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SWIMMING WORLD

FEBRUARY 2013 - VOLUME 54 - NO. 2

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SOURCE OF
MOTIVATION

+4 TIPS TO
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ON
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KATINKA
ON THE

MOVE...




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SWIMMING

THOUGHTS
FROM THE
FRONT LINE

➤ **DAGNY**

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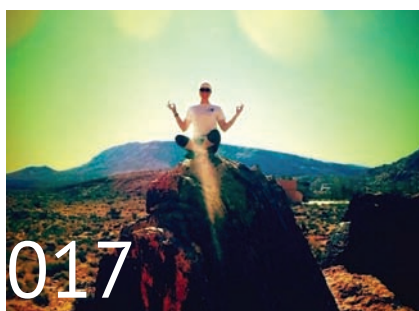


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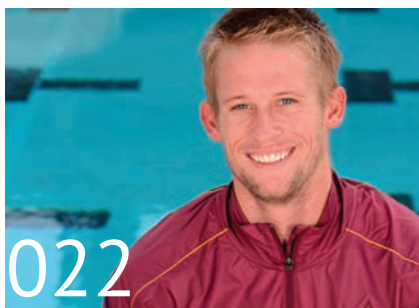


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Katinka Hosszu

has enjoyed a meteoric rise to fame since she first represented Hungary in the 2004 Olympics. The 23-year-old has since represented her country in the 2008 and 2012

Olympics, and was the 400 IM world champion in 2009, in addition to earning the 2009 Hungarian Sportswoman of the Year award. In London, she placed fourth in the 400 IM, missing the podium by only a half-second. (See story, page 12.) [PHOTO BY CSABA IGNACZ]



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A Voice *for the* Sport

Find Your Motivation in Others

BY BRENT T. RUTEMILLER

Have you ever taught a blind person to float or a deaf person to swim? How about watching a young boy throw his crutches to the ground before sliding into the water for a swim lesson? Have you seen a parent crying tears of joy?

For the past 15 years, I have experienced all of these as a Special Olympics swim coach.

I remember Edson, who asked to be on my S.O.S. swim team (Special Olympics Swimmers). His mom pushed him onto the deck in a wheelchair. I piggybacked him into the water and then lifted him onto my shoulders. Soon, a "chicken fight" broke out in the water with the other coaches and swimmers. Edson couldn't stop laughing. When he got off my shoulders, he sank straight to the bottom.

Edson could only propel himself with his arms. His legs dragged toward the bottom as he wiggled through the water. I would pull him up for air and then let him go back under. He won a medal that summer for the 10-meter assisted swim at the Arizona Special Olympic State Championships.

Eight years later, Edson walks with crutches, swims 400 yards a practice, rides a three-wheel bike and has a room full of swimming medals.

I also remember the day the gate swung open and in walked a mother with a young teenage girl named Vanessa. The mother was holding the girl's arm above the elbow. The girl was waving a cane, left to right, in front of her.

I introduced myself but purposely kept circling around her as we talked to track her awareness. Finally she blurted out, "Will you keep still?" I could see she was outspoken and determined.

Vanessa lives in a dark world where there is no difference between above and below the surface. It took a whole season to teach her backstroke. We created a metronome to send sound waves through the water by using a long pole inserted in the pool and clanking the other side with a metal wrench. Through trust and courage, she learned to take a stroke then glide with each sound.

This past year, Vanessa won a medal in the 50 freestyle for her classification. Her mother proudly walked beside her.

Five years ago, Kyle walked by swinging his hips and dragging one leg. His arms didn't fully extend, mostly because of shortened tendons in his body. He has what appears to be a mild case of cerebral palsy. He did not know how to swim. For the first four years on the team, Kyle simply did doggie paddle and rolled over on his back for a breath. His legs dragged behind him.

This past year, we decided to buy some arm floaties to put on his feet. Immediately, his body position improved to the point where he is now swimming close to a mile at every practice. Kyle won individual medals this past year and he proudly took them to his school.

Think about the incredible courage it takes for disabled individuals to face each day.

The February issue of *Swimming World Magazine* is about finding YOUR inner drive and source of motivation. When a pool is the last thing you want to see on a chilly morning, take the time to look at the bigger picture because inspiration and motivation are all around us.



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PICTURED > *Olympic triathletes swim by a pagoda—a traditional East Asian tiered tower—during the 1.5K swimming portion of the triathlon at the 2008 Beijing Olympics. Located near the southern slope of Mount Tianshou in northern Beijing, the Ming Tomb Reservoir offers historically significant views that include the rugged Chinese landscape and the Thirteen Tombs of the Ming Dynasty.*

PHOTO BY MARTIN/PRESSE SPORTS VIA USA TODAY SPORTS



A METORIC RISE

BY SHOSHANNA RUTEMILLER
PHOTOS BY CSABA IGNACZ

Katinka Hosszu has come a long way since representing Hungary in her first Olympics as a 15-year-old in 2004. Two more Olympic Games later—as well as becoming a multiple world champion and the top female swimmer at the recent World Cup Circuit with 39 individual gold medals—she now has her sights set on even more hardware.

Storage space may be Katinka Hosszu's biggest concern. She simply has too much gold, silver and bronze medal hardware. Should she tote her 39 individual 2012 FINA World Cup gold medals around as she travels to international competitions? Or is it more reasonable to search for a house in Budapest, Hungary, with a nice, big closet? One thing's for certain, she isn't planning on wearing them—at least not all at once.

"I tried to put them on my neck—(they fit), but it hurt. And then we put them all on my arms, and it was so hard to hold them. It was like a workout," Hosszu says.

Hosszu has enjoyed a meteoric rise to fame since she first represented Hungary in the 2004 Olympics. The 23-year-old has since represented her country in the 2008 and 2012 Olympics, and was the 400 IM world

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champion in 2009, in addition to earning the 2009 Hungarian Sportswoman of the Year award. In London, she placed fourth in the 400 IM, missing the podium by only a half-second.

Even though Hosszu is now a seasoned Olympic athlete, she still remembers the star-struck 15-year-old girl in 2004 at her first Olympics.

“I was really young, and I wasn’t actually expecting to make it. I just remember walking around looking at athletes like Kobe Bryant and all of the big swimmers,” she says. “I literally was just walking around, looking around. I couldn’t even focus on swimming. I was swimming the 200 freestyle back then. I walked out (before my race) and was just thinking about all of the people (watching in the stands), and then I was like, ‘Oh, my God, I have to swim now! What am I swimming?’”

Today, some argue that Hosszu’s fame in Hungary may soon eclipse that of Hungary’s five-time Olympic medalist Laszlo Cseh.

“It’s been pretty crazy because when I was in L.A. (swimming for the University of Southern California with Coach Dave Salo) for four years, no one recognized me,” she says. “Now people recognize me all the time. I don’t think I can go out without getting recognized. Like today, I was out getting a taxi and my (jacket) hood was up, and even (the taxi driver) recognized me. I was like, ‘No way!’ It’s dark, and I have my hood on! But sometimes I get free coffee and free ice cream, so it’s nice.”

FAME...AND FORTUNE

However, fame comes at a price. Hosszu is constantly on the move, traveling around the globe for competitions and training camps.

“The last couple of weeks we were literally traveling all the time, (that) sometimes I would wake up and not know where I was,” she says.

Her confusion is understandable, considering she spent the last couple of months traveling among continents. First, she embarked on the World Cup Circuit; followed by the European Short Course Championships in Chartres, France; the World Championships in Istanbul, Turkey; the Salnikov Cup in St. Petersburg, Russia; and, finally, the Indian Ocean Swim Meet on the small French island of Réunion, off the coast of Madagascar.

Hosszu, who at the time of this conversation with *Swimming World Magazine* was bundled up in a hotel in Budapest—a quick stop before departing the next day for St. Petersburg—seemed excited at the prospect of heading to Réunion, which boasts a much warmer climate than the ice and snow-covered streets of Hungary and Russia.

“It’s going to be really warm,” says Hosszu. “And the water (on the coast of the island) is see-through, so I can’t wait to go there.”

Travel makes it difficult to settle in a single place. Hosszu’s manager and longtime boyfriend, Shane Tusup, travels alongside the swimming superstar. The pair met

while swimming together at USC. Currently, they are looking to purchase their first home in Budapest.

“We are trying to get our own place because I’m from Baja—it’s a small town (in Hungary)—and I’m going to be swimming in Budapest,” she says. “I’m pretty excited because we are going to have our first place (together).”

Hosszu signed to represent Hungary in swimming for the next four years. As a professional swimmer who spends her days in training, Hosszu receives financial support from the Hungarian Swimming Federation.

“The Hungarian Federation is helping me a lot,” she says. “Since I’m back in Hungary, it’s much easier for them to help me and take care of me.”

Apart from her financial assistance, Hosszu has been making a killing in international competition. During the past six months, Hosszu was awarded nearly \$200,000 of swim meet prize money. This sum comes from the 2012 FINA World Cup Circuit, where, in addition to the 39 gold medals, FINA wrote Hosszu a check for nearly \$170,000 as the overall World Cup winner among the women. Add to that earnings of \$18,000 from the Short Course World Championships and more than \$6,000 from the Salnikov Cup.

“I really want to invest my money,” Hosszu said, when asked how she plans to spend her prize money. “I really want to buy a place, but I think I’m going to have some left over, so I’m going to invest and save it—trying to be smart, you know.”

However, she does admit to one self-indulgence: a purchase she made after FINA handed her the big World Cup check at the last stop of the Circuit in Singapore.

“(I went) shopping at Louis Vuitton,” she says. “I got a watch.”

FOCUSING ON THE FUTURE

Back in the pool, Hosszu’s aquatic career continues to progress. Advancing from her surprising appearance on the Olympic stage in 2004 to her 12th-place finish in the 400 IM at the 2008 Olympics, then fourth in the same event four years later in London, Hosszu is now mapping out a plan with her coach for the next four years.

“After London, we kind of sat down and set goals that I want to achieve in the next four years,” she says. “I have exact times I want to achieve. Doing Short Course Worlds, I wanted to pick up some more events and even swim some freestyle, as well. Right now, I’m looking forward already to (the 2013 World Championships in) Barcelona.”

She also has learned to focus on herself rather than worry about the competition.

“I usually try not to think about places or imagine how I swim. If I imagine myself so far ahead (in a race), and I start swimming, and I’m not, I get stressed out,” she explains.

Hosszu doesn’t need to imagine herself ahead because, frankly, that’s where she usually finishes her races. At the 2012 Short Course World Championships, Hosszu raced her way to two golds, two silvers and a bronze medal—

new additions for her collection. And there are always more medals to win.

“Already I came really close to getting on the (Olympic) podium,” she says. “So now, I’m looking forward to Rio...maybe I can be on the podium there.”

Although Hosszu’s life currently revolves around travel, one day she and Tusup hope to expand their family.

“I really want one,” she says. “I ask for a dog every day, but I really can’t have one. The pet probably wouldn’t even recognize me because I travel so much.”

Tusup added, “I still use it as a bribe, though, all the time.”

“We actually have some fishes,” Hosszu continued. “One of them is named Reezy, the other is Fishie, and the other is Halászik (fish in Hungarian).”

Unfortunately, Hosszu’s current travel and training schedule can barely accommodate three little fish.

“We had the fish for two years (while in college at USC), but now we’re traveling so much and not in L.A., so my Mom has them,” Tusup says.

Despite the amount of time Hosszu spends between the lane lines in training and competition, Hosszu takes time to explore the various cities in which she is competing. She especially enjoyed sightseeing at each of the stops over the course of the World Cup Circuit.

“I love to walk around in the city and see all of the differences in the cities,” she explained. The Circuit took her first to the Middle East with stops in Doha and Dubai, then to Europe with stops in Stockholm, Moscow and Berlin, and ended in Asia with meets in Beijing, Tokyo and Singapore.

When asked what her favorite place was, she replied, “Well I love L.A.,” she said, then paused and looked over at Tusup, before adding, “But I like Singapore a lot.”

Perhaps her love of the Southeast Asian city-state has something to do with the \$170,000 check she received there from FINA.

BIGGER THAN LIFE

When she’s back home in Hungary, Hosszu is bombarded with constant reminders of her swimming success. Billboards with her likeness can be seen in several cities. They are used to advertise major international meets to which Hungary sends athletes. Hosszu mentioned that there were giant billboards of her prior to the World Championships and Olympic Games.

“People are very proud that I’m representing their country,” she says. “Everyone tries to let me know that, so it’s pretty nice.”

Tusup chimes in, explaining the true extent of Hosszu’s fame: “Six big billboards—and there’s still one up by the pool.”

Maybe the couple can purchase a house in Budapest with a view overlooking both Hosszu’s training pool and her billboard. Now, wouldn’t that be a sight to see—especially after returning from long months of travel? ❖



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THOUGHTS FROM THE FRONT LINE:

Battling with Disordered Eating

BY SHOSHANNA RUTEMILLER

World champions Dagny Knutson and Gemma Spofforth discuss disordered eating from two different perspectives.

It's no secret that adequate nutrition is a key part of an athlete's success. But what happens when an athlete's relationship with food turns unhealthy?

In recent years, a number of high-level athletes have opened up about their personal struggles with disordered eating. Five-time Olympian Dara Torres and four-time Olympian Amanda Beard previously discussed struggling with bulimia (the binge-and-purge disorder) as college student-athletes.

The California Department of Public Health defines disordered eating as: "Any abnormal eating pattern, ranging from less extreme to extreme behaviors. Disordered eating includes a collection of interrelated eating habits; weight management practices; attitudes about food, weight and body shape; and physiological imbalances. Disordered eating includes classic eating disorders (anorexia nervosa, bulimia nervosa and binge eating disorder) as well as eating patterns of lesser severity."

Swimming World Magazine had the chance to talk with a pair of swimmers who are on the front line of the battle against disordered eating: world champions Dagny Knutson and Gemma Spofforth.

DAGNY KNUTSON

Dagny Knutson, 21, a 2011 world champion in the women's 800 freestyle relay and U.S. national team member since 2008, checked herself into treatment for her own eating disorder in January 2012.

She had struggled for years with bulimia, binge-eating and anorexic-like behavior. Her symptoms began in high school while she was breaking national high school records in 2008-09—just as four-time Olympic gold medalist Missy Franklin is doing today.

Quite frankly, Dagny was Missy before Missy was Missy in terms of early success and expectations. Unfortunately for Knutson, the pathway to success that Franklin has enjoyed was cut off due in large part to her eating disorder.

Knutson successfully completed months of treatment last year after checking herself into the Emily Center, a clinic specializing in treating people struggling with eating disorders. Her treatment included clinic and outpatient care at both the Emily Center in Minneapolis and the Shands Eating Disorder Recovery Center in



PICTURED > (From left) An outing with Dagny Knutson and her sisters, Kelcie and Jamie, in Minneapolis while she was a resident at the Emily Program.

[PHOTO PROVIDED BY DAGNY KNUTSON]

Gainesville, Fla. She has also undergone therapy and nutritional counseling.

Knutson returned to training last August and to competition in November at the Minneapolis Grand Prix. Since returning to the pool, she has openly discussed the long process required to overcome an eating disorder, and has given a number of talks to young athletes. She presents herself as an example for other athletes who may be struggling with similar issues.

Swimming World Magazine caught up with Knutson to talk about the early causes of her disordered eating and what she found most helpful in treatment:

Her nutrition education growing up:

The only nutritional education I learned growing up was what I learned in school from friends, from parents and other external sources. It's easy for people's perceptions of "health" to get skewed when ideas come from someone—or something—other than a professional.

The reasons behind her disordered eating:

As a female, it was almost natural for me to feel self-conscious about my body because of how our society is today. Although my eating disorder stemmed from a deep emotional issue, bad body image enabled my disorder. (Wearing) a swimsuit—especially for females—can be really tough. It definitely was for me.

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PICTURED > *Gemma Spofforth at Red Rock Canyon in Las Vegas, Nevada.*

[PHOTO PROVIDED BY GEMMA SPOFFORTH]

Her awareness of others struggling with disordered eating:

During my eating disorder struggles, I didn't know anyone specific in the swimming world. There would always be talk in the locker rooms of being "fat" or "not lean enough," but I never noticed any disordered behavior. Now that I've come out with my story, I've had numerous swimmers and former swimmers ask me for help and advice, and that has opened up my eyes to something I never knew existed. Eating disorders are real and very serious!

The most helpful thing she learned while in treatment:

The skill that helped me most was Dialectical Behavioral Therapy (DBT)*. I was introduced to DBT in Minneapolis at the Emily Program, but I was able to understand it fully and apply it while at the University of Florida & Shands Eating Disorder Recovery Center. It allowed me to think differently about myself as well as situations I encountered. It allowed me to "check-the-facts" of what was reality and what was my eating disorder talking to me. I learned that there are no perfect people, including myself. I also learned that I don't have to please anyone but myself, doing what makes ME happy.

* = "Dialectical behavior therapy (DBT) treatment is a cognitive-behavioral approach (to eating disorders) that emphasizes the psychosocial aspects of treatment. The theory behind the approach is that some people are prone to react in a more intense and out-of-the-ordinary manner

toward certain emotional situations (than others)." —Psych Central (the Internet's largest and oldest independent mental health social network)

GEMMA SPOFFORTH

As Knutson struggled with her eating disorder, there were times when she turned to her University of Florida teammate, Gemma Spofforth, for support.

Spofforth trained with Knutson in 2011 under Coach Gregg Troy at the Gator Swim Club in Gainesville. She represented Great Britain in the 100 and 200 backstroke at the 2008 Olympics, and again in the 100 back at the 2012 Olympics. Following last summer's Games, Spofforth announced her retirement from the sport.

Although she is a two-time Olympian and set a world record in the 100 back at the 2009 World Championships in Rome, she has had her share of personal struggles, including a period of self-destruction that stemmed from losing her mother and other loved ones to cancer between 2007 and 2011.

However, Spofforth found her purpose by channeling her emotional distress into something positive: helping others work through their own personal crises. She volunteers as a crisis counselor interventionalist on a crisis hotline in Florida. She is responsible for making emergency calls to people who require urgent help, and even dispatching care workers when phone conversations are insufficient.

Swimming World Magazine talked with Spofforth about her experiences as a crisis counselor, and got her opinion on the reasons for disordered eating:

Her personal experience with disordered eating:

My experience with bulimia doesn't even compare to most people's. I went to the bathroom and tried to make myself sick to gain control over my emotional reaction to the death of my mother, but that doesn't even come close to the experiences of those people who struggle daily with this disease.

It seems to me that "eating disorders" can be thrown around as an excuse to lose weight or explain something they are dealing with, but when you actually know people who are dealing with this disease daily—people who cannot go a day, sometimes an hour or a minute not thinking about food or what food means to them—that is an eating disorder.

I could never claim to have dealt with the things that people who struggle so intimately with this disease have. To me, it is incredibly painful watching some of my best friends struggle with something that literally has complete control over their entire life.

How she helped Knutson through her troubled times:

As a crisis center internationalist, a volunteer counselor on the suicide hotline, my reaction to Dagny was simply empathy. I know she has had an extremely tumultuous ride, and I just allowed her to vent to me when she needed.

I have spoken to other people in similar situations, and listened to people who have endured horrendous childhoods and traumas. So when Dagny came to me, all I wanted to do was allow her a place to talk about what she was going through without being judged.

Discussing her time as a crisis hotline volunteer:

I have been volunteering at the Crisis Center for about three years now. I am currently a consultant, trainer and phone line volunteer.

As a consultant, my responsibilities include overseeing the lines as volunteers answer phone calls, giving advice to a volunteer who is stuck in a phone call, aiding volunteers with support through an intense call and leading a CARE TEAM (the face-to-face outreach team of a consultant and associate) when phone counseling just isn't enough.

As a trainer, I help coach the new volunteers about our philosophy and also grow myself through the teaching process. On the lines, I assess lethality, counsel people in crisis and people with suicidal ideation, and simply provide a listening ear to those who need it.

The Crisis Center has changed my life. I have found a purpose and excelled in something outside of swimming. I grow every single time and learn something new every time I get a call or see someone face-to-face.

To be a part of someone's most private and painful moment is an honor, and it provides me with extreme humility, as I am allowed to sit with someone in the most vulnerable moments in their lives.

Her thoughts on eating disorders in sports:

Sports are riddled with individuals who have eating disorders. Multiple (people) I know have suffered from disordered eating and from eating disorders. It can be such an intense high-pressure environment that it fosters low self-esteem and unhealthy coping mechanisms.

On the flip side, if someone is taught about healthy nutrition and a healthy lifestyle, their athletic performance will actually improve. There is a fine line between healthy eating and an eating disorder in sport.

Her thoughts on the causes of disordered eating:

In my opinion, lack of control of your external environment causes this

illness. It seems that the more you think you have control of your eating through an eating disorder, the more you think you have control over your environment.

It isn't until you take a step away from your disorder that you can see the control that it has over you. It isn't until you can see your life as something you have control over that you can finally control your disorder. ✦

If you or someone you know is struggling with symptoms of disordered eating—or feels they may be experiencing them—professional help is available. Visit the National Eating Disorders website at www.nationaleatingdisorders.org or call its emergency help line at 1-800-931-2237.

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BY GARRETT WEBER-GALE

LET'S LIVE A HEALTHIER LIFE

MOTIVATION

THERE ARE SPECIFIC AND SIMPLE STRATEGIES YOU CAN FOLLOW THAT WILL HELP YOU MAINTAIN THE DESIRED COURSE FOR ACCOMPLISHING YOUR DREAMS.

A big part of becoming a great athlete is about staying on track. Being consistent in training, diet, physical therapy, sleep and practice attendance is one of the surest ways to reach your maximum potential.

Now, more than ever, there is a seemingly endless amount of things that can pull you away from what you should really be doing, and it's important to have systems in place to help you stay on track.

In last month's column, I talked about having the initial motivation to embark toward a specific goal. Every decision to start a journey, every goal you make has a source of motivation behind it.

Making the Olympic team for me stemmed from my desire to figure out the puzzle of getting the most out of my mind and body. I was intrigued by the challenge of working to get better every year, every month and, hopefully, with something every day. I had a desire and focus on

trying to be the best.

Proving to myself that I could be great at something that was very difficult was of the utmost importance to me. When the going got tough—and it always does—I would think back to where my initial motivation came from—and I still do—to keep me on track and push forward.

Thinking that someone else can push you is a flawed strategy. The difficulties are too great for that. YOU must want it.

SOURCES OF MOTIVATION

Many of you might be thinking at this point, "How do I find my own sources of motivation? Is my source for motivation going to be strong enough to keep me on track when the going gets tough?"

Here are a few ideas to think about that will help you refine your source of motivation and make sure it is strong enough to keep the fire going:

1. Your source of motivation should not come from wanting something materialistic. A trophy, medal, plaque or your name on the wall of the swim center will usually not be a strong enough reason for you to push through the difficult times. Your motivation must be deeper—something that is part of your very being.

2. Think back to the initial reasons you got into swimming. These are some of the best motivations that can give you lasting fuel. I got into swimming because I loved being in the water with my friends, racing was fun, and I enjoyed figuring out new ways to get better. As young athletes, our motivations are usually very pure—and mostly about fun. There's something to be said for this. Deep personal desire endures while doing something for others can be fleeting.

HOW TO STAY ON TRACK

As you begin to hone in on where your motivation comes from and how to keep that fire lit, it's time to learn how to keep the train on the tracks. There will oftentimes be many opportunities to do other things that will take you away from your ultimate goal. Some of these opportunities will be worthwhile and worth pursuing at some level, while others will negatively affect your progress. Here are a few ideas on how to stay on track:

1. SHARE YOUR GOALS WITH SOMEONE ELSE. Once you share your goals, you are held more accountable. If you want to make every morning practice for an entire season, share that with your coach and teammates.

2. WRITE IT DOWN. Put it on your wall, mirror, in your car, on your phone's background—wherever you need to put it so that what you're trying to do is always staring you in the face. Little reminders can help you maintain focus and will continue to excite you about the possibility of reaching your goal.

3. ONLY START WHAT YOU KNOW YOU CAN FINISH. Nowadays, it's possible to have basketball season overlap with swimming, which overlaps with art classes, which overlaps with orchestra and so on. You can't be in two places at once. The more things you do, the less time you have to work at getting better at any of them. Having fewer commitments enables you to relieve stress, stay focused on what's at hand and make what you're doing more important to you. Leave room for diversions to give your mind and body a break. Decide, however, which single thing is most important.

4. MAKE A LIST OF YOUR PRIORITIES. Write down three to five things that will help you get better in swimming: refine your diet, get stronger, have a better start, etc. Making priorities helps take away uncertainty about what you should be doing. Making a list also helps other

people see your intentions and allows them to support you more constructively on your journey.

Hopefully, you've already started thinking about how you can implement a few of these concepts into your journey. I've listed some simple things to help fuel you "on the go" while you chase your dream (see accompanying chart of snacks for pre-workout/pre-race and post-workout/post-race). I always keep some snacks either in my car, backpack or swim locker to give me a boost of fuel when I need it.

Remember, as an athlete, you can't afford to have your energy levels dip down. Keep up the intake throughout the day, and you'll notice a big difference at practice time. ✦



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.

PRE-WORKOUT/PRE-RACE SNACKS

- *Granola*
- *Pita with hummus (make this the day you are going to eat it)*
- *Whole-wheat crackers*
- *Low-sodium English muffin*
 - *Brown rice cake*
 - *Granola bar*
 - *Raisins*
 - *Cranberries*
- *Pieces of dark chocolate*
- *Blueberry muffin*

POST-WORKOUT/POST-RACE SNACKS

- *Protein bar*
- *Almonds*
- *Walnuts*
- *Dried fruits*
- *Trail mix*
- *Fig Newtons*
- *Single serving pack of peanut butter*
- *Turkey sandwich (make this the day you are going to eat it)*
- *String cheese (bring this the day you are going to eat it)*

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with Garrett Weber-Gale

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Sun Devil Rises

BY JEFF COMMINGS

Despite suffering a brain injury from being hit by a truck, Arizona State University swimmer Stephen Estes still realized his dream of competing in the U.S. Olympic Trials a little more than eight months after the accident.



Stephen Estes woke up the morning of Oct. 10, 2011, excited about the possibilities of the day as a senior at Arizona State University, where he was an honors student and Olympic Trials qualifier.

Later that afternoon, he was unconscious in an ambulance. Paramedics were attempting to assess the full scale of damage Estes had sustained when a truck hit him while he was helping another driver in distress. The blow from the truck propelled him 15 feet before his head hit the asphalt road, putting his future as a standout swimmer and excelling student in jeopardy.

But against all expectations, Estes was back in the water six weeks after that traumatic day, and he realized his dream of competing in the Olympic Trials.

THE FUTURE WAS BRIGHT

Stephen Estes won the Arizona 5A state high school championship in the 100 yard breaststroke in 2008, the result of four years of hard work and sacrifice. His next big goal—competing in the 2012 Olympic

Trials—was not going to be as easy. After his first year as a walk-on student-athlete at Arizona State in 2009, his best time in the 100 meter breaststroke was 1:09.32, about five seconds slower than the Trials qualifying time.

Estes would drop four seconds in the long course 100 breast in 2010, down to 1:05.25. The following year, at the summer nationals, his dream had come true: the 1:04.45 next to his name on the

scoreboard meant he was going to be a part of the Olympic Trials.

"I was at a high before the accident," Estes said. "I had dropped three seconds in my 100 (short course) breast and five in my long course 100."

Estes poured every ounce of energy he had into training for the Olympic Trials. As happy as he was with a 1:04.45, he wanted to see "1:03" next to his name on the scoreboard in Omaha, Neb., at the CenturyLink Center.

In the hours and days after that accident in October 2011, it was doubtful that Estes would see his name on the scoreboard at all.

Estes was driving on Loop 202 in Tempe, Ariz. with his twin brother, Nathan, when a car in front of them hit the median after swerving to avoid another car. The Estes brothers stopped in front of the damaged car to check for injuries in the stranded vehicle.

While Stephen was checking on the car, a pickup truck stopped on the highway, halfway in the high-occupancy lane and halfway in the median, presumably to create a barrier between Stephen and speeding traffic. It didn't work.

The last thing Stephen remembers about that day was walking back to his car to make sure his brother had already dialed 911. In a matter of seconds, an oncoming car slammed into the back of the truck, sending it spinning toward Stephen and striking him in the back. The force of the impact sent him flying through the air, landing on his head with a thud. In a seemingly unconscious move, he immediately stood up, but was not upright for long. Stephen's brother, a shot put thrower at Arizona State, carried him away from traffic and tended to him until the paramedics arrived.

For the next few hours, Estes said, "It was as if I was in a dream. I remember small photographic instances of people standing over me, a picture of being in the ambulance and it being really bright."

Given that the truck hit Estes in the back, it's a miracle that he didn't suffer any spinal injury. He had a damaged shoulder and a broken nose and wrist, but the most concerning issue was his brain, which had helped him to a 3.9 grade point average as a mechanical engineering major. CAT scans showed the possibility of his brain swelling to the point that surgery would be needed to remove parts of his skull. But after five days, doctors allowed Estes to leave the hospital on the condition that he remain bedridden for two weeks while the swelling subsided.

Telling a swimmer training for the Olympic Trials that he could not exercise or start physical therapy can be distressing news, and Estes said he did not take it well.

"The way I look back on it now—and this is heavily altered because of the amount of medication I was on—is that it was the most stressful two weeks of my life," he said. "All I did was sleep and watch TV and sleep some more. I knew I was going to have to redshirt

the season, and the only thing I was worried about was getting back in and being ready for Trials."

Recovery was not speedy. Every time Estes stood up, he would get dizzy and have to sit down again. The energy it took to heal the brain swelling made him tired easily. And with the doctors keeping him from any strenuous activity, his injured shoulder was not healing quickly.

The week after Thanksgiving—six weeks after the accident—a neurologist cleared him to swim and do physical therapy, but the physical trauma from the accident meant Estes didn't have the strength to do much exercise.

One of the bright spots of Estes' recuperation came in mid-March during a set of eight fast 50 yard breast-stroke swims on a two-minute interval. His times on the first three or four swims were in the 28-second range, a superb average for a college swimmer.

"By the end, though, I was more than 30 (seconds)," he said. "I was so surprised I was going so fast, but I realized I was so out of shape."

The rate at which Estes was progressing was mostly hampered by the residual effects of the brain injury, specifically mental focus and concentration. Estes was frustrated that his brain wasn't operating the way he knew it could, especially when it pertained to his classwork. When an honors student such as Estes is having trouble with school, it affects his extracurricular activities.

"When I'm in class, I feel like I have a harder time paying attention, and I have a hard time doing homework, which affects me in the pool because I'm so tired," he said. But like any swimmer with a goal, he had to fight through the hardships. He started doing double workouts in May, with the Olympic Trials 10 weeks away.

"YOU HAVE TO HAVE A GOAL"

As Estes laid in bed for two weeks in 2011, unable to stand for more than a couple of minutes, he swatted away any notion that the accident was going to take away his one chance of swimming at the Olympic Trials.

"I never thought about not swimming at Trials," he said. "I knew I wanted to have the experience. There were times that I didn't think people would care how (fast I went), that I would still get to go, but then you get your head on straight and think, 'Wait, it does matter how I do.' You don't want to be that guy who gets last place."

Estes finished in 121st place out of 139 swimmers with a 1:05.56. He wasn't happy at the time with the swim, but the perspective changed six months later.

"I still wish I had gone a little faster," he said while sitting on a bench after a recent workout, the only visible mark from the accident a faded scar on his left cheek. "Thinking back on how my body was dealing with doubles, it was good to be pretty close to where I was. It definitely was very good for what happened." ♦

SWIM STRENGTH

5 GREAT STABILITY BALL EXERCISES!

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

1



DUMBBELL PULLOVER

Lying on your back on a stability ball, hold one dumbbell over your chest with your arms straight. Slowly lower the DB behind your head, then return the DB to your starting position.

2



ALTERNATE HAMMER CURL AND LEG LIFT

Sitting on a stability ball and holding dumbbells, begin to perform hammer curls, alternating arms. Extend and hold one leg off the floor for half of the set and alternate to the other leg for the remainder of the set.

3



ALTERNATING DUMBBELL CHEST PRESS

While lying on your back on a stability ball, hold both dumbbells over your chest with your arms straight. Slowly lower one of the dumbbells while holding the other up. Alternate arm positions and repeat.

4



SEATED DUMBBELL TRICEPS EXTENSION

Sitting on a stability ball and holding a dumbbell over your head with straight arms, bend your arms and lower the dumbbell. Return the DB to your starting position and repeat.

5



SEATED ALTERNATE DUMBBELL SHOULDER PRESS

Seated on a stability ball, hold a dumbbell in each hand at shoulder height. Perform a one-arm shoulder press, then alternate and continue.

It's a known fact that as we age, we lose strength. Every decade older than 30 years old, we lose 10 percent of our strength. That's 30 percent when we're 60!

This loss of strength can result in decreased performance and even injury.

Well, here's the good news: we can fight back. We can increase or at least maintain our strength. That's where this article comes into play—I have outlined five great strength exercises using a stability ball.

As swimmers, the stability ball forces us to improve our balance and core strength. These exercises are SWIM STRENGTH exercises, meaning we are working major swimming muscles. Also, these exercises will improve our swim strength and enable us to train and swim harder. Use these exercises and reap the benefit of increased strength.

Complete these exercises two to three times a week. Perform 12 to 20 reps per exercise and two to three sets. Use weights that allow you to perform all the reps and exercises. ♦



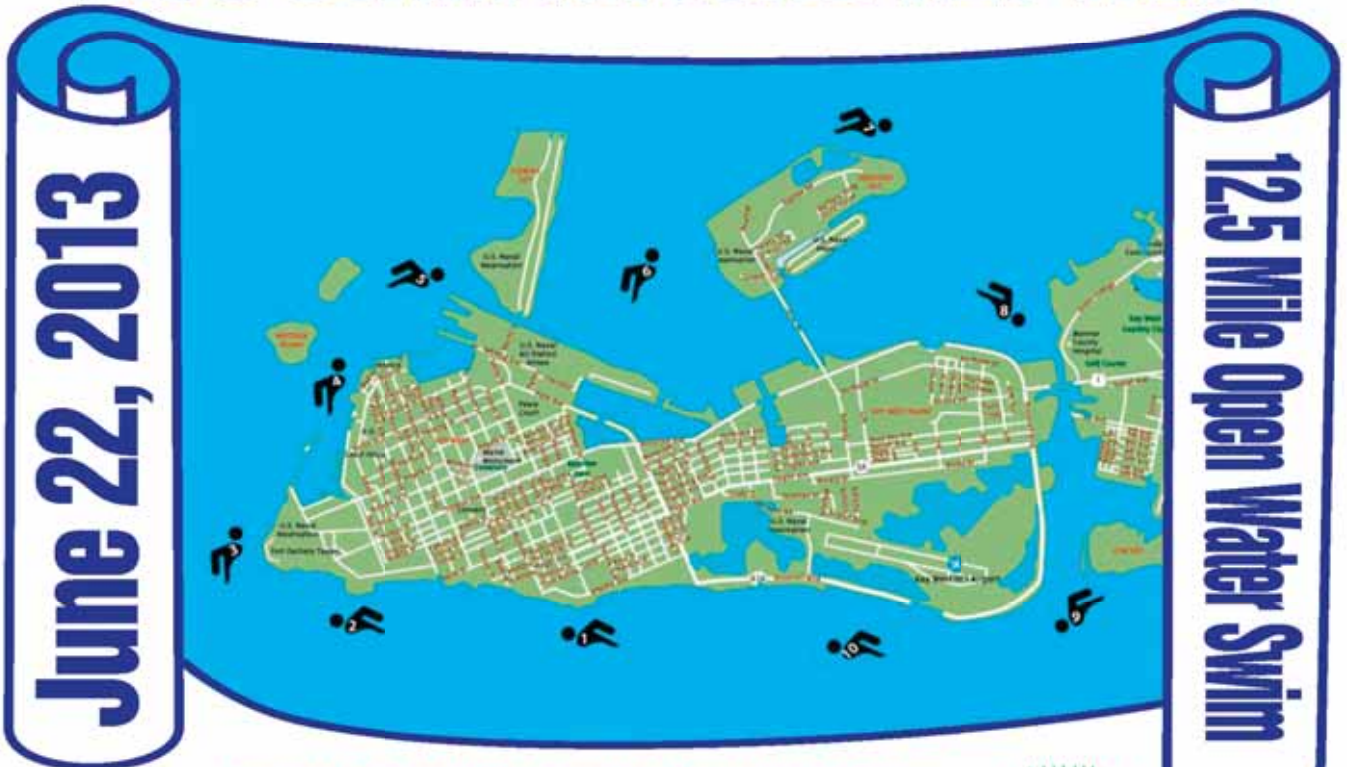
J.R. Rosania, B.S., exercise science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, and has finished the Ironman Triathlon 18 times. He also serves

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.



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"BAD TO THE BONY" ALIGNMENT

TOP 5 GENERALS AT YOUR SWIMMING DISPOSAL

BY HERMINE TERHORST
PHOTOS PROVIDED BY SHANNON McBRIDE

Swimming graceful, fast and efficient requires perfect bony alignment. I like to tell my swimmers, "Bones are the generals; muscles are the privates." When you want the job done right, go to the generals—they know how to direct each private in their specific job! Let me introduce you to the top five generals in your body's army:



1-STAR GENERAL ANKLE

The joint at the ankle is the only one of its kind. It's a U-shaped joint sitting on top of a straight bar. Picturing it in your mind helps to loosen it up and move freely. Soften all the "privates" (muscles) in your feet while swimming. This lets your foot flow freely like a flag "blowing in the wind."

Think about it: have you ever seen a rigid flag? Never.

2-STAR GENERAL STERNUM

The sternum is your direction finder to help you move forward. Lift your sternum (the long bone directly



above Private Heart) toward your chin, and then pull your chin toward the lift. Doing this effectively corrects your rib and neck alignment and puts the appropriate tension into your core. Lifting your sternum gives your heart space to pump healing blood throughout the body.

Private Heart needs room to pump!

3-STAR GENERAL ILIUM (HIP BONES)

Swimming not only depends on rotation; it also depends on weight shift. In freestyle, put all your weight on your right side (the front edge of the ilium), then hang and glide for a moment. Then swiftly move to your left-side ilium, hang and glide. Your ilium is the weighted balance point on which glide exists. When you hurry the side-to-side shift, you end up emphasizing the middle. Rushing the glide makes you slow and flat—like a barge ship!

As the general says: Keep the rhythm! Right-left-right-left!

4-STAR GENERAL SKULL

Did you know your skull weighs between seven to 10 pounds? With that much weight, it can easily become your friend or foe. Keep your skull in line with your spine, and the lines of communication between the muscles and bones will stay wide open. Four-star Skull supports the Five-star Spine. These guys are top notch and need to be given the proper respect and attention they deserve. Keep the skull directly on top of the spine and in line!

If you raise your skull too much while swimming, your subordinates (General Ankle, General Sternum and General Ilium) begin a quick descent to the bottom of the pool—not to mention you reduce oxygen flow... Yikes!

Keeping your eyes looking directly below you will help maintain proper skull alignment.

5-STAR GENERAL SPINE

Collectively, your spine might be the heaviest, smartest, most electrically-charged bone in your body, so that "bad boy" better be where it belongs: it's your "chain-of-command" bone! Get your cervical spine (neck) in a straight line below your skull, and your thoracic spine will be long and straight to provide stability to its subordinates—such as General Sternum and Private Heart. Your lumbar spine should be kept long to support General Ilium and all of his surrounding muscles. As for that sacred sacrum, keep it high and mighty. No "at ease" for Five-star Spine!

Test your Five-star General Spine by swimming with a pull buoy at your ankles. Keep your legs straight behind you, and shift and glide side to side like a torpedo—in line and ready to nail your target!!

Carry on! ♦

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





Now in his 13th year as head men's and women's coach at Ashland University (Ohio), Paul Graham has the Eagles ascending ever higher into the ranks of the NCAA Division II swimming and diving elite.

BY MICHAEL J. STOTT
PHOTOS PROVIDED BY ASHLAND UNIVERSITY

Q *Swimming World:* Ashland has been in the top 10 in the D-II Learfield Director's Cup standings each of the last four years. Is that reflective of broad-based administrative support?

A *Coach Paul Graham:* AU has been a big proponent of a wide-based athletic department. The competition among the coaches is a driving force in all teams doing well on the national level. I am honored to be a part of such a dedicated and caring coaching staff.

What role does a D-II program fulfill in NCAA swimming today?
One of opportunity! Division II is uniquely qualified to offer an NCAA national experience to many athletes. They are still able to get athletic grants and become All-Americans.

How do you market your program to recruits?
We offer an opportunity to compete on a national level and (talk about) the benefits of a private school education.

Most of your women hail from Ohio. Do you have to expand your geographic recruiting base to make Ashland even more competitive?
We could benefit from more out-of-state athletes on the women's side. That being said, we are still an unknown in the state of Ohio! The recent success of both programs has opened doors for the team. It is now our job to get those kids here to Ashland.

Why is it harder to recruit men than women to Ashland?

It is about equal. There are fewer opportunities for men—and fewer men swimming.

More than 20 percent of your male roster is composed of international students. How did they find their way to Ashland?
The international students usually find your program. After the initial contact, it is all about building a relationship and letting them know who we are and what we do as a team.

Is the importation of internationals the way of D-II swimming these days?
You definitely need to look that way to be Top 10 on the men's side! So many kids from the USA will only look at D-I and never give D-II a chance. It has gotten a little better in recent years, and more U.S. kids see the opportunity available at the D-II level.

What will it take for the men to be as competitive at NCAAs as your women?
We will need to place higher on the relays. That has been the key to our success with the women. We made a huge breakthrough in 2010 and were able to win a relay at NCAAs. The men have been working extremely hard to get the relays better.

What is the role of social media (Internet, Facebook, Twitter) in recruitment today?
It is a great tool to inform recruits of what your program is all about. We have a very active Facebook page and Twitter account. Assistant Coach James Carey does an incredible job of keeping both updated.

How is the Ashland season plan structured?
We divide the season into training cycles that generally last three to four weeks. It is pretty basic, and it's a plan that has worked well for the team in the past.

How do you structure individual workouts?
We try to make sure each individual's needs are met. There are many days when we can have up to six or seven different sets going on at the same time. We generally break into stroke groups and have separate freestyle groups on Tuesday and Thursday.

How do you teach good stroke mechanics?
By being patient! That can be tough with athletes who tend to be perfectionists. We give constant reminders and let the athletes do a lot of peer coaching. There is a lot of knowledge in the pool at practice!

How does a coach implement successful training when limited to a mandated 20 hours per week?
Twenty hours is plenty of time to be successful. It is important for our team to strike a good balance athletically, academically and socially. When athletes are able to achieve this, they swim better.

— continued on 28

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Coach Paul Graham
Head Coach
Ashland University
Ashland, Ohio

In his 13 years as head men's and women's coach at Ashland, Paul Graham (Marshall University, B.A., sports management and marketing, '88), has led the Eagles ever onward and upward. This past year, his women's team placed seventh and the men's, 16th, at the D-II NCAAs. For the women, it was the third straight year as a top 10 team and with a national champion (Julie Widmann, 100 back, 54.66). In 2010, the Ashland women also finished seventh, and Graham was named NCAA D-II women's coach of the year. Prior to joining Ashland, Graham served as an assistant at Wright State and the Dayton Raiders. Previously, he headed the Valley Area Swim Team in Harrisonburg, Va., where he coached 34 YMCA All-Americans.

Q&A — continued from 27

Is Ashland a heavy-volume swimming program?
No, quality-oriented.

Cecil Colwin says it takes a swimmer about 100,000 yards to correct a stroke flaw.

I would tend to agree. It depends on the athlete. There are a few who can change immediately. But for most, it takes a long time. Patience and diligence are crucial.

Do your swimmers progress through all energy systems each workout?

I think it is pretty hard to get to all energy systems in a two-hour practice.

Dryland—what equipment do you use?

Medicine balls, physio balls, TRX bands, stretch cords and jump ropes. The stretch cords are used primarily for technique work.

In-water aids...fins, snorkels—when, where and the value?

We don't go a day without snorkels! We also use paddles, buoys, fins and a weighted mesh bag that the swimmers attach to their midribs. Swimmers place weights in the bag and we kick, swim and drill. We love to try all the cool toys available. Some work great...and some not at all.

How do you integrate weights and dryland?

The weight room plays an important part in what we are doing. The team lifts three times per week and one hour for the whole team during the fall. It is a huge component of the off-season training. After our mid-season meet, there are a few who cut back to two times per week. Dryland training

varies a bit from year-to-year. It depends on individual and team needs.

What role does kicking play?

We have gone toward more kicking during the past few years, and it is a huge part of our development as a program. Kicking is a great way to get better that does not tax the body the same way as swimming and pulling. We kick two times per week with resistance. The legs have gotten much better because of the added kicking. Monday and Friday mornings in the fall are exclusive kicking practices. We also lift those mornings and have found that we get great efforts from the legs. One morning is dedicated to resistance kicking with the bags, and the other day is devoted to longer sets and not much rest.

For regular workouts, what's the nature of your warm-up?

We use warm-up to get better! Drill work and basic aerobic development are the building blocks of success for later in the practice and season.

What's the value of having a national champion such as Julie Widmann in your program?

When you have a national champion, it opens some recruiting doors! It is a great thing to be able to tell recruits about Julie and the improvements she has made while attending Ashland University. We also had an Olympic Trials participant in Tyler Rimmel, and Gaby Verdugo-Arzaluz represented Mexico at the 2011 Pan-American Games. ♦

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

HOW THEY TRAIN

BY MICHAEL J. STOTT

TYLER RIMMEL



If swimming is, indeed, a process, then Ashland University senior captain Tyler Rimmel embodies the struggle and reward

that comes from his eight-year competitive journey.

After his freshman year at Hertford Union High School in Hubertus, Wis., Rimmel joined a club team. By his senior year, he was a prep All-American in the 100 yard breast and 100 fly.

While Rimmel has added the IM to his skill set, his best performances have come in the breaststroke. In 2012, he swam at Olympic Trials in the 100 meter breast just four months after earning his second NCAA Division II All-American honor.

"Tyler's time progressions have been very steady," says head coach Paul Graham. "Soft-spoken and quiet, he is a very good student, analytical in his training, and he loves to compete in practice."

SAMPLE WORKOUTS

The following practices were performed before October's first dual meet:

MONDAY A.M. (1 Hr. Lift/1 Hr. Swim)

- 600 (100SW/50K)
- 16 x 25 (Odd=1 Breath; Even=Choice)
- 2 x 25 @ :50 (Weighted Bags)
- 4 x 100 @ 1:45 (Odds=K; Evens=75K/25SW)
- 4 x 25 @ :50 (Kick)
- 4 x 100 @ 1:45 (Odd=50K/50SW; Evens=25K/75SW)
- 6 x 25 @ :50 (Kick with Weight)
- 4 x 100 @ 1:45 (All Kick @ 100%)

MONDAY P.M. (Rimmel Trains IM on Monday; Going for Basic Aerobic Work)

- 400 Loosen
- 16 x 50 @ :10-:15 Sec. Rest (Odds=Alt. Dive, NB, DR)
- 3x the following:
 - 4 x 125 @ 1:45-1:55 IM (Rotate Stroke by 50)
 - 6 x 75 @ 1:15-1:20 IM [Odds=FLY/50BK/50BR; Evens=BR/50FR (x 2)]
 - 1 x 150 @ 2:30 (1=Double LA, 2=Double SA, 3=IM+50FR)
 - 5 x 200 @ :15-:20 Sec. Rest (1=K; 2=K/DR; 3=DR; 4=DR/SW, 5=SW)

TUESDAY A.M. & P.M. (Same Practice. Coach James Carey likes to see fast swimming in the a.m.)

- 500 (75SW/25K)
- 8 x 25 @ :35 DR
- 1 x 50 @ :50 K/SW
- 6 x 25 @ :35 DR
- 2 x 50 @ :50 K/SW
- 4 x 25 @ :35 DR
- 3 x 50 @ :50 K/SW
- 2 x 25 @ :35 DR
- 4 x 50 @ :50 K/SW

3x the following:

- 1 x 25 @ :20 Sec. Rest (Kick)
- 1 x 25 @ :30 sec. rest (Swim)
- 1 x 100 @ :30 sec. rest (Kick/Swim; Descend 1-3)
- 75 Easy

4x the following*:

- 1 x Off the Block Effort (1=100 Stroke K/SW; 2=100 Free K/SW, 3=50 Stroke, 4=50 Free)
- 1 x 400 Easy

*Each round on 12 min.

WEDNESDAY A.M. (Rest)

WEDNESDAY P.M. (3,000 General loosen swim)

THURSDAY A.M. (Rest)

THURSDAY P.M.

- 4 x 125 @ 2:00 (75 SW/50DR)
- 4 x 100 @ 1:40 (50K/50SW)
- 4 x 75 IM @ 1:20 (Drop Worst Stroke)
- 4 x 50 @ 1:00 (Golf-DPS+Time)
- 4 x 25 (Breathe 3 or 6 strokes, All Out)

3x the following*:

- 2 x 25 @ :45 (Bag Pull)
- 1 x 12.5 Yard Sprint on 1:20

*RD 1=Kick, 2=Kick with Fins, 3=Swim

6x the following*:

- 1 x Runner (1&4=50K, 2&5=50 K/SW; 3&6=SW)
- Swimmers run 15 ft. of carpet and dive to generate more speed
- 350 easy

*Each round on 10 min.

FRIDAY A.M. (Workout was warm-up for Friday night's meet)

- 600 Loosen
- 18 x 25 @ :50
- 100 Kick
- 50 Drill
- 50 Swim
- 6 x 75 (Odd=85% @ 1:00; Even=Easy @ 1:10)
- 200 Loosen ♦

PROGRESSION OF TIMES

SCY	HIGH SCHOOL	COLLEGE FRESH-MAN	COLLEGE SOPHOMORE	COLLEGE JUNIOR
100 BRST	57.12	56.63	55.75	55.01
200 BRST	2:08.57	2:05.98	2:02.60	2:00.50
100 FLY	51.40	50.81	50.00	49.01

The Role of Film in Swim Training

BY MICHAEL J. STOTT

In the first of two parts, Swimming World Magazine examines some history and basics about videoing swimmers.

No one uses film anymore when taking pictures of swimmers. It's all analog video with an increasing shift to digital.

But back in the prehistoric 1960s, there was Indiana coach Doc Councilsman filming his Hoosier athletes and any other phenom he could coax into the water. Bailey Weathers, now the athletic director at Grace College and former head women's coach at Notre Dame, assisted Councilsman in the early '80s. "At one point, there were probably 5,000 canisters of film at Doc's house," he says. "Doc pioneered filming underwater and used two cameras and two TV units. He could freeze-frame and show two athletes at once," says Weathers.

"Some of the best stuff in terms of overlays in the '80s was done by another biomechanist, Dr. Ernest Maglischo," says Weathers. Among other things, Maglischo, then at Oakland University, drew on videotape and made power graphs filming a swimmer with trailing fishing lines. "He and Doc were scientific with their data and applied the scientific method to swimming when evaluating new ideas."

Filming has come a long way since the days of Councilsman and Maglischo. "We've had a real boom in video," says proponent Bob Gillett, who coached Olympic gold medalist Misty Hyman and two-time NCAA 100 back champion Cindy Tran, among others. Gillett has adopted video for its conceptual modeling, video and race analysis, stroke instruction and public relations value.

Early on, Gillett incorporated slow motion, stop action, speed-up, overlays, telestration and multiple coloration to teach proper stroke technique to thousands. Following summer sessions at his Arizona Sports Camp sessions, he would take two months to edit and produce more than 400 videos and individual tapes for his campers.

"Anyone 6 years old to the grave is a candidate for taping," says Gillett. "With a big team, you can do it every day; seniors, once a week. If you have the luxury, all the time," he says.

"Young kids are really visual," notes Weathers. "At Club Wolverine with the 10-and-unders, we selected two elements from each stroke

PICTURED > (From top) Doc Councilsman with Indiana University swimmers; Councilsman; Ernest Maglischo; Bob Gillett and Misty Hyman

DOC COUNCILSMAN'S PHOTO (2ND FROM TOP) PROVIDED BY INDIANA UNIVERSITY

for swimmers to work on. Videoing is especially important for senior swimmers because natural maturation causes change in both physique and technique. I don't think you ever stop filming as long as you are filming needs," he says.

GETTING STARTED

"The first step is to teach a conceptual model because if swimmers don't know what they are looking for, video is just a waste of time," says Gillett. "There is a big learning curve to watching and understanding video," which is one reason he has resorted to auditorium sessions during practice to hammer home conceptual modeling. Often there can be multiple conceptual models for a swimmer, depending upon stroke and mechanical detail.

Drawbacks to getting started include expense, coach motivation and application. Coaches agree it is not necessary to spend thousands. Basic filming can begin with a video camera and a TiVo. In fact, some days, Gillett just used an underwater camera, a TiVo set for a 20-second delay and a 32-inch monitor while swimmers cycled through a practice lane as he made stroke suggestions. Many coaches prefer to use iPads, and offer immediate feedback.

Homegrown systems such as those Gillett had at Golden West can cost less than \$1,000. Programs with video analysis capability cost more. "Basic packages such as Dartfish and a good camcorder can probably be had for \$1,200," offers Weathers. With more sophisticated programs, the cost increases accordingly.

The present system at New Trier was years in the making, thanks in part to head coach Mark Onstott's hesitancy to embrace the medium. Onstott had given up on filming and videoing three times in Iowa, Texas and Illinois. "I struggled with the where, when and how of video as well as its organization and orderly presentation. Once I realized it didn't have to be perfect, we just jumped in," he says.

"Now, New Trier videos swimmers all season long in both individ-

ual and small stroke group sessions. Videoing rarely 'fits' into practice," says Onstott. "We do it anyway. Our first effort at New Trier was basically a PCV cart with a camera on a stick. It didn't work well because we have an odd pool and deck configuration. We still use our second camera with our TiVo, a mini-cassette Sony Handicam.

"Four years ago, I wrote a proposal to our booster club for an extensive video system. It took a couple of years and a movement from several other sports to get video analyzing software, but we got a lot of what we wanted. These days, our equipment consists of a Dartfish system (very good, but very complicated), four regular cameras, two underwater cameras, a cart, a monitor, a lot of wire and cable, and several switching boxes. We came up a little short on our goal of 'plug-in-and-video' simplicity, but it still works well.

"We also use iPhones and iPads for instant feedback video. The iPads are handy, but awkward for meets. We utilize video for relay exchange practice, and have just started using a web-based video system called Hudl that provides video analysis software so that coaches can input video directly into a camera and activate notation and telestration functions," he says.

"A key thing with equipment is to make it simple," says Gillett. "Roll it out, plug it in and you are off—because if it is hard to do, coaches just won't do it."

Ease of use is crucial for University of Wisconsin coach Whitney Hite. "I'm not a technologically savvy guy," he says. "Technology today makes it so much easier." Hite's equipment is elemental. He mirrors what USA Swimming's National Team High Performance staff uses: a Sanyo waterproof camera, Apple iPad, Apple iPad Camera Connector kit and an SD card.

Weekly, Hite videos and e-mails video snippets to his swimmers. He especially appreciates the iPad's immediacy. "It's really easy; there is even an app where you can draw on

the screen," he says.

Hite films swimmers when they are tired. "I really want to see how they are looking at the middle or the end of a main set when they may not be mentally engaged. Anyone can look pretty when they know they are being filmed.

"If I say, 'We are going to film now,' everyone is going to act like I'm taking their senior picture."

In 2013, there is a variety of video analysis programs (e.g., Dartfish, USA Swimming's Race Analysis, Finis Stroke Lab and Hudl, among others) that can advance coach and swimmer appreciation of perfect stroke. "You can learn a lot with a stopwatch and video, but you need the video," says Gillett. "I can't imagine a big-time high school or college program not filming all their races," says Gillett. "You need to do that because that's how you identify how you are going to improve—by working very specifically to modify certain variables, distance per cycle, tempo and so on."

Videoing at meets is fairly common. At three or four "target meets" per year, Weathers would send athletes critiques of their races. "A nice feature of Dartfish is the ability to make a second clip, pointing out the things a swimmer could do better," he says. Badger athletes get DVDs of all their races. And at Golden West meets, Gillett filmed all races and showed them with a 10-minute delay on monitors around his facility.

"Videoing can be pretty intimidating," says Weathers. "I think you just have to dig in and try it. Once you do, you realize the process is not that hard."

And resources abound. "USA Swimming's Club Development Division is more than happy to teach people about video and various applications," says Weathers. Internet websites (Dartfish, Finis, Hudl, etc.) are helpful. Or better yet, talk to a local coach who has had success.

"It's just a marvelous medium. I can't imagine anyone not doing it," says Gillett. ♦



BY TRACY LAMAN

THE "DO"-NUTS AND BOLTS OF SWIMMING



Learning to swim is similar to learning how to master the toy that we all played with as a child in which we stacked the round "donuts" on the white base with the yellow tube in the middle. We had to put them on in the right order, or they wouldn't fit.

That's like learning to swim. The skills must be taught in proper order to make the stroke fit together correctly.

What are the building blocks we use in swimming? Is there a natural progression we should follow? Does your school's curriculum follow this progression? How can we teach so that our children are better swimmers and more comfortable in the water?

To answer these questions, we must start at the beginning—and the beginning is...*getting wet!* That's the first step in making sure we will have children who trust us and are willing to learn. We can't begin building swimming skills until their comfort in the water is mastered. It is our job as instructors to make sure their first experience in and around the water in a structured environment is a positive one.

A NERVOUS CHILD

What do we do with a nervous child?

First, we need to determine the cause of their anxiety. There may be separation anxiety when asked

to leave their parents. They also may be apprehensive to go to a person they don't know. We tell our children from an early age not to talk to strangers and to stay away from the water. Then we take them to swimming lessons and put them in the water with a stranger. This can definitely cause some anxiety!

The children may come with a negative water experience earlier in their lives. This can make things more difficult for us as their swimming instructors. Many times, the apprehension shown by the child is a direct reflection of their parents' own fear of the water. This fear has been passed on to the child.

All of these factors make it paramount to take our time as instructors to make sure that children are comfortable in the water before any other skills are attempted.

BREATH CONTROL

Once we have gained the child's trust and they are comfortable in the water, breath control under the water can begin. The breath control "donut" in younger children may be simply going under the water while holding their breath. As children get older or are more comfortable, exhaling under the water by blowing bubbles can be taught. Mastering proper breath control requires patience and repetition.

How do we help a child who is having trouble with breath control?

Patience and repetition are key. You can use imitation with young children. They love watching their

swimming teacher hold his or her breath under water. Peer pressure is a good thing at this age, too.

We have group classes where the children who are having difficulty mastering a skill can watch their friends who are more proficient. To help children learn to exhale properly, we can practice blowing bubbles in the water through a straw or by blowing a ping-pong ball across the top of the water.

BALANCE

Now that the young swimmers are able to hold their breath under water, we are ready to add the next "donut." Balance is taught by using submersions and by allowing the children to feel the weightlessness of the water. Feeling their natural buoyancy in the water will also build their confidence as they naturally float up to the top of the water. Front floating and back floating are great ways to teach children balance in the water.

Mastering the back float serves several purposes. The back float is a great skill for children to learn to help them be safer in the water. They can be taught to float on their back until they are able to get to the edge or an adult can reach them. Children who are comfortable in the water, comfortable holding their breath, and understand the way their body is balanced in the water can float safely on their back for a long period of time.

MOVEMENT

The last "donut" in teaching children to learn to swim is

PICTURED > *It is our job as learn-to-swim instructors to make sure a child's first experience in and around the water in a structured environment is a positive one. From there, skills should be taught in proper order to make the stroke fit together correctly.*

movement, which will develop as breath control and balance control improve. We also use the back float as we begin to teach movement. The back float becomes a comfortable position for children while they are being taught the new movements of kicking and pulling.

Great balance is needed when movement is introduced so that a good horizontal body position will be maintained. Now that they are learning to use their arms and legs in the water, the back float can be transitioned into a breathing method. Children can roll to their back to take a breath while maintaining good body position.

We, as learn-to-swim instructors, need to make sure that our level of expectations matches the children's natural ability and appropriate developmental stage. Learning these skills will give them even more confidence when they realize how easily they can move across the pool.

PUTTING IT ALL TOGETHER

Now that all the "donuts" are in place, the children are ready to put their toys away and move up to even more challenging skills! Advanced strokes and diving can be taught after mastering the basics of the water!

Swimming is a physical learning experience. By definition, progression is when we start with basic skills and advance to more difficult skills. To go from simple skills to complex ones requires repetitive practice that is reinforced positively. Year-round swimming lessons are the best way to build these skills in the appropriate order. These are some of the simple steps we can follow that will lead to long-term success. ♦

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UP & COMERS

AGE GROUP SWIMMERS OF THE MONTH

ALLIE SZEKELY

Allie Szekely made a splash at the 2012 Olympic Trials. As one of the youngest swimmers in attendance, Szekely, who just turned 15 on Jan. 24, marked her first appearance at a national-level meet by crushing her heat in the women's 200 meter breaststroke. And she's been dominating the pool ever since. Not bad for a swimmer who doesn't compete full-time in the sport—she also focuses on cross country.

"Since it was my first national meet, I didn't really know what to expect. I went into Trials having fun and going for the experience. By juniors (later in the summer), I learned how to control my nerves and stay calm," she says.

Apparently, she also was in control at Trials, cutting four seconds off her 200 breast time with a 2:26.35 and nearly erasing Amanda Beard's 13-14 national age group record (2:25.75)—a time Beard swam at the 1996 Olympics.

In December, Szekely claimed her first NAG record, breaking the 13-14 girls 200 yard breast mark at the Tom Dolan Invitational. She smashed Katie Hoff's 2003 record, a 2:12.08, by nearly two seconds with a 2:10.22. Additionally, she won titles in the women's 100 free (51.73), 200 back (1:57.19) and 200 IM (1:59.14).

"She works herself to sheer exhaustion," says her coach, **Stu Kukla**. "She won't stop, and she hates to lose. She is incredibly competitive—that's why I think she is (as successful as) she is."

Although Kukla says Szekely "...hates putting goals out there because she thinks they put limitations on her," she certainly has some high aspirations in the coming year: "I hope to compete in the World Championship Trials this June and maybe senior/junior nationals this summer!" ♦

PHOTO PROVIDED BY ALLIE SZEKELY

Reece Whitley is a barrier-breaking swimmer. At the Tom Dolan Invitational in December, Whitley became the first 12-year-old to break a minute in the 100 yard breaststroke, setting an 11-12 boys national age group record of 59.90.

But as his Penn Charter coach **Paul Coleman** recognizes, Whitley still hasn't hit full stride: "He's just coming into his own, and his strength is catching up with his speed. He's worked tremendously on his technique, and that's what I'm proudest of."

Whitley's dedication first paid off last summer, when his team's 400 meter medley relay set an 11-12 boys NAG record (4:22.44) at the Middle Atlantic Senior Championships. Then, in addition to his 59.90 swim in the 100 yard breast, he added another NAG record at the Tom Dolan meet with a 2:09.40 in the 200 breast.

Although he continues to develop every stroke, early on the 6-4 Whitley noticed that breaststroke felt the most natural: "I just like

the feel of the stroke—it just feels really natural to me. After I took the first stroke, I knew it was the one."

Besides swimming year-round, Whitley also plays competitive basketball and baseball—something he has enjoyed doing since the age of 9. He turned 13 in January, and recognizes that it gets more difficult each year to focus on multiple sports.

"It's a little tougher now that I'm getting older and I have to choose one or two sports going forward," he says. But not to worry: "I plan to stick with swimming for as long as I can." ♦

PHOTO PROVIDED BY REECE WHITLEY

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

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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.

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BIRTHDAY: January 24, 1998

FAVORITE SET: Any set during taper

FAVORITE THING ABOUT SWIMMING: Competing in meets and meeting nice people from all around the country

FREE TIME: Running, relaxing and hanging out with friends

SPORTS ICON: Ryan Lochte

BIGGEST ACCOMPLISHMENT: Making the junior national team



**15 YEARS OLD
CENTRAL BUCKS SWIM TEAM
BUCKS COUNTY, PA**

REECE WHITLEY

FAVORITE THINGS OUTSIDE OF THE POOL: Play baseball and basketball

FAVORITE SET: I love IM and underwater sets!

SWIM IDOLS: Ryan Lochte and Nathan Adrian

BIGGEST SWIM GOAL: Make Olympic Trials in 2016

FAVORITE PART ABOUT SWIMMING: Making friends outside of school, the overall experience of going to big meets and getting in the zones for finals in lane 4—"It makes you want to go nuts!"



**12 YEARS OLD
PENN CHARTER
PHILADELPHIA, PA**

DIGITALSHORTS

After featuring Anthony Ervin on our January cover, our readers took to twitter to share their thoughts.



Erin Quinn
@ErinQuinn11

@SwimmingWorld The new design #Rocks. And having @AnthonyErvin on the cover of the 1st re-design issue sealed the aesthetic deal! Great work!



Kimi Davidson
@ErinQuinn11

@SwimmingWorld I love it! Very modern. Classic, minimalist design is very in right now, and in my opinion, cleaner. How #pinterest of you.



Cindi Dayton
@CindiDayton

@SwimmingWorld I really love the new logo BTW...great job whoever designed it!



Laura Hamel
@usmseditor

@SwimmingWorld Well done. New design looks GREAT—congratulations!

When we unveiled the new design for the January 2013 edition of *Swimming World Magazine*, we knew the response would be tremendous. But what came as a surprise was how overwhelmingly positive our readers responded. Read below some reactions to last month's *Swimming World Magazine*, featuring Anthony Ervin on the cover:



< **CONGRATS ON** making the cover, that's a neat picture! And congratulations on the accomplishments that led to being the cover, your story is both unprecedented and remarkable!

JESSICA MOORE

LIKE THE NEW "SW" logo. Is the "SW" also for *SWanky*? LOL

KAREN DUGGAN

SWIMMING WORLD looks like a fashion magazine now?

JOOYOUNG LEE

VERY COOL!!!! Great re-design, and couldn't be a better photo! Congrats to all involved!

NATALIE COUCH

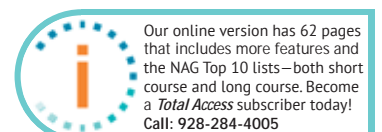
THAT IS AN immense picture and deserves the front cover, would be wasted if it wasn't...

KIMBERLEY MCMANUS

< **CONGRATS & KUDOS** for the new look/format of the hard copy of *Swimming World Magazine* that I just got in today's snail mail. AWESOME look and stories and don't know the last time I enjoyed an issue and updated look so thoroughly! A most sincere "Tip of the Goggles" to you and your staff...

JIM STARRETT

NISCA ZONE 2 DIRECTOR



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 dcpursley@ia.ua.edu

June 2-7, 9-14, 16-21, 23-28

Your performance on race day will be determined by how effective you've been at helping your brain understand all facets of the performance. The strongest computer in the world is the human brain, and no different from the machine counterpart, it can be extremely ineffective if it's programmed incorrectly. Recognizing that you're essentially training the brain to manage your goals, then what you do in day-to-day training is critical to achieving those goals. This camp is all about teaching young athletes

how the brain does this, how it takes information on board, and how to make sure that what you do correctly is imprinted in a way that helps you reproduce perfect skills without having to think about them. It will involve critical thinking and exploring new ways to achieve new skills. Learning how to swim and train this way is the next paradigm in swimming and is the future of all sport. Four Sessions available. (See display ad on page 42)

THE ARETE SWIM CAMP

Coach Chuck Warner, Camp Director
 1050 Dellwood Rd.
 Martinsville, NJ 08836
 areteswimcamp@gmail.com
 www.aretewim.com

June 9-14 (The Atlantic Club, Manasquan, NJ)
 June 16-20 (Fairleigh Dickinson Univ., Madison, NJ)
 June 23-27 (Wesleyan Univ., Middletown, CT)
 June 23-27 (Ramapo College Mahwah, NJ)
 June 30–July 3 (Rowan Univ., Glassboro, NJ)
 Aug 27-29 (Camp Cromwell, Martinsville, NJ)

The ARETE SWIM CAMP begins its 16th year while receiving critical acclaim and sold out sessions for twelve consecutive years. The camp is conducted with four core objectives: immediate skill improvement, self-esteem development, teamwork and "WOW experiences." Each swimmer is filmed in all four strokes underwater with analysis from one of our coaches, while using our camp workbook. Most of our camps include "low-ropes course" experiences. We endeavor to TURN ON THE LIGHT in every swimmer. This summer, we will be in one location in Connecticut (Wesleyan University) and five in New Jersey. Coach Chuck Warner is the camp creator and director. He is a three-time USA National Team coach, four-time Big East Conference coach of the year while at Rutgers University, author of the books ...And Then They Won Gold and Four Champions, One Gold Medal and former President of the American Swimming Coaching Association. Coach Warner works with all the campers every day. For campers aged 8 – 18. Camp Fees Range: \$295- \$525 Commuter / \$395- \$725 Resident

THE BOLLES SCHOOL SWIM CAMPS

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

One Week Camps: June 9 – 14; June 16-21
Elite Camps: June 9 – July 27 (Up to 7 Weeks)

Under the direction of Sergio Lopez, head coach of the Bolles School swimming program, The Bolles School Swim Camps are developmental camps designed to provide quality instruction and training to swimmers of all abilities. All training and instruction will take place on The Bolles School's San Jose Campus, located on the St. Johns River. Campers will reside in the Bolles School's air conditioned dormitory rooms with 24-hour supervision and meals provided three times a day. One week camps for swimmers nine and older, all ability levels. The typical daily schedule will include 50-meter and 25-yard training, stroke technique and classroom lecture sessions, video taping and analysis, starts and turns, and a fun daytime activity. One week camps limited to 25 swimmers per week. The elite camp is designed for experienced swimmers 13 years or older. Elite campers will train and compete with members of the Bolles Sharks swimming program including national high school champions, Florida high school state champions, high school All-Americans and Olympians.

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

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

7 Weeks: June 26–Aug. 14
4 Weeks: June 26–July 24; July 17–Aug 14
2 Weeks: June 26–July 10; July 17–July 31; Aug. 17–31

Sports and Wilderness Too ... Chikopi is the world's first "All Sports Summer Camp". Since 1920 Chikopi has offered boys an excellent mixture of traditional sports and wilderness camp experience. Our 400 acres are located on Ahmic Lake in Ontario and daily specialized swimming is available. 2012 US Olympic Gold and Silver Medalist Nick Thoman and Canadian Andrew Ford are our most recent triumphs. Campers live in a community of friendship and adventure and thrive on the Chikopi traditions of teamwork and leadership. Our highly trained staff provides a crucial 3:1 ratio for individual attention.

Many Staff have developed through our camper ranks and were chosen for their skills and personality to guide and encourage. Chikopi accommodates 85 campers, aged 7-17. Transport is available from Toronto on scheduled session dates. We take canoe trips in our trademark green and white cedar strip canoes. Some of our camp activities include Soccer, Tennis, Volleyball, Softball, Cricket, Archery, Lacrosse, Wrestling, Mountain Biking, Swimming Kayaking and Sailing. Weekly sporting activities with our sister camp. Chikopi is Accredited by the Ontario Camping Association.

HARTWICK COLLEGE COMPETITIVE SWIMMING & DIVING CAMPS

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

June 23–28 (Springboard Diving)
July 7–13, 21-27 (Stroke Technique)
July 14–20 (Stroke Technique/Sprint Distance)

Celebrating Its 34th Year ... An extensive program for ages 8-18 (coeducational...resident and commuter campers) emphasizing improvement in the fundamental skills of competitive swimmers and divers. Morning, afternoon and evening sessions will balance time spending with water and dryland training. Above and underwater filming and analysis. Lectures on nutrition, mental preparation, strength training, etc. Sprint/distance camp emphasizes condition and proper training of the major energy systems. Diving camp concentrates on technical improvement on 1- and 3 –meter springboard diving. Stroke camp enables competitive swimmers to develop skills and techniques in starts, turns, IM and competitive strokes. Special two and three-week sessions are available. Director, Dale Rothenberger, Hartwick swimming and diving coach, will be joined by a staff of highly experienced coaches, counselors and guest clinicians (1:6 staff/camper ratio). Enrollment limit guarantees individual attention and frequent feedback. Email or call for a brochure/application. Residential Camp: \$565 per week; Commuter Camp: \$460 per week. Multiple week discounts available.

LONGHORNS SWIM CAMP

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

May 26 – 31 (Session 1); June 2 – 7 (Session 2);
June 9 – 14 (Session 3); June 16 – 21 (Session 4); June
23 – 28 (Session 5)

Headed by 2012 Olympic and Texas head men's coach Eddie Reese, women's head coach Carol Capitani, and assistant coaches Kris Kubik and Roric Fink, the 36th Longhorns Swim Camp is one of the most exciting camps in the country! Guests include Olympians Brendan Hansen, Ian Crocker, Kathleen Hersey, Colleen Lanne-Cox, Garrett Weber-Gale and Whitney Hedgepeth. Open to male and female competitive swimmers, ages 8 – 18. Camp is held at Jamail Texas Swimming Center on the UT at Austin campus. The Texas Swim Center includes a 50-meter by 25-yard pool, and 25-yard by 25-meter pool. 4 training groups based on age and ability, with a 1:7 coach/swimmer ratio in stroke technique sessions. Long-course sessions Monday-Friday mornings; technique sessions Monday-Thursday afternoons and evenings, with start/turn work included. Classroom session on technique and race strategies. Underwater video of each camper analyzed by a coach. Daily social activities and field trips. Multiple-week stays include planned weekend activities with supervision. Experienced, mature adult staff provide 24-hour supervision. Cost: Overnight Camp \$925; Day Camp \$825. Complete camp information and online registration available on website.

MICHIGAN SWIM CAMP

Jim Richardson, Camp Director
8160 Valley View Dr. - Ypsilanti, MI 48197
Call: 734-845-8596
Fax: 734-484-1222 / 734-763-6543
umswim1@gmail.com
www.michiganswimcamp.com
www.mgoblue.com

June 9-13, 16-20, 23-27; Aug. 4-8
Four sessions open to any and all entrants, limited to 185 campers per session in Canham Natatorium at the University of Michigan. A staff of 50 and three instructional sessions per day ensure the individual attention necessary for significant improvement. Coaches Mike Bottom, Dr. Josh White, Rick Bishop, Danielle Tansel, Mark Hill, Kurt Kirner and Brad Shively are directly involved in coaching and teaching campers. All campers HD filmed daily and receive a written stroke analysis. Optional custom 4 view (2 underwater) DVD available for a fee. Choose the Intensive Training Tract or the Technique Development Tract. World class staff provides leadership and mentoring that encourage each swimmer to strive for excellence in and out of the pool. Cost: \$710/ week includes instruction, swim cap, T-shirt, color photo, instructional printed materials, "goody bag" and room and board; \$580/week day camper fee includes all of the above (less room and board) and between-session supervision. (See display ad on page 43)

NAVY SWIMMING CAMPS

Bill Roberts, Camp Director
566 Brownson Rd.
Annapolis, MD 21402
Call: 410-293-5834 / 410-293-3012
Fax: 410-293-3811
navyswimmingcamp@usna.edu
www.navyswimmingcamp.com
www.navysports.com
Facebook search: Navy Swimming Camp

June 11 – 15: Session I
June 17 – 21: Session II
June 16, 17: Starts & Turns Clinic
June 16, 17: Stroke Clinic

Expect direct results being part of the 2013 Navy Swimming Camp this summer! We provide you the very best in individual instruction, evaluation, camper experience, and safety/supervision. The purpose of our camp is to offer you a unique environment to learn and develop your competitive strokes including all related starts, turns and finishes. This is a stroke-intensive camp with individual attention. Additional pool sessions offered to all needing to maintain condition while at camp. Video analysis, dry land activities designed to improve individual fitness levels, performance, training, goal-setting, leadership presentations and Severn River boat cruise all part of the schedule. Campers learn, train and reside in an amazing environment on the grounds of the United States Naval Academy. The Navy camp is led by an experienced camp staff while providing the very best in 24 hour supervision. See website for greater detail including brochure, application, daily schedule and frequently asked questions. Cost: \$565 / commuter (ages 8-18); \$615 / extended day (ages 8 – 18); \$665 / resident (ages 9 – 18). All campers receive a NAVY swimming shirt. Go Navy!

NORTH BALTIMORE SWIM CAMP

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

Reach, Risk and Race (14-18 yrs.), 9-4 PM Daily:
June 10–13 (Session 1)
June 18–21 (Session 2)
June 25–28 (Session 3)
July 8–11 (Session 4)

Goals, Growth & Greatness (9-13 years), Day & Overnight:
July 1–5

North Baltimore Aquatic Club Summer swim camp experience relies on small numbers, quality coaching, and

mental and physical training to teach the "NBAC Way". Includes day and overnight, a Winter Break Swim Camp and a Training Day Camp for 14-18 ages. Called Reach, Risk and Race, this Camp seeks athletes for a fast paced, high level training experience with NBAC's coaching staff and nearby collegiate coaches. In addition to on-deck instruction, these coaches will speak directly to campers about collegiate swimming. Swim twice a day for four days and do dryland. Maximum enrollment is 24. There's underwater analysis and instruction, but emphasis is on training. Goals, Growth & Greatness Camp is for ages 9-13 with day and overnight campers. Maximum enrollment 46. This camp includes talks on Goal Setting, Injury Prevention and Management, and Healthy Choices for Swimmers (Nutrition). Each day includes underwater analysis of strokes and instruction in all four competitive strokes. Two water sessions per day, except Monday, but emphasis in this camp is teaching about training. Costs: Reach, Risk and Race : \$800; Goals, Growth & Greatness: Day Camp \$800, Overnight \$985.

NORTHWESTERN UNIVERSITY WILDCAT SWIM CAMP

2311 Campus Drive - Evanston, IL 60208
847-491-4829 / 847-467-2396
n-ellis@northwestern.edu
www.nuswimcamps.com
www.nusports.com

Commuter Camp: June 16–20
Commuter and Resident Camp: July 7-11

ELITE TRAINING*TECHNIQUE*BEACH*VIDEO ANALYSIS* ... You don't want to miss this wonderful camp experience at NU! We provide a unique mix of swimming (training and technique) in a Top Tier Aquatic Center along our beachfront facility. Each practice is conducted by the entire NU coaching staff and several of our elite swimmers. We plan daily drills to work on strokes, starts and turns. Along with the hard work, we plan daily activities away from the pool that make this a truly enjoyable experience. Our goal is to provide each swimmer with new insights into our fabulous sport of swimming that help them to improve and enjoy their swimming experience. Contact us now! Don't delay because camps fill up annually.

OHIO STATE SWIMMING CAMPS

Bill Wadley, Camp Director
McCorkle Aquatic Pavilion
1847 Neil Avenue
Columbus, OH 43210
614-292-1542 / 614-688-5736
Wadley.1@osu.edu
www.ohiostatebuckeyes.com

Evening Programs (4-8 PM):
May 20-23, June 3-6: Stroke Technique

May 20-23, June 3-6: Intensive Training
Commuter Stroke Technique (8 AM-4 PM):
June 10-13, 17-20, 24-27
Overnight Stroke Technique: June 16-20, 23-27
Intensive Training (6-9 AM & 3:30-6 PM):
June 10-13, 17-20, 24-27
Overnight Intensive Training: June 16-20, 23-27

Coaches Bill Wadley & Bill Dorenkott lead the Ohio State camps with Dave Rollins and Liz Hinkleman. The Ohio State staff will conduct the camp in a healthy, wholesome environment that provides a positive experience for all campers. The camp is designed to focus on the technical aspects of starts, turns, and stroke technique in a fun and enjoyable environment that will prove beneficial for each camper. We share the most up to date drills in a manner that is memorable for the athlete. Many of our campers have gone on to win State titles and even become National record holders and USA Olympians. Coaches Dorenkott and Wadley have both served on numerous USA National team staffs and each of them have produced Olympians and National record holders. The camp will take place in America's finest Aquatic center that hosted the NCAA's and Big Ten Championship in 2010. Stroke Technique Camps: ages 10 – 18. Intensive Training Programs: grades 9 – 12.

PENN STATE COMPETITIVE SWIMMING CAMP

John Hargis, Coach
204 Multi-Sport Facility
University Park, PA 16802
Call: 814-865-0561 - Fax: 814-865-8887
sportcampinfo@athletics.psu.edu
www.gopsusports.com/camps/swim-camp.html

June 9–13 (Swim I: Competitive)
June 14-16 (Swim II: Start & Turn)
June 16-20 (Swim III: Competitive)
June 21-23 (Swim IV: Start & Turn)

Penn State Competitive Swimming Camp is structured around a philosophy of teaching skill acquisition and development in all four competitive strokes. Three water sessions daily. Workouts structured to improve stroke technique with a combination of drills, skills, and training. Individual stroke analysis, dryland instruction, and lecture sessions give campers a comprehensive and up-to-date training camp experience. Penn State Competitive Start & Turn Camp focuses on starts and turns to transform overlooked skills into a true competitive advantage. Intensive instruction on the forward and backstroke starts, with safety as first priority. Fast, legal turns for all four competitive strokes and the IM transition turns covered. Each athlete will receive individual attention. John Hargis has helped Penn State establish itself as one of the premier swimming programs in the nation and has helped both teams earn a place in the national rankings while rewriting the program's record books.

PINE CREST SWIM CAMP

Jay Fitzgerald, Camp Director

1501 N.E. 62nd Street - Ft. Lauderdale, FL 33334-5116
954-492-4173

swimming@pinecrest.edu - www.pinecrestswimcamp.com

Overnight Camp: June 16-22; 23-20; 30-July 6; July 7-13; 14-20; 15-21; 21-27; 28-Aug 3

Competitive Day Camp: June 16-20; 23-28; 30 – July 5; July 7-12; 14-19; 21-26; 28-Aug 2

Pine Crest Swim Camp will give the swimmer the knowledge, training, background, technique, peer support and attitude that is needed to get to the next level. Swimmers will be instructed by Olympic Coaches and Olympic Athletes. At Pine Crest, we go a step beyond other camps and welcome overnight campers for full week-long (Sunday through Saturday) and day campers for Monday through Friday stays. Cost for overnight campers is \$795 per week, which includes two workouts a day, three meals per day, daily activities, classroom sessions and 24-hour supervision. Cost for daily campers is \$550 per week. The Camp Registration forms are available on the website and registration online is also available. Last year, we had swimmers from over 30 countries attend. Come to Pine Crest Swim Camp and join our International Atmosphere, athletes and coaches. Pine Crest Swim Camp: "The Camp that makes a difference." (See display ad on page 9)

TENNESSEE SWIM CAMPS

Matt Kredich, Coach

Annabel Henley, Associate Director

2200 Andy Holt Ave. - Knoxville, TN 37996

Call: 865-974-1258 - Fax: 865-974-1287

Ahenley1@utk.edu

<https://tennesseesportcamps.com/swimming/>

June 2 – 9 (Session I); June 9–13 (Session II);

June 16–20 (Session III)

Univ. of Tennessee Swim Camp is one of the most innovative and educational camps in the country. We provide an atmosphere where campers are excited to learn about all areas of competitive swimming. The Residential Camp offers intermediate to advanced swimmers a comprehensive education in competitive swimming in a fun and supportive atmosphere. Open to boys and girls ages 8 – 19. Indoor and outdoor state-of-the-art swimming facilities. Limited enrollment (9:1 swimmer/coach ratio). Sessions in mental training, nutrition, weight training, aerobics and special topics. Daily videotaping of every swimmer with subsequent analysis by our coaches. A personal log book with schedule, exercise programs, weight training information, stroke drills, nutrition outline, etc. provide swimmers with a written record of their stay and a personal critique booklet points out areas in technique for work. Residential, Commuter and

Elite options are available for each session as well as a weekend stay over option. New for this year! Elite option will have three distinct tracks – sprint, distance/open water, and stroke/IM/mid distance.

TOTAL PERFORMANCE SWIM CAMPS

Jim Steen, Coach

108 Stevens St. - Mt. Vernon, OH 43050

740-398-6403

amisarti@tpscamps.com

www.tpscamps.com

Kenyon College (OH):

Week 1: Competitive Stroke - June 9-13

Week 2: Competitive Stroke - June 16-20

Week 3: Competitive Stroke - June 23-27

Elite Distance - June 8–13

Elite Breaststroke - June 9-14

Elite Sprint - June 15-19

Elite IM - June 23-27

Science for Swimmers - June 23-27

Calvin College (MI):

Competitive Stroke - June 16-20

Legendary head coach and founder of Total Performance Swim Camps, Jim Steen, guided Kenyon swimmers to an amazing 54 NCAA titles in 37 years while coaching numerous NCAA Champions, hundreds of All-Americans, and several Olympians. His formula for success and innovative ideas has been incorporated into a camp program attended by over 10,000 participants from over 40 states and even 5 countries! Located on the beautiful college campuses of Kenyon College and Calvin College, TPSC's talented coaching staff includes Coach Steen, Jessen Book (Kenyon College) and Dan Gelderloos (Calvin College) as well as numerous other headlining coaches such as Mike Bottom (U of Michigan), Steve Crocker (former 50fs World Record Holder) and Arthur Albiero (U of Louisville). Experience the TPSC difference! For more information please visit us online or via email or by phone. Cost: \$595 for Competitive Stroke Camps; \$650 for Elite Camps; \$650 for Science Camp; \$695 for Elite Distance Camp.

UC IRVINE COMPETITIVE SWIM CAMP

Charlie Schober, Director

625 Humanities Quad - Irvine, CA 92697-4500

949-824-4690

ctschober@uci.edu

www.ucirvinesports.com

Saturday & Sunday Clinics:

May 4, June 22 (Free); May 5, June 23 (Breast);

May 11, June 29 (Back); May 12, June 30 (Fly);

Full Day 8:30 to 4:00 (Lunch Included)

Half Day 8:30–11:30 AM or 1:00–4:00 PM (No Lunch)

Summer Resident & Day Camps:

Half day, Full day (Resident): June 24-28; Aug. 6–10

Half Day, Full Day (No Resident): July 8-12; 15-19; 22-26

UCI Director of Aquatics, Charlie Schober, has been running camps and clinics for 30 years at the UC Irvine campus. The goal of the camps and clinics is to work on the often neglected areas of starts, turns, and stroke technique in a fun and informative atmosphere with small teaching groups of approximately 10. Each camper is recorded on their personal DVD from underwater with verbal critique. The resident camp includes planned evening recreational activities; 24 hour adult supervision; convenient dorms, cafeteria, and recreation facilities. Resident Campers Sunday after 4:00 P.M. to Friday at 4:00 P.M. Day Camp 8:30 – 4:00 M-F (Lunch included), Half Day 8:30-11:30 A.M. or 1:00 – 4:00 P.M. (no lunch). Early Sign up, Group, Multi Session, sibling or Alumni discounts available. Clinic cost: Half Day \$65; Full Day \$115. Summer Camp Cost: Half Day \$160; Full Day \$315; Resident \$725.

TOM JOHNSON'S WYOMING SWIM CAMP

O Thomas Johnson, Head Coach and Director (Dept 3414)

1000 E. University Ave.

Laramie, WY 82071-3414

307-766-6265

tomj@uwyo.edu

www.wyomingathletics.com

June 7-9: Start & Turn 1

June 9-14: Intensive Camp 1

June 16-21: Intensive Camp 2

June 21-23: Start & Turn 2

July 12-14: Start & Turn 3

Wyoming Head Swimming Coach Tom Johnson hosts the 14th Wyoming Swim Camp this summer. This premier summer swimming experience offers a winning tradition to competitive swimmers. Coaches Johnson, Matt Leach and Manny Noguchi and the staff stress the importance of outstanding stroke technique in a positive training environment. Held at the beautiful campus of University of Wyoming located 135 miles north of Denver, CO and is convenient to Denver International Airport as well as the Cheyenne and Laramie, WY Airports. The University of Wyoming offers an outstanding summer experience at 7220 feet, with the opportunity of altitude training at the highest Division I school in the United States. Open to all, ages nine and older. Staff ratios 1:8 coach to swimmer. The Camp offers video analysis at NO additional charge. It is recommended that participants are competitive swimmers. Coaches who are interested in accompanying their team should contact Tom Johnson directly by phone or email. Camps limited to the first 55 swimmers for each week. Online registration at the University of Wyoming's Swimming and Diving Team page. ♦



“The elite coaching experience being assembled at Alabama will be unparalleled in the NCAA.”

-swimswam.com

register now at alabamaswimcamp.com

Head Coach
Dennis Pursley
Hall of Fame and Olympic Coach
Former National Team Director

Assistant Coach
Jonty Skinner
Former World Record Holder
Olympic Coach

Commuters: \$600

Over night campers: \$650

- June 2nd - 7th
- June 9th - 14th
- June 16th—21st
- June 23rd—28th

- Racing skills
- Physical awareness
- Brain training
- Technical development in all strokes
- Underwater filming and video analysis
- In depth start and turn skill development

Understand how the brain impacts performance. Develop brain training tools and physical intelligence skills that improve technical efficiency. Enhance your performance expectation on race day.

Phone: (205) 348-3907 fax:(205) 348-9773 email: dcpursley@ia.ua.edu

GATORS

SWIM CAMP

Session Swim Camp

- Session I** June 10-13
- Session II** June 14-17
- Session III** July 8-11
- *8 years and older*

Elite Swim Camp

- Elite Camp I** June 9-21
- Elite Camp II** June 30-July 12
- *14 years and older*

Camp is open to all entrants.
**Subject to age guidelines. Campers must have completed 8th grade to be a resident camper*



To register, visit
GATORZONE.COM/CAMPS
@GATORZONE swimDv





MIKE BOTTOM
Michigan Men's Coach
US Olympian and Olympic Coach
DR. JOSH WHITE
Michigan Associate Head Coach
NCAA All American and National Champion
MARK HILL
Michigan Assistant Coach
3-time All ACC Swimmer



JIM RICHARDSON
Camp Manager
2-time NCAA Coach of the Year
RICK BISHOP
Michigan Associate Head Coach
USA Swimming National Team Staff Manager
DANIELLE TANSEL
Michigan Assistant Coach
NCAA Academic All American

2013 MICHIGAN SWIM CAMP

REGISTER EARLY!
RESIDENT: \$710/WK
DAY CAMPER: \$580/WK

Camps are open to any and all entrants, limited only by specified number of participants.



- Gambetta Dryland Training
- Technique and Intensive Training Options Available
- 3 Instructional Sessions Per Day
- Daily Individual HD Filming & Analysis
- True Colors and Mindset Training
- Olympians and NCAA All Americans
- End of Camp Swim Meet (New!)

Brad Shively
Washington University Head Coach
Kurt Kirner
Hillsdale College Head Coach
Roger Karns
Lewis University Head Coach

Michigan Swim Camp
8160 Valley View Drive · Ypsilanti, MI 48197
PH: 734-845-8596
FAX: 734-763-6543 / 734-484-1222
To register online go to: www.michiganswimcamp.com
E-mail: umswim1@gmail.com

2013 Camp Dates

- June 9-13
- June 16-20
- June 23-27
- August 4-8



Summer 2013 swim camp

Fun • Educational • Rewarding



Sign up today online!
CAMPS.ND.EDU

Session 1: June 16-19

Session 2: July 10-13

Boarder: \$650.00 Non-Boarder: \$575.00



Follow us
@NDSwimming

March 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	29	30
31						

MARCH

- 1-3 **Moraga, CA**
OAPB "C-B-A+"
cccfunai@comcast.net
- 1-3 **Denver, CO**
Silver State/Senior Meet
720-612-4203
- 1-3 **Moscow, ID**
Inland Empire Champs.
dlawson@uidaho.edu
- 1-3 **Topeka, KS**
MVS Division 1
Championships
nathaag@gmail.com
- 1-3 **Bronx, NY**
Metro Central Silver
Championships
metrooffice@
metroswimming.org
- 1-3 **East Setauket, NY**
Metro South Silver
Championships
metrooffice@
metroswimming.org
- 1-3 **West Nyack, NY**
Metro North Silver
Championships
metrooffice@
metroswimming.org
- 2-3 **Atherton, CA**
SOLO "C-B-A+"
solutom@yahoo.com
- 2-3 **Palo Alto, CA**
PASA "C-B-A+"
rickypasc@yahoo.com

- 2-3 **San Ramon, CA**
CROW Senior I
margaret@
themcnamaras.com

- 2-3 **Carson City, NV**
Zone All-Star
Developmental
jdmore@charter.net

- 2-3 **The Woodlands, TX**
TWST SC Champs. 2
936-709-3908

- 5 **LaPorte, IN**
HOT Last Chance Time Trial
bchrist@centier.com

- 6-9 **Birmingham, AL**
NCAA Men's and Women's
Division 2 Championships
317-917-6222

- 6-9 **Buffalo, NY**
NJCAA Men's and
Women's Championships
716-851-1220

- 7-10 **Middletown, CT**
Connecticut Age Group
Championships
office@ctswim.org

- 7-10 **Sulphur, LA**
Louisiana Short Course
Championships Meet
laswimming@att.net

- 7-10 **Annapolis, MD**
Maryland Swimming
Championship Meet
pmckissick5108@
verizon.net

- 7-10 **Jenks, OK**
Speedo Champions Series
swimmerdh@hotmail.com

- 7-10 **Fairfax, VA**
PVS Short Course Champs.
PVS Junior Championships
301-428-9493

- 7-10 **Waukesha, WI**
Speedo Champions Series
laurie@
waukeshaexpress.com

- 8-10 **Fort Collins, CO**
Colorado State Age Group
Championships
nerolandscape@
mesanetworks.net

- 8-10 **Coral Springs, FL**
FGC Junior Olympics
brunodarzi@aol.com

- 8-10 **Spokane, WA**
SWAT Shamrock Shake-Up
kevinwang@
spokanewaves.org

- 8-10 **Chicago, IL**
Illinois Age Group
Championships
g3smom@sbcglobal.net

- 8-10 **Crawfordsville, IN**
Indiana Senior
Championships
www.inswimming.org

- 8-10 **Tualatin, OR**
Season Finale Invitational
seaturtlecoach@
yahoo.com

- 9 **Gainesville, GA**
Lanier Invitational
jimyoung1@
mindspring.com

- 9 **Carmel, IN**
CSC Marsh Maui Madness
10&U Invitational
carmelsswim@aol.com

- 9-10 **El Cerrito, CA**
MONT Pentathlon
mzaharias@comcast.net

- 9-10 **Rohnert Park, CA**
QUIK "C-B-A"
quiltmama@
sbcglobal.net

- 9-10 **Santa Cruz, CA**
CRUZ "C-B-A+"
jbonsall@aol.com

- 9-10 **Dalton, GA**
CCAC Mako Mania
swimdalton@yahoo.com

- 9-10 **Lexington, KY**
Lexington Dolphin Invite
coachdave@
lexdolphins.org

- 9-10 **New York, NY**
AGUA Last Chance Meet
kpeloquin@
asphaltgreen.org

- 9-10 **Astoria, OR**
Tall Timbers End of
Season Finale
Invitational
ncsc_meetdirector@
yahoo.com

- 9-10 **Corvallis, OR**
CAT Spring Invitational
catmeetdirector@
gmail.com

- 9-10 **Gresham, OR**
MHA East Metro SC Invite
danitas4boys@gmail.com

- 9-10 **Lebanon, OR**
Pacific Crest "BC" Invite
lebanonpool@yahoo.com

- 9-10 **Oregon City, OR**
Oregon City "BC"
Open scm
ocst.coach@gmail.com

- 10 **Fishers, IN**
FAST 10&U Splash and
Time Trials
rthielking@mmufus.com

- 12-16 **Orlando, FL**
NCSA Junior Nationals
ncsa.usa@hotmail.com

- 14-16 **Brunswick, ME**
Maine Winter Combined
Championships
jim@mdiyymca.org

- 14-17 **Fort Lauderdale, FL**
Speedo Champions Series
jaythomas@comcast.net

- 14-17 **College Park, MD**
PVS 14-and-Under Junior
Olympics
703-391-2077

- 14-17 **Nashville, TN**
Speedo Champions Series
walkerxl@comcast.net

- 14-17 **Federal Way, WA**
Speedo Champions Series
253-852-0680

- 15-17 **San Ramon, CA**
Pacific Swimming Junior
Olympic Championships
rtnthewater@aol.com

- 15-17 **Santa Clara, CA**
Pacific Swimming Junior
Olympic Championships
jbitter@
santaclaraswimclub.org

- 15-17 **Indianapolis, IN**
Indiana Age Group
Championships
www.inswimming.org

- 15-17 **Lexington, KY**
Kentucky Swimming
12-and-Under Champs.
859-539-9091

- 15-17 **East Meadow, NY**
Metro Junior Olympics
metrooffice@
metroswimming.org

- 16 **Manitou Springs, CO**
PEAK IM Ready/8&U
Splash Dash
peakswim@gmail.com

- 16 **LaGrange, GA**
GSAS St. Pat's Day Invite
coachtom.fraenkel1@
gmail.com

- 16-17 **Naples, FL**
T2 11&U Only TF Open
239-249-6563

- 16-17 **Port Orange, FL**
DBS AG/SR/TF Open
386-212-2681

- 17 **Evergreen, CO**
Evergreen Season Finale
720-880-1920

- 20-23 **Shenandoah, TX**
NCAA Men's and
Women's Division 3
Championships
317-917-6222

- 21-23 **Indianapolis, IN**
NCAA Division 1 Women's
Championships
317-917-6222

- 21-24 **Middletown, CT**
Connecticut Senior
Championships
Keith.nichols@
pw.utc.com

- 21-24 **Buffalo, NY**
Speedo Champions Series
aronberg@ecc.edu

- 21-24 **Geneva, OH**
Speedo Champions Series
jholt@hawken.edu

- 21-24 **Christianburg, VA**
Speedo Champions Series
champsmeetcoord@
virginiaswimming.org

- 22-24 **Plantation, FL**
FGC Senior Championships
jimmyppst@aol.com

- 22-24 **Sarasota, FL**
Area 3/5 AG/SR/QUAL
941-922-9622

- 22-24 **Louisville, KY**
Kentucky Swimming
13-and-Over Champs.
859-539-9091

- 22-24 **Boyd's, MD**
RMSC Spring Finale
christa.krukiel@
montgomerycountymd.gov

- 22-24 **Laurel, MD**
MSSC Spring Champs.
240-417-569

- 22-24 **Bronx, NY**
Metro North Bronze
Championships
metrooffice@
metroswimming.org

- 22-24 **Farmingville/**
Lake Ronkonkoma, NY
Metro South Bronze
Championships
metrooffice@
metroswimming.org

- 22-24 **Montgomery, NY**
Metro North Bronze
Championships
metrooffice@
metroswimming.org

- 23 **Clovis, CA**
RCA IM Ready
559-353-1889

- 23 **Chamblee, GA**
Warren Stephens 10&U
Invitational
amanda@
dynamoswimclub.com

- 23-24 **Daly City, CA**
DCD JO Minus
ca_fonseca_@hotmail.com

- 23-24 **Morgan Hill, CA**
MAKO Senior II
meetdirector@
morganhillmakos.com

- 23-24 **Mountain View, CA**
LAMV JO Minus
meetdirector@
lamvac.org

- 23-24 **Walnut Creek, CA**
WCAB "C-B-A+"
aquabears@gmail.com

- 28-30 **Indianapolis, IN**
NCAA Division 1 Men's
Championships
317-917-6222

- 28-30 **Webster, NY**
Eastern Zone SC Champs.
mcallan@fairport.org

- 30 **Fort Collins, CO**
Vortex Shamrock Shindig
LC Pentathlon
president@
teamvortex.org

- 30-31 **Humble, TX**
ESA 10-and-Under Open
Sprint Classic
281-507-7983

- MASTERS MARCH**
2 **Ocala, FL**
Marlins Winter SC Meet
ocalamarlins@aol.com

- 2 **Catonsville, MD**
Maryland Masters
Distance
Winter Meet
smuchow@
cassevern.com

- 2 **Seattle, WA**
Pneumonia Open
bob.moore@
publicis-usa.com

- 2-3 **Naples, FL**
SW Florida Winter Open
jon@t2aquatics.com

- 3 **Pasadena, CA**
Caltech Pentathlon
srdodd@jpl.nasa.gov

- 3 **West Bloomfield, MI**
Masters Meet
wbcoachbob@
hotmail.com

- 3 **Greensboro, NC**
Frank Clark Memorial
arichelson@aol.com

- 3 **Fairless Hills, PA**
Garsoe-Schermerhorn
Memorial Pentathlon
lewtomj64@gmail.com

- 3 **Pittsburgh, PA**
1650 Yard Challenge
pghsports@aol.com

- 3 **Whitefish Bay, WI**
Whitefish Bay Silverdome
wfbmasters@gmail.com

- 9 **Clearwater, FL**
Good Life Games, 50+
jcampb10@
tampabay.rr.com

- 9 **Andover, KS**
Gr. Wichita Masters Invite
al.stephenson@
wichtaymca.org

- 9 **Roeland Park, KS**
MOVY All Relay
bsherm81@kc.rr.com

- 9-10 **Wooster, OH**
Wooster SCY
kmccardle@
clevelandymca.org

- 9-10 **Oregon City, OR**
Oregon City Spring Ahead
twaud@aol.com

- 10 **Berkeley, CA**
CALM Spring SCY
apcassidy@gmail.com

- 14 **Tallahassee, FL**
Capital City Senior Games
leslie.adams@talgov.com

- 16 **Palo Alto, CA**
Rinconada Masters
Spring
jimshaw45@gmail.com

- 16 **Murfreesboro, TN**
MTSU Blue Wave Raider
Invitational, scy
pfootit@mtsu.edu

- 23 **Columbus, OH**
Swim Against
Huntington's Disease
normloribaldwin@
bluebottle.com

- 23-24 **Indianapolis, IN**
GRIN SCY State Champs.
cgetteflinger@
earthlink.net

- 24 **San Diego, CA**
Mission Valley YMCA
Pancake Pentathlon
kerujo@aol.com

- 24 **Annapolis, MD**
Carol Chidester Memorial
Swim Series #6
bradleymnr@yahoo.com

- 24 **Lexington, VA**
RCA's Dive Into Spring
ccharley9@hotmail.com

THIS Month IN SWIMMING

Sponsored by:
**THE INTERNATIONAL
SWIMMING HALL OF FAME**

February



Russia's Denis Pankratov (2004 ISHOF Honor Swimmer) took down world records in the 100 and 200 butterfly (SCM) at a World Cup meet in Paris, France, Feb. 3-4, 1996. He shaved three-quarters of a second off the 200 fly standard the first day of competition with his 1:52.34. The next day, he became the first man to go under 52 seconds in the 100 fly, posting a 51.94. At the Atlanta Olympics later that year, Pankratov earned gold in both the 100 (WR 52.27) and 200 (1:56.51) fly. He also competed in both the 1992 and 2000 Games. Pankratov set seven WRs during his career—three long course and four short course meters.



FOR the RECORD

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

WORLD

FINA WORLD SWIMMING CHAMPIONSHIPS
Istanbul, Turkey
Dec. 12-16, 2012 (25 M)

* = World Record

WOMEN

50 FREE Dec. 16

23.64	A. Herasimienia, BLR
23.87	Francesca Halsall, GBR
24.00	J. Ottesen Gray, DEN
24.04	Britta Steffen, GER
24.36	Marieke Guehrer, AUS
24.42	C. Magnuson, USA
24.58	S. Kniaginina, RUS
24.83	Flavia Cazzolatto, BRA

100 FREE Dec. 14

52.31	Britta Steffen, GER
52.48	Megan Romano, USA
52.73	Tang Yi, CHN
53.05	Daniela Schreiber, GER
53.09	Angie Bainbridge, AUS
53.45	Michelle Coleman, SWE
53.52	Jessica Hardy, USA
53.65	Louise Hansson, SWE

200 FREE Dec. 16

1:53.59	Allison Schmitt, USA
1:54.31	Katinka Hosszu, HUN
1:54.45	M. Costa Schmid, ESP
1:54.66	Angie Bainbridge, AUS
1:54.68	Veronika Popova, RUS
1:55.05	Haruka Ueda, JPN
1:55.13	Zsuzsanna Jakabos, HUN
1:57.27	Lauren Boyle, NZL

400 FREE Dec. 14

4:01.18	M. Costa Schmid, ESP
4:01.20	Chloe Sutton, USA
4:01.24	Lauren Boyle, NZL
4:01.49	Elena Sokolova, RUS
4:02.45	Jazmin Carlin, GBR
4:04.07	Angie Bainbridge, AUS
4:04.87	Zhou Li, CHN
4:05.78	E. Villacija Garcia, ESP

800 FREE Dec. 13

8:08.62	Lauren Boyle, NZL
8:10.99	Lotte Friis, DEN
8:15.53	Chloe Sutton, USA
8:16.09	Hannah Mile, GBR
8:16.90	E. Villacija Garcia, ESP
8:19.27	Rebecca Mann, USA
8:22.88	Xu Danlu, CHN
8:22.96	Eleanor Faulkner, GBR

50 BACK Dec. 16

25.95	Zhao Jing, CHN
26.13	Olivia Smoliga, USA
26.50	A. Urbanczyk, POL
26.56	Georgia Davies, GBR
26.61	Simona Baumrtova, CZE
26.91	Rachel Goh, AUS
26.97	Fabiola Molina, BRA
27.45	Grace Loh, AUS

100 BACK Dec. 13

56.64	Olivia Smoliga, USA
57.07	Mie Nielsen, DEN
57.18	Simona Baumrtova, CZE
57.31	Rachel Goh, AUS
57.32	Georgia Davies, GBR
57.34	Grace Loh, AUS
57.67	Daryna Zevina, UKR
58.14	Duane da Rocha, ESP

200 BACK Dec. 14

2:02.24	Daryna Zevina, UKR
2:03.19	Bonnie Brandon, USA
2:04.15	Duane da Rocha, ESP
2:04.22	Marie Kamimura, JPN
2:04.55	E. Simmonds, GBR
2:05.45	Melissa Ingram, NZL
2:05.49	Simona Baumrtova, CZE
2:05.62	Anja Carman, SLO

50 BREAST Dec. 13

29.44	Ruta Meilutyte, LTU
29.67	Alia Atkinson, JAM
29.94	Sarah Katsoulis, AUS
30.00	Rikke Pedersen, DEN
30.01	Jessica Hardy, CZE
30.10	Petra Chocova, CZE
30.12	Rebecca Ejdervik, SWE
30.43	Zhao Jin, CHN

100 BREAST Dec. 15

1:03.52	Ruta Meilutyte, LTU
1:03.80	Alia Atkinson, JAM
1:04.05	Rikke Pedersen, DEN
1:05.01	Sarah Katsoulis, AUS
1:05.08	Jessica Hardy, USA

1:05.62	Jennie Johansson, SWE
1:06.07	Rebecca Ejdervik, SWE
1:06.12	Petra Chocova, CZE

200 BREAST Dec. 16

2:16.08	Rikke Pedersen, DEN
2:16.93	Laura Sogar, USA
2:19.39	Kanako Watanabe, JPN
2:19.76	Maria Ternikova, RUS
2:20.08	Andrea Kropf, USA
2:20.70	Martha McCabe, CAN
2:21.11	Tera Van Belle, CAN
2:21.64	Alia Atkinson, JAM

50 FLY Dec. 14

25.14	Lu Ying, CHN
25.23	Jiao Liuyang, CHN
25.25	J. Ottesen Gray, DEN
25.60	Noemie Thomas, CAN
25.70	C. Magnuson, USA
25.88	Claire Donahue, USA
25.90	Anna Dugiort, POL
26.01	Triin Aljand, EST

100 FLY Dec. 16

56.13	Ilaria Bianchi, ITA
56.58	Lu Zige, CHN
56.66	Jemma Lowe, GBR
56.92	Noemi Thomas, CAN
57.00	Claire Donahue, USA
57.35	Kathleen Hersey, USA
58.14	Silvia Di Pietro, ITA
59.64	Daynara De Paula, BRA

200 FLY Dec. 12

2:02.20	Katinka Hosszu, HUN
2:02.28	Jiao Liuyang, CHN
2:03.19	Jemma Lowe, GBR
2:03.99	Lu Zige, CHN
2:05.90	Kathleen Hersey, USA
2:06.56	Katerina Savard, CAN
2:06.57	Kona Fujita, JPN
2:08.95	Nao Kobayashi, JPN

100 IM Dec. 14

58.49	Katinka Hosszu, HUN
58.79	Ruta Meilutyte, LTU
58.80	Zhao Jing, CHN
58.85	Alia Atkinson, JAM
58.94	A. Herasimienia, BLR
59.03	Sophie Allen, GBR
59.41	Zsuzsanna Jakabos, HUN
59.68	Theresa Michalak, GER

200 IM Dec. 15

2:04.64	Ye Shiwen, CHN
2:04.72	Katinka Hosszu, HUN
2:07.12	Hannah Mile, GBR
2:07.36	Zsuzsanna Jakabos, HUN
2:07.77	Madeline DiRado, USA
2:08.63	Melanie Margalis, USA
2:09.16	Sophie Allen, GBR
2:11.66	Ganna Dzerkal, UKR

400 IM Dec. 12

4:23.14	Hannah Mile, GBR
4:23.33	Ye Shiwen, CHN
4:25.95	Katinka Hosszu, HUN
4:26.99	Zsuzsanna Jakabos, HUN
4:28.55	Madeline DiRado, USA
4:31.55	Miho Takahashi, JPN
4:35.59	Emu Higuchi, JPN
4:37.30	Barbora Zavadova, CZE

400 MR Dec. 14

3:49.87	Denmark
3:50.88	Australia
3:51.43	United States
3:51.85	Great Britain
3:52.53	China
3:54.73	Japan
3:56.12	Italy
3:56.85	Germany

400 FR Dec. 15

3:31.01	United States
3:32.90	Australia
3:33.51	Denmark
3:36.22	China
3:36.72	Russia
3:37.05	Brazil
3:37.91	Japan
3:38.23	Great Britain

800 FR Dec. 12

7:39.25	United States
7:42.77	Russia
7:43.26	China
7:44.70	Hungary
7:45.85	Great Britain
7:46.01	Italy
7:47.04	Denmark
7:51.96	Japan

MEN

50 FREE Dec. 14

20.55	Vladimir Morozov, RUS
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20.88	Florent Manaudou, FRA
20.99	Anthony Ervin, USA
21.03	George Bovell, TRI
21.23	Marco Orsi, ITA
21.38	Josh Schneider, USA
21.44	Andrii Govorov, UKR
21.58	Federico Bocchia, ITA

100 FREE Dec. 16

45.65	Vladimir Morozov, RUS
46.80	T. D'Orsogna, AUS
46.81	E. Gonyea, USA
46.84	Luca Dotto, ITA
47.05	Matt Grevers, USA
47.11	James Feigen, USA
47.19	Hanser Garcia, CUB
47.35	Lu Zhiwu, CHN

200 FREE Dec. 12

1:41.92	Ryan Lochte, USA
1:42.07	Paul Biedermann, GER
1:43.78	Conor Dwyer, USA
1:44.04	Jarrod Killely, AUS
1:44.24	Benjamin Hockin, PAR
1:44.55	Matthew Stanley, NZL
1:44.68	V. Andrusenko, RUS
1:45.38	Dimitri Colupaev, GER

400 FREE Dec. 14

3:39.15	Paul Biedermann, GER
3:39.48	Hao Yun, CHN
3:40.09	Mads Glaesner, DEN
3:41.01	Matthew Stanley, NZL
3:41.29	Michael Klueh, USA
3:42.23	Pal Joensen, FAR
3:42.48	Ahmed Mathlouthi, TUN
3:42.80	Anders Lie Nielsen, DEN

1500 FREE Dec. 16

14:30.01	Mads Glaesner, DEN
14:31.13	Gregorio Paltrinieri, ITA
14:36.93	Pal Joensen, FAR
14:38.29	M. Sawrymowicz, POL
14:40.05	Matthew Levings, AUS
14:40.06	Ryan Feeley, USA
14:40.16	Yohei Takiguchi, JPN
14:43.62	Jordan Harrison, AUS

50 BACK Dec. 15

23.04	Robert Hurley, AUS
23.17	Matt Grevers, USA
23.19	Stanislav Donets, RUS
23.25	Guilherme Guido, BRA
23.42	Ashley Delaney, AUS
23.43	Sun Xiaolei, CHN
23.47	D. Orzechowski, BRA
23.48	Iskender Baslakov, TUR

100 BACK Dec. 13

49.89	Matt Grevers, USA
49.91	Stanislav Donets, RUS
50.50	Guilherme Guido, BRA
50.61	Ashley Delaney, AUS
50.63	Robert Hurley, AUS
50.75	Radoslaw Kaweck, POL
50.76	Iskender Baslakov, TUR
51.27	Christian Diener, GER

200 BACK Dec. 16

1:48.48	Radoslaw Kaweck, POL
1:48.50	Ryan Lochte, USA
1:48.86	Ryan Murphy, USA
1:51.00	Kosuke Hagino, JPN
1:51.24	Peter Bernek, HUN
1:51.51	Ashley Delaney, AUS
1:52.09	Travis Mahoney, AUS
1:52.48	Christian Diener, GER

50 BREAST Dec. 16

26.30	A. Hetland, NOR
26.32	Damir Dugonjic, SLO
26.33	Florent Manaudou, FRA
26.50	Joao Gomes, BRA
26.64	Giulio Zorzi, RSA
26.68	Felipe Lima, BRA
26.78	Kevin Cordes, USA
26.87	Sergei Geibel, RUS

100 BREAST Dec. 13

57.10	Fabio Scozzoli, ITA
57.32	Damir Dugonjic, SLO
57.83	Kevin Cordes, USA
57.85	Martti Aljand, EST
57.86	Mihail Alexandrov, USA
57.88	V. Sinkевич, RUS
58.26	Akihiro Yamaguchi, JPN
58.73	Felipe Lima, BRA

200 BREAST Dec. 14

2:01.35	Daniel Gyurta, HUN
2:03.00	Michael Jamieson, GBR
2:03.08	V. Sinkевич, RUS
2:03.23	Akihiro Yamaguchi, JPN
2:03.29	Andrew Willis, GBR
2:03.58	Chris Burklee, USA
2:03.68	Marco Koch, GER
2:04.92	Yukihiro Takahashi, JPN

50 FLY Dec. 15

22.22	Nicholas Santos, BRA
22.26	Chad le Clos, RSA
22.46	Tom Shields, USA
22.61	Fredrick Bousquet, FRA
22.78	Wu Peng, CHN
22.85	Andrii Govorov, UKR
22.90	Joeri Verlinden, NED
22.94	Peter Mankoc, SLO

100 FLY Dec. 13

48.82	Chad le Clos, RSA
49.54	Tom Shields, USA
49.59	Ryan Lochte, USA
50.45	Joeri Verlinden, NED
50.54	Konrad Czerniak, POL
50.76	Rafael Munoz, ESP
50.76	Nikolay Skvortsov, RUS
50.93	Laszlo Cseh, HUN

200 FLY Dec. 16

1:51.01	Kazuya Kaneda, JPN
1:51.66	Laszlo Cseh, HUN
1:52.33	Nikolay Skvortsov, RUS
1:53.14	Yuki Kobori, JPN
1:53.49	Joeri Verlinden, NED
1:53.85	Bobby Bollier, USA
1:54.11	Grant Irvine, AUS
1:54.20	Michal Poprawa, POL

100 IM Dec. 16

51.21	Ryan Lochte, USA
51.38	Kenneth To, AUS
51.66	George Bovell, TRI
52.51	Peter Mankoc, SLO
52.63	Simon Sjodin, SWE
52.83	Conor Dwyer, USA
53.11	Takuro Fujii, JPN
53.15	Daiya Seto, JPN

200 IM Dec. 14

1:49.63w	Ryan Lochte, USA (23.71, 50.74, 1:22.48)
1:52.80	Daiya Seto, JPN
1:52.89	Laszlo Cseh, HUN
1:53.42	Kenneth To, AUS
1:53.99	Conor Dwyer, USA
1:54.08	Kosuke Hagino, JPN
1:55.63	Diogo Carvalho, POR
1:56.31	Simon Sjodin, SWE

400 IM Dec. 13

3:59.15	Daiya Seto, JPN
4:00.50	Laszlo Cseh, HUN
4:02.87	David Verrasato, HUN
4:04.14	Kosuke Hagino, JPN
4:04.29	Gal Nevo, ISR
4:06.81	Chris Christensen, DEN
4:07.67	Michael Weiss, USA
4:09.95	Diogo Carvalho, POR

400 MR Dec. 16

3:21.03	United States
3:22.86	Russia
3:24.77	Australia
3:25.73	Brazil
3:27.44	China
3:27.48	Japan
DQ	Hungary
DQ	Italy

400 FR Dec. 12

3:06.40	United States
3:07.07	Italy
3:07.27	Australia
3:08.01	Russia
3:09.15	Japan
3:10.72	Brazil
3:12.66	China
3:13.73	Turkey

NATIONAL AGE GROUP TOP 10(SCY)

NATIONAL

2011-12
SHORT COURSE
RANKINGS
Compiled by
USA Swimming
Times swum in
25-yard pool from
Sept. 1, 2011 through
Aug. 31, 2012

*Boldface Italics = Existing NAG Record
Italics = New NAG Record*

GIRLS 11 YEARS

50 YARD FREESTYLE

23.15	M. Weir, GA (1999)
24.01	Eva Merrell, AZOT, CA
24.62	Vivian Wang, SUNN, PC
25.05	B. Joassaint, LINS, GA
25.17	Julie Kolar, WILD, IL
25.34	E. Boyer, FINN, CT
25.36	S. Jahan, GRYM, CT
25.37	R. Weakley, HSA, SE
25.41	L. Vittor, NOVA, CA
25.46	Haschemeyer, SUSA, IL
25.52	Gabby Dang, WAVE, PN

100 YARD FREESTYLE

50.27	M. Franklin, CO (2008)
52.56	Eva Merrell, AZOT, CA
53.55	B. Joassaint, LINS, GA
54.29	Julie Kolar, WILD, IL
54.83	Taylor Ruck, SAC, AZ
55.01	Haschemeyer, SUSA, IL
55.04	L.Nordmann, TWST, GU
55.12	S. Skinner, CLPR, OH
55.14	Jillian Santiago, SRQ, FL
55.30t	Kysha Altura, HSC, HI
55.30t	S. Shelton, MVN, CA

200 YARD FREESTYLE

1:49.64	Kylie Stewart, GA (2009)
1:56.36	Grace Ariola, BNY, IL
1:57.79	Taylor Ruck, SAC, AZ
1:57.82	Jessica Nava, PCS, FG
1:58.81	Homovich, NCAC, NC
1:59.16	Jessica Epps, MVN, CA
1:59.42	Kysha Altura, HSC, HI
1:59.49	B. Joassaint, LINS, GA
1:59.75	Diana Dunn, NTRQ, ST
1:59.79	S. Shelton, MVN, CA
1:59.91	D. Luther, TXLA, ST

500 YARD FREESTYLE

4:49.51	C. Woodhead, CA (1977)
5:11.08	Grace Ariola, BNY, IL
5:12.30	Homovich, NCAC, NC
5:13.96	Taylor Ruck, SAC, AZ
5:14.08	Jessica Epps, MVN, CA
5:16.72	Diana Dunn, NTRQ, ST
5:17.02	S. Kennedy, BNY, IL
5:17.41	A. Beaudion, LSST, GU
5:19.12	K. Sulkevich, BREA, CA
5:19.47	E. Boyer, FINN, CT
5:19.51	S. Eksteen, CUBU, PV

1000 YARD FREESTYLE

9:57.33	Chloe Sutton, SE (2005)
10:42.21	Taylor Ruck, SAC, AZ
10:49.46	Homovich, NCAC, NC
10:51.07	Ruby Martin, IFLY, IA
10:53.79	Grace Ariola, BNY, IL
10:57.00	S. Kennedy, BNY, IL
11:01.95	C. Rockway, TBAV, FL
11:02.31	Leah Braswell, YY, MA
11:06.04	Haschemeyer, SUSA, IL
11:06.27	Destiny Kling, WSF, AZ
11:06.68	Diana Dunn, UN, ST

1650 YARD FREESTYLE

16:34.13	Chloe Sutton, SE (2005)
17:48.19	Taylor Ruck, SAC, AZ
18:01.26	Grace Ariola, BNY, IL
18:11.43	S. Kennedy, BNY, IL
18:11.67	Homovich, NCAC, NC
18:15.74	Lindsey Soule, CAT, OR
18:20.48	Destiny Kling, WSF, AZ
18:36.56	K. Kitahara, XCEL, SE
18:37.33	K. Sulkevich, BREA, CA
18:37.78	S. Yongyuth, SCSC, PC
18:45.92	Y. Takabayashi, GLAS, CT

57.90	Eva Merrell, AZOT, CA
58.81	Vivian Wang, SUNN, PC
59.11	G. Schweizer, SAGE, IL
59.17	Kysha Altura, HSC, HI
59.25	Riley Gaines, XCEL, SE
59.37	Jessica Nava, PCS, FG
59.44	Homovich, NCAC, NC
59.72	B. Pedersen, MMSC, PN
59.84	Gabby Dang, WAVE, PN
1:00.45	Holly Stoll, LAKE, WI

200 YARD BUTTERFLY

2:00.00	M. Wright, MI (2009)
2:11.98	B. Pedersen, MMSC, PN
2:12.36	D. Luther, TXLA, ST
2:12.67	Homovich, NCAC, NC
2:13.07	Audrey Chin, KYSC, PC
2:14.44	S. Yongyuth, SCSC, PC
2:15.13	E. Garfield, LAC, NT
2:15.50	C. Doran, SOAR, SN
2:15.77	S. Sipple, PHD, AM
2:16.33	Emma Muzzy, CCA, VA
2:16.42	Ruby Martin, IFLY, IA

100 YARD INDIVIDUAL MEDLEY

57.62	K. Baker, NC (2010)
1:01.47	Vivian Wang, SUNN, PC
1:02.55	Grace Ariola, BNY, IL
1:02.60	Jessica Epps, MVN, CA
1:02.72	Alexis Wenger, GPG, MI
1:03.17	Darlene Fung, MEY, NJ
1:03.42	Diana Dunn, NTRQ, ST
1:03.43	B. Joassaint, LINS, GA
1:03.48	Holly Stoll, LAKE, WI
1:03.52	L. Vittor, NOVA, CA
1:03.57	Emily Ryan, BEST, IL

200 YARD INDIVIDUAL MEDLEY

2:03.50	C. Smiddy, FG (2008)
2:12.52	B. Joassaint, LINS, GA
2:13.08	Vivian Wang, SUNN, PC
2:13.91	C. Hampton, CHAT, UT
2:14.26	Taylor Ruck, SAC, AZ
2:14.60	E. Garfield, LAC, NT
2:14.71	Homovich, NCAC, NC
2:14.73	Grace Ariola, BNY, IL
2:14.95	Brianna Bender, SA, GA
2:15.39	S. Maddux, PAC, MI
2:15.48	A. Beaudion, LSST, GU

400 YARD INDIVIDUAL MEDLEY

4:20.04	J. Forster, OH (2001)
4:38.27	Homovich, NCAC, NC
4:39.48	E. Garfield, LAC, NT
4:41.75	Brianna Bender, SA, GA
4:43.25	Taylor Ruck, SAC, AZ
4:45.37	Molly Franklin, VSC, IE
4:47.74	U. Knaven, NCAC, NC
4:48.04	Jessica Epps, MVN, CA
4:48.39	C. Hampton, CHAT, UT
4:49.43	Michelle Guo, CCSC, NE
4:49.57	B. Joassaint, LINS, GA

GIRLS 12 YEARS

50 YARD FREESTYLE

23.15	A. Weir, GA (1999)
23.58	V. Palochik, LVA, MA
23.97	Eva Merrell, AZOT, CA
24.05	Lia Campbell, PASC, PN
24.24	R. Wittmer, AQJT, MN
24.25	Emma Segneri, SAC, AZ
24.28t	M. Donley, NAAC, OH
24.28t	Ingrid Wall, NTRQ, IL
24.36	C. Bayer, CUBU, PV
24.49t	K. Tennant, STAR, NC
24.49t	Caitlin Tycz, LRSC, ME

100 YARD FREESTYLE

50.27	M. Franklin, CO (2008)
52.69	V. Palochik, LVA, MA
52.76	Lauren Mabie, MTS, SE
52.77	C. Bayer, CUBU, PV
52.94	Eva Merrell, AZOT, CA
53.01	I. Rongione, FISH, PV
53.02	Emma Segneri, SAC, AZ
53.16	L. Gwennapp, CUBU, PV
53.21	K. Tennant, STAR, NC
53.28	S. Suer, CAGO, NI
53.33	Meredith Geyer, GST, SE

200 YARD FREESTYLE

1:49.64	Kylie Stewart, GA (2009)
1:51.50	C. Harnish, YY, MA
1:53.33	L. Gwennapp, CUBU, PV
1:53.42	Sydney Baker, YSSC, SC
1:53.57	K. Tennant, STAR, NC
1:53.64	I. Rongione, FISH, PV
1:53.75	Eva Crouse, BEAR, CT
1:54.45	E. Meilus, CUBU, PV
1:54.48	D. Luther, TXLA, ST
1:54.53	Erica Laning, PACK, SE
1:54.53	Peyton Palsha, SPA, FL

500 YARD FREESTYLE

4:49.51	C. Woodhead, CA (1977)
4:55.03	C. Harnish, YY, MA
4:56.58	I. Rongione, FISH, PV
5:02.03	M. Hadd, NOVA, VA
5:02.07	L. Gwennapp, CUBU, PV
5:02.44	Rose Smiddy, UN, FG

5:02.94	Paige Madden, UN, SE
5:03.02	E. Meilus, CUBU, PV
5:03.17	Peyton Palsha, SPA, FL
5:03.97t	Ruppert-Gomez, GSC, FL
5:03.97t	Sydney Baker, YSSC, SC

1000 YARD FREESTYLE

9:57.33	Chloe Sutton, SE (2005)
10:06.76	I. Rongione, FISH, PV
10:07.71	C. Harnish, YY, MA
10:18.39	Peyton Palsha, SPA, FL
10:20.09	M. Hadd, NOVA, VA
10:20.23	Ruppert-Gomez, GSC, FL
10:25.18	Evie Pfeifer, FAST, OZ
10:25.21	Emily Meilus, UN, PV
10:26.83	M. Owens, FISH, PV
10:28.49	L. Gwennapp, CUBU, PV
10:28.90	K. Brent, SWIM, FL

1650 YARD FREESTYLE

16:46.09	Chloe Sutton, SE (2005)
16:46.09	C. Harnish, YY, MA
16:49.50	I. Rongione, FISH, PV
17:32.80	M. Owens, FISH, PV
17:36.75	Lauryn Parrish, FAST, IN
17:38.42	M. Coughlen, RAYS, SC
17:39.93	E. Meilus, CUBU, PV
17:41.56	Audrey Guyet, SCST, IL
17:42.03	M. Dickson, SWAC, MA
17:43.75	A. Nunan, SEA, MA
17:48.34	E. Layton, BEST, MS

50 YARD BACKSTROKE

25.76	Janet Hu, PV (2008)
27.13	Joyce Lin, PEAK, PC
27.18	G. Garcia, CROW, PC
27.58t	L. Gwennapp, CUBU, PV
27.60	Z. Niemczak, VAST, NM
27.61	Emily Wang, RMSC, PV
27.68	Kat Morrison, STAR, NC
27.73	Eva Merrell, AZOT, CA
27.78t	Lauren Green, QSS, PC
27.87t	C. Harnish, YY, MA
27.86	S. Skinner, CLPR, OH

100 YARD BACKSTROKE

55.68	Janet Hu, PV (2008)
58.44	C. Harnish, YY, MA
58.45	E. Meilus, CUBU, PV
58.59	R. Wittmer, AQJT, MN
58.66	L. Gwennapp, CUBU, PV
58.79	S. Skinner, CLPR, OH
58.80	Krivokapic-Zhou, SCSC, PC
58.82	Caitlin Tycz, LRSC, ME
59.02	Joyce Lin, PEAK, PC
59.15	G. Garcia, CROW, PC
59.21	Erin Earle, HMST, CT

200 YARD BACKSTROKE

1:59.49	Kylie Stewart, GA (2009)
2:02.89	E. Meilus, CUBU, PV
2:03.80	Erin Earle, HMST, CT
2:04.65	L. Gwennapp, CUBU, PV
2:04.70	Krivokapic-Zhou, SCSC, PC
2:04.90	C. Harnish, YY, MA
2:05.21	R. Barney, NTRQ, ST
2:07.20	Audrey Guyet, SCST, IL
2:07.25	M. Pressler, WEST, PA
2:07.68	Nicole Smith, HBT, SE
2:07.79	I. Rongione, FISH, PV

50 YARD BREASTSTROKE

29.23	O. Anderson, MN (2010)
30.19	L. Harvard, WHTN, IL
30.29	Halle Morris, SAM, PC
30.50	Lauren Mabie, MTS, SE
30.58t	J. Clabeaux, YORK, PV
30.58t	J. Yegher, RMSC, PV
30.59	G. Rudy, RAYS, MS
30.64	Eva Crouse, BEAR, CT
30.66	Kile Carriger, COM, WT
30.69	Ashley Pales, LSS, MW
30.78	Ingrid Wall, NTRQ, IL

100 YARD BREASTSTROKE

1:02.86	O. Anderson, MN (2010)
1:05.30	Halle Morris, SAM, PC
1:05.71	K. Morgan, DST, OH
1:05.72	Eva Crouse, BEAR, CT
1:06.16	L. Harvard, WHTN, IL
1:06.33	Maddie Blain, PAQ, HI
1:06.42	Kile Carriger, COM, WT
1:06.55	K. Czarniecki, SCST, IL
1:06.63	C. Cummings, CONDM, MR
1:06.74	Lauren Mabie, MTS, SE
1:06.87	Ashley Pales, LSS, MW

200 YARD BREASTSTROKE

2:16.16	Annie Zhu, MR (2007)
2:20.00	K. Morgan, DST, OH
2:20.90	K. Czarniecki, SCST, IL
2:21.56	Halle Morris, SAM, PC
2:22.13	Eva Crouse, BEAR, CT
2:23.86	Krivokapic-Zhou, SCSC, PC
2:24.45	Ashley Pales, LSS, MW
2:25.45	C. Cummings, CONDM, MR
2:25.65	Kile Carriger, COM, WT
2:25.75	Julia Poley, RSA, NC
2:25.78	O. Calegan, LSS, MW

50 YARD BUTTERFLY

24.87	Ella Eastin, CA (2010)
25.72	C. Bayer, CUBU, PV
25.77	M. Donley, NAAC, OH
25.94	Caitlin Tycz, LRSC, ME
26.14	K. Tennant, STAR, NC
26.27	Eva Merrell, AZOT, CA
26.32	Cathleen Li, BGSC, NE
26.38	S. Suer, CAGO, NI
26.39	Jenna Johns, UDAC, MA
26.49	A. Margett, BREA, CA
26.50	Sasha Fong, SRN, PC

100 YARD BUTTERFLY

55.51	Ella Eastin, CA (2010)
55.96	C. Bayer, CUBU, PV
57.07	K. Tennant, STAR, NC
57.40	S. Suer, CAGO, NI
57.83	M. Sheffield, BAC, VA
57.96	C. Harnish, YY, MA
58.01	Cathleen Li, BGSC, NE
58.17	Sasha Fong, SRN, PC
58.25	I. Rongione, FISH, PV
58.32	Jessi Snover, YSSC, SC
58.37	M. Martin, MPMR, CA

200 YARD BUTTERFLY

2:00.00	M. Wright, MI (2009)
2:03.82	C. Bayer, CUBU, PV
2:04.92	D. Luther, TXLA, ST
2:05.09	I. Rongione, FISH, PV
2:06.13	Ana Ibarrola, WOW, FG
2:06.60	K. Tennant, STAR, NC
2:07.64	Jessi Snover, YSSC, SC
2:08.35	Nicole Fye, AAAA, GA
2:08.52	Izzy Ditzler, PASA, PC
2:08.62	Maddie Baker, YSSC, SC
2:08.85	Krivokapic-Zhou, SCSC, PC

100 YARD INDIVIDUAL MEDLEY

57.62	K. Baker, NC (2010)
59.14	R. Wittmer, AQJT, MN
59.34	Lauren Mabie, MTS, SE
59.55	C. Cummings, CONDM, MR
59.64	M. Underwood, HSA, SE
59.81	Skorus-Neely, CANY, CA
59.83	L. Gwennapp, CUBU, PV
1:00.02	K. Tennant, STAR, NC
1:00.07	Lauren Green, QSS, PC
1:00.12	M. Donley, NAAC, OH
1:00.28	L. Harvard, WHTN, IL

200 YARD INDIVIDUAL MEDLEY

2:03.50	C. Smiddy, FG (2008)
2:07.38	L. Gwennapp, CUBU, PV
2:07.89	Rose Smiddy, UN, FG
2:08.16	K. Tennant, STAR, NC
2:08.35	Sydney Baker, YSSC, SC
2:08.36	I. Rongione, FISH, PV
2:08.58	Eva Crouse, BEAR, CT
2:08.73	R. Wittmer, AQJT, MN
2:08.92	C. Cummings, CONDM, MR
2:09.20	C. Harnish, YY, MA
2:09.31	E. Meilus, CUBU, PV

400 YARD INDIVIDUAL MEDLEY

4:20.04	J. Forster, OH (2001)
4:27.13	C. Harnish, YY, MA
4:27.27	I. Rongione, FISH, PV
4:27.61	L. Gwennapp, CUBU, PV
4:27.65	R. Barney, NTRQ, ST
4:30.86	Krivokapic-Zhou, SCSC, PC
4:31.05	Maddie Baker, YSSC, SC

56.25	M. Murphy, CROW, PC	10:08.84	N. Retteberg, GWSC, CA	4:12.85	Becca Mann, CAT, FL	1:57.64	Janet Hu, CUBU, PV	50.43	Celina Li, UN, PC	53.15	O. Barker, SAND, CA
56.40	Reilly Lanigan, SCT, IL			4:13.73	Sonia Wang, TCC, CA	1:58.23	Lisa Bratton, TCCC, IE			53.20	Janet Hu, UN, PV
56.56	C. Lappin, NMA, NC			4:15.30	Kim Williams, BC, PN	1:58.27	C. McHugh, KATY, GU			53.26	C. Weaver, FLY, MI
200 YARD BUTTERFLY											
1:56.58	M.T.Meagher, KY (1979)	15:58.90	Becca Mann, CAT, FL	4:17.47	H. Rowley, BLDR, CO	1:58.56	B. Alexander, J-HK, WI	1:43.15	Missy Franklin, UN, CO	53.50	Maggie Gruber, UN, AM
2:01.24	Lauren Case, GOLD, GA	15:59.35	K. Leducky, CUBU, PV	4:19.26	Hannah Burns, GSC, FL	1:59.00	Kristina Li, CUBU, PV	1:46.98	A. Meyers, SSTY, WI	53.98	B. Sapienza, SSS, OR
2:01.75	Becca Mann, CAT, FL	16:31.90	B. Kahn, AZOT, CA	4:20.55	Lily Dubroff, DST, MA			1:47.19	G. Ryan, NBAC, MD	54.20	Dana Grindall, UN, CT
2:03.05	A. Kyriakidis, NAC, SE	16:40.24	N. Clausen, WEST, WI	4:21.33	A. Swensen, YNS, NE			1:47.69	Janet Hu, CUBU, PV	54.27	Maddie Martin, UN, OH
2:03.18	Bre Thorne, AQJT, MN	16:46.30	Dot Halmy, WEST, WI	4:22.55	Alexis Preski, SUSI, IL			1:48.01	Leah Smith, JCCS, AM	54.38	Brynne Wong, UN, GA
2:03.30	V. Edwards, TXLA, ST	16:47.15	K. Dawson, FSLA, FL	4:22.65	K. Leducky, CUBU, PV			1:48.17	Danielle Valley, UN, FL	54.39	N. Stafford, DYNIA, CA
2:03.88	H. Kukurugya, CPSC, IN	16:50.28	Lexy Aitchison, UN, AZ					1:48.30	N. Stafford, DYNIA, GA		
2:04.00	C. Desel, NCAC, NC	16:50.68	B. Leverenz, FORD, AZ					1:48.38	Rachel Muller, SA, GA		
2:04.53	D. Walz, GPAC, MA	16:54.89	D. Georges, AZOT, CA					1:48.43	Malazdrzewicz, EVER, CO		
2:04.90	Chloe Isleta, SCS, PC							1:48.66	Kendal Casey, UN, FL		
2:05.09	M. Bullock, WMS, MI										
200 YARD INDIVIDUAL MEDLEY											
1:57.70	M. Franklin, CO (2010)	53.16	M. Franklin, CO (2011)	4:34.21	Katie Hoff, MD (2006)	1:50.99	M.T.Meagher, KY (1979)	50.40	K. Stewart, SI (2010)	51.53	R. Bootsma, MN (2010)
2:01.83	Chloe Isleta, SCS, PC	52.87	Kathleen Baker, UN, NC	4:43.09	K. Leducky, CUBU, PV	1:51.29	Julia Howe, PASA, PC	50.40	Julia Howe, PASA, PC	51.53	Missy Franklin, UN, CO
2:02.66	A. Szekely, CBST, MA	53.80	Taylor Garcia, MIA, MI	4:44.00	D. Georges, UN, CA	2:00.31	M. Brown, GMSC, NE	50.40	Janet Hu, CUBU, PV	51.53	Tasija Karosas, SAS, FG
2:03.62	Meghan Small, YY, MA	54.52	Ella Eastin, NOVA, CA	4:46.41	C. McHugh, KATY, GU	2:00.78	M. Carr, NYCA, WV	50.40	Janet Hu, CUBU, PV	51.53	Ally Howe, PASA, PC
2:04.24	C. Mykkanen, NOVA, CA	54.74	Elise Haan, TZ, FL	4:47.02	Hannah James, SYS, FL	2:00.93	L. Hugel, HOVA, CA	50.40	Maggie Gruber, UN, AM	51.53	Tara Halsted, UN, SN
2:05.26	A. Kyriakidis, NAC, SE	55.17	H. Whiteley, RAYS, OH	4:48.13	R. Leah Stevens, LAK, KY	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:05.40	M. Sargent, EMAC, NJ	55.62	Asia Seidt, LAK, KY	4:48.96	L. Rule, SMAC, VA	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:05.67	Ingrid Shu, LHY, NJ	55.65	Hanni Leach, MAC, MT	4:49.33	A. Weitzel, CANY, CA	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:05.90	M. Meyer, RENO, PC	55.70	M. Moroney, SAS, FG	4:50.21	K. Stewart, DYNIA, GA	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:06.01	Reilly Lanigan, SCT, IL	55.77	Mallory Buba, UN, MI	4:50.28	E. Stinson, NAC, SE	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:06.05t	C. Brennan, THSC, OR	55.78	Gabby Vieira, GATR, OZ	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
2:06.05t	Becca Mann, CAT, FL										
400 YARD INDIVIDUAL MEDLEY											
4:08.44	Katie Hoff, MD (2004)	1:51.07	M. Franklin, CO (2010)	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:19.21	Becca Mann, CAT, FL	1:56.22	Kathleen Baker, UN, NC	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:20.42	Chloe Isleta, SCS, PC	1:57.22	Ella Eastin, NOVA, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:22.40	A. Szekely, CBST, MA	1:57.71	S. Pickrem, CAT, FL	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:22.58	C. Mykkanen, NOVA, CA	1:58.26	Sydney Sell, SUSS, KY	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:24.75	A. Kyriakidis, NAC, SE	1:58.27	Kaitlin Hartz, GMSC, NE	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:25.55	Reilly Lanigan, SCT, IL	1:58.52	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:26.22	C. Devine, DAV, SN	1:58.67	Asia Seidt, LAK, KY	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:27.22	C. Brennan, THSC, OR	1:58.77	H. Rowley, BLDR, CO	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:27.43	M. Meyer, RENO, PC	1:58.87	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:27.68	R. Barney, NTRO, ST	1:58.87	Asia Seidt, LAK, KY	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
GIRLS 14 YEARS											
50 YARD FREESTYLE											
22.44	Dara Torres, CA (1982)	1:02.87	Kim Williams, BC, PN	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
22.69	K. Konopka, YSSC, SC	1:02.89t	O. Anderson, UN, MN	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
22.91	Caroline Nava, PCS, FG	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.01	Kathleen Baker, UN, NC	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.15	Kaia Grobe, UN, MN	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.23	N. McCullagh, MAC, NC	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.25	Clara Baggett, UN, IN	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.32	G. St. John, LOBO, NM	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.34	R. Postoll, RAYS, GA	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.35	M. Comerford, SWYMMI	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
23.39	Y. Yoshimura, SSC, MA	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
100 YARD FREESTYLE											
47.94	M. Franklin, CO (2010)	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
49.88	Kathleen Baker, UN, NC	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
49.99	K. Konopka, YSSC, SC	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.18	Kaia Grobe, UN, MN	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.29	K. McLaughlin, MVN, CA	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.44	Alex Hubel, BCH, CA	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.46	M. Comerford, UN, MI	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.58	Lily Dubroff, DST, MA	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.60	N. McCullagh, MAC, NC	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.63	Caroline Nava, PCS, FG	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
50.75	Clara Baggett, UN, IN	1:02.89t	A. Szekely, CBST, MA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
200 YARD FREESTYLE											
1:44.55	M. Franklin, CO (2010)	1:56.58	M.T.Meagher, KY (1979)	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:46.75	Katie Leducky, UN, PV	1:58.69	Ella Eastin, NOVA, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:47.52	K. McLaughlin, UN, CA	1:59.65	Becca Mann, CAT, FL	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:47.87	R. Postoll, RAYS, GA	1:59.89	A. Swensen, YNS, NE	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:48.74	Hannah Boyd, RED, IL	1:59.97	K. McLaughlin, MVN, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:48.96	Becca Mann, CAT, FL	2:00.22	Sonia Wang, TCC, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.04	Madison Wright, UN, MI	2:00.26	Nancy Hu, SYS, FL	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.06	Megan Moroney, UN, FG	2:00.61	K. Leducky, CUBU, PV	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.18	D. Georges, AZOT, CA	2:01.11	M. Wright, KAW, MI	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.21	Kathleen Baker, UN, NC	2:01.62	Kim Williams, BC, PN	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.47t	Y. Yoshimura, SSC, MA	2:02.71	Bre Thorne, AQJT, MN	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
1:49.47t	K. Dawson, FSLA, FL			4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
500 YARD FREESTYLE											
4:39.94	C. Woodhead, CA (1978)	1:50.72	E. Pelton, MD (2010)	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:35.14	K. Leducky, CUBU, PV	1:56.07	Sonia Wang, TCC, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:44.81	Becca Mann, CAT, FL	1:56.07	Sonia Wang, TCC, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:50.11	Rebecca Postoll, UN, GA	1:56.07	Sonia Wang, TCC, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:51.87	Sandra Soe, UN, PC	1:56.07	Sonia Wang, TCC, CA	4:50.60	Jenna Bauser, SRN, PC	2:01.01	A. McNulty, YSSC, SC	50.40	M. White, CROW, PC	51.53	Ally Howe, PASA, PC
4:52.07	K. Dawson, FSLA, FL	1:56.07									

NAG TOP 10 (SCY) — continued from 47

95:15 S. Harrison, BCH, CA
 95:16 Jessica Wolf, WEST, WI
 95:34 K. Campbell, PASA, CA
 95:40 Marissa Brown, PLS, PC
 95:42 K. Brown, AZOT, CA
 95:49 Allison Brown, PLS, PC

1650 YARD FREESTYLE

15:24.35 Katie Hoff, MD (2008)
 15:59.16 R. Zilinskas, GAAC, MA
 16:10.09 Megan Rankin, UN, CA
 16:14.20 S. Harrison, BCH, CA
 16:20.74 S. Harding, WILD, NM
 16:28.50 K. Brown, AZOT, CA
 16:30.05 Jessica Wolf, WEST, WI
 16:31.82 Marissa Brown, PLS, PC
 16:32.72 L. Herich, CLPR, OH
 16:32.72t S.Brzozowski, EBSC, WI
 16:36.92 C. Konetzke, AAAA, ST

100 YARD BACKSTROKE

50.76 R. Bootsma, MN (2011)
 51.99 C. Bartholomew, UN, MI
 53.73 Lisa Boyce, UN, NJ
 53.86 S. Reynolds, MYB, SE
 53.89 C. Forman, CLPR, OH
 54.04 K.John-Williams, UN, SE
 54.09 Isabella Arcila, UN, NT
 54.14 C. Leander, UN, MA
 54.22 Madison Hahn, UN, VA
 54.23 Cat Galletti, TPA, FL
 54.24 A.Apostolon,DUKE, NM

200 YARD BACKSTROKE

1:49.16 E. Pelton, MD (2011)
 1:53.70 C.Bartholomew,MLA,MI
 1:55.05 Kaitlyn Jones, DST, MA
 1:55.42 H. Stenkvist, RSA, NC
 1:55.95 Isabella Arcila, UN, NT
 1:56.43 R. Zilinskas, GAAC, MA
 1:56.86 J. Tosky, PASA, PC
 1:56.88 S. Reynolds, MYB, SE
 1:56.99 A. Mayfield, AAAA, ST
 1:57.14 Madison Hahn, UN, VA
 1:57.38 Leticia Lelli, UN, AZ

100 YARD BREASTSTROKE

58.51 B. Larson, GU (2011)
 59.83 Sarah Haase, RMSC, PV
 100:54 Emily Cameron, UN, MA
 100:68 J. Tosky, PASA, PC
 101:10 Annie Zhu, UN, MR
 101:10 L. McKnight, SAS, FG
 101:16 E. McCormick, UN, IN
 101:72 S. Pochowski, UN, WI
 101:75 Kelly Naze, TOPS, CO
 101:80 J. Surhoff, NBAC, MD
 101:98 Romy Landeck, UN, GU

200 YARD BREASTSTROKE

2:06.18 B. Larson, GU (2011)
 2:09.70 J. Tosky, PASA, PC
 2:10.78 Sarah Haase, RMSC, PV
 2:11.60 Annie Lazor, BBA, MI
 2:12.43 Blair Carnes, NOVA, VA
 2:12.86 K.C. Moss, NCCY, CT
 2:13.60 E. Cameron, LAC, MA
 2:14.18 Lili L. RENO, PC
 2:14.97 L. McKnight, UN, FG
 2:16.18 J. Surhoff, NBAC, MD
 2:16.65 M. Elyofson, BY, SR

100 YARD BUTTERFLY

51.18 N. Coughlin, PC (2001)
 52.93 Kelly Naze, TOPS, CO
 53.19 J. Tosky, PASA, PC
 53.46 Katie Kinnear, UN, PN
 53.75 Marissa Neel, UN, PC
 54.02 O. Barker, SAND, CA
 54.05 M.Karetnick,BGNW, MR
 54.17 T. Strachan, GMSC, NE
 54.19 Sierra Kuhn, VAC, WI
 54.22 Lisa Boyce, UN, NJ
 54.25 R. Moore, CRIM, NE

200 YARD BUTTERFLY

1:52.99 E. Bredren, PC (2007)
 1:54.76 J. Tosky, PASA, PC
 1:56.52 Hali Flickinger, YY, MA
 1:57.61 H.Lundstrom,PKWY, OZ
 1:57.77 Kendyl Stewart, NCA, SI
 1:58.29 Katie Kinnear, IST, PN
 1:58:64 C. Chenault, TERA, PC
 1:58:95 Haley Lips, YSSC, SC
 1:59:38 R. Moore, CRIM, NE
 2:00:16 Megan Rankin, UN, CA
 2:00:23 O. Barker, SAND, CA

200 YARD INDIVIDUAL MEDLEY

1:53.77 Katie Hoff, MD (2007)
 1:56.84 J. Tosky, PASA, PC
 1:58:07 Kelly Naze, TOPS, CO
 1:58:19 Charlotte Meyer, UN, PV
 1:58:22 Sarah Haase, UN, PV
 1:59:27 L.McKnight, UN, FG
 1:59:36 Annie Zhu, UN, MR

53.85 Maya Dirado, UN, PC
 53.86 Maddy Schaefer, UN, PC
 53.95 Ashlee Linn, UN, FL

200 YARD BACKSTROKE

1:49.16 E. Pelton, MD (2011)
 1:49.17 Elizabeth Pelton, T2, FL
 1:51.42 Maya Dirado, UN, PC
 1:54.41 Justine Ress, UN, IN
 1:54.95 Allie Day, UN, IN
 1:55.17 Jillian Vitarius, BTA, GU
 1:56:00 Cynthia Pammatt, UN, IN
 1:56:04 Melanie Klaren, UN, PC
 1:56:46 Katie Anton, UN, MN
 1:56:51 H. Stenkvist, RSA, NC
 1:56:53 Jordan Mattern, UN, CO

100 YARD BACKSTROKE

58.51 B. Larson, GU (2011)
 59.99 Abby Duncan, UN, SE
 1:00:49 A. Gargalakis, UN, PC
 1:00:50 E. Schoettmer, UN, IN
 1:00:53 Kaylin Burchell, UN, SE
 1:00:67t Megan Molnar, UN, SE
 1:00:67t Gretchen Jaques, UN, ST
 1:00:78 Yvette Kong, UN, PC
 1:01:05 Rachel Nicol, UN, NT
 1:01:10 A. Kropp, RTRL, CA
 1:01:46 J. Tosky, PASA, PC

200 YARD BREASTSTROKE

2:06.18 B. Larson, GU (2011)
 2:09.13 Rachel Nicol, UN, NT
 2:10.10 A. Kropp, RTRL, CA
 2:12.20 Kaylin Burchell, UN, SE
 2:12.52 Rebecca Rainer, UN, FL
 2:12.72 Abby Duncan, UN, SE
 2:13:08 L. Flewelling, UN, PV
 2:13:41 Katie Records, UN, PC
 2:13:49 Yvette Kong, UN, PC
 2:13:65t Sarah Peterson, UN, SE
 2:13:65t Gretchen Jaques, UN, ST

100 YARD BUTTERFLY

51.18 N. Coughlin, PC (2001)
 52.05 R. Bootsma, AQJT, MN
 52.36 Jasmine Tosky, UN, PC
 53.41 B. Robinson, UN, IN
 53.51 Mary Griffith, UN, SN
 54.10 Amber Carter, UN, LA
 54.15 Casey Clark, UN, GU
 54.16 C. Bechtel, UN, SE
 54.17 Natalie Hinds, COM, WT
 54.18 Kirsten Nize, TNT, KY
 54.27 Kelly Naze, TOPS, CO

200 YARD BUTTERFLY

1:52.99 E. Bredren, PC (2007)
 1:55:01 Jasmine Tosky, UN, PC
 1:55:57 R. Bootsma, AQJT, MN
 1:56:37 Emma Nunn, NOVA, VA
 1:56:94 Courtney Otto, UN, NI
 1:57:28 T. Kylliainen, UN, MD
 1:57:48 Molly Dubrasky, UN, FL
 1:57:83 N. Tarazona, UN, CA
 1:58:04 Alison Haulsee, UN, VA
 1:58:23 E. Pepper, UN, PV
 1:58:37 Sarah White, UN, VA

200 YARD INDIVIDUAL MEDLEY

1:53.77 Katie Hoff, MD (2007)
 1:53:89 Maya Dirado, UN, PC
 1:53:92 Elizabeth Pelton, T2, FL
 1:58:52 Alicia Grima, UN, PC
 1:58:56 Caroline Pihl, UN, CO
 1:58:79 A. Kropp, RTRL, CA
 1:58:80 Ashlee Linn, UN, FL
 1:59:09 Bonnie Brandon, UN, CO
 1:59:28 R. Bootsma, AQJT, MN
 1:59:39 Gretchen Jaques, UN, ST
 1:59:46 T. Kylliainen, UN, MD

400 YARD INDIVIDUAL MEDLEY

4:00.66 Katie Hoff, MD (2007)
 4:07.92 Maya Dirado, UN, PC
 4:07.92 A. McDermott, UN, GA
 4:09:71 A. Kropp, RTRL, CA
 4:11:43 T. Kylliainen, UN, MD
 4:11:45 K. Pawlowicz, UN, ST
 4:12:79 Nicole Vernon, UN, MA
 4:13:09 Sarah Peterson, UN, SE
 4:13:59 Emma Nunn, NOVA, VA
 4:14:19 Rebecca Rainer, UN, FL
 4:15:14 Courtney Otto, UN, NI

100 YARD BACKSTROKE

50.76 R. Bootsma, MN (2011)
 51.27 R. Bootsma, AQJT, MN
 51.87 Elizabeth Pelton, T2, FL
 52.88 Melanie Klaren, UN, PC
 52.96 Lisa Boyce, UN, NJ
 53.63 Shelby Webber, UN, CA
 53.64 Isabella Arcila, UN, NT
 53.83 Allie Day, UN, IN

BOYS 11 YEARS

50 YARD FREESTYLE

22.17 A. Jovanovic, IL (2007)
 23.69 Eien McGee, SUNS, MS
 24.39 Matt Lee, NOVA, CA
 24.49 Will Tarvestad, TS, KY
 24.59 Joe Om, RY, NJ
 24.77 Alex Wovk, BAC, WI
 24.78 A. Trepanier, STRM, MN
 24.88 Liam Bell, SA, GA
 25.02 Colton Stogner, UN, IL
 25.02 Thomas Roark, BY, SR
 25.11 David Clark, ESA, GU

30.79 Ivan Graham, IST, PN
 30.85 S. Blinkman, HASA, MN
 31.01 Matt Limbacher, T2, FL
 31.10 Joe Om, RY, NJ
 31.37 William Cho, WAVE, NJ
 31.41 Matt Lee, NOVA, CA
 31.50 M. Huston, JCAY, MV
 31:52t Liam Bell, SA, GA
 31:52t Jake Foster, CM, OH

100 YARD FREESTYLE
48.25 A. Jovanovic, IL (2007)
 51.72 Eien McGee, SUNS, MS
 52.16 John O'Brien, UN, PV
 52.81 S.Wijesekera, RMSC, PV
 53.69 Michael Ayars, LSS, MW
 53.70 Matt Lee, NOVA, CA
 53.82 S. Blinkman, HASA, MN
 53.88 Alex Ballard, UN, GA
 53.96 A. Trepanier, STRM, MN
 54.00 Joe Om, RY, NJ
 54.06 Thomas Roark, BY, SR

100 YARD FREESTROKE

1:46.23 N.Silverthorn, PC (2008)
 1:52.70 Sterling Crane, SAS, FL
 1:52.75 Eien McGee, SUNS, MS
 1:53.75 S.Wijesekera, RMSC, PV
 1:55:15 Alex Ballard, UN, GA
 1:55:47 M. Webster, SYS, FL
 1:56:94 Matt Lee, NOVA, CA
 1:57:51 L. Kravchenko, CBS, FL
 1:57:58 T. Freeman, CHAT, UT
 1:58:01 Zachary Hills, WA, KY
 1:58:06 S. Blinkman, HASA, MN

500 YARD FREESTYLE

4:41.54 N.Silverthorn, PC (2008)
 5:04.32 M. Webster, SYS, FL
 5:09:52 S.Wijesekera, RMSC, PV
 5:11:00 M. Chen, KAW, MI
 5:11:26 Alex Ballard, UN, GA
 5:12:26 T. Freeman, CHAT, UT
 5:14:40 Zachary Hills, WA, KY
 5:14:82 Robert Finke, SPA, FL
 5:16:27 Spencer Hohm, SUSA, IL
 5:16:66 Kieran Smith, RAC, CT
 5:17:97 William Cho, WAVE, NJ

1000 YARD FREESTYLE

9:38.50 M.Hirschberger, FL(2011)
 10:23.24 M. Webster, SYS, FL
 10:38:28 A. Abruzzo, PCAC, MA
 10:42:62 Robert Finke, SPA, FL
 10:49:40 T. Freeman, CHAT, UT
 10:53:51 I.Puskovitch,SWAC, MA
 10:53:66 M. Chen, KAW, MI
 10:59:40 Isaac Jacobs, FSIA, FL
 11:00:51 Spencer Hohm, SUSA, IL
 11:01:96 M. Schoof, SWAT, WI
 11:03:04 A. Gusev, SYS, FL

1650 YARD FREESTYLE

17:48.18 N. Caldwell, FL (2006)
 17:48.31 I.Puskovitch,SWAC, MA
 17:51:19 T. Freeman, CHAT, UT
 17:57:52 M. Chen, KAW, MI
 18:10:66 Alex Ballard, UN, GA
 18:20:17 A. Abruzzo, PCAC, MA
 18:22:94 Felipe Urrutia, FLA, FG
 18:23:79 Spencer Hohm, SUSA, IL
 18:29:00 B. Gravelly, SAND, CA
 18:29:35 Kyle Dimatteo, UN, FG
 18:32:94 M. Calvillo, AAAA, ST

50 YARD BACKSTROKE

25.14 Seth Beer, GA (2009)
 27.95 Alex Wovk, BAC, WI
 27.96 Zachary Hills, WA, KY
 27.98 Eien McGee, SUNS, MS
 28.05 Jonah Cooper, PLS, PC
 28.29 Colton Stogner, UN, IL
 28.30 Nathan Yates, SCSC, PC
 28.36 C. Geinosky, HWSA, IL
 28.40 Matt Lee, NOVA, CA
 28.54 Brady Fields, LINS, GA
 28.59 Drew Kibler, SSC, IN

100 YARD BACKSTROKE

54.20 R. Murphy, FL (2008)
 59.56 T. Freeman, CHAT, UT
 59.73 H. Hitchens, NOVA, CA
 59.81 S.Wijesekera, RMSC, PV
 59.87 John Healy, WAVE, NC
 1:00:11 Alex Wovk, BAC, WI
 1:00:34 Eien McGee, SUNS, MS
 1:00:35 Nathan Yates, SCSC, PC
 1:00:50 Jonah Cooper, UN, PC
 1:00:89 M. Webster, SYS, FL
 1:01:02t Zachary Hills, WA, KY
 1:01:02t Will Davis, CWAC, IL

200 YARD BACKSTROKE

1:55.21 R. Murphy, FL (2008)
 2:07:22 S.Wijesekera, RMSC, PV
 2:07:77 T. Freeman, CHAT, UT
 2:08:09 John Healy, WAVE, NC
 2:11:91 A. Abruzzo, PCAC, MA
 2:12:84 Liam Bogart, EAST, MR
 2:12:88 Ethan Tack, TS, MR
 2:12:94 Josh Jung, TIDE, VA
 2:13:44 Zachary Hills, WA, KY
 2:13:49 Jake Lawson, GATR, VA
 2:13:56 A. Roberts, RLAY, OZ

50 YARD FREESTYLE

28.24 Chris Miller, MR (1994)
 29.09 Steven Garcia, UN, MR

30.79 Ivan Graham, IST, PN
 30.85 S. Blinkman, HASA, MN
 31.01 Matt Limbacher, T2, FL
 31.10 Joe Om, RY, NJ
 31.37 William Cho, WAVE, NJ
 31.41 Matt Lee, NOVA, CA
 31.50 M. Huston, JCAY, MV
 31:52t Liam Bell, SA, GA
 31:52t Jake Foster, CM, OH

100 YARD FREESTROKE

1:00.84 Chris Miller, MR (1994)
 1:03.09 Steven Garcia, UN, MR
 1:05:45 Ivan Graham, IST, PN
 1:07:01 Matt Limbacher, T2, FL
 1:07:30 Michael Ayars, LSS, MW
 1:07:38 S. Blinkman, HASA, MN
 1:07:69 Liam Bell, SA, GA
 1:08:13 Jake Foster, CM, OH
 1:08:16 Will Chan, LED, LE
 1:08:53 J. Cook, WEST, PN
 1:08:56 William Cho, WAVE, NJ

200 YARD FREESTROKE

2:13.52 Tanner Kurz, MA (2006)
 2:20:87 Steven Garcia, UN, MR
 2:21:19 Ivan Graham, IST, PN
 2:25:02 A. Gomez, MDCA, FG
 2:25:89 J. Cook, WEST, PN
 2:27:12 Jake Foster, CM, OH
 2:27:19 Will Chan, LED, LE
 2:27:20 Dillon Hall, GCAT, GA
 2:27:81 William Cho, WAVE, NJ
 2:28:68 B.Dufauchard, TOPS, CO
 2:29:18 A.J. Bornstein, RAC, CT

50 YARD BUTTERFLY

24.15 A. Snabes, IL (2003)
 26.28 Eien McGee, SUNS, MS
 26.40 Kieran Smith, RAC, CT
 26.57 Joe Om, RY, NJ
 26.71 Will Davis, CWAC, IL
 26.82 Ivan Graham, IST, PN
 27:02 Jonah Cooper, PLS, PC
 27:07 G. Munoz, DANA, FG
 27:10 D. Hillis, MAKO, MR
 27:14 Danny Kovac, FAST, CO
 27:18 B. Conner, WST, NC

100 YARD BUTTERFLY

51.85 Chas Morton, SE (1984)
 58.13 Ivan Graham, IST, PN
 59.03 H. Hitchens, NOVA, CA
 59.20 Joe Om, RY, NJ
 59.45 Jonah Cooper, PLS, PC
 59.52 A. Trepanier, STRM, MN
 59.57 Will Davis, CWAC, IL
 59.85 Danny Kovac, FAST, CO
 59.90 Kieran Smith, RAC, CT
 1:00:01 John Healy, WAVE, NC
 1:00:04 D. Hillis, MAKO, MR

200 YARD BUTTERFLY

1:57.62 A. Snabes, IL (2003)
 2:09:29 Ivan Graham, IST, PN
 2:11:36 H. Hitchens, NOVA, CA
 2:11:59 T. Freeman, CHAT, UT
 2:12:57 Joe Om, RY, NJ
 2:12:76 Kieran Smith, RAC, CT
 2:13:99 John Healy, WAVE, NC
 2:16:50 G. Munoz, DANA, FG
 2:16:57 Kyle Dimatteo, UN, FG
 2:17:27 A. Ballard, DYNA, GA
 2:17:33 Ethan Tack, TS, MR

100 YARD INDIVIDUAL MEDLEY

55.56 Tanner Kurz, MA (2006)
 59.63 Eien McGee, SUNS, MS
 1:00:32 S. Blinkman, HASA, MN
 1:00:43 Joe Om, RY, NJ
 1:00:69 S.Wijesekera, RMSC, PV
 1:00:77 Matt Lee, NOVA, CA
 1:01:15 Ivan Graham, IST, PN
 1:01:53 H. Hitchens, NOVA, CA
 1:01:85 Michael Ayars, LSS, MW
 1:01:98 William Cho, WAVE, NJ
 1:02:34 Alex Wovk, BAC, WI

200 YARD INDIVIDUAL MEDLEY

1:56.61 Chas Morton, SE (1984)
 2:09:65 S.Wijesekera, RMSC, PV
 2:10:09 Joe Om, RY, NJ
 2:10:57 H. Hitchens, NOVA, CA
 2:10:96 Ivan Graham, IST, PN
 2:11:04 William Cho, WAVE, NJ
 2:12:19 Zachary Hills, WA, KY
 2:12:46 A. Gomez, MDCA, FG
 2:13:02 T. Freeman, CHAT, UT
 2:13:19 Matt Lee, NOVA, CA
 2:13:20 S. Blinkman, HASA, MN

400 YARD INDIVIDUAL MEDLEY

4:11.77 N.Silverthorn, PC (2008)
 4:35:87 A. Gomez, MDCA, FG
 4:37:08 William Cho, WAVE, NJ
 4:41:73 M. Chen, KAW, MI
 4:43:65 Ivan Graham, IST, PN
 4:43:95 A. Abruzzo, PCAC, MA

4:43.99 A. Ballard, DYNA, GA
 4:45:26 Brian Copley, SUNN, PC
 4:45:69 I.Puskovitch,SWAC, MA
 4:46:11 Dillon Hall, GCAT, GA
 4:46:48 J. Cook, WEST, PN

BOYS 12 YEARS

50 YARD FREESTYLE

22.17 A. Jovanovic, IL (2007)
 21.85 M. Andrew, UN, MV
 22.82 M.Muldowney,WOW, WI
 22.89 Jackson Defore, T2, FL
 22.96 J. Shelstad, SDLV, MN
 23.05 Tan Dunn II, SCAT, GA
 23.33 Jordan Portela, LA, MV
 23.44 C. Harrington, PACK, SE
 23.49 Alvin Jiang, UN, TX
 23.53 Ethan Morse, FO, NT
 23.61 Tin Le, GCST, OH
 23.61 C. Murphy, SAC, MI
 23.61t Tucker Fisk, DAV, SN
 23.61t Phillip Sajaev, MAVS, IL

100 YARD FREESTYLE

48.25 A. Jovanovic, IL (2007)
 47.95 M. Andrew, UN, MV
 50.39 Jordan Portela, LA, MV
 50.55 T. Lindquist, KKF, AK
 50.82 Darrin Asphall, SPA, GU
 50.88 J. Shelstad, SDLV, MN
 51.01 Alvin Jiang, UN, TX
 51.39 C. Harrington, PACK, SE
 51.45 Timothy Wu, CUBU, PV
 51.48 L. Batory, STAR, NC
 51.50t Tin Le, GCST, OH
 51.50t C. Murphy, SAC, MI

200 YARD FREESTYLE

1:46.23 N.Silverthorn, PC (2008)
 1:48:06 Jackson Defore, T2, FL
 1:48:51 M. Andrew, UN, MV
 1:49:80 Darrin Asphall, SPA, GU
 1:50:46 C. Harrington, PACK, SE
 1:50:56 T. Lindquist, KKF, AK
 1:50:99 Matt Hales, MVN, CA
 1:51:17 Myron Shen, THSC, OR
 1:51:45 M. Draves, BAC, WI
 1:51:69 L. Batory, STAR, NC
 1:51:76 S. Corredor, SWIM, FL

500 YARD FREESTYLE

4:41.54 N.Silverthorn, PC (2008)
 4:53:16 Darrin Asphall, SPA, GU
 4:53:34 Hayden Steed, COR, NT
 4:54:41 Matt Hales, MVN, CA
 4:56:33 S. Corredor, SWIM, FL
 4:56:70 John Larson, EDI, MN
 4:56:76 C. Robinson, NAC, SE
 4:57:04 M. Andrew, UN, MV
 4:58:21 M. Draves, BAC, WI
 4:58:85 K. Myburgh, GATR, VA
 4:59:08 Sean Lee, TCS, CA

1000 YARD FREESTYLE

9:38.50 M.Hirschberger, FL(2011)
 10:06:38 S. Corredor, SWIM, FL
 10:09:68 Matt Hales, MVN, CA
 10:14:52 John Larson, EDI, MN
 10:15:14 Adi Arivovic, PHX, NE
 10:15:67 M. Draves, BAC, WI
 10:18:14 C. Robinson, UN, SE
 10:18:36 A. Abruzzo, PCAC, MA
 10:18:56 K. Myburgh, GATR, VA
 10:19:95 Robert Finke, SPA, FL

NAG TOP 10 (SCY) — continued from 49

200 YARD BUTTERFLY

- 1:42.10 **M. Phelps, MD (2002)**
- 1:46.49 A. Seliskar, CUBU, PV
- 1:49.22 J. Marsh, VAC, WI
- 1:49.25 M.Domagala,AGUA, MR
- 1:49.45 Kyle Gornay, RST, CA
- 1:49.47 Justin Lynch, TERA, PC
- 1:50.61 Joey Carbone, BAY, SE
- 1:51.05 Patrick Mulcare, DR, OH
- 1:51.30 Koya Osada, NCAC, NC
- 1:51.36 Justin Wright, FDST, CC
- 1:51.58 K. Hendricks, PACK, GU

200 YARD INDIVIDUAL MEDLEY

- 1:46.30 **M. Phelps, MD (2002)**
- 1:47.48 G. Bentz, DYNA, GA
- 1:48.49 Curtis Ogren, PEAK, PC
- 1:48.55 Z. Bueger, UN, AM
- 1:48.72 M.Domagala,AGUA, MR
- 1:49.68 A. Seliskar, CUBU, PV
- 1:49.99 Caeleb Dressel, BSS, FL
- 1:50.13 B. Kananowicz, UN, IE
- 1:50.24 Alex Lebed, UN, MA
- 1:50.85 Tommy Thach, UN, PN
- 1:50.91t R. Skjaerpe, UN, FL
- 1:50.91t Thomas Brewer, UN, OR

400 YARD INDIVIDUAL MEDLEY

- 3:42.08 **M. Phelps, MD (2002)**
- 3:48.87 G. Bentz, DYNA, GA
- 3:48.99 Curtis Ogren, PEAK, PC
- 3:52.65 Patrick Mulcare, DR, OH
- 3:53.19 A. Seliskar, CUBU, PV
- 3:58.81 Koya Osada, NCAC, NC
- 3:58.97 Alex Lebed, GAAC, MA
- 3:59.13 Ryan Hartly, GMSC, NE
- 3:59.93 M. Messner, SUNN, PC
- 3:59.94 H. Campbell, QDD, VA
- 4:00.27 R. Skjaerpe, TBAY, FL

BOYS 16 YEARS

50 YARD FREESTYLE

- 20:14 **Kyle Bubolz, WI (2003)**
- 20:22 Brett Ringgold, NTN, NT
- 20:26 C. Brindle, MAC, OR
- 20:42 Brandon Crabtree, UN, SI
- 20:45 D. Morgan, CROW, PC
- 20:48 Paul Powers, UN, GA
- 20:54 Ian Gordon, OCON, WI
- 20:56 Clark Smith, DSA, CO
- 20:60 Austin Flager, UN, IN
- 20:62 Jacob Gonzales, UN, GU

100 YARD FREESTYLE

- 43:83 **J. Hudspeth, OH (1990)**
- 44:15 Ryan Murphy, BSS, FL
- 44:53 D. Morgan, CROW, PC
- 44:67 Reed Malone, NTSC, IL
- 44:71 Thomas Cooper, TS, KY
- 44:76 Brett Ringgold, NTN, NT
- 44:85 Blake Pieron, UN, IN
- 44:89 Clark Smith, DSA, CO
- 45:08 Jason Coombs, BD, FL
- 45:13 Kyle Gornay, UN, CA
- 45:14 Kyle Coan, UN, CA

200 YARD FREESTYLE

- 1:36:05 **M.Belecanach,MA(2009)**
- 1:36:34 Ryan Murphy, BSS, FL
- 1:37:08 Nick Silverthorn, UN, PC
- 1:37:30 Trevor Carroll, UN, IN
- 1:37:49 Clark Smith, DSA, CO
- 1:37:72 Reed Malone, NTSC, IL
- 1:37:77 Blake Pieron, UN, IN
- 1:38:02 Jim Yoder, RAYS, GA
- 1:38:13 Kyle Coan, UN, CA
- 1:38:27 Jack Boyd, UN, NI
- 1:38:38 Brett Pinfold, FCST, GU

500 YARD FREESTYLE

- 4:18:12 **M. Phelps, MD (2002)**
- 4:19:39 Reed Malone, UN, IL
- 4:23:28 J. Burns, MVN, CA
- 4:23:53 Clark Smith, DSA, CO
- 4:24:92 Jim Yoder, RAYS, GA
- 4:25:36 J. Roberts, UN, NT
- 4:25:62 C. Goertemiller, DR, OH
- 4:26:33 J. Martinez, TXLA, ST
- 4:26:90 Josh Beals, CRIM, NE
- 4:27:38 Ryan Kao, UN, CA
- 4:27:46 Powell Brooks, SA, GA

1000 YARD FREESTYLE

- 8:49:97 **Jeff Kostoff, CA (1982)**
- 9:10:09 Nick Davis, RSCA, OZ
- 9:11:67 K. Lichtenberg, OLY, MI
- 9:11:83 H. Haines, BGSC, NE
- 9:13:38 J. Burns, MVN, CA
- 9:13:99 Shane Condon, BAC, VA
- 9:14:69 Josh Beals, CRIM, NE
- 9:14:90 Joseph Petrone, JW, MA
- 9:17:84 A.Drummond,PSDN, VA
- 9:19:35 Calvin Bryant, SPA, FL
- 9:19:61 Garrett Claudini, HSA, SI

1650 YARD FREESTYLE

- 14:52:39 **Jeff Kostoff, CA (1982)**
- 15:18:95 A. Seliskar, CUBU, PV
- 15:21:41 J. Burns, MVN, CA
- 15:21:76 C. Goertemiller, DR, OH
- 15:22:00 Jim Yoder, RAYS, GA
- 15:25:80 Scott Clauden, NCA, SI
- 15:28:61 K. Lichtenberg, OLY, MI
- 15:29:13 Garrett Claudini, HSA, SI
- 15:33:04 J. Martinez, TXLA, ST
- 15:33:36 H. Haines, BGSC, NE
- 15:37:14 Carter Griffin, TOPS, CO

200 YARD BACKSTROKE

- 47:72 **Kip Darmody, NC (2009)**
- 46:72 Ryan Murphy, BSS, FL
- 48:10 Matthew Jos, MAC, NC
- 48:17 Kyle Gornay, UN, AM
- 48:31 Will Glass, CMSA, SE
- 48:84 Ed Kim, UN, PN
- 48:86 C. Scheaffer, SCSC, PC
- 49:16 Sam Lynch, RBY, NJ
- 49:21t Jack Mangano, NTSC, IL
- 49:21t Jason Chen, UN, PC
- 49:43 R. Rysemus, KING, PN

400 YARD BACKSTROKE

- 1:43:66 **J. Markham, CO (2011)**
- 1:40:90 Ryan Murphy, BSS, FL
- 1:45:20 Matthew Jos, MAC, NC
- 1:45:67 Jack Mangano, NTSC, IL
- 1:46:78 Will Glass, CMSA, SE
- 1:46:88 Carter Griffin, TOPS, CO
- 1:46:91 Corey Okubo, AZOT, CA
- 1:46:98 Connor Green, ABF, NE
- 1:47:18 R. Skjaerpe, TBAY, FL
- 1:47:62 K.Castro-Abrams,MP,PC
- 1:47:93 P. Conaton, BAD, MR

100 YARD BREASTSTROKE

- 54:38 **Cody Miller, CA (2008)**
- 54:89 Jason Coombs, UN, FL
- 55:36 Curtis Ogren, UN, PC
- 55:40 Connor McHugh, UN, WI
- 55:41 Daniel Le, UN, NC
- 55:45 N. Silverthorn, PLS, PC
- 55:68 Matt Whittle, UN, SN
- 56:08 Alex Delakis, UN, WI
- 56:19 Brutiwicz, CMSA, SE
- 56:36 M. Seaberg, NAAAC, MD
- 56:41 Brennan Berger, UN, IN

200 YARD BREASTSTROKE

- 1:56:46 **Cody Miller, CA (2008)**
- 1:59:70 B. Sanborn, PASA, PC
- 2:00:07 Brutiwicz, CMSA, SE
- 2:00:76 Andy Schuehler, JW, MA
- 2:01:28 Daniel Le, CSA, NC
- 2:01:88 Jason Coombs, BD, FL
- 2:01:94 G. House, DUKE, NC
- 2:02:30 N. Hatanaka, LOVE, CO
- 2:02:67 B. Usinger, CROW, PC
- 2:02:82 Matt Whittle, UN, SN
- 2:02:96 Harrison Thai, CCY, CA

100 YARD BUTTERFLY

- 47:10 **M. Covic, CA (2001)**
- 47:06 J. Schooling, BSS, FL
- 47:29 Kyle Gornay, UN, CA
- 47:73 Clark Smith, DSA, CO
- 48:15 Andrew Liang, UN, PC
- 48:26 C. Scheaffer, SCSC, PC
- 48:46 Will Glass, CMSA, SE
- 48:52 Matthew Jos, MAC, NC
- 48:61 M.Domagala,AGUA, MR
- 48:72 Max Irwin, UN, IN
- 48:72 Jim Yoder, RAYS, GA

200 YARD BUTTERFLY

- 1:42:10 **M. Phelps, MD (2002)**
- 1:45:08 J. Schooling, BSS, FL
- 1:46:41 C. Scheaffer, SCSC, PC
- 1:46:45 Corey Okubo, AZOT, CA
- 1:46:74 Reed Malone, NTSC, IL
- 1:47:03 Jim Yoder, RAYS, GA
- 1:47:34 Clark Smith, DSA, CO
- 1:47:56 Nick Orf, PKWY, OZ
- 1:48:78 K.Takabayashi,SNCO,CT
- 1:48:98 Ryan Murphy, BSS, FL
- 1:49:04 K.Castro-Abrams,MP,PC

200 YARD INDIVIDUAL MEDLEY

- 1:46:30 **M. Phelps, MD (2002)**
- 1:45:77 Ryan Murphy, BSS, FL
- 1:47:88 Matthew Jos, MAC, NC
- 1:48:33 Jason Coombs, BD, FL
- 1:48:35 Reed Malone, UN, IL
- 1:48:59 Curtis Ogren, UN, PC
- 1:48:67 J. Schooling, BSS, FL
- 1:48:82 Harrison Thai, CCY, CA
- 1:49:84 Corey Okubo, AZOT, CA
- 1:50:09 Joshua Brooks, UN, OH
- 1:50:19 Josh Ehrman, CW, MI

400 YARD INDIVIDUAL MEDLEY

- 3:42:08 **M. Phelps, MD (2002)**

- 3:49:74 Corey Okubo, AZOT, CA
- 3:56:03 R. Skjaerpe, TBAY, FL
- 3:56:35 T. Anderson, CAST, SI
- 3:56:73 Robert Brown, DSSC, BD
- 3:56:95 Joe Owens, CRIM, NE
- 3:57:25 B. Sanborn, PASA, PC
- 3:57:26 J. Litherland, DYNA, GA
- 3:57:29 K. Bradley, CRIM, NE
- 3:57:81 R. Massey, PACK, GU
- 3:58:02 Andy Lau, TSM, CA

BOYS 17 YEARS

50 YARD FREESTYLE

- 19:43 **A. Ervin, CA (2000)**
- V. Morozov, CA (2011)**
- 19:85 Jack Conger, UN, PV
- 20:00 John Murray, UN, ST
- 20:01 Luis Flores, UN, FL
- 20:10 Matt Ellis, NTRO, ST
- 20:22 K. Darmody, MAC, NC
- 20:23 Sven Campbell, UN, PC
- 20:24 Max Grodecki, UN, IL
- 20:35 Shane Ryan, RAD, MA
- 20:36 Sean Duggan, UN, FL
- 20:40 Erik Risolvato, UN, OH

100 YARD FREESTYLE

- 42:34 **David Nolan, MA (2011)**
- 43:52 Matt Ellis, NTRO, ST
- 43:76 John Murray, UN, ST
- 44:06 Jack Conger, RMSC, PV
- 44:19t K. Darmody, MAC, NC
- 44:19t Daryl Turner, UN, CO
- 44:22 Sven Campbell, UN, PC
- 44:29 Sean Duggan, UN, FL
- 44:31 Frank Bruechner, UN, SE
- 44:43 Fred Abramyan, UN, CA
- 44:51 Gray Umbach, UN, GU

200 YARD FREESTYLE

- 1:33:28 **Troy Dalbey, PC (1987)**
- 1:35:25 Jack Conger, RMSC, PV
- 1:35:78 Nick Alexiou, CAT, FL
- 1:36:15 Matias Koski, UN, GA
- 1:36:40 Jackson Miller, UN, PC
- 1:36:98 Yousef Alaskari, UN, FL
- 1:37:17 G. Callahan, ACST, IN
- 1:37:36 C. Clifton, MAC, GU
- 1:37:57 Sean Duggan, HIGH, FL
- 1:37:76 Matt Ellis, NTRO, ST
- 1:37:95 R. Richmond, LAH, HI

500 YARD FREESTYLE

- 4:12:33 **M. Phelps, MD (2004)**
- 4:17:51 Jack Conger, UN, PV
- 4:18:57 Matias Koski, UN, GA
- 4:20:04 Garrett Powell, UN, PV
- 4:22:69 Noah Martin, YY, MA
- 4:23:63 Nick Alexiou, CAT, FL
- 4:23:74 A. Frayler, GAAC, MA
- 4:24:37 Evan Pinion, UN, SE
- 4:25:02 J. Martinez, TXLA, ST
- 4:25:34 Pete Brumm, MAC, NC
- 4:26:30 Sean Duggan, HIGH, FL

1000 YARD FREESTYLE

- 8:48:57 **Jeff Kostoff, CA (1983)**
- 8:52:88 A. Frayler, GAAC, MA
- 8:57:28 G. Powell, RMSC, PV
- 9:03:39 Noah Martin, YY, MA
- 9:03:50 C. Swanson, TBAY, FL
- 9:10:43 Steve Sholdra, BC, PN
- 9:10:61 Draganosky, GAAC, MA
- 9:10:77 Ty Fowler, TST, MV
- 9:10:85 W. Nicely, QSTS, VA
- 9:12:12 Michael Haney, TCC, CA
- 9:13:75 M. Lennon, LIAC, MR

1650 YARD FREESTYLE

- 14:38:22 **Jeff Kostoff, CA (1984)**
- 14:47:02 A. Frayler, GAAC, MA
- 14:55:32 M. Koski, DYNA, GA
- 14:58:83 G. Powell, RMSC, PV
- 15:12:12 Noah Martin, YY, MA
- 15:12:41 Evan Pinion, PACK, SE
- 15:18:68 Draganosky, GAAC, MA
- 15:19:84 Alex Nickell, LOVE, CO
- 15:24:53 Steve Sholdra, BC, PN
- 15:25:01 J. Wilimovsky, TSM, CA
- 15:25:51 T. Tedingsmyt, NTN, NT

100 YARD BACKSTROKE

- 45:49 **David Nolan, MA (2011)**
- 46:98 Jack Conger, RMSC, PV
- 47:61 Shane Ryan, RAD, MA
- 47:68 Reid Elliott, UN, ST
- 47:91 Tom Kremer, UN, PC
- 48:04 A. Gustafson, ABF, NE
- 48:05 Preston Jenkins, UN, GA
- 48:16 Sven Campbell, UN, PC
- 48:18 Daryl Turner, UN, CO
- 48:34 A. Jovanovic, WILD, IL
- 48:35 Aaron Greene, UN, NT

200 YARD BACKSTROKE

- 1:40:53 **Max Murphy, SE (2009)**
- 1:40:41 Jack Conger, RMSC, PV
- 1:44:11 S. Campbell, OAPB, PC

- 1:44:29 P. Jenkins, GCAT, GA
- 1:44:80 Aaron Greene, NTN, NT
- 1:44:96 Sean Lehane, ACAD, IL
- 1:45:50 Ryan Arata, FLFN, CO
- 1:46:44 G. Umbach, TWST, GU
- 1:46:64 G. Powell, RMSC, PV
- 1:46:81 Tynan Stewart, YHF, MS
- 1:47:13 C. Kalisz, NBAC, MD

100 YARD BREASTSTROKE

- 52:56 **Nolan Koon, CA (2009)**
- 54:77 A. Sovero, EST, MD
- 55:11 C. Kalisz, NBAC, MD
- 55:29 Byron Sanborn, UN, PC
- 55:36 Josh Ehrman, UN, MI
- 55:62 Derek Hren, UN, LE
- 55:67 Eric Ronda, WYWF, CT
- 55:80 Will Licon, NTRO, ST
- 55:81 D.J.McDonald, UN, OH
- 55:95 T. D'Alessandro, BSS, FL
- 56:05 M.Williamson,CLPR,OH

200 YARD BREASTSTROKE

- 1:53:78 **Nolan Koon, CA (2009)**
- 1:57:35 C. Kalisz, NBAC, MD
- 1:58:08 Will Licon, NTRO, ST
- 1:58:82 Eric Ronda, WYWF, CT
- 1:59:34 M.Williamson,CLPR,OH
- 2:00:11 C. Carbone, BAY, SE
- 2:00:92 Jacob Mandl, MSS, WI
- 2:00:98 Paul Corbae, WFLY, ST
- 2:01:10 Y. Tae Seo, PASA, CA
- 2:01:13 R. Rosenbaum, FLA, FG
- 2:01:48 A. Castilleja, RA, CC

100 YARD BUTTERFLY

- 44:91 **Tom Shields, CA (2010)**
- 47:09 R. Richmond, LAH, HI
- 47:12t Tom Kremer, UN, PC
- 47:12t Gray Umbach, UN, GU
- 47:19 Jack Conger, RMSC, PV
- 47:90 Yousef Alaskari, UN, FG
- 47:97 Reid Elliott, WFLY, ST
- 48:06 Matt Ellis, NTRO, ST
- 48:07 A. Jovanovic, WILD, IL
- 48:14 A. Sansoucie, UN, OZ
- 48:16 Ryan Murphy, BSS, FL

200 YARD BUTTERFLY

- 1:41:52 **Tom Shields, CA (2010)**
- 1:45:24 Tom Kremer, PEAK, PC
- 1:45:85 Jack Conger, RMSC, PV
- 1:45:92 Andrew Torres, NJ, CO
- 1:46:35 G. Umbach, TWST, GU
- 1:46:93 Leo Lim, WYF, NJ
- 1:46:96 Zach Bunner, GOLD, GA
- 1:46:99 L. Gutierrez, CHAT, UT
- 1:47:51t Y. Alaskari, DANA, FG
- 1:47:51t Jacob Luna, BCH, CA
- 1:47:52 M. Mowry, ROSE, CA

200 YARD INDIVIDUAL MEDLEY

- 1:41:39 **David Nolan, MA (2011)**
- 1:44:92 Gray Umbach, UN, GU
- 1:46:73 C. Kalisz, NBAC, MD
- 1:47:20 T. D'Alessandro, BSS, FL
- 1:47:60 Byron Sanborn, UN, PC
- 1:48:05 Tom Kremer, PEAK, PC
- 1:48:38 Tynan Stewart, YHF, MS
- 1:48:40 Y. Tae Seo, PASA, CA
- 1:48:62 C. Carbone, UN, SE
- 1:48:74 M.Williamson,CLPR,OH
- 1:48:86 Harrison Thai, UN, CA

400 YARD INDIVIDUAL MEDLEY

- 3:41:45 **Ryan Lochte, FL (2003)**
- 3:45:78 C. Kalisz, NBAC, MD
- 3:49:19 M.Williamson,CLPR,OH
- 3:49:72 Y. Tae Seo, PASA, CA
- 3:51:01 Tynan Stewart, YHF, MS
- 3:51:75 C. Carbone, BAY, SE
- 3:52:02 Tom Kremer, PEAK, PC
- 3:52:89 W. Nicely, QSTS, VA
- 3:52:92 C. Yeager, LIAC, MR
- 3:53:08 B. Mackenzie, DR, OH
- 3:53:57 Zach Bunner, GOLD, GA

BOYS 18 YEARS

50 YARD FREESTYLE

- 19:43 **A. Ervin, CA (2000)**
- V. Morozov, CA (2011)**
- 19:41 Seth Stubblefield, UN, PC
- 19:62 Erik Risolvato, UN, OH
- 19:63 Harrison Wagner, UN, IN
- 19:80 Andrew Koscic, UN, GA
- 19:87 G. Schumacher, UN, NE
- 19:91 Shane Ryan, UN, MA
- 19:98 Nick Soedel, UN, UT
- 20:04 Nick Dillinger, GST, WY
- 20:07 Josh Fleagle, UN, OH
- 20:11 Ben Anderson, UT, ST

100 YARD FREESTYLE

- 42:34 **David Nolan, MA (2011)**
- 43:23 Andrew Koscic, UN, GA
- 43:34 David Nolan, UN, MA
- 43:41 Josh Fleagle, UN, OH
- 43:47 Nick Soedel, UN, UT

- 43:67 Shane Ryan, UN, MA
- 43:84 G. Schumacher, UN, NE
- 43:85 Ben Anderson, UT, ST
- 44:02 Harrison Wagner, UN, IN
- 44:03 Erik Risolvato, UN, OH
- 44:09 Joe Bonk, YOTA, NC

200 YARD FREESTYLE

- 1:33:28 **Troy Dalbey, PC (1987)**
- 1:35:86 Sam Shimomura, UN, PC
- 1:35:96 David Nolan, UN, MA
- 1:36:03 Michael Nunan, UN, PC
- 1:36:29 Jacob Pebley, CAT, OR
- 1:36:50 Steve Schmuhl, UN, IN
- 1:36:55 Robert Hommel, UN, CA
- 1:36:85 Michael Hauss, UN, NJ
- 1:36:86 Nick Caldwell, UN, FL
- 1:36:92 Jonathan Boffa, UN, NC
- 1:37:03 Trent Williams, UN, SI

500 YARD FREESTYLE

- 4:12:33 **M. Phelps, MD (2004)**
- 4:17:96 Arthur Frayler, UN, MA
- 4:18:26 Michael Nunan, UN, PC
- 4:18:86 Danny Thomson, UN, IL
- 4:19:12 Nick Caldwell, UN, FL
- 4:19:19 Adam Hinchshaw, UN, PC
- 4:20:66 Rob Harder, UN, CT
- 4:20:89 Sam Shimomura, UN, PC
- 4:20:99 Nick Ankosko, UN, MA
- 4:21:78 Drew Cosgrea, UN, MD
- 4:22:54 R. Williams, UN, OH

1000 YARD FREESTYLE

- 8:48:57 **Jeff Kostoff, CA (1983)**
- 8:56:64 Josh Prenot, SMSC, CA
- 8:59:25 Adam Hinchshaw, UN, PC
- 9:03:45 D. Thomson, HSC, IL
- 9:04:07 R. Fentress, BAC, VA
- 9:04:64 Rob Harder, UN, CT
- 9:06:83 D. Pridemore, SYS, FL
- 9:07:73 Steven Kekacs, ASL, GA
- 9:08:56 J. Dezwierek, UN, PC
- 9:0

400 YARD MEDLEY RELAY

3:55.61 Aquajets ST, MN (2010)

4:03.24 Star Aquatics, NC
Kat Morrison, Makena Markert, Kayla Tennant, Emily Schoonhagen
4:05.34 Curl Burke SC, PV
Emily Meilus, Lea Gwennap, Rachel Danegger, Sinead Eksteen (Jenna Ashley)
4:05.44 Wheaton Swim Club, IL
Connie Zhang, Laurynn Harvard, Emily Chuang, Lindsay Mathys
4:06.54 N. KY Clippers, OH
Sophie Skinner, Sarah Harkrader, Sam Glass, Mallory Bell
4:06.59 Aquazot Swim Club, CA
Sydney Okubo, Nicole Lin, Wynn Maloney, Eva Merrell
4:07.79 The Woodlands ST, GU
Lucie Nordmann, Victoria Hunt, Emily Reese, Alex Brosvik
4:08.28 Rose Bowl Aquatics, CA
Susannah Laster, Gabriela Maarse, Kate Fogassa, Rachel Min
4:08.65 York YMCA, MA
Courtney Harnish, Jessica Sun, Maelyn Elder, Julia Pokrzywa
4:08.91 Rockville Montgomery, PV
Emily Wang, Jaycee Yegher, Alexa Stewart, Grace Sun (Madison Waechter)
4:09.16 SwimAtlanta, GA
Lilia Smith, Kristan Troike, Jane Johnson, Madeline Cohen

200 YARD FREESTYLE RELAY

1:39.35 Aquajets ST, MN (2010)

1:40.14 Star Aquatics, NC
Kayla Tennant, Kat Morrison, Makena Markert, Emily Schoonhagen (Alexandra Rieker)
1:41.07 Aquajets ST, MN
Rachel Wittmer, Raime Jones, Kate Glover, Gracie Taylor (Allyssa Phelps)
1:41.57 Curl Burke SC, PV
Cassidy Bayer, Emily Meilus, Sydney Mathis, Mimi Baker (Lea Gwennap, Olivia French)
1:42.14 Scottsdale AC, AZ
Taylor Ruck, Samantha Milewski, Alyson Yancy, Emma Segneri
1:42.24 Lake Country ST, WI
Jasmine Hellmer, Holly Stoll, Alyssa Lewandowski, Jordanne Pantan
1:42.30 Lakeside AC, NT
Sam Adatao, Sammie Jo Porter, Megan Hanson, Kiley Vandevier
1:42.39 Carmel Swim Club, IN
Trude Rothrock, Hye Yun Chae, Liddy McCulla, Morgan Grout
1:42.44 Huntsville SA, SE
Regan Weakley, Jia Jia Shen, Devin Campbell, Mallory Underwood
1:42.48 The Woodlands ST, GU
Ashley Lasky, Alex Brosvik, Emily Reese, Lucie Nordmann
1:42.82 Palo Alto Stanford, PC
Vicky Wong, Izzy Ditzler, Alexandra Hartman, Claire Lin

400 YARD FREESTYLE RELAY

3:37.71 Irvine Nova, CA (2011)

3:38.77 Aquajets ST, MN
Gracie Taylor, Allyssa Phelps, Kate Glover, Rachel Wittmer
3:40.75 Lakeside AC, NT
Sam Adatao, Megan Hanson, Sammie Jo Porter, Emma Garfield
3:40.79 Palo Alto Stanford, PC
Alexandra Hartman, Izzy Ditzler,

3:41.29 Vicky Wong, Claire Lin
Wheaton Swim Club, IL
Lindsay Mathys, Emily Chuang, Connie Zhang, Laurynn Harvard, Curl Burke SC, PV
Cassidy Bayer, Emily Meilus, Sinead Eksteen, Sydney Mathis (Lea Gwennap, Jenna Ashley)
3:41.95 Star Aquatics, NC
Kayla Tennant, Makena Markert, Emily Schoonhagen, Kat Morrison
3:42.13 Canyons AC, CA
Victoria Kirshner, Sophie Moric, Nikol Popov, Alexa Skorus-Neely
3:42.34 The Woodlands ST, GU
Lucie Nordmann, Emily Reese, Ashley Lasky, Alex Brosvik
3:42.71 Scottsdale AC, AZ
Taylor Ruck, Alyson Yancy, Samantha Milewski, Emma Segneri
3:43.95 Y-Spartaquatics SC, SC
Jessi Snover, Madeline Baker, Madeline Reilly, Sydney Baker

GIRLS 13-14

200 YARD MEDLEY RELAY

1:45.11 Lake Oswego, OR (2008)

1:42.77 Aquajets Swim Team, MN
Heidi Katter, Olivia Anderson, Bre Thorne, Kaia Grobe
1:45.85 Crow Canyon Sharks, PC
Gianna Garcia, Aileen Lee, Maddie Murphy, Rachel Smith (Dani Taylor)
1:46.37 Carmel Swim Club, IN
Claire Adams, Haley Harris, Taite Kitchel, Veronica Burchill
1:46.99 Aquajets ST, MN
Zoe Avestruz, Madison Preiss, Emma Wittmer, Anna Petty
1:47.07 Bellevue Club ST, PN
Elisa Fang, Kim Williams, Lianna Sutich, Marley Cross
1:47.30 Ozaukee Aquatics, WI
Jessica Short, Celia Ripple, Natalie Keshemberg, Katie Drabot (Sam Senczyzyn)
1:47.47 Central Bucks ST, MA
Hannah Zurmuhl, Brittany Weiss, Allie Szekeley, Emily Kosten
1:47.58 Mason Manta Rays, OH
Hannah Whiteley, Jordan Decker, Katie Hulbert, Ashley Volpenheim
1:48.07 SwimMAC Carolina, NC
Lauren Wallace, Sara Stranick, Alyssa Marsh, Nora McCullagh
1:48.34 Oregon City ST, OR
Laura Laderoute, Alissa Frazier, Lainey Vischer, Sarah Clyde

400 YARD MEDLEY RELAY

3:46.44 N. Baltimore, MD (2006)

3:45.02 Aquajets Swim Team, MN
Heidi Katter, Olivia Anderson, Bre Thorne, Kaia Grobe
3:51.60 SwimMAC Carolina, NC
Nora McCullagh, Sara Stranick, Alyssa Marsh, Jessica Merritt (Lauren Wallace)
3:52.06 Lakeside ST, KY
Asia Seidt, Kennedy Lohman, Victoria Horsman, Brooke Bauer (Peyton Greenberg)
3:52.60 Central Bucks ST, MA
Hannah Zurmuhl, Hannah Blaser, Allie Szekeley, Emily Kosten
3:52.76 Crow Canyon Sharks, PC
Gianna Garcia, Aileen Lee, Maddie Murphy, Abigail Miller
3:52.94 Ozaukee Aquatics, WI
Jessica Short, Allie Petersen,

3:53.51 Natalie Keshemberg, Katie Drabot
Nashville AC, SE
Kathryn Cole, Kathryn Cole, Kathryn Capizzi, Charli Jayne Patterson, J.C. Robbins
3:53.65 Irvine Novaquatics, CA
Courtney Mykkanen, Ella Eastin, Emily Eastin, Aislign Light
3:54.59 Crown Point SC, IN
Aly Tetzloff, Alex St. Amour, Hannah Kukurugya, Mackenzie Artim
3:54.63t N. KY Clippers, OH
Lilly Morgan, Madeleine Vonderhaar, Katherine Akin, Olivia Hagen
3:54.63t St. Charles ST, IL
Erin Hart, Kristen Czarnecki, Lucy Johnson, Meagan Popp

200 YARD FREESTYLE RELAY

1:34.70 Sun Devil Aqu, AZ(2007)

1:33.37 Aquajets Swim Team, MN
Kaia Grobe, Bre Thorne, Emma Wittmer, Courtney Evensen
1:35.14 Pine Crest, FG
Martha Ciesla, Alexa Rivera, Miriyam Ghali, Caroline Nava
1:35.53 Carmel Swim Club, IN
Veronica Burchill, Katie Schlies, Claire Adams, Taite Kitchel
1:36.10 Central Bucks ST, MA
Hannah Zurmuhl, Brittany Weiss, Allie Szekeley, Emily Kosten
1:36.83 Aquajets ST, MN
Riley Donlin, Sam Norton, Anna Petty, Zoe Avestruz
1:36.91 Cypress Fairbanks, GU
Shea Gregson, Shayne Gregson, Nikki Kaufmann, Ashley Johnson
1:37.11 YMCA Dane County, WI
Shelby Rozeboom, Alyssa Roehr, Kendra Nealey, Beata Nelson
1:37.19 Mt. Vernon ST, IN
Samantha Gowdy, Claudia Crawford, Clara Baggett, Drew Glover
1:37.34 Mason Manta Rays, OH
Hannah Whiteley, Jordan Decker, Katie Hulbert, Ashley Volpenheim
1:37.40 Southeastern SC, IN
Robyn Clevenger, Kylie Sutherland, Allie Barnes, Natalie Muller

400 YARD FREESTYLE RELAY

3:26.81 N. Baltimore, MD (2006)

3:24.37 Aquajets Swim Team, MN
Kaia Grobe, Bre Thorne, Emma Wittmer, Courtney Evensen
3:29.92 Crow Canyon Sharks, PC
Marina Smith, Dani Taylor, Brittany Usinger, Maddie Murphy (Gianna Garcia, Rachel Smith, Abigail Miller)
3:29.95 Lakeside ST, KY
Kimberly Zehnder, Asia Seidt, Blakeley Moorman, Brooke Bauer
3:30.31 Curl Burke SC, PV
Katie Ledecy, Hannah Baker, Andi Mack, Sofia Revilak (Megan Byrnes, Reni Moshos)
3:30.32 Carmel Swim Club, IN
Veronica Burchill, Claire Adams, Caroline Schultz, Taite Kitchel
3:30.92 Central Bucks ST, MA
Hannah Zurmuhl, Kristen Shema, Allie Szekeley, Emily Kosten
3:31.45 Lakeside AC, NT
Lauren Savoy, Carly Straight, Abigail Davis, Lauren Porter
3:31.49 Bolles School Sharks, FL
Sherridon Dressel, Harley

3:31.53 Lopez Miro, Amelia Hartze, Kasey Schmidt
Nashville AC, SE
Carrie Johnson, Annie Kyriakidis, Kathryn Cole, Tatum Wade
3:32.06 St. Charles ST, IL
Lauren McCormack, Erin Hart, Emma Kuzynski, Meagan Popp

800 YARD FREESTYLE RELAY

7:29.39 N. Baltimore, MD (2006)

7:30.38 Irvine Novaquatics, CA
Brittany Kampfer, Courtney Mykkanen, Emily Eastin, Ella Eastin
7:35.24 SwimMAC Carolina, NC
Sara Stranick, Jessica Merritt, Catherine Maxey, Nora McCullagh
7:35.43 Curl Burke SC, PV
Katie Ledecy, Andi Mack, Megan Byrnes, Sofia Revilak (Lea Gwennap, Sherril Han)
7:38.76 Crow Canyon Sharks, PC
Brittany Usinger, Dani Taylor, Maddie Murphy, Marina Smith
7:39.02 Aquazot Swim Club, CA
Daniela Georges, Brittany Kahn, Karli Thuen, Maddie Sanders
7:39.98 Stingrays, GA
Lila Claire Best, Finley Billings, Mary Beckwith, Rebecca Postoll
7:40.28 St. Charles ST, IL
Lauren McCormack, Erin Hart, Lucy Johnson, Meagan Popp
7:40.30 Y-Spartaquatics SC, SC
Katrina Konopka, Ali Galyer, Jessica Horomanski, Aimee McVey
7:40.48 York YMCA, MA
Kacey Oberlander, Megan Small, Taylor Hoover, Emily Ilgenfritz
7:40.69 Ozaukee Aquatics, WI
Jessica Short, Katie Anderson, Autumn Haebig, Natalie Keshemberg

GIRLS 15-18

200 YARD FREESTYLE RELAY

1:39.40 Aquajets SC, MN (2010)

1:41.83 Rockville Montgomery, PV
Catherine Mulquin, Sarah Haase, Natalya Ares, Reia Tong
1:42.08 Dynamo Swim Club, GA
Kylie Stewart, Jamie Christy, Nicole Stafford, Caitlin Cooper, Kaitlin Kitchens, Nicole Stafford
1:42.31 Curl Burke SC, PV
Janet Hu, Courtney Mizerak, Hellen Moffitt, Katie Ledecy (Kristina Li, Natalie Martin)
1:43.33 Aquazot Swim Club, CA
Stephanie Schlobohm, Maggie Burton, Emily Jang, Brynne Wong
1:43.46 SwimMAC Carolina, NC
Nicole Emery, Maija Roses, Caroline Bryant, Lauren Rhodes
1:43.97 Aquajets ST, MN
Emma Paulson, Maryellen Campbell, Rachel Bootsma, Chandra Yueh
1:44.00 King Aquatic Club, PN
Hannah Weiss, Erika Nist, Grace Wild, Heidi Vanderwel
1:44.20 Somerset Hills Y, NJ
Jenna Immormino, Celia Erick, Isabelle Cecere, Maya Scheidl
1:44.22 New Canaan YMCA, CT
Kristen Moss, K.C. Moss, Maddie Rusch, Jenna Egan
1:44.32 New Trier Swim Club, IL
Jessica Sutherland, Riley Hayward, Samantha James, Taylor Patterson

400 YARD FREESTYLE RELAY

3:16.58 PASA, PC (2010)

3:21.13 Curl Burke SC, PV
Janet Hu, Sofia Revilak, Kendall Hough, Katie Ledecy
3:22.71 Dynamo Swim Club, GA
Kylie Stewart, Kaitlin Kitchens, Haley Durmer, Nicole Stafford
3:23.91 Rockville Montgomery, PV
Reia Tong, Sarah Haase, Claire McIlmail, Charlotte Meyer (Natalya Ares, Catherine Mulquin)
3:24.58 Aquazot Swim Club, CA
Dayae Choi, Maggie Burton,

3:43.38 Haese, Claire McIlmail, Reia Tong (Natalya Ares)
Dynamo Swim Club, GA
Kylie Stewart, Jamie Christy, Nicole Stafford, Caitlin Cooper
3:44.26 Curl Burke SC, PV
Hellen Moffitt, Rachel Canty, Janet Hu, Kendall Hough (Kristina Li, Natalie Martin, Taylor Vincent)
3:46.00 Aquazot Swim Club, CA
Stephanie Schlobohm, Maggie Burton, Brynne Wong, Dayae Choi (Emily Jang)
3:46.20 Aquatic Bullets SC, IL
Mimi Schneider, Pauline Kaminski, Molly Coonce, Rachel Burke
3:46.37 Nova of Virginia, VA
Abby Jones, Bial Carnes, Emma Nunn, Hailey Lane
3:46.62 North Baltimore AC, MD
Cierra Runge, Jordan Surhoff, Willa Wang, Gillian Ryan (Natalie Beale, Kendall Surhoff, Korby Simpson)
3:46.81t Nitro Swimming, ST
Abby Meyer, Sydney Tan, Sydney Torabi, Quinn Carozza
3:46.81t New Canaan YMCA, CT
Kristen Moss, K.C. Moss, Maddie Rusch, Claudia DiCapua
3:46.84 Hilltoppers, CO
Shelly Patton, Miranda Reetz, Kelly Naze, Megan Grier

800 YARD FREESTYLE RELAY

7:13.03 N. Baltimore, MD (2010)

7:13.33 North Baltimore AC, MD
Gillian Ryan, Cierra Runge, Willa Wang, Camryne Morris
7:20.79 Dynamo Swim Club, GA
Kylie Stewart, Haley Durmer, Nicole Stafford, Emily Ranzau
7:20.94 Alamo Area, ST
Colleen Konezke, Sarah Gibson, Lea Bates, Anna Mayfield
7:21.70 Pleasanton Seahawks, PC
Allison Brown, Celina Li, Marissa Brown, Kristin Lane
7:23.77 Rockville Montgomery, PV
Sarah Haase, Natalya Ares, Anna Kolanowski, Claire McIlmail (Ellen Anderson, Reia Tong, Ashley Ferguson)
7:25.08 Area Tallahassee AC, FL
Delaney Barnard, Alexandria Merritt, Alyssa Yambor-Maul, Cece Williams
7:25.50 Bolles School Sharks, FL
Ashley Neidigh, Stacey Stanfield, Salem Peacock, Genevieve Miller
7:26.10 Metroplex Aquatics, NT
Emily Nightingale, Sammie Hashbarger, Meredith Oliver, Whitney Allen
7:26.27 Crimson Aquatics, NE
Rachel Moore, Caitlin Sheridan, Ashlee Korsberg, Mattie D'Innocenzo
7:26.47 Sarasota Y Sharks, FL
Danielle Valley, Hannah James, Cameron Davis, Ellie Berducco

BOYS 11-12

200 YARD MEDLEY RELAY

1:48.37 Black Hawk, IA (2002)

1:48.06 Rockville Montgomery, PV
Matthew Tiberino, Kenneth Ajolabi-Brown, Devin Truong, Brandon Cu (Sanjay Wijesekera, Thomas Brown De Colstoun, Djordje Orcevic, Noah Garvey)
1:48.74 Curl Burke SC, PV
Will Cumberland, Timothy Wu, Andres Alarcon, Andrew Rothstein (Alex Vissering, Rackwon Martin, Zander Abrams)
1:49.13 Fox Valley ST, IL
Ethan Morse, Eric Weng, Jack Levant, John Ruan
1:49.31 Tualatin Hills SC, OR
Albert Buchalski, Anthony Nosack,

Stephanie Schlobohm, Emily Jang (Kaitlyn Albertoli, Daniela Georges)
3:24.83 King Aquatic Club, PN
Heidi Vanderwel, Grace Wild, Hannah Weiss, Joanna Wu
3:25.24 North Baltimore AC, MD
Cierra Runge, Willa Wang, Korby Simpson, Gillian Ryan
3:25.42 Metroplex Aquatics, NT
Sammie Hashbarger, Nicole Brennecke, Meredith Oliver, Whitney Allen
3:25.73 Somerset Hills Y, NJ
Celia Crick, Isabella Cecere, Maya Scheidl, Jenna Immormino
3:26.08 Aquajets ST, MN
Maryellen Campbell, Emma Paulson, Brooke Evensen, Rachel Bootsma
3:26.17 Quest Swimming, VA
Caroline Buscaglia, Kayla Iverson, Meredith Yav, Kaitlin Jones

800 YARD FREESTYLE RELAY

7:13.03 N. Baltimore, MD (2010)

7:13.33 North Baltimore AC, MD
Gillian Ryan, Cierra Runge, Willa Wang, Camryne Morris
7:20.79 Dynamo Swim Club, GA
Kylie Stewart, Haley Durmer, Nicole Stafford, Emily Ranzau
7:20.94 Alamo Area, ST
Colleen Konezke, Sarah Gibson, Lea Bates, Anna Mayfield
7:21.70 Pleasanton Seahawks, PC
Allison Brown, Celina Li, Marissa Brown, Kristin Lane
7:23.77 Rockville Montgomery, PV
Sarah Haase, Natalya Ares, Anna Kolanowski, Claire McIlmail (Ellen Anderson, Reia Tong, Ashley Ferguson)
7:25.08 Area Tallahassee AC, FL
Delaney Barnard, Alexandria Merritt, Alyssa Yambor-Maul, Cece Williams
7:25.50 Bolles School Sharks, FL
Ashley Neidigh, Stacey Stanfield, Salem Peacock, Genevieve Miller
7:26.10 Metroplex Aquatics, NT
Emily Nightingale, Sammie Hashbarger, Meredith Oliver, Whitney Allen
7:26.27 Crimson Aquatics, NE
Rachel Moore, Caitlin Sheridan, Ashlee Korsberg, Mattie D'Innocenzo
7:26.47 Sarasota Y Sharks, FL
Danielle Valley, Hannah James, Cameron Davis, Ellie Berducco

— continued on 52

NAG TOP 10 (SCY) — *continued from 51*

1:49.43	Nitro Swimming, ST	Luke Gwin, Corban Rawls, Isaac Gwin, Miguel Velasquez	1:39.71	Cats Aquatic Team, IL	Nick Harrington, Derek Zhang, Eric Turner, Jeffrey Zhang	1:40.14c	Dynamo Swim Club, CA	Daniel Van Sciver, Aquazot Swim Club, CA	3:11.42	Black Hawk, IA (2004)	David Morejon, Jonathan Del Real, Nick Rudy, Matthew Kraemer	1:31.17	SwimMAC Carolina, NC	Sam Lewis, Matias Koski, Gunnar Bentz, Robert Doles
1:50.21	Star Aquatics, NC	Levente Bathory, Zach Weir, Andrew Taylor, Tucker Burhans	1:40.22	Penn Charter AC, MA	Andrew Abruzzo, Reece Whitley, Sebastian Imitola, Alex Boratto	1:40.14c	Dynamo Swim Club, GA	Christian Lorys, Hunter Doster, Knox Auerbach, Nicholas Oh	3:15.20	Alamo Area, ST	Ty Jeter, Arthur Bjontegard, Migs Martin, Daniel Van Sciver	1:31.28	Nashville AC, SE	Chatham Dobbs, Alex Goss, Maclin Davis, Adam Cornett
1:51.52	Penn Charter AC, MA	Alex Boratto, Reece Whitley, Andrew Abruzzo, Sebastian Imitola	1:40.46	South Florida AC, FG	Juan Lucas, Sebastian Vargas, Carlos Rodriguez, Tristan Celestin (Alfredo Mesa, Kevin Porto)	1:40.20	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	3:15.30	Dynamo Swim Club, GA	Knox Auerbach, Jacob Rubin, Jay Wellman, Nicholas Oh (Sam Bray)	1:31.46	Rockville Montgomery, PV	Garrett Powell, Austin Dickey, Jack Conger, Barry Mangold
1:51.77	South Florida AC, FG	Juan Lucas, Tristan Celestin, Carlos Rodriguez, Sebastian Vargas (Kevin Porto)	1:40.73	Wyckoff YMCA, NJ	Dan Mecca, Tommy Scivanich, Sean Johnson, Jeremiah Sanchez	3:33.95	400 YARD MEDLEY RELAY	Rock-Mont., PV (2009)	3:16.87	SwimMAC Carolina, NC	Brody Heck, Jackson Bagwell, Graham Weaver, Trey Poff	1:31.63	Rockville Montgomery, PV	Garrett Powell, Austin Dickey, Jack Conger, Barry Mangold
1:52.01	Tri-City AC, VA	Tyler Hill, Marios Maragkos, Samuel Westmont, Greg Hubbard	3:32.50	Black Hawk, IA (2002)	Tualatin Hills SC, OR	3:29.45	Aquazot Swim Club, CA	Thomas Smith, Tyler Lin, Justin Hanson, Matthew Wong	3:17.31	Premier AC of Klein, GU	Todd Coachman, Jonathan Saucedo, Alejandro Londono, Todd Ber	1:31.86	Curl Burke SC, PV	Stephen Seliskar, Don Tucker, Carter Sharer, Paul O'Hara
1:52.07	Dynamo Swim Club, GA	Alex Ballard, Animesh Koratana, Cade Auerbach, Charles Cardot	3:30.83	Tualatin Hills SC, OR	Josh Yadao, Myron Shen, Anthony Nosack, Jaume Martinez-Calvo	3:34.88	Nitro Swimming, ST	Gus Whiteman, Ben Walker, Mason Tenney, Jared Chulavatr	3:17.42	Curl Burke SC, PV	Aidan Pastel, Dennis Lai, Benjamin Lambert, Owen Van Krimpen (William Lin, Carsten Vissering)	1:32.34	Upper Main Line Y, MA	Nic Graesser, Louis Seefeld, Alex Schon, Matt Luminax
3:53.04	Aquazot SC, CA (2009)		3:32.46	Fox Valley ST, IL	Jack Levant, John Ruan, Eric Weng, Ethan Morse	3:38.38	Alamo Area, ST	Arthur Bjontegard, Migs Martin, Ty Jeter, Daniel Van Sciver	3:17.74	SwimAtlanta, GA	Jordan Ross, Taylor Delk, Samuel Kim, Jake Williams	1:32.58	Pine Crest, FG	Marcel Betschart, Michal Rokita, Austin Saunders, Gotti Eisenberger, Somerset Valley Y, NJ
3:54.60	Tualatin Hills SC, OR	Myron Shen, Anthony Nosack, Josh Yadao, Jaume Martinez-Calvo	3:34.65	Curl Burke SC, PV	Timothy Wu, Andrew Rothstein, Andres Alarcon, Will Cumberland (Raekwon Martin, Alex Vissering)	3:39.10	Multnomah AC, OR	Tristan Furnary, Grant Gooding, Tyler Soo, Bailey Pearson	3:17.80	N. Texas Nadadores, NT	Colin Giddings, Austin Whalen, Kyle McCall, Jason Head	1:32.64	Dylan Sali, Victor Luo, Jeffrey Donovan, Brad Zdroik	
3:57.50	Fox Valley ST, IL	Ethan Morse, Eric Weng, Jack Levant, John Ruan	3:35.31	Nitro Swimming, ST	Luke Gwin, Miguel Velasquez, Isaac Gwin, Corban Rawls	3:39.21	SE Virginia Aq., VA	Chad Stickle, Austin Ebel, Zachary Becouvarakis, Jonathan Spires	3:17.91	SE Virginia Aq., VA	Nick Schwegel, Zachary Becouvarakis, Austin Ebel, Jonathan Spires	3:00.88	Dynamo Swim Club, GA	Matias Koski, Gunnar Bentz, Sam Lewis, Robert Doles
3:58.24	Rockville Montgomery, PV	Matthew Tiberino, Devin Truong, Thomas Brown	3:36.65	Rockville Montgomery, PV	Thomas Brown De Coulstoun, Brandon Cu (Sanjay Wijesekera, Noah Carvey, Djordje Orcev)	3:39.24	Bolles School Sharks, FL	Dakota Mahaffey, Parker Andrews, Gian Garcia, Tyler Rice	3:18.09	AC-Knoxville, SE	Walker Higgins, Hayden Burns, Trenton Reed, Will Arthur	3:01.07	SwimAtlanta, GA	Brent Murray, Sean Sloat, Cody Reul, Nick Salyers
3:58.68	Nitro Swimming, ST	Luke Gwin, Corban Rawls, Isaac Gwin, Miguel Velasquez	3:39.27c	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	3:39.27c	Dynamo Swim Club, GA	Christian Lorys, Hunter Doster, Jack Rubin, Knox Auerbach (Nicholas Oh)	3:01.46	Rockville Montgomery, PV	Ryan Murphy, Teo D'Alessandro, Joseph Schooling, Caeleb Dressel	3:01.77	Rockville Montgomery, PV	Jack Conger, Trevor Irish, Barry Mangold, Garrett Powell
4:00.02	Penn Charter AC, MA	Alex Boratto, Reece Whitley, Andrew Abruzzo, Connor Killion	3:38.81	Palo Alto Stanford, PC	Alex Liang, Albert Ford, Enoch Min, Kenny Joseph	3:39.27c	Dynamo Swim Club, GA	Afolabi-Brown, Justin Kim, Brady Ott	3:02.21	Curl Burke SC, PV	Sean Sullivan, Stephen Seliskar, Cyrus Hashemi, Brian Rothschild	3:02.81	Alamo Area, ST	Ian Lemaistre, Cory Bolleter, David Moore, John Murray
4:01.42	King Aquatic Club, PN	Chirag Das, Mitch Novis, Micha Oh, Zack O'Haver (Dilon Glover)	3:39.42	Star Aquatics, NC	Levente Bathory, Andrew Taylor, Tucker Burhans, Cameron Davenport	3:39.27c	Dynamo Swim Club, GA	Jacob Rubin, Nicholas Oh, Jay Wellman, Knox Auerbach	3:02.81	N. Texas Nadadores, NT	Colin Giddings, Kyle McCall, Jason Head, Austin Whalen	3:03.14	Crow Canyon Sharks, PC	Ryan Murphy, David Morgan, Dillon Williams, Brett Usinger
4:02.18	Curl Burke SC, PV	Will Cumberland, Timothy Wu, Andres Alarcon, Andrew Rothstein	3:40.05	Sarasota Y Sharks, FL	Brett Riley, Austin Katz, Michael Knoch, Marshall Webster	3:39.27c	Dynamo Swim Club, GA	Jacob Rubin, Nicholas Oh, Jay Wellman, Knox Auerbach	3:02.81	N. Texas Nadadores, NT	Colin Giddings, Kyle McCall, Jason Head, Austin Whalen	3:03.78	The Claremont Club, CA	Kyle Coan, Kevin Coan, Jason Hane, Michael Hane
4:03.38	Star Aquatics, NC	Levente Bathory, Zach Weir, Andrew Taylor, Tucker Burhans	3:41.20	Penn Charter AC, MA	Alex Boratto, Connor Killion, Reece Whitley, Andrew Abruzzo	1:27.35	200 YARD FREESTYLE RELAY	Black Hawk, IA (2004)	7:10.57	N. Texas Nadadores, NT	Colin Giddings, Kyle McCall, Jason Head, Austin Whalen	3:01.07	SwimAtlanta, GA	Brent Murray, Sean Sloat, Cody Reul, Nick Salyers
4:03.53	Pacific Swim, SI	Alexander Santana, Austin Nguyen, Brendan Santana, Ryan Bilhorn	3:41.26	N. Texas Nadadores, NT	Logan Davis, Michael Mabry, Alex Zettle, Matthew Willenbring	1:28.54	Premier AC of Klein, GU	Alejandro Londono, Jonathan Saucedo, Todd Coachman, Todd Ber	7:10.92	Canyons AC, CA	Kevin Dai, Austin Barreiro, Ian Brower, Cole Cogswell	3:01.07	Rockville Montgomery, PV	Garrett Powell, Austin Dickey, Jack Conger, Barry Mangold
4:05.34	Bellevue Club ST, PN	Ricardo Martinez, Johnathan Cassady, Thomas Eggenberger, Daniel Ryaboshapka	1:28.78	Eagle Swim Assoc., GU	David Morejon, Matthew Kraemer, Nick Rudy, Jonathan Del Real	1:28.78	Dynamo Swim Club, GA	Jacob Rubin, Nicholas Oh, Jay Wellman, Knox Auerbach	7:09.95	Alamo Area, ST	Arthur Bjontegard, Ty Jeter, Jacob Hurrell Zitelman, Daniel Van Sciver	3:02.21	Rockville Montgomery, PV	Garrett Powell, Austin Dickey, Jack Conger, Barry Mangold
1:36.80	Eagle SA, GU (2010)		1:38.51	Black Hawk, IA (2004)	Premier AC of Klein, GU	1:28.84	SwimAtlanta, GA	Jordan Ross, Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:07.92	Eagle Swim Assoc., GU	Jonathan Del Real, David Morejon, Nick Rudy, Matthew Kraemer	3:02.81	Alamo Area, ST	Ian Lemaistre, Cory Bolleter, David Moore, John Murray
1:37.19	Nitro Swimming, ST	Isaac Gwin, Miguel Velasquez, Luke Gwin, Corban Rawls	1:38.24	Todd Ber, Jonathan Saucedo, Alejandro Londono, Todd Coachman		1:28.84	SwimAtlanta, GA	Jordan Ross, Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:09.95	Alamo Area, ST	Arthur Bjontegard, Ty Jeter, Jacob Hurrell Zitelman, Daniel Van Sciver	3:03.14	Crow Canyon Sharks, PC	Ryan Murphy, David Morgan, Dillon Williams, Brett Usinger
1:37.64	Curl Burke SC, PV	Timothy Wu, Will Cumberland, Andrew Rothstein, Andres Alarcon (Raekwon Martin)	1:38.71	Nitro Swimming, ST	Gus Whiteman, Ben Walker, Mason Tenney, Jared Chulavatr	1:29.70	Owen Van Krimpen, Aidan Pastel, Brandon Fabian, Ben Lambert (Carsten Vissering)	7:12.25	Dynamo Swim Club, CA	Matthew Wong, Thomas Smith, Justin Hanson, Connor Brown (Ken Takahashi)	3:02.24	Curl Burke SC, PV	Stephen Seliskar, Andrew Seliskar, Cyrus Hashemi, Sean Sullivan	
1:37.76	Fox Valley ST, IL	Jack Levant, John Ruan, Eric Weng, Ethan Morse	1:39.41	Lakeside AC, NT	Aidan Glynn, Brendan Feehery, Alvin Jiang, Chase Sellers	1:29.78	SwimMAC Carolina, NC	Graham Weaver, Jackson Bagwell, Brody Heck, Jeffrey Manchester	7:12.25	Aquazot Swim Club, CA	Matthew Wong, Thomas Smith, Justin Hanson, Connor Brown (Ken Takahashi)	3:02.81	Alamo Area, ST	Ian Lemaistre, Cory Bolleter, David Moore, John Murray
1:38.04	Rockville Montgomery, PV	Devin Truong, Thomas Brown De Colstoun, Matthew Tiberino, Brandon Cu (Kenneth Afolabi-Brown, Timmy Ellett, Brady Ott, Sanjay Wijesekera)	1:39.43	Eagle Swim Assoc., GU	Jonathan Del Real, Nick Rudy, David Morejon, Matthew Kraemer	1:29.84	Alamo Area, ST	Daniel Van Sciver, Arthur Bjontegard, Migs Martin, Ty Jeter	7:13.03	SwimAtlanta, GA	Jordan Ross, Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	3:03.14	Crow Canyon Sharks, PC	Ryan Murphy, David Morgan, Dillon Williams, Brett Usinger
1:38.33	Tualatin Hills SC, OR	Myron Shen, Jaume Martinez-Calvo, Josh Yadao, Anthony Nosack (Austin Chang)	1:39.58	Bellevue Club ST, PN	Aaron Elhaji, Ben Whitty, Gabe Florsheim, Willie Dittig (Austin Barnard)	1:30.06	SwimMAC Carolina, NC	Graham Weaver, Jackson Bagwell, Brody Heck, Jeffrey Manchester	7:13.03	SwimAtlanta, GA	Jordan Ross, Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	3:03.78	The Claremont Club, CA	Kyle Coan, Kevin Coan, Jason Hane, Michael Hane
			1:40.03	Justin Wahoos, MA	Alex Martin, Duncan Brookover, Zach Fong, Matthew Schaeffer (Nick Belecanech)	1:30.10	Central Bucks ST, MA	Jake Goroshko, Aaron Jordan, Andrew Zhugayevich, Greg Brocato	7:13.36	Dynamo Swim Club, CA	Matthew Wong, Thomas Smith, Justin Hanson, Connor Brown (Ken Takahashi)	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
			1:40.11	Alamo Area, ST	Ty Jeter, Migs Martin, Arthur Bjontegard,	1:30.35	Nitro Swimming, ST	Mason Tenney, J.C. Engel, Ben Walker, Jared Chulavatr	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
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						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
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						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	Brent Murray, Cody Reul, Powell Brooks, Nick Salyers
						1:30.11	SwimAtlanta, GA	Taylor Delk, Samuel Kim, Jordan Ross, Jake Williams	7:13.40	Rockville Montgomery, PV	Noah Burgett, James Hisanick, Michael Sullivan, Daniel Yook	6:42.96	SwimAtlanta, GA	

NATIONAL AGE GROUP TOP 10(LC)

NATIONAL

2011-12
LONG COURSE
RANKINGS
Compiled by
USA Swimming
Times swum in
50-meter pool from
Sept. 1, 2011 through
Aug. 31, 2012

Boldface Italics = Existing NAG Record
Italics = New NAG Record

GIRLS 11 YEARS

50 METER FREESTYLE

26.21	<i>Missy Franklin, CO (2008)</i>
28.24	Vivian Wang, SUNN, PC
28.39	Gabby Dang, WAVE, PN
28.52	Lizzie Menzmer, AH, SN
28.57	Maddy Potter, WOLF, MN
28.70	Jessica Epps, MVN, CA
28.71	Talia Bates, GSC, FL
28.72	Simone Cade, DSA, CO
28.77	Nicole Piatek, COHO, IL
28.83t	Zoe Bartel, FAST, CA
28.83t	S.Clayton-Luce, WAVE, NC

100 METER FREESTYLE

56.87	<i>Lia Neal, MR (2008)</i>
1:01.51	Lizzie Menzmer, AH, SN
1:01.85	Gabby Dang, WAVE, PN
1:01.91	Jessica Epps, MVN, CA
1:02.40	C. Gildersleeve, FRST, IN
1:02.63	Simone Cade, DSA, CO
1:02.88	Ella Thompson, ROC, MN
1:03.00	Darlene Fung, MEY, NJ
1:03.04	S. Nicolaisen, GOLD, AZ
1:03.06	Maddy Potter, WOLF, MN
1:03.08	Cathy Teng, SCSC, PC

200 METER FREESTYLE

2:03.38	<i>Dee Brown, OZ (1991)</i>
2:14.41	Gabby Dang, WAVE, PN
2:14.49	S. Nicolaisen, GOLD, AZ
2:14.67	Ella Thompson, ROC, MN
2:14.76	Jessica Epps, MVN, CA
2:15.06	Sinead Eksteen, CUBU, PV
2:16.41	Cathy Teng, SCSC, PC
2:16.45	Emma Theobald, DDST, IL
2:16.49	C. Gildersleeve, FRST, IN
2:16.84	K. Golding, MST, NE
2:16.87	B. Pedersen, MMSC, PN

400 METER FREESTYLE

4:19.48	<i>Dee Brown, OZ (1991)</i>
4:37.67	Taylor Ruck, SAC, AZ
4:41.59	Jessica Epps, MVN, CA
4:42.12	Emma Theobald, DDST, IL
4:42.75	Sinead Eksteen, CUBU, PV
4:44.20	Brianna Bender, SA, GA
4:44.76	Z. Gawronska, TWST, GU
4:44.92	Natalie Whalen, NTN, NT
4:44.98	B. Helgeson, CANY, CA
4:45.34	Ella Thompson, ROC, MN
4:46.45	Sophie Perez, NCAC, NC

800 METER FREESTYLE

8:57.07	<i>Becca Mann, IL (2011)</i>
9:40.62	Brianna Bender, SA, GA
9:43.12	Sinead Eksteen, CUBU, PV
9:46.11	B. Helgeson, CANY, CA
9:47.43	Krystal Tran, SCSC, PC
9:50.63	Destiny Kling, WSF, AZ
9:55.36	Leah Braswell, YY, MA
9:56.23	K. Golding, MST, NE
9:57.51	K.Sulkovich, BREA, CA
9:59.58	H. Vandress, GCST, FL
10:00.15	K. Kilpatrick, CFM, FL

1500 METER FREESTYLE

16:55.79	<i>Becca Mann, IL (2011)</i>
18:32.96	Sinead Eksteen, CUBU, PV
18:42.18	Taylor Ruck, SAC, AZ
18:53.15	Destiny Kling, WSF, AZ
19:00.24	K. Sulkovich, BREA, CA
19:01.90	Krista Sullivan, SAND, CA
19:02.99	Krystal Tran, SCSC, PC
19:06.33	Julia Donahue, CRIM, NE

30.81	Jessica Epps, MVN, CA
30.85	Darlene Fung, MEY, NJ
30.88	M. Guevara, WETT, BD

100 METER BUTTERFLY

1:02.49	<i>Dana Vollmer, NT (2000)</i>
1:06.54	Lizzie Menzmer, AH, SN
1:07.13	Vivian Wang, SUNN, PC
1:07.41	Maddy Potter, WOLF, MN
1:07.54	Kiara Norris, MTS, SE
1:08.06	Gabby Dang, WAVE, PN
1:08.24	Riley Gaines, XCEL, SE
1:08.25	Jessica Epps, MVN, CA
1:08.34	B.Homontowski,SWAT,WI
1:08.47	B. Pedersen, MMSC, PN
1:08.71	Andrea Wei, SAC, NE

200 METER BUTTERFLY

2:19.32	<i>C. Kalisz, MD (2003)</i>
2:29.96	B. Pedersen, MMSC, PN
2:30.31	G. Zhang, CUBU, PV
2:30.73	B. Helgeson, CANY, CA
2:31.40	S. Wintermute, CANY, CA
2:32.37	Emma Muzzy, CCA, VA
2:32.68	Audrey Chin, KYSC, PC
2:32.99	M. Homovich, NCAC, NC
2:33.34	Isabella Parenti, BSC, IL
2:33.63	Andrea Wei, SAC, NE
2:34.37	Lizzie Menzmer, AH, SN

300 METER BUTTERFLY

2:19.12	<i>Missy Franklin, CO (2008)</i>
2:30.89	Jessica Epps, MVN, CA
2:31.38	B. Pedersen, MMSC, PN
2:33.16	Emma Theobald, DDST, IL
2:34.39	S. Nicolaisen, GOLD, AZ
2:34.46	Brianna Bender, SA, GA
2:34.55	C. Gildersleeve, FRST, IN
2:34.94	Emma Muzzy, CCA, VA
2:35.29	C. Hampton, CHAT, UT
2:35.37	Maddy Potter, WOLF, MN
2:35.47	Vivian Wang, SUNN, PC

400 METER BUTTERFLY

4:55.35	<i>E. Beisel, NE (2005)</i>
5:21.53	Brianna Bender, SA, GA
5:21.70	B. Pedersen, MMSC, PN
5:28.31	Julia Donahue, CRIM, NE
5:28.61	Audrey Chin, KYSC, PC
5:28.79	Taylor Ruck, SAC, AZ
5:31.86	Cleopatra Lim, WFY, NJ
5:33.18	K. Golding, MST, NE
5:33.32	Elizabeth Fry, NBAC, MD
5:33.73	Sian Yonghyu, SCSC, PC
5:34.21	S. Wintermute, CANY, CA

GIRLS 12 YEARS

50 METER FREESTYLE

26.21	<i>Missy Franklin, CO (2008)</i>
26.94	Eva Merrell, AZOT, CA
27.51	J. Clabeau, YORK, PV
27.53	Lia Campbell, UN, PN
27.60	Alena Kraus, MACG, FL
27.64	Dakota Luther, TXLA, ST
27.65t	Caitlin Tyck, LRSC, ME
27.65t	R. Wittmer, AQJT, MN
27.75t	Lauren Mabie, MTS, SE
27.75t	Emma Segneri, SAC, AZ
27.78t	Cassidy Bayer, CUBU, PV
27.78t	L. Nordmann, TWST, GU

100 METER FREESTYLE

56.87	<i>Lia Neal MR 2008</i>
58.24	Eva Merrell, AZOT, CA
59.52	Dakota Luther, TXLA, ST
59.62	B. Joassaint, LINS, GA
59.82	J. Clabeau, YORK, PV
1:00.02	I. Rongione, FISV, PV
1:00.19	Cassidy Bayer, CUBU, PV
1:00.30	Melissa Pish, BNY, IL
1:00.35	Lia Campbell, UN, PN
1:00.43	Morgan Scott, CBST, MA
1:00.45	Vicky Navarro, BCH, CA

200 METER FREESTYLE

2:03.38	<i>Dee Brown, OZ (1991)</i>
2:07.48	I. Rongione, FISV, PV
2:09.08	Cassidy Bayer, CUBU, PV
2:09.20	Dakota Luther, TXLA, ST
2:09.28	Vicky Navarro, BCH, CA
2:09.35	Grace Ariola, BNY, IL
2:09.68	B. Joassaint, LINS, GA
2:10.09	Courtney Harmish, YY, MA
2:10.33	Melissa Pish, BNY, IL
2:10.57	Ruby Martin, IFLY, IA
2:10.69	Eva Merrell, AZOT, CA

400 METER FREESTYLE

4:19.48	<i>Dee Brown, OZ (1991)</i>
4:42.35	I. Rongione, FISV, PV
4:42.85	G. Kopenski, FA, NT
4:42.68	Dakota Luther, TXLA, ST
4:43.04	Courtney Harmish, YY, MA
4:43.98	Michelle Owens, FISV, PV
4:43.12	Maddie Hadd, NOVA, VA

4:31.86	Madison Murtagh, PA, FL
4:32.10	Grace Ariola, BNY, IL
4:32.34	Emily Meilus, CUBU, PV
4:33.17	Maggie Emary, BSC, IL

800 METER FREESTYLE

8:57.07	<i>Becca Mann, IL (2011)</i>
8:55.43	I. Rongione, FISV, PV
9:15.46	Michelle Owens, FISV, PV
9:22.10	Madison Murtagh, PA, FL
9:22.30	Maddie Hadd, NOVA, VA
9:23.66	Maggie Emary, BSC, IL
9:25.63	Audrey Guyett, SCST, IL
9:26.00	M.Ruppert-Gomez,GSC,FL
9:26.59	Ruby Martin, IFLY, IA
9:28.00	Megan Hanson, LAC, NT
9:30.23	C. Rockway, TBAY, FL

1500 METER FREESTYLE

16:55.79	<i>Becca Mann, IL (2011)</i>
16:48.12	I. Rongione, FISV, PV
17:48.71	Maddie Hadd, NOVA, VA
17:58.11	Michelle Owens, FISV, PV
17:59.08	M.Ruppert-Gomez,GSC,FL
18:00.45	Maggie Emary, BSC, IL
18:08.86	Evie Pfeifer, FAST, OZ
18:10.27	Taylor Ruck, SAC, AZ
18:11.69	Peyton Palsha, SPA, FL
18:13.37	Sidney Kennedy, BNY, IL
18:15.53	M. Dickson, SWAC, MA

50 METER BACKSTROKE

30.16	<i>Keaton Blavod, OR (2011)</i>
31.15	Mia Briery, DSA, CO
31.46	Grace Ariola, BNY, IL
31.50	C. Gmelich, CJAC, NJ
31.52	L. Nordmann, TWST, GU
31.57	Emily Ryan, BEST, IL
31.59	Amie Bensyl, NLU, MV
31.66	Cassidy Bayer, CUBU, PV
31.72	Joyce Lin, PEAK, PC
31.80	Z. Ellington, MTRO, NT
31.86	J. Clabeau, YORK, PV

100 METER BACKSTROKE

1:03.08	<i>Beth Botsford, MD (1994)</i>
1:06.14	Eva Merrell, AZOT, CA
1:06.72	Grace Ariola, BNY, IL
1:07.17	Kiley Vandevier, LAC, NT
1:07.54	K.Glavinovich, GWSC, CA
1:07.64	Bayley Stewart, UN, GA
1:07.71	B. Joassaint, LINS, GA
1:07.98	C. Gmelich, CJAC, NJ
1:08.26	Nicole Smith, UN, SE
1:08.38	Z. Ellington, MTRO, NT
1:08.40	Cassidy Kaiser, DR, OH

200 METER BACKSTROKE

2:15.17	<i>E. Beisel, NE (2005)</i>
2:21.83	Eva Merrell, AZOT, CA
2:22.41	Emily Meilus, CUBU, PV
2:22.51	Grace Ariola, BNY, IL
2:22.02	K.Glavinovich, GWSC, CA
2:24.15	Kiley Vandevier, LAC, NT
2:24.81	I. Rongione, FISV, PV
2:26.12	Joyce Lin, PEAK, PC
2:26.49	C. Gmelich, CJAC, NJ
2:26.80	Courtney Harmish, YY, MA
2:27.01	Nicole Smith, UN, SE

500 METER BACKSTROKE

33.33	<i>O. Anderson, MN (2009)</i>
33.05	Olivia Calegan, LSS, MW
34.31	Eva Crouse, BEAR, CT
34.48	Elizabeth Boyer, FINS, CT
34.76	A. Kirkpatrick, SBSC, IN
34.89	Lianna Wood, SCSC, MN
35.16	Lauren Mabie, MTS, SE
35.24	Ingrid Wall, NTSC, IL
35.28t	I. Rongione, FISV, PV
35.28t	Ema Rajic, HEAT, IL
35.31	J. Hellmer, LAKE, WI

1000 METER BACKSTROKE

1:09.87	<i>Carly Geehr, CA (1997)</i>
1:13.30	Eva Crouse, BEAR, CT
1:14.27	Emma Cain, UN, PV
1:15.60	Olivia Calegan, LSS, MW
1:16.20	Elizabeth Boyer, FINS, CT
1:16.74	Kelsey Morgan, DST, OH
1:16.99	Grace Zhao, EVA, BEAR, CT
1:17.03	A. Kirkpatrick, SBSC, IN
1:17.05	J. Hellmer, LAKE, WI
1:17.18	Lindsay Pales, LSS, MW
1:17.21	Ashley Gordon, RAC, CT

2000 METER BACKSTROKE

2:34.28	<i>Annie Zhu, MR (2007)</i>
2:38.90	Cain, Emma, UN, PV
2:40.10	Crouse, Eva, BEAR, CT
2:40.63	Kelsey Morgan, DST, OH
2:43.56	Elizabeth Boyer, FINS, CT
2:44.27	Olivia Calegan, LSS, MW
2:44.36	Grace Zhao, PASA, PC
2:45.61	Julia Poole, RSA, NC

2:45.96	Emma Garfield, LAC, NT
2:46.10	Olivia Paoletti, DST, MA
2:46.60	Madison Leblanc, SAC, AZ

50 METER BUTTERFLY

28.23	<i>Dana Vollmer, NT (2001)</i>
28.23	<i>Cassidy Bayer, CUBU, PV</i>
29.05	Eva Crouse, BEAR, CT
29.15	Caitlin Tyck, LRSC, ME
29.37	Alena Kraus, MACG, FL
29.46	Keylene Rippon, HAC, MA
29.52	Kayla Tennant, STAR, NC
29.58	H. Blankemeier, TOPS, IL
29.59	Kiara Norris, MTS, SE
29.61	Jewels Harris, CTA, SE

100 METER BUTTERFLY

1:02.49	<i>Dana Vollmer, NT (2000)</i>
1:01.75	<i>Cassidy Bayer, CUBU, PV</i>
1:04.30	Kayla Tennant, STAR, NC
1:04.67	Eva Merrell, AZOT, CA
1:05.09	M. Homovich, NCAC, NC
1:05.14	Alena Kraus, MACG, FL
1:05.26	C. Rockway, TBAY, FL
1:05.29	Dakota Luther, TXLA, ST
1:05.32	Caylene Rippon, HAC, MA
1:05.55	Caitlin Tyck, LRSC, ME
1:05.56	Riley Gaines, XCEL, SE

200 METER BUTTERFLY

2:19.32	<i>C. Kalisz, MD (2003)</i>
2:15.02	<i>Cassidy Bayer, CUBU, PV</i>
2:21.61	I. Rongione, FISV, PV
2:24.15	Dakota Luther, TXLA, ST
2:25.17	Kayla Tennant, STAR, NC
2:25.73	Izzy Ditzler, PASA, PC
2:27.25	Eva Crouse, BEAR, CT
2:27.34	K. Harston, DSA, CO
2:27.47	Krivokapic-Zhou,SCSC,PC
2:27.76	Connor Doran, SOAR, SN
2:28.22	Kelly Huffer, NWAC, PN

300 METER BUTTERFLY

2:19.12	<i>Missy Franklin, CO (2008)</i>
2:24.87	I. Rongione, FISV, PV
2:24.88	Emma Cain, ASP, CO
2:25.63	C. Rockway, TBAY, FL
2:26.55	K.Glavinovich, GWSC, CA
2:26.82	Eva Crouse, BEAR, CT
2:26.90	C. Theil, GNST, MW
2:26.98	Olivia Calegan, LSS, MW
2:27.40	B. Joassaint, LINS, GA
2:27.49	Ruby Martin, IFLY, IA
2:27.53	Grace Ariola, BNY, IL

400 METER BUTTERFLY

4:55.35	<i>E. Beisel, NE (2005)</i>
5:02.19	I. Rongione, FISV, PV
5:08.34	Emily Meilus, CUBU, PV
5:12.49	C. Theil, GNST, MW
5:12.83	Eva Crouse, BEAR, CT
5:13.00	Taylor Ruck, SAC, AZ
5:13.46	Emma Cain, ASP, CO
5:13.66	Courtney Harmish, YY, MA
5:14.16	Regan Barney, NTRO, ST
5:14.24	Kayla Tennant, STAR, NC
5:15.07	Krivokapic-Zhou,SCSC,PC

GIRLS 13 YEARS

50 METER FREESTYLE

25.23	<i>Missy Franklin, CO (2009)</i>
26.32	Keaton Blavod, PSC, AZ
26.76	Marta Ciesla, PCS, FG
26.84	Lauren Pitzer, LAC, NT
26.87	Ingrid Wall, NTSC, IL
26.89	H. Zurnuhl, CBST, MA
27.05	R. Wittmer, AQJT, MN
27.21	A. Volpenhein, RAYS, OH
27.23	Emma Segneri, SAC, AZ
27.27	Aislinn Light, NOVA, CA
27.29t	Gabby Higgins, EGRA, MI
27.29t	Lauren Heller

NAG TOP 10 (LC) — continued from 53

1:04.07 Amy Okada, RYL, CA
 1:04.11 Kelsey Drake, CRAA, IA
 1:04.25t Alexis Margett, BREA, CA
 1:04.25t K. Steelyk, GMSC, NE

200 METER BUTTERFLY

2:07.01 M.T. Meagher, KY (1979)
 2:15.20 Becca Mann, CAT, FL
 2:15.81 Lauren Case, GOLD, GA
 2:17.95 V. Edwards, TXLA, ST
 2:18.11 Delaney Walz, GPAC, MA
 2:18.85 Nicole Fye, AAAA, GA
 2:19.30 Annie Kyriakidis, NAC, SE
 2:19.41 Mary Soule, YWNC, NC
 2:20.43 Valerie Gruet, UN, FL
 2:20.60 Paige Madden, CMSA, SE
 2:21.45 Azra Avdic, SWAQ, IL

200 METER INDIVIDUAL MEDLEY

2:12.73 Missy Franklin, CO (2009)
 2:21.67 Annie Kyriakidis, NAC, SE
 2:22.36 Chloe Isleta, SCSC, PC
 2:23.08 Allie Szekeley, CBST, MA
 2:23.37 C. Brennan, THSC, OR
 2:23.42 C. Mykkanen, NOVA, CA
 2:23.47 Rachel Boodt, TRA, CA
 2:23.73 Becca Mann, CAT, FL
 2:24.01 C. Cummings, COND, MR
 2:24.06 Meghan Small, YY, MA
 2:24.56 Ingrid Wall, NTSC, IL

400 METER INDIVIDUAL MEDLEY

4:39.82 Katie Hoff, MD (2004)
 4:50.17 Becca Mann, CAT, FL
 4:57.81 C. Mykkanen, NOVA, CA
 5:03.02 Emily Meilus, CUBU, PV
 5:03.72 Jerrica Li, MTSJ, NE
 5:03.77 Annie Kyriakidis, NAC, SE
 5:04.74 H. Kukurugya, CPSC, IN
 5:04.74 Krivokapic-Zhou, SCSC, PC
 5:04.98 Chenoa Devine, DAV, SN
 5:05.03 Lea Gwennap, CUBU, PV
 5:05.26 Chloe Isleta, SCSC, PC

GIRLS 14 YEARS

50 METER FREESTYLE

25.23 Missy Franklin, CO (2009)
 26.23 Mary Pelton, NBAC, MD
 26.25 Amy Bilquist, WSF, AZ
 26.36 N. McCullagh, MAC, NC
 26.38 Kasey Schmidt, BSS, FL
 26.48 C. Caldwell, LA, MV
 26.55 Avery Braunecker, UN, IL
 26.59 M. Comerford, SWYM, MI
 26.60 Kyra Sarason, EST, NE
 26.66 A. Weitzel, CANY, CA
 26.70 Victoria Toris, SAC, AZ

100 METER FREESTYLE

54.03 Missy Franklin, CO (2009)
 56.57 K. McLaughlin, MVN, CA
 56.99 N. McCullagh, MAC, NC
 57.30 Tori Bindi, UN, SE
 57.41 V. Yoshimura, SSC, MA
 57.49 Victoria Toris, SAC, AZ
 57.50 Emily Kosten, CBST, MA
 57.59 K. Konopka, YSSC, SC
 57.70 Amy Bilquist, WSF, AZ
 57.81 R. Postoll, RAYS, GA
 57.82 Jordan Stout, RSCA, OZ

200 METER FREESTYLE

1:58.53 C. Woodhead, CA (1978)
 2:00.01 Katie Ledecy, CUBU, PV
 2:01.34 Becca Mann, CAT, FL
 2:01.91 Katie McLaughlin, UN, CA
 2:02.70 R. Postoll, RAYS, CA
 2:04.07 A. Buscher, DADS, GU
 2:04.08 Hannah Boyd, RED, IL
 2:04.16 Katie Drabot, OZ, WI
 2:04.22 K. Dawson, FSLA, FL
 2:04.25 S. Shimomura, SCSC, PC
 2:04.63 D. Georges, AZOT, CA

400 METER FREESTYLE

4:07.15 C. Woodhead, CA (1978)
 4:08.65 Becca Mann, CAT, FL
 4:09.30 Katie Ledecy, CUBU, PV
 4:18.59 Erin Emery, SAND, CA
 4:19.36 Cassy Jernberg, SSTY, WI
 4:19.76 Katie McLaughlin, UN, CA
 4:20.91 S. Schmidt, GAAC, MA
 4:21.34 Katie Drabot, OZ, WI
 4:21.44 R. Postoll, RAYS, GA
 4:21.99 K. Dawson, FSLA, FL
 4:22.20t Dot Halmy, WEST, WI
 4:22.20t Isabel Whited, GOLD, AZ

800 METER FREESTYLE

8:29.35 C. Woodhead, CA (1978)
 8:28.54 Becca Mann, CAT, FL
 8:30.14 Katie Ledecy, CUBU, PV
 8:49.55 Erin Emery, SAND, C A

2:16.93 Becca Mann, CAT, FL
 2:17.16 Sydney Pickrem, UN, FL
 2:17.54 Katie Drabot, OZ, WI
 2:18.66 Ella Eastin, NOVA, CA
 2:19.12 Liz Zeiger, ABF, NE
 2:19.33 C. Mykkanen, NOVA, CA
 2:19.45 Sonia Wang, TCC, CA
 2:19.54 Kim Williams, BC, PN

1500 METER FREESTYLE

16:12.57 M. Richardson, FG (1984)
 16:11.98 Becca Mann, CAT, FL
 S. Schmidt, GAAC, MA
 17:03.61 Cassy Jernberg, SSTY, WI
 17:07.51 Lilly Vivado, ABF, NE
 17:07.63 Sydney Lofquist, DR, OH
 17:07.87 N. Rettberg, GWSC, CA
 17:12.70 B. Kampfer, NOVA, CA
 17:14.43 Kylie Mitchell, GMSC, NE
 17:14.60 Erin Emery, SAND, CA
 17:18.98 Anina Lund, UN, MR

100 METER BACKSTROKE

1:00.50 Missy Franklin, CO (2009)
 1:01.99 Kaitlin Harty, GMSC, NE
 1:02.30 C. Mykkanen, NOVA, CA
 1:02.44 Ella Eastin, NOVA, CA
 1:03.06 Asia Seid, LAK, KY
 1:03.26 K. Oberlander, YY, MA
 1:03.42 Claire Adams, CSC, IN
 1:03.47 Taylor Garcia, MLA, MI
 1:03.47 Elise Haan, T2, FL
 1:03.65 Megan Moroney, SAS, FG
 1:03.69 Amy Bilquist, WSF, AZ

200 METER BACKSTROKE

2:09.16 Missy Franklin, CO (2009)
 2:14.27 Kaitlin Harty, GMSC, NE
 2:14.33 Allie Szekeley, CBST, MA
 2:14.57 C. Mykkanen, NOVA, CA
 2:14.68 Amy Bilquist, WSF, AZ
 2:14.90 K. Oberlander, YY, MA
 2:16.57 Ella Eastin, NOVA, CA
 2:16.70 Elise Haan, T2, FL
 2:17.28 Sydney Pickrem, CAT, FL
 2:17.33 H. Whiteley, RAYS, OH
 2:17.75 Victoria Toris, SAC, AZ

100 METER BREASTSTROKE

1:08.09 Amanda Beard, CA (1996)
 1:09.87 Allie Szekeley, CBST, MA
 1:11.54 R. Munson, SHOR, WI
 1:11.71 Sydney Pickrem, UN, FL
 1:11.90 O. Anderson, AQJT, MN
 1:11.95 Lindsey Horejsi, ASF, MN
 1:12.21 M. Korenwind, TNT, CC
 1:12.29 Riley Scott, MP, PC
 1:12.57 Meghan Small, YY, MA
 1:12.61 Kate Herrill, ROSE, CA
 1:12.62 K. Lohman, LAK, KY

200 METER BREASTSTROKE

2:25.75 Amanda Beard, CA (1996)
 2:26.35 Allie Szekeley, CBST, MA
 2:32.14 Sydney Pickrem, UN, FL
 2:33.60 Lane McAre, SA, GA
 2:34.86 Riley Scott, MP, PC
 2:35.41 Katie Drabot, OZ, WI
 2:36.92 S. Faulconer, YSSC, SC
 2:37.38 Tatum Wade, NAC, SE
 2:37.53 Miranda Tucker, PCC, MI
 2:37.72t Olga Lapteva, UN, FL
 2:37.72t Kate Herrill, ROSE, CA

100 METER BUTTERFLY

59.51 Kendyl Stewart, SI (2009)
 1:00.39 K. McLaughlin, MVN, CA
 1:01.20 Lauren Case, GOLD, GA
 1:01.56 Madison Wright, KAW, MI
 1:01.88 Sonia Wang, TCC, CA
 1:01.90 V. Yoshimura, SSC, MA
 1:01.97 Alyssa Marsh, MAC, NC
 1:01.99 Haley McNerny, SA, GA
 1:02.06 Carrie Johnson, NAC, SE
 1:02.36 H. Grossman, CIAC, NJ
 1:02.45 Megan Moroney, SAS, FG

200 METER BUTTERFLY

2:07.01 M.T. Meagher, KY (1979)
 2:11.19 Becca Mann, CAT, FL
 2:13.39 Madison Wright, KAW, MI
 2:13.53 Lauren Case, GOLD, GA
 2:14.86 Katie McLaughlin, UN, CA
 2:15.96 Sarah Nowacki, CAST, SI
 2:17.12 Emma Spilman, PA, FL
 2:17.45 Astrid Swensen, YNS, NE
 2:17.46 H. Timmons, NTRO, ST
 2:17.85 Mandy Barnes, MVN, CA
 2:18.09 Claire Deselm, NAC, NC

200 METER INDIVIDUAL MEDLEY

2:12.73 Missy Franklin, CO (2009)
 2:15.98 Allie Szekeley, CBST, MA
 2:16.47 Meghan Small, YY, MA

400 METER INDIVIDUAL MEDLEY

4:39.82 Katie Hoff, MD (2004)
 4:39.76 Becca Mann, CAT, FL
 4:46.73 Allie Szekeley, CBST, MA
 4:48.01 Kim Williams, BC, PN
 4:51.92 Ella Eastin, NOVA, CA
 4:51.96 Katie Drabot, OZ, WI
 4:52.99 Sydney Pickrem, UN, FL
 4:53.28 Liz Zeiger, ABF, NE
 4:57.55 C. Mykkanen, NOVA, CA
 4:57.74 Katie McLaughlin, UN, CA
 4:57.96 Haley Rowley, BLDR, CO

GIRLS 15 YEARS

50 METER FREESTYLE

25.26 Missy Franklin, CO (2011)
 25.63 Simone Manuel, FCST, GU
 26.04 N. McCullagh, MAC, NC
 26.18 Iris Brand, PLS, PC
 26.26 A. Weitzel, CANY, CA
 26.28 K. Konopka, YSSC, SC
 26.31 C. McTaggart, ASA, PV
 26.32 Lauren Rhodes, MAC, NC
 26.33 Victoria Toris, SAC, AZ
 26.36t K. McLaughlin, MVN, CA
 26.36t K. Albertoli, AZOT, CA

100 METER FREESTYLE

53.63 Missy Franklin, CO (2011)
 55.45 Simone Manuel, FCST, GU
 56.28 Victoria Toris, SAC, AZ
 56.63 C. McTaggart, ASA, PV
 56.65 A. Weitzel, CANY, CA
 56.69 Mimi Schneider, ACAD, IL
 56.71 Katie Ledecy, CUBU, PV
 56.79 Cierra Runge, UN, MD
 56.80 K. McLaughlin, MVN, CA
 56.83 R. Postoll, RAYS, GA
 56.88 N. McCullagh, MAC, NC

200 METER FREESTYLE

1:55.06 Missy Franklin, CO (2011)
 1:58.66 Katie Ledecy, CUBU, PV
 2:01.43 K. McLaughlin, MVN, CA
 2:01.62 A. Weitzel, CANY, CA
 2:01.99 Q. Carrozza, NTRO, ST
 2:02.00 Lexy Aitchison, GOLD, AZ
 2:02.04 Kathleen Baker, MAC, NC
 2:02.50 Simone Manuel, FCST, GU
 2:02.59 Amy Jagdfeld, WEST, WI
 2:02.81 Sydney Pickrem, CAT, FL
 2:03.27 Eryn Eddy, LOVE, CO

400 METER FREESTYLE

4:05.45 Janet Evans, CA (1988)
 4:04.34 Katie Ledecy, CUBU, PV
 4:12.78 Leah Stevens, LAK, KY
 4:13.33 Lexy Aitchison, GOLD, AZ
 4:16.99 Kylie Stewart, DYNA, GA
 4:17.43 Kathleen Baker, MAC, NC
 4:17.80 Kendall Dawson, YCF, FL
 4:18.54 Zoe Thatcher, RAYS, OH
 4:18.63 E. Stinson, NAC, SE
 4:18.68 Summer Finke, SPA, FL
 4:19.07 Cierra Runge, NBAC, MD

800 METER FREESTYLE

8:17.12 Janet Evans, CA (1988)
 8:14.63 Katie Ledecy, CUBU, PV
 8:37.91 Leah Stevens, LAK, KY
 8:45.67 Lexy Aitchison, GOLD, AZ
 8:48.83 E. Stinson, NAC, SE
 8:52.47 Zoe Thatcher, RAYS, OH
 8:52.96 Erin Emery, SAND, CA
 8:53.67 Summer Finke, SPA, FL
 8:55.12 Brittany Kahn, AZOT, CA
 8:56.18 Kendall Dawson, YCF, FL
 8:56.43 Hannah Burns, GSC, FL

1500 METER FREESTYLE

15:52.10 Janet Evans, CA (1988)
 16:39.70 Lexy Aitchison, GOLD, AZ
 16:48.30 Summer Finke, SPA, FL
 16:48.96 Zoe Thatcher, RAYS, OH
 16:52.22 Erin Emery, SAND, CA
 17:02.96 Haley Rowley, BLDR, CO
 17:05.40 Brittany Kahn, AZOT, CA
 17:07.66 Carrie Bonfield, PPSST, NJ
 17:09.45 A. Richey, BLDR, CO
 17:10.74 E. Stinson, NAC, SE
 17:11.99 T. Shimansky, GSC, FL

100 METER BACKSTROKE

59.18 Missy Franklin CO 2011
 1:01.63 Kathleen Baker, MAC, NC
 1:02.03 Taylor Garcia, MLA, MI

1:02.38 Q. Carrozza, NTRO, ST
 1:02.39 Kylie Stewart, DYNA, GA
 1:02.63 Sydney Pickrem, CAT, FL
 1:02.78 Ella Eastin, NOVA, CA
 1:02.89 Ally Howe, PASA, PC
 1:02.96 M. Hinkle, SCSC, MN
 1:03.25 Hannah Moore, RSA, NC
 1:03.57 Lisa Bratton, TCCC, IE

200 METER BACKSTROKE

2:05.10 Missy Franklin, CO (2011)
 2:11.42 Sydney Pickrem, CAT, FL
 2:11.92 Q. Carrozza, NTRO, ST
 2:12.81 Kathleen Baker, MAC, NC
 2:13.02 Hannah Moore, RSA, NC
 2:14.29 Kylie Stewart, DYNA, GA
 2:14.99 Haley Rowley, BLDR, CO
 2:15.19 Vien Nguyen, UN, FL
 2:15.88 Ella Eastin, UN, FL
 2:16.05 Ally Howe, PASA, PC
 2:16.18 C. McHugh, KATY, GU

100 METER BREASTSTROKE

1:07.05 Megan Quann, PN (2000)
 1:10.45 Miranda Tucker, PCC, MI
 1:10.87 Emily Kopas, DANA, FG
 1:11.57 O. Anderson, AQJT, MN
 1:11.74 Sydney Pickrem, CAT, FL
 1:11.87 Samantha Yeo, UN, FL
 1:12.04 Lilly King, GEVO, IN
 1:12.30 Sarah Kaunitz, UN, OR
 1:12.31 Heidi Poppe, UN, CO
 1:12.35 Kathleen Baker, MAC, NC
 1:12.54 Sam Senczyzner, OZ, WI

200 METER BREASTSTROKE

2:25.35 Anita Nall, MD (1992)
 2:23.39 Miranda Tucker, PCC, MI
 2:23.80 Emily Kopas, DANA, FG
 2:24.44 Hannah Burns, GSC, FL
 2:24.62 Destiny Nelson, FA, NT
 2:24.93 Samantha Yeo, UN, FL
 2:25.51 P. Greenberg, LAK, KY
 2:25.79 Sherri McIntee, RSD, SI
 2:25.87 Kathleen Baker, MAC, NC
 2:26.41 Katie Evans, GRYM, CT
 2:26.44 Bethany Leap, SYS, FL

100 METER BUTTERFLY

57.93 M.T. Meagher, KY (1991)
 59.81 K. McLaughlin, MVN, CA
 1:00.78 Danielle Nack, MAN, MN
 1:01.11 Janet Hu, CUBU, PV
 1:01.16 Sonia Wang, TCC, CA
 1:01.28 Madison Wright, KAW, MI
 1:01.29 Meaghan Raab, HAC, MA
 1:01.48t Ella Eastin, NOVA, CA
 1:01.48t Bailey Nero, FAST, CO
 1:01.50 Mimi Schneider, ACAD, IL
 1:01.62 Taylor Garcia, MLA, MI

200 METER BUTTERFLY

2:05.96 M.T. Meagher, KY (1991)
 2:11.28 Madison Wright, KAW, MI
 2:12.76 Janet Hu, CUBU, PV
 2:12.92 K. McLaughlin, MVN, CA
 2:13.58 Sonia Wang, TCC, CA
 2:13.73 Megan Brown, GMSC, NE
 2:13.88 Courtney Weaver, FLY, MI
 2:15.01 Remedy Rule, SMAC, VA
 2:15.38 Megan Kingsley, UN, SC
 2:15.42 Ally Howe, PASA, PC
 2:15.78 Caitlin Casazza, UN, NC

200 METER INDIVIDUAL MEDLEY

2:10.41 Katie Hoff, MD (2005)
 2:15.75 Sydney Pickrem, CAT, FL
 2:16.35 Meaghan Raab, HAC, MA
 2:16.90 Kathleen Baker, MAC, NC
 2:17.17 Ella Eastin, NOVA, CA
 2:17.40 Kim Williams, BC, PN
 2:17.42 Hannah Moore, RSA, NC
 2:18.72 Haley Rowley, BLDR, CO
 2:18.92 Brooke Hansen, LOVE, CO
 2:19.02 Ally Rose, PASA, PC
 2:19.07 Maija Roves, MAC, NC

400 METER INDIVIDUAL MEDLEY

4:32.87 E. Beisel, NE (2008)
 4:48.42 Ella Eastin, NOVA, CA
 4:48.80 Kathleen Baker, MAC, NC
 4:49.42 Leah Stevens, LAK, KY
 4:50.20 Kim Williams, BC, PN
 4:50.44 Haley Rowley, BLDR, CO
 4:51.48 Megan Brown, GMSC, NE
 4:52.48 Sonia Wang, UN, SC
 4:52.72 Hannah Burns, GSC, FL
 4:52.80 Sydney Pickrem, CAT, FL
 4:53.37 Hannah Moore, RSA, NC

GIRLS 16 YEARS

50 METER FREESTYLE

25.26 Missy Franklin CO (2011)
 25.44 Lia Neal, AGUA, MR
 25.45 Simone Manuel, FCST, GU

25.53 Missy Franklin, STAR, CO
 25.72 Cierra Runge, NBAC, MD
 25.92 K. Vredevel, BAY, SE
 26.09 Janet Hu, CUBU, PV
 26.19 Mimi Schneider, ACAD, IL
 26.21 Lauren Rhodes, MAC, NC
 26.25 Lindsey Engel, UN, CA
 26.27 Ally Rockett, UN, MA

100 METER FREESTYLE

53.63 Missy Franklin, CO (2011)
 53.52 Missy Franklin, STAR, CO
 54.60 Simone Manuel, FCST, GU
 55.30 Lia Neal, AGUA, MR
 55.43 Cierra Runge, NBAC, MD
 56.15 Gillian Ryan, NBAC, MD
 56.58 Mimi Schneider, ACAD, IL
 56.66 Janet Hu, CUBU, PV
 56.88 A. Meyers, SSTY, WI
 56.94 K. Vredevel, BAY, SE
 56.95 Lauren Rhodes, MAC, NC

200 METER FREESTYLE

1:55.06 Missy Franklin, CO (2011)
 1:56.71 Missy Franklin, STAR, CO
 1:59.22 Gillian Ryan, NBAC, MD
 2:00.00 Leah Smith, JCCS, AM
 2:00.32 Simone Manuel, FCST, GU
 2:00.54 Cierra Runge, NBAC, MD
 2:01.90 Lia Neal, AGUA, MR
 2:02.95 Ally Howe, PASA, PC
 2:03.00 C. McHugh, KATY, GU
 2:03.19 Cecie Williams, ATAC, FL
 2:03.33 Janet Hu, CUBU, PV

400 METER FREESTYLE

4:05.45 Janet Evans, CA (1988)
 4:07.26 Gillian Ryan, NBAC, MD
 4:09.55 Leah Smith, JCCS, AM
 4:13.74 Missy Franklin, STAR, CO
 4:14.58 Cierra Runge, NBAC, MD
 4:17.37 S. Peters, LINS, GA
 4:18.13 Cecie Williams, ATAC, FL
 4:18.15 Cathy Hulsey, UN, GA
 4:18.18 Ellie Berdusco, SYS, FL
 4:18.54 Hannah James, SYS, FL
 4:19.00 Genevieve Miller, BSS, FL

800 METER FREESTYLE

8:17.12 Janet Evans, CA (1988)
 8:28.99 Gillian Ryan, NBAC, MD
 8:34.11 Leah Smith, JCCS, AM
 8:43.92 B. Lorentzen, MVN, CA
 8:49.57 S. Peters, LINS, GA
 8:50.34 Danielle Valley, SYS, FL
 8:50.97 Celina Li, PLS, PC
 8:52.15 Ellie Berdusco, SYS, FL
 8:53.33 Ashley Neidigh, BSS, FL
 8:53.60 Morgan Flynn, NAC, SE
 8:54.55 Kaersten Meitz, WEST, WI

1500 METER FREESTYLE

15:52.10 Janet Evans, CA (1988)
 16:14.67 Gillian Ryan, NBAC, MD
 16:16.54 Ellie Berdusco, SYS, FL
 16:57.65 A. Richey, BLDR, CO
 17:00.19 Brooke Lorentzen, UN, CA
 17:03.85 Caitly Silbert, CAT, NJ
 17:04.29 Veribel Ahey, WYU, CT
 17:04.67 Kaersten Meitz, WEST, WI
 17:06.18 C. McHugh, KATY, GU
 17:06.30 Emily Erwin, GAAC, MA
 17:07.20 Rachel Muller, SA, GA

100 METER BACKSTROKE

59.18 Missy Franklin, CO (2011)
 59.69 Missy Franklin, STAR, CO
 1:00.86 Kylie Stewart, DYNA, GA
 1:02.16 Hannah Weiss, KING, PN
 1:02.53 B. Alexander, J-HK, WI
 1:02.90 H. Vanderwel, KING, PN
 1:03.08 Janet Hu, CUBU, PV
 1:03.10 Laura Norman, NTN, NT
 1:03.22t Hellen Moffitt, CUBU, PV
 1:03.22t Tasija Karosas, SAS, FG
 1:03.31 Sydney Cooke, CROW, PC

200 METER BACKSTROKE

2:05.10 Missy Franklin, CO (2011)
 2:07.14 Missy Franklin, STAR, CO
 2:09.99 Kylie Stewart, DYNA, GA
 2:13.57 Ally Howe, PASA, PC
 2:15.00 Brooke Zeiger, ABF, NE
 2:15.05 Tasija Karosas, UN, NE
 2:15.17 B. Alexander, J-HK, WI
 2:15.33 Janet Hu, CUBU, PV
 2:15.77 Tara Halsted, UN, SN
 2:15.92 Emily Ranzau, DYNA, GA

100 METER BUTTERFLY

1:07.05 Megan Quann, PN (2000)
 1:10.84 Katharine Ross, CIA, IA

1:59.59 Lia Neal, AGUA, MR
1:59.84 Elizabeth Pelton, UN, FL
2:00.03 Jasmine Tosky, PASA, PC
2:00.24 Julia Anderson, FAST, NT
2:01.10 C. Morris, N AC, MD
2:02.16 Taylor Katz, SYS, FL
2:02.23 Kat Simonovic, GOLD, AZ

1:00.33 Olivia Barker, SAND, CA
1:00.38 Dana Grindall, SNCO, CT
1:00.46 Celina Li, PLS, PC
1:00.55 Kelsi Worrell, STRM, MA
1:00.78 R. Bootsma, AQJT, MN
1:01.11 H. Lundstrom, PKWY, OZ

8:47.31 Allison Brown, PLS, PC
8:49.42 Katy Campbell, PASA, CA
8:50.15 Taylor O'Brien, UN, MA
8:51.14 B. Brandon, MACS, CO
8:53.00 Kendall Adams, AZOT, CA
8:53.95 S. Nasson, AAC, NE

2:17.08 Sierra Kuhn, VAC, WI
2:17.21 Allie Burdost, RPST, VA
2:17.25 R. Bootsma, AQJT, MN
2:18.06 Nathaniel Linn, SYS, FL
2:18.57 Ashley Ruiz, TCCE, IE
2:18.65 Alicia Grima, PASA, PC

32.12 Will Tarvestad, TS, KY
32.17 Luke Durocher, RPST, VA
32.42 V. Marciano, MCSC, NJ
32.60 Nathan Yates, SCSC, PC
32.64 Destin Lasco, ACAC, MA
32.92 William Zhou, PDST, PN
33.00 Greg Kalin, MHSW, OH

2:32.94 Lucas Hedo, PCS, UT
2:33.48 John Clado, RMSC, PV
2:33.99 Ethan Tack, TS, MR
2:34.09 Seth Chun, RIO, AZ
2:34.47 Joshua Lee, TWST, GU
2:34.82 Kieran Smith, RAC, CT

400 METER FREESTYLE

4:02.20 Katie Hoff, MD (2008)
4:07.10 Leah Smith, JCCS, AM
4:08.38 C. Chenaulet, TERA, PC
4:11.51 C. Morris, NBAC, MD
4:12.09 R. Zilinskas, GAAC, MA
4:13.36 Missy Franklin, STAR, CO
4:13.87 Elizabeth Pelton, UN, FL
4:14.52 Jasmine Tosky, PASA, PC
4:14.61 Megan Rankin, UN, CA
4:14.77 Danielle Valley, SYS, FL
4:15.05 Taylor Katz, SYS, FL

2:06.96 K. Hersey, GA (2008)
2:09.74 Jasmine Tosky, PASA, PC
2:11.07 Celina Li, PLS, PC
2:11.90 Olivia Barker, SAND, CA
2:13.18 H. Lundstrom, PKWY, OZ
2:13.44 Hali Flickinger, YY, MA
2:13.54 Taylor Katz, SYS, FL
2:13.71 Sarah Koucheiki, LESD, LE
2:13.93 C. Morris, NBAC, MD
2:13.94 P. Forrester, GCAT, GA
2:14.19 Kendyl Stewart, NCA, SI

1:50 METER FREESTYLE
1:54.254 Kate Ziegler, PV (2007)
1:56.37.10 Megan Rankin, GWSC, CA
1:56.42.03 Eva Fabian, GMSC, NE
1:56.49.92 Katy Campbell, PASA, CA
1:56.54.28 Taylor O'Brien, UN, MA
1:56.57.09 Sam Harding, WILD, NM
1:57.01.77 N. Hlavacek, LOVE, CO
1:57.02.53 Kendall Brown, AZOT, CA
1:57.03.03 J. Holtzen, HAWG, AR
1:57.03.54 Jessica Wolf, WEST, WI
1:57.03.91 Andrea Basaraba, UN, CA

400 METER INDIVIDUAL MEDLEY
4:31.78 E. Beisel, NE (2011)
4:44.90 Lauren Driscoll, SFTL, FG
4:47.03 Jasmine Tosky, UN, PC
4:47.30 Andrea Kropp, RTL, CA
4:49.06 Allison Brown, PLS, PC
4:49.20 B. Brandon, MACS, CO
4:49.61 Megan Rankin, GWSC, CA
4:49.99 Rebecca Rainer, UF, FL
4:50.27 A. Carner, CGBD, VA
4:50.29 Emma Nun, NOVA, VA
4:51.51 T. Kylliaeni, UOFL, KY

100 METER BACKSTROKE
1:01.35 Seth Beer, GA (2009)
1:06.99 Zachary Hils, WA, KY
1:07.35 Luca Kravchenko, UN, FL
1:09.42 Yezean Alsader, BNY, IL
1:09.79 John Clado, RMSC, PV
1:09.89 V. Marciano, MCSC, NJ
1:10.24 C.J. Junker, YOSI, OZ
1:10.25 Destin Lasco, ACAC, MA
1:10.30t Nathan Yates, SCSC, PC
1:10.30t John Healy, WAVE, NC
1:11.04 D. McClure, NAAC, MD

200 METER INDIVIDUAL MEDLEY
2:15.42 Chas Morton, SE (1983)
2:24.70 Yezean Alsader, BNY, IL
2:28.66 John Clado, RMSC, PV
2:28.75 Zachary Hils, WA, KY
2:31.29 S. Blinkman, HASA, MN
2:31.47 Will Tarvestad, TS, KY
2:32.05 H. Hitchens, NOVA, CA
2:32.07 C.J. Junker, YOSI, OZ
2:32.12 I. Puskovitch, SWAC, MA
2:32.14 Jake Foster, CM, OH
2:32.40 Timmy Ellett, RMSC, PV

800 METER FREESTYLE

8:16.22 Janet Evans, CA (1989)
8:28.01 Leah Smith, JCCS, AM
8:36.59 Danielle Valley, SYS, FL
8:36.70 R. Zilinskas, GAAC, MA
8:37.28 C. Chenaulet, TERA, PC
8:40.74 C. Morris, NBAC, MD
8:43.60 Megan Rankin, UN, CA
8:48.66 Taylor Katz, SYS, FL
8:49.20 Hali Flickinger, YY, MA
8:49.54 B. Lorentzen, MVN, CA
8:49.94 Morgan Flynn, NAC, SE

200 METER INDIVIDUAL MEDLEY
2:12.05 Katie Hoff, MD (2006)
2:12.23 Elizabeth Pelton, UN, FL
2:14.13 Jasmine Tosky, PASA, PC
2:14.13 Celina Li, PLS, PC
2:14.31 Kaitlyn Jones, DST, MA
2:14.79 Anne Zhu, NBAC, MD
2:16.13 Emily Cameron, LAC, MA
2:17.44 Hali Flickinger, YY, MA
2:17.95 Katie Miller, FAST, LE
2:18.26 Allison Brown, PLS, PC
2:18.37 M.D'Innocenzo, CRIM, NE

100 METER BACKSTROKE
59.65 R. Bootsma, MN (2011)
59.10 R. Bootsma, AQJT, MN
1:00.25 Elizabeth Pelton, T2, FL
1:00.76 B. Brandon, MACS, CO
1:01.90 Isabella Arcila, UN, NT
1:02.35 Kelly Naze, TOPS, CO
1:02.39 Sierra Kuhn, VAC, WI
1:02.52 Sam Corea, TOPS, CO
1:02.67 C. Bartholomew, MLA, MI
1:02.69 Zoe Mattingly, ZSC, IN
1:02.72 Jillian Vitariuz, BTA, GU

BOYS 11 YEARS

50 METER FREESTYLE
25.51 Gregory Pelton, CT (2003)
27.31 Will Tarvestad, TS, KY
27.40 A. Trepanier, STRM, MN
27.71 Luca Kravchenko, UN, FL
27.73 Zachary Hils, WA, KY
28.00 S. Blinkman, HASA, MN
28.26 Eien McGe, SUNS, MS
28.41 Greg Kalin, MHSW, OH
28.46 Sam Smith, WOSC, MI
28.49 Luca Hess, PCS, UT
28.51t Ethan Churilla, HHSC, IN
28.51t William Kamps, ACAD, IL

200 METER BACKSTROKE
2:13.91 Ryan Murphy, FL (2008)
2:23.29 Yezean Alsader, BNY, IL
2:26.67 H. Hitchens, NOVA, CA
2:29.31 John Clado, RMSC, PV
2:30.66 C.J. Junker, YOSI, OZ
2:31.67 V. Marciano, MCSC, NJ
2:32.36 William Zhou, PDST, P
2:32.55 John Healy, WAVE, NC
2:33.00 Garrett Waite, BISC, PN
2:33.22 Michael Shay, NTRO, ST
2:33.27 M. Calvillo, AAAAA, ST

400 METER INDIVIDUAL MEDLEY

4:54.92 Nick Caldwell, FL (2006)
5:08.14 Yezean Alsader, BNY, IL
5:23.71 I. Puskovitch, SWAC, MA
5:26.89 Kieran Smith, RAC, CT
5:26.61 Alex Sun, YY, MA
5:26.89 Jeffrey Xu, DACA, PC
5:27.52 Jonathan Wang, CW, MI
5:28.47 Tim Marski, LIAC, MR
5:31.21 Joe Om, RY, NJ
5:32.10 B. Gravelly, SAND, CA
5:32.49 D. McClure, NAAC, MD

1500 METER FREESTYLE

15:42.54 Kate Ziegler, PV (2007)
16:26.93 Danielle Valley, SYS, FL
16:37.32 R. Zilinskas, GAAC, MA
16:43.61 Taylor Katz, SYS, FL
16:44.66 C. Morris, NBAC, MD
16:47.24 Autumn Finke, SPA, FL
16:55.55 Hali Flickinger, YY, MA
16:59.12 M.D'Innocenzo, CRIM, NE
16:59.43 Ashley Neidigh, BSS, FL
17:04.01 A. Korsberg, CRIM, NE
17:04.86 Ashley Boyles, TWST, GU

400 METER INDIVIDUAL MEDLEY
4:31.78 E. Beisel, NE (2011)
4:42.17 Celina Li, PLS, PC
4:45.16 R. Zilinskas, GAAC, MA
4:46.11 Hali Flickinger, YY, MA
4:46.77 Jasmine Tosky, PASA, PC
4:47.34 Megan Rankin, UN, CA
4:47.54 Kaitlyn Jones, DST, MA
4:48.04 Anne Zhu, UN, MD
4:48.71 Sierra Kuhn, VAC, WI
4:49.02 Emily Cameron, LAC, MA
4:50.16 M.D'Innocenzo, CRIM, NE

200 METER BACKSTROKE
2:07.82 E. Beisel, NE (2011)
2:08.06 Elizabeth Pelton, T2, FL
2:09.03 B. Brandon, MACS, CO
2:11.96 Jillian Vitariuz, BTA, GU
2:12.33 Sierra Kuhn, VAC, WI
2:13.55 H. Stenkvist, RSA, NC
2:14.00 Katie Rowe, SCHE, AD
2:14.57 Isabella Arcila, UN, NT
2:14.67 Kelly Naze, TOPS, CO
2:14.77 Marie Georger, EAC, AM
2:14.84 Lauren Driscoll, UN, FG

50 METER FREESTYLE

55.45 P. Padden, WV (2010)
1:00.08 Zachary Hils, WA, KY
1:00.43 Will Tarvestad, TS, KY
1:00.59 Luca Kravchenko, UN, FL
1:01.32 Aaron Kuo, PASA, PC
1:01.51 A. Trepanier, STRM, MN
1:01.67 Eien McGe, SUNS, MS
1:01.79 J. Destrampe, FRST, IN
1:01.86 S. Blinkman, HASA, MN
1:01.92 John Clado, RMSC, PV
1:02.11 Greg Kalin, MHSW, OH

50 METER BACKSTROKE

31.86 A. Robinson, CT (1992)
34.54 Jake Foster, CM, OH
35.12 S. Blinkman, HASA, MN
35.76 Matt Limbacher, T2, FL
35.79 J. Nepomuceno, BNSC, IL
36.21 Noah Cheruk, WYWW, CT
36.30 Dillon Hillis, MAKO, MR
36.55 S. Subramanian, FOX, IL
36.63 N. McDonald, UN, ST
36.68 John Higson, BSC, MA
36.69 William Zhou, PDST, PN

BOYS 12 YEARS

50 METER FREESTYLE
25.51 Gregory Pelton, CT (2003)
25.09 Michael Andrew, UN, MV
25.74 Tan Dunn Hill, SCAT, GA
25.80 Ethan Morse, FOX, IL
26.33 Matthew Lee, AZOT, CA
26.51 John Shelstad, SDVL, MN
26.53 Luke Gwin, NTRO, ST
26.64 Eien McGe, SUNS, MS
26.68 T. Burhans, STAR, NC
26.78 Sean Gay, SNCO, CT
26.80 Daniel Krueger, MSS, WI

100 METER BACKSTROKE

59.65 R. Bootsma, MN (2011)
58.33 Missy Franklin, STAR, CO
59.82 Olivia Smoliga, GTAC, IL
1:00.37 R. Bootsma, AQJT, MN
1:01.12 Elizabeth Pelton, UN, FL
1:01.64 M. White, CROW, PC
1:02.26 Kendyl Stewart, NCA, SI
1:02.44 Caitlyn Forman, CLPR, OH
1:02.58 Katie Kinneer, IST, PN
1:02.75 Y. Kuchkarova, RST, CA
1:02.89 Sierra Kuhn, VAC, WI

200 METER INDIVIDUAL MEDLEY
2:10.75 Kara L. Joyce, MI (2004)
25.00 M. Schaefer, STAN, PC
25.61 Ivy Martin, WA, WI
25.71 M. Lucas, ABSG, CA
25.96 R. Bootsma, AQJT, MN
26.02 Rachael Acker, PASA, PC
26.10 Kaitlyn Dressel, FSU, FL
26.18 Anne Jongekrijg, LL, MI
26.23 Susanna White, UN, AR
26.26 Taryn Collura, PSC, AZ
26.32 Kirsten Nitz, TNT, KY

100 METER BACKSTROKE
1:05.75 Kasey Carlson, PC (2009)
1:08.90 E. Schoettner, CGAC, IN
1:08.91 Sarah Haase, RMSC, PV
1:09.40 Andrea Kropp, RTL, CA
1:09.70 Annie Lazor, BBA, MI
1:10.70 Rachel Nicol, SMU, NT
1:10.92 S. Pochowski, SWAT, WI
1:11.27 K. Burchell, BAMA, SE
1:11.57 A. Meinholz, WEST, WI
1:11.64 Erica Stock, WSF, AZ
1:11.66 J. Van Camp, HACC, PV

200 METER FREESTYLE

2:00.88 M.Hirschberger, FL (2011)
2:09.69 Luca Kravchenko, UN, FL
2:11.30 Yezean Alsader, BNY, IL
2:11.51 Zachary Hils, WA, KY
2:12.53 Will Tarvestad, TS, KY
2:12.82 J. Destrampe, FRST, IN
2:13.28 John Clado, RMSC, PV
2:13.77 Aaron Kuo, PASA, PC
2:14.17 Joshua Lee, TWST, GU
2:14.91 Nate Stadler, WAC, OH
2:14.93 Isaac Jacobs, YCF, FL

100 METER BACKSTROKE

1:09.48 M. Smalley, GU (2000)
1:14.75 Jake Foster, CM, OH
1:17.47 Matt Limbacher, T2, FL
1:17.50 S. Blinkman, HASA, MN
1:17.79 J. Nepomuceno, BNSC, IL
1:18.60 Nick Chan, MPMR, CA
1:19.92 Nick McDonald, UN, ST
1:19.93 Dillon Hillis, MAKO, MR
1:20.62 Noah Cheruk, WYWW, CT
1:20.69 Liam Bell, SA, GA
1:20.80 Matthew Chan, MEY, NJ

100 METER FREESTYLE

55.45 P. Padden, WV (2010)
56.06 Michael Andrew, UN, MV
56.21 Tan Dunn Hill, SCAT, GA
56.92 Alex Ballard, DYNA, GA
57.10 Ethan Morse, FOX, IL
57.15 Michael Draves, BAC, WI
57.63 Matthew Lee, AZOT, CA
58.03 Eien McGe, SUNS, MS
58.41 Timothy Wu, CUBU, PV
58.45 Talon Lindquist, KKF, AK
58.51 T. Burhans, STAR, NC

200 METER BACKSTROKE

2:07.82 E. Beisel, NE (2011)
2:04.06 Missy Franklin, STAR, CO
2:08.99 Elizabeth Pelton, UN, FL
2:11.08 Kaitlyn Jones, DST, MA
2:11.53 Kendyl Stewart, NCA, SI
2:12.46 M. White, CROW, PC
2:12.57 B. Brandon, MACS, CO
2:13.17 L. Malazdrewicz, UN, CO
2:13.34 C. Bartholomew, MLA, MI
2:13.50 Sierra Kuhn, VAC, WI
2:14.18 Y. Kuchkarova, RST, CA

100 METER FREESTYLE
54.28 Katie Hoff, MD (2008)
55.11 Elizabeth Pelton, T2, FL
55.57 M. Schaefer, STAN, PC
55.88 Rachael Acker, PASA, PC
56.02 R. Bootsma, AQJT, MN
56.13 M. Lucas, ABSG, CA
56.41 Julia Anderson, FAST, NT
56.47 Cynthia Pammett, IU, IN
56.71 Jasmine Tosky, UN, PC
56.80 Zoe Mattingly, ZSC, IN
56.83 Haley Molden, TSA, MV

200 METER BACKSTROKE
2:25.35 Amanda Beard, AZ (2000)
2:26.62 Andrea Kropp, RTL, CA
2:27.49 E. Schoettner, CGAC, IN
2:28.36 Annie Lazor, BBA, MI
2:30.94 Rachel Nicol, SMU, NT
2:32.38 Jasmine Tosky, PASA, PC
2:32.77 Sarah Haase, RMSC, PV
2:33.88 Kate Records, UN, CA
2:34.12 Rebecca Rainer, UF, FL
2:34.44 A. Meinholz, WEST, WI
2:34.52 Francesca Marr, UN, IN

400 METER FREESTYLE

4:12.52 M.Hirschberger, FL (2011)
4:29.22 Yezean Alsader, BNY, IL
4:33.46 Luca Kravchenko, UN, FL
4:36.81 Zachary Hils, WA, KY
4:38.63 I. Puskovitch, SWAC, MA
4:40.26 Aldan Johnston, LAK, KY
4:40.70 Will Tarvestad, TS, KY
4:40.88 Joshua Lee, TWST, GU
4:41.14 M. Calvillo, AAAAA, ST
4:41.66 Isaac Jacobs, YCF, FL
4:41.77 B. Gravelly, SAND, CA

200 METER BACKSTROKE

2:30.12 Sean Mahoney, PC (2001)
2:44.79 Jake Foster, CM, OH
2:47.07 Matt Limbacher, T2, FL
2:48.49 J. Nepomuceno, BNSC, IL
2:53.40 Nick McDonald, UN, ST
2:53.56 S. Blinkman, HASA, MN
2:54.49 I. Puskovitch, SWAC, MA
2:54.77 A. Weidner, PEAK, PC
2:54.91 Lance Rainer, JW, MA
2:56.64 Alex Perry, LSS, MR
2:56.71 Noah Cheruk, WYWW, CT

200 METER FREESTYLE

2:00.88 M.Hirschberger, FL (2011)
2:03.86 Michael Draves, BAC, WI
2:05.01 Matthew Lee, AZOT, CA
2:05.08 Alex Ballard, DYNA, GA
2:06.12 Tan Dunn Hill, SCAT, GA
2:06.12 Luke Gwin, NTRO, ST
2:06.54 S. Wijesekera, RMSC, PV
2:06.65 Timothy Wu, CUBU, PV
2:06.67 Michael Brinegar, DON, IN
2:06.97 J. McDonald, CM, OH
2:06.98 Miguel Jacome, LAC, MA

100 METER BACKSTROKE

1:05.75 Kasey Carlson, PC (2009)
1:08.84 Annie Zhu, NBAC, MD
1:09.42 Sarah Haase, RMSC, PV
1:10.02 Jasmine Tosky, PASA, PC
1:10.65 Annie Lazor, BBA, MI
1:10.85 Katharine Ross, CIA, IA
1:10.88 K. Brumbaum, RAYS, VA
1:10.90 Emily Cameron, LAC, MA
1:11.09 Taylor Young, SRN, PC
1:11.11 C. Callahan, SEA, MA
1:11.21 K.C. Moss, NACY, CT

200 METER FREESTYLE

1:55.92 Allison Schmitt, MI (2008)
1:58.91 Jasmine Tosky, PASA, PC
2:00.08t Elizabeth Pelton, T2, FL
2:00.08t Catherine Breed, PLS, PC
2:00.21 Julia Anderson, FAST, NT
2:01.56 Kiera Janzen, UOFL, MN
2:01.62 Haley Lips, YSSC, SC
2:01.96 Leticia Lelli, GOLD, AZ
2:01.97 Allison Brown, PLS, PC
2:02.32 Jessica Plant, UOFL, MN
2:02.86 R. Bootsma, AQJT, MN

100 METER BUTTERFLY

58.41 Felicia Lee, MD (2010)
59.01 Jasmine Tosky, PASA, PC
59.97 Kelly Naze, TOPS, CO
1:00.12 Lillian Hillis, MAKO, MR
1:00.13 R. Bootsma, AQJT, MN
1:00.58 Haley Lips, YSSC, SC
1:00.67 Natalie Hinds, COM, WT
1:00.80 Sam Corea, TOPS, CO
1:01.19 Kirsten Nitz, TNT, KY
1:01.32 Christina Bechtel, UK, KY
1:01.43t Mary King, SA, GA
1:01.43t Mary Griffith, LODI, SN

800 METER FREESTYLE

8:48.59 M.Hirschberger, FL (2011)
9:31.30 Isaac Jacobs, YCF, FL
9:33.87 Yezean Alsader, BNY, IL
9:34.42 Luca Kravchenko, UN, FL
9:38.46 Marshall Webster, SYS, FL
9:42.21 Alexander Gusev, SYS, FL
9:45.77 B. Gravelly, SAND, CA
9:48.30 M. Calvillo, AAAAA, ST
9:51.67 Daniel Berlitz, UN, MA
9:53.16 Aaron Kuo, PASA, PC
10:03.94 Nate McFaul, THSC, OR

50 METER BUTTERFLY

27.36 Justin Lynch, PC (2009)
29.51 A. Trepanier, STRM, MN
29.75 Dillon Hillis, MAKO, MR
30.20 H. Hitchens, NOVA, CA
30.40t Greg Kalin, MHSW, OH
30.40t Will Tarvestad, TS, KY
30.41 Van Mathias, MACK, OR
30.42 Blake Wilton, BD, FL
30.53 William Zhou, PDST, PN
30.62 Luca Hess, PCS, UT
30.76 Luke Durocher, RPST, VA

400 METER FREESTYLE

4:12.52 M.Hirschberger, FL (2011)
4:21.73 Michael Draves, BAC, WI
4:23.48 Matthew Lee, AZOT, CA
4:24.67 Luke Gwin, NTRO, ST
4:24.98 Santi Corredor, SWIM, FL
4:25.04 Steven Mills, LY, VA
4:25.07 M. Willenbring, NTN, NT
4:25.92 Simon Lamar, FAST, CA
4:26.45 Michael Brinegar, DON, IN
4:26.59 Sean Lee, TCS, CA
4:26.85 Alex Ballard, DYNA, GA

200 METER BACKSTROKE

2:25.35 Amanda Beard, AZ (2000)
2:26.65 Annie Zhu, NBAC, MD
2:30.19 Annie Lazor, BBA, MI
2:30.27 Jasmine Tosky, PASA, PC
2:32.51 Blair Carnes, NOVA, VA
2:32.57 K.C. Moss, NACY, CT
2:33.45 Marisa Pulaski, DR, OH
2:33.81 Bri Jurries, GOLD, AZ
2:34.16 C. Callahan, SEA, MA
2:34.26 Abby Fisher, LHY, NJ
2:34.79 Cheryl Lim, UN, FL

400 METER FREESTYLE

4:02.20 Katie Hoff, MD (2008)
4:12.97 Jasmine Tosky, PASA, PC
4:13.89 Megan Rankin, GWSC, CA
4:15.17 Allison Brown, PLS, PC
4:15.22 B. Brandon, MACS, CO
4:15.37 Katy Campbell, PASA, CA
4:15.47 Catherine Breed, CALI, PC
4:15.62 Lauren Driscoll, UN, FG
4:16.33 H. Stenkvist, RSA, NC
4:16.67 Kiera Janzen, UOFL, MN
4:17.30 Madison Jacobi, LINS, GA

200 METER BUTTERFLY

2:06.96 K. Hersey, GA (2008)
2:08.91 Jasmine Tosky, PASA, PC
2:12.02 Emma Nun, NOVA, VA
2:14.02 Kaitlin Pawlowicz, UT, ST
2:14.67 R. Bootsma, AQJT, MN
2:15.07t Haley Lips, YSSC, SC
2:15.07t T. Kylliaeni, UOFL, KY
2:15.18 Molly Dubrasky, UN, FL
2:15.48 Rachel Moore, CRIM, NE
2:16.32 Megan Rankin, GWSC, CA
2:16.52 Mary Griffith, LODI, SN

1500 METER FREESTYLE

16:44.67 Nick Caldwell, FL (2006)
17:57.43 I. Puskovitch, SWAC, MA
18:12.17 B. Gravelly, SAND, CA
18:19.07 M. Calvillo, AAAAA, ST
18:36.77 Isaac Jacobs, YCF, FL
18:42.37 Tim Marski, LIAC, MR
19:13.45 Chris Lindley, AAAAA, ST
19:13.83 Adam Kapusta, LIAC, MR
19:14.61 Cade Brower, CANY, CA
19:16.86 Jonathan Wang, CW, MI
19:18.95 M. Milne, GLAS, CT

100 METER BUTTERFLY

58.74 Chas Morton, SE (1983)
1:06.02 Yezean Alsader, BNY, IL
1:06.56 Will Tarvestad, TS, KY
1:06.92 John Clado, RMSC, PV
1:07.47 Jota Iwase, FAST, IN
1:07.52 Dillon Hillis, MAKO, MR
1:07.65 William Zhou, PDST, PN
1:07.68 Luca Hess, PCS, UT
1:07.96 H. Hitchens, NOVA, CA
1:08.31 Timmy Ellett, RMSC, PV
1:08.34 Danny Kovac, FAST, CO

800 METER FREESTYLE

8:48.59 M.Hirschberger, FL (2011)
8:55.98 Michael Draves, BAC, WI
9:02.83 Nicholas Cruse, MP, PC
9:07.07 Robert Finke, SPA, FL
9:07.59 Marshall Webster, SYS, FL
9:12.17 K. Myburgh, GATR, VA
9:12.87 Sean Lee, TCS, CA
9:15.62 A. Abruzzo, PCA, MA
9:16.57 Max Miranda, KCY, NE
9:19.04 Matthew Lee, AZOT, CA
9:24.46 Jack Scobee, BEAR, CT

100 METER BUTTERFLY

58.41 Felicia Lee, MD (2010)
59.43 Jasmine Tosky, PASA, PC
59.52 Kendyl Stewart, NCA, SI
59.78 Katie Kinneer, IST, PN
1:00.21 Elizabeth Pelton, UN, FL

800 METER FREESTYLE

8:16.22 Janet Evans, CA (1989)
8:46.13 Megan Rankin, GWSC, CA
8:45.67 Madison Jacobi, LINS, GA
8:46.75 Kiera Janzen, UOFL, MN
8:47.22 Eva Fabian, GMSC, NE

200 METER INDIVIDUAL MEDLEY

2:10.05 Katie Hoff, MD (2006)
2:10.02 Elizabeth Pelton, UN, FL
2:13.87 Jasmine Tosky, PASA, PC
2:14.84 Andrea Kropp, RTL, CA
2:16.16 Kelly Naze, TOPS, CO

50 METER BACKSTROKE

28.49 Seth Beer, GA (20

NAG TOP 10 (LC) — continued from 55

17:51.26	Trey Freeman, CHAT, UT
17:53.68	A. Abruzzo, PCAC, MA
17:54.36	Matthew Lee, UN, CA
17:55.10	Max Miranda, KCY, NE
17:55.55	Sean Lee, TC5, CA
17:58.82	J. Young, GOLD, GA
17:59.59	Nicholas Perera, SOFL, FG

1:02.98	Ivan Graham, IST, PN
1:03.07	C. Harrington, PACK, SE
1:03.13	Michael Andrew, UN, MV
1:03.22	David May, CDOG, CT
1:03.63	Isaac Gwin, NTRO, ST
1:03.77	H. Hitchens, NOVA, CA
1:03.78	M. Niegodzki, NEP, AZ
1:03.99	Jack Levant, FOX, IL

8:20.55	M. Hirschberger, CAT, FL
8:48.27	Brandon Yong, UN, CA
8:49.13	Myron Shen, THSC, OR
8:50.76	Brad Gonzales, NOVA, CA
8:52.32	Matthew Hales, MVN, CA
8:52.66	T. Hanson, AZOT, CA
8:53.24	Justin Roy, WHAT, GU
8:53.95	Taylor Abbott, CPS, ST
8:54.89	Ariel Spektor, GAAC, MA
8:56.11	Chris Yeager, FCST, GU

2:14.96	Kevh Kyriakidis, NAC, SE
2:15.18	Sevin Dai, CANY, CA
2:15.80	Charles Vaughan, BA, IN
2:16.73	Bryce Murad, SNCO, CT
2:16.88	B. Pastorek, GCAT, GA
2:17.40	Michael Andrew, UN, MV
2:17.60	Timmy Hanson, UN, CA
2:18.16	Oliver Martin, IFLY, IA
2:18.41	Daniel Carr, CMA, CO

58.64	Thomas Smith, AZOT, CA
58.90	Alex Martin, JW, MA
58.95	Benjamin Ho, PEAK, PC
59.25	T. Anderson, KING, PN
59.36	Jason Ewart, NBAC, MD
59.83	Aidan Burns, SCSC, PC
59.84	C. Stewardsw, YY, MA
59.91	D. McArthur, LKWD, CA
1:00.12	M. McLaughlin, IFLY, IA

23.64	Ben Carter, SJA, MI
23.79	Justin Lynch, TERA, PC
23.94	Kyle Lynch, RST, CA
23.95	Wesley Zawatski, CYC, MA
24.10	Edly Olmsted, HTA, FL
24.18	M. Gonzalez, DANA, FG
24.20	Kevin Frifeldt, KSC, HI
24.22	Sean Tate, SO, MW
24.23	Tate Jackson, NTRO, ST

50 METER BACKSTROKE

28.49	Seth Beer, GA (2009)
28.73	Tan Dunn III, SCAT, GA
29.73	Michael Andrew, UN, MV
30.03	Ethan Morse, FOX, IL
30.06	Andy Yap, RAYS, GA
30.57	Alex Boratto, PCAC, MA
30.72	David May, CDOG, CT
30.86t	Luke Gwin, NTRO, ST
30.86t	L. Bathory, STAR, NC
30.94	Drew Kibler, SCS, IN
31.00	Jonah Cooper, PLS, PC

2:14.40	Ryan Murphy, FL (2008)
2:17.34	Sean Lee, TC5, CA
2:19.27	David May, CDOG, CT
2:19.83	Jake Zalinski, KAW, MI
2:19.92	Ivan Graham, IST, PN
2:21.72	H. Hitchens, NOVA, CA
2:21.74	C. Harrington, PACK, SE
2:21.81t	Camden Murphy, SAC, MI
2:21.81t	Max Miranda, KCY, NE
2:21.84	Christian Schoen, SAC, NE
2:22.47	Michael Draves, BAC, WI

15:31.03	Jesse Vassallo, CA (1976)
15:53.41	M. Hirschberger, CAT, FL
16:33.17	Brad Gonzales, NOVA, CA
16:42.99	T. Hanson, AZOT, CA
16:43.40	Taylor Abbott, CPS, ST
16:44.09	Brandon Yong, UN, CA
16:48.18	Chris Yeager, FCST, GU
16:49.24	Chris Robinson, MTS, SE
16:53.12	Spencer Lafata, BAD, MR
16:55.54	Barley Fields, TWST, GU
17:03.13	Matthew Hales, MVN, CA

400 METER INDIVIDUAL MEDLEY

4:24.77	M.Phelps, MD (2000)
4:44.53	Sean Grieshop, EPAP, BD
4:47.46	T. Hanson, AZOT, CA
4:47.66	Maxime Rooney, PLS, PC
4:51.32	Kevin Dai, CANY, CA
4:52.66	Sean Lee, TC5, CA
4:53.05	Ariel Spektor, GAAC, MA
4:53.05	John Fulginiti, BD, FL
4:53.08	Johnny Ellery, CANY, CA
4:53.35	Dylan North, YY, MA
4:53.51	Seth Kyriakidis, NAC, SE

200 METER BACKSTROKE

2:02.78	Aaron Peirsol, CA (1998)
2:06.07	Ethan Young, CCAC, GA
2:06.23	Thomas Smith, AZOT, CA
2:07.92	Benjamin Ho, PEAK, PC
2:08.09	Cooper Hodge, CAC, OH
2:08.38t	Aidan Burns, SCSC, PC
2:08.38t	Anthony Kim, CAQ, NM
2:08.81	Maxime Rooney, PLS, PC
2:08.92	D. McArthur, LKWD, CA
2:09.02	Coleman Stewart, YY, MA
2:09.56	Brennan Balogh, LSS, MW

100 METER FREESTYLE

50.24	Joe Hudspohl, OH (1990)
50.85	Caeleb Dressel, BSS, FL
51.46	Justin Lynch, TERA, PC
52.15	C. Ellington, YOTA, NC
52.18	Kyle Gornay, RST, CA
52.43	A. Seliskar, CUBU, PV
52.69	Tommy Thach, KING, PN
52.94	Jonathan Marsh, VAC, WI
53.07	Brad Zdroik, SVY, NJ
53.11t	Cole Buese, UN, MD
53.11t	Kevin Frifeldt, KSC, HI

100 METER BACKSTROKE

1:01.35	Seth Beer, GA (2009)
1:02.59	Tan Dunn III, SCAT, GA
1:04.39t	Ethan Morse, FOX, IL
1:04.39t	Andy Yap, RAYS, GA
1:04.40	Isaac Gwin, NTRO, ST
1:04.40t	Luke Gwin, NTRO, ST
1:04.71	L. Bathory, STAR, NC
1:04.88	C. Harrington, PACK, SE
1:04.91	Alex Boratto, PCAC, MA
1:05.57	Michael Andrew, UN, MV
1:06.26	Eddie Michael, DCST, OH

200 METER INDIVIDUAL MEDLEY

2:15.42	Chas Morton, SE (1983)
2:18.38	Michael Andrew, UN, MV
2:20.13	Isaac Gwin, NTRO, ST
2:21.51	Michael Draves, BAC, WI
2:22.02	Andy Yap, RAYS, GA
2:23.11	Matthew Lee, AZOT, CA
2:23.15	M. Willenbring, NTN, NT
2:23.55	David May, CDOG, CT
2:23.71	Maxwell Chen, KAW, MI
2:23.89	H. Hitchens, NOVA, CA
2:24.01	Andrew Schuler, ZSC, IN

100 METER BACKSTROKE

57.76	Ryan Murphy, FL (2010)
1:02.02	Michael Taylor, SA, GA
1:02.16	Michael Andrew, UN, MV
1:02.18	Daniel Carr, CMA, CO
1:02.42	T. Anderson, KING, PN
1:02.51	C. Wozencraft, DADS, GU
1:02.63	Maxime Mooney, PLS, PC
1:02.73	C. Harrington, PACK, SE
1:02.74	M. Hirschberger, CAT, FL
1:02.85	Sean Grieshop, EPAP, BD
1:02.94	Jackson Defore, T2, FL

BOYS 14 YEARS

50 METER FREESTYLE

23.50	Caeleb Dressel, FL (2011)
24.30	Greg Brocato, CBST, MA
24.36	M. McLaughlin, IFLY, IA
24.54	Ty Powers, UN, GA
24.72	Collin Turner, NBAC, MD
24.75	Zhuang Pigo, MACM, FG
24.76	Tristan Furnary, MAC, OR
24.78	Maxime Rooney, PLS, PC
24.79t	J. De Real, TWST, GU
24.79t	T. Anderson, KING, PN
24.80	Mason Miller, SRVL, PC

100 METER BACKSTROKE

1:04.74	A. Robinson, GU (1994)
1:05.61	Daniel Chang, BSC, SE
1:07.03	Blair Bish, LRAD, AR
1:07.24	Ben Walker, NTRO, ST
1:07.31	Safa Anya, HCAP, GU
1:07.44	C. Vissinger, CUBU, PV
1:07.97	Thomas Kim, MTRQ, NT
1:08.50	Keven Shang, DACA, PC
1:08.74	T. Anderson, KING, PN
1:08.78	Judd Howard, AZOT, CA
1:08.93	Albert Lee, SUNA, HI

200 METER FREESTYLE

1:49.48	Ian Crocker, ME (1998)
1:52.21	Caeleb Dressel, BSS, FL
1:52.75	A. Seliskar, CUBU, PV
1:53.32	Nick Silverthorn, PLS, PC
1:53.45	Liam Egan, CRIM, NE
1:53.76	Ryan Kao, UN, CA
1:53.96	Jonathan Marsh, VAC, WI
1:54.16	Alex Katz, SYS, FL
1:54.21	Kyle Gornay, RST, CA
1:54.53	Jon Zoucha, THSC, OR
1:54.97	Tommy Thach, KING, PN

200 METER BACKSTROKE

2:13.91	Ryan Murphy, FL (2008)
2:15.56	Isaac Gwin, NTRO, ST
2:16.25	Luke Gwin, NTRO, ST
2:19.36	L. Bathory, STAR, NC
2:19.49	Ethan Morse, FOX, IL
2:19.66	Andy Yap, RAYS, GA
2:20.12	J. McDonald, CM, OH
2:21.52	Alex Boratto, PCAC, MA
2:22.13	H. Hitchens, NOVA, CA
2:22.36	S. Wijesekera, RMSC, PV
2:22.98	Sean Lee, TC5, CA

400 METER INDIVIDUAL MEDLEY

4:54.92	Nick Caldwell, FL (2006)
5:01.08	Michael Draves, BAC, WI
5:02.91	Sean Lee, TC5, CA
5:04.34	K. Myburgh, GATR, VA
5:05.13	A. Abruzzo, PCAC, MA
5:06.01	Jack Scobee, BEAR, CT
5:06.47	Maxwell Chen, KAW, MI
5:06.56	Lyon Zhang, MSJA, PC
5:07.13	Brian Copple, SUNN, PC
5:07.48	Max Miranda, KCY, NE
5:07.60	Alex Park, TS, MR

200 METER BACKSTROKE

2:02.78	Aaron Peirsol, CA (1998)
2:12.37	M. Hirschberger, CAT, FL
2:13.55	Daniel Carr, CMA, CO
2:14.44	Michael Taylor, SA, GA
2:14.73	C. Harrington, PACK, SE
2:15.04	Sean Grieshop, EPAP, BD
2:15.10	C. Wozencraft, DADS, GU
2:15.26	Maxime Rooney, PLS, PC
2:15.35	Josh Artmann, NTRO, ST
2:15.42	Nick Alexander, FST, OZ
2:15.71	Eric Whisenant, USC, SE

100 METER FREESTYLE

51.59	Noel Strauss, AR (1987)
52.41	Maxime Rooney, PLS, PC
53.01	K. Auerbach, DYNA, GA
53.22	Greg Brocato, CBST, MA
53.41	Alex Taylor, DAQ, GA
53.59	Ryan Hoffer, SAC, AZ
53.63	Preston Padden, PKB, WV
53.80t	M. McLaughlin, IFLY, IA
53.80t	Grant House, CM, OH
54.02	James Murphy, MACH, PV
54.04	Mason Miller, SRVL, PC

200 METER BACKSTROKE

2:20.48	Joseph Bentz, GA (2010)
2:22.19	Ben Walker, NTRO, ST
2:22.60	Daniel Chang, BSC, SE
2:23.03	Thomas Kim, MTRQ, NT
2:24.30	Alex Jahan, GRYM, CT
2:26.18	T. Anderson, KING, PN
2:26.73	Albert Lee, SUNA, HI
2:26.84	C. Vissinger, CUBU, PV
2:26.90	Judd Howard, UN, CA
2:27.94	Jason Tillotson, SWIM, FL
2:28.36	C. Ganley, GBSA, MD

400 METER FREESTYLE

3:50.68	Larsen Jensen, CC (2002)
3:58.95	Henry Campbell, QDD, VA
3:59.97	Liam Egan, CRIM, NE
4:00.66	Nick Arakelian, KAW, MI
4:01.98	Ryan Kao, UN, CA
4:02.51	Jason O'Brien, NCA, SI
4:03.50	Jonathan Marsh, VAC, WI
4:03.68	Brian Tsau, CUBU, PV
4:03.78	Nick Silverthorn, PLS, PC
4:03.95	N. Mueller, STAR, CO
4:04.01	A. Seliskar, CUBU, PV

50 METER BREASTSTROKE

31.86	A. Robinson, CT (1992)
32.63	Michael Andrew, UN, MV
32.63	Leo Xiao, ICE, IA
33.18	Tristan Castellino, SOFL, FG
33.30	Reece Whitley, PCAC, MA
33.47	David Sears, SPY, MD
33.59	Noah Garvey, RMSC, PV
33.76	Will Chan, LESD, LE
33.79	Matt Limbacher, T2, FL
33.80	Evan Zhang, GATE, MR
33.88	Anthony Tran, WSY, PN

BOYS 13 YEARS

50 METER FREESTYLE

23.50	Caeleb Dressel, FL (2011)
24.44	Michael Andrew, UN, MV
24.85	Jack Blake, PSC, AZ
24.89	Hugo Sykes, WYVW, CT
24.90	Ryan Hoffer, SAC, AZ
24.95	C. Young, SASA, ST
25.40	Julien Pinson, SOFL, FG
25.41	Jay Ludwig, ODAC, VA
25.42	Roh Shelstad, SDVL, MN
25.57	Oliver Martin, IFLY, IA
25.63	Gary Kostbade, DUNE, IN

100 METER BREASTSTROKE

1:04.74	A. Robinson, GU (1994)
1:07.13	Daniel Chang, BSC, SE
1:07.15	Michael Andrew, UN, MV
1:08.43	Alec Hsing, TRID, CA
1:09.27	James Daugherty, UN, FL
1:09.53	Daniel Carr, CMA, CO
1:09.73	Hank Poppe, CROW, PV
1:09.78	Chandler Bray, THT, IN
1:10.38	Gary Kostbade, DUNE, IN
1:10.55	B. Pastorek, GCAT, GA
1:10.67	William Tabor, BSS, FL

100 METER FREESTYLE

1:53.52	Tom Kremer, PC (2009)
1:54.41	Maxime Rooney, PLS, PC
1:55.95	K. Auerbach, DYNA, GA
1:55.96	Aidan Burns, SCSC, PC
1:56.22	Wes McGovern, TBAY, FL
1:56.38	M. Boscaino, CAT, FL
1:57.21	Benjamin Ho, PEAK, PC
1:57.57	J. Glavich, YOTA, NC
1:57.60	James Murphy, MACH, PV
1:57.65	Luke Hanner, SPA, FL
1:57.72	Derek Cox, CAD, GA

200 METER FREESTYLE

54.80	Justin Lynch, PC (2011)
56.59	Greg Brocato, CBST, MA
56.83	Maxime Rooney, PLS, PC
57.74	Alex Valente, UN, CA
57.98	Derek Cox, CAD, GA
58.11	Anthony Kim, CAQ, NM
58.12	Zhuang Pigo, MACM, FG
58.30	Ethan Young, CCAC, GA
58.37	Maicoll Gomez, SCAR, NJ
58.48	Cole Avery, BBST, PN
58.57	Ty Jeter, AAAA, ST

800 METER FREESTYLE

7:52.05	Larsen Jensen, CC (2002)
8:17.54	Logan Houck, SAND, CA
8:21.77	Henry Campbell, QDD, VA
8:22.72	P.J. Ransford, PACK, NI
8:22.98	Brian Tsau, CUBU, PV
8:23.64	Nick Norman, MVN, CA
8:25.44	Jonathan Marsh, VAC, WI
8:27.26	Gavin Springer, CUBU, PV
8:28.61	Kevin George, CY, OH
8:30.12	Ken Takahashi, AZOT, CA
8:30.50	Heyward Brown, TC, SC

100 METER BACKSTROKE

1:09.48	M. Smalley, GU (2000)
1:09.95	Michael Andrew, UN, MV
1:12.18	Reece Whitley, PCAC, MA
1:12.45	Billy Leader, HOSC, IL
1:12.84	Leo Xiao, ICE, IA
1:13.00	Mitch Kovins, KING, PN
1:13.16	David Sears, SPY, MD
1:13.62	Ivan Graham, IST, PN
1:13.90	Lyon Zhang, MSJA, PC
1:13.95	Anthony Tran, WSY, PN
1:13.97	Felix Chun, DACA, PC

1:05.46 Ross Palazzo, HEAT, LE
1:05.47 Gunther Cassell, LIE, MR
1:05.62 G. Huidobro, DANA, FG
1:05.71 A. Seliskar, CUBU, PV
1:05.72 Blair Bish, LRAD, MR
1:05.84 T. Brewer, CURR, OR
1:05.99 Nick Arakelian, KAW, MI
1:06.22 M. Grenon, TERA, PC

1:50.74 Reed Malone, NTSC, IL
1:51.59 Alex Katz, SYS, FL
1:52.03 Nick Silverthorn, PLS, PC
1:52.11 Kyle Gornay, RST, CA
1:52.35 Blake Pieroni, DUNE, IN
1:52.46 J. Romany, DANA, FG
1:52.66 Liam Egan, CRIM, NE
1:52.75 Jimmy Yoder, RAYS, GA

54.44t M. Domagala, AGUA, MR
54.59 Will Class, CMSA, SE
54.64 Ryan Murphy, BSS, FL
54.90 Andrew Liang, PASA, PC
55.00 Gunnar Bentz, DYNA, GA
55.04 Matthew Josa, MAC, NC
55.15 A. Whitaker, DUNE, IN
55.54 Reed Malone, NTSC, IL

8:07.11 Evan Pinion, PACK, SE
8:07.80 Janardan Burns, MVN, CA
8:10.34 David Heron, MVN, CA
8:11.67 Cliff Goertemiller, DR, OH
8:14.34 Jamey Lyon, NCA, SI
8:14.43 Elliot Dewlen, TWST, GU
8:16.94 Lance Rutkin, SFTL, FG
8:17.57 Cameron Stitt, THSC, OR
8:17.75 Martin Wallace, NJ, CO

2:02.89 Tom Kremer, UN, PC
2:03.15 Will Licon, NTRO, ST
2:03.31 Tynan Stewart, YHF, MS
2:04.19 Chase Kalisz, NBAC, MD
2:04.26 Ryan Murphy, BSS, FL
2:05.61 Zachary Lierley, MPSC, SC
2:05.70 Sam Smiddy, AKS, FG
2:06.38 Teo D'Alessandro, BSS, FL
2:06.62 Austin Quinn, LESD, LE

54.49 Jacob Pebley, CAT, OR
55.84 Nic Graesser, UMLY, MA
56.27 Shane Ryan, RAD, MA
56.31 Tynan Stewart, YHF, MS
56.52 Drew Teduits, WA, WI
56.74 Preston Jenkins, BSS, FL
56.86 C.P. Horner, BSS, FL
56.87 C. McDonald, OSSC, OH
57.01 Luke Papendick, LIY, NJ
57.22 Ryan O'Donnell, MSS, WI

200 METER BREASTSTROKE

2:14.67 Matthew Elliott, IL (2009)
2:19.56 Thomas Brewer, UN, OR
2:20.11 C. Vissering, CUBU, PV
2:20.92 Ross Palazzo, HEAT, LE
2:21.22 Gunnar Bentz, DYNA, GA
2:21.41 Nick Arakelian, KAW, MI
2:22.05 Gunther Cassell, LIE, MR
2:22.31t Patrick Mulcare, DR, OH
2:22.31t Curtis Ogren, PEAK, PC
2:22.68 Jordy Groters, DANA, FG
2:23.51 G. Huidobro, DANA, FG

400 METER FREESTYLE

3:50.68 Larsen Jensen, CC (2002)
3:52.38 Reed Malone, NTSC, IL
3:55.47 Janardan Burns, MVN, CA
3:57.29 M. Domagala, AGUA, MR
3:57.43 Jimmy Yoder, RAYS, GA
3:57.68 K. Litherland, DYNA, GA
3:57.74 Liam Egan, CRIM, NE
3:57.78 Alex Katz, SYS, FL
3:58.93 Scott Clausen, NCA, SI
3:59.31 Jay Litherland, DYNA, GA
3:59.50 Cameron Stitt, THSC, OR

200 METER BUTTERFLY

1:54.58 M. Phelps, MD (2001)
1:56.67 Joseph Schooling, BSS, FL
1:58.58 Corey Okubo, AZOT, CA
1:59.48 Justin Wright, FDST, CC
2:00.41 Jimmy Yoder, RAYS, GA
2:01.86 Reed Malone, NTSC, IL
2:02.04 K. Takabayashi, NSCO, CT
2:02.63 Matt Conway, BDSCL, IL
2:02.64 Nick Orf, PKWY, OZ
2:03.78 M. Litherland, DYNA, GA
2:04.01 Justin Mehl, YSSC, SC

1500 METER FREESTYLE

14:45.49 Larsen Jensen, CA (2004)
15:09.17 Matias Koski, DYNA, GA
15:18.11 Evan Pinion, PACK, SE
15:19.59 Arthur Fryler, GAAC, MA
15:28.50 David Heron, MVN, CA
15:30.39 Cliff Goertemiller, DR, OH
15:30.40 Janardan Burns, MVN, CA
15:41.66 Garrett Powell, RMSC, PV
15:44.06 Cameron Stitt, THSC, OR
15:44.71 Chris Webb, WSF, AZ
15:47.82 Jamey Lyon, NCA, SI

400 METER INDIVIDUAL MEDLEY

4:09.09 M.I Phelps, MD (2003)
4:21.13 Chase Kalisz, NBAC, MD
4:22.29 M. Williamson, CLPR, OH
4:23.18 Tynan Stewart, YHF, MS
4:24.16 Sam Smiddy, AKS, FG
4:25.76 Zachary Lierley, MPSC, SC
4:28.25 Austin Quinn, LESD, LE
4:28.28 John Martens, MACS, CO
4:28.46 R. Rosenbaum, SFTL, FG
4:28.60t C. Carbone, BAY, SE
4:28.60t Will Licon, NTRO, ST

200 METER BACKSTROKE

1:55.15 Aaron Peirso, CA (2002)
1:57.57 Jacob Pebley, CAT, OR
2:00.80 Preston Jenkins, BSS, FL
2:01.57 Tynan Stewart, YHF, MS
2:01.89 Garrett Powell, RMSC, PV
2:03.05 Kevin Stang, LESD, LE
2:03.40t C. McDonald, OSSC, OH
2:03.40t Nolan Tesone, NJ, CO
2:03.94 J. Dewezirk, PASA, PC
2:03.98 C. Yeager, LIAC, MR
2:04.03 Drew Teduits, WA, WI

100 METER BUTTERFLY

52.98 M. Phelps, MD (2001)
53.74 Justin Lynch, TERA, PC
54.88 A. Seliskar, CUBU, PV
55.14 Nick Arakelian, BSS, FL
55.47 Kyle Gornay, RST, CA
55.61 M. Domagala, AGUA, MR
55.73 Alex Valente, SBAC, CA
55.87 Mathias Oh, KING, PN
56.43 Wesley Olmsted, HTA, FL
56.52 Bowen Anderson, UN, IE
56.55 Jonathan Marsh, VA, WI

800 METER FREESTYLE

7:52.05 Larsen Jensen, CC (2002)
8:13.67 Alex Katz, SYS, FL
8:17.36 Scott Clausen, NCA, SI
8:18.36 Jimmy Yoder, RAYS, GA
8:19.44 Janardan Burns, MVN, CA
8:19.68 Grant Schenk, PS, SI
8:19.80 L. Samuelson, SWIM, FL
8:20.80 H. Haines, BGSC, NE
8:21.08 Liam Egan, CRIM, NE
8:21.56 Jason O'Brien, NCA, SI
8:21.66 Eric Strubbe, SCAR, NJ

200 METER INDIVIDUAL MEDLEY

2:00.86 M. Phelps, MD (2001)
2:03.47 Gunnar Bentz, DYNA, GA
2:03.76 Curtis Ogren, PASA, PC
2:04.54 M. Domagala, AGUA, MR
2:04.67 Corey Okubo, AZOT, CA
2:04.85 Joseph Schooling, BSS, FL
2:05.79 Nick Arakelian, KAW, MI
2:06.02 Alex Lebed, GAAC, MA
2:06.18 Patrick Mulcare, DR, OH
2:06.22t Nick Silverthorn, PLS, PC
2:06.38t Ryan Hartly, GMSC, NE
2:06.38t Matthew Josa, MAC, NC

100 METER BACKSTROKE

54.47 Aaron Peirso, CA (2002)
54.07 Jack Conger, RMSC, PV
55.98 Taylor Dale, CCAC, GA
56.20 Omar Arafa, PASA, PC
56.22 Tynan Stewart, YHF, MS
56.26 Preston Jenkins, BSS, FL
56.31 Aaron Greene, NTN, NT
56.37 Sven Campbell, OAPB, PC
56.50 Matthew Josa, MAC, NC
56.63 Kyle Darmody, MAC, NC
56.78 C. Bateman, MTKA, MN

BOYS 18 YEARS

50 METER FREESTYLE

22.47 S. Fleming, PC (2009)
22.82 Erik Risolvato, UN, OH
23.01 Nick Soedel, UTE, UT
23.02 S. Stubblefield, COPS, NT
23.23 C. Rommel, UVAA, MA
23.26 Shane Ryan, RAD, MA
23.27 Colin Eaton, MHA, OR
23.30 Harrison Wagner, CSC, IN
23.31t John Murray, AAAA, ST
23.31t M. Maciuniak, OBU, OK
23.34t Max Grodecki, NTSC, IL
23.34t G.Schumacher, AGUA, MR

100 METER BREASTSTROKE

1:01.55 B. Hansen, MA (2000)
1:00.47 Kevin Cordes, ZONA, AZ
1:01.14 Nicolas Fink, CAT, NJ
1:02.83 Richard Fung, MICH, MI
1:02.87 DJ, MacDonald, GTAC, OH
1:02.89 Josh Prenot, SMSC, CA
1:03.29 Eric Ronda, WYW, CT
1:03.30 Steven Stumph, OAPB, PC
1:03.80 Michael Nelson, PSAC, AZ
1:03.82 Ricky Lehner, SA, GA
1:04.03 Connor Dwyer, LONG, CO

200 METER BUTTERFLY

1:54.58 M. Phelps, MD (2001)
2:00.97 Justin Lynch, TERA, PC
2:01.62 A. Seliskar, CUBU, PV
2:02.92 Justin Wright, FDST, CC
2:04.31 Mathias Oh, KING, PN
2:04.35 Jonathan Marsh, VA, WI
2:04.55 Matt Chalczar, MVN, CA
2:05.63t Joey Carbone, BAY, SE
2:05.63t Ryan Kao, UN, CA
2:05.87 Cole Bues, LAK, KY
2:06.88 Tommy Bilden, DUKE, NC

1500 METER FREESTYLE

15:03.91 Bobby Hackett, MR (1976)
15:33.59 Janardan Burns, MVN, CA
15:36.10 K. Litherland, DYNA, GA
15:44.69 J. Roberts, NTN, NT
15:46.86 David Heron, MVN, CA
15:48.15 Grant Schenk, PS, SI
15:49.36 Scott Simmer, TSM, CA
15:50.09 Scott Clausen, NCA, SI
15:51.22 Matt Johnson, CANY, CA
15:51.30 Reed Malone, NTSC, IL
15:52.07 L. Samuelson, SWIM, FL

400 METER INDIVIDUAL MEDLEY

4:15.20 M. Phelps, MD (2001)
4:17.43 Gunnar Bentz, DYNA, GA
4:22.10 Corey Okubo, AZOT, CA
4:24.17 Curtis Ogren, PASA, PC
4:24.19 Connor Green, ABF, NE
4:26.45 Alex Katz, SYS, FL
4:26.96 Robert Owen, CRIM, NE
4:27.71 Jay Litherland, DYNA, GA
4:28.42 Alex Lebed, GAAC, MA
4:28.69 J. Roberts, NTN, NT
4:29.23 Nick Arakelian, KAW, MI

200 METER BACKSTROKE

1:55.15 Aaron Peirso, CA (2002)
1:57.20 Jack Conger, RMSC, PV
1:57.49 Ryan Murphy, BSS, FL
2:01.31 Aaron Greene, NTN, NT
2:01.73 Sean Lehane, ACAD, IL
2:02.09 Preston Jenkins, BSS, FL
2:02.74 Sven Campbell, OAPB, PC
2:02.82 Zachary Lierley, MPSC, SC
2:03.09 Tynan Stewart, YHF, MS
2:03.30 Brock Turner, DR, OH
2:03.41 Carter Griffin, TOPS, CO

100 METER FREESTYLE

49.05 M. Phelps, MD (2004)
49.24 Matt Ellis, NTRO, ST
50.52 Max Grodecki, NTSC, IL
50.65 S. Stubblefield, COPS, NT
50.79 Shane Ryan, RAD, MA
50.84 John Murray, AAAA, ST
51.08 M. Disalle, OSSC, OH
51.13 Brent Murray, SA, GA
51.18 Jeremy Wong, PAA, NJ
51.20 G.Schumacher, AGUA, MR
51.28 Pete Brumm, MAC, NC

200 METER BREASTSTROKE

2:13.11 N.D'Innocenzo, NE (2009)
2:10.92 Kevin Cordes, ZONA, AZ
2:12.21 Josh Prenot, SMSC, CA
2:13.66 Eric Ronda, WYW, CT
2:13.89 Nicolas Fink, CAT, NJ
2:15.24 Steven Stumph, OAPB, PC
2:15.81 Chase Kalisz, NBAC, MD
2:17.08 DJ, MacDonald, GTAC, OH
2:17.41 Mack Darragh, UMLY, MI
2:17.91 Richard Fung, MICH, MI
2:18.24 Addison Bray, UN, IN

200 METER INDIVIDUAL MEDLEY

2:00.86 M. Phelps, MD (2001)
2:02.76 Gunnar Bentz, DYNA, GA
2:02.78 A. Seliskar, CUBU, PV
2:04.26 Curtis Ogren, PEAK, PV
2:05.81 C. Ellington, YOTA, NC
2:06.12 Nick Arakelian, KAW, MI
2:06.40 Caeleb Dressel, BSS, FL
2:06.50 Alex Lebed, GAAC, MA
2:07.10 Ryan Hartly, GMSC, NE
2:07.79 Nick Silverthorn, PLS, PC
2:08.04 T. Brewer, CURR, OR

100 METER BACKSTROKE

55.02 Jack Conger, PV (2011)
53.76 Ryan Murphy, BSS, FL
55.58 G. Tarasevich, YCF, FL
56.69 Connor Green, ABF, NE
56.83 Dylan Carter, DANA, FG
56.88 Will Class, CMSA, SE
57.12 Jason Chen, PLS, PC
57.13 H. Stuart, STAR, CO
57.14 Jack Mangner, NTSC, IL
57.31 T. Wynter, CRIM, NE
57.32 M. Domagala, AGUA, MR

BOYS 17 YEARS

50 METER FREESTYLE

22.47 S. Fleming, PC (2009)
22.69 Jack Conger, RMSC, PV
22.90 Santo Condorelli, BSS, FL
23.04 Brett Ringgold, NTN, NT
23.19 Kyle Darmody, MAC, NC
23.21 Connor Black, CATS, IL
23.23 A. Sansoucie, RPLX, OZ
23.24 Sven Campbell, OAPB, PC
23.26 Ryan Murphy, BSS, FL
23.28 Ryan Barsanti, TERA, PC
23.30 Erik Risolvato, UN, OH

100 METER BREASTSTROKE

1:01.55 B. Hansen, MA (2000)
1:03.13 Will Licon, NTRO, ST
1:03.40 Gage Crosby, NAWG, AR
1:03.56 Daniel Le, STAR, NC
1:03.75 Eric Ronada, WYW, CT
1:03.95 Connor Dwyer, LONG, CO
1:04.15 Nick Hatanaka, LOVE, CO
1:04.19 Chase Kalisz, NBAC, MD
1:04.44 DJ, MacDonald, GTAC, OH
1:04.50 Andrew Brower, CM, OH
1:04.64 Gabriel Rooker, THSC, OR

200 METER FREESTYLE

1:45.99 M. Phelps, MD (2003)
1:49.28 Pete Brumm, MAC, NC
1:49.84 Matias Koski, DYNA, GA
1:50.14 Chase Kalisz, NBAC, MD
1:51.11 Michael Nunan, SCSC, PC
1:52.21 Chris Webb, WSF, AZ
1:52.46 S. Shimomura, SCSC, PC
1:52.49t M. Disalle, OSSC, OH
1:52.49t Sean Dughey, HIGH, FL
1:52.74 Jacob Pebley, CAT, OR
1:52.83 Brian Westlake, SMST, SN

100 METER BUTTERFLY

51.10 M. Phelps, MD (2003)
52.89 Maclin Davis, NAC, SE
53.26 Matt Ellis, NTRO, ST
53.74 Mauricio Fiol, DANA, FG
54.28 S. Stubblefield, COPS, NT
54.64 Neil O'Halloran, UN, OR
54.77 Pete Brumm, MAC, NC
54.80 Pace Clark, MTS, SE
54.93 Alex Hancock, AU, SE
54.94 Ben Lovell, SAS, IE
55.09 Andrew Torres, NJ, CO

400 METER INDIVIDUAL MEDLEY

4:15.20 M. Phelps, MD (2001)
4:21.16 A. Seliskar, CUBU, PV
4:23.71 Gunnar Bentz, DYNA, GA
4:26.25 Nick Arakelian, KAW, MI
4:28.20 Patrick Mulcare, DR, OH
4:28.61 Ryan Hartly, GMSC, NE
4:30.04 Alex Lebed, GAAC, MA
4:30.73 Mikey Messner, SUNN, PC
4:31.79 Abraham DeVine, CSC, NJ
4:32.84 Ryan Sebastian, UN, NJ
4:33.19 Gavin Colley, NBAC, MD

200 METER BACKSTROKE

1:57.03 Aaron Peirso, CA (2000)
1:57.39 Ryan Murphy, BSS, FL
2:00.57 Connor Green, ABF, NE
2:00.66 Alex Katz, SYS, FL
2:02.99 Will Class, CMSA, SE
2:03.30 Jay Litherland, DYNA, GA
2:03.33 Curtis Ogren, PASA, PC
2:03.48 G. Tarasevich, UN, FL
2:03.54 Carter Griffin, TOPS, CO
2:03.76 Brock Turner, DR, OH
2:03.80 H. Stuart, STAR, CO

100 METER FREESTYLE

49.05 M. Phelps, MD (2004)
49.84 Jack Conger, RMSC, PV
50.41 Omar Arafa, PASA, PC
50.67 Santo Condorelli, BSS, FL
50.76 Kyle Darmody, MAC, NC
50.77 Ryan Murphy, BSS, FL
50.87 Tom Kremer, PEAK, PC
50.92 Max Grodecki, NTSC, IL
50.97 Sven Campbell, OAPB, PC
50.98 Connor Black, CATS, IL
51.04 Brett Ringgold, NTN, NT

200 METER BREASTSTROKE

2:13.11 N.D'Innocenzo, NE (2009)
2:13.75 Will Licon, NTRO, ST
2:15.04 Eric Ronda, WYW, CT
2:15.06 M. Williamson, CLPR, OH
2:15.47 Chase Kalisz, NBAC, MD
2:16.92 Gage Crosby, HAWG, AR
2:17.27 Andy Schuehler, JW, MA
2:17.89 Nick Hatanaka, LOVE, CO
2:19.26 M. Duderstadt, PCST, SE
2:19.47 Forrest Davis, PAA, NJ
2:19.49 Paul Corbae, WFLY, ST

400 METER FREESTYLE

3:46.08 Larsen Jensen, CA (2004)
3:53.69 Arthur Fryler, GAAC, MA
3:53.86 Adam Hinchaw, PASA, PC
3:54.96 Matias Koski, DYNA, GA
3:55.97 Brian Westlake, SMST, SN
3:56.11 Michael Nunan, SCSC, PC
3:56.19 Riley Mita, NAVY, MD
3:56.64 Ted Singley, NTN, NT
3:57.02 Ediz Yildirimir, UN, GU
3:57.54 Mitchell Huxhold, UN, CC
3:57.87 Pete Brumm, MAC, NC

200 METER BUTTERFLY

1:53.93 M. Phelps, MD (2003)
1:59.02 Mauricio Fiol, UN, FG
1:59.81 John Isaji, PASA, PC
1:59.95 Adam Hinchaw, PASA, PC
2:00.30 Mack Darragh, UMLY, MI
2:00.64 Ted Singley, NTN, NT
2:00.82 Chase Kalisz, NBAC, MD
2:00.89 Dan Wallace, UN, FL
2:01.17 Andrew Torres, NJ, CO
2:01.48 D. Slavich, UNC, NC
2:01.49 Josh Prenot, SMSC, CA

BOYS 16 YEARS

50 METER FREESTYLE

22.72 S. Fleming, PC (2008)
23.23 Brett Ringgold, NTN, NT
23.42 Paul Powers, UN, GA
23.63t Ed Kim, BC, PN
23.63t Joshua Romany, UN, FG
23.65 Dylan Carter, DANA, FG
23.69 David Morgan, CROW, PC
23.71 Kyle Gornay, RST, CA
23.74 B. Crabtree, IVDA, SI
23.82 Kyle White, CHEY, WY
23.83 Thomas Cooper, TS, KY

100 METER BREASTSTROKE

1:02.29 Chris Higgins, CT (2009)
1:04.05 J. Molacek, GOAL, MW
1:04.16 Andy Schuehler, JW, MA
1:04.26 Zach Stevens, PUMA, CA
1:04.69 Ross Palazzo, HEAT, LE
1:04.80 M. Bruckiewicz, CMSA, SE
1:04.89 Connor Hoppe, CLOV, CC
1:05.03 Curtis Ogren, PASA, PC
1:05.32 Jason Coombs, BD, FL
1:05.47 Daniel Le, UN, NC
1:05.53t Justin Chiu, CCY, CA
1:05.53t Conner McHugh, UN, WI

200 METER FREESTYLE

1:45.99 M. Phelps, MD (2003)
1:49.71 Nick Alexiou, CAT, FL
1:50.36 Jackson Miller, WCAB, PC
1:50.66 Matias Koski, DYNA, GA
1:51.11 Tom Kremer, UN, PC
1:51.20 Reed Malone, NTSC, IL
1:51.34 T. Maudslind, KING, PN
1:51.66 Clark Smith, DSA, CO
1:51.80 Riccardo Maestri, UN, MV
1:51.83 Ryan Murphy, BSS, FL
1:52.23 Jessie Lacuna, BSS, FL

100 METER BUTTERFLY

51.10 M. Phelps, MD (2003)
53.04 Jack Conger, RMSC, PV
53.16 Connor Black, CATS, IL
53.59 Joseph Schooling, BSS, FL
53.97 Tom Kremer, UN, PC
54.03 Will Class, CMSA, SE
54.04 Santo Condorelli, BSS, FL
54.08 A. Whitaker, DUNE, IN
54.13 Matthew Josa, MAC, NC
54.16 Clark Smith, DSA, CO
54.38 Renny Richmond, LAH, HI

200 METER FREESTYLE

1:53.93 M. Phelps, MD (2003)
1:58.21 Joseph Schooling, BSS, FL
1:58.34 Tom Kremer, UN, PC
1:58.64 Clark Smith, DSA, CO
2:00.58 Matt Conway, BDSCL, IL
2:01.09 Chase Kalisz, NBAC, MD
2:01.44 Tynan Stewart, YHF, MS
2:01.63 Michael Haney, TCC, CA
2:01.78 Andrew Torres, NJ, CO
2:01.93 John Martens, MACS, CO
2:02.42 Scott Foriter, ATAC, FL

400 METER INDIVIDUAL MEDLEY

1:55.94 M. Phelps, MD (2003)
1:59.51 Chase Kalisz, NBAC, MD
2:00.57 Adam Hinchaw, PASA, PC
2:01.37 E.Solaech-Gomez, UN, FL
2:01.41 Dan Wallace, UN, FL
2:01.45 Tynan Stewart, YHF, MS
2:01.44 Jacob Pebley, CAT, OR
2:02.17 Josh Prenot, SMSC, CA
2:03.67 Andrew Porter, CAB, PC
2:03.69 Nicolas Fink, CAT, NJ
2:03.96 Steven Stumph, OAPB, PC

100 METER FREESTYLE

50.24 Joe Hudepohl, OH (1990)
50.97 M. Domagala, AGUA, MR
50.99 J. Romany, DANA, FG
51.06 Reed Malone, NTSC, IL
51.10 Dylan Carter, DANA, FG
51.32t Kyle Gornay, RST, CA
51.32t Brett Ringgold, NTN, NT
51.35t Ed Kim, BC, PN
51.47 Brett Pinfold, FCST, GU
51.67 Carson Brindle, MAC, OR
51.70 Ryan Murphy, BSS, FL

200 METER BREASTSTROKE

2:14.67 Matthew Elliott, IL (2009)
2:15.71 Gunnar Bentz, DYNA, GA
2:17.73 Curtis Ogren, PASA, PC
2:18.65 M. Bruckiewicz, CMSA, SE
2:19.52 Zach Stevens, PUMA, CA
2:19.59 Andy Schuehler, JW, MA
2:20.42 Chen-Ping Chu, UN, IL
2:20.97 J. Molacek, GOAL, MW
2:21.69 Brennan Berger, NASA, IN
2:21.72 Alex Goss, NAC, SE
2:21.78 Garrett House, DUKE, NC

400 METER FREESTYLE

3:46.08 Larsen Jensen, CA (2004)
3:51.02 Evan Pinion, PACK, SE
3:52.55 Matias Koski, DYNA, GA
3:53.26 Janardan Burns, MVN, CA
3:53.35 Reed Malone, NTSC, IL
3:55.33 Jackson Miller, WCAB, PC
3:55.70 Nick Alexiou, CAT, FL
3:56.93 Brock Turner, DR, OH
3:57.14 Chris Swanson, UN, FL
3:57.32 Jamey Lyon, NCA, SI
3:58.85 Chris Webb, WSF, AZ

200 METER BUTTERFLY

1:53.93 M. Phelps, MD (2003)
1:58.21 Joseph Schooling, BSS, FL
1:58.34 Tom Kremer, UN, PC
1:58.64 Clark Smith, DSA, CO
2:00.58 Matt Conway, BDSCL, IL
2:01.09 Chase Kalisz, NBAC, MD
2:01.44 Tynan Stewart, YHF, MS
2:01.63 Michael Haney, TCC, CA
2:01.78 Andrew Torres, NJ, CO
2:01.93 John Martens, MACS, CO
2:02.42 Scott Foriter, ATAC, FL

1500 METER FREESTYLE

14:45.29 Larsen Jensen, CA (2004)
15:04.69 Arthur Fryler, GAAC, MA
15:23.01 J. Wilimovsky, TSM, CA
15:29.97 E. Yildirimir, TWST, GU
15:30.20 Matias Koski, DYNA, GA
15:32.11 Adam Hinchaw, PASA, PC
15:33.23 Ted Singley, NTN, NT
15:39.52 Derek Pridemore, SYS, FL
15:41.35 Garrett Powell, RMSC, PV
15:42.24 Zachary Rindout, MVN, CA
15:42.74 Dylan Branch, BCH, CA

400 METER INDIVIDUAL MEDLEY

4:09.09 M. Phelps, MD (2003)
4:12.59 Chase Kalisz, NBAC, MD
4:17.91 Adam Hinchaw, PASA, PC
4:18.77 Josh Prenot, SMSC, CA
4:18.88 Dan Wallace, UN, FL
4:19.31 E.Solaech-Gomez, UN, FL
4:20.66 Tynan Stewart, YHF, MS
4:24.20 Jacob Pebley, CAT, OR
4:24.36 Steven Stumph, OAPB, PC
4:24.52 Christian Carbone, UN, IA
4:25.39 Sam Sm

2011-12
LONG COURSE
RANKINGS—
RELAYS

GIRLS 11-12

200 METER MEDLEY RELAY

2:05.15 Lake Oswego, OR (2008)

2:08.16 Northern KY Clippers, OH

Sophie Skinner, Sarah Harkrader, Sam Glass, Mallory Beil

2:08.51 Curl Burke Swim Club, PV

Olivia French, Rachel Danegger, Cassidy Bayer, Sinead Eksteen

2:08.86 Memphis Tiger SC, SE

Rachel Kriger, Lauren Mabie, Kiara Norris, Mariah Clemons

2:09.37 Denver Swim Acad., CO

Mia Briery, Simone Cade, Drew Lei-Alerta, Katherine Harstop

2:09.72 SwimAtlanta, GA

Joyce Kim, Sheridan Schreiber, Lilia Smith, Brianna Bender

2:10.07 Metroplex Aquatics, NT

Zakiya Ellington, Allison Chang, Emma Wagner, Vanessa Pearl

2:10.09 Excel Aquatics, SE

Kendall Kitahara, Grace Hines, Riley Gaines, Lily Ann Burke

2:10.14 Palo Alto Stanford, PC

Gabrielle Anderson, Zoe Lusk, Vicky Wong, Claire Lin

2:10.57 Rose Bowl Aquatics, CA

Caitlin Smith, Johanna Linna, Kate Fogassa, Rachel Lee

2:10.68 Aquazot Swim Club, CA

Sydney Okubo, Joyce Yang, Wynn Maloney, Eva Merrell

400 METER MEDLEY RELAY

4:37.22 Cinci. Marlins, OH (1995)

4:38.56 Waves Bloomington, IL

Grace Ariola, Summer Will, Maddie Newcomer, Melissa Pish

4:40.85 Dayton Raiders, OH

Cassidy Kaiser, Brianna Gracey, Margaret Berning, Macleary Moran

4:42.39 Palo Alto Stanford, PC

Vicky Wong, Zoe Lusk, Izzy Ditzler, Claire Lin

4:42.93 Metroplex Aquatics, NT

Zakiya Ellington, Allison Chang, Emma Wagner, Vanessa Pearl

4:42.98 The Woodlands ST, GU

Lucie Nordmann, Mik Witteveld, Kristen Ramirez, Zoe Gawronska

4:43.68 Star Aquatics, NC

Hope Carpenter, Makena Marker, Kat Morrison, Emily Schoonhagen

4:43.89 Northern KY Clippers, OH

Sophie Skinner, Olivia Vonderhaar, Mallory Bell, Sam Glass

4:44.35 SwimMAC Carolina, NC

Lauren Rush, Caroline Hauder, Julia Menkhaus, Catherine Motsinger

4:45.97 Rose Bowl Aquatics, CA

Susannah Laster, Johanna Linna, Kate Fogassa, Rachel Lee

4:46.32 Tampa Bay Comm. Aq., FL

Samantha Lee, Gabrielle Delp, Christin Rockway, Isabella Kirkpatrick

200 METER FREESTYLE RELAY

1:50.95 Lake Oswego, OR (2008)

1:55.54 Badger Aquatics Club, WI

Caroline Hippen, Kelly Rodriguez, Victoria Center, Gabriella Gnewuch

1:55.67 Star Aquatics, NC

Emily Schoonhagen, Kat Morrison, Makena Marker, Hope Carpenter

1:55.79 Memphis Tiger SC, SE

2:03.07 Mason Manta Rays, OH

Hannah Whiteley, Liz Monnin, Ashley Volpenhein, Jordan Decker

2:03.22 Crow Canyon Sharks, PC

Gianna Garcia, Kaya Philpil, Brittany Usinger, Maddie Murphy

2:04.22 Lakeside Swim Team, KY

Asia Seidt, Kennedy Lohman, Monica McGrath, Brooke Bauer

2:04.82 Oregon City ST, OR

Laura Laderoute, Robin Pinger, Lainey Visscher, Alissa Frazier

1:55.92t Palo Alto Stanford, PC

Vicky Wong, Izzy Ditzler, Sophia Balmaceda, Claire Lin

1:55.92t Arden Hills Swimming, SN

Tina Reuter, Amalie Fackenthal, Kailee Nabeta, Lizzie Menzmer

1:56.12 Denver Swim Academy, CO

Mia Briery, Drew Lei-Alerta, Katherine Harstop, Simone Cade

1:56.29 SwimMAC Carolina, NC

Caroline Hauder, Marina Fallace, Lauren Rush, Julia Menkhaus

1:56.76 Mission Viejo, CA

Jessica Epps, Vicky Gong, Alicia Stewart, Samantha Shelton

1:56.91 Rose Bowl Aquatics, CA

Kate Fogassa, Caitlin Smith, Rachel Lee, Susannah Laster

400 METER FREESTYLE RELAY

4:05.53 Lake Oswego, OR (2008)

4:09.60 Waves Bloomington, IL

Melissa Pish, Sarah Leddick, Victoria Mata, Grace Ariola

4:13.94 Badger Aquatics Club, WI

Victoria Center, Kelly Rodriguez, Gabriella Gnewuch, Caroline Hippen

4:14.13 The Woodlands ST, GU

Ashley Lasky, Kristen Ramirez, Zoe Gawronska, Lucie Nordmann

4:14.88t Mission Viejo, CA

Samantha Shelton, Andrea Johnston, Vicky Gong, Jessica Epps

4:14.88t Nitro Swimming, ST

Renee Jacobs, Payton Marvin, Brittany Thompson, Diana Dunn

4:14.98 Lake Country ST, WI

Jasmine Hellmer, Hannah Milburn, Abby Cabush, Holly Stoll

4:15.36 SwimMAC Carolina, NC

Caroline Hauder, Lauren Rush, Catherine Motsinger, Julia Menkhaus

4:15.63 Northern KY Clippers, OH

Mallory Bell, Sarah Harkrader, Sam Glass, Sophie Skinner

4:16.33 Razorback AC, AR

Marbina Thomas, Luciana Thomas, Caroline Stelte, Taylor Pike

4:17.18 Irvine Novaquatics, CA

Andrea Felix, Bayley Weber, Nancy Zhu, Lauren Vitort

GIRLS 13-14

200 METER MEDLEY RELAY

2:00.13 Aquajets ST, MN (2011)

1:58.34 Aquajets Swim Team, MN

Zoe Avestruz, Madison Preiss, Bre Thorne, Rachel Wittmer

2:00.20 Carmel Swim Club, IN

Claire Adams, Jillian Satz, Veronica Burchill, Morgan Grount

2:00.34 Ozaukee Aquatics, WI

Jessica Short, Celia Ripple, Natalie Keshemberg, Katie Drabot

2:01.67 Rose Bowl Aquatics, CA

Heather MacDougall, Kate Herrill, Tiare Coker, Kirsten Vose

2:02.22 York YMCA, MA

Kacey Oberlander, Meghan Small, Emily Ilgenfritz, Courtney Harnish

2:02.29 Southwest AT, WI

Ashlyn Schoof, Lauren Stigler, Carolyn Jungers, Katie Taylor

2:03.07 Mason Manta Rays, OH

Hannah Whiteley, Liz Monnin, Ashley Volpenhein, Jordan Decker

2:03.22 Crow Canyon Sharks, PC

Gianna Garcia, Kaya Philpil, Brittany Usinger, Maddie Murphy

2:04.22 Lakeside Swim Team, KY

Asia Seidt, Kennedy Lohman, Monica McGrath, Brooke Bauer

2:04.82 Oregon City ST, OR

Laura Laderoute, Robin Pinger, Lainey Visscher, Alissa Frazier

400 METER MEDLEY RELAY

4:20.82 N. Baltimore, MD (2008)

4:24.01 York YMCA, MA

Kacey Oberlander, Meghan Small, Emily Ilgenfritz, Courtney Harnish

4:24.17 Ozaukee Aquatics, WI

Jessica Short, Celia Ripple, Natalie Keshemberg, Katie Drabot

4:25.15 Aquajets Swim Team, MN

Zoe Avestruz, Madison Preiss, Bre Thorne, Rachel Wittmer

4:25.82 Carmel Swim Club, IN

Claire Adams, Jillian Satz, Veronica Burchill, Morgan Grount

4:26.82 SwimMAC Carolina, NC

Stephanie Nelson, Rozhina McClanahan, Alyssa Marsh, Jessica Merritt

4:28.31 Lakeside Swim Team, KY

Asia Seidt, Kennedy Lohman, Monica McGrath, Brooke Bauer

4:28.49 Central Bucks ST, MA

Hannah Zurmuhl, Hannah Blaser, Allie Szekely, Emily Southen

4:28.63 Kowsten AT, WI

Ashlyn Schoof, Lauren Stigler, Ellie Szczupakiewicz, Carolyn Jungers

4:29.15 Irvine Novaquatics, CA

Emily Eastin, Isis Choi, Carly Perri, Aislinn Light

4:29.53 Academy Bullets SC, IL

Anna Gosselin, Katie Rentz, Alexis Yager, George Young

200 METER FREESTYLE RELAY

1:47.86 Sun Devil Aq., AZ (2006)

1:48.17 Carmel Swim Club, IN

Veronica Burchill, Kendall Smith, Morgan Grount, Claire Adams

1:48.32 Aquajets Swim Team, MN

Rachel Wittmer, Riley Donlin, Bre Thorne, Zoe Avestruz

1:49.68 Crow Canyon Sharks, PC

Brittany Usinger, Dani Taylor, Rachel Smith, Maddie Murphy

1:50.23 Ozaukee Aquatics, WI

Jessica Short, Katie Drabot, Skylar Fore, Daniella Peters

1:50.27 Blackline Aquatics, MN

Megan Wenman, Olivia Mitchell, Emily Connors, Abigail Dolan

1:50.37 Rose Bowl Aquatics, CA

Heather MacDougall, Kate Herrill, Tiare Coker, Kirsten Vose

1:50.52 Southeastern SC, IN

Robyn Clevenger, Julie Kaess, Natalie Mudd, Allie Barnes

1:50.57 Curl Burke Swim Club, PV

Robyn Dryer, Andi Mack, Megan Byrnes, Hannah Baker

1:50.75 Mason Manta Rays, OH

Hannah Whiteley, Gabriella Marinelli, Ashley Volpenhein, Jordan Decker

1:50.82 Rockville Montgomery, PV

Elaina Gu, Catherine Johnson, Melanie Doan, Audrey Richter

400 METER FREESTYLE RELAY

3:55.38 Sun Devil, AZ (2007)

3:56.35 Central Bucks ST, MA

Allie Szekely, Hannah Zurmuhl, Hannah Blaser, Emily Kosten

3:56.96 Carmel Swim Club, IN

Veronica Burchill, Caroline Schultz, Morgan Grount, Claire Adams

3:58.67 Aquajets Swim Team, MN

Bre Thorne, Riley Donlin, Rachel Wittmer, Zoe Avestruz

3:59.02 Ozaukee Aquatics, WI

Katie Drabot, Autumn Haebig, Skylar Fore, Jessica Short

4:02.28 Curl Burke Swim Club, PV

Lea Gwennap, Andi Mack, Megan Byrnes, Hannah Baker

4:02.92 Mason Manta Rays, OH

Hannah Whiteley, Gabriella Marinelli, Ashley Volpenhein, Jordan Decker

4:03.08 Nitro Swimming, ST

Karling Hemstreet, Hayley Krebsbach, Sutton Marvin, Emma Gogulski

4:03.28 Waukesha Express ST, WI

Natalie Clausen, Dot Halmy, Andrea Basile, Alicia Beam

4:03.60 Crow Canyon Sharks, PC

Rachel Smith, Maddie Murphy, Haley Schreiber, Brittany Usinger

4:03.61 Dads Club ST, GU

Jordan Clark, Erika Stephenson, Caddie Dull, Alexandra Buscher

800 METER FREESTYLE RELAY

8:33.25 Dynamo SC, GA (2009)

8:42.05 Aquajets Swim Team, MN

Zoe Avestruz, Rachel Wittmer, Kylie Dahlgren, Bre Thorne

8:42.10 Davis Aquadarts, SN

Chenoa Devine, Emma Barksdale, Joanna Curry, Paige Maynard

8:43.47 Waukesha Express ST, WI

Natalie Clausen, Andrea Basile, Kelsey Kunavich, Dot Halmy

8:45.34 Curl Burke Swim Club, PV

Robyn Dryer, Andi Mack, Hannah Baker, Emily Meilus

8:45.82 Ozaukee Aquatics, WI

Katie Drabot, Jessica Short, Autumn Haebig, Skylar Fore

8:46.23 Nitro Swimming, ST

Regan Barney, Hayley Krebsbach, Sutton Marvin, Karling Hemstreet

8:47.46 Santa Clara Swim Club, PC

Sophie Krivokapic-Zhou, Hayley O'Brien, Chloe Isleta, Sarah Shimomura

8:47.80 Bluefish Swim Club, NE

Liz Zeiger, Rebecca Zeiger, Haley Cordery, Lilly Vivado

8:47.93 Redbird Swim Club, IL

Jordan Peterson, Elizabeth Madison, Katie Kennedy, Hannah Boyd

8:49.39 Alamo Area Aquatic, ST

Haley Herzberg, Sammie Antonacci, Nikko Bjontegard, Jayde Walz

GIRLS 15-18

200 METER MEDLEY RELAY

1:54.46 Aquajets ST, MN (2009)

1:54.73 Western Kansas SC, MV

Michaela Cape, Jess Freund, Hannah Hildebrand, Sylvia Ofoma

1:58.36 Phoenix Swim Club, AZ

Rowan Hauber, Hannah Holman, Talie Anchestregui, Taryn Collura

1:59.48 Gold Medal SC, AZ

Alisha Bender, Bri Juries, Leticia Lelli, Kat Simonovic

1:59.83 Waukesha Express ST, WI

Anna Brooks, Anna Meinholz, Kayla Skenador, Sara Zemanovic

2:00.14 Somerset Valley Y, NJ

Lindsay Temple, Rachel Stoddard, Dana Yu, Katrina Kuhn

2:00.16 King Aquatic Club, PN

Heidi Vanderwel, Alyssa Cook, Hannah Weiss, Ashley Sutherland

2:00.57 Palo Alto Stanford, PC

Alicia Grima, Jasmine Tosky, Ally Howe, Rachael Acker

2:00.63 Y-Spartaquatics SC, SC

Katrina Konopka, Victoria De Maria, Haley Lips, Ali Snover

2:00.77 Lake Oswego SC, OR

Grace Carlson, Sarah Kaunitz, Brenda Cha, Abby Lyons

2:00.88t Carmel Swim Club, IN

Alexis Bullard, Sam Shaheen, Taite Kitchel, Summer Brown

2:00.88t Lake Country ST, WI

Kate Jones, Lindsay Adamski, Miranda Helbig, Haley Pietila

400 METER MEDLEY RELAY

4:08.67 Aquajets ST, MN (2009)

4:12.81 SwimMAC Carolina, NC

Kathleen Baker, Alexandra Martelle, Elsa Welshofer, Nora McCullagh

4:14.73 Palo Alto Stanford, PC

Ally Howe, Jasmine Tosky, Rachael Acker, Julia Ama

4:16.57 North Baltimore AC, MD

Gianna Grima, Jasmine Tosky, Jordan Surhoff, Willa Wang

4:17.93 King Aquatic Club, PN

Hannah Weiss, Alyssa Cook, Heidi Vanderwel, Joanna

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PARTING SHOT



PICTURED > *Lara Jackson approaches the starting block at the recent U.S. Open.*

PHOTO BY PETER H. BICK