

25 WAYS TO SPRINT A FASTER 25

Swimming World

AND JUNIOR SWIMMER

FEBRUARY 2004
VOL. 45 NO. 2
\$3.95 USA \$4.50 CAN

Olympic Trials:
The Ultimate
Reality Show

High School Kids
at the Big O's

Perfect Your Start

Leisel Jones

Aussie World Record Holder



GET YOUR FEET WET AT WWW.SWIMINFO.COM

Wind Tunnels. That's so '90s.



It's out there.



There is no other place like it in the world.

Research and development included use of the annular flume located in the Center for Research and Education in Special Environments at the University of Buffalo. The resulting suit technology is now in patent application, something unique to performance swimwear.



FEATURES

16 YMCAs—A Springboard for Olympians

By Kari Lydersen

Most people may not associate elite swimming programs with YMCAs, but many of America's Olympians got their start at their local Y.

Cover Story

20 Lethal Leisel

By Stephen J. Thomas

In Sydney, at 14, Leisel Jones became the youngest swimmer to make the Australian Olympic team in 24 years, and won a silver medal. Now she's aiming for gold in 2004. (Cover photo by Jeff Crow, Sport•The Library)

24 The Ultimate Proving Ground

By Tito Morales

Not all countries select their Olympic swimming teams the same way, but in the U.S., the rules are simple: if you succeed at Trials, you're in; if you don't, you stay home.

DEPARTMENTS

Technique

- 7 The Start

Junior Swimmer

- 11 Speedo American Relay
12 NAG Record Setter
13 Be My Valentine
14 TYR Age Group Swimmers of the Month

High School

- 18 Sudden Impact
By John Lohn

Coaching

- 26 Tech Tip: Breaststroke (Part II)
28 25 Ways to Improve Your 25
By Phillip Whitten

Camp Listings

- 33 Swimming World's 31st Annual

Rankings

- 48 NAG Top 16 (Long Course)

COLUMNS

- 6 Editor's Note
8 Lane 9
31 The Official Word
54 For the Record
58 SwimMart
60 Calendar
61 Classified
62 Parting Shot



Page 28

SWIMMING WORLD AND JUNIOR SWIMMER (ISSN 0039-7431) is published monthly by Sports Publications, Inc., 228 Nevada St., El Segundo, CA 90245. Periodicals Postage Paid at El Segundo, CA and at additional mailing offices. Rates: \$3.95 a copy (\$4.50 in Canada); \$29.95 a year in U.S.; \$40.95 a year all other countries (Canadian subscribers must add 7% GST). Foreign international money order in U.S. funds payable at 228 Nevada St., El Segundo, CA 90245. Postmaster: send address changes to *Swimming World*, 228 Nevada St., El Segundo, CA. Subscribers: send change of address six weeks before moving day. Please indicate zip code. Send label from last issue with address change. Request for missing issues older than two months from current date will be honored only when accompanied by payment. Note: permission to reprint articles or excerpts from contents is prohibited without permission from the publisher. Not responsible for errors in repeat advertisements after first insertion. Microfilm copies: available from University Microfilms, 313 N. First St., Ann Arbor, MI 48103. *Swimming World* is listed in the Physical Education Index. Printed in the U.S.A. © *Swimming World and Junior Swimmer*, February 2004.

Arizona Sports Ranch Swim Camps

"Where the Best Come to Get Better"



"The ASR Competitive Swimming and Stroke Specialty Swim Camps bring together great young swimmers for some outstanding workouts, learning experiences and lots of fun! You will create competitive friendships with swimmers from around the country.

"Coaches, we have some great things to say to your swimmers that they need to hear! Example, the Short Talk, "How to Treat and Motivate Your Coach!" We will do a good job with your swimmers!

"Come join us in the fun!"

*Bob Gillett
ASR Owner and Swim Coach*

Video Taping Project

A video taping is made of each swimmer: front, side, underwater and above water. An instructional video is produced for each individual swimmer using graphic and voice overlays. This teaching tool is worth the cost and effort of the entire camp. It is a sensational opportunity for a top developing swimmers!



Weekend trip to the Grand Canyon.

Competitive Swimming Camps

Girls & Boys 9-18

- **8 Weekly Sessions**
June 6 to July 31
- **Covers All Strokes**
- **Covers All Turns**
- **IM Format Training**
- **IM Formt Stroke Work and Drills**

ONLY
\$475 per Week

Stroke Specialty Camps

Girls & Boys 9-18

- **Butterfly**
June 6-12 and July 4-10
- **Backstroke**
June 13-19 and July 11-17
- **Breaststroke**
June 20-26 and July 25-31
- **Freestyle**
June 27-July 3 and July 18-24

ONLY
\$500 per Week

- **"The Best"** Daily Video Session to Explain in great detail the Stroke Patterns used by the great swimmers!
- A Great "Short Talk" Series for knowledge, skills, and motivation.
- Daily Stroke Sessions to apply and reinforce the Video and Short Talk Sessions.
- "Flex-Lane" Training to adjust each swimmer's workload to just the right distance and intensity levels. Even the most advanced swimmers will return back to their home programs in great condition!
- Limited Camp Size, Only 32 Swimmers per Week
- Fun Evening Activities: movies, mall, water park.
- Video Taping using the "Video Swim Blaster!"
- Computer Assisted Race Evaluation—you will learn exactly what you must FOCUS upon for Improvement!
- 50 Meter and 25 Yard Pools. No Pool Limitations!
- Safe and Secure with all facilities on the ASR 10 acre site: Ranch House, Pools, Everything!
- Ranch House Guest Suites: each unit has two rooms, bathroom, sink and small fridge for snacks!
- FREE Airport Pickup and Return in the ASR Van!
- Easy, fun weekend stay-overs!



Ranch House Suites.
2 Rooms, Private Bathroom
Air Conditioning, Single Beds
Fridge, Roommate request OK!



"Each year when I was growing up, I loved Swim Camp at the Sports Ranch! I really enjoyed making such great friends with swimmers from all over. What a great experience! It will help you get better and be motivated! I still love meeting all the kids!"
Misty Hyman
2000 Olympic Champion—
200 Fly

Register TODAY!

Arizona Sports Ranch, 19232 N. 38th Street, Phoenix, Arizona 85050
(approx. 15 min. north of Phx. Intern. Airport)

Voice: (602) 569-1457 Fax: (602) 569-1414 E-mail: sportsranch@msn.com

www.sportsranch.com

Athletes Caught in a Catch-22

This is the first part of a two-part editorial on a taboo topic: swimmers who test positive on drug tests despite, apparently, not having taken any illegal substance.

Just about ten years ago, *Swimming World* launched a campaign to alert the world of international sport to the fact that China was systematically doping its swimmers. It was an uphill battle, but eventually severe penalties for doping were imposed and the integrity of our sport was preserved.

It was a proud chapter in the proud history of this magazine, and it led directly to the creation of the World Anti-Doping Agency (WADA) and a serious attempt at fighting the scourge of drugs in sport. But it's not always a good thing when a moral impulse is transformed into a bureaucracy. Bureaucracies have a universal tendency to abandon their creative spirit.

Recently, we began to notice a disturbing pattern: several swimmers from countries around the world—including Kicker Vencill from the U.S.—have tested positive for 19-norandrostenedione, a precursor to the powerful steroid nandrolone. But, strangely, with only miniscule amounts of the drug: four or six parts *per billion*.

In every case, these athletes have insisted they were innocent, that they had meticulously avoided any substance that appeared on the IOC's and WADA's extensive list of prohibited substances.

Now, from time immemorial, just about every athlete accused of doping has sworn that he or she was innocent. However, in the cases of the athletes testing positive for these tiny amounts of 19-norandrostene-

dione, their protestations had the ring of truth—in part because such microscopic quantities have absolutely no effect on performance, and in part because the pattern of their performances, by and large, are inconsistent with drug-taking. (This is in stark contrast with the pattern we observed among Chinese and East German swimmers.)

So we decided to investigate.

Turns out, we were beaten to the punch. More than a year ago, the IOC and WADA conducted a broad study of the manufacturers and distributors of legal supplements.

They found that about 18 percent of the companies were selling legal supplements that were tainted with illegal, performance-enhancing substances. That's about one in five!

This doesn't mean that every fifth pill sold by Company A was tainted. It means that one in five companies sold *some* legal pills, powder, liquids or capsules that were contaminated. These legal products, taken by an athlete, could lead to a positive test.

Amazingly, the IOC and WADA have never made this list of companies public. Athletes are still told only to avoid illegal substances and admonished to "be careful."

Why hasn't the list been made public? Our guess is that these august organizations do not want to risk costly lawsuits. If so, they are abdicating their primary responsibility to the athletes in order to safeguard their bureaucratic butts. Another possibility is that such a list might imply that the other 82 percent of companies have products that are clean, and that is not necessarily the case.

In next month's editorial, I will examine where we go from here.

EDITORIAL AND PRODUCTION
P.O. Box 20337, Sedona, AZ 86341
(928) 284-4005 • (928) 284-2477 fax
e-mail: editorial@swiminfo.com
Website: <http://www.swiminfo.com>

PublisherRichard Deal
e-mail: dickd@swiminfo.com

Chief Executive OfficerBrent Rutemiller
e-mail: brentr@swiminfo.com

Editor-in-ChiefPhillip Whitten
(480) 874-9364 e-mail: philw@swiminfo.com

Senior EditorBob Ingram
e-mail: bobi@swiminfo.com

Executive Art DirectorKaren Deal
e-mail: karend@swiminfo.com

Production AssistantJudy Jacob
e-mail: judyj@swiminfo.com

Advertising Production Coordinator ...Betsy Houlihan
e-mail: betsyh@swiminfo.com

**MARKETING, ADVERTISING,
SUBSCRIPTIONS AND ADMINISTRATION**
228 Nevada St., El Segundo, CA 90245
(310) 607-9956 • (310) 607-9963 fax

SubscriptionsPenny Monk • ext. 104
e-mail: subscriptions@swiminfo.com

Merchandise ManagerMarsha VanAmersfort
ext. 106 • e-mail: marshav@swiminfo.com

Advertising and Marketing
Toni Blake • (310) 607-9956 • ext. 110
e-mail: tonib@swiminfo.com
One Tempo, Kim Miller • (602) 418-2102
e-mail: kimm@swiminfo.com

PrinterSchumann Printers, Inc.
Published by Sports Publications, Inc., publishers of
*Swimming World and Junior Swimmer, Swimming
Technique and SWIM Magazines.*

Contributors: Dana Abbott, NISCA; Tony Duffy, photographer; Sam Freas, ISHOF; John Leonard, ASCA; Josh Jeffrey; John Lohn; Kari Lydersen; Tim Morse, photographer; Mary Wagner, USA Swimming.

Foreign Correspondents: **Africa:** Chaker Belhadj; **Australia:** Forbes Carlile, Stephen J. Thomas, Rob Woodhouse; **Central America:** Monsi Hidalgo; **Europe:** Norbert Agh, Dene Rusticus, Craig Lord; Claudia Weidlich; **Japan:** Hideki Mochizuki; **Middle East:** Baruch "Buky" Chass, Ph.D.; **South Africa:** Jenny De Wet; **South America:** Jorge Aguado, Djan Madruga.

OFFICIAL MAGAZINE OF:

National Interscholastic
Swimming Coaches
Association of America, Inc.

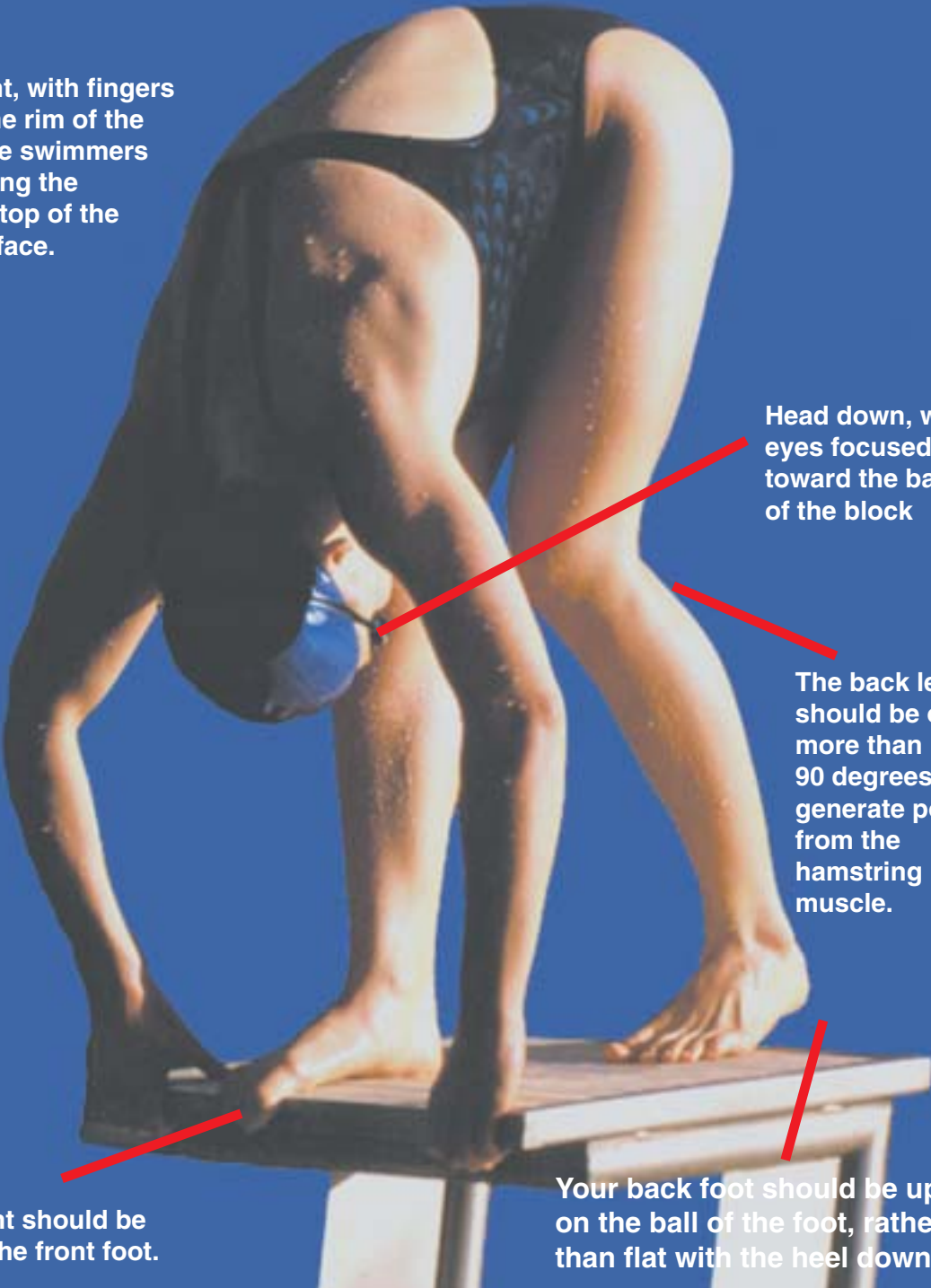



American Swimming
Coaches Association



College Swimming Coaches Association of America

The Start



Elbows bent, with fingers grabbing the rim of the block. Some swimmers prefer placing the thumbs on top of the block's surface.

Head down, with eyes focused toward the back of the block

The back leg should be open more than 90 degrees to generate power from the hamstring muscle.

Body weight should be placed on the front foot.

Your back foot should be up on the ball of the foot, rather than flat with the heel down.

Doc Counsilman Passes Away

International swimming lost a towering figure when **Dr. James E. "Doc" Counsilman** passed away in Bloomington, Ind., on Jan. 4 at the age of 83. He had been in a nursing home for the past several years suffering from Parkinson's disease.

The most acclaimed American swimming coach of the 20th century, he was also the sport's leading scientific investigator, a pioneer in the use of underwater photography to study stroke technique and a prolific writer, authoring the most influential book ever published in the sport, "The Science of Swimming," which has been translated into 20 languages. In addition, Doc was also a champion swimmer as a young man, leading Ohio State to NCAA titles in 1946 and '47 and winning several national crowns in the 200 yard and meter breaststroke. In 1979, at the age of 58, he became the oldest person (to that time) to conquer the English Channel.

Doc served twice as the U.S. men's Olympic swimming coach, in 1964 and 1976. The 1976 team is considered to be the most dominant Olympic team of all time—in *any* sport—winning 12 of the 13 events



"Doc"

Photo by Bill Collins

contested. In addition, U.S. men took first and second place in five of the 11 individual events and all three medals in another four events. The 1964 team won nine of the 11 events contested, with Australians coached by Counsilman taking the other two.

From 1957 to 1990, he was the men's coach at Indiana. His teams there won six consecutive NCAA

championships (1968 to 1973), 23 Big Ten titles (including 20 straight from 1961 through 1980) and 140 consecutive dual meets over 13 years.

Of his Indiana swimmers, 48 competed in the Olympics, representing 10 nations, and they won 46 medals (26 gold). Those swimmers included **Mark Spitz** and **John Kinsella**, each a Sullivan Award winner as America's outstanding amateur athlete, and **Charlie Hickcox**, **Chet Jastremski**, **Gary Hall Sr.**, **Mike Troy**, **Jim Montgomery** and **Frank McKinney**. In all, his swimmers set 52 world and 154 American records.

Though reluctant to talk about it, Doc was also a war hero. During World War II, he flew 32 missions as a B-24 bomber pilot and was awarded the Air Medal with Oak Leaf Cluster. While making a bombing run over Austria, his plane's landing gear was shot out, and he flew the plane over the Alps to crash-land near Zagreb in Yugoslavia, saving the lives of his crew. For his courage, he was awarded the Distinguished Flying Cross.

An innovator and motivator, Doc was a pioneer in applying scientific research to swimming, leading the



way in using film for analyzing and improving stroke technique. He also introduced interval training, isotonic exercise, Bernoulli's Principle, the pace clock and hypoxic conditioning to the sport. He was a master at motivating his swimmers to work harder, admonishing them that "it only hurts once—from beginning to end—" and teaching them to take pride in their ability to train harder than others. His leadership, prestige and persuasion were critical factors in the emergence of both the International Swimming Hall of Fame and the American Swimming Coaches Association.

Doc was married for 60 years to the former **Marjorie Scrafford**, his collaborator in many of his writings and his life-long companion. In addition to his wife, Marge, he is survived by his son, **Brian**, daughter **Cathy Bonner**, daughter **Jill Morriss** and five grandchildren.

Another New College Program

Good news! Another new NCAA Division III women's swimming team has been created. **Guilford College** (N.C.) has announced it will field a women's swimming team beginning in the 2004-2005 academic year. Guilford is a member of the Old Dominion Athletic Conference

(ODAC) and will be the sixth member to offer women's swimming.

The team will be coached by **Steve Kaczmarek**, a 30-year coaching veteran from Corpus Christi, Texas. Contact information may be obtained from Coach Kaczmarek. Any interested athlete may obtain information by e-mailing a request to stevekaczmarek@yahoo.com.

People

Two U.S. Olympic gold medalists have gotten engaged recently. **Lenny Krayzelburg** (*sorry, girls!*), 27, a triple gold medalist in Sydney, is engaged to a woman named **Irina**, but asks that no additional info be published to guard their privacy.

Megan Quann, 20, a double gold medalist in 2000, is engaged to long-time boyfriend **Nathan Jendrick**. Megan is training for the Olympic Trials while **Nathan** works as a personal trainer and Nextel repair technician. A December wedding is planned.



Megan and Nathan

Oops!

In the "2003 World and American Record Progression" feature that ran in the December issue of *Swimming World*, we inadvertently left out two American short course meters records set last year. Here they are:

Women's 400 Meter Freestyle

Old Record: 4:00.30, Lindsay Benko, Berlin, 1-27-02

New Record: 3:59.53w, Lindsay Benko, Berlin, 1-26-03

Men's 100 Meter Butterfly

Old Record: 52.00, Nate Dusing, Minneapolis, 3-24-00

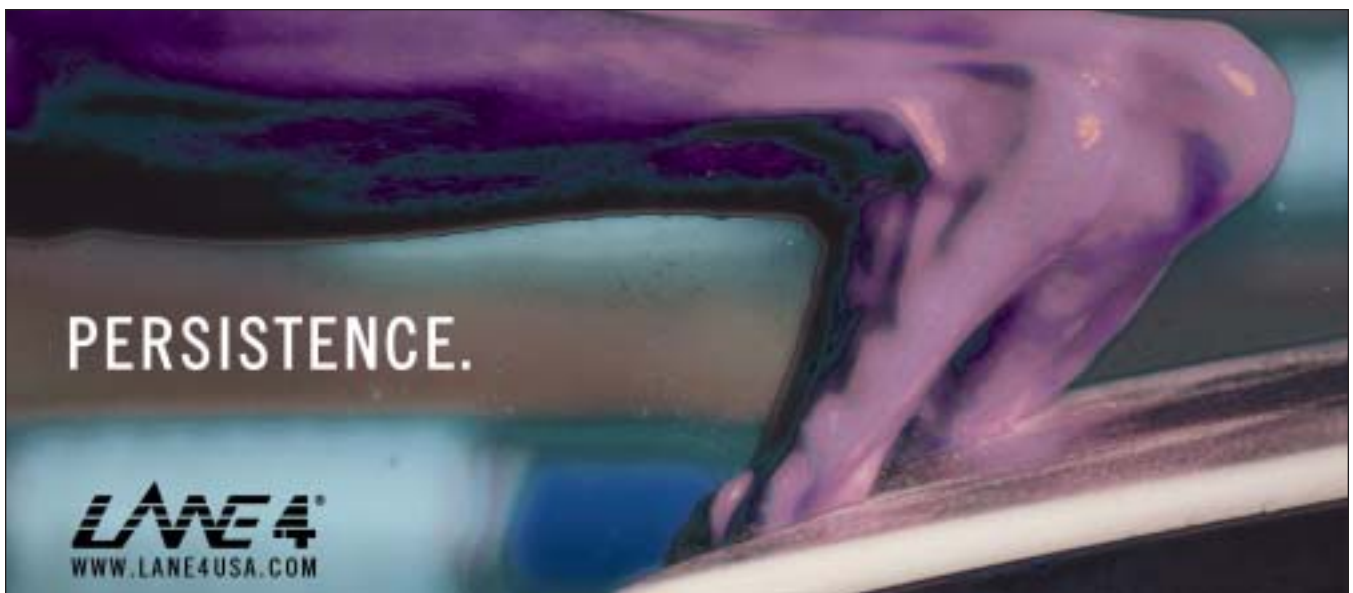
New Record: 51.55s, Ben Michaelson, Wilton, 6-22-03

In our December issue, we inadvertently misspelled Hasty High Pointer Andre De Negra's last name. It should read **Andre DeNegri**. Andre swims for the Multnomah Athletic Club in Oregon.

Check out SwimInfo Interactive at



www.SwimInfo.com
for a more detailed appreciation of Doc's life.





NOW APPEARING!

February 2004 Highlights

Go to *Swimming World's* website, www.SwimInfo.com, click on the SwimInfo Interactive icon located on our home page and you'll be able to vote in our monthly poll and read the following stories that will give you even more coverage of what you're reading in *Swimming World*.

- **Doc Counsilman:** A more detailed appreciation of Doc's life
- **NAG Records:** All the records—short course and long course—at a glance

Meet Stories

- **U.S. Open**
- **Kerr-McGee Pro-Am Elite Meet**
- **European Short Course Championships**
- **World Cup 3**



Doc Counsilman

MONTHLY POLL ON SWIMINFO.COM

Mark Spitz turned in, perhaps, the most phenomenal record in swimming at the 1972 Olympics—seven gold medals and seven world records. Will this amazing feat ever be equalled or broken? Will 2004 be the year?

How many gold medals do you predict Michael Phelps will win at the 2004 Olympic Games in Athens? _____

How many of these will be swum in world record time? _____

How many gold medals do you predict Natalie Coughlin will win at the 2004 Olympic Games in Athens? _____

How many of these will be swum in world record time? _____

VICTORY.
GET IN THE FAST LANE.

LANE4
WWW.LANE4USA.COM



A M E R I C A N

★ R E L A Y



We want to share the latest news you have about outstanding swimmers on your team or your team's latest accomplishments. Send your letter, press release or team newsletter to *Swimming World*, P.O. Box 20337, Sedona, AZ 86341; fax 928-284-2477; or by e-mail to editorial@SwimInfo.com. Photos welcome!



Several multiple event winners set the standard for fast swimming at the Fall Festival Invitational, held in Princeton, N.J., Nov. 8-9. Ten-year-old New Jersey Wave swimmer Danielle Romain splashed her way to three wins in the 200 yard free (2:12.68), 100 back (1:09.25) and 100 IM (1:11.93), while 12-year-old Somerset Valley YMCA swimmer David Yao picked up two victories in the 100 free (58.14) and 100 back (1:04.42). Annie Fittin, swimming unattached, captured the 13-14 500 free (5:12.04) and 200 back (2:06.15).

The most impressive swim of the meet was Summit YMCA's Brian Wilson's performance in the 100 fly. The 14-year-old broke the New Jersey age group state record with a 51.27. He also pulled out victories in the 200 fly (1:56.87) and 200 IM (1:58.79).



The Flushing YMCA Flyers hosted their annual Flushing YMCA Big Apple Classic on Nov. 14-16. Flushing Y emerged victorious with 5,454 points, followed by Old Westbury Aquatics (2,204) and Badger Swim Club (1,585).

Agata Michalak from Flushing YMCA and Chris Lyons of Badger earned high-point honors for the girls' and boys' 10-and-under age group. Kirsten Guelly and One June Chang, both representing Flushing YMCA, picked up the girls' and boys' top honors in the 11-12 age group. The 13-14 girls' and boys' high-point trophies went to Tricia Alejandro of Old Westbury Aquatics and Timothy Nam from Flushing YMCA. The open category high-point awards went to Taryn Ahern from Long Island Express and Gregory Jablonski from Old Westbury Aquatics.

SINGAPORE The Fighting Fish in Singapore (below) held its annual Santa Claus Invitational Meet at the Singapore American School (SAS) on Nov. 29-30. Some 430 swimmers ranging in age from 4 to 18 competed in the two-day meet that included teams from China, The Philippines, Thailand, Malaysia and Indonesia. The SAS Eagles and the ISB Dragons (Beijing), which are international high school teams, also competed.

The Fighting Fish have hosted this meet for over 18 years. It's a great opportunity for swimmers to compete with other Americans living abroad and with swimmers of many different nationalities.

After a fierce battle, the final results found the Hong Kong Island Stingrays on top with 511 points. The Fighting Fish finished a close second with 480.5 points, followed by the ISB Panthers (Bangkok) with 351. Rounding out the scoring were the ISB Dragons, 279; Brent Aquallions (Manila), 164; Pirahnas Swim Club (Kuala Lumpur), 141.5; ISM Sailfish (Manila), 61; and the JIS Aquadragons (Jakarta), 37.



kids korner

NAG Record Setters

In December of 2003, 14-year-old Katie Hoff decided it was time—time to ink herself a permanent spot in the national age group (NAG) record books.

The North Baltimore Aquatics star began her quest for records at the 2003 U.S. Open in Federal Way, Wash. Katie was second in the 200 meter IM with a 2:16.26, breaking Laura Davis' 1999 13-14 NAG record of 2:16.55. She also won the 400 IM in 4:49.97—a time over two seconds faster than the No. 1 time of the 2002-03 long course season.

But Katie was just getting her feet wet at the U.S. Open.

A week later, she made her next record stop at NBAC's 2003 Christmas Invitational. It seems that Katie wanted to save her best for the hometown crowd. She started off the meet by crushing Natalie Coughlin's 1997 13-14 NAG 200 yard IM record (1:59.83) with a blazing 1:58.27.

While she was at it, she snagged the 400 IM as well, breaking the old NAG mark set by Molly Houlton earlier in the year by about 8-tenths of a second with a 4:11.66. Katie added another NAG record in the 200 breast with a 2:12.08. That eclipsed the 1991 2:12.54 mark of Olympic gold medalist and former world record holder Anita Nall—who also swam

for North Baltimore.

Wait! There's more. Katie also led off her team's 800 freestyle relay with a 1:48.00 split to help teammates Courtney Kalisz, Allison Barnes and Jackie Gonzalez shatter by two seconds the 13-14 NAG record of 7:34.58 set by Mission Viejo in 1978—12 years before the girls were even born!

Katie attributes her five NAG record-breaking performances to good old-fashioned hard work: "I increased my leg strength by doing hard kicking sets and dryland leg workouts. I trained very hard every practice."

Hang Time: "I enjoy watching the TV show, 'Friends,' talking online to my friends, surfing swimming websites and hanging out with my friends."

Training: Katie's favorite workouts include anything with pulling or breaststroke, while her favorite set is 30 x 100, two easy freestyle, one fast breaststroke.

She trains at least two hours every day with double workouts on Mondays, Thursdays and Saturdays. Katie also incorporates an hour of dryland training four afternoons a week along with yoga classes on Tuesdays.



Katie Hoff
North Baltimore Aquatic Club
Baltimore, Maryland
National Age Group Record Holder
13-14 Girls 200 Yard Breaststroke,
200 Yard IM, 400 Yard IM, 800 Yard
Freestyle Relay, 200 Meter IM

Birthdate: June 3, 1989

Height: 5-7

Coach: Paul Yetter

Short-Term Goal:
"To continue to improve my weaknesses so that I will be able to place high at spring nationals."

Long-Term Goal:
"To win the races that I need to win to make an international team."

Go to SwimInfo.com to cast your vote on which of these superstars you would choose as your valentine!

Be My Valentine!

If you had your choice of anyone in the world to be your valentine on Valentine's Day, who would you choose?



Misty Hyman

Sting

No doubt I would pick my fiancé, Mike. I don't know what I ever did without him in my life, but my life is much better with him in it now."

Mike



Lindsay Benko

Photo by Michael Aron



Amanda Beard

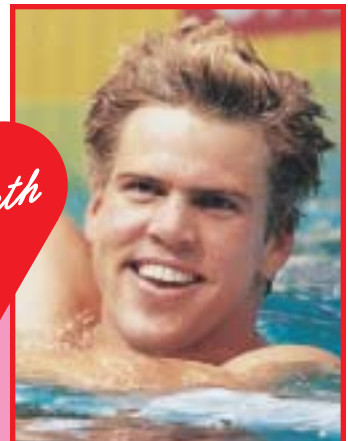
James Dean

"I would want my wife, Elizabeth, to be my valentine."

Elizabeth

Photo by Bill Collins

"I would want James Dean to be my valentine. I thought since it's just a one-time Valentine's date, I would want someone cute. I also thought about young Elvis, but Mr. Dean is my pick."



Gary Hall Jr.

Photo by Peter H. Bick



Lenny Krayzelburg

Irina

"I would want my fiancée, Irina, to be my valentine. She is the love of my life, and there is absolutely no one else I would rather spend time with."

Humphrey Bogart



Dara Torres

Photo by Michael Aron

Photo by Bill Collins



TYR

AGE GROUP SWIMMERS OF THE MONTH

Megan Romano

Age 12, St. Petersburg Aquatics, St. Petersburg, Florida



Although 12-year-old Megan Romano has been swimming competitively for seven years, 2003 was the year she left her mark in the Florida state record books. She began her hunt for the 11-12 age group state records at the 2003 Gator Fall Classic in Gainesville, Fla. There she successfully captured state marks in the 50 yard back (27.84), 100 back (58.87) and 200 back (2:06.93). All three of these swims landed Megan among the top three spots in the nation for 2003.

Megan dominated her age group at the Florida Summer Junior Olympic Championships in Orlando, Fla. as well. She took home a first-place finish in both the 50 meter free (28.62) and 50 back (32.58), a second-place finish in the 100 back (1:09.35), a fifth-place finish in the 200 free (2:14.65) and a sixth-place finish in the 100 free (1:02.61).

Based on her outstanding performances, Megan was picked to represent Florida at the Southern Zone meet in Fort Lauderdale. There she continued her impressive swimming by placing second in the 50 meter back (32.52) and by qualifying for finals in five of her six events.

Megan's St. Petersburg Aquatics coach, Fred Lewis, attributes much of her success to her ability to work hard in practice. It seems that Megan's work has paid off, as she ended her 2003 season with six of her times ranking in USA Swimming's National Age Group Top 16 list.

Successful swimmers are widely recognized for their good work habits, personal discipline and mental toughness. Swimmers who battle physical handicaps must make these habits a lifestyle.

Nine-year-old Nicholas Crane of the Lake Erie Silver Dolphins has done just that.

With only two short years of competitive swimming under his belt, Nicholas has accomplished a remarkable amount of success. His 2003 season was highlighted by representing Ohio in the annual Quad meet held at the IUPUI Natatorium in Indianapolis as well as meeting his idol, Michael Phelps, at the Eastern Classic in Atlanta.

Nicholas went on to win the 200 yard free (2:14.53), 500 free (5:54.50) and 200 IM (2:30.41) at the Lake Erie Short Course District Championship meet, earning the 9-10-year-old high-point award along the way. However, Nicholas' success did not stop there. During the 2003 summer season, he established six Lake Erie 9-10 records in the 400 meter free (5:04.77), 800 free (10:27.31), 1500 free (19:35.15), 200 back (2:45.12), 200 breast (3:15.46) and 400 IM (5:58.10). In addition to his 400 free time, Nicholas swam two other NAG Top 16 times in the 200 free (2:25.62) and 200 IM (2:45.61).

As Nicholas approaches his 10th birthday, his goals are to have fun in swim practice with his teammates, to continue his improvement in

all four strokes with a dream of matching the versatility of his idol, Michael Phelps.



Nicholas Crane
Age 9, Lake Erie Silver Dolphins, Cleveland, Ohio

Candidates for "Age Group Swimmers of the Month" must compete within a nationally recognized age group. Please send a personality sketch and a color photograph or slide (a face shot, such as a school picture) of each nominee. Be sure to include name, address and phone number of person submitting the candidate. You can request a *Swimming World* Age Group Swimmer of the Month Profile form, which can be used as a guide to writing the nomination. The more information we receive, the more complete the story can be.

Send all information to *Swimming World*, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341. If you want the picture returned, please enclose a self-addressed stamped envelope.

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

POOL

Overnight & Day Camps – Boys and Girls – Ages 9-18 – All Ability Levels

2004 NIKE CAMPS

Swimming · Water Polo · Diving

Located Across the U.S. and Directed by America's Finest Coaches

For more information or to register:

1-800-NIKE-CAMP · USSPORTSCAMPS.COM



NIKE SWIM CAMPS

West

Stanford University - CA
University of Washington - WA
University of California, Santa Cruz
University of San Diego - CA
Hawaii Preparatory Academy
Lewis and Clark College - OR
University of Arizona
University of Utah
University of Northern Colorado
New Mexico State University

Central

The Ohio State University
Calvin College - MI
Valparaiso University - IN
Southern Illinois University, Carbondale
Lawrence University - WI
Minnesota State University, Mankato

East

University of Pittsburgh - PA
Fairfield University - CT
University of Vermont
University of New Hampshire
The College of New Jersey
Williston Northampton School - MA
University of Maryland
Florida International University

NIKE WATER POLO CAMPS

University of California, Santa Cruz
University of San Diego - CA
Hawaii Preparatory Academy

NIKE DIVING CAMPS

Southern Illinois University, Carbondale
University of Pittsburgh - PA
Florida International University

Presented By  USSC
U.S. Sports Coaches

YMCA

A Springboard for Olympians

Most people may not associate elite swimming programs with YMCAs, but many of America's Olympians got their start at their local Y, while some swam with Y's throughout their entire pre-college careers.

By Kari Lydersen

When most people think of YMCAs, the first thing that comes to mind are the core values that YMCAs stress—honesty, integrity, respect—and the idea that everyone can participate.

Elite level competition isn't always associated with this image. Regardless of the sport, YMCAs aren't usually where people expect to find the country's elite competitors.

But swimmers over the decades have proved that sportsmanship and inclusiveness can go hand in hand with elite performance—in fact, the two often complement each other.

Throughout the history of competitive swimming, there have been numerous Olympians who started their careers at YMCAs, including many who were swimming for Y's at the time they made the Olympics. More recently, the overall level of performance by Y swimmers has risen significantly, making the annual short course YMCA Nationals one of the country's fastest meets.

"Y swimming has really taken off in the last 10 years," said Jeff Allen, head coach of the Wilton Y Wahoos in Wilton, Conn., where 1988 Olympian Janel Jorgensen swam for most of her career. "More Y's are making a real commitment to swimming, with more pool time and more full-time coaches."

Long List of Olympians

Perhaps the first swimming Olympian to come out of a YMCA team was Walter Laufer, who won the

silver medal in the 100 back and bronze in the 100 free at the 1928 Olympics in Amsterdam.

A website compiled by Clyde Truttman (www.portcitydiving.com/ymca/yolympians.htm) lists 42 separate YMCA swimmers and divers who made the Olympics, some of them competing in multiple Olympic Games. The list includes some of the most famous names in swimming history—the legendary Mark Spitz, who won seven golds at the 1972 Olympics in Munich; Donna De Varona, who competed in the 1960 and 1964 Olympics and won gold in the 400 IM in 1964; and Debbie Meyer, who won the 200, 400 and 800 free at the Mexico City Olympics in 1968.

More recently, Olympians who swam for YMCAs include backstroker Betsy Mitchell, flyer Jorgensen, backstroker Steve Bigelow, IMer Eric Namesnik, breaststrokers Anita Nall and Jeremy

Linn, diver Mary Ellen Clark and freestyler Joe Hudepohl. Though not all these swimmers were representing Y teams at the peak of their career, Y's can be said to have played an important role in their development as athletes and individuals.

And many Olympic stars swam with Y's throughout their entire pre-college careers. Kim Linehan and Tripp Schwenk, both two-time Olympians, spent basically their whole careers with the Sarasota Y Sharks. Linehan qualified for multiple freestyle events on the 1980 team when the U.S. boycotted the Games in Moscow, then also made the 1984 team. Backstroker Schwenk swam at the 1992 and 1996 Olympic Games, winning gold in '96.

"Kim was one of the most unheralded distance swimmers ever," said Sherwood Watts, the Sharks head coach and an assistant at the Sharks

SPITZ



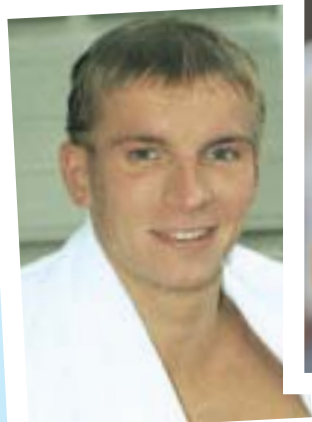
JORGENSEN



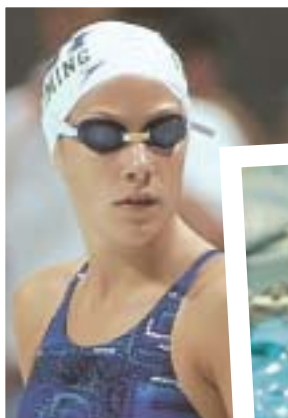
De VARONA



NAMESNIK



NALL



LINN



LINEHAN



SCHWENK



during the 1970s and '80s. "Coaches Tim Hill and Tim Blood were doing some amazing things there. They had an incredible group of kids. They were working with rag-tag pools, rag-tag schedules, all 25-yard pools, unheated pools—and they really made something out of it." Recognizing the team's success, the Y later built state-of-the-art facilities.

"The Sharks are huge in the Sarasota community," said Watts. "They've really supported us."

YMCA coaches note that when it comes down to it, Y teams aren't all that different from other USS teams in terms of training intensity, resources, facilities and the like.

"We offer a competitive program. If you want to be a competitive swimmer, this is the place to be," said Jeremy Bannon, head coach of the M.E. Lyons Anderson Barracudas team in Cincinnati, which has long been one of the dominant Y teams in the country. "And if you're a kid learning how to swim, this is also the place to be."

Importance of Teamwork

While the top-level training programs at YMCAs are probably undistinguishable from other USS teams, Y coaches and swimmers say there is a noticeable emphasis on the traditional Y values, including a huge emphasis on the importance of the team and teamwork.

"There are a number of reasons why people join a Y—the mission state

ment, building of kids and character is important," said Bannon. "That is something Y's bring to the table that not all swimming teams might offer. The core values are a very important part of our program."

Allen spent years coaching at a YMCA in Darien, Conn., before coming to Wilton. He said that after years of coaching at Y's and bringing swimmers to Y meets, he sees a definite difference in the way Y's stress the team aspect.

"We always approach things as a team—we talk about the team every single day," he said. "I believe some USS teams see swimming more as an individual sport."

Nowhere is the team aspect more evident than at Short Course Y Nationals, a high-caliber meet held every spring in Florida, usually at the International Swimming Hall of Fame pool in Fort Lauderdale.

"Most teams don't have the luxury of bringing a lot of swimmers to juniors or seniors, but at Y Nationals, you can bring 20 or 30 kids, ranging from kids who haven't even made juniors to kids who have senior cuts," noted Roanoke Central YMCA coach, Doug Fonder, who hosts a dance for swimmers the last night of the meet and takes groups of swimmers on water taxis in the Intercoastal Waterway in Fort Lauderdale.

"The team atmosphere is really amazing. They do these things like marching in, dressing up, dancing. At

first I thought it was kind of hokey, but then I saw how much the kids like it, and that's important."

Allen said many of their top swimmers turn in faster times at Y Nationals than the U.S. senior nationals—"because they're swimming for more than themselves," he said. "It's like a college dual meet—you forget about the time because you're focusing on racing, and that's when people do their best."

He added that even after winning medals at the NCAAs, Pan-Pacs, Olympics and other major meets, Janel Jorgensen still refers to Y Nationals as one of her favorite meets.

"She swam Y Nationals every year," he said. "And to this day, she still refers to it as the most fun meet."

There are several swimmers who came out of Y teams who various coaches point to as having good shots at an Olympic berth in 2004 or 2008. One of these is Jayme Cramer, a flyer and freestyler from M.E. Lyons who is now at Stanford. In keeping with the team spirit of Y's, Cramer and others like him not only have a shot at the Olympics themselves, but they are also bound to inspire other young YMCA swimmers who will become future Olympians.

"Jayme came back over Christmas and swam with us," said Bannon. "All the little kids loved it."

Kari Lydersen is a contributing editor of Swimming World and writes for the Washington Post.

SUDDEN IMPACT

Despite their young age, high school athletes have always played an important role in the makeup of the U.S. Olympic team.

BY JOHN LOHN

Editor's Note: This is the first of a two-part series on high school athletes and their impact upon the Olympics. This month features the past; next month, the future.

From Berlin to Tokyo, from Munich to Sydney—and stops in between—they've been woven into the fabric of American swimming. They've been the future, sometimes fulfilling the lofty expectations dropped on their youthful shoulders.

In 1932, they were present. In 1968, they were deckside. Their impact was felt in 2000. In 2004, they're certain to be in the mix, extending a tradition that has endured for nearly a century. The high school athlete, undoubtedly, has been a constant in the world of Olympic swimming.

So, who's it going to be this time around? How will the youth movement unfold? Will the kids be able to handle the pressure? Is this the stage that will produce the next great one, as has been the case in the past? We'll address these questions next month.

For now, let's look at the impact high school swimmers have had on the Olympic Games in the past.

FEMALE FRENZY

The names go on and on. Donna De Varona and Tracy Caulkins. Mary T. Meagher and Michelle Richardson. Amanda Beard and Megan Quann. And, of course, Janet Evans. Honestly, the Olympic qualification of high school females is commonplace.

De Varona was a gold medalist in the 400 individual medley in 1964 after winning relay gold as a 14-year-old in 1960.

Richardson took silver in the 800 free in 1984 as an eighth-grader. Beard and Quann collected multiple medals in 1996 and 2000, respectively. Meagher and Caulkins, eventual Olympic gold-medal winners, forged ahead after the boycott of the 1980 Moscow Games by President Jimmy Carter.

Every Olympic year, several slots on the United States roster are occupied by teenage girls, youngsters having just received their diplomas, or still working toward that high school sheepskin. Obviously, then, there is no reason to believe that the veterans—at least among women—have a significant advantage over the youthful contingent. Each has its positive and negative attributes.

“Qualifying for an Olympic team is the most difficult thing anyone could do, young or old,” Quann (pictured below) said.

“As a young up-and-comer, going into the Olympics, I was almost naïve. I was basically oblivious to the pressures that surrounded me. As a high school athlete, that gave me an advantage. The older athletes, even those who had been there before, knew what to expect, but that, in itself, isn't always beneficial.”

The lure of the Olympic Games may be the greatest temptation an athlete can know. After qualifying for the 1980 Games, at her peak, Meagher's initial Olympic opportunity was delayed. Yet, in her search for Olympic glory, she pressed on, claiming gold in 1984 in the 100 and 200 butterfly events. Four years later, Madame Butterfly was on the medal podium again, this time earning a bronze in the 200 fly at the Games in Seoul, South Korea.

In 1996, 14-year-old Amanda Beard was the darling of the Atlanta Olympics, her teddy bear a constant companion en route to silver-medal efforts in the breaststroke disciplines and a gold on the American 400 medley relay. In the ensuing years,

Beard fell from the pedestal of international swimming, only to return in 2000 with a bronze medal in the 200 breast.

Now, Beard is the reigning world champion in the 200 breast, and co-world record holder.



Yes, the Olympic itch is powerful, an addiction of sorts. In many cases, the bug has bitten the teenage athlete, prompting that individual to continue with her rigorous schedule, for the hope that further Olympic glory is attainable.

After Quann won a pair of gold medals in Sydney, she hit a plateau in her swimming. Although she qualified for the World Championships in 2001, an individual medal was not in the mix. Then, last summer, a World Championship invitation to Barcelona proved elusive. But, through focus and the motivation to be a two-time Olympian, Quann has re-established herself as a force to be reckoned with in Long Beach.

FLIP TURN

Remember Ralph Flanagan? Probably not, considering the fact that Flanagan's tale is a 72-year-old story that hasn't been notably etched in the annals of the sport. He was the 13-year-old who qualified for the 1932 Olympics.

The youngest male swimmer ever to represent the United States at the Olympics, Flanagan opened a door in Los Angeles through which only a handful of young men have walked. While the female teenager is a staple in Olympic competition, physiology has made the task more difficult to attain for the opposite sex.

There is no argument that girls—including swimmers—mature earlier than boys. Compared to his female counterpart, the male swimmer takes longer to reach physical maturity.

"The age factor for men plays a role," said Aaron Peirsol (pictured at right), the reigning world champion in the 100 and 200 backstroke events. "It's difficult for a high school swimmer to compete with stronger and older guys. I matured early and was fortunate that everything worked out. Males get stronger later than females. There's no debate about that."

Three decades after Flanagan completed his Olympic experience, a pair of high school standouts set the stage for glamorous careers in the 1968 Olympic Games in Mexico City. Earning the honor to wear the Red, White and Blue, Gary Hall Sr. and Mark Spitz grabbed the spotlight.

In securing a silver medal in the 400 individual medley, Hall set the table for silver- and bronze-medal winning per-

formances in 1972 and 1976. Spitz, meanwhile, parlayed a four-medal haul in 1968 into a seven-gold, seven-world record take in 1972, a feat considered in many circles to be the greatest accomplishment in Olympic lore.

More than three decades later, the high schoolers were still at it.

As a 17-year-old during the summer of 2000, Peirsol battled through his veteran counterparts to claim an Olympic team berth and, eventually, a silver medal in Sydney in the 200 backstroke. Peirsol, too, was a member of a team that can be considered an anomaly, in that it featured a number of high school males.

While Peirsol flourished in the backstroke, he was joined as a "Young Gun" by the trio of Ian Crocker, Klete Keller and Michael Phelps. Really, the emergence of these youthful stars was an oddity, perhaps a once-in-a-generation occurrence. Their arrival, though, was a breakthrough in American swimming.

These days, Crocker is the reigning world record holder and world champion in the 100 butterfly. Keller, who picked up a bronze medal in the 400 free in Sydney, has been a short-course world champion. And Phelps, well, we'll have more on the world's finest swimmer in next month's article.

"I think a cycle like that will pop up every once in a while, but 2000 was a special year," Peirsol said. "I think the next team will be veteran-oriented. This could be a dangerous team. In 2000, there was a mix of athletes. Anything can happen at Trials, but (the 2004) team will probably be more established. I think it's more predictable."

John Lohn is a sports-writer for the Delaware County Daily Times and a regular contributor to Swimming World.







Lethal Leisel

In Sydney, at 14, Leisel Jones became the youngest swimmer to make the Australian Olympic team in 24 years. She already has Olympic and World Championship silver medals to her credit, but she's aiming for gold come Athens.

By Stephen J. Thomas

Photo by Matt King, Sport•The Library

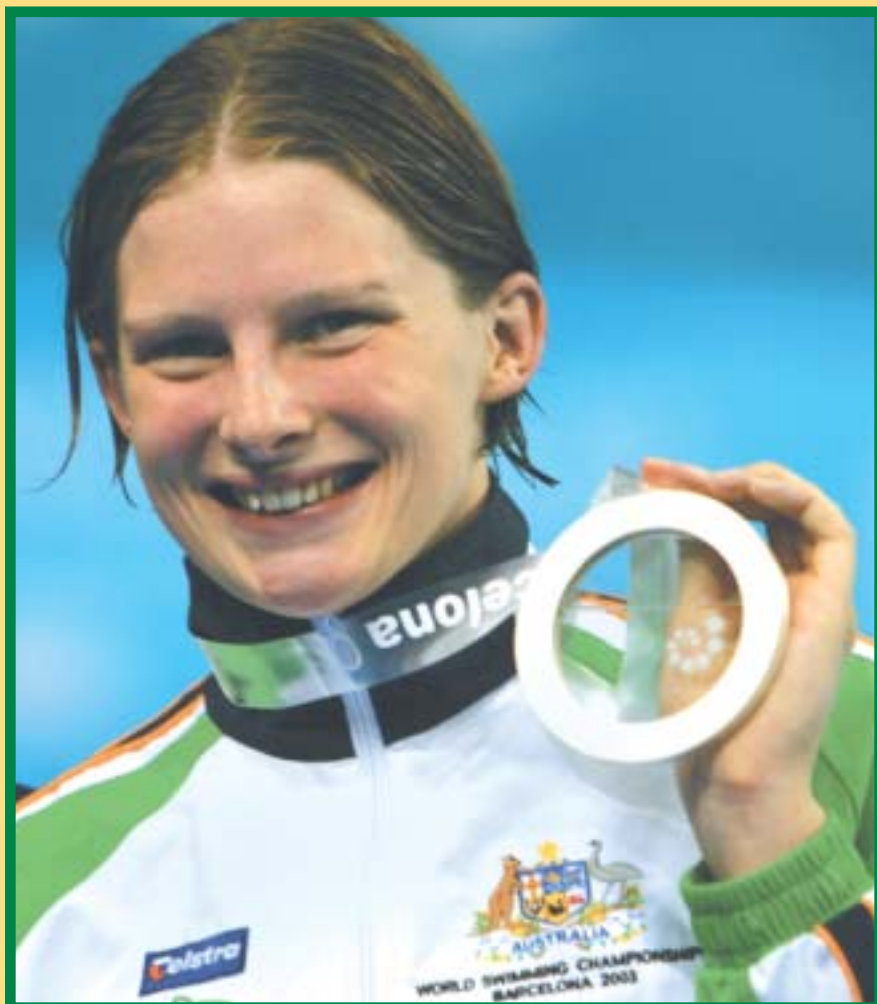


Photo by Marcelo del Pozo, Reuters

Liesel Jones had an outstanding year in 2003, capturing a silver (above) and two bronze medals at the World Championships in Barcelona.

One month before the Australian Olympic Trials in May 2000, an unknown Queensland teenager lined up for the final of the 200 breaststroke for 14-year-olds at her first National Age Group Championships. Her name was Liesel Jones, and she was about to begin her journey toward—quite probably—becoming the greatest Aussie breaststroker of all-time.

Jones easily took the 100-200 double at that meet in the eye-catching times of 1:08.30 and 2:28.38—results that vaulted her to second and third, respectively, in the Aussie all-time record books.

Fast-forward to Christmas Eve 2003.

Jones has kindly given me an hour of her very brief Christmas break to discuss her progress in what has been a very eventful year for her. It's late afternoon at her aunt's home in Sydney, and she started the day at 4.30 a.m. with training

at her home pool at Redcliffe, a northern suburb of Brisbane, then flew down with her mother, Rosemary.

What is certain on my arrival is that her young niece and nephew are more anxious about the immediacy of Santa's impending visit than our interview.

A Very Good Year

By her own admission, this past year has been a very good one for the now 18-year-old. "Lethal Liesel," as the media Down Under have nicknamed her, lowered three world records and seven Aussie marks as well as collecting one silver and two bronze medals at the World Championships in Barcelona. She also captured her third straight 100-200 double at the long course nationals.

She even delved into the 200 individual medley at Trials—"so I would have a swim early on in the meet," she admit-

ted. The result was a new Aussie record 2:14.21 and another race to add to her program in Barcelona. However, she assured me that Athens will be a different story. She will be fully focused on the two breaststroke events.

Recently, Jones stroked world short course records in the 100 and 200 meter breaststroke on consecutive nights at the World Cup in Melbourne. Her 1:05.09 in the four-lap race was just 3-hundredths of a second under Swede Emma Igelstrom's world record, but it was her brilliant 2:17.75 the following night that slashed more than one second off Chinese Qi Hui's global mark—and a PR by over three seconds—in the longer distance that really had the breaststroke aficionados nodding their collective heads in appreciation.

But as good as 2003 was for Liesel, there was one significant glitch to her year—the 100 meter breaststroke final at the World Championships in Barcelona. Jones was the favorite, having swum a brilliant semifinal of 1:06.37 to break the world record held by South African legend Penny Heyns by 15-hundredths of a second.

However, Liesel could only manage third in finals. The reigning title-holder, China's Luo Xuejuan, took the race out incredibly fast. Her daring plan to lead all the way paid off, and she held on to win in a PR 1:06.80. Jones touched in 1:07.42.

Liesel was understandably bitterly disappointed after the race, admitting she had been "spooked" by the Chinese swimmer's aggressive tactic, thereby losing focus on her own stroke rate. But she now accepts it was an important learning experience.

"It's something that I have learned from—to expect the unexpected. I went through it with my coach and the psychologist afterward. We've done a lot of work since then. I did not expect her (Luo) to be there. I got some valuable race experience. I learned to focus on my own swim and not to watch everybody else," she explained.

Tender Teen

The young Miss Jones has packed quite a bit into her swimming career to date. Her first major meet was the 2000

THE JONES FILE

Name: Leisel Jones

Nicknames: "Lethal Leisel" and "Weazel"

Date of Birth: Aug. 30, 1985

Age: 18

Born: Katherine, Northern Territory

Height: 5-9 (176 cm)

Weight: 132 pounds (60 kg)

Club: Redcliffe Lawnton, Queensland

Coach: Ken Wood

Family Members: Rosemary (Mother)

School: Southern Cross, Redcliffe

Pets: King Charles Spaniel (Cloe), Rat (Minx)

Favorite Band: Grinspoon

Relaxation: Reading

Favorite Car: Ford

Favorite Food: Cold Rock ice cream

Sponsorships: Uncle Toby's, Speedo, Innox and Ford

After Swimming: Perhaps to design her own clothing label



Photo by Tom Brocchold

Leisel's coach of the past five years, 74-year-old Ken Wood (left), describes Jones as the best trainer he has ever coached.

Olympic Trials a little more than three-and-a-half years ago. She clocked a very satisfactory 1:08.71 to qualify fastest for the 100-meter event and, at 14, became the youngest swimmer to make the Olympic team in 24 years.

"Going into the Olympic Trials, there was no real pressure on me," she recalled. "I didn't have to make the team. I was prepared just go back to school the next week. I didn't think it would change my life, but it certainly did. Once I made the team, it was pretty daunting. I hadn't made a national development squad or even been on any junior camps, then suddenly I was on the Australian Olympic team.

"There was so much hype in the lead-up to the Olympics, so much media attention, and I hardly knew anyone on the team, which made it very difficult. I pretty much stuck with my roommate (Sybilla Goode), who was also new to the national team," she recalled.

The record book shows that Jones dealt pretty well with the expectations of a nation, finishing her first "international meet" with two Olympic silver medals.

"At the time, I took it a little bit for granted since it was a 'home' Olympics. Now I look back and realize how special an experience it was," she said.

Stronger and Wiser

In 2001, at her first World Championships in Fukuoka, Jones took silver in the 100-meter race, again behind China's Luo, and placed fourth in the deuce when she clocked a new PR 2:25.46. Earlier, she collected her first gold medal in a major championship, as part of the Aussie team that set a new Championship record in the 400 medley relay.

At the 2002 Commonwealth Games in Manchester, Jones took the 100-200 double and a third gold in the medley relay. Three weeks later in Yokohama at the Pan Pacific Championships, she added silver in the 200 breaststroke and another relay gold.

In the case of "Lethal Leisel," there has been no stopping her momentum at an age when many female swimmers blossom early, then lose motivation and direction. Her coach of the past five

years, 74-year-old Ken Wood, describes Jones as the best trainer he has ever coached.

"Leisel is so dedicated to her sport. You have to admire the way she conducts herself, and she has the natural talent to be the best. People forget she's only just-turned 18.

"I remember in Fukuoka, she was crying when she came up to me after finishing second in the 100 breast. I reminded her she now had silver medals from both the Olympics and World Championships. She started to laugh at herself—she was only 15," Wood recalled.

Jones trains about 65-70,000 meters per week, with ten sessions in the pool and three trips to the gym. Interestingly, her coach says she does up to 60 percent of a session swimming breaststroke. The big change to her program has come after her disappointing 100 breast final in Barcelona. Wood felt that they needed to work on building her confidence in pressure situations.

"I want her to move away from walking out behind the blocks with an air of anticipation to one of total confidence," he explained. He has been doing this by giving her more work at race pace with shorter rest. The hard work is already starting to show fruit—two short course world records and a pair of wins over rival Amanda Beard, who beat her in both the 100 and 200 in Barcelona.

"Leisel is a wonderful competitor," admits the 200 breast co-world record holder Beard. "I know when I have her in a lane next to me, it's gonna be a real good race. She never backs down. I like racing people who will push me to be outside my comfort zone. It will only bring out the best in both of us."

The determined Queenslander says she intends to be around in swimming "for as long as I continue to love it, perhaps until I'm 28," which computes to three more Olympics. There is no question this is one determined young Aussie who will surely stand up to the challenge in Athens next August, where a silver medal just won't be good enough.

Stephen J. Thomas, one of Swimming World's Australian correspondents, is a former editorial consultant to Australian Swimming and Fitness Magazine.

The Ultimate Proving Ground

Not all countries select their Olympic swimming teams the same way, but in the United States, the rules are simple: if you succeed at Trials, you're in; if you don't, you stay home.

By Tito Morales

It's called "Do or Die Time."

When it comes to the U.S. Olympic Swimming Trials, there are no do overs. There is no best two out of three. It's now or never—put up or shut up.

The numbers alone show that not only are the quadrennial Trials the most prestigious competition in the United States, but they're also the country's ultimate proving ground.

Start with roughly 250,000 registered senior and age group swimmers, then toss thousands more who compete on the collegiate and post collegiate levels into the mix. Pare this group down to the fastest 650 athletes. Match them head-to-head at a one-time meet—this time around, from July 7-14 in Long Beach, Calif.

The rules are simple. If you succeed, you're in; if you don't, you stay home. Period.

Fewer than 50 of these supremely gifted swimmers will advance to the XXVIII Olympiad in Athens.

This year, because of the amazing versatility of Natalie Coughlin and Michael Phelps, the number may actually be closer to 40 than 50.

Yes, the stakes are high. The rewards, though, are even higher—because becoming a member of the most storied Olympic team in history is, without a doubt, one of the most cherished prizes in all of sport.

Refreshing Purity

Few Olympic events are as transparent in the selection of their teams. Sports such as gymnastics, figure skating, softball, bobsled, rowing and equestrian, for example, are all inherently biased in nature. With a little manipulation of the system and enough politicking, even a Prince Albert of Monaco or a Princess Anne of England can become an Olympian. Most other sports are also open to varying degrees of subjectivity—even water polo and diving.

Competitive swimming, however, holds no such built-in prejudices—especially as it is structured in the United States.

The fastest two from the finals in each event make the team. In sprint distances, the next fastest few earn their way onto



MICHAEL PHELPS

relays. In the case of a team member's illness or misfortune, alternates in individual events are appointed in the order of their place at the Trials. End of discussion.

The process holds no randomness. There are no ifs, ands or buts. It matters not *who* you know or even *what* you know. It's all about what you *do*—coupled, of course, with *when* you do it.

Such purity is at once refreshing and beautiful in its straightforward simplicity.

Steeped in Tradition

While it is difficult to re-create how the very first U.S. Olympic Swim teams were formulated, it appears that there has long been a one time meet to distinguish our Olympians. Eleanor Holm, an International Hall of Fame inductee and member of the

1928, 1932 and 1936 teams, recalls that our swimmers have always had to compete for spots, and the historical data seem to bear her out.

In 1920, for example, swimmers such as Duke Kahanamoku and his teammates from Hawaii were first compelled to compete at the Western Olympic Swimming Tryouts in Alameda, Calif. Two weeks later, the top men from that meet traveled to Chicago to compete against champions in other regions. The top women, meanwhile, trekked to Manhattan Beach, N.Y. to race against other regional women champions. Both of these competitions were jointly referred to as the Final Olympic Tryouts.

No one, Holm maintains, was exempt from the process. Not even the great Johnny Weissmuller.

The rigidity of the system has led to some notable eliminations over the years. In 1988, Pablo Morales, the 100 butterfly world record holder, faltered at the Trials and failed to make the team in his best event.

And in 1996, Kristine Quance, who went into the Trials as America's top 400 IM swimmer, was disqualified in the preliminaries in a controversial decision and, consequently, lost her best opportunity to earn an Olympic gold medal.

Debbie Meyer, Mark Spitz, Janet Evans—they all had to get it

done first at the Trials.

The athletes heading to Long Beach this summer have already proven their mettle by reaching challenging time standards.

Curiously, the women's qualifying times for 2004 have proved to be much more accessible than the men's. While the biggest number of competitors in any one event on the men's side so far is 53 (200 IM), the most on the women's side is 67 (in both the 100 fly and the 200 IM).

The single most difficult standard to reach has turned out to be the men's 100 breaststroke. To date, only 33 swimmers have dipped beneath the 1:04.29 standard.

No matter how many or how few swimmers ultimately will mount the blocks in each event, though, one thing is a given: every one of them can swim his or her way onto the team.

Different Strokes for Different Folks

Each country has established its own criteria for assembling its Olympic teams. Many stage a trials meet similar to the one held in the United States. Other countries with less developed swimming programs conduct no such competition—and for good reason.

It would be nonsensical and counterproductive for swimmers such as Slovakia's Martina Moravcova, Malaysia's Alex Lim or Tunisia's Ous Mellouli, for example, to be forced to participate in a national trials process when their swimming skills are so vastly superior to those of their countrymen.

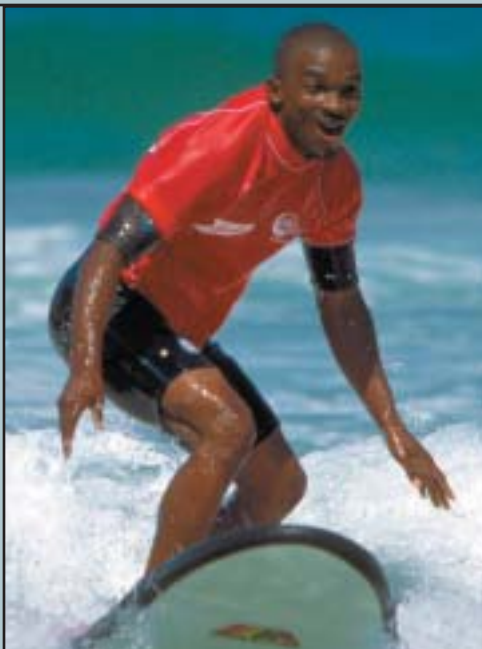
Their focus over the last few years has instead been directed on attaining FINA's challenging "A" and "B" time standards. These qualifying times, which straddle the U.S. Olympic Trial standards, were implemented after the likes of Eric Moussambani and Paula Barila Bolopa from Equatorial Guinea made a mockery of the 2000 swimming competition by appearing in the meet without ever having seen a starting block before.

The new FINA rules state that any country wishing to place two athletes in an event must show proof that both swimmers have achieved the "A" standard. Countries choosing to enter only one swimmer per event must demonstrate that the athlete has attained the still quite difficult "B" standard.

It's estimated that this restructured system will leave about 800 swimmers from around the world competing in Athens—substantially less than the number who swam in Sydney.

Interestingly, though, even some of the countries that do elect to stage a national trials meet do not always adhere to the strict standards followed by the United States.

In 1984, for example, Anne Ottenbrite was Canada's top breaststroker and one of its best hopes for medaling in the Olympics. Though a knee injury prevented her from competing



ERIC MOUSSAMBANI

Photo by Sean Gransuorothy, Allsport

at the Canadian Olympic Trials, she was subsequently added to the team anyway. The move was very controversial, but Ottenbrite went on to win gold in the 200 breaststroke, silver in the 100 breast, and she helped lead Canada's medley relay team to bronze.

Some would claim that Ottenbrite's success proved that her selection was the correct move to make. But was it the most just? Probably not in the mind of the athlete she displaced from the team.

Continuing A Dynasty

It's often been speculated that because of the unprecedented quality and depth of talent the U.S. enjoys in almost every event, the U.S. Olympic Trials is the most competitive swim

meet in the world.

While other countries have produced periodic splashes of brilliance throughout swimming history, none has come close to matching the long-term success enjoyed by the United States.

Whenever there's discussion of dynasties in sport, in fact, the U.S. Olympic swim team is invariably overlooked. It hasn't just been a matter of years or even decades, as is the case with the New York Yankees, San Francisco 49ers or Brazilian World Cup soccer teams.

This is a dynasty that has been going strong for over a century.

Team USA has captured 433 total medals in Olympic Games competition—more than three times the number won by Australia, the next closest nation. The 191 gold medals won by the Americans is nearly four times more than runner-up Germany. The U.S. women's team, by itself, has won 29 more golds than the Germans.

Perhaps the biggest testament to the United States' utter dominance in the sport, however, is the fact that a rule enacted in the 1980s, blatantly aimed at handicapping the Americans, limited a country's entrants per event to two. Not even the Romanian gymnastics team, the Austrian ski team or the vaunted U.S. basketball team has ever received such a back-handed compliment.

It can be argued, though, that the biggest reason why our athletes have performed so well on the world's biggest swimming stage is because they have been hardened by having to tap into their very best during the Trials. There is simply no margin of error when there are only two available slots.

Whatever the case may be, athletes wanting to become part of such an illustrious Olympic tradition will first need to produce some stellar swimming at the U.S. Olympic Trials.

But, then again, that's the way it's always been—and the way it should always remain.

Tito Morales, a novelist and free-lance writer, is a Masters swimmer who competed collegiately for the University of California at Berkeley.

Tech Tip: Breaststroke

Text and Photos by Kevin Milak

(Part II)

Last month, in the January 2004 issue of *Swimming World*, Kevin Clements demonstrated the timing and position of the arms during the breaststroke pull. This month, we conclude the demonstration with the

breaststroke kick and timing phases of the stroke.

The Kick

The recovery of the feet is done by bending the knees, while bringing the

lower legs and the heels up toward the buttocks. While recovering the lower legs, bring the heels up, with toes pointing backward, keeping the feet no wider than the hips (Photo #1).

The feet are rotated outward at



the ankle during the outswEEP of the kick, so that the soles of the feet are pitched out and back. Catch the water with the soles and the instep of the foot (the part that you kick a soccer ball with), and begin to drive the water back with the toes still rotated out (**Photo #2**).

The insweep of the kick is the propulsive phase of the kick. In this motion, your legs “grab” the water and push it backward. In the first part of the insweep, the feet are pitched outward and the legs straighten. Think of your feet being stuck in one piece of water and use them to push yourself off this spot. Your feet and ankles will not move

much during this phase (**Photo #3**).

Swimmers with the best breaststroke kick complete the second part of the insweep with the soles of the feet facing in, squeezing the thighs and calves together, streamlining the lower body. Clap the bottoms of your feet together while rotating your foot with the toes pointing down (**Photo #4**). Look at the difference in the angle of the foot between Photos #3 and #4.

Timing

One of the common characteristics of most great breaststrokers is their timing. Timing includes both the order and the spacing in between the parts of your stroke (pulling, kicking,

etc.). One of the simplest and most effective ways to teach breaststroke timing involves using what some coaches call “self-talk.”

In self-talk, you speak your swimming cues to yourself, consciously affecting what your body is doing. You cannot do the stroke efficiently by doing any of the four movements faster than you can say them. The self-talk that you use with breaststroke is “**Pull-Breathe-Kick-Stretch**” (**Photos #5-8**). By speaking to yourself, you can positively impact technique flaws, especially in timing.

Kevin Milak is the newsmaster of SwimInfo.com and the technical editor of Swimming Technique magazine.



25 Ways to Improve Your 25

Four of the greatest sprinters of all-time and two of their coaches offer 25 tips on how to swim fast.

By Phillip Whitten

There's nothing more fun than swimming fast. And whether you're a 10-and-under racing 25 yards, a high school or college swimmer competing in a 50, or a potential Olympian bearing down in the final 25 meters of your 200 meter event, you need to know how to sprint.

To find out how to improve your ability to swim a fast 25, *Swimming*

World asked four of the greatest sprinters of all-time and two of their coaches for their advice. The swimmers are:

- **Natalie Coughlin**, *Swimming World's* female World Swimmer of the Year in 2002, world record holder in the 100 meter back (59.58), and American record holder in the 100 meter free (53.99) and 200 back (2:08.53).

- **Inge De Bruijn (Inky)**, triple Olympic gold medalist in Sydney in 2000 and world record holder in the 50 meter free (24.13), 100 free (53.77) and 100 fly (56.61).

- **Gary Hall Jr.**, four-time Olympic gold medalist and American record holder in the 50 meter free (21.76).

- **Dara Torres**, four-time Olympian and American record holder in the 50 meter free (24.63) and 100 fly (57.58).

The coaches are:

- **Mike Bottom**, associate head men's coach of the University of California and coach of numerous world-class sprinters, including Gary Hall Jr. and Anthony Ervin.

- **Teri McKeever**, head women's coach of the University of California and coach of Natalie Coughlin.

Here's what they had to say.



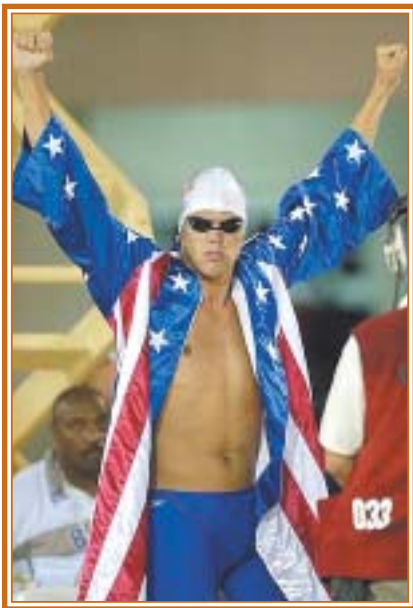
Inky

Natalie



When You Race...

1 The easiest way to improve your 25 times is to work on the start. It is one of the most crucial parts of a sprint event. It's rare that age group coaches work on starts, but improving your start will improve your time, something in which all coaches should be interested! (*All*)



Gary Jr.

2 When you start, focus intently on listening for the horn and reacting as fast as you can. (*Inky*)

3 Enter the water cleanly, with almost no splash. Think of your entire body entering through one small hole in the water. (*All*)

4 Don't breathe. You shouldn't have to breathe at all in a 25 yard or meter race, and in a 50 you should not have to take more than two or three breaths. (*Dara*)

5 Keep your head position steady and look down at the bottom of the pool. (*Dara*)

6 Do not look around during your race. (*Coach Mike*)

7 Keep up a fast turnover, but make sure you maintain your feel for the water and a good grip on the water. (*Inky*)

8 Work on your kick. The engine on every motor boat is positioned at the back. It pushes everything in front of it forward. Think of your kick as your engine. Increase the horsepower, and you're going to have a faster boat!

The fastest swimmers in the world have the fastest kicks. Some swimmers can kick under a minute for 100 meters flutter kick! (*Gary*)

9 Keep up a steady 6-beat kick. (*Dara*)

10 Know where the end of the pool is in relation to the "T" on the bottom. Time your finish using the "T" instead of the wall. You can see the "T" several strokes out, which will give you time to adjust your stroke length for a perfect finish. (*Coach Mike*)

11 When reaching for the wall, don't finish by reaching when on your stomach. To get the best extension, turn on your side as you reach for the wall. (*Dara*)

12 Finish hard. It all comes down to the end of the race. (*Inky*)

When You Practice...

13 Use your head while you're training, not right before the

race. While you're in practice, think about the race. Train your brain, not just your body. (*Gary*)

14 Practice holding your breath—always under the supervision of your coach and with a partner. (*Dara*)

Dara



It's all about putting yourself to the test.

Mercersburg provides the perfect combination in the pool and in the classroom to help you master peak performance and attract top college programs. A highly competitive, college preparatory, boarding/day school with grades 9-12, Mercersburg consistently ranks in the top 10 nationally and produces many All-American boys and girls—over the years, 21 Olympians.

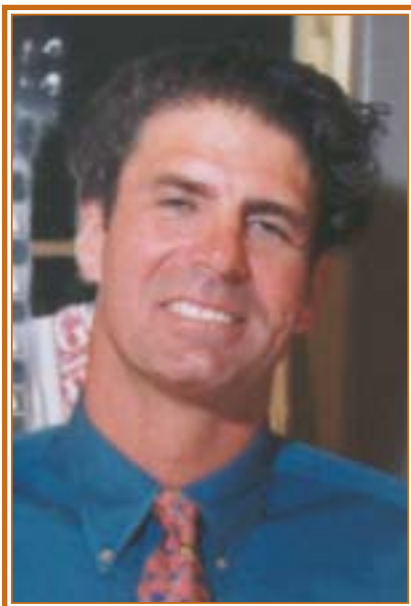
Mercersburg Academy
 Mercersburg Academy Office of Admission
 admission@mercersburg.edu or call (717) 328-6173
 www.mercersburg.edu

25 Ways to Improve Your 25

15 When practicing, use a front-end snorkel to perfect your no-breath technique. *(Coach Mike)*

16 When you swim long distances, either drill or swim perfect freestyle stroke technique or

Coach Mike



swim alternate strokes. *(Coach Mike)*

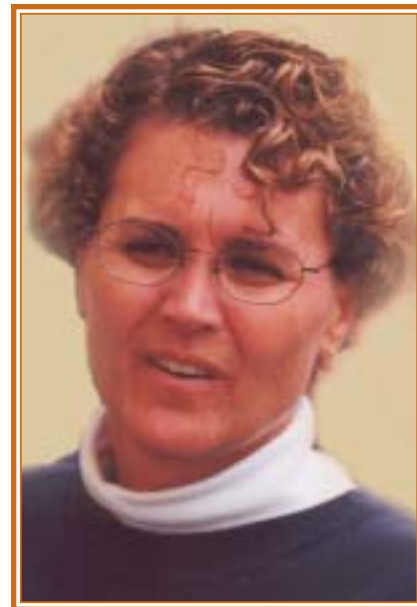
17 Work on your dive and finish every day. Make sure you always practice your dives into deep water. *(Coach Mike)*

18 Practice timing your finish using the "T" instead of the wall. The more you practice adjusting your stroke length as you come into the wall for a turn or the finish, the more confidence you'll have that you can do it when it counts most. *(Coach Mike)*

19 Try using cord assists in practice, making sure you hold the water, especially when the cord loosens. *(Natalie)*

20 Here's a fun thing to do in practice: running dives. Remember to keep your momentum as you break the surface. *(Natalie)*

21 Try one of my favorite sprint sets: 4 x 25. The first is 12-1/2 blast, 12-1/2 easy; the second is 12-1/2 easy, 12-1/2 blast; the third is 25



Coach Teri

easy focusing on form; and the last one is 25 blast. *(Natalie)*

22 Hold your breath for five to 15 seconds in the middle of the pool, floating in a balanced position. When the coach blows the whistle, explode into a finish or a turn. *(Coach Teri)*

23 Given the importance of a strong, consistent, fast kick, train appropriately, with lots of emphasis on fast kicking. *(Coach Teri)*

Out of the Water...

24 Play other sports. Playing tennis or hitting a baseball may not help your stroke technique, but it will train your body to be a better, more well-rounded athlete, improving your body coordination. When you swing a baseball bat, think "trunk rotation." Figure out ways to apply these other activities to swimming. *(Gary)*

25 *Have Fun!* It's no coincidence that every winning athlete in a post game/race interview says, "Oh, I was just out there having fun!" It shows. *(Gary)*

PANNELL SWIM SHOP

of Louisville

The Swim Dude Says

"It's Championship Time!!"

Fastskins &
Aquablades
15% Off



The Cats
at Pannell
will also send a
free gift with every order!!

www.swimmersconnection.com

speedo
fast-skin™

800-595-1153

speedo
aquablade

The official word

By Don Hart, Chairman,
USA Swimming Rules and Regulations

The Referee and the Rules

The following is the first of a two-part article defining how the USA Swimming Rules and Regulations came into existence and how referees must constantly upgrade their skills to administer them properly.

The Rules and Regulations for USA Swimming provide a basis for understanding the referee's duties and responsibilities. First, in the preamble for the technical rules, the following statement is made: "All competitive swimming events held under USA Swimming sanction shall be conducted in accordance with the following rules that are designed to provide fair and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another."

The referee, while primarily being concerned about the Technical Rules in Part 1 and the administrative conduct requirements in Part 2, must also be knowledgeable of the requirements throughout the balance of the book in the event there are deck decisions which must be made on athlete and coach memberships, the right to participate, how to handle protests and a variety of other topics.

The following four elements form the basis for the rules and regulations as we know them today.

- The FINA technical requirements, which USA Swimming adopts as they change;
- The Amateur Sports Act and other relevant federal legislation, which protects the athlete's right to compete;
- USA Swimming Rules as adopted by the House of Delegates to define the fair

competition factors, which includes specific competition factors, administrative processes, facility requirement and specific safety issues relevant to USA Swimming athletes;

- Interpretations by the Rules and Regulations Committee on specific rule issues.

Each of these areas requires compliance for fair and equitable competition, and the referee is expected to ensure that they are all applied.

In rule 102.13, it states that the referee "...shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action the referee has personally observed."

The additional subsections go on to elaborate specific applications. The rule specifically grants the referee the right to modify any rule for a competitive swimmer who has a disability in accordance with Article 105 of the rule book. The referee is also charged with the overall safe condition of the course of competition.

The referee's authority is very broad and must be guided by the principle of providing fair conditions of competition. This is done through applying the rules and not by ignoring some because it's convenient.

The second part of this article, which will appear in the April issue, will discuss the defined procedures and help available to referees to guide them in their pursuit of equitable competition.



John Mendell began in 1981 as a YMCA official. Since then, he has been an integral part of the YMCA officials' organization in New Jersey and its leader for the past decade. He has trained hundreds



of officials over the years and has always identified education and consistency as the No. 1 priority for the future of swim officiating. After working at YMCA Nationals for the past 15 years, John will serve as this year's assistant meet director. Recently, John

has also been a member of the national YMCA Competitive Swimming and Diving Advisory Committees. He has also been a USA Swimming official since the early '80s, including working at Junior Nationals, and has been a member of the New Jersey Swimming Officials Committee since 1996. His involvement at the senior level in both groups has helped provide for the establishment of an excellent working relationship between the YMCA and USA Swimming in New Jersey. John's efforts are a fine example of how the "Our Kids Initiative" can work at the LSC and local levels.



Sponsor of the Maxwell Excellence Award

Call for
your
FREE
Full-Color
Catalog:
800-331-1383



PINE CREST SWIM CAMP

WE MAKE THE DIFFERENCE!

In 2003, swimmers from 27 different nations attended Pine Crest Swim Camp.

CAMP DATES: JUNE 13 – JULY 31, 2004

- 1-2 Weeks: \$695/week • 3-4 Weeks: \$680/week • 5-7 Weeks: \$665/week
- Full 7 Days a Week • New Elite Training Group • Olympic Coaches
- Olympic Athletes • Beach Night, Disney Trips, and Special Events

ARGENTINA

ARUBA

AUSTRALIA

BAHAMAS

BARBADOS

BRAZIL

CANADA

ECUADOR

EL SALVADOR

FRANCE

GERMANY

GREAT BRITAIN

HONG KONG

IRELAND

JAPAN

MACEDONIA

MEXICO

NETHERLANDS

POLAND

PUERTO RICO

SCOTLAND

SLOVENIA

SPAIN

SURINAME

USA

VENEZUELA

VIRGIN ISLANDS



Apply online at: www.pinecrestswimming.com

To request additional information please call (954) 492-4173
Carolann Carruth: ccarruth@pinecrest.edu

Aquatics Director: Jay Fitzgerald

PINE CREST SWIM CAMP
1501 NE 62nd St. • Ft. Lauderdale, FL 33334-5116

SWIMMING WORLD'S 31st ANNUAL

The listings on pages 33-40 are paid advertisements.

AGGIE SWIM CAMP AT TEXAS A&M UNIVERSITY

May 30-June 4, Session 1
June 6-11, Session 2
June 13-16, Session 3
June 20-25, Session 4

Carol Nash
Aggie Swim Camp
Texas A & M University Athletics
PO Box A3
College Station, TX 77844
979-845-9534
Fax: 979-862-1036
E-mail: swimcamp@athletics.tamu.edu
www.aggieathletics.com/camps (for online registration)

The Aggie Swim Camp philosophy is "Individual Attention!" We do one-on-one analysis and detailed stroke work with EVERY camper, EVERY day. The Aggie Swim Camp sends home with each camper a videotape with above and below water shots including voice-over analysis of the campers' strokes. Between head Texas A&M coaches Mel Nash and Steve Bultman, we have a wealth of experience in coaching age-group to world-class swimmers including Olympians, Pan-American and National Champions. The spectacular Texas A&M University Natatorium, site of the 2004 Women's NCAA Championships, is one of the fastest pools in the country. Each day at camp you will have three water workouts that emphasize training in the morning, videotaping/stroke analysis/starts and turns in the afternoon and stroke technique at night. Fun activities, beautiful college campus and 24-hour supervision. \$535. Beginners in competitive swimming to advanced-level swimmers. Ages 8-18. Apply early. The Aggie Swim Camp fills up quickly! See ad on page 41 in this issue of *Swimming World*.



AK-O-MAK For Girls ages 7-16

June 30-Aug. 18 (7 week session)
June 30-July 24 (3-1/2 week session)
July 30-July 28 (4 week session)
July 25-Aug. 18 (3-1/2 week session)
July 21-Aug. 28 (4 week session)

Patrick Kennedy, Director
Camp Ak-O-Mak (for girls)
761 S. Chicago Avenue
Kankakee, IL 60901
815-928-9840
E-mail: campakomak@aol.com
www.campakomak.com

Ever imagine a swim camp being considered fun? For over 75 years, Camp Ak-O-Mak has provided a perfect combination of great swimming—coaching, training, stroke analysis and instruction—along with a traditional summer camp experience. Great swimmers come to Ak-O-Mak, but they want more out of their summer swim camp. Located in Ontario, Canada—in the heart of cottage country. We offer over 25 different sports and activities. Each of these sports helps your swimming! Our water sports consist of kayaking, canoeing, sailing, windsurfing, water polo and diving. On land, we have sports such as mountain biking, climbing wall, ropes course, ultimate Frisbee, lacrosse and more. Limited to 100 campers. Ak-O-Mak (for girls) and chikopi (for boys) are across the lake from one another and competitions, such as open water swimming races, are held weekly. 25-yard and 50-meter pools built into the lake. Open Water swims. Spectacular scenery. A safe environment in a quiet, serene setting provides the campers with a great outdoor experience. Get out of the dorms. Get out of the chlorine. Get into nature. Get to Ak-O-Mak this summer...for "great swimming, great fun!"

ALFRED UNIVERSITY SWIM CAMP

July 11-16

Brian Striker, Director
Head Swimming Coach
Alfred University
Saxon Drive
Alfred, NY 14802
607-871-2893
E-mail: summerpro@alfred.edu
www.alfred.edu/summer/html/swim_camp.html

The Alfred University Swim Camp is held on our beautiful campus in the Finger Lakes region of New York State. This residential, one-week, co-ed program for swimmers aged 14-18 is designed to enhance the technical aspects of stroke, training and the strategies needed for each camper to compete at the top level of competitive swimming. Special emphasis is placed on technical instruction, stretching, dry land training, training principles and stroke development. Campers learn a lot but also have a lot of fun. They stay in University residence halls, have meals in the University dining hall and participate in organized recreational activities when not in training sessions. The camp fee of \$425 covers instruction, supervision, activities, room, board and a camp T-shirt. For further technical information, contact coach Brian Striker at the phone number listed above. To request a brochure, call the Office of Summer Programs at 607-871-2612, or e-mail summerpro@alfred.edu.

THE ARETE SWIM CAMP AT RUTGERS UNIVERSITY

June 20-24, Session I
June 27-July 1, Session II

Erin McIntyre, Director
The ARETE Swim Camp
656 Bartholomew Rd.
Piscataway, NJ 08854
732-445-0467
Fax: 732-445-0474
E-mail: aretewimcamp@scarletknights.com
Website: www.scarletknights.com/swimming (access camp)

Chuck Warner brings his seventh year conducting the acclaimed ARETE Swim Camp at the fabulous Sonny Werblin Recreation Center at Rutgers University. The ARETE Camp (Greek word for achievement everlasting or "champion") entwines the development of an individual's character with their swimming skill and conditioning. Coach Warner gives to each camper his experience in coaching seven national championship teams, three USA National teams, two Olympic gold medallists, authoring the landmark book "Four Champions, One Gold Medal" and a life-long pursuit of developing the individual person through the sport of swimming. At the ARETE Camp all instruction, including underwater video taping, mental training sessions and skill development is conducted with a coaching style to subtly reinforce each individual's development of self-image and self-esteem. The camp size is restricted to give instruction at a one-to-nine,

coach-to-athlete ratio. The camp is open to ages 8-18 for day campers and 9-18 for resident campers. Cost: Day Camper both sessions-\$370 per week, Resident Camper first session-\$595 per week. See ad on page 41 in this issue of *Swimming World*.

ARIZONA SPORTS RANCH SWIM CAMPS

June 6-July 31

Bob Gillett, Swimming Coach
Arizona Sports Ranch Swim Camps
19232 N. 38th Street
Phoenix, AZ 85050
1-800-TEL-SWIM or 602-569-1457
www.sportsranch.com

Stroke Specialty Camps—Unique swimming camp format for age group and senior swimmers. Eight one-week camps on your stroke specialty. Objective is to bring together top young swimmers in each stroke event. Butterfly (June 6-12, July 4-10); Backstroke (June 13-19, July 11-17); Breaststroke (June 20-26, July 25-31); Freestyle (June 27-July 3, July 18-24). Cost: \$500 per week. *General Competitive Swim Camps*—Eight one-week sessions with mixed workouts covering all strokes, turns, and dives. June 6-July 31. Cost: \$475 per week. Swimmers participate in videotape stroke analysis and the use of many innovative computer-assisted training devices (found only at ASR) that identify the specific changes that are needed for faster swimming! A video stroke instructional session is held each day. Every swimmer receives a videotape of their stroke, with a technical "multimedia" presentation using under- and over-water video with overlay instructional graphics by the coaches. ASR is operated by its owners, swim coaches Bob and Kathy Gillett. ASR is a 10-acre sports facility with a 25-yard x 50-meter swimming pool and another 25-yard pool, in addition to many other sports facilities. Ranch house/Western-style environment with great new air-conditioned two-room suites! See ad on page 5 in this issue of *Swimming World*.

ASU SPARKY SWIM CAMP

Session I: June 6-10
Session II: June 13-17
Session III: June 20-24

Aimee Schmitt, Camp Director
Sparky Swim Camp
957 E. Guadalupe Rd. #B11
Tempe, AZ 85283
E-mail: sparkyswimcamp@aol.com
Website: TheSunDevils.ocsn.com/camps

This Arizona State University swim camp is co-ed, and for all ability levels, ages 8 to 18. The coaching staff is led by Adam Schmitt—Associate Head Coach for Men's and Women's Swimming at ASU; with ASU

assistant Men's and Women's coaches Annemarie Miscovic and Greg Winslow. This staff brings a wealth of experience in working with swimmers of every level from beginner to Olympian. This camp focuses on the most up-to-date stroke techniques and drill instructions, with an emphasis on championship starts and turns. Options at camp include video/DVD stroke analysis, sports nutrition information, a goal setting clinic, inspirational speakers, and a camp photo. The ASU outdoor swimming facilities are among the best in the country. The 3-pool complex features a 50-meter x 25-yard pool, an 8-lane 25-yard pool, and a 25-meter diving well. Last year resident campers enjoyed extra-curricular activities including a visit to a local water park. This year's theme will include camper team competitions with prizes. There is 24-hour adult supervision for resident campers. Cost \$475 for resident campers (includes room/board, camp photo, and airport pick-up/drop-off; and \$300 for day campers which includes lunches. All campers receive a T-shirt and swim cap. See out website or e-mail sparkyswimcamp@aol.com for a camp brochure.

AUBURN TIGER SWIM CAMP

Weekly Swim Camps (Enrollment 125)
May 24-28, June 1-5, June 15-19

Athletes In Action
June 7-11

2nd Year Speciality Camps (Limited Enrollment)
Starts and Turns Camp, May 28-30
NEW Individual Medley Camp, June 5-7
Starts and Turns Camp, June 19-21

David Marsh, Head Swim Coach
P.O. Box 351
Auburn, AL 36831-0351
334-844-9746
E-mail: auswcmp@auburn.edu
www.auburnswimming.com

2003 NCAA Coach of the Year, David Marsh, was very pleased with the overwhelming response to the 2003 Specialty Camps (had to add a 2nd Start & Turns Camp) as well as the weekly swim camps. The 2004 Specialty Camps include two Starts and Turn Camp and an IM Camp (new). The Specialty Camps will feature the "world's fastest start", Auburn's waterpower program and Auburn's techniques for a successful IM. The weekly swim camps feature Coach Marsh and a variety of world class swimmers. Campers enjoy 1-on-1 with national caliber swimmers, in-water stroke demonstrations, stroke analysis, and educational seminars covering goal-setting, nutrition and motivation; experience a nationally recognized collegiate atmosphere on the beautiful AU campus convenient to the Atlanta Airport; and, enjoy field trips and fun activities while under 24-hour adult supervision. Sessions include Elite, Senior, and Age

Group Training in a state-of-the-art facility, site of the 1998 and 2003 NCAA Championships. Camp is open to competitive swimmers 9 and up. Enrollment is limited, and camps do sell out, so please apply early. Application and camp registration available on line. See ad on page 42 in this issue of *Swimming World*.

BOLLES SCHOOL SWIM CAMPS 2004

June 13-18, June 20-25
(One Week Camps)
June 13-August 1 (Elite Camp)

Jeff Poppell
Bolles School Swim Camps
7400 San Jose Blvd.
Jacksonville, FL 32217
904-256-5216
Fax: 904-256-5352
www.bollesswimming.org

The Bolles School Swim Camps are developmental camps designed to provide quality instruction and training to swimmers of all abilities, ages 9 and older. One Week and Elite Swim Camps will be conducted under the direction of Jeff Poppell, Head Swimming Coach of The Bolles School. All training and instruction will take place on the Bolles School Campus, located on the St. John's River. All campers will reside in the Bolles School's air conditioned dormitory rooms, with 24-hour supervision and meals will be provided three times a day. The One Week Camps are intended for swimmers ages 9 and older representing all ability levels. The typical daily schedule will include 50-meter and 25-yard training, a stroke technique session, video taping and analysis, starts & turns, Aquanex Hand Force Analysis, and a fun daytime activity. One Week Camps will be limited to 40 swimmers per week. The Elite Camp is designed for experienced swimmers, 13 years of age or older. Elite Campers will train and compete with members of the Bolles School Sharks swimming program including Florida High School State Champions, High School All-Americans and Olympians. For those swimmers who qualify for U.S. Nationals, the camp will end after U.S. Nationals. The Elite Camp will be limited to 45 swimmers.

2004 BULLDOG SWIM CAMP

May 24-28, Session I, Monday-Friday
May 29-June 2, Session II, Sat.-Wed.
June 4-8, Session III, Fri.-Tues

Jerry Champer
Bulldog Swim Camp
PO Box 1472
Athens, GA 30603-1472
706-542-SWIM
Fax: 706-542-2566
E-mail: wwhite@sports.uga.edu

Jack Bauerle, Head Coach of the three-time National

Championship Georgia Women's Swimming Team, was a 2000 U.S. Olympic Team coach, has been a three-time NCAA and ten-time SEC Coach of the year, and is now in his twenty-fourth year of coaching the Bulldogs. He will join the entire Georgia coaching staff, along with several US national team members and Olympians, to offer three great sessions of skills, conditioning, and fun! Daily camp schedule includes: one session devoted to starts, turns and stroke mechanics; two conditioning sessions; video taping and analysis; and a lecture series highlighting nutrition, goal setting and motivation. Georgia's Gabrielsen Natatorium is one of the premier swimming facilities in the country. Swimmers will stay in fully supervised air-conditioned dormitories, and participate in planned extracurricular activities nightly. Cost is \$500/week resident campers; \$400/week day campers. Deposit \$100. Competitive swimmers ages 8-15 are welcome. Camp numbers are limited and sessions do sell out—so please apply early!

CAMP CHIKOPI
The World's First Swim Camp (1920)
Sports and Wilderness Too

June 30-Aug. 18 (7 week session)
June 30-July 28 (4 week session)
July 21-Aug. 18 (4 week session)
Aug. 20-Sept. 4 (2 week session)

Bob Duenkel
Chikopi (For Boys 7-17)
Ontario, Canada
(Winter Address)
2132 NE 17 Terrace
Ft. Lauderdale, FL 33305
954-566-8235
Fax: 954-525-4031
E-mail: campchikopi@aol.com
www.campchikopi.com

A Unique competitive swimming and camping experience. Do you want a first-class competitive swimming camp or a first-class sports and wilderness residential camp? At Chikopi you get both. An American camp located on scenic Ahmic Lake, Ontario, Canada. Olympic and National Coaches, Stan Tinkham, Dick Bower and others work to perfect all aspects of swimming fast. 50-meter and 25-yard pools built into our drink-pure lake. Open water swimming, too. Refreshing change from chlorinated pools. When not in the water, participate in over 20 different sports to supplement your swimming. "Charge your battery." Return home refreshed and ready to go. Get back to basics at our camp that burns up the energy without burning out the swimmer. 3:1 camper to staff ratio. Fun, safe, productive. Be one of over 40 Olympians and 300 All-Americans who got their start with us. See our sister Camp Ak-O-Mak.

swiminfo.com

COLGATE UNIVERSITY SWIMMING CAMP
2004

June 20-24, Session I
June 26-30, Session II

Stephen Jungbluth, Director
Colgate Swimming
13 Oak Drive
Hamilton, NY 13346
315-228-7614
sjungbluth@mail.colgate.edu

The purpose of the Colgate University Swimming Camp is to provide the most positive and educational camp experience possible to each person. Swimmers of all abilities, ages 9-18 are welcome. Future Olympians will train in Lineberry Natatorium; one of only two East Coast Coach facilities with a retractable roof. The swimming camp is directed by head Men's and Women's Coach, Stephen Jungbluth. The content of this camp is presented in a progressive manner with the expectation that you will not only improve during the one week but upon returning to your home swimming environment. Three daily pool sessions are complemented by information sessions on sports psychology, the collegiate recruiting process, total preparation for practice and competition, nutrition and successful life skills. Colgate student/athletes will be available to provide insight into the collegiate search/recruiting process. Costs: resident: \$450, commuter \$350. Please call or email for a brochure.

COMPETITIVE SWIM CAMP
AT UNIVERSITY OF SAN DIEGO

June 20-25, Competitive Swimming
June 19-20, Masters Swim Weekend
June 27-July 2, Masters Swim Camp

Mary Johnson
University of San Diego
5998 Alcalá Park
San Diego, CA 92110
619-260-4623 or 1-800-991-1873 ext 2
E-mail: sportscamps@sandiego.edu
http://camps.sandiego.edu

Spend your vacation this summer in beautiful Southern California at the University of San Diego improving your swimming skill, technique and speed. Boys and Girls, ages 9-17, as well as adults, will have an awesome time having a hands-on experience of campus life while working on stroke drills, starts and turns, and having their performance videotaped and analyzed. Also included are discussions on performance and related topics. USD is the ideal place for young people to develop new friendships, and learn life lessons in leadership, responsibility, and teamwork. Aside from workouts and technique sessions, campers will have the evenings free to see some of the fine recreation venues that make San Diego famous. Swimmers will also find

USD's camp staff caring and competent. Each and every member of the camp staff takes to heart the responsibility entrusted to them of helping campers become better swimmers and people, both in the pool and out. The commitment to providing and delivering a comprehensive, quality, and unique athletic experience is what makes the University of San Diego one of the top choices for a summer camp experience. Coach Mike Keeler, who runs the program, is entering his sixth year as USD's head coach and won back-to-back conference championships in 2000 and 2001. Keeler continues to establish the Toreros as an elite program within the Pacific Collegiate Swimming Conference. In 2003, USD made its first appearance in the NCAA championships, placing 38th nationally. Adult Programs also available and include Masters Swim, Masters Swim Weekend, and Triathlon. Space is limited so sign up today! Call and we will be happy to send you a free catalogue. USD is accredited by the American Camping Association and the Western Association of Schools and Colleges.

FALCON SWIMMING/DIVING CAMPS

June 14-18 (All Levels)
June 21-25 (High Altitude)

United States Air Force Academy
Falcon Sports Camps
2169 Field House Drive
USAFA, CO 80840
719-333-2116 or 719-333-9532

The Falcon Swimming and Diving Camps are offered as part of the 2004 Falcon Sports Camps held every year at the US Air Force Academy. The swimming camp is directed by Casey Converse, the men's head coach and Rob Clayton, the women's head coach. They bring in top coaches from around the country to round out their staff. The camp format includes stroke technique and analysis, as well as workout programs appropriate to the level of each athlete. The second week of camp will be a High Altitude Camp designed for those swimmers who compete at the high school or national level. The diving camp will be directed by Stan Curnow, head diving coach at the Academy. The camp is aimed at young talented divers reaching for new levels of performance. Overnight boarders will stay in the cadet dorms, eat in the cadet dining hall and participate in supervised night recreation. Transportation from the Colorado Springs airport (not Denver) is provided to campers flying in. Facilities include a 50 meter indoor pool, 1 and 3 meter Duraform springboards, and a 5 meter and 10 meter platform. For general information or to request a camp brochure please call the camp office. Costs: boarder, \$500; commuter, \$300. Registration will start February 1, 2004. You can register online at airforcesports.com.

Camps, Swimming Education
and more, go to
swiminfo.com

2004 FIGHTING ILLINI SWIM CAMPS

June 5-6, Start and Turn Camp

June 13-18, Instructional Technique Camp

June 20-25, Instructional Training Camp

Sue Novitsky, Head Coach

Steve Franau, Director

1700 S. Fourth Street

Champaign, IL 61820

217-333-7670 or 217-244-7278

Fax: 217-333-4853

E-mail: novitsky@uiuc.edu

www.fightingillini.com

At the start and turn camp, swimmers will receive intensive work on the forward and backstroke starts. The camp consists of all four competitive strokes, IM transition turns, and video tape analysis and discussion sessions. Cost for the camp is \$150 for residents and \$130 for commuters. The instructional technique camp is designed for the competitive swimmer wanting intensive stroke instruction. Each day will focus on a competitive stroke. The instructional training camp is designed for the competitive swimmer looking for a challenging training environment. The camp consists of two water sessions and one dry land session each day. Campers will receive a video tape of their strokes and an evaluation of their camp performance. Cost for the instructional camps is \$475 for residents and \$375 for commuters. All camps have an 8:1 camper to coach ratio. Campers live and dine in an air-conditioned residence hall with 24-hour supervision.

FLORIDA GATOR SWIM CAMP

June 2-5, Fly & Breast

June 16-19, Free & Back

June 5-10, Session I

June 19-24, Session II

June 26-July 1, Session III

July 17-24, Session IV (Team Camp I)*

July 24-31, Session V (Team Camp II)*

* Individuals may also register. This camp is NOT limited to teams.

June 5-July 1, Session I, Elite I

June 5-July 31, Session II, Elite II

July 17-July 31, Elite II

Anthony Nesty, Director

P.O. Box 14485

Gainesville, FL 32604

352-375-4683, ext. 4532

http://www.uaa.ufl.edu

The University of Florida's swim camp is for swimmers of all abilities, ages 7-18. The coaching staff includes Gator Head Coach Gregg Troy (three-time Olympic Coach), Anthony Nesty (1988 Olympic Gold Medalist

and 1991 World Champion), Martyn Wilby (2000 Olympic Head Coach for Barbados), and Rich DeSelm (Former Head Coach at Davidson College and 2000 USA Olympic Team Manager), Hollie Bonewit (Former Interim Head Coach & Assistant Coach for Georgia Southern University, 2000-2002), and Donnie Craine (Head UF Diving Coach). The 2004 Gator Swim Camp includes comprehensive training in all aspects of competitive swimming including dryland workouts used by Olympic, World and National Champions. The campers will swim twice daily and devote time to stroke mechanics, starts, turns and conditioning. Videotape analysis and guest speakers on nutrition, strength training, goal setting and mental preparation are all included in the weekly camps. Resident campers reside in air-conditioned dorm rooms and fun activities are held each night. Coach to swimmer ratio is 1:7. Team and family discounts are available. See ad on page 42 in this issue of *Swimming World*.

FLUID MECHANICS SWIM CAMP

Fine Tuning Day Camps, Feb 21 & 22, March 5 & 6

Spring Day Camp, April 23 & 24

Summer Kick-Off Day Camp, June 12, 13, 19 & 20

Summer Resident Camps

June 27—July 7 (11 day)

June 27-July 3 (7day)

June 27-July 1 (5 day)

July 3-7 (Advanced 5 day)

Summer Day Camps

July 21 & 22

John Waldman

P.O. Box 343

Middletown, NJ 07748-0343

800-266-5179

E-Mail: swim@fluidmechanics.net

www.fluidmechanics.net

The focus of FMSC is the development of each swimmer's mind, body, and spirit. The setting of personal goals and how to achieve them is encouraged. Through Cataloging, our revolutionary method of teaching, our consultants break down each stroke, start and turn into its finest components and show swimmers the best way to execute them. Also, swimmers learn the traits of all strokes such as, Hydro Dynamics, Core of the Stroke, Acceleration and Sprinting through our Vision Works Technology program. Campers' Individual strokes are analyzed and personal recommendations made. Practices combine sprint and endurance training and are tailored to each swimmer's specific needs. Underwater videotape instruction is offered each swimmer. Swimmers leave camp with the confidence to set new goals and work toward achieving them. Ages 8

& older. Residents : 5, 7 or 11 day formats. Day camps in 2 and 4 day formats. Campers receive a personalized videotape, t-shirt, cap and goody bag. 5-day package: \$699. Please call or check our website for additional rates, location and times of all camps.

GEORGIA TECH SWIM CAMP
 Home of the 1996 Summer Olympic Games

Session #1: May 23-28

Session #2: May 30-June 4

Session #3: June 6-11

Session #4: June 13-18

Maria Thrash, Camp Director

Georgia Tech Swim Camp

150 Bobby Dodd Way, NW

Atlanta, GA 30332-0455

404-894-9736

Fax: 404-894-8863

E-mail: GTswimcamp@hotmail.com

www.ramblinwreck.com

Train in the Olympic Pool! Live in the Olympic Village! The Georgia Tech Swim Camp is focused on improving all aspects of competitive swimmers from the ages of 10-18. Our objectives are to create a positive and enjoyable learning environment for the swimmers while increasing their awareness of the sport. The camp will focus on many areas of competitive swimming, including stroke technique improvements and optional videotape sessions. The Georgia Tech Swim Camp, under the direction of Head Coach Seth Baron and his staff, will work with each swimmer in providing fun ideas to improve their swimming enjoyment. Our camp includes guest appearances from former Olympic Athletes and a half-day trip to either an Atlanta Braves Baseball game or Six Flags Over Georgia. Join the Georgia Tech Swim Camp and experience a wonderful opportunity of living in the Olympic Village Dorms and swimming at the Georgia Tech Aquatic Center, home of the 1996 Summer Olympic Games. Fees for camp sessions are \$575 for resident campers and \$425 for day campers. See ad on page 43 in this issue of *Swimming World*.

HAMILTON COLLEGE
 COMPETITIVE SWIM CAMP

Swim Camp

June 27-July 2, July 4-9, July 11-16

Three one-week sessions. One session per camper.

TJ Davis

Hamilton College Swimming

Clinton, NY 13323

315-859-4794

E-mail: tjdavis@hamilton.edu

Ages 10-17. The philosophy of the Hamilton College Swim Camp is to improve the fundamental skills of competitive swimmers. The teaching includes three

water and one dryland sessions per day. Each session includes individual analysis, videotaping, nutritional review, introduction to dryland and Nautilus training, stretching, evening activities and special events. Swim camp sessions will be limited to a maximum of 55 participants in order to provide the maximum benefit to each swimmer. The ratio of staff to participants is better than 1.5 for all camps. Cost is \$460 per week includes room/board, videotaping and T-shirt.

HARTWICK COLLEGE COMPETITIVE SWIMMING AND DIVING CAMPS

July 4-10, Stroke Technique Camp
July 11-17, Stroke Technique, Sprint, Distance Camps
July 18-24, Stroke Technique Camp
July 18-24, Springboard Diving Camps

CELEBRATING ITS 25TH ANNIVERSARY

Dale Rothenberger, Director

Hartwick College

Oneonta, NY 13820

607-431-4714

E-mail: rothenberged@hartwick.edu

www.hartwick.edu/ath/athletic.html

An extensive program for ages 8-18 (coeducational) emphasizing improvement in the fundamental skills of competitive swimmers and divers. Excellent facilities and round-the-clock supervision. Morning, afternoon and evening sessions will balance time spent with "water" and "dry-land" training. Above-and under-water filming and analysis. Lectures on nutrition, mental preparation, strength training, etc. Sprint/distance camp emphasizes conditioning and proper training of the major energy systems. Diving camp concentrates on technical improvement on 1- and 3-meter springboard diving. Stroke camp enables competitive swimmers to develop skills and techniques in starts, turns, IM, and competitive strokes. Special two-and three-week sessions are available. Director Dale Rothenberger, Hartwick swimming and diving coach, will be joined by a staff of highly experienced coaches, counselors and guest clinicians (1:6 staff/camper ratio). Enrollment limit guarantees individual attention and frequent feedback. Resident camp fee: \$480 per week; commuter fee: \$380 per week. Special two-and three week sessions are available. Write or call for brochure/application.



INDIANA UNIVERSITY SWIM CAMP

June 6-11, June 13-18, June 20-25 and June 27-July 2

Kandis Looze, Director

2344 Linden Hill Rd.

Bloomington, IN 47401

812-333-5684

E-mail: iuswimcamp@insightbb.com

http://iuhoosiers.com/camps

The IU SwimCamp offers unique experiences not provided by any other camp in the nation. The ultimate goal is to educate campers on the fundamentals of technique, racing and training in the sport of swimming, while providing an opportunity for camaraderie with swimmers from all over the nation! Each swimmer will participate in 2 water workouts, one dry land workout, and an educational lecture each day. During the camp each swimmer will undergo a technical analysis and strength test in which the results will be sent home on a DVD and in a notebook. Our experienced coaching staff includes Head Coaches Dorsey Tierney and Ray Looze. Tuition is \$525/week which includes room and board for the duration of the camp. See ad on page 43 in this issue of *Swimming World*.

LEHIGH UNIVERSITY SWIM CAMP

June 12-17, June 19-24, June 26-July 1, July 5-10

John Morrison

641 Taylor Street

Bethlehem, PA 18015-3186

610-758-4309

E-mail: jhms@lehigh.edu

www.lehighsports.com

Experience new levels of swimming success at the Lehigh University Camp. The camp focuses on improving stroke techniques, race strategies, nutrition, goal setting, advanced training skills and team building. The LU camp is for swimmers ages 9-17. Participants must know how to swim all four competitive strokes. Typical daily schedule includes morning workouts, two daily technique sessions emphasizing the latest stroke drills and techniques efficiencies and force application governing swimming. The day continues with videotaping analysis, lectures and motivational activities. Special evening sessions dedicated to starts and turns will cover all four strokes. Campers will be supervised 24-hours per day by coaches and counselors. Highlights: team building activities, movies, talent show. The Lehigh University Swim Camp is designed to teach advanced competitive swimming techniques. Costs: \$480/residential camper (includes all meals), \$440/commuter I camper, \$430 Commuter II camper 9 a.m.-9 p.m. (includes lunch and dinner only). Discounts given to all campers enrolling by April 15, 2004.

LONGHORN SWIM CAMP

May 30-July 2, (five one-week sessions)

Jon Alter, Director

Longhorn Swim Camp

University of Texas

Intercollegiate Athletics

P.O. Box 7399

Austin, TX 78713-7399

512-475-8652

Fax: 512-475-8739

E-mail: longhornswimcamp@athletics.utexas.edu

www.TexasSports.com

www.Longhornswimcamp.com

Catch the Olympic spirit! The 27th annual Longhorn Swim Camp is headed by 2004 Head Olympic and U.T. Men's Swim Coach Eddie Reese, four-time Olympian and U.T. Women's Co-Head Swim Coach Jill Sterkel, two-time Assistant Olympic and Co-Head Women's Coach Mike Walker and five-time Olympic medalist Josh Davis. Held at the Jamail Swim Center on the University of Texas at Austin campus for male and female competitive swimmers, ages 8 and up. The swim center includes a 50-meter by 25-yard pool, and a 25-yard by 25-meter pool. Four training groups based on age and ability, with a 1:7 coach/swimmer ratio in stroke technique sessions offered. Training includes long course sessions Monday-Friday mornings, stroke sessions Sunday evening, and Monday-Thursday afternoon and evenings. Classroom sessions on technique and race strategies also held. Underwater videotaping of each camper analyzed by a coach. Daily social activities and field trips offered. Multiple week stays include weekend planned activities with supervision. Experienced, mature adults provide 24-hour supervision. All campers receive camp T-shirt. Cost: \$445 per session for day campers —includes coaching, facility use, supervision, lunch and dinner. \$545 per session for resident campers which includes coaching, facility use, supervision, room and board. See ad on page 44 in this issue of *Swimming World*.

NAVY SWIMMING CAMP 2004

June 11-15, Session I
June 16-20, Session II

Bill Roberts, Camp Director

Navy Swimming Camp 2004

Lejeune Hall 4A

Annapolis, MD 21402

410-293-3012, 410-293-5834

Fax: 410-293-5827

E-mail: robertsw@usna.edu

www.navyswimmingcamp.com

www.navysports.com

With Navy Swimming Camp entering our seventh year,

expect even greater results upon joining us this summer! Our primary goal is to offer you the very best in individual instruction, camper experience, take-home material and safety and supervision. The purpose of our camp is to provide you with an educational environment to learn about and develop the four competitive strokes including all related starts, turns and finishes. Navy Swimming Camp is a stroke-intensive camp. The volume of training will be minimal with total emphasis on stroke improvement. Swimmers will receive individual attention. Additional pool sessions are offered to all who need to maintain their conditioning while at camp. Each camper will receive a video that will have each of their four strokes. The video will include all strokes taped at the beginning and end of camp. Campers will receive daily instruction in dry land activities designed to improve individual fitness levels. Guest lecturers with experience in performance, training, goalsetting and leadership will highlight the evening programs. Campers will take in plenty of pertinent information throughout each day and should bring a folder, notepad, and pen. Campers will learn and train in an amazing environment on the Naval Academy beginning with Lejeune Hall; a 25-meter by 50-meter facility with separate diving tank. Camp is open to all competitive swimmers ages 9-18. New in 2004 will be a boat cruise of the Severn River and a time trial meet.

NIKE —CAMPS SWIMMING, DIVING, WATER POLO

June through August

College Coaches from across the U.S.

Nike Sports Camps
4470 Redwood Highway, #101
San Rafael, CA 94903
1-800-645-3226
Fax: 415-479-6061
E-mail: swim@ussportcamps.com
www.USSportsCamps.com

The NIKE Swimming, Diving and Water Polo Camps, presented by US Sports Camps, are directed by some of the most respected collegiate coaches in the country, who take every step possible to accelerate your love for the sport in a way that's both enjoyable and educational. At each camp location, the goal is to have each camper come home with experiences that enrich both the quality of their performance and their life through a better understanding and greater appreciation for the sport, more refined and developed techniques and a heightened level of self-confidence as an individual. Camps are located in CA, AZ, NM, VT, HI, IN, WA, OR, UT, CO, OH, PA, NH, MA, MN, CT, MI, IL, NJ, FL and MD. See website or call for dates and prices. See ad on page 15 in this issue of *Swimming World*.

swiminfo.com

NORTH CAROLINA SWIMMING CAMP 2004

June 4-6, June 12-17, June 18-20 and
June 21-26

Randy Erlenbach, Camp Director
3514 Hawk Ridge Rd.
Chapel Hill, NC 27516
919-933-4905
Fax: 919-933-4546
E-mail: reswim@unca.unc.edu

Receive technical instruction and training motivation at the North Carolina Swimming Camp on the beautiful University of North Carolina—Chapel Hill campus. Choose one of our full week, day or overnight options, or one of our weekend overnight sessions. Our experienced coaches include the national power UNC Tar Heel college swim coaches, plus some fantastic visiting coaches. Campers will also enjoy learning from our elite swimmers who will serve as counselors. Swimmers have two practices grouped by age and ability. Elite training is available. Camp focuses: technical instruction with filming; positive motivation; mental preparation techniques; dry land with core strength and balance drills; nutrition, sports medicine and academic awareness issues. Sessions limited to 90. Cost: Overnight: \$550/week; \$315/weekend; \$420 day camp per week. Discounts available for multiple family members or sessions. For a brochure, contact Randy Erlenbach at the above number or e-mail address..

NORTHWESTERN UNIVERSITY WILDCAT SWIM CAMP

June 20-25, Commuter Camp
June 27-July 2, Resident Camp

Jimmy Tierney
Wildcat Swim Camp
2311 Campus Drive
Evanston, IL 60208
847-491-4829 or 467-2396
E-mail: sergi@northwestern.edu
j-jay@northwestern.edu
www.nusports.com

FUN • TECHNIQUE • BEACHES • RACING • GAMES
You don't want to miss this wonderful camp experience at NU! We provide a unique mix of swimming (training and technique) and fun and games along our beachfront facility. Each practice is conducted by the entire NU coaching staff and several of our elite swimmers. We plan daily drills to work on strokes, starts and turns. Along with the hard work, we plan daily activities away from the pool that make this a truly enjoyable experience. Our goal is to provide each swimmer with new insights into our fabulous sport of swimming that help them to improve and enjoy their swimming experience.. Contact us now! Don't delay because camps fill up annually. See ad on page 44 in this issue of *Swimming World*.

NOTRE DAME SWIM CAMP—2004

June 8-12, Camp I, Traditional Camp
June 11-15, Camp II, Training Camp
(Ages 13 & above)
June 14-18, Camp III, Traditional Camp
(Grades 8 & above)
June 20-24, Camp IV, Stroke Camp
(Grades 4-7)

Bailey Weathers
University of Notre Dame
124 Joyce Center
Notre Dame, IN 46556
574-631-8359
Fax: 574-631-3650
E-mail: weathers.3@nd.edu
www.nd.edu

Notre Dame Swim Camps for the summer will be held in four sessions. Two of the sessions, Camps I and IV will be our **Traditional Camps**, which emphasize skill development and how to incorporate skill work into training and racing, in preparation for meets. Age limits will apply. Cost: \$490 each. **Training Camp** is a serious training camp for swimmers 13 and above. Campers registering for this camp must be ready to train long course, in a training camp environment. *Maximum: 12 campers.* Cost \$550. All campers live, learn, eat and train on Notre Dame's beautiful campus. See ad on page 45 in this issue of *Swimming World*.

2004 PENN STATE COMPETITIVE SWIMMING AND DIVING CAMPS

Swimming: June 13-17, June 20-24,
June 27-July 1
Diving: June 29-July 3, July 11-15

Dick Bartolomea
Penn State Sport Camps
204 Multi-Sport Facility
University Park, PA 16802
800-PSU-TODAY (778-8632)
www.psusportcamps.org

Penn State swimming camp is directed by Bill Dorenkott, Penn State men's and women's swimming coach, and the diving camp is directed by Craig Brown, Penn State men's and women's diving coach. Past or current membership on a swimming team is required. Each student receives personalized instruction, weight training, excellent student-to-instructor ratios, and 24-hour supervision. Outstanding facilities include three indoor pools, an Olympic size 50-meter, heated, outdoor pool, and a separate diving well and diving pit. For a free brochure, call 1-800-PSU-TODAY. See ad on page 45 in this issue of *Swimming World*.

Camps, Swimming Education and
more, go to swiminfo.com

PURDUE UNIVERSITY SWIMMING AND DIVING CAMPS

June 21-25

Cathy Wright-Eger, Director and Head Swimming Coach
Purdue University
West Lafayette, Indiana 47907
765-494-2756 (contact Nona Schaler or Lynn Stocksick)
E-mail: njschaler@purdue.edu or lastocksick@purdue.edu
www.conf.purdue.edu

Do you want to become a faster swimmer? Would you like to be a better diver? Then you need to come to **Purdue's new Swimming and Diving Camp**. At **Purdue's** camps, we will help you attain excellence through both technique and attitude. You will be instructed by the same trainer, nutritionist, and sports psychologist used by Purdue varsity athletes. Camps are held in the new \$17 million Boilermaker Aquatic Center. The competitive pool's automatic water leveling system will bring out your best times, and the Sparger "bubble" unit gives you "softer" landings for your dives. In **Purdue Swimming Camp**, you will work on all the skills you need—strokes, starts, and turns—to improve your times. **Purdue Diving Camp** teaches a wide range of different dives using springboards and diving platforms. Camps are open to boys and girls, grades 4-12 for commuters, and grades 6-12 for residential campers. Registration is limited so register early.

RICHARD QUICK'S STANFORD NATIONAL SWIM CAMP

June 18-23, 4-Stroke Camp
 June 24-26, Starts, Turns and Finishes

Judy Heller
Richard Quick's Stanford National Swim Camp
1526 Chestnut Street
San Carlos, CA 94070
650-593-7845
E-mail: swimfast@sprintmail.com
www.rqstanfordswimcamp.com

Learn from one of the world's top swim coaches, Stanford University Women's Coach Richard Quick. Richard is a five time U.S. Olympic Swim coach, known for his excellence in swimming technique and motivational speaking. The June 18-23 camp focuses on one stroke each day, with two pool sessions per day, dryland training, and 1/2 day on starts and turns. Camp 2 focuses exclusively on starts, turns, and finishes, including all individual and relay starts, turns including

IM turns, and individual and relay finishes. Both camps feature motivational speakers, 24-hour supervision by our mature coaching staff and the beautiful Northern California Stanford campus. Campers are encouraged to stay for both sessions, with room, board and supervision offered free-of-charge between sessions. Cost: Camp 1, Residents: \$825, Day: \$725. Camp 2: Resident: \$425, Day: \$325.

SKIP KENNEY'S STANFORD INTERNATIONAL SWIM CAMP

Session 1: June 26-July 1
Session 2: July 2-4 (Accelerated Mini Camp)
Combo Session: June 26-July 4
Session 3: July 19-23 (Day camp only)

Skip Kenney's Stanford International Swim Camp
4470 Redwood Highway #101
San Rafael, CA 94903
1-800-645-3226
Fax: 415-479-6061
E-mail: swim@ussportscamps.com
www.USSportsCamps.com/swim

One of the greatest coaches in the history of collegiate swimming and one of the most respected leaders in United States swimming today, Skip Kenney has set the standard for providing quality swim instruction for swimmers around the world. For over a decade, his swim camps have helped mold thousands of young men and women athletes into championship caliber swimmers. Regardless of the week, Skip Kenney and Ted Knapp will motivate you through state of the art technique and stroke drills that are fresh and proven to be successful. Each day, expect to be fully emerged into Skip Kenney's teaching methods and passion for the sport of swimming. Campers receive concentrated training on one stroke per day, plus starts and turns. Also included are daily videotaping and feedback, dryland training and motivational talks. Session 1: Overnight \$825, Extended Day \$725. Session 2: Overnight \$425, Extended Day \$325. Combo Session: Overnight: \$1250, Extended Day \$1050. Session 3: \$495 (Day camp only). See ad on page 46 in this issue of *Swimming World*.

SPARTAN SWIM CAMP

June 13-17, June 20-24, July 5-9,
 July 11-15

Matt Gianiodis, Head Swimming Coach
Michigan State University
236 IM West
East Lansing, MI 48824
517-432-2054
Fax: 517-432-2053
E-mail: gianiodi@ath.msu.edu
www.sportscamps.msu.edu

The Spartan Swim Camp is held on the beautiful, park-like campus of Michigan State University. Overnight and day sessions for boys and girls ages 10-18 are available. Campers live in University residence halls and eat meals at University dining halls. The camp is designed to enhance the technical aspects of stroke, training, and the strategies needed for each camper to compete at the top level of competitive swimming. The camp is run in our 50-meter outdoor and 25-yard indoor aquatic facility. Each camper's daily schedule includes a long course training workout; videotaping of stroke work, starts and turns; critique of swimming technique; in water stroke drill session; presentation of various swimming topics and much more. Sessions limited to 60 swimmers. Costs: Resident camper—\$400; Commuter camper—\$325. For a Spartan Swimming Camp brochure, write or call Matt Gianiodis.

SWIM WITH SCHUBERT SWIM CAMP

June 6-11, June 13-18, June 20-25,
 June 27-July 2

Joke Schubert
SChubert Swim Camp
P.O. Box 479
Surfside, CA 90743-0479
562-592-3424
Fax: 562-592-9704
E-mail: SchubertSwimCamp@aol.com
www.schubertswimcamp.com

Train and learn with seven-time USA Olympic Coach, Mark Schubert, and a Championship Team of USC



assistant coaches, all of whom are on deck, directly involved with all training aspects of the camp. Olympic Gold Medalist and World Record Holder Lindsay Benko and Olympic Silver Medalist Erik Vendt, are among our guest speakers. The camp's daily routine includes: dryland training, 3 swim session (one conditioning session, and two swim sessions devoted to stroke technique work, drills, starts and turns mechanics.) All campers' strokes videotaped underwater and video analysis. Located at the University of Southern California, site of the 1984 Los Angeles Games. Swimmers stay in on-campus dormitories, 24-hour supervision, planned extracurricular activities along with coaches who care about details that can make a difference for all ability levels, ages 9-18. Elite training is available for those who qualify. Cost \$645 resident campers and \$475 day camper. Limited registration, apply early. See ad on page 46 in this issue of *Swimming World*.

TOTAL IMMERSION SWIM CAMP

Terry Laughlin, Director
117 Main St.
New Paltz, NY 12561
1-800-609-7946
E-mail: info@totalimmersion.net
www.totalimmersion.net

Would you love to swim MUCH better...immediately? Would you love to swim like a fish, while your competitors are fighting the water? A Total Immersion Swim Camp is the surest way to learn the secrets of elite swimmers. We have helped thousands of swimmers at all levels to swim faster and with less effort than they ever dreamed possible. And we teach swimming better than anyone else because Total



Immersion is the only camp that will teach you Fishlike Swimming. 1. Learn effortless balance to stop wasting energy on fighting the water. 2. Learn the most slippery body positions for each stroke. 3. Learn how to generate effortless power with core-body rotation. At Total Immersion, teaching people to move faster through the water is all we do. Total Immersion coaches are the best teachers of technique in the world, and they specialize in teaching it to thousands of swimmers each year. A swimmer:coach ratio of 6:1 and an experienced resident staff ensures personal attention and close supervision for each camper. We welcome both novice and experienced swimmers, ages 9-17.

UNITED SWIMMING CLINICS

May 31-July 9

John Trembley, Director
United Swimming Clinics
2106 Andy Holt Avenue
Knoxville, TN 37996-2905
865-974-1258
Fax: 865-974-1287
E-mail: JTrembley@utk.edu

With the head coaching staff of John Trembley (Tennessee), Pete Williams (Mercersburg), Bonnie Dix (Wellesley), Rob Orr (Princeton), Dan Colella (Tennessee), Jamie Bloom (Tennessee) and Shaun Crow (Australia). We emphasize supervision, technique and fun. A 9:1 swimmer-to-coach ratio. The finest coaching minds in the country insure the best coaching technique available. Our 5-day program includes daily videotaping, mental training, strict supervision, lectures by coaches and Olympic guests, and a residential staff that stresses learning while having fun. One or multi-week sessions. Girls and boys, ages 9-18. We accept applications on a first-come, first-serve basis. Limited enrollment. Sites at Mercersburg Academy (Pennsylvania), Blair Academy (New Jersey), and University of Tennessee (Tennessee). Cost is \$505 per week for residents, \$395 for day campers, and \$195 for coaches or family members who wish to observe. See ad on page 47 in this issue of *Swimming World*.

UC IRVINE COMPETITIVE SWIM CLINICS AND CAMPS

Saturday and Sunday Clinics
May 1, free; May 2, breast;
May 8, back; May 9, butterfly

Summer Camps
Day camp only, June 21-25
Resident and day camps: June 28-July 2,
July 26-30, and Aug. 2-6

Charlie Schober
UC Irvine Crawford Hall
Irvine, CA 92697-4500
949-824-7946 (UCI-SWIM)
E-mail: ctschober@uci.edu
www.athletic.uci.edu

Aquatics Director, Charlie Schober, has been running camps at UCI for 24 years at the UCI campus. The goal of the camp is to work on the often neglected areas of starts, turns, and stroke technique in a fun and informative atmosphere in small teaching groups of about 10. Each camper is videotaped from underwater with verbal critique on the tape. Camp features include over four hours of in-water instruction per day; planned recreational activities; 24-hour adult supervision; convenient dorms, cafeteria, and recreation facilities; group and early registration discounts. Costs: Clinics before 3/15 any; 1-\$80, 2-\$130, 3-\$180, 4-\$230. After 3/15 any: 1-\$95, 2-\$145, 3-\$195, 4-\$245. \$25 discount per person for groups of 5 or more. Summer camps before May 15th, residents: \$465, day \$295. After May 15, residents \$495, day \$315.

WOLVERINE SWIM CAMP

June 6-11, June 13-18, June 20-25,
June 27-July 2

Jim Richardson
8160 Valley View Drive
Ypsilanti, MI 48197
734-647-0500 734-484-4125
Fax: 734-763-6543
E-mail: wsc@wolverineswimcamp.com
www.wolverineswimcamp.com
www.mgoblue.com

Four sessions limited to 165 campers per session. A staff of 50 and three instructional sessions per day, ensure the individual attention necessary for significant improvements. Coaches Jon Urbanek, Jim Richardson, Eric Namesnik, Stefanie Kerska, Peter Linn Sam Jalet and Brad Shively are on deck directly involved in the coaching and training of all campers. All campers filmed with a mobile underwater camera. Each camper receives a custom 30-minute video with training and technique information from the coaches and Olympic medallists. Intensive training option for older swimmers who qualify. Technique development tract available for swimmers in need of skill acquisition. World-class staff provides leadership and companionship that encourages each swimmer to strive for excellence in life. Cost: \$560/week includes instruction, swim cap, T-shirt, color photo, custom videotape, instructional printed materials, "goody bag" and room and board; \$460/week day camper fee includes all of the above (less room and board) and between-session supervision. See ad on page 47 in this issue of *Swimming World*.

swiminfo.com

AGGIE SWIM CAMP

Texas A&M University



MEL NASH
Texas A&M's Head Men's Coach
1999 Pan-American Games Coach



The Aggie Swim Camp offers super stroke technique, great counselors and lots of fun!



STEVE BULTMAN
Texas A&M's Head Women's Coach
2001 Women's World University Games Head Coach

Four One-Week Sessions

- May 30-June 4
- June 6-11
- June 13-18
- June 20-25

TUITION: \$535/week

Aggie Swim Camp
Texas A&M Athletics
P.O. Box A3
College Station, TX 77844
979-845-9534
Fax: 979-862-1036
E-mail: swimcamp@athletics.tamu.edu
www.aggieathletics.com/camps

- ATM Detailed stroke work with EVERY camper, EVERY day.
- ATM Great Coaching and Individual Attention
- ATM Extensive Videotaping including underwater. Take home your tape.
- ATM 24-hour supervision.
- ATM Fun and Challenging Summer Camp Experience

One of our campers described the Aggie Swim Camp this way...
"I like the Aggie Swim Camp. It has great counselors, super stroke technique and it's lots of fun!"



ARETE SWIM CAMP

AT RUTGERS UNIVERSITY

"Where every child has the opportunity to find the champion within themselves."



TWO SESSIONS ONLY

June 20 - June 24

Day Campers - \$370 • Resident Campers \$595

June 27 - July 1

Day Campers - \$370 • Resident Campers \$595

Campers will benefit from...

- The spectacular Sonny Werblin Rec Center Natatorium
- 1:9 Coach to Swimmer ratio guaranteed
- Stroke Skills, starts and turns emphasized
- Daily mental training and nutrition sessions
- Every camper is video taped underwater
- Special "ropes course"

For more information, visit our website at:

www.scarletknights.com/swimming

or email us at:

aret swimcamp@scarletknights.com

Arete Swim Camp, 656 Bartholomew Rd
Piscataway, NJ 08854

732-445-0467

All 2003 sessions sold out by March

FEATURING...

Chuck Warner

- Head Coach Rutgers University
- Pan Am Coach
- FISU Games Coach
- 2000, 2003 BIG EAST Coach of the Year • Author, "Four Champions, One Gold Medal"



AUBURN

T I G E R S

2004 SWIM CAMP 2004

Traditional Swim Camps for 2004:

- May 24-28
- June 1-5
- June 15-19

Specialty Camps:

- Starts and Turns 1: May 28-30
- Individual Medley Camp: June 5-7
- Starts and Turns 2: June 19-21
- Master's Camp: September 10-12

- June 7-11 AIA Swim Camp

10 years of fabulous reviews!
WAR EAGLE!

For Information:

Auburn Tiger Swim Camp
P.O. Box 351
Auburn, AL 36831-0351
Phone: 334.844.9746 • Fax: 334.844.0703
www.auburnswimming.com • auburncamp@auburn.edu

David Marsh

Men's and Women's NCAA
2003 Coach of the Year
2003 World Championship Coach

World Champion
Maggie Bowen

Train and interact daily with Olympic caliber swimmers and world-class coaching staff. It is an unforgettable and fun experience only the winning Auburn tradition can give.



2004 Florida Gator Swim Camp



Stroke I:	Fly/Breast	June 2-5 (Wednesday-Saturday)
Stroke II:	Free/Back	June 16-19 (Wednesday-Saturday)
Session I:		June 5-10 (Saturday - Thursday)
Session II:		June 19-24 (Saturday - Thursday)
Session III:		June 26-July 1 (Saturday - Thursday)
Session IV:	Team Camp I	July 17-24 (Saturday - Saturday)
Session V:	Team Camp II	July 24-31 (Saturday - Saturday)
Elite I:		June 5-July 1 (Saturday - Thursday)
Elite II:		July 17-31 (Saturday - Saturday)

Day Camper Rates Available
Please Call for Check In/Check Out Times
Camp open to athletes of all abilities from ages 7 to 18

For more information, call or write:

2004 Florida Gator Swim Camp □ P.O. Box 14485 □ Gainesville, FL 32604-2485
(352) 375-4683, extn. 4532 or extn. 4545
Check out our camp information at www.uofl.edu

Special Guest Instructor: Dara Torres

- Four-time Olympian, 9-time Olympic Medalist
- Nine NCAA Titles as a Gator!



- The same comprehensive short course, long course and dryland training used by Olympians & National Champions
- Complete video stroke analysis
- Coaches with Olympic experience
- World Class facilities, air-conditioned dorm rooms and "all you can eat" dining



From left to right: Hollie Bonewit, Gregg Troy, Anthony Nasty, Mertyn Wilby, Rich DeSelm, Donnie Crane

GEORGIA TECH SWIM CAMP

MAY 23-28
MAY 30-JUNE 4

**TRAIN IN THE OLYMPIC POOL!
LIVE IN THE OLYMPIC VILLAGE!
SITE OF THE 1996 OLYMPICS**

JUNE 6-11
JUNE 13-18

RESIDENT & DAY CAMP OPTIONS
SPECIAL APPEARANCES BY FORMER OLYMPIANS

CONTACT INFORMATION

(404) 894-9736

GTSWIMMING@HOTMAIL.COM

WWW.RAMBLINWRECK.COM



Ψ SWIM CAMP 2004

INDIANA UNIVERSITY • BLOOMINGTON, INDIANA

June 6 - 11 • June 13 - 18 • June 20 - 25 • June 27 - July 2

**Unique experiences not provided
by any other camp in the nation!**

It is our goal to teach and coach swimmers to learn more about the sport and their own strokes and abilities as an athlete.

Camp Features:

- World Class Staff
- Two In-Water Sessions
- DVD - Personal Stroke Analysis Results
- Personal Skills Notebook
- 10:1 Camper to Counselor Ratio
- Commemorative T-Shirt & Cap
- Dryland Training & Educational Lectures

Tuition: \$525/week • Day Camp Available

2344 Linden Hill Rd, Bloomington, IN 47401
812-333-5684



iuswimcamp@insightbb.com <http://iuhooslers.com/camps>

LONGHORN *swim camp*

Our 27th Year!

Eddie Reese
2004 men's head olympic coach
8-time ncaa coach of the year

Mike Walker
2-time asst. olympic coach
2001 big 12 conference co-coach of the year

Jill Sterkel
4-time olympian
2003 world university games head coach

Kris Kubik
9-time national champions coach

Josh Davis
2-time olympian
5 olympic medals

Learn from the best and share the Olympic spirit with our internationally respected coaching staff! Swim in the world-renowned Jamar Texas Swimming Center!

Our program offers concentrated instruction in all phases of competitive swimming. Ability grouping from novice to elite levels; open to boys and girls, ages 8 and up.

APPLY NOW! CAMPS SOLD OUT 1999-2003!

Five sessions: *May 30-June 4 / June 6-11 / June 13-18 / June 20-25 / June 27-July 2*

Fees: *Resident-8545 / Day-8445*

For More Information:
JON ALTER, DIRECTOR
Longhorn Swim Camp
The University of Texas
Intercollegiate Athletics
PO Box 7399
Austin, TX 78713-7399

512/475-0652 • FAX 512/475-8739
E-MAIL: longhornswimcamp@athletics.utexas.edu

www.TexasSports.com
www.LonghornSwimCamp.com

WILDCAT SwimCamp

FUN • TECHNIQUE • BEACHES • RACING • GAMES

June 20 - 25
Commuter Camp

June 27 - July 2
Resident Camp

• FEATURING •

Jimmy Tierney
National Jr. Team Head Coach
Head NU Women's Coach

Bob Groseth
2002 Big 10 Coach of the Year
NU Men's Head Coach

Sergio Lopez
1988 Olympic Medalist
NU Men's Associate Head Coach

Will Bernhart
NASA Head Swim Coach

Jocelyn Jay
NU Women's Assistant Coach

For More Information:
Northwestern Wildcat Swim Camp
Norris Aquatic Center
2311 Campus Drive
Evanston, IL 6008

847-467-6272 or
847-467-2396
sergi@northwestern.edu
www.nusports.com

2004 NOTRE DAME SWIMMING CAMP



BAILEY WEATHERS

AND

NOTRE DAME SWIMMING STAFF

OVER 30 YEARS OF EXPERIENCE

TEACHING AND COACHING AT ALL LEVELS

OF SWIMMING FROM NOVICE TO OLYMPIAN

CAMP IS US - COME HELP US PUT THE "CAMP" IN CAMPUS!

ND June 8-12 Camp I, Traditional Camp (\$490)
Ages 9 & above

ND June 11-15 Camp II, Training Camp (\$550)
Ages 13 & above. Maximum 12 campers

ND June 14-18 Camp III, Traditional Camp (\$490)
Grades 8 & above

ND June 20-24 Camp IV, Stroke Camp (\$420)
Grades 4-7

For more information and a registration brochure, call the Notre Dame camp office at (574) 631-8788 or women's head coach Bailey Weathers at (574) 631-8359 or write to: Notre Dame Camp Office, 124 Joyce Center, Notre Dame, Ind. 46556.

www.und.com

PENN STATE SWIM CAMP

Dates:

June 13 - 17
June 20 - 24
June 27 - July 1

Camp Offers:

- Personalized instruction for competitive swimmers age 9-17
- Outstanding facilities, Olympic size 50mt. and 3 short course pools
- World Class coaching staff
- Complete above water and underwater video analysis
- On-campus housing and 24 hour security and supervision
- Three daily workout sessions including PSU Dryland Training
- Plus: Penn State's own nationally renowned support staff with sessions on sports nutrition and sports psychology



Camp Information:

**For a free brochure, please call
1-800-PSU-TODAY (778-8632)**

**Visit Penn State Sport Camps on the web
<http://www.psusportcamps.org>**



PSU Coaching Staff from left to right: Bill Dorenkott, Craig Brown, Nittaya McGuire, Ed Bartsch, and John Hargis



Nike Swim Camps Presents
SKIP KENNEY'S STANFORD
 international swim camp
Where Champions Come To Train!

Overnight & Day Camps
 Girls & Boys
 Ages 9 to 18

• June 26 - July 1
 • July 2 - 4
 • July 19 - 23

Both sessions cover all four strokes, plus starts & turns
 Skip Kenney personally directs each session!


OLYMPIC YEAR!!
 Enrollment Limited, Register Now!

1-800-645-3226 • USSportsCamps.com 


2004 Swim with SChubert SWIM CAMP

COME JOIN US AT USCI!


TRAIN UNDER
Mark Schubert
 2004 Olympic Coach



Lindsay Benko
 2000 Olympic Gold Medalist
 American Record Holder



Erik Vendt
 2000 Olympic Silver Medalist
 American Record Holder



CAMP FEATURES:

- World renowned coaching staff
- Ability grouping for all levels
- Elite training sessions for those who qualify
- Concentrated instruction for competitive swimmers ages 9-17
- Complete underwater video analysis
- Dryland, nutritional and sports psychology sessions
- 24-hour supervision
- On-campus housing adjacent to pool

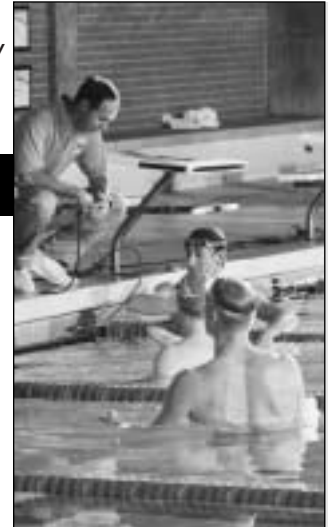
FOR INFORMATION AND APPLICATION:
Schubert Swim Camp
 P.O. Box 479, Surfside, CA 90743-0479
(562) 592-3424 FAX: (562) 592-9704
 E-MAIL: SchubertSwimCamp@aol.com WEBSITE: www.schubertswimcamp.com
 LOCATION: The USC McDonald's Swim Stadium, site of the 1984 Olympic Games

CAMP DATES: JUNE 6-11, JUNE 13-18, JUNE 20-25, JUNE 27-JULY 2

UNITED SWIMMING CLINICS PRESENTS SWIM CAMP 2004

"The best instructional and most fun residential swim camp in the world!"

SITES:	June 6-June 25	June 20-July 9	June 13-July 2
	University of	Blair Academy	Mercersburg Academy
Day Camp	Tennessee	New Jersey	Pennsylvania
May 31-June 3	Tennessee		



For more information, call or write: John Trembley • UNITED SWIMMING CLINICS • 2106 Andy Holt Avenue
Knoxville, TN 37996-2905 • (865) 974-1258 (Until 4 PM (Daily)) • e-mail: JTrembley@utk.edu

RESIDENTIAL COACHING STAFF:

JAMIE BLOOM, UNIVERSITY OF TENNESSEE WOMEN
DAN COLELLA, UNIVERSITY OF TENNESSEE WOMEN
SHAWN CROW, AUSTRALIA
BONNIE DIX, WELLESLEY COLLEGE
ROBB ORR, PRINCETON UNIVERSITY MEN'S TEAM
JOHN TREMBLEY, UNIVERSITY OF TENNESSEE MEN
PETE WILLIAMS, MERCERSBURG ACADEMY

FAX: 865-974-1287

One or Multi-Week Sessions

EXECUTIVE DIRECTOR
JOHN TREMBLEY
UNIVERSITY OF TENNESSEE



JON URBANCHEK

Michigan Men's Coach
Big Ten/NCAA
Coach of the Year

ERIC NAMESNIK

Michigan Assistant Men's Coach
USA Olympian and
Double Silver Medalist

2004 WOLVERINE SWIM CAMP

Ages 9-18 at



JIM RICHARDSON

Michigan Women's Coach
Big Ten/NCAA
Coach of the Year

STEFANIE KERSKA

Michigan Assistant Women's Coach
Former All-American and
Big Ten Champion

THE UNIVERSITY OF MICHIGAN

REGISTER EARLY!
ONLY FOUR SESSIONS THIS YEAR

- June 6-11 ■ June 13-18
- June 20-25 ■ June 27-July 2

RESIDENT: \$560/WK · DAY CAMPER: \$460/WK

- New! Gambetta Dryland Training
- Intensive Training Option Available
- 3 Instructional Sessions Per Day
- Individual Mobile Underwater Filming & Analysis
- Free LaneGainer dryland trainer



Peter Linn

EMU Head Men's Coach
SAM JALET

EMU Head Women's Coach
Brad Shively

Washington Univ. Head Coach

For more information Call or Write:
Wolverine Swim Camp

8160 Valley View Drive · Ypsilanti, MI 48197
PH: 734-647-0500 · 734-484-4125

FAX: 734-763-6543

www.mgoblue.com or www.wolverineswimcamp.com
e-mail: wsc@wolverineswimcamp.com



Tom Malchow

Olympic Gold Medalist
Klete Keller

Olympic Silver Medalist
Chris Thompson

Olympic Bronze Medalist

National Age Group Long Course Rankings

10-and-under Girls

50 METER FREESTYLE

28.68	G. Cornelius, MA, 1983
30.17	L. Harrington, MTSC, SE
30.23	S. Giberson, BASC, MR
30.36	Emily Dicus, TSA, MV
30.37	Tera Bradham, CCS, ST
30.44	Erin Foster, TWST, GU
30.50	Rylie Johnson, SDA, AZ
30.64	E. Beisel, MAG, NE
30.66	M. Frabasilio, YUMA, AZ
30.67	Augustine-Akpan, CIA, IA
30.67	T. Swartz, RSSC, AZ
30.69	M. Stipe, NCA, SI
30.69	B. Merckling, COPS, NT
30.71	Chloe Conjares, RY, NJ
30.76	J. Broghammer, CRAA, IA
30.87	S. Bessire, HAC, FL
30.93	J. Yazbec, UNAT, FG

100 METER FREESTYLE

1:03.53	C. Franklin, FL, 2001
1:05.26	E. Beisel, MAG, NE
1:05.53	S. Giberson, BASC, MR
1:05.90	J. Yazbec, UNAT, FG
1:06.41	S. Ferrell, MY, NJ
1:06.48	L. Gendron, BYST, IL
1:06.57	Elizabeth Braun, SA, GA
1:06.72	Ally Loper, SAC, AZ
1:06.78	Erin Foster, TWST, GU
1:07.07	Tera Bradham, CCS, ST
1:07.29	C. Kenney, SA, GA
1:07.47	T. Swartz, RSSC, AZ
1:07.62	M. Randolph, SSC, PN
1:07.65	Ginny Grams, DBS, FL
1:07.92	M. Frabasilio, YUMA, AZ
1:07.93	M. Klaren, MVN, CA
1:07.97	S. Nennig, SCHY, WI
1:07.97	Augustine-Akpan, CIA, IA

200 METER FREESTYLE

2:17.54	C. Franklin, FL, 2000
2:16.37*	E. Beisel, MAG, NE
2:19.30	J. Yazbec, UNAT, FG
2:21.13	Erin Foster, TWST, GU
2:21.51	S. Ferrell, MY, NJ
2:23.17	S. Giberson, BASC, MR
2:24.57	L. Harrington, MTSC, SE
2:25.32	B. Merckling, COPS, NT
2:26.12	Papadopoulos, YTO, FL
2:26.20	Andrea Voigt, SBA, SI
2:26.21	M. DiRado, SRN, PC
2:26.46	L. Gendron, BYST, IL
2:26.87	E. Crowder, CATS, GU
2:27.15	Felicia Lee, MY, NJ
2:27.36	Ally Loper, SAC, AZ
2:27.54	K. Livingston, CAC, CA
2:27.57	A. Brown, NOVA, VA

400 METER FREESTYLE

4:49.17	C. Franklin, FL, 2000
4:42.40*	E. Beisel, MAG, NE
4:45.42	J. Yazbec, UNAT, FG
4:52.65	Erin Foster, TWST, GU
4:58.51	S. Ferrell, MY, NJ
5:01.49	E. Crowder, CATS, GU
5:02.93	S. Giberson, BASC, MR
5:05.03	Papadopoulos, YTO, FL
5:06.20	L. Harrington, MTSC, SE
5:06.58	Ally Loper, SAC, AZ
5:08.18	Beth Glaros, RAC, MD
5:09.26	L. Gendron, BYST, IL
5:09.48	J. Rodriguez, FCST, GU
5:09.53	B. Balogh, SMAC, MI
5:10.03	T. Bostacer, AAC, MA
5:10.93	Becca Heller, PCS, FG
5:11.01	Becca Lynn, DST, MA

50 METER BACKSTROKE

32.99	K. Riefenstahl, MA, 2000
33.89	Kirstie Chen, CERR, CA
33.91	S. Giberson, BASC, MR
34.15	E. Beisel, MAG, NE
34.91	S. Nennig, SCHY, WI
35.21	Elizabeth Braun, SA, GA
35.27	Emily Dicus, TSA, MV
35.32	Felicia Lee, MY, NJ
35.63	Julie Ogden, LST, IN
35.74	Ashley Byrd, SEVA, VA

35.83	Ally Loper, SAC, AZ
35.89	L. Harrington, MTSC, SE
35.97	Jussy Ress, RRST, CT
36.00	Deborah Roth, NBA, PC
36.02	M. Klaren, MVN, CA
36.05	J. Yazbec, UNAT, FG
36.08	Chloe Conjares, RY, NJ

100 METER BACKSTROKE

1:10.41	Beth Botsford, MD, 1992
1:09.96*	E. Beisel, MAG, NE
1:10.95	S. Giberson, BASC, MR
1:12.71	Kirstie Chen, CERR, CA
1:13.80	Felicia Lee, MY, NJ
1:15.04	J. Yazbec, UNAT, FG
1:15.66	L. Harrington, MTSC, SE
1:15.71	S. Nennig, SCHY, WI
1:16.33	Julie Ogden, LST, IN
1:16.65	Ally Loper, SAC, AZ
1:16.66	Lauren Baker, DW, AZ
1:17.29	M. Klaren, MVN, CA
1:17.41	B. Merckling, COPS, NT
1:17.97	E. Braun, SA, GA
1:17.99	D. Marinschaw, CHY, NC
1:18.05	Elynn Roberts, GOLD, ST
1:18.08	Deborah Roth, NBA, PC

50 METER BREASTSTROKE

36.42	Jenna Street, SE, 1993
36.89	D. Petrakis, UNAT, PC
37.34	M. Goodvin, BSC, CC
37.50	Kaylin Burchell, CA, KY
38.58	Caroline Chang, NST, IL
38.69	S. Ferrell, MY, NJ
38.81	Casey Mims, UNAT, CA
39.01	Kim Jerome, CYWD, CT
39.15	D. Anderson, CAJ, SN
39.23	Katie Olsen, SDA, AZ
39.32	Tera Bradham, CCS, ST
39.41	Kirstie Chen, CERR, CA
39.62	L. Stoekle, MACNS, CO
39.71	Vi Nguyen, TCC, CA
39.75	E. Carpenter, JW, MA
39.79	K. Lafferty, DST, MA
39.97	N. Parmenter, NCA, SI

100 METER BREASTSTROKE

1:19.98	Jenna Street, SE, 1993
1:21.04	S. Ferrell, MY, NJ
1:21.37	D. Petrakis, UNAT, PC
1:22.22	M. Goodvin, BSC, CC
1:23.19	Kirstie Chen, CERR, CA
1:24.05	Caroline Chang, NST, IL
1:24.15	Kaylin Burchell, CA, KY
1:24.41	Vi Nguyen, TCC, CA
1:24.84	Casey Mims, UNAT, CA
1:25.89	D. Anderson, CAJ, SN
1:26.27	S. Urias, UNAT, CA
1:26.51	Tera Bradham, CCS, ST
1:26.76	Kim Jerome, CYWD, CT
1:26.91	E. Beisel, MAG, NE
1:26.94	Kendall Sierg, BSS, FL
1:26.95	Katie Olsen, SDA, AZ
1:27.01	Teva Levens, SCRA, PC

50 METER BUTTERFLY

31.27	Tara Thomas, CA, 2000
31.09*	L. Harrington, MTSC, SE
32.39	Kirstie Chen, CERR, CA
32.75	M. Goodvin, BSC, CC
32.99	Augustine-Akpan, CIA, IA
33.16	T. Swartz, RSSC, AZ
33.17	Lauren Baker, DW, AZ
33.20	T. Lakey, THSC, OR
33.29	S. Bender, MAG, NE
33.34	M. Johnson, SAC, AZ
33.42	T. Andrews, SDA, AZ
33.53	M. Klaren, MVN, CA
33.54	N. Tarazona, TCC, CA
33.55	Felicia Lee, MY, NJ
33.57	S. Bosma, RAYS, GA
33.59	B. Merckling, COPS, NT
33.62	K. Livingston, CAC, CA

100 METER BUTTERFLY

1:10.14	S. Rosenthal, CA, 1983
1:11.28	L. Harrington, MTSC, SE
1:11.78	E. Beisel, MAG, NE
1:12.91	N. Tarazona, TCC, CA
1:12.99	Lauren Baker, DW, AZ
1:13.89	Felicia Lee, MY, NJ
1:14.10	Ana Anaya, MACM, FG
1:14.26	B. Balogh, SMAC, MI

1:14.37	E. Ramirez, UNAT, FG
1:14.48	B. Merckling, COPS, NT
1:14.84	K. Livingston, CAC, CA
1:14.85	E. Crowder, CATS, GU
1:15.13	E. Pedote, PASA, CA
1:15.23	M. Knowles, LHSC, IL
1:15.30	Augustine-Akpan, CIA, IA
1:15.43	M. Johnson, SAC, AZ
1:15.44	T. Swartz, RSSC, AZ

200 METER IM

2:33.08	Abigail Iler, MD, 1997
2:31.26*	E. Beisel, MAG, NE
2:37.84	Kirstie Chen, CERR, CA
2:40.44	J. Yazbec, UNAT, FG
2:41.21	S. Ferrell, MY, NJ
2:42.98	Erin Foster, TWST, GU
2:43.06	Felicia Lee, MY, NJ
2:44.84	B. Merckling, COPS, NT
2:45.00	N. Tarazona, TCC, CA
2:45.47	L. Harrington, MTSC, SE
2:46.13	M. DiRado, SRN, PC
2:46.46	A. Brown, NOVA, VA
2:46.55	E. Crowder, CATS, GU
2:46.60	Lauren Baker, DW, AZ
2:46.78	Ally Loper, SAC, AZ
2:46.85	Vi Nguyen, TCC, CA
2:47.10	J. Marsh, IHAC, CA

11-12 Girls

50 METER FREESTYLE

26.81	Jennifer Vanker, MI, 1992
27.52	Teresa Lung, RSA, NC
27.66	K. Riefenstahl, TSC, MA
27.86*	S. Smiddy, MACM, FG
28.00	S. Eisenring, PCS, FG
28.05	M. Perrotta, SPPY, CA
28.06	A. Danner, SDS, PV
28.07	S. Thompson, GOLD, ST
28.08	L. Jennings, KING, PN
28.10	B. Ravettine, CAT, NJ
28.20*	C. Simms, HSC, HI
28.23	L. Anelloitti, WAC, VA
28.25	Dana Gerner, WYV, CT
28.26	Kelly Bunster, CSC, MR
28.26	Kaitlyn Vann, SA, GA
28.27	Lauren Pfohl, SA, GA
28.40	Carly Smith, NCAC, NC

100 METER FREESTYLE

58.17	G. Cornelius, MA, 1985
59.95	Teresa Lung, RSA, NC
1:00.01	K. Amundsen, TWST, GU
1:00.13	S. Smiddy, MACM, FG
1:00.16	K. Riefenstahl, TSC, MA
1:00.20	C. Franklin, GCST, FL
1:00.47	M. Perrotta, SPPY, CA
1:00.83	S. Thompson, GOLD, ST
1:00.92	Lauren Pfohl, SA, GA
1:01.01	Nikki White, LCA, FL
1:01.06	C. Simms, HSC, HI
1:01.22	Sarah Cox, SAC, AZ
1:01.23	K. Edwards, AHS, SN
1:01.52	H. Wilson, SW, MS
1:01.61	Kelly Bunster, CSC, MR
1:01.63	A. Danner, SDS, PV
1:01.78	Chloe Sutton, CCA, SN

200 METER FREESTYLE

2:03.38	Dee Brown, OZ, 1991
2:06.31	C. Franklin, GCST, FL
2:08.79*	S. Smiddy, MACM, FG
2:09.14	J. Rodriguez, MACS, CO
2:09.62	K. Amundsen, TWST, GU
2:09.96	Lauren Pfohl, SA, GA
2:10.13	Amy Modglin, SF, FL
2:10.23	Nikki White, LCA, FL
2:10.91	Teresa Lung, RSA, NC
2:11.06	M. Perrotta, SPPY, CA
2:11.23*	K. Groome, COM, SE
2:11.88	Sarah Cox, SAC, AZ
2:11.96	A. Duckworth, SAC, AZ
2:12.31	S. Thompson, GOLD, ST
2:12.54	Nicole Cliff, BSC, MR
2:12.54	K. Edwards, AHS, SN
2:12.60	S. Wei, SSCSP, PC

400 METER FREESTYLE

4:19.48	Dee Brown, OZ, 1991
4:25.07	C. Franklin, GCST, FL
4:26.03	J. Rodriguez, MACS, CO
4:30.31	K. Groome, COM, SE
4:32.04	Lauren Pfohl, SA, GA
4:32.48	Amy Modglin, SF, FL
4:32.60	C. Kalisz, NBAC, MD
4:33.79	A. Duckworth, SAC, AZ
4:34.25	Nikki White, LCA, FL
4:34.53	C. Hamilton, BYST, IL
4:35.07	K. Amundsen, TWST, GU

4:35.56	H. Whitehead, RRVY, ND
4:35.82	Alison Templin, LLL, FG
4:37.36	Meredith King, LST, KY
4:37.82	L. Nelson, TWST, GU
4:37.99	Nicole Cliff, BSC, MR
4:38.73	S. Smiddy, MACM, FG

800 METER FREESTYLE

9:15.06	L. Brackens, SE, 2002
9:02.62*	C. Franklin, GCST, FL
9:08.05	J. Rodriguez, MACS, CO
9:12.57	K. Groome, COM, SE
9:14.88	A. Duckworth, SAC, AZ
9:21.33	Amy Modglin, SF, FL
9:21.70	Alison Templin, LLL, FG
9:23.20	C. Hamilton, BYST, IL
9:23.83	S. Smiddy, MACM, FG
9:29.45	Nicole Cliff, BSC, MR
9:35.38	Sam Gelb, RAC, MD
9:36.30	W. Lopus, SDA, AZ
9:36.51	Nikki White, LCA, FL
9:36.58	S. Howard, WHS, FL
9:36.81	Chloe Sutton, CCA, SN
9:37.91	A. Forrester, BSC, MR
9:40.35	C. Michaels, NCAC, NE

1500 METER FREESTYLE

17:33.68	Kristen Frost, CT, 2000
17:21.56*	J. Rodriguez, MACS, CO
17:23.77	C. Franklin, GCST, FL
17:34.03	K. Groome, COM, SE
17:42.89	Amy Modglin, SF, FL
17:44.97	C. Hamilton, BYST, IL
17:56.77	A. Duckworth, SAC, AZ
17:57.62	L. Nelson, TWST, GU
18:04.51	Alison Templin, LLL, FG
18:24.17	Nikki White, LCA, FL
18:33.40	M. Leddy, EEST, NJ
18:36.54	Chloe Sutton, CCA, SN
18:36.84	K. Foley, BAC, NJ
18:36.90	Barnes-Waychus, SCRA, PC
18:38.24	N. Swanson, CATS, GU
18:38.77	Sam Gelb, RAC, MD
18:39.81	Addie Oswald, BCH, CA

50 METER BACKSTROKE

30.31	J. Crisman, MI, 1992
31.25	K. Riefenstahl, TSC, MA
31.72	M. Conner, GPAC, SE
31.93	S. Woodward, KMG, OK
32.05	S. Bateman, YTO, FL
32.05	Cindy Tran, GWSC, CA
32.24	M. Dwyer, MVN, CA
32.30	Rachel Lutz, ESC, SI
32.37	S. Lawler, WSC, IL
32.52	C. Dimagmaliv, DDC, MS
32.52	S. Jurusik, SW, MS
32.52	M. Romano, SPA, FL
32.55	Kelsey Klatt, FDST, CC
32.60	K. Darmody, GCST, SE
32.63	B. Ravettine, CAT, NJ
32.67	J. Hammes, CSC, IN
32.69*	Dannenmaier, CRS, CO

100 METER BACKSTROKE

1:03.08	Beth Botsford, MD, 1994
1:07.21	K. Riefenstahl, TSC, MA
1:08.17	S. Jurusik, SW, MS
1:08.76	Dannenmaier, CRS, CO
1:08.95	C. Kalisz, NBAC, MD
1:09.29	Cara Vogel, SSSY, NE
1:09.29	Julia Nagy, YTO, FL
1:09.35	M. Romano, SPA, FL
1:09.52	J. Hammes, CSC, IN
1:09.71	C. Simms, HSC, HI
1:09.78	Lauren Pfohl, SA, GA
1:09.88	Kristine Gu, PA, FL
1:09.96	M. Dwyer, MVN, CA
1:10.03	Sarah Cox, SAC, AZ
1:10.07	S. Bateman, YTO, FL
1:10.10	C. Weaver, GMA, NE
1:10.14	S. Smiddy, MACM, FG

200 METER BACKSTROKE

2:25.31	Erica Meissner, NE, 2001
2:19.81*	C. Kalisz, NBAC, MD
2:25.37	Cara Vogel, SSSY, NE
2:26.63	M. Leddy, EEST, NJ
2:27.04	S. Jurusik, SW, MS
2:27.32	S. Stephens, LAC, NT
2:27.97	Dannenmaier, CRS, CO
2:28.31	Lauren Pfohl, SA, GA
2:28.55	A. Games, NOVA, CA
2:29.34	K. Riefenstahl, TSC, MA
2:29.52	S. Smiddy, MACM, FG
2:30.05	K. Groome, COM, SE
2:30.33	J. Kucherik, NBAC, MD
2:30.38	M. King, UNAT, KY
2:30.48	Nicole Cliff, BS, MR
2:30.50	C. Weaver, GMA, NE
2:30.56	Sarah Cox, SAC, AZ

50 METER BREASTSTROKE

33.38	Carly Geehr, CA, 1997
34.67	Breanna Folk, TSC, MA
34.97	Sam Gelb, RAC, MD
35.03	E. Baumgardner, CATS, IL
35.31	C. Showalter, SYS, FL
35.51	C. Levensz, GOLD, AZ
35.57	K. Kruszewski, AZOT, CA
35.59	K. Polley, RAYS, GA</

- 2:06.22 C. Nauta, TBCA, FL
- 2:06.26 A. Kukors, KING, PN
- 2:06.31 Blake Hayter, NCA, SI
- 2:06.64 L. Grandy, BTA, GU
- 2:07.05 J. Rodriguez, MACS, CO
- 2:07.06 Kate Ziegler, FISH, PV
- 2:07.32 J. Forster, WTRC, OH
- 2:07.35 Ellen Grigg, NSS, NC
- 2:07.51 S. Smiddy, MACM, FG
- 2:07.73 C. Raatz, AFOX, AZ
- 2:07.75 K. Barnett, DM, NT

400 METER FREESTYLE

- 4:07.15 C. Woodhead, CA, 1978
- 4:16.21 Kelsey Ditto, CCS, ST
- 4:19.51 Kate Ziegler, FISH, PV
- 4:19.75 Kate Dwelley, TERA, PC
- 4:19.79 A. Lehner, STAR, NI
- 4:20.34 Blake Hayter, NCA, SI
- 4:20.94 Kelly Gillis, BSS, FL
- 4:23.34 J. Thomas, ACAC, MA
- 4:23.58 Mary Francis, NCA, SI
- 4:23.69 J. Rodriguez, MACS, CO
- 4:23.69 Ellen Grigg, NSS, NC
- 4:24.07 C. McReynolds, BYST, IL
- 4:24.53 C. Galdun, PACK, SE
- 4:24.81 G. Maddalena, TWST, GU
- 4:25.12 L. Grandy, BTA, GU
- 4:26.47 C. Monsees, SCSC, PC
- 4:26.67 E. Hanson, BYST, IL

800 METER FREESTYLE

- 8:29.35 C. Woodhead, CA, 1978
- 8:48.05 Kelsey Ditto, CCS, ST
- 8:50.50 A. Lehner, STAR, NI
- 8:53.18 Kate Ziegler, FISH, PV
- 8:54.14 Mary Francis, NCA, SI
- 8:54.87 C. Galdun, PACK, SE
- 8:57.09 C. McReynolds, UNAT, FL
- 9:00.57 J. Puschak, AFOX, AZ
- 9:01.13 Ellen Grigg, NSS, NC
- 9:01.27 Blake Hayter, NCA, SI
- 9:01.96 J. Rodriguez, MACS, CO
- 9:03.09 M. Martindale, COSST, LA
- 9:03.23 Kelly Gillis, BSS, FL
- 9:04.68 J. Thomas, ACAC, MA
- 9:05.18 K. Dwelley, TERA, PC
- 9:05.69 S. Smiddy, MACM, FG
- 9:06.50 E. Christy, BYNS, MA

1500 METER FREESTYLE

- 16:12.57 M. Richardson, FG, 1984
- 16:43.88 Kate Ziegler, FISH, PV
- 16:57.46 A. Lehner, STAR, NI
- 17:00.01 Kelsey Ditto, CCS, ST
- 17:00.21 C. McReynolds, IL
- 17:01.86 Mary Francis, NCA, SI
- 17:08.09 Kelly Gillis, BSS, FL
- 17:12.55 M. Martindale, COSST, LA
- 17:14.73 J. Puschak, AFOX, AZ
- 17:20.98 J. Rodriguez, MACS, CO
- 17:21.30 J. Thomas, ACAC, MA
- 17:24.36 K. Lanphier, NBAC, MD
- 17:25.00 E. Grattton, AFOX, AZ
- 17:27.93 J. Narum, PSH, PC
- 17:28.46 Ellen Grigg, NSS, NC
- 17:28.73 Erin Holmes, TCC, IE
- 17:29.92 Amy Gallogly, BSS, FL

100 METER BACKSTROKE

- 1:01.59 Beth Botsford, MD, 1996
- 1:03.08 T. Weaner, WSY, MA
- 1:04.51 Melissa Marik, NST, IL
- 1:04.54 Lauren English, MY, NJ
- 1:04.74 E. Meissner, MAG, NE
- 1:04.83 M. Houlton, TFDA, AZ
- 1:05.05 L. King, THSC, OR
- 1:06.07 S. Lewerenz, OLY, MI
- 1:06.15 K. Riefenstahl, TSC, MA
- 1:06.16 M. Christensen, CBSC, PV
- 1:06.24 Ariel Martin, PACE, IN
- 1:06.34r Michelle Liu, DACA, PC
- 1:06.37 M. Farrell, GPAC, SE
- 1:06.46 K. Shickora, UNAT, MA
- 1:06.47 A. Smith, GBSC, WI
- 1:06.74 B. Atkinson, PCS, FG
- 1:06.75 S. Fisher, LCST, WI

200 METER BACKSTROKE

- 2:10.66 Beth Botsford, MD, 1996
- 2:15.51 T. Weaner, WSY, MA
- 2:16.42 M. Houlton, TFDA, AZ
- 2:17.57 E. Meissner, MAG, NE
- 2:18.58 Yeng Beller, CBSC, PV
- 2:19.44 A. Lehner, STAR, NI
- 2:19.47 Lauren English, MY, NJ
- 2:19.92 Melissa Marik, NST, IL
- 2:20.28 J. Forster, WTRC, OH
- 2:20.78 L. King, THSC, OR
- 2:21.60 M. Crum, ATAC, NT
- 2:22.65 K. Carpenter, CM, OH
- 2:22.73 B. Atkinson, PCS, FG
- 2:22.86 Skye Elbert, SDA, AZ
- 2:22.92 Erin Holmes, TCC, IE
- 2:22.93 Michelle Liu, DACA, PC
- 2:23.83 A. Games, NOVA, CA

100 METER BREASTSTROKE

- 1:08.09 Amanda Beard, CA, 1996
- 1:12.47 Jess Perry, BGSC, NE
- 1:12.47 Whitney Hall, LAC, NT
- 1:12.52 A. MacGregor, TS, KY
- 1:12.64 Katie Hoff, TA, VA
- 1:12.86 A. Clemens, AGUA, MR
- 1:13.05 J. Marks, EHTS, MA
- 1:14.15 D. Gonzales, GTS, CO
- 1:14.16 K. Kraemer, BBDS, MN
- 1:14.17 Kelly Flynn, TWST, GU
- 1:14.28 A. Wanland, PAC, IL
- 1:14.44 Stephanie Hall, LST, KY
- 1:14.48 E. Smith, PSC, OZ
- 1:14.75 Katie Marsh, ACSC, FG
- 1:14.85 Alia Atkinson, CPPC, FG
- 1:14.91 K. Kruszewski, AZOT, CA
- 1:14.93 A. Ellis, BFST, SI

200 METER BREASTSTROKE

- 2:25.75 Amanda Beard, CA, 1996
- 2:34.59 Katie Hoff, TA, VA
- 2:35.82 J. Marks, EHTS, MA
- 2:36.17 A. Ellis, BFST, SI
- 2:37.02 A. Smith, RMSC, PV
- 2:37.16 A. Kukors, KING, PN
- 2:37.72 E. Smith, PSC, OZ
- 2:38.04 Katie Kime, RBA, CA
- 2:38.19 Elaine Breeden, WA, KY
- 2:38.33 Whitney Hall, LAC, NT
- 2:39.53 A. Clemens, AGUA, MR
- 2:39.61 A. MacGregor, TS, KY
- 2:39.80 S. Gabert, AZOT, CA
- 2:40.09 Kristen Beales, AAC, PV
- 2:40.27 Jess Perry, BGSC, NE
- 2:40.86 B. Curran, RSA, NC
- 2:40.95 C. Buran, PACK, SE

100 METER BUTTERFLY

- 59.71 M.T. Meagher, KY, 1979
- 1:00.09 Elaine Breeden, WA, KY
- 1:01.74 Amanda Sims, SRN, PC
- 1:02.49 Ashton Aubry, KCB, MV
- 1:02.61 T. Thomas, NOVA, CA
- 1:02.89 E. Meissner, MAG, NE
- 1:03.08 K. Raatz, AFOX, AZ
- 1:03.18 Dana Christ, BBA, MI
- 1:03.24 Liz Shaw, NOVA, VA
- 1:03.48 Yeng Beller, CBSC, PV
- 1:03.67 A. Knapik, NBAC, MD
- 1:03.74 Kate Dwelley, TERA, PC
- 1:04.15 M. Braun, FOXJ, MN
- 1:04.22 S. Sargent, XCEL, SE
- 1:04.33 N. Ghosh, DACA, PC
- 1:04.35 L. Roberson, SBA, PN
- 1:04.36 Stef Sutton, KING, PN

200 METER BUTTERFLY

- 2:07.01 M.T. Meagher, KY, 1979
- 2:12.86 Elaine Breeden, WA, KY
- 2:16.62 Kate Dwelley, TERA, PC
- 2:17.30 Amanda Sims, SRN, PC
- 2:18.00 Liz Shaw, NOVA, VA
- 2:18.19 J. Martinez, DACA, PC
- 2:19.84 K. Raatz, AFOX, AZ
- 2:20.00 A. Knapik, NBAC, MD
- 2:20.03 Yeng Beller, CBSC, PV
- 2:20.24 C. Kalisz, NBAC, MD
- 2:21.15 Katie Hoff, TA, VA
- 2:21.16 P. DeScenza, ASC, IL
- 2:21.31 Nina Rossi, WS, NJ
- 2:21.36 Sarah Sykes, BSS, FL
- 2:21.45 Amy Gallogly, BSS, FL
- 2:21.77 N. Ghosh, DACA, PC
- 2:22.28 R.Grant, BREA, CA

200 METER IM

- 2:16.55 Laura Hoff, PC, 1999
- 2:16.97 Katie Davis, TA, VA
- 2:17.52 J. Forster, WTRC, OH
- 2:18.76 M. Houlton, TFDA, AZ
- 2:19.53 Kate Dwelley, TERA, PC
- 2:20.19 Elaine Breeden, WA, KY
- 2:20.34 C. Monsees, SCSC, PC
- 2:20.56 A. Lehner, STAR, NI
- 2:20.97 A. Clemens, AGUA, MR
- 2:21.50 A. Kukors, KING, PN
- 2:22.44 C. Buran, PACK, SE
- 2:22.61 E. Meissner, MAG, NE
- 2:23.37 J. Rodriguez, MACS, CO
- 2:23.56 Katie Kime, RBA, CA
- 2:23.89 D. Letendre, PSC, OZ
- 2:23.91 A. Akerfelds, YMID, MR
- 2:24.10 D. Callaghan, LST, KY

400 METER IM

- 4:45.58 Erika Hansen, MA, 1984
- 4:49.87 J. Forster, WTRC, OH
- 4:50.82 Katie Hoff, TA, VA
- 4:53.86 Elaine Breeden, WA, KY
- 4:54.14 Kate Dwelley, TERA, PC
- 4:54.70 A. Kukors, KING, PN
- 4:55.58 Kelly Gillis, BSS, FL
- 4:55.86 M. Houlton, TFDA, AZ
- 4:56.74 K. Groome, COM, SE
- 4:58.28 J. Rodriguez, MACS, CO
- 5:00.48 C. Kalisz, NBAC, MD
- 5:00.71 L. Smith, GTAC, MD

- 5:00.88 C. Monsees, SCSC, PC
- 5:01.28 C. Buran, PACK, SE
- 5:01.30 A. Lehner, STAR, NI
- 5:01.56 Yeng Beller, CBSC, PV
- 5:01.86 E. Meissner, MAG, NE

15-16 Girls

50 METER FREESTYLE

- 25.50 C. Swindle, FG, 2000
- 25.52 Amanda Weir, SA, GA
- 25.90 D. Vollmer, FWST, NT
- 25.93 Rhi Jeffrey, ACSC, FG
- 26.19 B. Bishop, SCRA, PC
- 26.45 K. Kugler, RMSC, PV
- 26.58 Lindsey Kelly, PAC, IL
- 26.69 S. Napier, GCAC, SE
- 26.71 C. Blackman, DM, NT
- 26.75 Emily Murphy, SC, NJ
- 26.76 M. McCawley, MTAC, SE
- 26.77 Anna Turner, FCST, NJ
- 26.79 Kara Denby, CSA, CA
- 26.79 Skye Elbert, AFOX, AZ
- 26.80 Sara Smith, VAST, VA
- 26.83 C. Raleigh, UNAT, NJ
- 26.86 Wooddall-Gainey, VG, VA

100 METER FREESTYLE

- 55.39 Rhi Jeffrey, FG, 2002
- 55.21* Rhi Jeffrey, ACSC, FG
- 55.55 Amanda Weir, SA, GA
- 56.50 D. Vollmer, FWST, NT
- 57.38 K. Kugler, RMSC, PV
- 57.40 Colleen Law, CBSC, PV
- 57.43 C. Reynolds, DYNA, GA
- 57.46 Natalie Pike, PCS, FG
- 57.48 Emile Ewing, THSC, OR
- 57.53r C. Raleigh, PCS, FG
- 57.61 S. Peterson, NAC, SE
- 57.78 J. Illescas, COLA, FL
- 57.83 B. Bishop, SCRA, PC
- 57.86 Anna Miller, PACK, SE
- 57.89r M. McCarthy, TWST, GU
- 57.90 Codie Hansen, DM, NT
- 57.92 Ava Ohlgren, BAC, MI

200 METER FREESTYLE

- 1:58.23 C. Woodhead, CA, 1979
- 1:59.76 Rhi Jeffrey, ACSC, FG
- 1:59.80 D. Vollmer, FWST, NT
- 2:02.53 Amanda Weir, SA, GA
- 2:02.64 Andrea Axtell, CCS, ST
- 2:03.07 Anna Miller, PACK, SE
- 2:03.13 Codie Hansen, DM, NT
- 2:03.98r K. Kugler, RMSC, PV
- 2:04.13 Alyssa Kiel, LEAD, LE
- 2:04.21 J. Illescas, COLA, FL
- 2:04.23 C. Reynolds, DYNA, GA
- 2:04.29 E. Kemp, CBSC, PV
- 2:04.43 Kim Kelly, BSC, MR
- 2:04.58r Emile Ewing, THSC, OR
- 2:04.60 Austen Carter, TG, SC
- 2:04.67 K. Frost, SONOCO, CT
- 2:04.81 C. Haser, GTAC, MD

400 METER FREESTYLE

- 4:05.45 Janet Evans, CA, 1988
- 4:14.66 Alyssa Kiel, LEAD, LE
- 4:16.49 Kim Kelly, BSC, MR
- 4:17.70 S. Carr, BSS, FL
- 4:17.72 W. Hentzen, IHAC, CA
- 4:18.27 Blake Hayter, NCA, SI
- 4:18.33 Kate Ziegler, FISH, PV
- 4:18.74 L. Swinley, CBSC, PV
- 4:19.17 E. Brooks, NBAC, MD
- 4:19.63 W. Sprague, BSC, MR
- 4:19.69 Anna Miller, PACK, SE
- 4:19.83 Julia Smit, TVSC, MR
- 4:19.87 Rhi Jeffrey, ACSC, FG
- 4:19.90 S. Cota, SMST, SN
- 4:19.97 C. Reynolds, DYNA, GA
- 4:20.12 M. Francis, NCA, SI
- 4:20.12 K. Frost, SONOCO, CT

800 METER FREESTYLE

- 8:17.12 Janet Evans, CA, 1988
- 8:36.09 Alyssa Kiel, LEAD, LE
- 8:42.46 C. Hutchinson, NBAC, MD
- 8:42.73 Stephanie Carr, BSS, FL
- 8:42.98 M. Sackett, NBAC, MD
- 8:45.43 W. Hentzen, IHAC, CA
- 8:45.76 Kim Kelly, BSC, MR
- 8:46.85 Kate Ziegler, FISH, PV
- 8:48.48 M. Brooks, LEAD, LE
- 8:49.00 Mary Francis, NCA, SI
- 8:50.27 E. Brooks, NBAC, MD
- 8:51.27 L. McIlvain, NAC, SE
- 8:51.54 Blake Hayter, NCA, SI
- 8:52.80 L. Swinley, CBSC, PV
- 8:54.10 Erin Ketchum, MVN, CA
- 8:54.65 J. McLane, TERA, PC
- 8:54.88 W. Sprague, BSC, MR

1500 METER FREESTYLE

- 15:52.10 Janet Evans, CA, 1988
- 16:25.06 Alyssa Kiel, LEAD, LE

- 16:33.29 Kate Ziegler, FISH, PV
- 16:41.27 C. Hutchinson, NBAC, MD
- 16:41.50 Kim Kelly, BSC, MR
- 16:45.15 Stephanie Carr, BSS, FL
- 16:48.54 Mary Francis, NCA, SI
- 16:50.65 M. Brooks, LEAD, LE
- 16:51.84 E. Brooks, NBAC, MD
- 16:52.65 L. Swinley, CBSC, PV
- 16:56.18 L. McIlvain, NAC, SE
- 16:57.69 W. Hentzen, IHAC, CA
- 17:00.78 Erin Ketchum, MVN, CA
- 17:01.30 Paola Duguet, BSC, MR
- 17:02.98 N. O'Donnell, MAC, NC
- 17:05.21 S. Cota, SMST, SN
- 17:05.55 C. Gordon, FCST, GU

100 METER BACKSTROKE

- 1:01.10 Janie Wagstaff, MV, 1991
- 1:02.47 H. McGregory, UNAT, GU
- 1:02.50 L. Rogers, TERA, PC
- 1:03.75 B. Bishop, SCRA, PC
- 1:03.75 Melissa Marik, NST, IL
- 1:03.76 M. McCawley, MTAC, SE
- 1:03.84 Skye Elbert, AFOX, AZ
- 1:04.34 D. Vollmer, FWST, NT
- 1:04.60 Erin Forster, WTRC, OH
- 1:04.71 A. Boritzke, LCST, WI
- 1:04.71 M. Houlton, TFDA, AZ
- 1:04.72 Emile Ewing, THSC, OR
- 1:04.83 Kelsy Smith, MOR, NC
- 1:05.08 M. Ayres, PACK, SE
- 1:05.11 M. Parkhurst, MA, PV
- 1:05.17 Yeng Beller, CBSC, PV
- 1:05.21 K. Criss, UNAT, MW

200 METER BACKSTROKE

- 2:09.09 Janie Wagstaff, MV, 1991
- 2:14.86 L. Rogers, TERA, PC
- 2:15.68 Julia Smit, TVSC, MR
- 2:15.75 H. McGregory, UNAT, GU
- 2:17.25 M. Houlton, TFDA, AZ
- 2:17.44 Erin Forster, WTRC, OH
- 2:17.64 Yeng Beller, CBSC, PV
- 2:18.27 C. Francik, NBAC, MD
- 2:18.38 J. McLane, TERA, PC
- 2:18.52 K. Thompson, RST, OR
- 2:18.55 Kelsy Smith, MOR, NC
- 2:18.63 M. McCawley, MTAC, SE
- 2:18.77 R. Viveros, CAC, AZ
- 2:19.22 Skye Elbert, UNAT, GU
- 2:19.23 M. Parkhurst, MA, PV
- 2:19.39 Michelle Liu, DACA, PC
- 2:19.42 Andrea Axtell, CCS, ST

100 METER BREASTSTROKE

- 1:07.05 Megan Quinn, PN, 2000
- 1:10.44 Rebecca Soni, SAC, NJ
- 1:10.76 Erica Liu, DACA, PC
- 1:11.00 Alexi Spann, CCS, ST
- 1:11.31 C. Bruce, WSC, MV
- 1:11.49 F. Castaneda, MHST, OR
- 1:11.50 L. Smith, GTAC, MD
- 1:11.75 Katy Houston, RAC, PC
- 1:11.86 Whitney Hall, LAC, NT
- 1:11.95 Jessie Bialis, MAC, MW
- 1:12.18 J. Hardy, SBCH, CA
- 1:12.36 J. Ohlgren, NLA, MN
- 1:12.48 Nic Teo, MVN, CA
- 1:12.57 M. McIntyre, NWAC, PN
- 1:12.66 S. Heath, PLS, PC
- 1:13.00 A. Jensen, FOXJ, MN
- 1:13.06 Jenny Basel, SDS, PV

200 METER BREASTSTROKE

- 2:25.35 Anita Nall, MD, 1992
- 2:29.08 Rebecca Soni, SAC, NJ
- 2:29.76 Alexi Spann, CCS, ST
- 2:32.27 C. Bruce, WSC, MV
- 2:33.55 H. Degolia, TERA, PC
- 2:34.33 Katy Houston, RAC, PC
- 2:34.68 Whitney Hall, LAC, NT
- 2:34.73 Erica Liu, DACA, PC
- 2:35.15 S. Heath, PLS, PC
- 2:35.84 J. Williamson, CFSC, GU
- 2:36.32 M. Boosalis, IHAC, CA
- 2:36.50 Mhyria Miller, IST, FG
- 2:36.73 A. Dunnigan, NBAC, MD
- 2:37.15 J. Mueller, SMAC, MI
- 2:37.26 Nic Teo, MVN, CA
- 2:37.43 M. McIntyre, NWAC, PN
- 2:37.84 L. Smith, GTAC, MD

100 METER BUTTERFLY

- 57.93 M.T. Meagher, KY, 1981
- 59.35 D. Vollmer, FWST, NT
- 1:01.07 Andrea Axtell, CCS, ST
- 1:02.41 Kelly Nelson, SSC, MA
- 1:02.46 B. O'Connor, BSC, MR
- 1:02.65 M. McCawley, MTAC, SE
- 1:02.69 B. Bishop, SCRA, PC
- 1:02.69 Ashton Aubry, KCB, MV
- 1:02.79 A. Broome, PACK, SE
- 1:02.85 Kara Nelson, TVSC, OR
- 1:02.91 C. Eads, TCC, CA
- 1:03.06 J. Galloway, UNAT, GU
- 1:03.14 C. Eronemo, KING, PN
- 1:03.15 M. Newell, CBSC, PV
- 1:03.16 K. Hastrup, CSC, CC



Courtney Kalisz set NAG marks in the 11-12 girls 200 meter back (2:19.81), 200 fly (2:19.32) and 400 IM (4:58.49)

- 1:03.17 C. Williams, DST, MA
- 1:03.18 A. Hovey, DACA, PC

200 METER BUTTERFLY

- 2:05.96 M.T. Meagher, KY, 1981
- 2:12.23 Andrea Axtell, CCS, ST
- 2:14.05 K. Hastrup, CSC, CC
- 2:15.83 C. Eads, TCC, CA
- 2:16.09 M. Newton, BAC, NJ
- 2:16.15 Kim Kelly, BSC, MR
- 2:16.31 Kelly Nelson, SSC, MA
- 2:16.45 D. Leclair, NOVA, VA
- 2:16.64 B. O'Connor, BSC, MR
- 2:17.35 A. Broome, PACK, SE
- 2:17.40 J. Galloway, UNAT, GU
- 2:17.65 Erin Ketchum, MVN, CA
- 2:17.68 E. Schieman, LEAD, LE
- 2:18.38 L. Kenney, COPS, NT
- 2:18.52 A. McKinlay, CYWD, CT
- 2:18.91 K. Devinney, BOST, AZ
- 2:18.93 D. Benedict, CCS, CA

200 METER IM

- 2:12.54 Allison Wagner, FL, 1993
- 2:17.84 Julia Smit, TVSC, MR
- 2:18.39 Katy Houston, RAC, PC
- 2:19.94 N. Larochelle, NVST, PC
- 2:20.45 Andrea Axtell, CCS, ST
- 2:21.01 A. Steenrod, MAC, NC
- 2:21.16 J. Mueller, SMAC, MI
- 2:21.41 Alex Basso, CFSC, GU
- 2:21.43 Mhyria Miller, IST, FG
- 2:21.54 Jenny Basel, SDS, PV
- 2:21.59 C. Kilukts, AZOT, CA
- 2:21.70 K. Zahalka, NOVA, VA
- 2:21.75 Whitney Hall, LAC, NT
- 2:21.92 C. Shortt, MHST, OR
- 2:22.26 K. Stratton, BRRY, IL

400 METER IM

- 4:38.58 Janet Evans, CA, 1988
- 4:48.21 Julia Smit, TVSC, MR
- 4:52.51 Alyssa Kiel, LEAD, LE
- 4:55.62 J. Forster, WTRC, OH
- 4:56.25 Ava Ohlgren, BAC, MI
- 4:56.68 L. Smith, GTAC, MD
- 4:57.49 Katy Houston, RAC, PC
- 4:57.73 J. Galloway, UNAT, GU
- 4:57.83 B. Bunch, BCH, CA
- 4:57.84 A. Steenrod, MAC, NC
- 4:58.40 B. Bonnett, CSST, CO
- 4:58.70 H. Mein, GAAC, MA
- 4:58.88 M. Houlton, TFDA, AZ
- 4:59.71 C. Francik, NBAC, MD
- 5:00.14 C. Eads, TCC, CA
- 5:00.18 Ashley Jones, JETS, IL
- 5:00.27 E. Brunemann, NKCS, OH



SwimAtlanta's Amanda Weir bettered Nicole Haislett's 1991 record in the 17-18 girls 100 meter freestyle with her 54.46.

800 METER FREESTYLE

- 8:16.22 Janet Evans, CA, 1989
- 8:31.54 Kalyin Keller, TSC, CA
- 8:32.41 A. Binder, SBSC, CA
- 8:36.27 H. Peirsol, NOVA, CA
- 8:36.54 M. Hentzen, IHAC, CA
- 8:38.61 W. Hentzen, IHAC, CA
- 8:40.64 S. Carr, BSS, FL
- 8:41.27 Kim Kelly, BSC, MR
- 8:42.68 Rory Schmidt, SDA, AZ
- 8:43.03 S. Gilliam, IHAC, CA
- 8:43.22 L. Costella, CARS, PC
- 8:43.59 E. Hill, DYNA, GA
- 8:45.20 L. Conway, MACON, GA
- 8:45.27 Margy Keefe, AB, OH
- 8:47.92 J. Imagine, IHAC, CA
- 8:48.01 C. Burckle, LST, KY
- 8:48.27 E. Durot, DYNA, GA

1500 METER FREESTYLE

- 15:54.23 Janet Evans, CA, 1990
- 16:08.64 Kalyin Keller, TSC, CA
- 16:09.64 H. Peirsol, NOVA, CA
- 16:16.31 A. Binder, SBSC, CA
- 16:24.43 L. Costella, CARS, PC
- 16:33.78 S. Carr, BSS, FL
- 16:36.70 W. Hentzen, IHAC, CA
- 16:37.08 M. Hentzen, IHAC, CA
- 16:37.35 Kim Kelly, BSC, MR
- 16:41.34 Rory Schmidt, SDA, AZ
- 16:44.88 S. Gilliam, IHAC, CA
- 16:47.40 Anja Carman, BSS, FL
- 16:48.81 Margy Keefe, AB, OH
- 16:50.03 Erin Reilly, SMST, SN
- 16:52.15 S. Anderson, AFOX, AZ
- 16:56.90 J. Imagine, IHAC, CA
- 16:57.11 B. Massengale, FSTR, AR

100 METER BACKSTROKE

- 1:00.18 N. Coughlin, PC, 2001
- 1:02.37 D. MacManus, NOVA, CA
- 1:02.56f H. McGregory, CCS, ST
- 1:02.71 R. Sturdy, MHST, OR
- 1:03.29 L. Voyles, CCS, ST
- 1:04.51 C. Bruce, WSC, MV
- 1:04.56 Kaitlyn Brady, TD, MA
- 1:04.92 K. Harrigan, UNAT, NJ

100 METER FREESTYLE

- 1:04.97 R. Akradi, DAT, MN
- 1:05.01r Erin Forster, WTRC, OH
- 1:05.06r Emily Brush, BGSC, NE
- 1:05.10 Leila Vaziri, CASS, FG
- 1:05.14 Jeri Moss, NOVA, CA
- 1:05.20 Elaine Ferritto, CCS, ST
- 1:05.22 J. Fessel, TENN, SE
- 1:05.23r E. Hill, DYNA, GA
- 1:05.26 A. Kracke, UNAT, GA

200 METER BACKSTROKE

- 2:09.43 Janie Wagstaff, MV, 1992
- 2:14.54 Leah Retrum, DSC, IN
- 2:15.26 Haley Chura, COC, SC
- 2:15.35 H. McGregory, CCS, ST
- 2:15.39 D. MacManus, NOVA, CA
- 2:15.52 K. Harrigan, UNAT, NJ
- 2:15.67 R. Sturdy, MHST, OR
- 2:15.98 Anja Carman, BSS, FL
- 2:16.53 K. Caverly, METW, PC
- 2:16.69 Corey Berg, MSC, MR
- 2:17.37 Lindsey Hart, TERA, PC
- 2:17.94 Annie Barton, SDA, AZ
- 2:18.10 J. Cruzat, NOVA, CA
- 2:18.28 Erin Forster, WTRC, OH
- 2:19.05 S. Johnson, CM, OH
- 2:19.15 M. Bright, BAC, NJ
- 2:19.21 D. Duncan, KCB, MV

100 METER BREASTSTROKE

- 1:07.79 Staciana Stitts, CA, 2000
- 1:09.86 C. Bruce, WSC, MV
- 1:10.26 M. Klein, DYNA, GA
- 1:10.32 E. Tinnon, LST, KY
- 1:11.22 Nic Teco, MVN, CA
- 1:11.27 G. Patterson, THSC, OR
- 1:11.31 Erin Sieper, TFDA, AZ
- 1:11.59 Megan Quann, SST, PN
- 1:11.72 J. Panglilan, YMID, MR
- 1:12.28 K. Caverly, METW, PC
- 1:12.68 K. Bell, DYNA, GA
- 1:13.06 Yi-Ting Slow, BSS, FL
- 1:13.06 A. Hartley, ATAC, FL
- 1:13.25 D. Duncan, KCB, MV
- 1:13.43 J. Steiner, XCEL, NJ
- 1:13.58 Julie Stupp, CSP, OZ
- 1:13.60 Jill Bastien, PSC, OZ

200 METER BREASTSTROKE

- 2:25.35 Amanda Beard, AZ, 2000
- 2:27.88 C. Bruce, WSC, MV
- 2:31.46 E. Tinnon, LST, KY
- 2:32.58 K. Caverly, METW, PC
- 2:33.07 M. Klein, DYNA, GA
- 2:33.69 Yi-Ting Slow, BSS, FL
- 2:34.45 M. Quann, SST, PN
- 2:34.48 J. Panglilan, YMID, MR
- 2:35.95 C. Shortt, MHST, OR
- 2:36.27 G. Patterson, THSC, OR
- 2:36.79 Julie Stupp, CSP, OZ
- 2:36.92 Ashley Ward, KSC, HI
- 2:37.20 Nic Teco, MVN, CA
- 2:37.42 J. Rodriguez, CM, OH
- 2:38.01 S. Grace, UNAT, OH
- 2:38.09 J. Steiner, XCEL, NJ
- 2:38.40 C. Clemens, AGUA, MR

100 METER BUTTERFLY

- 58.72 Misty Hyman, AZ, 1997
- 59.04 M. DeScenza, ASC, IL
- 59.78 E. Goetsch, NBAC, MD
- 1:01.02 W. Myers, MVAC, OH
- 1:01.26 K. Robinson, SDST, IN
- 1:01.52 K. Rastrup, CSC, CC
- 1:01.52 Dana Kirk, TSC, PN
- 1:01.74 E. Hill, DYNA, GA
- 1:01.85 C. Connealy, AFOX, AZ
- 1:01.93 Rachel Myco, SA, GA
- 1:02.09 B. O'Connor, BSC, MR
- 1:02.37 J. Gelden, BST, WI
- 1:02.62 L. Marck, SPIR, MA
- 1:02.62 Erin Reilly, SMST, SN
- 1:02.66 S. Hernandez, CAJ, SN
- 1:02.74 K. Kilroy, THSC, OR
- 1:02.74 A. DePaul, AZOT, CA

200 METER BUTTERFLY

- 2:07.14 M.T. Meagher, KY, 1982
- 2:08.38 M. DeScenza, ASC, IL
- 2:12.82 K. Hastrup, CSC, CC
- 2:13.31 E. Goetsch, NBAC, MD
- 2:13.37 W. Myers, MVAC, OH
- 2:14.00 E. Hill, DYNA, GA
- 2:14.29 A. Carusone, NCFY, FL
- 2:14.32 B. O'Connor, BSC, MR
- 2:15.34 M. Nebera, NAC, SE
- 2:15.50 S. Lesneski, MAG, NE
- 2:15.62 B. Johnson, WSY, NC
- 2:15.63 L. Marck, SPIR, MA
- 2:15.71 E. Durot, DYNA, GA
- 2:15.72 J. Galloway, UNAT, GU
- 2:15.88 Kalyin Keller, UNAT, CA
- 2:16.08 V. Stojanovska, PCS, FG
- 2:16.14 Dana Kirk, TSC, PN

200 METER IM

- 2:13.71 Allison Wagner, FL, 1996
- 2:15.95 K. Caverly, METW, PC
- 2:16.82 C. Bruce, WSC, MV
- 2:18.43 J. Galloway, UNAT, GU
- 2:18.71 W. Myers, MVAC, AZ
- 2:18.73 Ida Mattsson, SDA, AZ
- 2:18.96 A. Steenrod, MAC, NC
- 2:19.11 L. Voyles, CCS, ST
- 2:19.15 M. Klein, DYNA, GA
- 2:19.22 Yi-Ting Slow, BSS, FL
- 2:19.39 C. Shortt, MHST, OR
- 2:19.39 E. Kukors, KING, PN
- 2:19.43 B. Johnson, WSY, NC
- 2:19.62 Kara Denby, CSA, CA
- 2:20.69 Katie Braun, FOXJ, MN
- 2:20.85 Kara Joyce, CW, MI
- 2:20.87 Isabel Miesner, LST, KY

400 METER IM

- 4:37.76 Janet Evans, CA, 1988
- 4:45.40 K. Caverly, METW, PC
- 4:47.02 A. Binder, SBSC, CA
- 4:50.83 H. Peirsol, NOVA, CA
- 4:50.82 A. Carusone, NCFY, FL
- 4:51.01 Yi-Ting Slow, BSS, FL
- 4:51.08 Kalyin Keller, TSC, CA
- 4:52.75 C. Bruce, WSC, MV
- 4:52.80 M. Klein, DYNA, GA
- 4:52.96 B. Johnson, WSY, NC
- 4:54.24 L. Costella, CARS, PC
- 4:54.27 K. Jones, GAAC, MA
- 4:54.46 E. Kukors, KING, PN
- 4:55.08 J. Schwalb, IWW, CC
- 4:55.74 A. Steenrod, MAC, NC
- 4:55.90 L. Voyles, CCS, ST
- 4:56.25 C. Shortt, MHST, OR

10-and-under Boys

50 METER FREESTYLE

- 27.71 K. Humphries, MN, 1995
- 29.65 Mitch Stoehr, SSTY, WI
- 29.87 T. Gutman, SAC, FL
- 30.00 O. Wurzbacher, CSC, PN
- 30.10 Matt Murray, WV, PC
- 30.15 Chase Bloch, HSC, HI
- 30.17 J. Nunez, SWIM, FL
- 30.25 M. Friedemann, LAKE, WI
- 30.31 Ryan Hanni, LAMV, PC
- 30.57 C. Swanson, ABF, NE
- 30.58 T. Rieger, WAC, OH
- 30.61 R. Anthony, NOVA, VA
- 30.62 K. Marsteller, NBAC, MD
- 30.75 Brian Kiel, ROC, MN
- 30.83 H. Tollefson, CUBU, PV
- 30.87 R. Higham, XCEL, SE
- 30.89 Daniel Miller, CSP, OZ

100 METER FREESTYLE

- 1:02.39 K. Humphries, MN, 1995
- 1:04.33 Mitch Stoehr, SSTY, WI
- 1:05.67 J. Nunez, SWIM, FL
- 1:05.94 Daniel Miller, CSP, OZ
- 1:06.10 C. Schaack, VACA, SN
- 1:06.34 Allen Weik, FSC, MA
- 1:06.45 N. Manousos, AQUA, FG
- 1:06.69 Jacob Taylor, SAM, UT
- 1:06.71 Matt Murray, WV, PC
- 1:06.72 T. Rieger, WAC, OH
- 1:06.75 Matt Navata, PSC, NJ
- 1:06.79 O. Wurzbacher, CSC, PN
- 1:06.85 C. Swanson, ABF, NE
- 1:06.95 M. Friedemann, LAKE, WI
- 1:06.99 Kevin Weisberg, PA, FL
- 1:07.04 M. Thompson, WFLA, FL
- 1:07.44 Jared Heston, CAST, IE

200 METER FREESTYLE

- 2:14.94 Szymanski, PC, 1984
- 2:19.99 N. Manousos, AQUA, FG
- 2:20.17 J. Nunez, SWIM, FL
- 2:20.57 Mitch Stoehr, SSTY, WI
- 2:20.72 M. Thompson, WFLA, FL
- 2:21.22 Chase Bloch, HSC, HI
- 2:21.91 Matt Murray, WV, PC
- 2:22.97 Daniel Miller, CSP, OZ
- 2:23.38 C. Swanson, ABF, NE
- 2:23.51 Jacob Taylor, SAM, UT
- 2:23.84 Allen Weik, FSC, MA
- 2:24.57 Matt Navata, PSC, NJ
- 2:25.32 G. Harper, WCAB, PC
- 2:25.42 Marcos Rivas, UN, SI
- 2:26.43 R. Barton, SOSS, PC
- 2:26.47 K. Whitaker, DUNE, IN
- 2:26.50 T. Richard, CMST, PC

400 METER FREESTYLE

- 4:52.04 C. Rimkus, CA, 2001
- 4:50.00* N. Manousos, AQUA, FG
- 4:50.97 Mitch Stoehr, SSTY, WI
- 4:51.86 Daniel Miller, CSP, OZ
- 4:55.70 J. Nunez, SWIM, FL
- 4:56.30 M. Thompson, WFLA, FL
- 4:58.55 Ben Hinshaw, WV, PC

- 4:59.89 Matt Murray, WV, PC
- 5:00.96 C. Swanson, ABF, NE
- 5:01.83 Marcos Rivas, UN, SI
- 5:02.51 Bryan Offutt, GTAC, MD
- 5:03.53 G. Harper, WCAB, PC
- 5:05.38 K. Trotter, CATS, GU
- 5:06.68 Kyle Endres, CSC, PN
- 5:06.75 Ryan Sittig, CATS, GU

50 METER BACKSTROKE

- 33.24 K. Humphries, MN, 1995
- 34.31 M. Friedemann, LAKE, WI
- 34.40 J. Carter, MERC, CC
- 34.64 Chase Bloch, HSC, HI
- 34.80 Mitch Stoehr, SSTY, WI
- 35.03 M. Gallagher, OH, LE
- 35.14 C. Swanson, ABF, NE
- 35.46 Jack Wagner, LIAC, MR
- 35.46 B. Johannsen, BTA, GU
- 35.50 J. Benson, KCB, MV
- 35.68 A. Garcia, CANY, CA
- 35.78 P. Murphy, TWST, GU
- 35.78 Will Heidler, NAPV, IL
- 35.82 Ross Larson, BSC, SD
- 35.83 Daniel Schwab, PS, SI
- 35.94 R. Nichols, CUBU, PV
- 35.94 D. Hodgson, XCEL, SE

100 METER BACKSTROKE

- 1:11.49 Rick Hancock, SC, 1996
- 1:14.68 M. Friedemann, LAKE, WI
- 1:14.99 Chase Bloch, HSC, HI
- 1:15.08 J. Carter, MERC, CC
- 1:15.23 M. Gallagher, OH, LE
- 1:15.28 Mitch Stoehr, SSTY, WI
- 1:15.74 Daniel Schwab, PS, SI
- 1:16.07 Daniel Miller, CSP, OZ
- 1:16.09 C. Swanson, ABF, NE
- 1:16.17 A. Garcia, CANY, CA
- 1:16.25 Bryan Offutt, GTAC, MD
- 1:16.48 J. Calhoun, CAT, OR
- 1:16.64 Will Heidler, NAPV, IL
- 1:16.87 Kyle Endres, CSC, PN
- 1:17.53 Jack Wagner, LIAC, MR
- 1:17.56 S. Fleming, DACA, PC
- 1:17.59 J. Caines, DAV, SN

50 METER BREASTSTROKE

- 36.30 Aliba Wade, MA, 1988
- 38.76 Walker Knop, MAC, NC
- 39.26 Evan Dalton, BTA, GU
- 39.32 J. Thee, SGVA, CA
- 39.57 P. Young, WAC, VA
- 39.67 Kent Yamada, AAA, HI
- 39.87 Matt Mason, CAST, IE
- 39.92 Kyle Norton, RENO, PC
- 39.98 C. Williams, RST, OR
- 40.01 Z. Wepasnick, RMSC, PV
- 40.02 Taylor Grey, GMA, NE
- 40.05 N. Manousos, AQUA, FG
- 40.20 J. Miller, AZOT, CA
- 40.22 N. Housden, KCB, MV
- 40.32 Chase Bloch, HSC, HI
- 40.34 Kip Pierce, BAYO, LA
- 40.55 K. Whitaker, DUNE, IN

100 METER BREASTSTROKE

- 1:20.04 M. Smalley, GU, 1998
- 1:21.79 Jared Heston, CAST, IE
- 1:24.99 C. Swanson, ABF, NE
- 1:25.26 N. Manousos, AQUA, FG
- 1:26.20 Walker Knop, MAC, NC
- 1:26.35 R. Barton, SOSS, PC
- 1:26.48 C. Williams, RST, OR
- 1:26.68 J. Thee, SGVA, CA
- 1:26.94 Mason Shaw, CAST, IE
- 1:27.01 S. Alejandro, METR, MR
- 1:27.08 Kent Yamada, AAA, HI
- 1:27.27 P. Young, WAC, VA
- 1:27.33 Taylor Grey, GMA, NE
- 1:27.79 K. Whitaker, DUNE, IN
- 1:28.01 Cody Miller, SAND, CA
- 1:28.02 Z. Wepasnick, RMSC, PV
- 1:28.08 J. Miller, AZOT, CA

50 METER BUTTERFLY

- 30.55 M. El-Amin, GA, 1996
- 31.82 Chase Bloch, HSC, HI
- 32.47 Tofey Leon, CMSA, SE
- 32.49 Matt Murray, WV, PC
- 32.57 C. Swanson, ABF, NE
- 32.79 A. Garcia, CANY, CA
- 33.07 K. Whitaker, DUNE, IN
- 33.09 Mitch Stoehr, SSTY, WI
- 33.16 Michael Ng, XCEL, SE
- 33.30 D. Hodgson, XCEL, SE
- 33.34 G. Harper, WCAB, PC
- 33.50 Tyler Ball, ABRF, FL
- 33.54 Brian Kiel, ROC, MN
- 33.63 K. Hill, LASC, ST
- 33.63 J. Carter, MERC, CC
- 33.65 Mason Shaw, CAST, IE
- 33.76 J. Vaughn, UAOS, OH

100 METER BUTTERFLY

- 1:08.54 M. Phelps, MD, 1996
- 1:10.66 Chase Bloch, HSC, HI
- 1:10.84 A. Garcia, CANY, CA
- 1:11.49 K. Whitaker, DUNE, IN

- 1:13.56 Matt Murray, WV, PC
- 1:13.66 D. Hodgson, XCEL, SE
- 1:13.81 Daniel Miller, CSP, OZ
- 1:13.84 G. Harper, WCAB, PC
- 1:14.20 Mitch Stoehr, SSTY, WI
- 1:14.56 Michael Ng, XCEL, SE
- 1:14.70 J. Nunez, SWIM, FL
- 1:14.84 T. Elling, BUR, MN
- 1:14.91 Brian Kiel, ROC, MN
- 1:15.06 C. Swanson, ABF, NE
- 1:15.18 M. Thompson, WFLA, FL
- 1:15.44 Tyler Ball, ABRF, FL
- 1:15.56 Cary Wright, CLOV, CC

200 METER IM

- 2:32.58 Colin Gladys, CA, 2000
- 2:39.33 N. Manousos, AQUA, FG
- 2:39.34 C. Swanson, ABF, NE
- 2:40.87 K. Whitaker, DUNE, IN
- 2:41.94 Daniel Miller, CSP, OZ
- 2:42.53 Mason Shaw, CAST, IE
- 2:43.06 M. Thompson, WFLA, FL
- 2:43.25 A. Garcia, CANY, CA
- 2:43.92 R. Barton, SOSS, PC
- 2:44.46 Matt Murray, WV, PC
- 2:44.75 Brian Kiel, ROC, MN
- 2:44.92 Tyler Ball, ABRF, FL
- 2:44.98 Kyle Endres, CSC, PN
- 2:45.05 Bryan Offutt, GTAC, MD
- 2:45.28 B. Johannsen, BTA, GU
- 2:46.11 J. Caines, DAV, SN
- 2:46.88 Z. Wepasnick, RMSC, PV

11-12 Boys

50 METER FREESTYLE

- 25.63 Alex Forbes, FL, 2000
- 26.58 N. Park, CUBU, PV
- 26.85 Chris Na, FAST, CA
- 27.01 K. Diedrich, DYNA, GA
- 27.08 Ryan Pearl, USC, LE
- 27.09 Adam Small, TYG, AZ
- 27.15 J. D'Oliver, FCST, GU
- 27.17 C. Housden, XCEL, SE
- 27.18 P. Sprowls, ATAC, FL
- 27.20 G. Brown, NOVA, VA
- 27.24 Nathan Butler, CAC, OH
- 27.25 G. Nugent, LAPS, LA
- 27.38 A. Simenstad, WAPA, PC
- 27.38 Daniel Coakley, HSC, HI
- 27.39 Matt Heston, CAST, IE
- 27.42 Jon Van Zee, TA, FG
- 27.42 Ilija Reyes, KSC, HI

100 METER FREESTYLE

- 55.70 M. Smalley, GU, 2000
- 57.72 Chris Na, FAST, CA
- 58.54 K. Diedrich, DYNA, GA
- 58.73 C. Housden, XCEL, SE
- 58.84 Peter Park, MYM, NJ
- 59.03 N. Park, CUBU, PV
- 59.16 J. D'Oliver, FCST, GU
- 59.18 G. Nugent, LAPS, LA
- 59.28 J. Raymond, SUN, FG
- 59.49 W. Thompson, GWST, SI
- 59.51 Michael Yuan, TPA, FL
- 59.56 A. Elliott, PENN, IN
- 59.56 Max Murphy, LAC, NT
- 59.63 G. Brown, NOVA, VA
- 59.73 M. Santana, TWA, FG
- 59.74 Steven Wright, YTO, FL
- 59.76 Ryan Pearl, USC, LE

200 METER FREESTYLE

- 2:01.30 M. Smalley, GU, 2000
- 2:04.18 Chris Na, FAST, CA
- 2:06.01 Peter Park, MYM, NJ
- 2:06.76 J. Raymond, SUN, FG
- 2:06.99 K. Diedrich, DYNA, GA
- 2:07.14 S. Wright, YTO, FL
- 2:07.35 Michael Yuan, TPA, FL
- 2:08.95 C. Housden, XCEL, SE
- 2:08.95 Max Murphy, LAC, NT
- 2:09.47 G. Sanders, WAVE, NC
- 2:09.51 A. Elliott, PENN, IN
- 2:09.80 Paul Gordon, SFX, SD
- 2:09.90 A. Muller, ROSE, CA
- 2:10.21 Chris Keady, BAC, MI
- 2:10.34 A. Mitchell, BMSG, SE
- 2:10.45 P. Lynch, DADS, GU
- 2:10.90 Daniel Basler, WSY, NC

400 METER FREESTYLE

- 4:15.71 M. Smalley, GU, 2000
- 4:21.69 Peter Park, MYM, NJ
- 4:24.80 Chris Na, FAST, CA
- 4:26.36 J. Raymond, SUN, FG
- 4:30.45 Max Murphy, LAC, NT
- 4:30.87 G. Sanders, WAVE, NC
- 4:30.93 Steven Wright, YTO, FL
- 4:31.01 M. Santana, TWA, FG
- 4:31.21 Daniel Basler, WSY, NC
- 4:31.81 A. Muller, ROSE, CA
- 4:31.90 W. Thompson, GWST, SI
- 4:31.94 A. Elliott, PENN, IN

List is provided courtesy of USA Swimming. Italic type indicates current National Age Group record. Bold type indicates time which betters the current National Age Group record. Rankings are for the 2002-03 long course season (50 meter pool). If you have corrections to this list, please contact your Local Swimming Committee tabulator.

- 4:32.03 Lopez-Plancarte, KAC, NM
 4:32.39 Austin Detra, SYS, FL
 4:32.61 Chris Keady, BAC, MI
 4:34.61 Rikiya Yano, AZOT, CA
 4:35.64 J. D'Oliver, FCST, GU
800 METER FREESTYLE
 8:53.02 M. Smalley, GU, 2000
 9:04.85 J. Raymond, SUN, FG
 9:08.17 Peter Park, MYM, NJ
 9:16.97 Chris Na, FAST, CA
 9:24.99 Michael Yuan, TPA, FL
 9:26.04 Steven Wright, YTO, FL
 9:27.08 A. Mitchell, BMAC, SE
 9:32.82 Peter Benner, HIGH, FL
 9:34.33 Austin Detra, SYS, FL
 9:36.52 G. Sanders, WAVE, NC
 9:36.75 Chris Keady, BAC, MI
 9:38.08 Lopez-Plancarte, KAC, NM
 9:39.85 David Miller, CSP, OZ
 9:43.08 Alex Navarro, PASC, PC
 9:43.71 T. McGraw, WVS, WV
 9:44.87 Peter Galan, MPS, MD
 9:45.38 Peter Kline, NAPA, PC

- 1500 METER FREESTYLE**
 17:23.15 Peter Park, NJ, 2002
 17:23.15 Peter Park, MYM, NJ
 17:29.98 J. Raymond, SUN, FG
 17:49.71 Austin Detra, SYS, FL
 17:57.15 Steven Wright, YTO, FL
 18:06.40 Lopez-Plancarte, KAC, NM
 18:23.95 Michael Yuan, TPA, FL
 18:25.42 Charnin-Aker, PCS, FG
 18:34.16 Chris Keady, BAC, MI
 18:35.67 Eric Bonicelli, KCB, MV
 18:37.74 Peter Kline, NAPA, PC
 18:42.32 Grimmer-Norris, CBSC, PV
 18:47.59 Ben Hinshaw, WW, PC
 18:49.55 M. Randolph, DYNA, GA
 18:51.50 Ricardo Duran, YTO, FL
 18:52.38 V. Leclere, LAKE, WI

- 50 METER BACKSTROKE**
 29.48 S. Armstrong, MR, 1999
 30.53 David Wren, NOVA, VA
 30.67 K. Diedrich, DYNA, GA
 30.73 G. Brown, NOVA, VA
 30.74 Max Murphy, LAC, NT
 31.19 R. Thomas, MONC, MN
 31.21 M. Thompson, ROCK, NT
 31.29 Adam Small, TYG, AZ
 31.30 Bobby Bollier, KCB, MV
 31.40 Ethan Rose, TST, MV
 31.40 R. Schleicher, PST, AZ
 31.41 Don Walter, TERA, PC
 31.43 Charles Zhou, COR, NT
 31.63 A. Elliott, PENN, IN
 31.70 J. D'Oliver, FCST, GU
 31.76 T. Sheranek, NOVA, VA
 31.80 C. Housden, XCEL, SE

- 100 METER BACKSTROKE**
 1:02.80 Robert Padgett, NC, 2000
 1:04.70 K. Diedrich, DYNA, GA
 1:05.29 J. Raymond, SUN, FG
 1:05.95 David Wren, NOVA, VA
 1:06.11 A. Elliott, PENN, IN
 1:06.29 Max Murphy, LAC, NT
 1:06.31 K. Ferguson, APD, SN
 1:06.46 J. D'Oliver, FCST, GU
 1:06.49 Charles Zhou, COR, NT
 1:06.67 G. Brown, NOVA, VA
 1:07.16 Michael Yuan, TPA, FL
 1:07.18 Matt Norton, DBS, FL
 1:07.20 Ethan Rose, TST, MV
 1:07.33 Ian Mirisola, PASA, CA
 1:07.53 Don Walter, TERA, PC
 1:07.94 Ryan Garcia, WEST, PC
 1:08.01 D. Lynch, DADS, GU

- 200 METER BACKSTROKE**
 2:19.43 Robert Padgett, NC, 2000
2:16.98* K. Diedrich, DYNA, GA
 2:18.83 David Wren, NOVA, VA
 2:18.86 J. Raymond, SUN, FG
 2:20.67 Max Murphy, LAC, NT
 2:20.96 Michael Yuan, TPA, FL
 2:22.80 Charles Zhou, COR, NT
 2:23.80 D. Lynch, DADS, GU
 2:23.95 P. Lynch, DADS, GU
 2:25.96 A. Mitchell, BMAC, SE
 2:28.01 M. Thompson, ROCK, NT
 2:28.59 C. Ackerman, CAA, MD
 2:28.79 A. Viglione, THSC, OR
 2:29.36 C. Scarbrough, GHP, PN
 2:30.04 Michael Kim, MYM, NJ
 2:30.34 G. Brown, NOVA, VA
 2:30.38 Peter Kline, NAPA, PC

- 50 METER BREASTSTROKE**
 31.86 A. Robinson, CT, 1992
 32.91 Nathan Butler, CAC, OH
 33.17 C. Gladys, NOVA, CA
 33.88 Kalani Rosell, HSC, HI
 34.24 Flores-Maxfield, SSF, PC
 34.35 Ryan Cox, WAVE, NC
 34.62 Z. Epperson, CAJ, SN
 34.96 K. Munsch, KING, PN

- 35.04 J. Curtis, BAC, NJ
 35.04 Ben Decker, COM, WT
 35.10 Daniel Basler, WSY, NC
 35.15 C. Gibbeli, RMSC, PV
 35.25 N. Novosel, LAA, KY
 35.27 David Parell, LAA, KY
 35.35 J. Mendes, NCAC, NC
 35.45 Paul Huey, UNAT, OH
 35.57 A. Kaminski, MSC, IN
 35.57 Daniel Coakley, HSC, HI

- 100 METER BREASTSTROKE**
 1:09.48 M. Smalley, GU, 2000
 1:11.88 Nathan Butler, CAC, OH
 1:12.98 Kalani Rosell, HSC, HI
 1:13.41 C. Gladys, NOVA, CA
 1:13.73 Z. Epperson, CAJ, SN
 1:14.78 Flores-Maxfield, SSF, PC
 1:15.04 Daniel Basler, WSY, NC
 1:15.92 C. Gibbeli, RMSC, PV
 1:15.95 A. Kaminski, MSC, IN
 1:16.23 K. Munsch, KING, PN
 1:16.73 Chris Na, FAST, CA
 1:17.01 J. Curtis, BAC, NJ
 1:17.21 J. Davidson, SSC, MA
 1:17.39 Ben Decker, COM, WT
 1:17.42 M. Talmadge, SBSC, CA
 1:17.47 Kekoa Tappara, AAA, HI
 1:17.60 A. Dos Reis, STOP, CA

- 200 METER BREASTSTROKE**
 2:30.12 Sean Mahoney, PC, 2001
 2:39.53 Daniel Basler, WSY, NC
 2:40.68 C. Gladys, NOVA, CA
 2:40.72 Flores-Maxfield, SSF, PC
 2:43.17 Z. Epperson, CAJ, SN
 2:43.75 Ben Decker, COM, WT
 2:44.68 J. Mendes, NCAC, NC
 2:46.07 A. Dos Reis, STOP, CA
 2:46.20 Alec Petrie, SAS, IE
 2:47.17 Peter Park, MYM, NJ
 2:48.59 Z. Clare-Salzer, GSC, FL
 2:49.26 N. Novosel, LAA, KY
 2:49.54 Ryan Cox, WAVE, NC
 2:49.75 J. Stautner, TWST, GU

- 50 METER BUTTERFLY**
 27.43 Chas Morton, SE, 1983
 28.76 C. Gladys, NOVA, CA
 28.91 Bobby Bollier, KCB, MV
 29.07 Peter Park, MYM, NJ
 29.15 A. Muller, ROSE, CA
 29.37 L. El-Amin, CAD, GA
 29.46 Ian Vogt, NOVA, VA
 29.51 M. Santana, TWA, FG
 29.57 M. Aitken, BULL, NC
 29.65 Daniel Coakley, HSC, HI
 29.67 M. Perry, NOVA, CA
 29.69 G. Nugent, LAPS, LA
 29.70 K. Diedrich, DYNA, GA
 29.71 Max Murphy, LAC, NT
 29.75 M. Wilcox, CGBD, VA
 29.75 Z. Bartholomew, NAPV, IL
 29.76 D. Dietrich, GPAC, AM

- 100 METER BUTTERFLY**
 58.74 Chas Morton, SE, 1983
 1:02.11 C. Gladys, NOVA, CA
 1:03.10 Ian Vogt, NOVA, VA
 1:03.61 A. Muller, ROSE, CA
 1:03.65 Peter Park, MYM, NJ
 1:04.33 Bobby Bollier, KCB, MV
 1:04.66 Daniel Basler, WSY, NC
 1:04.72 J. Thivierge, SCRA, PC
 1:04.89 David Farfan, ALAC, GU
 1:04.91 G. Brown, NOVA, VA
 1:05.43 Sean Spire, TWA, FG
 1:05.67 K. Diedrich, DYNA, GA
 1:05.81 M. Santana, TWA, FG
 1:06.01 M. Aitken, BULL, NC
 1:06.26 Ben Parker, GOLD, ST
 1:06.33 Rikiya Yano, AZOT, CA
 1:06.35 Flores-Maxfield, SSF, PC

- 200 METER BUTTERFLY**
 2:21.55 M. McKellar, SE, 2001
2:17.39* Peter Park, MYM, NJ
 2:19.53 Sean Spire, TWA, FG
 2:20.40 Daniel Basler, WSY, NC
 2:21.30 Ian Vogt, NOVA, VA
 2:22.69 C. Gladys, NOVA, CA
 2:24.86 G. Brown, NOVA, VA
 2:25.56 G. Sanders, WAVE, NC
 2:27.12 M. Aitken, BULL, NC
 2:27.90 D. Dietrich, GPAC, AM
 2:27.90 T. Shedron, XCEL, SE
 2:28.15 J. Wakely, APEX, MA
 2:29.04 J. Kennedy, TWST, GU
 2:29.10 J. Charnin-Aker, PCS, FG
 2:30.03 J. Crescimbeni, CAT, FL
 2:30.28 T. McGraw, WVS, WV
 2:30.79 Peter Benner, HIGH, FL

- 200 METER IM**
 2:15.42 Chas Morton, SE, 1983
 2:20.99 Daniel Basler, WSY, NC
 2:22.32 C. Gladys, NOVA, CA
 2:22.39 Peter Park, MYM, NJ
 2:24.32 D. Lynch, DADS, GU

- 2:24.37 J. Raymond, SUN, FG
 2:24.94 Ian Vogt, NOVA, VA
 2:24.95 Flores-Maxfield, SSF, PC
 2:25.02 Chris Na, FAST, CA
 2:25.92 J. D'Oliver, FCST, GU
 2:26.17 J. Wakely, APEX, MA
 2:26.96 Y. Yamashita, NOVA, CA
 2:27.12 David Wren, NOVA, VA
 2:27.47 P. Lynch, DADS, GU
 2:27.99 Ian Mirisola, PASA, CA
 2:28.46 K. Diedrich, DYNA, GA
 2:28.82 G. Nugent, LAPS, LA
400 METER IM
 4:58.39 M. Smalley, GU, 2000
 4:58.44 Daniel Basler, WSY, NC
 5:01.52 Peter Park, MYM, NJ
 5:06.01 D. Lynch, DADS, GU
 5:06.45 J. Raymond, SUN, FG
 5:07.88 Matt Norton, DBS, FL

- 5:09.24 Chris Na, FAST, CA
 5:11.32 P. Lynch, DADS, GU
 5:12.42 C. Gladys, NOVA, CA
 5:13.62 Flores-Maxfield, SSF, PC
 5:14.38 Peter Benner, HIGH, FL
 5:16.51 Ian Vogt, NOVA, VA
 5:16.81 Sean Spire, TWA, FG
 5:16.83 Z. Clare-Salzer, GSC, FL
 5:16.84 Charnin-Aker, PCS, FG
 5:20.00 Ian Mirisola, PASA, CA
 5:20.72 J. Mendes, NCAC, NC

- 13-14 Boys**
50 METER FREESTYLE
 23.52 Jason Cobb, OH, 1997
 24.48 Alex Forbes, CFA, FL
 24.82 R. Padgett, GSA, NC

- 24.90 L. Robertson, SMAC, VA
 24.97 J. Roberts, GRRR, NI
 25.04 N. Buonfiglio, DACA, PC
 25.05 C. Swanson, ABF, NE
 25.20 Tyler McGill, STRM, IL
 25.31 D. Bednar, JETS, AR
 25.33 Brad Jones, PACK, SE
 25.35 Andrew Wang, TXA, ST
 25.41 M. Lewis, TIDE, VA
 25.43 N. Bendas, ALEX, MN
 25.44 J. Vorpapel, TRAC, VA
 25.46 M. Smalley, CCS, ST
 25.48 Matt Manoni, WYW, CT
 25.56 E. Godsoe, GSA, NC

- 100 METER FREESTYLE**
 51.59 Noel Strauss, AR, 1987
 53.69 Alex Forbes, CFA, FL
 53.72 Tyler McGill, STRM, IL
 53.77 R. Padgett, GSA, NC

- 54.32 M. Smalley, CCS, ST
 54.55 L. Robertson, SMAC, VA
 54.57 D. Bednar, JETS, AR
 54.93 B. Stovall, MTS, SE
 54.99 N. Buonfiglio, DACA, PC
 55.05 J. Roberts, GRRR, NI
 55.21 E. Godsoe, GSA, NC
 55.21 Andrew Wang, TXA, ST
 55.34 Brad Jones, PACK, SE
 55.36 Ricky Berens, MAC, NC
 55.40 C. Gallagher, TRAC, VA
 55.45 B. Roberson, SST, GA
 55.53 George Evans, EAT, UT

- 200 METER FREESTYLE**
 1:53.87 Ian Crocker, ME, 1997
 1:56.74 B. Stovall, MTS, SE
 1:57.70 M. Smalley, CCS, ST
 1:57.78 R. Padgett, GSA, NC
 1:58.38 B. Savulich, MEY, NJ

HASTY AWARDS
 Everything You Need From One Source!
 Call Today! 800-448-7714

Stock Medals
 Only! 99c

Custom Medals
 R#33 22c (1000+)

Custom Ribbons
 HICKORY
 WILLOW
 USS
 MEET
 FIRST PLACE

Solid Resin!
ICON-3825G
\$3.95 (100+)
 \$4.95 (1-99)

ARA Retailer of the Year 2003

800-448-7714 • www.hastyawards.com



Photo by Bill Collins

Larsen Jensen set National Age Group records in the 15-16 boys 400 free (3:50.68) and 800 free (7:52.05) this past season.

- 1:58.48 Tyler McGill, STRM, IL
- 1:59.11 Ricky Berens, MAC, NC
- 1:59.30 D. McMahon, DYNA, GA
- 1:59.64 Ben Karwoski, FWA, IN
- 1:59.66 Alex Forbes, CFA, FL
- 1:59.81 Clay Bullock, CAT, FL
- 1:59.90 Drew Sease, WTSC, IN
- 2:00.82 D. Walters, TPHN, VA
- 2:01.09 M. Scanlan, ACB, CC
- 2:01.23 E. Roseberry, TSC, MA
- 2:01.23 Eric McGinnis, RSA, NC
- 2:01.28 L. Robertson, SMAC, VA

400 METER FREESTYLE

- 3:58.80 *M. Phelps, MD, 2000*
- 4:04.57 B. Stovall, MTS, SE
- 4:09.19 M. Smalley, CCS, ST
- 4:09.63 Ricky Berens, MAC, NC
- 4:10.77 Y. Pedraza, MDAC, FG
- 4:11.30 Chip Peterson, CCS, NC
- 4:11.33 D. McMahon, DYNA, GA
- 4:11.51 B. Savulich, MEY, NJ
- 4:13.41 J.J. Helms, CATS, GU
- 4:13.45 A. Deters, IHAC, CA
- 4:13.81 Nick Divan, MVN, CA
- 4:14.09 J. Mendoza, IHAC, CA
- 4:14.54 J. Benvenuto, SBAY, PN
- 4:14.61 Kyle Maese, MHST, OR
- 4:15.15 C. Houchin, YOTA, NC
- 4:15.92 Iliya Byzov, LESD, LE
- 4:15.99 A. Anderson, FISH, PV

800 METER FREESTYLE

- 8:16.10 *M. Phelps, MD, 2000*
- 8:25.56 B. Stovall, MTS, SE
- 8:34.64 A. Deters, IHAC, CA
- 8:35.37 D. McMahon, DYNA, GA
- 8:38.70 Nick Divan, MVN, CA
- 8:38.83 Clay Bullock, CAT, FL
- 8:39.31 Chip Peterson, CCS, NC
- 8:39.71 Y. Pedraza, MDAC, FG
- 8:45.39 A. Anderson, FISH, PV
- 8:45.91 Byron Scoggan, AH, SN
- 8:46.44 J. Benvenuto, SBAY, PN
- 8:46.47 C. Houchin, CY, NC
- 8:47.45 J. Mendoza, IHAC, CA
- 8:48.26 J. Gregory, TSC, PN

- 8:49.07 Iliya Byzov, LESD, LE
- 8:50.07 E. Roseberry, TSC, MA
- 8:50.68 Chris Burckle, LAK, KY

1500 METER FREESTYLE

- 15:31.03 *Jesse Vassallo, CA, 1976*
- 16:23.83 Nick Divan, MVN, CA
- 16:25.90 Chip Peterson, CCS, NC
- 16:26.02 B. Stovall, MTS, SE
- 16:30.86 A. Anderson, FISH, PV
- 16:31.85 J. Gregory, TSC, PN
- 16:32.16 D. McMahon, DYNA, GA
- 16:35.81 A. Deters, IHAC, CA
- 16:43.06 J. Benvenuto, SBAY, PN
- 16:44.51 C. Houchin, CY, NC
- 16:49.70 Ben Karwoski, FWA, IN
- 16:50.46 Byron Scoggan, AH, SN
- 16:50.99 J.J. Helms, CATS, GU
- 16:51.70 Iliya Byzov, LESD, LE
- 16:54.17 Cody Weick, FSC, MA
- 16:56.82 A. Pallace, NBAC, MD
- 16:57.61 J. Mendoza, IHAC, CA

100 METER BACKSTROKE

- 57.99 *Aaron Peirsol, CA, 1998*
- 59.64 R. Padgett, GSA, NC
- 1:00.56 P. Schirk, PTFY, MA
- 1:01.30 R. Emanuel, BAD, MR
- 1:01.34 E. Godsoe, GSA, NC
- 1:01.93 Andrew Wang, TXA, ST
- 1:02.09 Josh Hafkin, RMSC, PV
- 1:02.14 D. McMahon, DYNA, GA
- 1:02.36 D. Donnelly, CAB, PC
- 1:02.47 Shane Tusup, TS, MR
- 1:02.52 M. Sousa, BAC, WI
- 1:02.60 B. Pierson, NGSV, CA
- 1:02.64 N. Hanes, DST, MA
- 1:02.64 L. Robertson, SMAC, VA
- 1:02.75 Blaine Kisler, CAT, OR
- 1:02.86 N. Lloyd, RAYS, VA
- 1:02.89 Jeff James, MAC, IN

200 METER BACKSTROKE

- 2:02.78 *Aaron Peirsol, CA, 1998*
- 2:09.10 R. Padgett, GSA, NC
- 2:11.40 D. McMahon, DYNA, GA
- 2:12.49 Aaron Casey, TSM, CA
- 2:12.95 D. Donnelly, CAB, PC

- 2:13.73 Blaine Kisler, CAT, OR
- 2:13.75 Shane Tusup, TS, MR
- 2:14.08 J. Mendoza, IHAC, CA
- 2:14.63 P. Schirk, PTFY, MA
- 2:15.03 R. Emanuel, BAD, MR
- 2:15.05 M. Sousa, BAC, WI
- 2:15.13 E. Godsoe, GSA, NC
- 2:15.15 N. Lloyd, RAYS, VA
- 2:15.28 David Wren, NOVA, VA
- 2:15.37 Alan Maher, NAC, SE
- 2:15.57 B. Pierson, NGSV, CA
- 2:15.60 N. Hanes, DST, MA

100 METER BREASTSTROKE

- 1:04.74 *A. Robinson, GU, 1994*
- 1:06.08 J. Roberts, GRRR, NI
- 1:07.16 S. Mahoney, TERA, PC
- 1:08.76 J. McLaughlin, NBA, PC
- 1:08.89 Nick Zech, UN, SI
- 1:09.26 Gerald Merritt, CCS, ST
- 1:09.86 Scott Spann, CCS, ST
- 1:09.87 N. Buonfiglio, DACA, PC
- 1:09.88 Russell Mahan, BC, PN
- 1:09.92 Mark Soffelt, FOXJ, MN
- 1:10.46 Luke Vogt, NOVA, VA
- 1:10.47 C. Gladys, NOVA, CA
- 1:10.66 M. Christy, WTSC, IN
- 1:10.85 B. Grunert, MFSC, WI
- 1:10.94 Colin Fogarty, SST, GA
- 1:10.95 Ricky Rogers, CST, OR
- 1:11.00 J. Ridgeway, LFSC, IL

200 METER BREASTSTROKE

- 2:23.32 *Kristian Lee, WI, 1993*
- 2:20.81* **S. Mahoney, TERA, PC**
- 2:24.25 J. Roberts, GRRR, NI
- 2:29.02 Nick Zech, UN, SI
- 2:29.44 Luke Vogt, NOVA, VA
- 2:29.78 Scott Spann, CCS, ST
- 2:30.49 G. Merritt, CCS, ST
- 2:31.56 Kyle Burk, COPS, NT
- 2:31.99 Adam Klein, CCSC, LA
- 2:32.24 J. Boutwell, MYB, SE
- 2:32.24 Troy Nissen, AH, SN
- 2:32.64 J. McLaughlin, NBA, PC
- 2:32.67 C. Gladys, NOVA, CA
- 2:33.34 B. Grunert, MFSC, WI
- 2:33.45 Colin Fogarty, SST, GA
- 2:33.50 R. Looney, COSS, LA
- 2:33.60 J. Ridgeway, LFSC, IL

100 METER BUTTERFLY

- 55.78 *M. Phelps, MD, 2000*
- 57.55 R. Padgett, GSA, NC
- 58.00 Ricky Berens, MAC, NC
- 58.66 J. Anderson, CCA, VA
- 58.67 Tyler McGill, STRM, IL
- 58.68 J. Roberts, GRRR, NI

- 58.92 Alex Forbes, CFA, FL
- 58.99 D. McMahon, DYNA, GA
- 59.15 L. Robertson, SMAC, VA
- 59.30 W. Taylor, BSL, SE
- 59.41 E. Godsoe, GSA, NC
- 59.51 C. Gallagher, TSC, MA
- 59.57 Timothy Blue, IA, IN
- 59.79 M. Smalley, CCS, ST
- 59.81 Curtis Dauw, SCST, IL
- 59.91 Mark Dylla, ACES, CO
- 59.94 N. Buonfiglio, DACA, PC

200 METER BUTTERFLY

- 1:59.02 *M. Phelps, MD, 2000*
- 2:07.82 D. McMahon, DYNA, GA
- 2:08.23 Ricky Berens, MAC, NC
- 2:11.34 C. Gallagher, TSC, MA
- 2:11.37 Clay Bullock, CAT, FL
- 2:11.52 J. Atkinson, PCS, FG
- 2:11.86 M. Leblanc, COPS, NT
- 2:11.99 J.J. Helms, CATS, GU
- 2:12.10 Mark Dylla, ACES, CO
- 2:12.90 S. Omar, TWIN, MN
- 2:12.96 C. Olinger, GTSA, FL
- 2:13.82 M. Smalley, CCS, ST
- 2:13.93 G. Summers, THSC, OR
- 2:13.94 Drew Sease, WTSC, IN
- 2:14.05 D. Madved, SHKS, CT
- 2:14.09 J. Benvenuto, SBAY, PN
- 2:14.13 Albert Cho, HEAT, OR

200 METER IM

- 2:06.50 *M. Phelps, MD, 2000*
- 2:09.26 J. Roberts, GRRR, NI
- 2:10.28 R. Padgett, GSA, NC
- 2:10.44 M. Smalley, CCS, ST
- 2:14.29 Ricky Berens, MAC, NC
- 2:14.59 Tyler McGill, STRM, IL
- 2:14.63 N. Buonfiglio, DACA, PC
- 2:14.88 Curtis Dauw, SCST, IL
- 2:14.97 Mark Soffelt, FOXJ, MN
- 2:15.35 M. Sousa, BAC, WI
- 2:15.49 Jack Brown, SA, GA
- 2:15.67 J.J. Helms, CATS, GU
- 2:15.75 C. Swanson, ABF, NE
- 2:15.93 Gerald Merritt, CCS, ST
- 2:16.15 J. Rosenbluth, EEX, NJ
- 2:16.20 J. Gregory, TSC, PN
- 2:16.21 Luke Vogt, NOVA, VA

400 METER IM

- 4:24.77 *M. Phelps, MD, 2000*
- 4:36.78 M. Smalley, CCS, ST
- 4:38.85 J. Roberts, GRRR, NI
- 4:42.62 Jack Brown, SA, GA
- 4:43.84 Ricky Berens, MAC, NC
- 4:44.76 B. Stovall, MTS, SE
- 4:44.80 Luke Vogt, NOVA, VA
- 4:45.15 J. Gregory, TSC, PN
- 4:47.01 A. Deters, IHAC, CA
- 4:47.61 Curtis Dauw, SCST, IL
- 4:47.67 J.J. Helms, CATS, GU
- 4:47.83 R. McCreery, WCAB, FL
- 4:48.06 C. Olinger, GTSA, PC
- 4:48.19 Nick Divan, MVN, CA
- 4:48.96 D. McMahon, DYNA, GA
- 4:49.04 S. Mahoney, TERA, PC
- 4:49.14 E. Roseberry, TSC, MA

15-16 Boys

50 METER FREESTYLE

- 23.25 *Noel Strauss, AR, 1987*
- 23.46 Kyle Bubolz, WEST, WI
- 24.06 John Sands, NASC, OH
- 24.07 J. Timmer, STC, MN
- 24.22 John Kreitler, PM, PV
- 24.33 J. Whittington, BSC, CC
- 24.35 D. Rowlands, SSTY, WI
- 24.40 Bradley Ally, FLST, FG
- 24.43 R. Tom, GOLD, HI
- 24.45 Ben Kenney, WAS, IN
- 24.45 Matt Engel, LAKE, WI
- 24.48 Hong Zhe Sun, IOL, HI
- 24.50 Matt Lowe, MSC, ND
- 24.64 D. Kormushoff, UN, IL
- 24.68 D. Patching, FORD, AZ
- 24.70 Todd Patrick, RSCA, OZ
- 24.70 G. Wieczorek, CSC, IN

100 METER FREESTYLE

- 50.24 *Joe Hudaphil, OH, 1990*
- 51.91 Kyle Bubolz, WEST, WI
- 51.91 Weber-Gale, SSTY, WI
- 52.80 J. Timmer, STC, MN
- 52.82 Y. Delvalle, DSOC, BD
- 53.24 W. Stovall, MTS, SE
- 53.34 M. McGinnis, RSA, NC
- 53.34 Ryan Verlati, TSC, PN
- 53.45 R. Wicklund, BC, PN
- 53.55 A. Farnham, KTW, GA
- 53.57 Matt Engel, LAKE, WI
- 53.65 G. Wieczorek, CSC, IN
- 53.68 C. McDermott, CCS, ST
- 53.69 T. Wong, BSS, FL

- 53.76 M. Woodson, PKWY, OZ
- 53.77 J. Graham, TPHN, VA
- 53.86 B. Cameron, COR, NT
- 53.86 C. Cravengood, LAKE, WI

200 METER FREESTYLE

- 1:49.48 *Ian Crocker, ME, 1998*
- 1:52.36 M. Phelps, NBAC, MD
- 1:52.91 Max Jaben, KCB, MV
- 1:53.29 Danny Beal, SBSC, GA
- 1:53.58 Louis Vayo, FAST, CA
- 1:53.73 Noa Sakamoto, KSC, HI
- 1:53.95 M. McGinnis, RSA, NC
- 1:54.18 Pat Mellors, JCCS, AM
- 1:54.20 Chris Ewald, DYNA, GA
- 1:54.56 L. Jensen, BSC, CC
- 1:54.77 W. Antisdale, BC, PN
- 1:54.85 M. Swanson, LAC, MA
- 1:55.46 G. Wieczorek, CSC, IN
- 1:55.60 R. Connell, TD, MA
- 1:55.66 Z. Monsees, SCSC, PC
- 1:55.75 Ryan Verlati, TSC, PN
- 1:55.76 John Foster, BCH, CA

400 METER FREESTYLE

- 3:53.63 *Fran Crippen, MA, 2001*
- 3:50.68* **L. Jensen, UNAT, CC**
- 3:55.32 M. Phelps, NBAC, MD
- 3:59.34 Max Jaben, KCB, MV
- 4:00.70 Chris Ewald, DYNA, GA
- 4:00.76 Noa Sakamoto, KSC, HI
- 4:00.96 J. Cuttino, SST, GA
- 4:01.09 Kevin Nead, ABLY, OH
- 4:01.15 Louis Vayo, FAST, CA
- 4:01.84 A. Hewko, NOVA, CA
- 4:02.03 W. Antisdale, BC, PN
- 4:02.05 Michael Klueh, CSC, IN
- 4:02.43 John Foster, BCH, CA
- 4:02.78 Pat Mellors, JCCS, AM
- 4:02.93 Matt Biel, TERA, PC
- 4:04.49 Greg Stahl, TWST, GU
- 4:04.57 M. Swanson, LAC, MA

800 METER FREESTYLE

- 8:00.71 *Jeff Kostoff, CA, 1982*
- 7:52.05* **L. Jensen, UNAT, CC**
- 8:12.63 Max Jaben, KCB, MV
- 8:16.66 J. Cuttino, SST, GA
- 8:18.21 Matt Biel, TERA, PC
- 8:18.26 A. Hewko, NOVA, CA
- 8:18.66 Chris Ewald, DYNA, GA
- 8:21.28 Cory Knopp, NBAC, MD
- 8:21.72 Peter Baer, NOVA, CA
- 8:21.73 Kevin Nead, ABLY, OH
- 8:21.90 W. Antisdale, BC, PN
- 8:22.27 Noa Sakamoto, KSC, HI
- 8:23.33 Michael Klueh, CSC, IN
- 8:24.12 John Koehler, DR, OH
- 8:26.13 Chris George, BSS, FL
- 8:26.32 G. Salayka, LIAC, MR
- 8:26.56 R. Zarusua, CLOV, CC

1500 METER FREESTYLE

- 15:03.91 *Bobby Hackett, NE, 1976*
- 15:04.83 L. Jensen, UNAT, CC
- 15:39.50 M. Phelps, NBAC, MD
- 15:46.01 A. Hewko, NOVA, CA
- 15:51.66 Max Jaben, KCB, MV
- 15:54.48 Michael Klueh, CSC, IN
- 15:55.88 Matt Biel, TERA, PC
- 15:58.12 Z. Monsees, SCSC, PC
- 15:58.56 Chris George, BSS, FL
- 16:03.70 J. Cuttino, SST, GA
- 16:06.48 R. Zarusua, CLOV, CC
- 16:10.38 Cory Knopp, NBAC, MD
- 16:10.51 Greg Stahl, TWST, GU
- 16:13.32 John Koehler, DR, OH
- 16:14.04 Peter Baer, NOVA, CA
- 16:14.09 James Hard, TWST, GU
- 16:15.35 T. Bishop, CFSC, GU

100 METER BACKSTROKE

- 55.63 *Aaron Peirsol, CA, 2000*
- 57.07 M. Phelps, NBAC, MD
- 57.16 D. Plummer, OAA, OK
- 58.18 Hong Zhe Sun, IOL, HI
- 58.22 Bradley Ally, FLST, FG
- 58.47 M. McGinnis, RSA, NC
- 58.49 Kit French, CY, OH
- 58.54 P. Schirk, PTFY, MA
- 58.64 G. Rathgeber, SOCO, CT
- 59.03 Weber-Gale, SSTY, WI
- 59.26 C. McDermott, CCS, ST
- 59.27 Rick Hancock, TG, SC
- 59.28 Louis Vayo, FAST, CA
- 59.48 Ben Hesen, PACE, IN
- 59.52 Chris Seitz, CLPR, OH
- 59.65 Jeff Leath, UNAT, VA
- 59.67 D. Rohleder, CSC, ST

200 METER BACKSTROKE

- 1:57.03 *Aaron Peirsol, CA, 2000*
- 2:03.83 Louis Vayo, FAST, CA
- 2:04.36 M. McGinnis, RSA, NC
- 2:06.29 Bradley Ally, FLST, FG
- 2:06.65 S. Lathrope, OAPB, PC
- 2:07.28 D. Plummer, OAA, OK
- 2:07.37 C. McDermott, CCS, ST
- 2:07.46 Kevin Nead, ABLY, OH

- 2:07.64 Mark Eckert, IOL, HI
- 2:07.65 S. Spansail, AZOT, CA
- 2:07.73 Matt Scanlan, ACB, CC
- 2:07.85 Eddie Erazo, BFST, SI
- 2:07.85 Hong Zhe Sun, IOL, HI
- 2:08.01 Nat Moore, NBS, MR
- 2:08.14 M. Phelps, NBAC, MD
- 2:08.63 G. Rathgeber, SOCO, CT
- 2:09.00 Peter Baer, NOVA, CA

100 METER BREASTSTROKE

- 1:02.69 *B. Hansen, MA, 1998*
- 1:05.02 David Ash, FAST, LE
- 1:05.16 Matt Lowe, MSC, ND
- 1:05.47 Ryan Hurley, CUBU, PV
- 1:05.64 K. Donohue, OSS, NE
- 1:05.72 David Maras, ES, LA
- 1:06.02 S. Armstrong, TVSC, MR
- 1:06.35 B. Jamerson, GATC, GA
- 1:06.45 J. Miranda, ACES, CO
- 1:06.71 M. Phelps, NBAC, MD
- 1:07.02 B. Koerten, PACK, SE
- 1:07.20 M. Viglione, THSC, OR
- 1:07.36 Ivan Barnes, COPS, NT
- 1:07.54 Paul Kornfeld, BTA, GU
- 1:07.56 G. Rathgeber, SOCO, CT
- 1:07.59 Eric Johnson, CSC, IN
- 1:07.62 Paul Hughes, GSC, AK

200 METER BREASTSTROKE

- 2:15.53 *Mark Gangloff, LE, 1998*
- 2:17.65 David Ash, FAST, LE
- 2:18.91 Ryan Hurley, CUBU, PV
- 2:20.55 A. Callahan, DYNA, GA
- 2:22.41 Matt Lowe, MSC, ND
- 2:22.87 M. Phelps, NBAC, MD
- 2:24.12 Paul Kornfeld, BTA, GU
- 2:26.01 K. Donohue, OSS, NE
- 2:26.37 Paul Hughes, GSC, AK
- 2:26.38 G. Templeton, FOXJ, MN
- 2:26.42 Paul Divan, MVN, CA
- 2:26.63 M. Schmidt, DACA, PC
- 2:26.96 G. Rathgeber, SOCO, CT
- 2:27.02 David Maras, ES, LA
- 2:27.09 Evan Pham, AZOT, CA
- 2:27.21 A. Magruder, GTS, CO
- 2:27.25 B. Koerten, PACK, SE

100 METER BUTTERFLY

- 52.98 *M. Phelps, MD, 2001*
- 55.07 Kyle Bubolz, WEST, WI
- 55.25 M. Phelps, NBAC, MD
- 55.53 N. Walkotten, PAC, MI
- 55.75 D. Rohleder, CCS, ST
- 55.76 Hong Zhe Sun, IOL, HI
- 56.44 P. Carothers, ABLY, OH
- 56.67 W. Stovall, MTS, SE
- 56.77 R. Meyers, CLOV, CC
- 56.96 R. Connell, TD, MA
- 56.98 Bradley Ally, FLST, FG
- 57.03 T. Kegelman, CGBD, VA
- 57.15 Mason Amick, VSC, OR
- 57.38 M. El-Amin, CAD, GA
- 57.54 Weber-Gale, SSTY, WI
- 57.60 G. Wieczorek, CSC, IN
- 57.61 R. Wicklund, BC, PN

200 METER BUTTERFLY

- 1:54.58 *M. Phelps, MD, 2001*
- 1:59.55 M. Phelps, NBAC, MD
- 2:01.61 Eddie Erazo, BFST, SI
- 2:04.39 Hong Zhe Sun, IOL, HI
- 2:04.83 Max Jaben, KCB, MV
- 2:05.25 Bradley Ally, FLST, FG
- 2:05.89 W. Stovall, MTS, SE
- 2:05.93 T. Hughes, TPA, FL
- 2:06.10 Michael Klueh, CSC, IN
- 2:06.29 Noa Sakamoto, KSC, HI
- 2:06.51 Danny Beal, SBSC, GA
- 2:06.64 N. Walkotten, PAC, MI
- 2:06.81 R. Connell, TD, MA
- 2:06.92 R. Wicklund, BC, PN
- 2:07.03 Mason Amick, VSC, OR
- 2:07.42 P. Carothers, ABLY, OH
- 2:07.78 Andrew Neff, LESD, LE

200 METER IM

- 2:00.86 *M. Phelps, MD, 2001*
- 2:03.04 M. Phelps, NBAC, MD
- 2:06.82 Pat Mellors, JCCS, AM
- 2:07.46 Bradley Ally, FLST, FG
- 2:07.62 G. Rathgeber, SOCO, CT
- 2:08.30 S. Biederman, AFAC, CO
- 2:08.58 M. McGinnis, RSA, NC
- 2:09.24 Z. Monsees, SCSC, PC
- 2:10.08 Hong Zhe Sun, IOL, HI
- 2:10.21 C.J. Nuess, SAS, IE
- 2:10.51 Mark Eckert, IOL, HI
- 2:11.01 C. McDermott, CCS, ST
- 2:11.03 Ian Lentz, QUIK, PC
- 2:11.20 Mason Amick, VSC, OR
- 2:11.21 S. Lathrope, OAPB, PC
- 2:11.21 B. Lundgaard, OSS, CA
- 2:11.30 D. Krautim, AZOT, CA

400 METER IM

- 4:15.20 *M. Phelps, MD, 2001*
- 4:19.95 M. Phelps, NBAC, MD
- 4:28.40 Kevin Nead, ABLY, OH

List is provided courtesy of USA Swimming. Italic type indicates current National Age Group record. Bold

4:28.87 A. Hewko, NOVA, CA
 4:29.37 Pat Mellors, JCCS, AM
 4:30.00 Peter Baer, NOVA, CA
 4:33.29 C.J. Nuess, SAS, IE
 4:33.75 Mark Eckert, IOL, HI
 4:34.65 S. Biedermann, AFAC, CO
 4:34.76 Louis Vayo, FAST, CA
 4:35.40 B. Koerten, PACK, SE
 4:35.49 G. Rathgeber, SOCO, CT
 4:36.08 Bradley Ally, FLST, FG
 4:36.39 L. Rosa, EEX, NJ
 4:38.06 Hong Zhe Sun, IOL, HI
 4:38.11 A. Magruder, GTS, CO
 4:38.30 Chris George, BSS, FL

52.01 B. Goldberg, FLST, FG
 52.05 Weber-Gale, SSTY, WI
 52.13 Bryce Clough, FLST, FG
 52.22 C. Hollinger, LAC, MA
 52.25 C. De Jong, WMS, MI
 52.28 Adam Preston, CCS, ST
 52.32 G. Greiner, CCS, ST
200 METER FREESTYLE
 1:48.31 Klete Keller, AZ, 2000
 1:48.90 M. Phelps, NBAC, MD
 1:50.59 Ryan Lochte, DBS, FL
 1:50.99 D. Tarwater, PACK, SE
 1:51.11 A. Peirsol, NOVA, CA
 1:51.15 C. De Jong, WMS, MI
 1:51.39 B. Goldberg, FLST, FG
 1:51.62 Adam Preston, CCS, ST
 1:52.35 Matt Owen, AFOX, AZ
 1:52.73 P. Vanderkaay, OLY, MI
 1:53.13 T. Deberry, FORD, AZ
 1:53.63 Wesley Flatt, SA, GA
 1:53.69 T. Gustafson, VAST, VA
 1:53.92 M. McLean, OMNI, CT
 1:53.95 D. Van Wie, ATOM, NC
 1:53.96 J. Schneider, NAC, SE
 1:54.33 Kurt Cady, BCH, CA

8:15.50 Shaun Phillips, SE
 8:15.88 Matt Owen, AFOX, AZ
 8:15.98 Ryan Lean, NOVA, CA
 8:18.20 T. Deberry, FORD, AZ
 8:18.22 Brian Davis, IST, PN
 8:18.80 R. Tieman, MSC, MR
 8:18.89 John Millen, DYNA, GA
 8:19.55 T. Beckerle, RSCA, OZ
 8:20.25 B. Hartley, WTSC, IN
 8:21.31 Casey Dauw, SCST, IL
 8:22.03 Z. Anderson, SDA, AZ
 8:22.90 J. Cuttino, SST, GA

1500 METER FREESTYLE
 15:02.40 Brian Goodell, CA, 1976
 15:22.04 F. Crippen, GAAC, MA
 15:31.74 P. Vanderkaay, OLY, MI
 15:39.85 D. Tarwater, PACK, SE
 15:44.36 S. Phillips, NAC, SE
 15:50.30 John Millen, DYNA, GA
 15:50.97 Matt Owen, AFOX, AZ
 15:52.57 Ryan Lean, NOVA, CA
 15:54.48 T. Beckerle, RSCA, OZ
 15:56.81 Brian Davis, IST, PN
 15:58.35 Tyler Storie, CAT, OR
 15:59.26 David Ashley, LFSC, IL
 15:59.82 Z. Anderson, SDA, AZ
 16:00.42 J. Cuttino, SST, GA
 16:01.47 Ryan McNeill, FAST, CA
 16:01.62 T. Deberry, FORD, AZ
 16:06.16 B. Hartley, WTSC, IN

100 METER BACKSTROKE
 54.80 Aaron Peirsol, CA, 2001
54.47* A. Peirsol, NOVA, CA
 56.75 C. De Jong, WMS, MI
 57.17 Matt Grevers, UNAT, AZ
 57.34 D. Cromwell, MAC, MT
 57.70 A. Hussein, FAST, CA
 57.75 A. Mania, CKST, MW
 57.85 S. Masson, BY, SR
 58.08 C. Gaffney, AZM, AZ
 58.13 James Wike, SSSC, IL
 58.25 Joel Johnson, GAS, GA
 58.40 B. Hartley, WTSC, IN
 58.48 A. Greener, PCS, FG
 58.48 Tom Sacco, COPS, NT
 58.48 E. Weinberg, UMD, PV
 58.68 Eric Bugby, ATAC, MA
 58.71 D. Rollins, FORD, AZ

200 METER BACKSTROKE
 1:56.56 Aaron Peirsol, CA, 2001
1:55.15* A. Peirsol, NOVA, CA
 2:00.89 C. De Jong, WMS, MI
 2:03.88 B. Hartley, WTSC, IN
 2:04.23 Colin Gaffney, AZM, AZ
 2:04.29 Kris Wiebeck, UF, FL
 2:04.58 Matt Grevers, UNAT, IL
 2:04.58 Ian Clark, UMLS, MA
 2:05.27 M. Warm, SMST, SN
 2:05.60 Ben Grafchik, LAK, KY
 2:05.67 C. Franklin, PACK, SE
 2:05.82 D. Cromwell, MAC, MT
 2:05.86 C. Gibson, CUBU, PV
 2:06.26 James Wike, SSSC, IL
 2:06.61 Eric Bugby, ATAC, MA
 2:06.93 Eric Shanteau, SA, GA
 2:07.01 Tom Sacco, COPS, NT

100 METER BREASTSTROKE
 1:01.55 B. Hansen, MA, 2000
 1:03.55 H. Barbosa, SRVL, PC
 1:03.71 V. Polyakov, CSSC, FG
 1:03.75 C. Schurr, CCS, ST
 1:04.55 Daniel Velez, RMSC, PV
 1:04.69 K. Newman, DAV, SN
 1:04.99 R. Eddy, CUBU, PV
 1:05.05 David Maras, ES, LA
 1:05.06 J. Kibbe, ATAC, NT
 1:05.41 C. Ippoliti, UMLY, MA
 1:05.44 Matt Lowe, MSC, ND
 1:05.51 Jeff Parsley, SST, GA
 1:05.52 P. Ridgeway, CCS, ST
 1:05.67 M. Alexandrov, CCMY, IL
 1:05.73 Brent Deputy, DST, MA
 1:05.78 Sean Kelly, GOAL, MW
 1:05.78 W. Mrazek, ATAC, FL

200 METER BREASTSTROKE
 2:13.49 B. Hansen, MA, 2000
 2:15.63 C. Schurr, CCS, ST
 2:15.88 V. Polyakov, CSSC, FG
 2:17.43 J. Kibbe, ATAC, NT
 2:17.96 Eric Shanteau, SA, GA
 2:19.27 M. Alexandrov, CCMY, IL
 2:20.57 T. Brown, RENO, PC
 2:20.65 K. Newman, DAV, SN
 2:20.95 Michael Russo, SA, GA
 2:20.96 W. Mrazek, ATAC, FL
 2:22.09 L. Martins, FLST, FG
 2:22.14 G. Poglioli, PAWW, IL

2:22.24 D. Velez, RMSC, PV
 2:22.26 A. Dawson, WTSC, IN
 2:22.34 J. Morin, SBAY, PN
 2:22.39 N. Wolfe, CAT, OR
 2:22.85 H. Barbosa, SRVL, PC
100 METER BUTTERFLY
 52.25 Ian Crocker, ST, 2001
51.88* M. Phelps, NBAC, MD
 53.30 M. Cavic, NOVA, CA
 55.48 P. Verhoef, CGBD, VA
 55.64 Bryce Clough, FLST, FG
 55.74 M. Tomes, ABLY, OH
 55.81 Dan Trupin, CCMY, IL
 55.85 J. Cleaver, SWAC, IN
 55.90 Wade Kelley, RAYS, GA
 55.92 Peter Smith, STAR, GU
 56.00 M. Johnson, LAKE, WI
 56.04 D. Ditoro, AFOX, AZ
 56.12 Terry Silkaitis, WSO, IL
 56.19 P. Ridgeway, CCS, ST
 56.23 J. Schmidt, LAW, MV
 56.27 D. Tarwater, PACK, SE
 56.31 Ryan Karlson, NCA, SI
 56.35 L. Babcock, SEVA, VA

200 METER BUTTERFLY
 1:58.05 Mel Stewart, NC, 1987
1:54.86* M. Phelps, NBAC, MD
 2:03.55 J. Glasco, NOVA, VA
 2:03.66 D. Tarwater, PACK, SE
 2:03.75 Tyler Clark, CANY, CA
 2:03.79 A. Peirsol, NOVA, CA
 2:03.86 N. Scholz, KATY, GU
 2:03.97 J. Cleaver, SWAC, IN
 2:04.01 Michael Day, CLPR, OH
 2:04.53 D. Van Wie, ATOM, NC
 2:04.67 John Reidy, LOBO, NM
 2:04.84 L. Babcock, SEVA, VA
 2:04.88 Brian Shue, SWIM, FL
 2:04.99 Patrick O'Neill, RST, OR

2:05.04 R. Rimmle, MOR, NC
 2:05.49 E. Brumberg, GCIT, MA
 2:05.56 D. Delamare, BAC, NJ
200 METER IM
 2:02.49 D. Wharton, MA, 2:02.49
1:58.68* M. Phelps, NBAC, MD
 2:03.34 Brian Johns, ANW, IA
 2:03.37 Eric Shanteau, SA, GA
 2:03.64 Ryan Lochte, DBS, FL
 2:03.86 Dan Trupin, CCMY, IL
 2:04.93 M. Alexandrov, CCMY, IL
 2:05.18 P. Ridgeway, CCS, ST
 2:05.97 A. Peirsol, NOVA, CA
 2:06.36 George Bovell, BSS, FL
 2:06.95 Ryan Berg, BGSC, NE
 2:07.05 K. Newman, DAV, SN
 2:07.11 D. Van Wie, ATOM, NC
 2:07.31 John Dorr, UN, PC
 2:07.44 M. Stephens, DYNA, GA
 2:07.46 R. Donaldson, CLOV, CC
 2:07.51 Ian Clark, UMLY, MA

400 METER IM
 4:12.30 Tom Dolan, PV, 1994
4:11.09* M. Phelps, NBAC, MD
 4:19.82 Brian Johns, ANW, IA
 4:20.58 Ryan Lochte, DBS, FL
 4:21.60 Eric Shanteau, SA, GA
 4:25.27 M. Alexandrov, CCMY, IL
 4:25.73 F. Crippen, GAAC, MA
 4:26.69 Brian Davis, IST, PN
 4:30.19 D. Van Wie, ATOM, NC
 4:30.47 John Dorr, UNAT, PC
 4:30.86 M. Stephens, DYNA, GA
 4:31.01 Casey Dauw, SCST, IL
 4:31.76 T. Brown, RENO, PC
 4:31.88 Dan Trupin, CCMY, IL
 4:32.23 R. Bishop, GCAC, SE
 4:32.98 Ian Warren, NPB, FG
 4:33.33 K. Newman, DAV, SN

17-18 Boys

50 METER FREESTYLE
 22.86 Tom Jager, OZ, 1982
 23.11 M. Cavic, NOVA, CA
 23.48 C. Hollinger, LAC, MA
 23.57 Matt Grevers, UNAT, IL
 23.60 Wildman-Tobriner, FOG, PC
 23.62 Sean Sussex, BC, PN
 23.73 Ryan Karlson, NCA, SI
 23.77 Joel Roycik, HIGH, FL
 23.80 M. Knepley, UMLY, MA
 23.84 G. Greiner, CCS, ST
 23.93 C. Hagedorn, HEAT, WV
 23.94 A. Mania, CKST, MW
 23.94 T. Silkaitis, WSO, IL
 23.99 T. Gustafson, VAST, VA
 24.01 C. Jones, UNAT, NJ
 24.05 P. Pritchett, BULL, NC
 24.07 E. Culbersson, HAK, AR
 24.07 Weber-Gale, CCS, ST
 24.07 Tommy Seay, OSU, OH
100 METER FREESTYLE
 49.52 Joe Hudspeth, OH, 1992
 50.74 M. Cavic, NOVA, CA
 51.34 D. Tarwater, PACK, SE
 51.70 M. Knepley, UMLY, MA
 51.73 Matt Grevers, UNAT, IL
 51.78 T. Gustafson, VAST, VA
 51.80 T. Silkaitis, WSO, IL
 51.92 Wesley Flatt, SA, GA
 51.94 Kurt Cady, BCH, CA
 51.98 M. Phelps, NBAC, MD



For a list of all the current National Age Group records—both short course and long course—please look at our SwimInfo interactive page at www.swiminfo.com!

POLY / LYCRA PRINTS

INNOVATIONS IN DESIGN

CUSTOM



● WPTIG - Two layer poly / lycra print "Waves". Black-royal-white. New zip down zipper.

● MPL500 -Two layer poly / lycra mens polo brief. "Waves".

● CC100 - New tanning suit. One piece poly / lycra print "Flames". Open back, ties at neck, thin back strap. Black-red-gold.

● FLB3 Two piece regular bikini. "Camo".

● MLJ Jammer for the look thats not so brief. "Camo".

● FLB4 Tankini. Two piece with more coverage. "Camo".

FACTORY DIRECT • CALL FOR YOUR FREE COLOR CATALOG
 800.322.3669 www.truwest.com Fax 714.891.0551

For the Record

NATIONAL

U.S. OPEN

Federal Way, Washington
Dec. 4-6, 2003 (50 M)



Check out SwimInfo Interactive at www.SwimInfo.com for stories of the U.S. Open!

WOMEN

50 FREE Dec. 4
25.24 Marleen Veldhuis, NED
25.83 Chantal Groot, NED
25.86 Maritza Correia, BROW
100 FREE Dec. 6
54.88 Marleen Veldhuis, NED
55.47 S. Williams, ABSC
55.67 Chantal Groot, NED
200 FREE Dec. 5
2:00.78 Marleen Veldhuis, NED
2:01.42 Sachiko Yamada, JPN
2:01.68 Colleen Lanne, NOVA
400 FREE Dec. 4
4:10.04 Sachiko Yamada, JPN
4:12.69 Brooke Bennett, BROW
4:13.05 Rachel Komisarz, LST
800 FREE Dec. 6
8:30.31 Sachiko Yamada, JPN
8:35.43 Brooke Bennett, BROW
8:35.74 Alyssa Kiel, LESD

100 BACK Dec. 5
1:02.26 Hannah McLean, NZL
1:02.56 D. MacManus, NOVA
1:02.90 Courtney Shealy, ABSC
200 BACK Dec. 4
2:14.30 Jamie Reid, HIGH
2:14.89 Jennifer Fratessi, CAN
2:16.96 Kelly Stefanyshyn, CAN
100 BREAST Dec. 4
1:08.13 Megan Quann, SST
1:08.99 Tara Kirk, UNAT.
1:09.75 Birte Steven, OSU

200 BREAST Dec. 6
2:27.71 Birte Steven, OSU
2:30.01 Masami Tanaka, JPN
2:30.41 L. Van Oosten, CAN
100 FLY Dec. 5
59.97 Jennifer Button, CAN
59.98 Rachel Komisarz, LST
1:00.29 Misty Hyman, ADP
200 FLY Dec. 6
2:11.29 Kim Vandenberg, UNAT.
2:12.11 Elaine Breeden, WA
2:13.67 Kristen Hastrup, CSC
200 IM Dec. 4
2:14.34 Yana Klochkova, UKR
2:16.26 Kathryn Hoff, NBAC
2:17.52 Michala Kwasny, NOVA

400 IM Dec. 5
4:45.38 Sara McLarty, FLA
4:48.98 Kathryn Hoff, NBAC
4:48.62 Jennifer Forster, WTRC
400 MR Dec. 5
4:09.54 Irvine Novaquatics
4:10.12 Canada
4:19.10 De Anza Cupertino
400 FR Dec. 6
3:48.42 Canada
3:51.43 Irvine Novaquatics B
3:52.91 De Anza Cupertino
800 FR Dec. 4
8:14.56 Canada
8:14.80 New Zealand
8:19.53 Florida

MEN

50 FREE Dec. 4
22.34 Jason Lezak, NOVA
22.76 Johan Kenkhuis, NED
22.92 G. Woodward, NOVA
100 FREE Dec. 6
49.20 Jason Lezak, NOVA
50.06 Brent Hayden, CAN
50.22 G. Woodward, NOVA
200 FREE Dec. 5
1:48.80 Brent Hayden, CAN
1:49.38 Klete Keller, CW
1:50.75 Ryan Lochte, FLA
400 FREE Dec. 4
3:51.87 Klete Keller, CW

3:52.94 P. Vanderkaay, MICH
3:53.75 Justin Mortimer, MVN
1500 FREE Dec. 6
15:22.91 Sung Mo Cho, CHI
15:24.43 R. Monasterio, GATOR
15:27.50 P. Vanderkaay, MICH
100 BACK Dec. 5
55.35 L. Krayzelburg, NOVA
56.16 Jeff Rouse, STAN
56.16 Randall Bal, STAN

200 BACK Dec. 4
2:01.31 Cameron Gibson, NZL
2:03.31 Chris DeJong, MICH
2:03.43 Michael Wolfe, CPSC
100 BREAST Dec. 4
1:01.52 T. Van Valkengoed, NED
1:01.85 Scott Usher, UNAT.
1:02.12 Morgan Knabe, CAN

200 BREAST Dec. 6
2:13.32 T. Van Valkengoed, NED
2:15.58 Scott Usher, UNAT.
2:16.02 V. Polyakov, CSSC
100 FLY Dec. 4
52.94 Mike Mintenko, CAN
53.62 Ben Michaelson, SSC
54.06 Davis Tarwater, MICH
200 FLY Dec. 6
1:57.61 Tom Malchow, CW
1:59.96 Davis Tarwater, MICH
2:00.93 Brian Johns, CAN

200 IM Dec. 4
2:00.91 Brian Johns, CAN
2:02.53 Ryan Lochte, Fla
2:03.11 Takahiro Mori, JPN
400 IM Dec. 5
4:18.91 Brian Johns, CAN
4:20.60 Takahiro Mori, JPN
4:25.14 Dean Kent, NZL
400 MR Dec. 5
3:42.16 Canada
3:48.63 Irvine Novaquatics
3:48.94 Univ. of Washington
400 FR Dec. 6
3:19.69 Canada
3:20.88 Irvine Novaquatics
3:27.74 University of Michigan

800 FR Dec. 4
7:20.47 Canada
7:27.28 University of Michigan
7:42.11 Univ. of Washington
200 FLY Dec. 6
1:56.63 Michala Kwasny, NOVA
1:58.51 B. Goodwin, NOVA
2:03.95 L. Kenney, PLANO
200 IM Dec. 20
1:58.74 Michala Kwasny, NOVA
1:58.78 Tanica Jamison, TXLA
2:00.77 Caroline Bruce, WICH
400 IM Dec. 19
4:12.35 Michala Kwasny, NOVA
4:15.85 Caroline Bruce, WICH
4:25.42 J. Schluntz, DUKE
200 MR Dec. 18
1:47.26 Wichita
1:47.92 Dallas Mustangs
1:49.62 Dallas Mustangs B
400 MR Dec. 20
3:50.82 Wichita
3:53.00 Dallas Mustangs
3:55.11 Cy-Fair
200 FR Dec. 21
1:36.45 Dallas Mustangs
1:37.02 Cy-Fair
1:37.15 Kansas City Blazers
400 FR Dec. 19
3:25.39 Dallas Mustangs
3:29.79 Dallas Mustangs B
3:30.57 Kansas City Blazers
800 FR Dec. 18
7:21.60 Dallas Mustangs
7:30.79 Kansas City Blazers
7:41.87 Fort Worth Area

KERR-MCGEE PRO-AM ELITE MEET

Oklahoma City, Oklahoma
Dec. 18-21, 2003 (25 YD)



Check out SwimInfo Interactive at www.SwimInfo.com for stories of the Kerr-McGee meet!

WOMEN

50 FREE Dec. 20
22.63 Colleen Lanne, NOVA
22.67 Dana Vollmer, FAST
22.83 Erin Phenix, TXLA
100 FREE Dec. 21
48.57 Colleen Lanne, NOVA
49.17 Erin Phenix, TXLA
49.60 Dana Vollmer, FAST
200 FREE Dec. 19
1:44.97 Colleen Lanne, NOVA
1:45.37 Dana Vollmer, FAST
1:46.73 Tanica Jamison, TXLA
500 FREE Dec. 20
4:47.54 Michala Kwasny, NOVA
4:48.98 Codie Hansen, MUST
4:49.29 Colleen Lanne, NOVA
1000 FREE Dec. 18
9:57.25 J. Schluntz, DUKE
10:01.67 M. Martindale, COSST
10:09.58 Jenn Kocsis, SO
1650 FREE Dec. 21
16:38.07 J. Schluntz, DUKE
16:41.10 M. Martindale, COSST
16:56.97 Jenn Kocsis, SO
100 BACK Dec. 20
54.28 Tanica Jamison, TXLA
55.09 Susan Woessner, TXLA
55.29 Dana Vollmer, FAST
200 BACK Dec. 21
1:58.86 Susan Woessner, TXLA
2:00.14 Caroline Bruce, WICH

2:02.71 Emily Neal, PLANO
50 BREAST Dec. 21
28.62 Staciana Stitts, NOVA
30.22 Meredith Bryarly, UNAT.
30.79 Molly Connolly, MOST
100 BREAST Dec. 19
1:01.01 Caroline Bruce, WICH
1:01.81 Staciana Stitts, NOVA
1:05.59 Abby Hoisington, KCB
200 BREAST Dec. 20
2:11.95 Caroline Bruce, WICH
2:13.99 Staciana Stitts, NOVA
2:20.37 Alisa Finn, NTSC
100 FLY Dec. 19
53.10 Dana Vollmer, FAST
55.21 Ashton Aubry, KCB
56.34 Meredith Bryarly, UNAT.
200 FLY Dec. 21
1:56.63 Michala Kwasny, NOVA
1:58.51 B. Goodwin, NOVA
2:03.95 L. Kenney, PLANO
200 IM Dec. 20
1:58.74 Michala Kwasny, NOVA
1:58.78 Tanica Jamison, TXLA
2:00.77 Caroline Bruce, WICH
400 IM Dec. 19
4:12.35 Michala Kwasny, NOVA
4:15.85 Caroline Bruce, WICH
4:25.42 J. Schluntz, DUKE
200 MR Dec. 18
1:47.26 Wichita
1:47.92 Dallas Mustangs
1:49.62 Dallas Mustangs B
400 MR Dec. 20
3:50.82 Wichita
3:53.00 Dallas Mustangs
3:55.11 Cy-Fair
200 FR Dec. 21
1:36.45 Dallas Mustangs
1:37.02 Cy-Fair
1:37.15 Kansas City Blazers
400 FR Dec. 19
3:25.39 Dallas Mustangs
3:29.79 Dallas Mustangs B
3:30.57 Kansas City Blazers
800 FR Dec. 18
7:21.60 Dallas Mustangs
7:30.79 Kansas City Blazers
7:41.87 Fort Worth Area

MEN
50 FREE Dec. 20
19.87 Neil Walker, TXLA
20.07 Gabe Woodward, NOVA
20.26 Luke Anderson, NOVA
100 FREE Dec. 21
43.66 Neil Walker, TXLA
43.94 Gabe Woodward, NOVA
44.39 Brayn Jones, UNAT.
200 FREE Dec. 19
1:36.73 Nate Dusing, TXLA
1:39.75 Gabe Woodward, NOVA
1:40.19 Nic Hurt, UNAT.
500 FREE Dec. 20
4:14.58 Chad Carvin, MVN
4:28.19 Sean Smith, KMSC
4:29.31 Ferdi Postma, SMU
1000 FREE Dec. 18
8:52.81 Chad Carvin, MVN
9:24.42 Robert Looney, COSST
9:24.80 A. Fleming, COSST
1650 FREE Dec. 21
15:15.62 Chad Carvin, MVN
15:32.17 Sean Smith, KMSC
15:35.66 A. Fleming, COSST
100 BACK Dec. 20
47.14 Neil Walker, TXLA
48.22 Nate Dusing, TXLA
48.97 James Wike, NTSC
200 BACK Dec. 21
1:44.93 James Wike, NTSC
1:45.96 Nate Dusing, TXLA
1:48.32 David Plummer, KMSC
50 BREAST Dec. 21
25.39 Dave Denniston, NOVA
25.59 Per Nylin, SMU
25.73 Luke Anderson, NOVA
100 BREAST Dec. 19
53.90 Dave Denniston, NOVA
56.43 Val Kalimikovs, BSC
56.71 Per Nylin, SMU
200 BREAST Dec. 20
1:56.78 Dave Denniston, NOVA
2:00.46 Val Kalimikovs, BSC
2:03.33 Ivan Barnes, PLANO
100 FLY Dec. 19
47.71 Neil Walker, TXLA

47.93 Tommy Hannan, UNAT.
48.02 Bryan Jones, UNAT.
200 FLY Dec. 21
1:48.76 Joe Montague, FLEET
1:49.96 Sean Smith, KMSC
1:50.07 Ferdi Postma, SMU
200 IM Dec. 20
1:48.51 Nate Dusing, TXLA
1:49.15 James Wike, NTSC
1:50.86 David Plummer, KMSC
400 IM Dec. 19
3:47.77 Chad Carvin, MVN
3:54.56 James Wike, NTSC
3:56.40 Joe Montague, FLEET
200 MR Dec. 18
1:34.01 SMU
1:36.86 Bakersfield
1:36.94 SMU
1:39.29 Kerr McGee
3:30.41 Bakersfield
400 MR Dec. 20
3:23.39 SMU
3:29.98 Kerr McGee
3:30.41 Bakersfield
800 FR Dec. 18
6:51.27 SMU
6:55.56 Kansas City Blazers
6:58.23 Wichita

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

800 FR Dec. 18
6:51.27 SMU
6:55.56 Kansas City Blazers
6:58.23 Wichita

WORLD

EUROPEAN SHORT COURSE CHAMPIONSHIPS

Dublin, Ireland
Dec. 11-14, 2003 (25 M)

World Record
e European Record



Check out SwimInfo Interactive at www.SwimInfo.com for stories of the European Short Course Championships!

WOMEN

50 FREE Dec. 14
24.39 Marleen Veldhuis, NED
24.48 Alison Sheppard, GBR
24.54 Malia Metella, FRA
100 FREE Dec. 12
53.15 Malia Metella, FRA
53.42 Marleen Veldhuis, NED
53.46 Hanna-M. Seppala, FIN
200 FREE Dec. 14
1:55.10 Melanie Marshall, GBR
1:55.57 Josefin Lillhage, SWE
1:55.66 Alena Popchanka, BLR
400 FREE Dec. 13
4:04.00 Joanne Jackson, GBR
4:04.80 Rebecca Cooke, GBR
4:05.00 Melissa Caballero, ESP
4:05.00 Regina Sytch, RUS
800 FREE Dec. 12
8:18.65 Erika Villacaja, ESP
8:22.05 Rebecca Cooke, GBR
8:23.94 Eva Risztov, HUN
50 BACK Dec. 13
27.48 Ilona Hlavackova, CZE
27.54 A. Buschschulte, GER
27.56 Melissa Caballero, ESP
100 BACK Dec. 12
58.40 A. Buschschulte, GER
58.72 Ilona Hlavackova, CZE
58.99 Laure Manaudou, FRA
200 BACK Dec. 14
2:04.23e A. Buschschulte, GER
2:05.42 S. Komarova, RUS
2:06.51 I. Amehsnikova, UKR
50 BREAST Dec. 11
30.40 Sarah Poewe, GER
30.59 Emma Igelstrom, SWE
30.99 E. Bogonazova, RUS

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

MEN
50 FREE Dec. 11
21.42 Mark Foster, GBR
21.49 Milorad Cavic, SCG
21.54 B. Kizierowski, POL
100 FREE Dec. 13
46.81 v.d. Hoogenband, NED
47.32 Filippo Magnini, ITA
47.77 Christian Galenda, ITA
200 FREE Dec. 14
1:41.89e v.d. Hoogenband, NED
1:44.56 K. Svoboda, CZE
1:45.09 Sautius Binevicius, LTU
400 FREE Dec. 11
3:40.19 Yuri Prilukov, RUS
3:40.19 Massi Rosolino, ITA
3:42.34 K. Svoboda, CZE
500 FREE Dec. 12
14:31.82e Yuri Prilukov, RUS
14:42.64 Graeme Smith, GBR
14:47.34 Massi Rosolino, ITA
50 BACK Dec. 10
23.71 Thomas Rupprath, GER
24.16 V. Shyrshov, UKR
24.19 Toni Helbig, GER
100 BACK Dec. 14
50.72 Thomas Rupprath, GER
51.74 Orn Arnarson, ISL
51.92 Steffen Driesen, GER
200 BACK Dec. 11
1:52.60 Blaz Medvesek, SLO
1:53.07 Steffen Driesen, GER
1:53.08 Markus Rogan, AUT
50 BREAST Dec. 13
26.89 Oleg Lisogor, UKR
27.02 Remo Luotio, SUI
27.03 Mark Warnecke, GER
100 BREAST Dec. 12
58.03 James Gibson, GBR
58.42 Oleg Lisogor, UKR
58.78 Darren Mew, GBR
200 BREAST Dec. 14
2:05.63e Ian Edmond, GBR
2:08.02 Andrew Bre, IRL
2:08.30 T. Van Valkengoed, NED
50 FLY Dec. 14
23.22 Mark Foster, GBR
23.40 Alexei Puninski, CRO
23.44 Andrii Serdinov, UKR
100 FLY Dec. 12
50.02w Milorad Cavic, SCG
(Split: 23.23)

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.68 Sweden
1:38.68 Germany

100 BREAST Dec. 12
1:06.31 Sarah Poewe, GER
1:06.63 E. Bogonazova, RUS
1:06.68 Mirna Jukic, AUT
200 BREAST Dec. 12
2:21.09 Mirna Jukic, AUT
2:21.93 Anne Poleska, GER
2:22.64 Simone Weiler, GER
50 FLY Dec. 12
25.91 A.K. Kammerling, SWE
26.25 M. Moravcova, SVK
26.44 F. Nadarajah, AUT
100 FLY Dec. 14
57.25 M. Moravcova, SVK
58.23 Johanna Sjoberg, SWE
58.26 Alena Popchanka, BLR
200 FLY Dec. 11
2:06.72 Eva Risztov, HUN
2:07.12 Francesca Segat, ITA
2:07.55 Mette Jacobsen, DEN
100 IM Dec. 13
1:01.19 Alison Sheppard, GBR
1:01.29 Alenka Kejzar, SLO
1:01.40 Hanna Scherba, BLR
200 IM Dec. 11
2:09.32 Alenka Kejzar, SLO
2:11.00 Hanna Scherba, BLR
2:11.44 Teresa Rohmann, GER
400 IM Dec. 14
4:33.57 Eva Risztov, HUN
4:35.28 Yana Tolkatheva, RUS
4:35.47 Teresa Rohmann, GER
200 MR Dec. 13
1:48.79 Sweden
1:48.85 Germany
1:49.10 Netherlands
200 FR Dec. 12
1:37.52w Netherlands
(Schreuder 25.02, Kosten 49.49, Groot 1:14.02, Veldhuis 1:37.52)
1:37.

1:00.39	Franziska Skrubel
200 FLY	
2:10.99	Annika Mehlhorn
2:13.04	Heike Gabriel
2:14.22	Franziska Skrubel
100 IM	
1:01.57	Janine Pietsch
1:01.88	Teresa Rohmann
1:02.89	Annika Mehlhorn
200 IM	
2:11.15	Teresa Rohmann
2:14.09	Annika Mehlhorn
2:15.00	Sonja Schober
400 IM	
4:39.16	Teresa Rohmann
4:39.54	Nicole Hetzer
4:46.38	Maibritt Sommerfeld
MEN	
50 FREE	
21.71	Carsten Dehmlow
22.14	Jens Schreiber
22.26	Fabian Friedrich
100 FREE	
48.12	Jens Schreiber
48.36	Lars Conrad
48.48	Carsten Dehmlow
200 FREE	
1:45.57	Stefan Herbst
1:45.68	Lars Conrad
1:45.80	Jens Schreiber
400 FREE	
3:44.31	Heiko Hell
3:46.95	Christian Hein
3:47.04	Jens Kuhlmann
800 FREE	
7:49.72	Paul Biedermann
7:53.92	Toni Franz
7:54.91	Sebastian Barsch
1500 FREE	
14:46.74	Thomas Lurz

14:52.68	Christian Hein
15:02.46	Paul Biedermann
50 BACK	
23.44	Thomas Rupprath
24.02	Toni Helbig
24.45	Julian Weiser
100 BACK	
52.70	Thomas Rupprath
52.79	Marco DiCarli
53.46	Steffen Driesen
200 BACK	
1:54.13	Steffen Driesen
1:55.43	Ernest Fahrland
1:56.90	Dominik Keil
50 BREAST	
27.28	Mark Warnecke
27.90	Jens Kruppa
27.97	Timo Lorenz
100 BREAST	
1:00.53	Jens Kruppa
1:00.62	Timo Lorenz
1:00.67	Mark Warnecke
200 BREAST	
2:10.15	Timo Lorenz
2:10.63	Jens Kruppa
2:11.23	Olivier Vincenzetti
50 FLY	
23.50	Thomas Rupprath
23.68	Fabian Friedrich
24.06	Johannes Dietrich
100 FLY	
51.07	Thomas Rupprath
52.48	Lars Conrad
52.58	Johannes Dietrich
200 FLY	
1:52.55	Thomas Rupprath
1:56.17	Johannes Dietrich
1:57.17	Christian Keller
100 IM	
54.47	Marco DiCarli
54.69	Jens Kruppa

55.09	Oliver Wenzel
200 IM	
1:58.18	Christian Keller
1:59.25	Oliver Wenzel
2:01.09	Jochen Hanz
400 IM	
4:11.99	Lukasz Wojt
4:12.58	Marc Uppenkamp
4:13.63	Jochen Hanz

**WORLD CUP 3
Durban, South Africa
Dec. 5-7, 2003 (25 M)**



Check out SwimInfo Interactive at www.SwimInfo.com for stories of the World Cup meets!

WOMEN	
50 FREE Dec. 6	
25.23	M. Moravcova, SVK
25.64	Lauren Roets, RSA
25.66	Wu Binan, CHN
100 FREE Dec. 5	
54.26	M. Moravcova, SVK
55.13	Xu Yanwei, CHN
55.57	Camelia Potec, ROM
200 FREE Dec. 7	
1:56.30	M. Moravcova, SVK
1:58.60	Camelia Potec, ROM
2:00.36	M. Grundlingh, RSA
400 FREE Dec. 6	
4:08.19	Camelia Potec, ROM
4:10.55	Chen Hua, CHN
4:11.80	Zhang Tianyi, CHN

800 FREE Dec. 5	
8:29.41	Chen Hua, CHN
8:29.87	Camelia Potec, ROM
8:42.72	M. Grundlingh, RSA
50 BACK Dec. 7	
27.83	Haley Cope, USA
28.15	Zhang Tianyi, CHN
28.53	Nam-Eun Lee, KOR
100 BACK Dec. 6	
58.82	Ilona Hlavackova, CZE
1:00.33	Haley Cope, USA
1:00.80	C. Wittstock, RSA
200 BACK Dec. 5	
2:10.50	Melissa Corfe, RSA
2:11.07	Da-Hye Lee, KOR
2:11.13	C. Wittstock, RSA
50 BREAST Dec. 7	
31.60	Staciana Stitts, USA
1:08.81	Luo Nan, CHN
1:09.36	Ashley Roby, USA
100 BREAST Dec. 5	
1:07.63	Staciana Stitts, USA
1:08.81	Luo Nan, CHN
1:09.36	Ashley Roby, USA
200 BREAST Dec. 6	
2:24.75	Luo Nan, CHN
2:25.87	T. Laubscher, RSA
2:27.34	Staciana Stitts, USA
50 FLY Dec. 5	
26.53	M. Moravcova, SVK
27.32	Ilona Hlavackova, CZE
27.41	Haley Cope, USA
100 FLY Dec. 6	
57.58	M. Moravcova, SVK
58.56	Xu Yanwei, CHN
59.87	Amanda Loots, RSA
200 FLY Dec. 7	
2:07.79	Xu Yanwei, CHN
2:10.78	You-Ri Kwon, KOR
2:13.32	Amanda Loots, RSA
100 IM Dec. 6	

1:01.63	M. Moravcova, SVK
1:02.75	Haley Cope, USA
1:03.19	Staciana Stitts, USA
200 IM Dec. 7	
2:12.03	Zhang Tianyi, CHN
2:15.81	T. Laubscher, RSA
2:15.90	Amanda Loots, RSA
400 IM Dec. 5	
4:38.19	Zhang Tianyi, CHN
4:43.17	Georgina Bardach, ARG
4:45.23	T. Laubscher, RSA
MEN	
50 FREE Dec. 7	
21.57	R. Schoeman, RSA
21.92	Ryk Neethling, RSA
22.13	Jose Meolans, ARG
100 FREE Dec. 5	
47.70	R. Schoeman, RSA
47.83	Ryk Neethling, RSA
48.55	Jose Meolans, ARG
200 FREE Dec. 6	
1:44.05	Ryk Neethling, RSA
1:45.11	Chad Carvin, USA
1:45.71	Stefan Herbst, GER
400 FREE Dec. 5	
3:42.91	Chad Carvin, USA
3:43.79	Ryk Neethling, RSA
3:43.92	Dragos Coman, ROM
1500 FREE Dec. 7	
14:51.38	Dragos Coman, ROM
14:53.62	Chad Carvin, USA
15:00.31	Troyden Prinsloo, RSA
50 BACK Dec. 5	
24.66	Steffen Driesen, GER
24.85	R. Schoeman, RSA
25.14	B. Kizierowski, POL
100 BACK Dec. 7	
52.28	Steffen Driesen, GER
53.95	A. Lauterstein, AUS
54.93	Owen Morgan, GBR

200 BACK Dec. 6	
1:54.86	Steffen Driesen, GER
1:57.83	Yu Rui, CHN
1:59.55	Grant Brits, AUS
50 BREAST Dec. 5	
26.97	Oleg Lisogor, UKR
26.99	R. Schoeman, RSA
27.63	Eduardo Fischer, BRA
100 BREAST Dec. 6	
59.69	Oleg Lisogor, UKR
1:00.43	Eduardo Fischer, BRA
1:00.75	Kurt Muller, RSA
200 BREAST Dec. 7	
2:10.12	Terence Parkin, RSA
2:11.49	Eduardo Fischer, BRA
2:12.59	Neil Versfeld, RSA
50 FLY Dec. 6	
23.25	R. Schoeman, RSA
23.37	Ryk Neethling, RSA
24.24	B. Kizierowski, POL
24.24	Igor Marchenko, RUS
100 FLY Dec. 7	
51.90	Ryk Neethling, RSA
52.26	R. Schoeman, RSA
52.38	Igor Marchenko, RUS
200 FLY Dec. 5	
1:56.09	Wu Peng, CHN
1:56.32	Moss Burmester, NZL
1:56.59	Lucas Salatta, BRA
100 IM Dec. 5	
55.09	Oleg Lisogor, UKR
55.12	Stefan Herbst, GER
55.41	Thiago Pereira, BRA
200 IM Dec. 6	
1:58.68	Lucas Salatta, BRA
1:59.31	Terence Parkin, RSA
1:59.67	Theo Verster, RSA
400 IM Dec. 7	
4:10.93	Thiago Pereira, BRA
4:12.62	Terence Parkin, RSA
4:12.89	Lucas Salatta, BRA

Richard Quick Swimming Videos Sold by SwimInfo.com*

*Official Distributor of the Quick Series by Championship Productions

Winning Backstroke

VCP2017C U.S. **\$42.95**

In stock at SwimInfo.com

Winning Breaststroke

VCP2017D U.S. **\$42.95**

In stock at SwimInfo.com

Winning Butterfly

VCP2017E U.S. **\$42.95**

In stock at SwimInfo.com

Winning Freestyle

VCP2017B U.S. **\$42.95**

In stock at SwimInfo.com

Winning Starts

VCP2017G U.S. **\$42.95**

In stock at SwimInfo.com

Posture, Line and Balance

VCP2017A U.S. **\$42.95**

In stock at SwimInfo.com

Underwater Swimming— The Fifth Stroke

VCP2017H U.S. **\$42.95**

In stock at SwimInfo.com

Turns for All Strokes

VCP2017F U.S. **\$42.95**

In stock at SwimInfo.com

Swimalates: Pilates for Swimmers

VCP1996A U.S. **\$42.95**

In stock at SwimInfo.com

Swimmer's Shoulder: Prehab and Rehab

VCP1996B U.S. **\$42.95**

In stock at SwimInfo.com



To order your Quick Video, call 1-800-352-7946, ext 1 or visit www.SwimInfo.com

Richard Quick; Stanford University, Head Women's Swimming Coach, 3-time Olympic Coach, 12 NCAA Team Championships, 5-Time NCAA Coach Of The Year.



All credit cards are processed through the Internet using Verisign and are completely protected by the latest Verisign data encryption technology.



SwimInfo



The World's Leading Independent Resource for Swimming!

Go to **SwimInfo.com** to look for weekly price specials.

Check Out SwimInfo's Premium Section

News

- Top Stories
- Past Stories
- Swimmers of the Year
- 2003 Meet Schedule
- Saving Our Sport

Articles

- Swimming World
- SWIM Magazine
- Swim Technique

Swim Shop

- What's New
- Specials
- "Gift Ideas"
- All Closeout Items
- Apparel
- Athlete Posters
- Back Issues - Swim World
- Back Issues - Technique
- Books - All Swimming
- Books - Motivational
- Books - Nutrition/Health
- Diving - Books & Videos
- Dryland/Stretch/Strength
- Fins/Monofins
- Goggles
- Magazines - RENEW
- Magazines - SUBSCRIBE
- Multimedia/CD
- Paddles/Buoys/Kickboard
- Skin/Hair/Healthcare
- Timing/Watches/Monitors
- Training Equipment
- Triathlon & Open Water
- Videos - Dryland
- Videos - Swimming
- Waterpolo
- Master Product List

SWIMINFO EXCLUSIVE

Quick Instruction Series: 10 Video Set

This 10-tape offer features both the Championship



Winning Swimming Series (by Richard Quick, Stanford University Head Women's Swimming Coach, 3X Olympic Coach, 12 NCAA Team Championships, 5X NCAA Coach of the Year and Milt Nelms, world-

renowned coach, clinician and artist/illustrator) and the June Quick two-pack (by June Quick, Licensed Physical Therapist, Certified Athletic Trainer, Certified Pilates Instructor and Stanford Swimming consultant)

VCPS2018

Special \$384.95

22 Years of *Swimming Technique* Magazine on CD



For the first time ever, you can acquire decades of knowledge shared and taught by the great swim coaches of our time. This is a must for every swim coach's library. This never-before-offered 2 CD set is a vital resource for the self-coached

swimmer, athlete or parent who wants the knowledge to excel at the sport's highest levels.

CDBST

Special \$64.95

Championship Productions Starts and Turns Video Set



Dave Marsh, Auburn University Starts for All Strokes

The Auburn swimmers are renowned for having some of the fastest starts in the world. 2001. 40 minutes.



Turns for All Strokes

This video will help the athlete get through the wall with less wasted energy, a decreased transitional time, and be able to hold speed into and out of the turn. 2001. 31 minutes.

VCPS152

Special \$64.95

World Record Breaststroke Video Set

Featuring Mark Bernardino, University of Virginia Head Swimming Coach, and Ed Moses, World Record Holder and Olympic gold and silver medalist.

Start to Finish



With demonstrator Ed Moses, Coach Bernardino covers all phases of breaststroke swimming, beginning with a complete breakdown and analysis of Moses' world record technique.

Dryland



Coach Bernardino presents the dryland circuit he used in the training of Ed Moses and the UVA breaststrokes, featuring more than 70 different exercises! Coach Bernardino used this circuit to develop strength,

endurance, flexibility and agility with the goal of increasing agility, power, balance and range-of-motion.

VCPS01803

Special \$64.95

Med Ball Madness: Ultimate Medicine Ball Workout



Tim McClellan, MS, CSCS. 67 different exercises to enhance athletic performance! McClellan has trained hundreds of athletes to success at all levels including Olympic, NHL and NFL. He

provides the most innovative and effective medicine ball exercises ever—and they can be modified to work with any athlete, in any sport, at any level! 9 parts, 2003, 44 minutes.

VCPCG2091

NEW!! \$39.95

Championship Productions —Freestyle Technique



Featuring Dave Marsh, Auburn University. Marsh's video does more than just provide the technique instruction, he also provides a perspective on the evolution of the stroke. The video introduces the "New Era" freestyle technique and shares several drills Marsh uses at Auburn. 2001, 39 minutes.

VCP1518

\$37.95

www.swiminfo.com
1-800-352-7946 x 1



All credit cards are processed through the Internet using Verisign and are completely protected by the latest Verisign data encryption technology.



SWIMINFO

Videos, Books and Products

GO TO SWIMINFO.COM TO LOOK FOR WEEKLY PRICE SPECIALS

Swimming Fastest (Book)



By Ernest Maglischo, 2003, 800 pages. Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes! In **Swimming Fastest**—a revised and updated version of one of the best books ever written on competitive swimming—author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships.

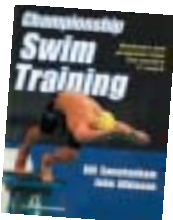
BSWFST **\$44.40**

<NEW> Championship Swim Training

By Bill Sweetenham. 312 pgs. Whether you're a coach looking to build or supplement your program, or a swimmer seeking to improve your technique and time, you'll benefit from swim coaching legend Bill Sweetenham's proven methods for improving performance in the backstroke, butterfly, breaststroke, freestyle and individual medley.

BCST

\$22.95



Nothing But The Best



By Don Talbot. A forthright biography of Australia's most successful and controversial swimming coach. Don Talbot's story is unique—over 50 years, he has been coach to almost every gold medalist and great name in Australian swimming. Talbot has also been pivotal to Australia's rise in standing as a nation of highly competitive swimming champions. Still, he's come under fire for both his coaching methods and his run-ins with swimming

bureaucracy. A fascinating read.

BNBTB

\$29.95

Gift Ideas for Everyone in the Family

Finis JR Center Mount Snorkel and Paddles w/ poster

EJRSNPP

\$44.95



Tempo Trainer by Finis

The Tempo Trainer is a small electronic device that acts as a personal pace coach by transmitting an audible beep to develop consistency of stroke rate, as well as to identify and distinguish optimal training and race paces.

TEMPTR

\$31.95



Neosoma Body Treatment

Body Cleanser removes chlorine and chlorine odor as it improves the skin's condition.

Body Lotion goes beyond the skin's surface to replenish lost nutrients.

Body Oil stops the evaporation of moisture and allows natural extracts and essential oils to replenish nutrients to the skin.

NEOBT

Special \$33.00



UltraSwim Hair Treatment

UltraSwim Replenishing Shampoo nourishes and conditions hair while it gently removes chlorine and chlorine odor. (7 oz.)

UltraSwim Ultra Repair Conditioner restores moisture, detangles and repairs split ends—leaving hair shiny and frizz free.

USOHT

Special \$18.00



SWIMINFO EXCLUSIVE OFFER IN THE U.S.

NOW AVAILABLE

Ian Thorpe—Beneath the Suit DVD

Ian Thorpe—Beneath the Suit DVD, is the foremost interactive profile of the world-renowned swimmer. A sports info-tainment product that provides an accurate, informative and "holistic" insight into one of the greatest swimming champions of all time—Ian Thorpe.

While the DVD is certainly entertaining, it is also educational, motivational and inspirational and intended to stimulate people the world over to chase their dreams or simply live a more active lifestyle.

The DVD also contains an Ian Thorpe screensaver and wallpapers for your PC or Mac computer



Published by Your Game Swimming

VITBS

\$36.95



FLUID SWIMMING?

By DR. MARTY HULL

A stretching program including techniques & devices to increase joint range-of-motion. Learn strengthening exercises to take full advantage of this newly improved ROM. #095002SM; \$27.95 + S&H. Call 1-800-352-7946 ext. 1.

ProGrams Sports Systems

Handheld **START 1000 Lite** - only \$189

- Electronic starter with bullhorn & strobe
- No scary pistols - "a kinder, gentler start"

For swim teams on a budget!
START 1000 Lite or Classic Starters
ULTRAK or Seiko Stopwatches

www.sos-swim.com
 Or call 1-800-SOS-SWIM

HASTY AWARDS

only **\$168**
 1/4" 1000+

FREE Neck Ribbon!

Custom Cast Medals
 www.hastyawards.com
800-448-7714

Medals • Plaques • Trophies • Pins • Ribbons

SWIMMART ADVERTISING

Small but effective!

1/12 page	2-3/16" w x 2-1/4" d	1x \$245	6x \$230	9x \$220	12x \$210
1/9 page	2-3/16" w x 3-1/8" d	1x \$380	6x \$345	9x \$330	12x \$310
1/6 page V	2-3/16" w x 4-3/4" d	1x \$635	6x \$575	9x \$550	12x \$510
1/6 page H	4-9/16" w x 2-1/4" d	1x \$635	6x \$575	9x \$550	12x \$510

For advertising opportunities, call Toni Blake

310-607-9956 x 110

Fax: 310-607-9963 E-mail: tonib@swiminfo.com

Swimming Fast and Having Fun

Featuring

- Anthony Ervin
- Gary Hall, Jr.
- Jon Olsen
- Matthew Macado
- Gordon Kozulj
- Julio Santos
- Scott Greenwood
- Felipe Delgado
- Bartosz Kizierowski
- Francisco Sanchez and Coach Mike Bottom



This video depicts the daily training, motivation and camaraderie as this remarkable group prepared for the 2000 Sydney Olympic Games.

SHOP ONLINE at **www.swiminfo.com**

1-800-352-7946 x 1 #DSVSFHF **\$34.95**

OPEN AN ICoach STORE

OPEN AN ICoach STORE

The First E-Commerce Website Owned By Coaches, Teams & Schools
 Visit <http://www.VSWstores.com>

OPEN AN ICOACHSTORE TODAY!
 Coaches, teachers, non-profit organizations and clubs can open their own online store within minutes and begin generating revenue. Virtual Stores Worldwide, Inc. (VSW) provides the full infrastructure needed to succeed in e-commerce. Visit our site, view a sample store and learn more!

IT'S FREE!

- Personalize Your Store Name
- Customize Your Message
- Create An Income Source • Build Equity

For more information e-mail us at custserv@vswstores.com or call us toll free at 877-521-5002

© 2000 Virtual Stores Worldwide, Inc. All Rights Reserved

Easy MEET Manager II
Easy TEAM Manager II
The Software of Choice

- NO CHARGE for Networking
- NO CHARGE for Timer Interfaces



- Make it Easy
- Great Price
- Great Support

www.goeasyware.com
 Download Free Demos (513) 248-0590



MAXWELL
 MEDALS & AWARDS

800-331-1383

Custom & Stock Medals

- ★ FREE Custom Designs
- ★ No Set-up Charge

Other Products Available

- ★ Wood Plaques
- ★ Brass & Glass Plaques
- ★ Ribbons
- ★ Trophies
- ★ Lapel Pins
- ★ Acrylic Awards
- ★ Statuettes
- ★ Specialty Premiums



800-331-1383
www.maxmedals.com

HY-TEK LTD
Our 20th Year
Serving Swimming

- **TEAM MANAGER Online** and **TEAM SIGNUP Online** (Great for Teams and Leagues)
- **TEAM MANAGER/Workout Mgr.**
- **Sports BUSINESS MANAGER**
- **NEW Pro Swimmer for Palm OS**
- **MEET MANAGER for Windows**

FREE Test Drive and Demos
www.hy-tek.com
1.866.456.5111

RECORD BOARDS




Recognize and motivate your swimmers with the unique, front loading **GRIDSHAPE** Record Board.

Offering Unbeatable:
 Quality
 Function
 Flexibility
 Value

Grid Concepts
 1-800-773-GRID
 Fax (515) 349-0404

THE WATER PROOF COACH
 By Thomas Denes. 1997. 60 pages. Enjoy a different workout every day with this invaluable training companion! Completely waterproof pages can be configured into 6,700 workouts! Perfect for the solo swimmer or as a supplement to the coached swimmer. SHOP ONLINE at




www.swiminfo.com
 1-800-352-7946 x 1
 #BWPC **\$31.95**




TEAM H₂O

1-800-890-6070 www.teamh2o.com

- Custom, Competitive Team Suits
- Printed with Your Logo
- Ready in 10 DAYS
- GUARANTEED!



AQUACISE
 The SWIMMERS' WATER WORKOUT
 EXERCISE IN A COMPACT POOL AT HOME OR ON TRAVEL



- Natural swimming in place with progressive resistance provided by coiled leash.
- Color coordinated travel bag for travel & storage.

1 (877) 567-SWIM
 3600 So. Harbor Bl. #160 • Oxnard, CA 93035
 Fax (805) 985-8885 • www.swim-in-place.com

For advertising opportunities, call
Toni Blake
310-607-9956 x 110
Fax: 310-607-9963 E-mail:
tonib@swiminfo.com

TOE FINNS
 A SWIMMER'S EDGE



Try real training fins
www.toefins.com

You've seen 'em at meets...

GET 'EM HERE!



- Event Credentials
- Custom Luggage Tags
- Time Standards Tags

Beautiful ■ Waterproof ■ Low price
www.bagtagsinc.com
 toll free 877-BAG-TAGS

CALENDAR

FEBRUARY

- 13-14 Highland, IN
HHSC Invit. w/8&U
malibu3@famvid.com
- 13-15 Pensacola, FL
PNY Open
850-455-7687
- 13-15 Aurora, IL
WWAC Last Chance
630-236-0169
- 13-15 Chicago, IL
BRRY Valentine's
Day Meet
entries@brryall.com
- 13-15 Hinsdale, IL
HOSC Meet
beeswimming@aol.com
- 13-15 Naperville, IL
FOX Winter Classic
jonyk@
wideopenwest.com
- 13-15 West Chicago, IL
WCS February
Frenzy, "ABC"
meetdirector@
wsharks.org
- 13-15 Bloomington, IN
BSC Invitational
tray@indiana.edu
- 13-15 Elizabethtown, KY
DS Valentine
Classic Open
dolphins@msn.com
- 13-15 New Orleans, LA
NUWAVE
jblasini@
newmanschool.org
- 13-15 Collierville, TN
MTAC Open
901-854-6471
- 13-15 Ellensburg, WA
IES "B" Champs.
wishbone@
ellensburg.com
- 13-15 Oshkosh, WI
FSYM/OSHY Open
cheutler@
ymcafoxcities.org
- 14 Deerfield, IL
COHO Classic
noreen.a.kreda@
accenture.com
- 14 Brentwood, TN
XCEL Non-SE Qual.
615-876-2648
- 14-15 Walnut Creek, CA
WCAB "C-B-A+"
925-939-5990
- 14-15 New Castle, DE
DST "A-BB-C"
302-652-4DST
- 14-15 Peoria, IL
CIA Meet
plorina59@
ameritech.net
- 14-15 Floyd Knobs, IN
RAC Invit. w/8&U
kcollings1@aol.com
- 14-15 Fort Wayne, IN
TRAC Invit. w/8&U
wtjmom@aol.com
- 15 Seymour, IN
SEY "B-C" Invit.
boggs@insightbb.com
- 15 Valparaiso, IN
VSC "B-C" Invit.
tickle36@att.com
- 15 Mt. Laurel, NJ
JW Magic Mile
Distance Meet
856-779-1035

- 15 Brockport, NY
SPUR "G-S-B"
585-964-8195
- 15 Camillus, NY
CSCI "G-S-B"
315-488-1559
- 15 Gresham, OR
MHST Last Chance
"B" Meet
shortt@pacifier.com
- 15-16 Laurel, MD
PVS Feb. Distance
301-317-8477
- 20-22 Kokomo, IN
KAT Invit. w/8&U
markfled1@aol.com
- 20-22 Ossian, IN
HOTR Invit. w/8&U
jbrink@ivytech.edu
- 20-22 Terre Haute, IN
THT Invit. w/8&U
jnewhouse@ma.r.com
- 20-22 Fond du Lac, WI
FRST/WBSC
Sectionals
niftac@charter.net
- 20-22 Mequon, WI
OZ Sectionals
donsteinberg@
ameritech.com
- 20-22 Middleton, WI
BAC Sectionals
bacs@earthlink.net
- 20-22 Waukesha, WI
WEST Sectionals
laurie@
swim-express.com
- 21 Newburgh, IN
NSC Time Trials
dcswim@adelphia.net
- 21 Shreveport, LA
COSS Winter
Invitational
318-687-0099
- 21 Brockport, NY
SEAS "G-S-B"
585-637-8989
- 21 Newtown, PA
SPIR Mini Meet
215-579-6687
- 21-22 Tuscaloosa, AL
BSL Open
205-870-3278
- 21-22 Tulare, CA
TNT "A-B-C"
Limited
philblack@prodigy.net
- 21-22 Pensacola, FL
CLUB Open
850-916-7946
- 21-22 Evanston, IL
WSO Icebreaker
olsens@peoplepc.com
- 21-22 Scottsburg, IN
SCFY Invit. w/7&U
trichvey@hsonline.net
- 21-22 Springfield, OR
OSI 10&U Champs.
swim@oregonswim.org
- 21-22 Arlington, VA
AAC Winter Gator
Mini Meet
703-228-1810
- 22 Bloomington, IL
WAVES Senior
charles.yourd@
verizon.net
- 22 Chicago, IL
AA Time Trials
swimdixie@attbi.com

**How to Get Your Meet(s)
in Our Calendar!**

Please send your LSC or team's meet schedule to Swimming World, P.O. Box 20337, Sedona, AZ 86341; fax 928-284-2477; or e-mail JudyJ@SwimInfo.com. Include the date(s) and name of the meet, and a contact name and phone number. Calendar listings should be received at least three months prior to the event.

- 22 Freeport, IL
Freeport Invit.
815-232-1157
- 22 Munster, IN
MSC 8&U Invit.
mark.tassar@
ispac.com
- 22 Granger, IN
PENN 10&U
Season Finale
gagecm@
worldnet.att.net
- 22 Corvallis, OR
Qualifying
Opportunity
cni131@attbi.com
- 26-29 Webster, NY
Niagara 14&U
Gold District
585-377-6104
- 26-29 Corvallis, OR
OSI 11-14 Champs.
swim@oregonswim.org
- 26-29 College Station, TX
Speedo Champ.
Series-Southern
dark@comp.tamu.edu
- 27-29 Decatur, IL
Distance Champs.
630-844-0476
- 27-29 Flossmoor, IL
Distance Champs.
630-844-0476
- 27-29 Naperville, IL
Distance Champs.
630-844-0476
- 27-29 Vernon Hills, IL
Distance Champs.
630-844-0476
- 27-29 Indianapolis, IN
LST Invit. w/8&U
lstswimming@aol.com
- 27-29 St. John, IN
LCB Prelims/Finals
rlane@jorsm.com
- 27-29 Bristol, TN
BASA Open
423-989-9102
- 27-29 Cheney, WA
IES "A" Champs.
fishmarsh@comcast.net
- 27-29 Brown Deer, WI
WI 12& State
Championships
lakecountrieswim@
aol.com
- 28 Metairie, LA
CCSC Open
lstchamps@aol.com
- 28 Tullahoma, TN
TSC Open
931-759-6670

- 28-29 Napa, CA
NAPA "C-B-A"
wineburg@aol.com
- 28-29 Palo Alto, CA
PASA "C-B-A+"
650-328-6536
- 28-29 San Jose, CA
SVA "A+"
jaoffice@aol.com
- 28-29 San Ramon, CA
Zone 2 Champs.
707-644-9830
- 28-29 Mentone, IN
TVAC "B-C" Invit.
dtmiller@kconline.com
- 28-29 Fort Dix, NJ
STRM Presidents
Day "A-BB-C"
macai@comcast.net
- 28-29 Mt. Laurel, NJ
JW Presidents Day
"A-BB-C"
856-779-1035
- 28-29 Bethlehem, PA
ATAC Last Chance
clmahoney@aol.com
- 29 Louisville, KY
KYS 8&U Champs.
270-763-0758

MARCH

- 3-5 Evanston, IL
IL SR Champs.
630-844-0476
- 4-7 Landover, MD
PVS 14&U
Junior Olympics
703-897-7157
- 4-7 Syracuse, NY
Niagara Senior
Gold District
315-652-5277
- 4-7 Oklahoma City, OK
Speedo Champ.
Series-Central
r.shade@
innotech-intl.com
- 4-7 Nashville, TN
Speedo Champ.
Series-Southern
615-313-3397
- 4-7 Racine, WI
13&Over State
Championships
dipennings@
earthlink.net
- 5-7 Los Altos Hills, CA
LAMV "B-A", Ic
ehwong2@pacbell.net
- 5-7 Crown Point, IN
NW Division
317-237-5780

- 5-7 Fort Wayne, IN
NE Division
317-237-5780
- 5-7 Jasper, IN
South Division
317-237-5780
- 5-7 Noblesville, IN
Central Division
317-237-5780
- 5-7 Louisville, KY
"B" Champs.
270-763-0758
- 5-7 Owensboro, KY
"B" Champs. West
270-763-0758
- 5-7 Albany, OR
OSI Senior
Championships
swim@oregonswim.org
- 6-7 Brentwood, CA
TERA "C-B-A+"
925-680-8372
- 6-7 Gilroy, CA
GGST "C-B-A"
408-847-0283
- 6-7 Hollister, CA
SBA "C-B-A"
bcutice@pacbell.net
- 6-7 Oakland, CA
CUDA "C-B-A+"
510-451-2832
- 6-7 New Castle, DE
DST "A-BB-C"
302-652-4DST
- 6-7 Pensacola, FL
South District
850-484-1312
- 6-7 Atlantic City, NJ
ACAC "A-BB-C"
609-399-8290
- 6-7 State College, PA
BCAT "A-BB-C-
Mini"
814-863-3945
- 6-7 Chattanooga, TN
East District
423-634-7606
- 6-7 Memphis, TN
West District
901-327-9125
- 7 Pacifica, CA
Zone All-Star
Development
larrysolar@juno.com
- 11-14 Mission Viejo, CA
Speedo Champ.
Series-Western
mvnswim@
ix.netcom.com
- 11-14 Chicago, IL
Speedo Champ.
Series-Central
molfsc@aol.com
- 11-14 Long Island, NY
Speedo Champ.
Series-Eastern
msginny@
worldnet.att.net
- 11-14 Nashville, TN
Southeasterns
615-321-3510
- 11-14 Fairfax, VA
PVS SR Spring
Championships
301-428-9493
- 12-14 Livermore, CA
SRVL "B-A", T/F
925-833-2407
- 12-14 Indianapolis, IN
Senior State
317-237-5780

- 12-14 Bend, OR
Pacific Crest
Championships
bendswim@coinet.com
- 13 Fredonia, NY
HHSC "G-S-B"
716-679-1556
- 13-14 Eureka, CA
HSC "C-B-A+"
stuffers@cox.net
- 13-14 Mt. Laurel, NJ
Mini Champs.
856-779-1035
- 13-14 Mexico, NY
HSC "G-S-B"
315-963-8424
- 18-21 Oxford, OH
Speedo Champ.
Series-Central
sindair@wvdb.org
- 19-20 Fairport, NY
FAST "G-S-B"
585-377-6104
- 19-21 Indianapolis, IN
Age Group State
Championships
317-237-5780
- 19-21 Federal Way, WA
NW Section Age
Group Champs.
- 19-21 Lexington, KY
KYS "A" Champs.
270-763-0758
- 19-21 Kenosha, WI
IL Age Group
Championships
630-844-0476
- 20-21 Hayward, CA
AIA "C-B-A+"
510-865-5484
- 20-21 Napa, CA
WCAN "C-B-A+"
wcan@wcanwave.org
- 20-21 Pacifica, CA
SSF "C-B-A"
madnava@email.com
- 20-21 Reno, NV
RENO Invit.
dranaloha@aol.com
- 20-21 Gulf Breeze, FL
Club Champs.
850-916-7946
- 20-21 Olney, MD
Mini Champs.
240-314-8750
- 20-21 Cheektowaga, NY
RAYS "G-S-B"
716-684-6438
- 20-21 Astoria, OR
Eggstravaganza
khanho@pacifier.com
- 25-28 Univ. of Md., MD
Speedo Champ.
Series-Eastern
kwmathews@
earthlink.net
- 26-28 Churchville, NY
WSSC "G-S-B"
585-247-9517
- 27 Oswego, NY
OLSC "G-S-B"
315-342-2417
- 27-28 Morgan Hill, CA
MHSC "C-B-A+"
omelroy@
mindspring.com
- 27-28 Laurel, MD
PVS Spring
Championships
301-252-0694

CLASSIFIED

INFORMATION

Prices are based upon:

First column inch (1")	\$50.00
Each additional inch	\$45.00

Minimum charge: one inch. These prices are the same for all classified ads.

Payment must accompany order. No agency discount.

Please reserve space six weeks before first day of the month preceding publication date. Artwork or logos are not accepted.

All advertising is accepted and edited at the magazine's discretion.

Advertising offering new products for sale will not be accepted.

For further information, or to place an ad, please contact:

Toni Blake
Swimming World
228 Nevada St.
El Segundo, CA 90245
E-mail: tonib@swiminfo.com
Phone 310-607-9956
Fax 310-607-9963

SKIP KENNEY STANFORD INTERNATIONAL SWIM CAMP

Camp counselors/coaches needed for this Nike-sponsored swim camp. Work with and learn from Stanford Head Men's Coach Skip Kenney as he provides two sessions of instruction on the beautiful Stanford University campus. Camp instruction will have a unique focus on stroke technique and mechanics through the use of drills used to produce Olympic gold medalists world record holders and NCAA champions. Prior to employment, applicants must be coaching members of U.S. Swimming and certified in Coaches Safety Training, CPR and First Aid. Dates for the 2004 camps are June 26-July 4 and July 19-23. Base salaries adjusted by experience. The camp provides room and board. All staff will receive a Nike Camp Sports package. If interested, please contact Jane Walsh at janewalsh@earthlink.net.

SWIM INSTRUCTORS/COACHES NEEDED

300 positions at prestigious children's summer camps. New York, Pennsylvania, New England. Competitive experience, WSI, LGIT, LG, etc., helpful. Waterskiing, sailing, windsurfing, canoe jobs too. Choose from over 50 camps. Professional recruitment (free service). Apply: www.summercampemployment.com or call Arlene Streisand 1-800-443-6428.

ASSISTANT COACHES/ COUNSELORS NEEDED

Exciting opportunity to work at the Longhorn Swim Camp at the University of Texas with internationally known coaches and swimmers: 2004 Head Olympic Coach Eddie Reese, four-time Olympian Jill Sterkel, two-time Olympic coach Mike Walker and Olympic triple gold medalist Josh Davis. Five one-week sessions (May 30-July 2). Room, board, parking, recreation pass, local telephone plus \$400/week salary and travel expenses paid. Applicants must be at least 21 years old, agree to work in an alcohol/drug-free environment, attended at least two years of college, have competitive swimming, coaching and/or camp counseling background, and be current in First Aid, CPR and/or Lifeguarding/Safety Training for Swim Coaches. For more information and an application, call 512-475-8652, fax 512-475-8739; e-mail longhornswimcamp@athletics.utexas.edu, check our website at www.longhornswimcamp.com or write: The University of Texas, Intercollegiate Athletics, Longhorn Swim Camp, Attn: Jon Alter, Director, P.O. Box 7399, Austin, TX 78713-7399. All completed applications must be received by March 12, 2004.

CAMP COUNSELORS

The Wolverine Swim Camp at the University of Michigan is looking for individuals seeking an opportunity to work with internationally-known coaches Jon Urbanchek and Jim Richardson. Four one-week sessions (June 6-12, June 13-18, June 20-25, June 27-July 2). Room board, local telephone plus \$400/week salary and \$100 travel expense help. Applicants must be 21 years or older, have attended at least two years of college and have had experience as a competitive swimmer and/or coach or teacher. References, CPR and First Aid certification are required. For more information and an application call 734-647-0500, fax 734-763-6543, e-mail skerska@umich.edu, or write to: Stefanie Kerska, Wolverine Swim Camp, 1000 S. State St., Ann Arbor, MI 48109-2201. Candidates must be willing to work in an alcohol/drug-free environment.

RICHARD QUICK'S STANFORD NATIONAL SWIM CAMP

An opportunity to work with and learn from one of the world's top swim coaches, Stanford University's Richard Quick. Two weeks working on deck daily with Richard and his staff at beautiful Stanford University in Northern California. Dates: June 16-June 26. Must be at least 21 years of age. For more info or an application, contact Stanford Women's Assistant Coach Jason Turcotte at turcotte@stanford.edu, or Judy Heller at swimfast@sprintmail.com.

ASSISTANT COACHES/ CAMP COUNSELORS NEEDED

Work this summer with seven-time Olympic coach Mark Schubert and his USC coaching staff at the Swim with SChubert Swim Camp, located at the 1984 Los Angeles Games Swim Stadium on the beautiful University of Southern California campus. Work with internationally-known coaches while earning a salary (\$430/week), and receiving room and board. Four one-week sessions (June 6-July 2). Applicants must be 21 years old and have a competitive swimming, coaching or camp counseling background. For more information and an application, call 562-592-3424, or write SChubert Swim Camp, P.O. Box 479, Surfside, CA 90743-0479. E-mail address: SchubertSwimCamp@aol.com. All applications must be received by March 5, 2004.

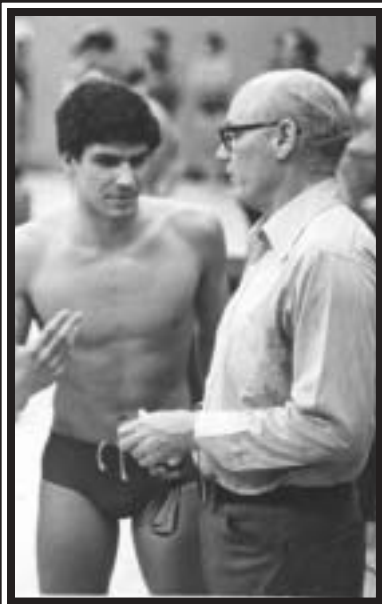
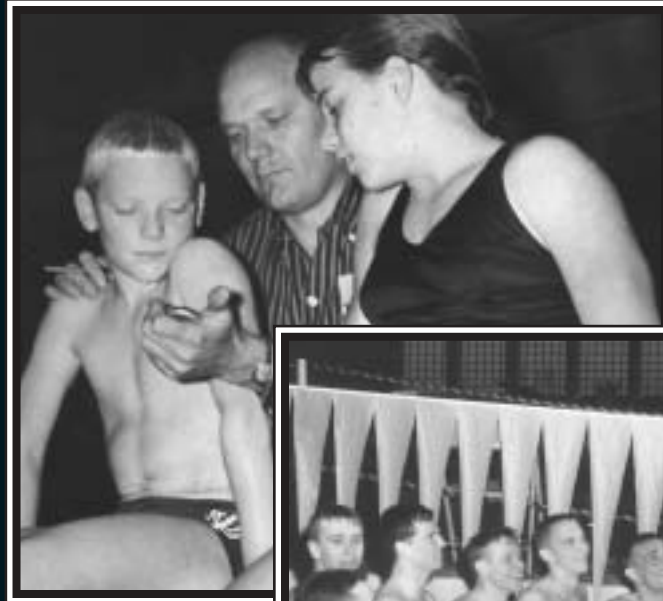
COACH/COUNSELORS FOR THIS SUMMER

Camp counselors/coaches needed to work at the ARETE Swim Camp at Rutgers University. Work this summer with two-time Big East Coach of the Year, three-time USA National Team coach and ASCA President Chuck Warner and the Arete staff. The skill emphasis of the camp can make this a great coaching clinic. Camp dates are June 20-July 1. Stipend is top of the market. For more information or to apply, contact Camp Director Erin McIntyre at 732-445-0467 or e-mail areteswimcamp@scarletknights.com.

CAMP COUNSELORS/INSTRUCTORS

Brother/sister camps on mountain lake in western N.C. seek swim instructors/cabin counselors available June 1-Aug. 8, with one year of college. Also need canoeists/kayakers, backpackers, bikers, horseback riders, sailors and tennis players. Mondamin & Green Cove, P.O. Box 8, Tuxedo, NC 28784; 800-688-5789. Web sites: www.mondamin.com or www.greencove.com.

Parting Shots



Dr. James E. Counsilman (1920-2004) was the most acclaimed American swimming coach of the 20th century. Known simply as "Doc," he touched many lives. From top left, clockwise: 1968, Doc gets dunked after Indiana wins NCAA championship;

"Dad" with son, Jimmy, and daughter, Cathy; Coach Doc, the teacher; 1990, Counsilman honored at NAAs (Photo by Tim Morse); 1979, Doc conquers English Channel; 1972, Doc with Indiana swimmer Mark Spitz.



agonswim.com

Custom-dyed
swimwear
and more!

Create a unique look
for your team in any color,
any style, any fabric...

1.877.718.9403


www.agonswim.com

info@agonswim.com

INTRODUCING SPEEDO® BEACH

Amanda Beard



Speedo® and  are registered trademarks of and used under license from Speedo International Ltd.

speedo 

www.SpeedoUSA.com