYS TEAM STANDINGS
310 Wando
288 Riverside
262 J.L. Mann

50 FREE
20.83 Garrett Hills, CLO
20.89 Jory Pettit, LAC
21.15 Robert Borowicz, JLM

100 FREE
45.88* Garrett Hills, CLO
46.50 Jory Pettit, LAC
47.64 Zach Piedt, FOM

200 FREE
1:41.87 Eric Collins, NOA
1:42.69 Jacob Kohlhoff, FOM
1:42.97 A. Faciszewski, BLF

500 FREE
4:34.50 Dirk Blel, WAN
4:34.57 A. Faciszewski, BLF
4:39.18 Jacob Kohlhoff, FOM

100 BACK
51.52 Jonathon Boland, SPV
51.61 Zach Lierley, WAN
52.39 Robert Borowicz, JLM

100 BREAST
58.14 Eric Collins, NOA
58.58 Benjamin Spinek, SPV
59.01 John Slavens, CLO

100 FLY
50.30 Jonathon Boland, SPV
50.98 Jacob Rupp, DOR
52.76 Brad Oberg, SPT

200 IM
1:54.03 Zach Lierley, WAN
1:55.75 Benjamin Spinek, SPV
1:57.26 Riley League, NOW

200 MR
1:38.47 Wando
1:38.51 Spring Valley
1:38.80 Clover

200 FR
1:29.14 Fort Mill
1:29.59 Spartanburg
1:29.61 Riverside

400 FR
3:13.03 Clover
3:13.60 Wando
3:14.77 Spring Valley

WASHINGTON DIVISION 2A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 9-10, 2012 (25 YD)

* = Division Record

TEAM STANDINGS
235 Lake Washington
205 Tumwater
200 Ellensburg

50 FREE
25.11 Anne Froelich, ELLEN
25.15 C. Kucinski-Murphy, LW
25.19 Kim Vincent, STEIL

100 FREE
52.38 Abby Sullivan, TUM
52.88 Taylor Wilson, ELLEN
54.05 Caitlin Quaeempts, WEST

200 FREE
1:59.07 Gwendolyn Roley, SHE
1:59.92 Madeline Gillman, BELL
2:02.04 Hailey Rankin, PROSS

500 FREE
5:19.17 Kelsey Crane, KLAHO
5:23.64 Madeline Gillman, BELL

5:23.85 Gwendolyn Roley, SHE

100 BACK
58.85 Abby Sullivan, TUM
1:00.99 C. Kucinski-Murphy, LW
1:01.06 Caitlin Quaeempts, WEST

100 BREAST
1:06.34 Meredith Sawyer, FIFE
1:06.64 Taylor Wilson, ELLEN
1:08.85 Ashley Huynh, SUMN

100 FLY
56.61 Julia Sanders, HOCK
59.25 Lorraine Hack, TUM
59.66 Madison Munger, SUMN

200 IM
2:05.90 Julia Sanders, HOCK
2:10.24 Madison Munger, SUMN
2:12.86 Kelsey Crane, KLAHO

200 MR
1:53.56 Sumner
1:54.63 Port Angeles
1:55.14 Lake Washington

200 FR
1:40.61* Tumwater
1:43.39 Mark Morris
1:43.40 Capital

400 FR
3:40.87* Tumwater
3:46.26 Lake Washington
3:48.40 Ellensburg

WASHINGTON DIVISION 3A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 9-10, 2012 (25 YD)

* = State Record
** = Division Record

TEAM STANDINGS
376 Mercer Island
303 Bainbridge
194 Lakeside

50 FREE
23.36 Anna Keane, MEAD
23.98 Stephanie Tixier, HANF
24.20 Mackenna Briggs, LIB

100 FREE
50.60 Anna Keane, MEAD
50.91 M. Bittelberghe, CR
52.14 Emma Chard, FOSS

200 FREE
1:50.05 M. Bittelberghe, CR
1:54.27 Vanessa Moffatt, JFK
1:55.10 Addie Chambers, LKSD

500 FREE
4:58.40 Sarah Grundman, BAIN
5:03.15 Addie Chambers, LKSD
5:08.44 Kay Sterner, BAIN

100 BACK
56.18 Shayla Archer, BAIN
56.23 Emily Huffer, OH
56.96 Hannah Taylor, MP

100 BREAST
1:03.49 Kim Williams, BVUE
1:05.68 Emma Chard, FOSS
1:06.08 Helen Tegan, LKSD

100 FLY
55.85 Sabrina Kwan, MI
56.15 Hannah Taylor, MP
56.34 Stephanie Tixier, HANF

200 IM
2:01.20** Kim Williams, BVUE
2:01.87 Grace Wold, MI
2:08.02 Lisa Tixier, HANF

200 MR
1:47.75** Bainbridge
1:48.45 Mercer Island
1:50.79 Lakeside

200 FR
1:38.12* Mercer Island
1:39.07 Bainbridge
1:39.14 Hanford

400 FR
3:33.41 Mercer Island
3:36.90 Hanford
3:39.02 Bainbridge

WASHINGTON DIVISION 4A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 9-10, 2012 (25 YD)

* = Division Record

TEAM STANDINGS
217 Newport
183.5 Richland
169 Cascade

50 FREE
23.44 Kenna Ramey, FW
23.68 Hannah Bruggman, WEN
23.81 Lorea Gwo, NEW

100 FREE
51.71 Hannah Bruggman, WEN
52.14 Alana Pries, ER
52.87 Marley Cross, GARF

200 FREE
1:49.72 Felicity Cann, STA
1:53.43 Kalena Laurent, CASC
1:55.09 Kayla Roberson, INGL

500 FREE
4:57.78 Felicity Cann, STA
5:05.11 Nicole Weinman, RICH
5:08.42 Brianna Lucien, MAR

100 BACK
54.85 Lisa Bratton, RICH
55.95 Kaela McKee, JACK
56.99 Megan Kawaguchi, MR

100 BREAST
1:03.30 Carolyn McCann, GIGH
1:05.49 Kayla Roberson, INGL
1:05.78 Jocelyn Crawford, GARF

100 FLY
56.00 Kenna Ramey, FW
56.56 Kalena Laurent, CASC
56.57 Lorea Gwo, NEW

200 IM
2:01.53 Lisa Bratton, RICH
2:06.16 Carolyn McCann, GIGH
2:06.62 Megan Kawaguchi, MR

200 MR
1:49.12 Skyline
1:49.98 Kentlake
1:50.78 Newport

200 FR
1:38.29* Cascade
1:39.77 Newport
1:39.85 Wenatchee

400 FR
3:34.96 Cascade
3:35.03 Richland
3:35.77 Newport

WYOMING DIVISION 1 HIGH SCHOOL GIRLS CHAMPIONSHIPS
Madison, Wisconsin
Nov. 9-10, 2012 (25 YD)

* = Division Record

TEAM STANDINGS
279 Waukesha South
273 Arrowhead
191.5 Cedarburg

50 FREE
22.97* Beata Nelson, VHS
23.31 Corrin Van Lanen, PHS
23.42 Mary Warren, AHS

100 FREE
50.54 Abby Jadgefeld, WSHS
51.66 Molly Manchon, WSHS
51.90 Mary Warren, AHS

200 FREE
1:47.67* Abby Jadgefeld, WSHS
1:50.07 Molly Manchon, WSHS
1:50.46 Natalie Neuwerth, SPHS

500 FREE
4:52.92 Kaersten Mietz, WSHS
4:55.64 Natalie Johnson, CHS
4:57.10 Natalie Clausen, WSHS

100 BACK
53.73* Beata Nelson, VHS
54.52 Mackenzie Buss, SBHS
57.06 Jessica Short, CHS

100 BREAST
1:01.98 Lindsay Adamski, AHS
1:03.24 Katie Drabot, CHS
1:04.59 Ashley Aergeter, MHS

100 FLY
55.60 Corrin Van Lanen, PHS
56.48 Mackenzie Buss, SBHS
57.00 Erika Jensen, BPHS

200 IM
2:00.23 Katie Drabot, CHS
2:04.94 Anna Brooks, BBWHS
2:06.00 Jessica Short, CHS

200 MR
1:44.44 Arrowhead
1:47.26 Middleton
1:47.51 Cedarburg

200 FR
1:35.35 Arrowhead
1:35.55 Verona
1:35.97 Waukesha South

400 FR
3:25.38 Waukesha South
3:25.90 Cedarburg
3:29.32 Verona Area

WISCONSIN DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS
Madison, Wisconsin
Nov. 9-10, 2012 (25 YD)

* = Division Record

TEAM STANDINGS
255 Shorewood
217 Milton
193 Grafton

50 FREE
23.74 Savanna Townsend, SBHS
23.90 S. Senczyszyn, GHS
24.22 Katelyn Holmquist, MHS

100 FREE
50.28* Kristin Malone, SHS
51.97 Madison Tew, NBWHS
52.62 Abby Holmquist, MHS

200 FREE
1:48.83* Kristin Malone, SHS
1:52.83 Madison Tew, NBWHS
1:54.98 Abby Holmquist, MHS

500 FREE
4:58.34 Ellen Stello, SHS
5:02.66 Rina Krupsky, MFHS
5:07.55 Genevieve Hayes, SHS

100 BACK
55.45* Bridgette Alexander, MHS
56.93 Katelyn Holmquist, MHS
58.38 Rachel Root, MONHS

100 BREAST
1:01.37* Rachel Munson, SHS
1:03.05 S. Senczyszyn, GHS
1:04.17 Emma Bare, FAHS

100 FLY
57.01 Rina Krupsky, MFHS
57.04 Savanna Townsend, SBHS
58.10 Claire O'Connell, AHS

200 IM
2:04.54 Bridgette Alexander, MHS
2:05.39 Ellen Stello, SHS
2:06.26 Rachel Munson, SHS

200 MR
1:48.47 Grafton
1:48.59 Shorewood
1:49.91 Whitefish Bay

200 FR
1:36.69 Milton
1:38.68 Shorewood
1:39.28 New Berlin West

400 FR
3:29.26* Milton
3:32.18 Shorewood
3:36.60 Eisenhower

WYOMING DIVISION 3A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Gillette, Wyoming
Oct. 26-27, 2012 (25 YD)

TEAM STANDINGS
288.5 Jackson Hole
229 Lander
174 Buffalo

50 FREE
25.00 Hannah Chapin, BUF
25.35 Lateesha Hiser, DOU
26.16 Katie Schulthess, KEM

100 FREE
53.71 Kiana Phelps, JAC
54.76 Hannah Chapin, BUF

55.20 G. Howdysshell, LAN

200 FREE
1:59.59 Kiana Phelps, JAC
2:00.90 Katelyn Olson, RAW
2:04.18 Carolyn Kennedy, WOR

500 FREE
5:33.39 Katelyn Olson, RAW
5:33.93 Morgan Gramlich, LAN
5:43.86 Emily Schimelpfenig, LAN

100 BACK
58.74 Connor Tarver, JAC
1:05.11 Haley Crawford, COD
1:05.96 Taylor Lund, RAW

100 BREAST
1:11.04 Caley Stafford, BUF
1:11.19 G. Howdysshell, LAN
1:11.79 Nicole Thiele, BUF

100 FLY
1:03.05 Carolyn Kennedy, WOR
1:03.17 Katie Forton, LAN
1:03.82 Becca Hamilton, JAC

200 IM
2:11.71 Connor Tarver, JAC
2:16.17 Sammy Crawford, LAN
2:25.86 Caley Stafford, BUF

200 MR
1:54.05 Jackson Hole
1:56.06 Lander
1:59.56 Buffalo

200 FR
1:45.40 Jackson Hole
1:46.05 Lander
1:48.48 Cody

400 FR
3:43.36 Jackson Hole
3:51.47 Lander
4:01.08 Buffalo

WYOMING DIVISION 4A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Gillette, Wyoming
Oct. 26-27, 2012 (25 YD)

TEAM STANDINGS
256 Cheyenne East
199 Cheyenne Central
194.5 Campbell County

50 FREE
24.22 Iliana Jones, KWH
25.14 Ashley Sitz, EVN
25.20 Taylor Segrave, CEN

100 FREE
51.92 Sarah Morgan, LAR
54.41 Julie Schmitt, KWH
55.15 Jonna Brown, EAS

200 FREE
1:55.71 Sarah Morgan, LAR
1:58.45 Julie Schmitt, KWH
2:01.75 Abby Urban, EAS

500 FREE
5:21.80 Larisa Jones, KWH
5:22.80 Abby Urban, EAS
5:21.80 Sarah Devine, EAS

100 BACK
57.37 Kelsey Ochsner, CAM
59.87 Gracie Brown, EAS
1:00.16 Larisa Jones, KWH

100 BREAST
1:08.26 Iliana Jones, KWH
1:08.28 Jonna Brown, EAS
1:08.47 Annie Waldum, CAM

100 FLY
56.23 Kelsey Ochsner, CAM
1:03.24 Sarah Devine, EAS
1:03.29 Gretchen Dougherty, SHE

200 IM
2:14.42 Mariah Miller, CEN
2:16.78 Gracie Brown, EAS
2:20.46 Angella Perry, KWH

200 MR
1:50.11 Cheyenne East
1:50.86 Campbell County
1:51.37 Kelly Walsh

200 FR
1:42.53 Cheyenne County
1:42.62 Laramie
1:43.03 Campbell County

400 FR
3:40.12 Kelly Walsh
3:40.90 Cheyenne East
3:48.11 Laramie

February Calendar

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

FEBRUARY

- 1-2 **Fort Myers, FL**
SWIM AG/SR/TF Open
239-272-3861
- 1-3 **Jacksonville, FL**
BSS AG/SR/TF Open
904-256-5212
- 1-3 **North Miami, FL**
FG Invitational
coachjohn@swimnetunes.com
- 1-3 **Pembroke Pines, FL**
FG Open Invitational
canderson@swim4comets.com
- 1-3 **Stuart, FL**
FG Invitational
mccombj@martin.k12.fl.us
- 1-3 **Columbus, GA**
Hurricane Groundhog
swimhurricanes@hotmail.com
- 1-3 **East Moline, IL**
EMSC AG/SR
dbusch@uths.org
- 1-3 **Highland, IN**
HHSC Snowflake SYOA
meetdirector@highlandhurricanes.net
- 1-3 **Indianapolis, IN**
FINs February Invitational
emerkin@iupui.edu
- 1-3 **West Lafayette, IN**
BA GD Fever
Invitational
swimday@yahoo.com
- 1-3 **Forest Grove, OR**
Coast Range Qualifier
fgscmeetmgr@yahoo.com
- 2 **Tempe, AZ**
Senior Circuit Meet
swimneptune@gmail.com
- 2 **Converse, IN**
OAK Groundhog
Invitational
tmiller7700@yahoo.com
- 2-3 **Evergreen, CO**
Evergreen Super Bowl
meetdirector@evergreenswimteam.org
- 2-3 **Port Orange, FL**
DBS AG/SR/TF Open
386-212-2681
- 2-3 **Grants Pass, OR**
GPS Last Chance
kena216@gmail.com
- 8 **West Palm Beach, FL**
1650 Distance
Challenge
gmand68@bellsouth.net
- 8-10 **Glendale, AZ**
ASG February NTS Meet
gasg1@ionet.net
- 8-10 **Littleton, CO**
HRA Spring Open
720-341-6920
- 8-10 **Tampa, FL**
TBAY AG/SR/TF Open
443-844-6334
- 8-10 **Atlanta, GA**
GA Qualifier
hugh@gwinnettaquatics.com
- 8-10 **Gainesville, GA**
LA Qualifying
Opportunity
jimyoung1@mindspring.com
- 8-10 **Chicago, IL**
BRRY Valentine's
Day Last Chance
srobson@ryallymca.org
- 8-10 **Hinsdale/LaGrange, IL**
HSC/LYON
County Line Classic
cjohnson226@sbjglobal.net
- 8-10 **Naperville, IL**
FOX Winter Classic
cmordach@sbjglobal.net
- 8-10 **Normal, IL**
RED Valentine's Open
redbirdswimclub@hotmail.com
- 8-10 **St Charles, IL**
Chicagoland
Championships
westcoach@comcast.net
- 8-10 **Sycamore, IL**
DCST Winter Classic
dcst@kishymca.org
- 8-10 **West Chicago, IL**
WCs February Frenzy
enters@wcscharks.org
- 8-10 **Avon, IN**
ACST Aquasprints
coachkarr@actswim.org
- 8-10 **Fort Wayne, IN**
TRAC Polar Bear Plunge
rwanfmikey@yahoo.com
- 8-10 **Georgetown, IN**
RAC Flock to the Block
Winter Invitational
kcollings1@sbjglobal.net
- 8-10 **Greenwood, IN**
GRE Gator Plunge
greenwoodaquatics@gmail.com
- 8-10 **Terre Haute, IN**
THT Arctic Blast
jnewhouse98@yahoo.com
- 9 **San Jose, CA**
QSS IM Extreme
stevejan5@sbjglobal.net
- 9 **Carson City, NV**
CARS Last Chance
tsmeetdirector@gmail.com
- 9-10 **Burlingame, CA**
BAC "C-B-A+"
chris@burlingameaquatics.com
- 9-10 **Palo Alto, CA**
PASA "C-B-A+"
sementelli@stanford.edu
- 9-10 **Santa Rosa, CA**
SRN "C-B-A+"
greavesd@msn.com

- 9-10 **Coral Springs, FL**
FG Open Invitational
brunodarzi@aol.com
- 9-10 **Fort Lauderdale, FL**
Panther Invitational
swimming@pinecrest.edu
- 9-10 **Fort Pierce, FL**
IRIV AG/SR/TF Open
772-462-7760
- 9-10 **Elk Grove Village, IL**
AA Valentine Classic
maryruffin6@gmail.com
- 9-10 **Hillsboro, OR**
HEAT Winter Invitational
frank@mckeen.us
- 10 **Aurora, IN**
SDS Chill on the Hill
sgiesting@gmail.com
- 10 **Mishawaka, IN**
PRO Junior Superstar
jbcu85@att.net
- 10 **Beaverton, OR**
Thunderbolt Last Chance
meetdirector@thunderboltswimming.org
- 10 **Canby, OR**
Canby Valentine's Last
Chance Invitational
hestershelly@canby.com
- 10 **Gresham, OR**
MHA Last Chance Invite
danitas4boys@gmail.com
- 14-16 **Orlando, FL**
USAS Grand Prix
719-866-4578
- 15 **Pompano Beach, FL**
Sizzling Valentines Sizzler
jvassallo@pompanopiranhas.com
- 15-17 **Centennial, CO**
ACES Winter High Point
303-741-1733
- 15-17 **Colorado Springs, CO**
Falcons Valentine
Speedo Open
rosennyderconsulting@yahoo.com
- 15-17 **Loveland, CO**
Loveland Sweetheart
jirnickett@hotmail.com
- 15-17 **Coral Gables, FL**
Age Group Invitational
poppj@gulliverschools.org
- 15-17 **Augusta, GA**
GAS Last Chance
gasswim@wctel.net
- 15-17 **Marietta, GA**
RAYS Coaches Invitational
iangoss@bellsouth.net
- 15-17 **Darien, IL**
Bee My Valentine Classic
entries@hornetswimclub.org
- 15-18 **Phoenix, AZ**
PSC Winter Invitational
ploe@phoenixswimclub.org
- 15-18 **Tempe/Chandler, AZ**
RIO Lost Dutchman Invite
david@rioswimteam.org
- 16 **Fort Myers, FL**
GCST AG/SR/TF Invite
239-560-4820
- 16 **Tamarac, FL**
Sunrise Sizzler
coachsun1@aol.com
- 16 **Woodstock, IL**
Last Chance Time Trial
bill.stanton@woodstockdolphins.com
- 16-17 **Arvada, CO**
North Jeffco Finale
kandc30@aol.com
- 16-17 **Pompano Beach, FL**
Friendship Invitational
jvassallo@pompanopiranhas.com
- 16-17 **Atlanta, GA**
SCAT Georgia Open
scatswimming@gmail.com
- 16-18 **Santa Cruz, CA**
CAB Senior II T/F
willtriple@aol.com
- 17 **Clearwater, FL**
CAT AG/SR/TF Open
727-791-9542
- 17 **Flossmoor, IL**
Make the Cut Time Trial
hfwimclub@aol.com
- 17 **Freeport, IL**
FAST Rockin' USA
swimfastcoach@gmail.com
- 17 **Mundelein, IL**
MMSC Winter Time Trial
mhhealy96@gmail.com
- 17 **Peoria, IL**
PAWW Open Time Trial
pawwswimming@gmail.com
- 17 **Fort Wayne, IN**
NACS 12&U SYOA Champs
john.gibson@nacs.k12.in.us
- 17 **Newburgh, IN**
NSC Open Time Trial
coachbryan@swimnsc.com
- 17 **New Castle, IN**
NCSC Winter Invitational
jkelsik@ncsc.k12.in.us
- 17-18 **Napa, CA**
NVST "C-B-A+"
1swim-mom@sbjglobal.net
- 21-24 **Orlando, FL**
Florida Senior Champs.
352-242-5145
- 21-24 **Las Vegas, NV**
Nevada State
Championships
jdmore@charter.net
- 21-24 **Corvallis, OR**
OSI 11-14 Championships
office@oregonswimming.org
- 22-23 **Mesa, AZ**
MAC Open NTS Meet
dbrooks@brooksandaffiliates.com
- 22-24 **Morgan Hill, CA**
MAKO Race to Jos
meetdirector@morganhillmakos.com
- 22-24 **San Jose, CA**
OAO Race to Jos
shannon@ospreyaquatics.com
- 22-24 **Vallejo, CA**
VJO "C-B-A+"
johnyee@mac.com
- 22-24 **Colorado Springs, CO**
CMA Last Chance
josephbnovak@msn.com
- 22-24 **Wellington, FL**
Winter Classic
RTW01@aol.com

22-24 **Atlanta, GA**
GA 14&U State Champs.
scatswimming@gmail.com

22-24 **Elkhart, IN**
CON Heart Smart Invite
coachtomjohnson@earthlink.net

22-24 **Indianapolis, IN**
LST Bearcat Invitational
dianneweiss@comcast.net

22-24 **St. John, IN**
LCB Prelim/Finals Invite
coachjeff@lcbsswim.com

23 **Muncie, IN**
ACAC/CARD Last Chance
rtgatpool@aol.com

23-24 **Jacksonville, FL**
BSS AG/SR/TF Open
904-256-5212

23-24 **St. Petersburg, FL**
SPA AG/SR/TF Open
727-471-8896

23-24 **Huntington, IN**
PRO Last Chance Invite
holly5m@frontier.com

24 **Trafalgar, IN**
ICAC Back to the Beach
bsmith@nhj.k12.in.us

27 **Jacksonville, FL**
EAJ AG/SR/TF Open
904-868-1490

27-3 **Oklahoma City, OK**
NAIA Championships
816-595-8000

28-3 **Goodyear, AZ**
AZ Senior SC Champs.
mrankin@vosymca.org

28-3 **St. Charles, IL**
Illinois Senior Champs.
847-824-1596

28-3 **Gresham, OR**
Region XII Senior
Champs.
office@oregonswimming.org

MASTERS FEBRUARY

2 **Salinas, CA**
SVAM Splash & Dash
mbt1@aol.com

21-24 **Orlando, FL**
Florida Senior Champs.
352-242-5145

21-24 **Las Vegas, NV**
Nevada State
Championships
jdmore@charter.net

21-24 **Corvallis, OR**
OSI 11-14 Championships
office@oregonswimming.org

22-23 **Mesa, AZ**
MAC Open NTS Meet
dbrooks@brooksandaffiliates.com

22-24 **Morgan Hill, CA**
MAKO Race to Jos
meetdirector@morganhillmakos.com

22-24 **San Jose, CA**
OAO Race to Jos
shannon@ospreyaquatics.com

22-24 **Vallejo, CA**
VJO "C-B-A+"
johnyee@mac.com

22-24 **Colorado Springs, CO**
CMA Last Chance
josephbnovak@msn.com

22-24 **Wellington, FL**
Winter Classic
RTW01@aol.com

3 **St. Charles, IL**
St. Charles
Super Bowl Meet
scmstrswim@gmail.com

3 **Alexandria, VA**
Tropical Splash
meet@alexandriamasters.com

9 **Pasadena, CA**
Rose Bowl Masters SCY
cdurieux@rosebowlaquatics.com

9-10 **Clearwater, FL**
Dixie Zone Championships
mark.roberston@myclearwater.com

9-10 **Richmond, VA**
David Gregg III Memorial
nancymill@aol.com

10 **Castle Rock, CO**
Rock Classic Masters
rkline3950@aol.com

10 **Toms River, NJ**
OCY Unofficial Masters
Team Championships
meetdirector@ocytigersharks.org

10 **Brookville, NY**
Valentine's Day Meet
maureen.travers@liu.edu

10 **Madison, WI**
MAM SCY Swim Meet
dickpitman@hotmail.com

16 **Bloomington, IN**
Doc Counsilman Classic
tatanak@indiana.edu

16 **Las Vegas, NV**
LVM Free Play SCY Meet
702-247-7788

16-17 **Auburn, AL**
Auburn Masters SCY Invite
conner@auburnmastersswimmers.org

24 **San Francisco, CA**
The City Mile
usms@wmrmoore.org

24 **Freeport, ME**
CBY Toughen Up
Challenge
bmorse@usms.org

THIS Month IN SWIMMING

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THE INTERNATIONAL
SWIMMING HALL OF FAME

January

Tamas Darnyi (2000 ISHOF Honor Swimmer) earned the Politika Prize in January 1991 as the outstanding swimmer of the World Championships in Perth, Australia. On Jan. 8, he lowered his 400 IM WR by 2.39 seconds to 4:12.36. Six days later, he became the first swimmer to go under two minutes in the 200 IM. He clocked 1:59.36 and regained the WR that he had lost to America's David Wharton in 1989. Undeclared in international competition from 1985-93, Darnyi claimed victory in the 200-400 IM at the 1988 and 1992 Olympics, the 1986 and 1992 World Championships and the 1985, 1987 and 1989 European Championships.



PARTING SHOT



PICTURED > *Megan Jendrick gets ready to race at last summer's U.S. Olympic Trials.*
PHOTO BY PETER H. BICK