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Swimming World

AND JUNIOR SWIMMER

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Roundup

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Kosuke Kitajima
Double World Record Holder



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FEATURES

16 The Year in Review

By Phillip Whitten

2003 was a happening year throughout the swimming world, with superb performances at every level of competition.

18 A Summer of Dreams

By Tito Morales

The Long Beach Swim Center—the temporary above-ground facility that will host this summer's U.S. Olympic Trials—is being designed for blistering performances.

Cover Story

24 Japan's Pocket Rocket: Focused on Athens

By Chiemi Nakayama

Japan's Kosuke Kitajima won the 100 and 200 meter breast at last year's World Championships, both in world record time. But his No. 1 priority now is Olympic gold in Athens.

DEPARTMENTS

Technique

- 9 Underwater Fly

Junior Swimmer

- 10 Speedo American Relay
12 TYR Age Group Swimmers of the Month
13 NAG Record Setter

Swim Parents

- 14 College Recruiting: What Coaches Want

High School

- 21 Fast and Furious

Coaching

- 22 Tech Tip: Breaststroke

Rankings

- 29 NAG Top 16 (Short Course)



Page 12

COLUMNS

- 6 Editor's Note
7 Lane 9
39 Finis For the Record
40 SwimMart
45 Calendar
45 Classified
46 Parting Shot



Page 22

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This issue of *Swimming World* marks our 45th anniversary. For close to a half century, *Swimming World* has been published monthly, reporting on the people and events that have made news in our great sport.

To put 45 years into some perspective, consider that this month's swimmer featured on the cover—Kosuke Kitajima—holds the current world record in the 200 meter breaststroke with a time of 2:09.42. Forty-five years ago, the world record in this event was 2:36.5. In fact, the current Masters world record for the 200 breast in the men's 45-49 age group is better than the world record of 45 years ago!

Just as the sport has changed over the years, so, too, has the magazine. Forty-five years ago, *Swimming World* was all black-and-white, including the front cover. That's a far cry from today's publication, which features color throughout each issue.

The magazine's production process has also gone from what was then standard in the industry to an all-digital system today. In fact, due to our ability to go digital, readers can now download every issue of *Swimming World* published since 1960 online at www.SwimInfo.com. Access to this section is free when you subscribe or renew your *Swimming World* subscription on the internet.

More importantly, as *Swimming World* has evolved over the past 45 years, so, too, has our audience. We are constantly determining what kinds of stories would be of most interest to our readers, then changing the content accordingly.

In this issue, we have reorganized content into various areas of interest. We hope you will find the presentation of new material to be informative, educational and entertaining.

New Goings-on at SwimInfo.com

Early last month, we introduced a new element to our website, **SwimInfo.com**. This new section, which becomes accessible with either a new subscription or renewal to *Swimming World* and/or *Swimming Technique*, currently contains all back issues of these publications in PDF format.

In addition, we will be adding other components to the Premium Section on **SwimInfo.com**. Be sure to get your access so you won't miss out on any of the excitement!

We appreciate the many compliments we've received concerning our site. We continue to see growing numbers of visitors each month.

As the Olympics draw ever closer, be sure and visit **SwimInfo.com** regularly to keep up on all the news!

Happy New Year to all!

SwimmingWorld

AND JUNIOR SWIMMER

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NCAA Woman of the Year

Ashley Jo Rowatt, a standout for Division III national champion Kenyon College, was named the 2003 National Collegiate Athletic Association (NCAA) Woman of the Year in November. That made her the first student-athlete from Kenyon and the first Division III athlete to win the prestigious award.

The Woman of the Year award program honors outstanding female student-athletes who have excelled in academics, athletics and community leadership, and have completed their collegiate athletics eligibility. There is no corresponding award for men.

Rowatt, who is now attending Vanderbilt University Medical School, amassed an impressive list of credentials during her four-year career at Kenyon. She was named an NCAA Postgraduate Scholarship winner and was selected as one of the two national winners of the 2002-03 Verizon Academic All-America of the Year award, given to the most outstanding student-athletes in all NCAA sports. She was the first Kenyon athlete and



Ashley Jo

the first swimmer ever to win the honor.

Additionally, Rowatt collected the NCAC conference Scholar-Athlete award, was a member of Phi Beta Kappa, and was named the winner of Kenyon's Robert Brown Jr. Prize for biology research. She was the College's Senior Athlete of the Year and also earned the Jess Willard Falkenstine Award for leadership and integrity in athletics. She graduated *summa cum laude* with a 3.96 grade-point average.

In the water, Rowatt was a four-year qualifier for the Div. III NCAA champs and was part of three national championship teams. She won three individual titles, two national relay titles and earned 13 athletic All-America awards.

Squeezed between her time in the classroom and her time in the pool, Rowatt performed a multitude of volunteer work and extracurricular activities, serving as a tutor and counselor for area youth and playing flute in the Kenyon symphonic wind ensemble.

Swimmers of the Year: The People's Choice

Last month we announced the winners of *Swimming World's* annual Swimmers of the Year awards: **Michael Phelps** (USA) and **Hannah Stockbauer** (GER).

This year, we invited our readers to vote for their choices online at **SwimInfo.com**. Here are the results, as of Dec. 1 (with *SW's* rank listed in parentheses):

Women

Amanda Beard, USA, 50.3% (3rd)
Yana Klochkova, UKR, 9.0% (2nd)
Jenny Thompson, USA, 8.3% (4th)

Men

Michael Phelps, USA, 41.4% (1st)
Alex Popov, RUS, 27.3% (3rd)
Ian Thorpe, AUS, 21.1% (4th)

Stockbauer finished fourth among our readers with 6.4 percent of the vote. Japan's Kosuke Kitajima, *SW's* pick for second among the men, was fifth with a meager 1.8 percent.

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Olympics

Announcing. NBC has chosen its announcers for swimming at this summer's Athens Olympic Games. **Rowdy Gaines**, a triple Olympic gold medalist at the 1984 Los Angeles Olympics, will provide color commentary, while veteran sports-

caster **Dan Hicks** will do play-by-play.

For the first time, NBC will also have a separate HDTV broadcast. The broadcasters reportedly will be four-time Olympian **Dara Torres**, who will handle the color, and open water ace **Craig Hummer**, doing play-by-play.

People

Engaged. **Lindsay Benko**, 27, the world's fastest woman

in the 200 meter freestyle last year, looked north to find just the right guy. And there he was—in the person of Canadian Olympian



Lindsay and Mike

and 100 meter fly national record holder, **Mike Mintenko**, 28. The couple has not yet set a wedding date, but "after Athens, sometime in 2005," sounds about right, says Lindsay.

Also engaged are 1996 Olympic champion **Beth Botsford**, 22, a senior at the University of Arizona, and **Kicker Vencill**, 25, a graduate of Western Kentucky. They, too, are looking at a wedding date in '05.

New Dads. A little farther along the life cycle are 1988 double Olympic gold medalist **Troy Dalbey**, and 1992 Olympians **Scott Jaffe** and **Roque Santos**—all of whom became dads recently. In November, **Pablo Morales**, 1988 and '92 Olympic gold medalist and currently University of Nebraska women's coach, became a dad for the third time.

New Moms...and Dad. Also joining the ranks of parenthood recently was 1992 Olympic sweetheart **Anita Nall Richardson**, who became a mom last year, and All-Americans **Ugur Taner** and **Liesl Kolbisen Taner**, who had their second child. Liesl swam in a Masters meet last summer while eight months pregnant.

Ban Reduced. A three-member panel of the Court of Arbitration for Sport reduced the suspension of **Kicker Vencill** of the Irvine NOVA team from four years to two for a doping violation involving a miniscule amount of the prohibited steroid 19-norandrosterone. Vencill continues to maintain his innocence and has vowed to fight the suspension.

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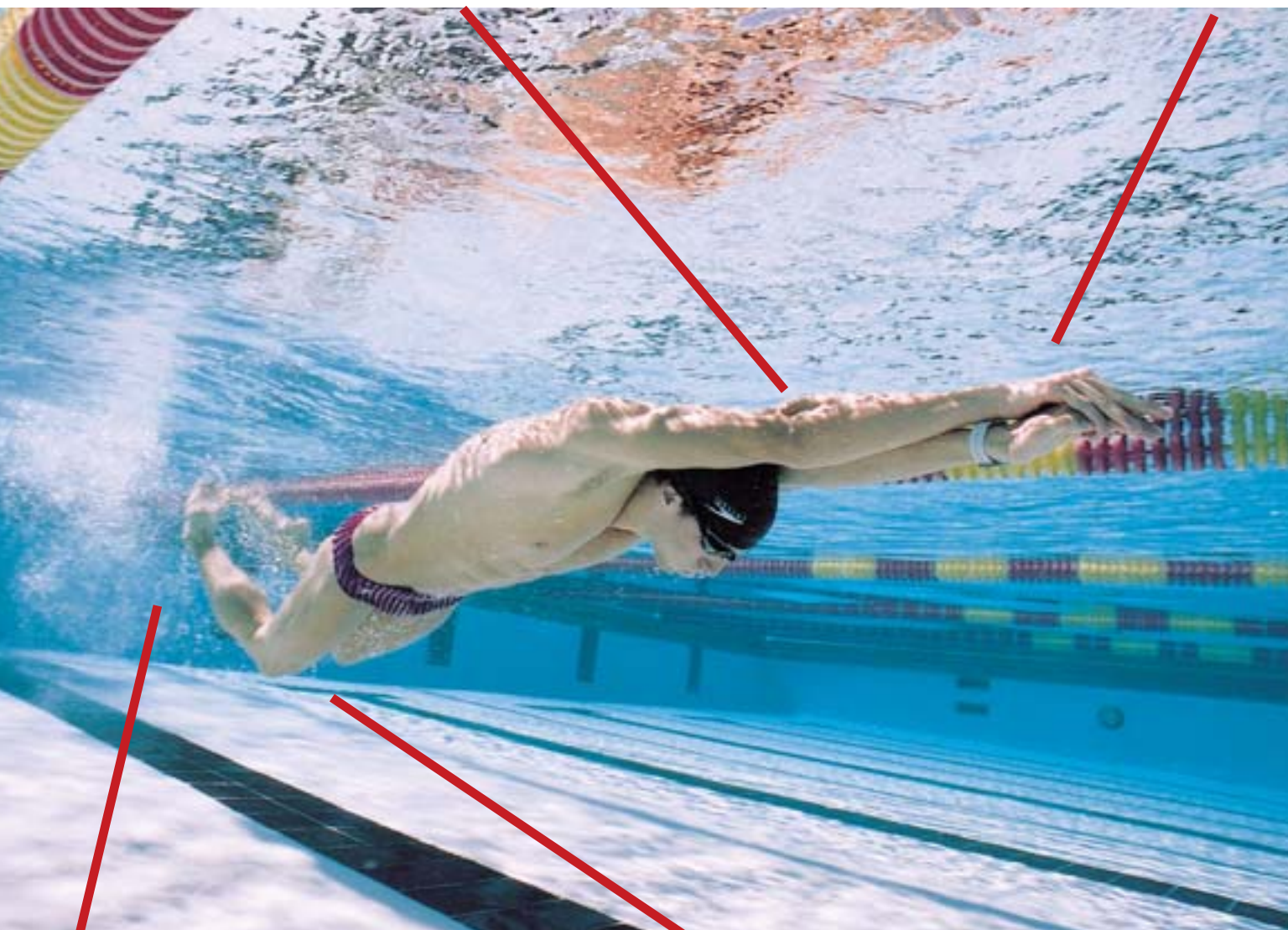


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UNDERWATER FLY

Elbows are straight and together behind the head.

Hands and wrists are overlapping



Ankles are kept loose with toes pointed.

Allow 90 degrees of knee bend to provide full range-of-motion from the kick.

Photo by Michael Aron

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!



Catalina Foothills High School swept the competition at the Arizona 4A High School Championships, Oct. 31-Nov. 1, in Tempe.

Catalina's girls scored 319 points to Sunnyslope's 234.5. Chaparral and Rincon/University tied for third with 219. The boys team amassed 379 points. Thunderbird was second (197), and Chaparral took third (189). Individual records in the 4A classification fell to Skye Elbert, Millennium (50 yard free, 23.46) and Katherine Raatz, Thunderbird (100 fly, 55.78). The Catalina Foothills 200 free relay teams both set state records. The girls quartet of Kate Polich, Alissa Ricard, Susana Helms and Molly Houlton combined for a 1:37.18 mark; the boys team of Keegan Stombaugh, Brad Hoge, Jared Ginney and Dane Patching swam 1:27.58 for their state high school record.



Orinda Aquatics held its annual awards banquet Nov. 1, honoring outstanding swimmers for their efforts during the 2002-03 swimming season. In the senior division, the Coaches' Award was presented to Marisa Chang and Eric Tang; junior

recipients were Michelle Estrada and Jill Jones. The Most Improved Swimmer Award was given to senior swimmers Lauren Beaudreau and Kris Kao; junior winners were Lindsay Watson and Anthony Su. For their "unconditional commitment, integrity and sportsmanship," the Virginia Hall Inspirational Award was presented to Caitlin Scott, and the Reagan Perry Inspirational Award went to Zack Disbrow. This season's Swimmer of the Year was Scott Lathrope.



Cheshire High School, led by two winning relays (200 yard medley, 1:50.55; 400 free, 3:34.05) and junior Aidan McKinlay's victory in the 100 fly (56.65), came out on top in the Connecticut Girls Open High School Championships, held Nov. 15, at Yale University in New Haven. Cheshire scored 406 points to runner-up Greenwich's 355 and Amity Regional's 235. Greenwich captured the 200 free relay (1:38.90). Fitch's Rachel Kent won the 50 (24.29) and 100 free (53.09), while Hand-Madison's Kristen Frost was tops in the 200 free (1:50.30) and 500 free (4:51.57). Other winners included Staples' Lauren Evanovsky (100 back, 58.78), Avon's Whitney McLellan (100 breast, 1:05.39), Fairfield's Aurora Lee (200 IM, 2:07.55) and New Canaan's Mason Burch (diving, 337.90).



The Sarasota YMCA Sharks held their Fall Shark "Meat," Nov. 1, and several of Sarasota's swimmers earned personal best times: Kamden

Ahlberg, Ian Amistoso, Michael Auchter, Keira Bartley, Annalee Bowers, Kavanaugh Bugatti, Christine Butler, Patrick Ceddia, Daniel Curhan, Katherine Cushing, Rachel Cushing, Ashley Ehmann, Alexander Grzybowski, Fernando Gutierrez, Nikki Gutzmann, Dirk Hamel-Wood, Rachel Harrington, Bailey Leonard, Alexia Lerer, Margaret Masiak, Kelly McCormack, Benjamin Ohe, Kaycee Perry, Kara Plocharsky, Kaitlin Quinn, Kaely Timmel, Andrea Voege, Andy Watts, Stryker Watts and Gabrielle



MICHIGAN The Oakland Live Y'ers, which recently received Silver Medal status from USA Swimming, competed at the Sectional Championships this past summer.

Woodruff. Earning Junior Olympic cuts were Kamden Ahlberg, Cha-Cha Bugatti and Nicole Pivonka; Meghan Bailey earned her first JO time.



The Lake Forest High School girls team captured its second straight title at the Illinois Girls State High School Championships, Nov. 21-22, at New Trier High

School in Winnetka. This year's team scored 165 points for the win. Aurora Rosary placed second with 148 points, followed by the host New Trier squad with 114. Two swimmers finished the competition as double-event champions: Rachel Ridgeway, a senior at Loyola Academy, who won the 200 yard free (1:49.04) and 500 free (4:53.75), and Naperville North sophomore Katie Stratton, who touched first in the 100 breast (1:04.81) and 200 IM (2:03.39). Winning one event each were West Chicago senior Jackie Vavrek (50 free, 23.23), Andrew senior Christine Magnuson (100 free, 51.03), Neuqua Valley sophomore Melissa Marik (100 back, 56.29), Centennial junior Payton Johnson (100 fly, 55.24) and Deerfield senior Christina Loukas (diving, 507.55). Lake Forest took first in the free relay races (200 free, 1:35.27; 400 free, 3:28.63); Aurora Rosary prevented a relay sweep with its win in the 200 medley (1:46.71).



The Oakland Live Y'ers (OLY) were awarded Silver Medal status from USA Swimming, which makes them one of the top 25 club

programs in the United States. Kristen Barry, Scott Ducharme, Ross Hart, Rebecca Nyquist, Dane Rook and Alex Vanderkaay were selected to this year's Scholastic All-America team. Several OLY swimmers will be making appearances on the 2002-03 National Age Group Top 16 list: Justin Glanda (10-

and-under 50 meter free, 30.79), Colby Ward (13-14 1500 free, 17:02.52), Sasha Lewerenz (13-14 100 meter back, 1:06.07; 200 back, 2:24.04); Jay Vandenberg (17-18 800 meter free, 8:23.18; 1500 free, 16:03.68), Alex Vanderkaay (17-18 200 fly, 2:06.08; 800 free, 8:23.28; 1500 free, 15:57.67). The Live Y'ers are looking forward to hosting the 2004 Michigan Short Course State Meet in Rochester.



Ten state records were bettered at the Mississippi High School Championships, Nov. 1, at Delta State University in Cleveland.

Alyce Meador of Cleveland set state records in the 100 yard back (58.09) and the 100 fly (57.20). Fiona Gispén, Oxford (50 free, 25.06) and John Dasing, Madison Central (100 back, 54.61) set one state record apiece; John Moore tied the existing mark in the 50 free (22.27). Five state relay records were also set during the meet: Cleveland girls 200 medley (1:56.03), Tupelo girls 200 free (1:44.14), Biloxi boys 200 medley (1:43.88) and 400 free (3:26.08) and Tupelo boys 200 free (1:32.74). Tupelo High School won the girls' meet with 294 points to Cleveland's 253 and Oxford's 151. Biloxi took top honors among the boys with 431 points to Tupelo's 353.33 and St. Aloysius' 206.



Potomac Valley Swimming (PVS) recently presented



OHIO The Cuyahoga Falls YMCA relay team of (from left) Chelsea Kelly, Kelsey Atchison, Caitlin Drozin and Katie Mann achieved National Age Group Top 16 rankings in the 13-14 girls 200 yard medley relay (seventh, 1:55.52) and 200 yard free relay (eighth, 1:44.68). This is the first time swimmers from Cuyahoga Falls YMCA have achieved a national ranking.

its Outstanding Athletes Awards. The annual awards are presented to swimmers in each age group who were selected by the PVS coaches, and are based solely on the athletes' achievements from Sept. 1, 2002 to Aug. 31, 2003. Winners in the 10-and-under age group were Cara Chuang and Charlie Putnam; 11-12 winners were Ashley Danner and Brady Fox; 13-14 winners were Kate Ziegler and Josh Hafkin; 15-16 winners were Kate Ziegler, Matt Dugan and Josh Hafkin; 17-18 winners were Meghan Thiel and Ryan Hurley; and senior winners were Rachael Burke and Ed Moses.



TYR

AGE GROUP SWIMMERS OF THE MONTH

JUNIOR SWIMMER

Kevin Behrens

Age 11, Munster Swim Club, Munster, Indiana



Kevin Behrens of the Munster Swim Club recently completed an outstanding 10-and-under career in Indiana Swimming. At the Indiana Age Group Long Course State Championships, Kevin won all five of his events with five NAG Top 16 times: 50 meter back, 35.27; 100 back, 1:15.53; 50 fly, 33.38; 100 fly, 1:14.12; and 200 IM, 2:44.06. He also swam on Munster's two championship relays: the 200 medley (2:31.25) and 200 free (2:12.91). Kevin was awarded the high-point trophy for his age group.

Two weeks later, at the Central Zone Championships in Indianapolis, Kevin again won the 10-and-under boys high-point award. He placed first in five events (50 free, 30.08; 50 back, 34.83; 100 back, 1:15.19; 50 fly, 32.86; and 200 IM, 2:43.29) and came in second in the 100 free (1:06.72). John Krick, Team Indiana's head coach and Kevin's coach at Munster, presented him with the trophy.

Kevin first qualified for Indiana's state meet as a 7-year-old. During the next three years, he won 14 individual state titles (including eight in backstroke) and swam on nine state championship relays.

In addition to swimming, Kevin is an avid reader and loves playing football and "Kick the Can" with the Indian Path Athletic Club. He was a member of the Munster Mustangs fourth-grade AAU basketball team, and this winter will play fifth-grade basketball for St. Thomas Moore School.

Kate Ziegler started her swimming career at age 6 on the Great Falls Rapids swim team. Year-round swimming came a couple of years later, and she experienced the usual ups and downs of age group swimming. Kate qualified for Zones as a 10-year-old in the 50 and 100 meter free and 50 meter fly, and again as a 12-year-old in the 50 meter fly.

Kate started the 2002-03 short course season with some outstanding performances. She placed sixth in the 400 short course meters free (4:14.20) and fourth in the 800 free (8:37.99) at the World Cup meet in Long Island in November 2002. Unfortunately, soon afterward, she broke her left foot and a toe on her right foot with severe ligament damage in both.

In mid-June, at only the second meet after Kate's cast was removed—and her last as a 13-14 swimmer—she posted personal best long course times of 4:24.24 in the 400 meter free, 9:04.56 in the 800 free and 17:10.36 in the 1500 free.

So far in her brief career as a 15-year-old, Kate has broken a total of nine PVS records in both short and long course. She also has Olympic Trials cuts in the 400 free (4:18.33) and 1500 free (16:33.29).

Kate was selected for the U.S. National Junior Team that competed in Australia this month, and was recently named the 2002-03 Potomac Valley Swimming Outstanding Athlete for both the 13-14 and 15-16 girls.



Kate Ziegler
Age 15, The Fish, Great Falls, Virginia

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.

Kids Korner

NAG Record Setters

Last July, Elizabeth Beisel was taking one last shot at the record books in her 10-and-under swimming career. And what a shot it was! She ended the month with seven National Age Group (NAG) records to her credit—in both long course and short course.

Elizabeth normally swims in southeastern Massachusetts for the Magnus Aquatic Group. But the first weekend of July found her deep in the heart of Texas—Austin, to be precise—at the Texas Open at the University of Texas. There she bettered the NAG mark in the 400 meter freestyle with a 4:42.40.

The next assault took place at the Greenwood Summer Splash, July 18. Elizabeth, though only 10, competed in the women's 12-and-under 500 yard free (5:20.03) and senior 100 back (1:01.69) and 200 IM (2:15.51), establishing NAG marks for 10-and-under girls in those events.

Swimming at the New England 12-and-under Championships at Harvard University in Cambridge, Mass., Elizabeth set two more NAG marks in the 100 meter back on July 25 (1:09.96) and the 200 free two days later (2:16.37).

Elizabeth set the final standard of her streak in the pre-

lims of the 200 meter IM (2:31.26) during the first day of competition at the New England Championships. The meet, held in Providence, R.I., featured senior swimmers, most of whom were several years older than her. Elizabeth placed 15th overall in the event.

Elizabeth's coach, Carl Cederquist, is very enthusiastic about his swimmer. "The thing that I love about Elizabeth is that she always brings an upbeat attitude to practice. She and her best friend on the team are always telling me wacky stories or singing me wacky songs. She really brings an enthusiastic and fun competitiveness to the pool for every practice. Each set is like a new challenge for her to meet and exceed. I believe that our team attitude and being able to practice with her own peers, rather than older swimmers, is allowing her to blossom."

Hang Time: Surfing, playing the violin

Training: She basically practices four to six times a week, depending upon what else is going on in her life. (She is also an accomplished violin player.) Each practice averages around 5,500-6,000 yards and always includes some type of drill set.



Elizabeth Beisel
Magnus Aquatic Group
Andover, Massachusetts
National Age Group Record Holder
10-and-under Girls 500 Yard Freestyle,
100 Yard Backstroke, 200 Yard IM, 200
Meter Freestyle, 400 Meter Freestyle,
100 Meter Backstroke, 200 Meter IM

Birthdate: Aug. 18, 1992

Height: 5-3

Coach: Carl Cederquist

Short-Term Goal:
Going to sectionals (she currently has two cuts)

Long-Term Goal:
Medaling at the Olympics



Check out SwimInfo Interactive at **www.swiminfo.com** for Elizabeth's favorite workouts.

College Recruiting: *What Coaches Want*

While the college recruiting process can be overwhelming for athletes and their families, it can be significantly simplified through preparation.

By Ryan Spoon

The fall season can be hectic. Whether you are a freshman or a senior in high school, you are probably already aware of the enormous time commitment collegiate recruiting entails. But if you're prepared, the recruiting experience can be more manageable.

Preparation comes in many forms. However, the most important form of preparation is knowing what collegiate coaches look for in recruits. The following is a list of traits that most NCAA swimming coaches find desirable.

Success

Obviously, coaches pay close attention to a swimmer's past results. Certain coaches only recruit swimmers at the senior national level, while other programs seek swimmers of varied success. Past results are indicative of a recruit's talent and ability to compete and contribute in the NCAA atmosphere. In studying meet results, each coach attempts to fill the needs of his or her team, looking to fill team weaknesses first.

Potential

Many coaches are attracted more by a swimmer's potential than his or her achievements. In addition to looking at a recruit's best times, coaches also track yearly progress in an attempt to assess a swimmer's development and potential. Potential, of course, extends far beyond the pool. Athletes can highlight potential by explaining new dry-land routines, training regimens, dietary focuses, etc.

Versatility

Swimmers who are capable of competing and contributing in several events and strokes can be more attractive than a one- or two-event specialist.



You may spend as much time studying as you will training—perhaps even more! That's why coaches desire recruits who can succeed both in and out of the pool.

Photo by Ann Ingram

Versatility is highly rewarded in the NCAA dual meet format, in which athletes are allowed to swim several events and relays. It tends to be even more highly prized by smaller teams that struggle to fill lanes during dual meets. Larger teams are likely to be more selective, recruiting stroke specialists with greater ease. Understanding the needs of particular teams will allow you to market yourself more effectively.

Leadership

Coaches seek talented swimmers and leaders. Leaders are not necessarily the fastest swimmers. However, they are important ingredients in a team's success. Team captains, for instance, are highly regarded for their leadership, dedication and ability to motivate. A leader improves his or her team through hard work, team focus and a contagious desire to improve personally and collectively.

Work Ethic/Dedication

Similarly, coaches desire swimmers with strong, consistent work ethics. A dedicated swimmer is not only bound to improve and contribute, but he or she will motivate others to train and compete with greater intensity. Dedication and hard work are necessary ingredients for swimming success.

Academics

Coaches seek recruits who are motivated both in the classroom as well as in the pool. Recruits must meet the academic requirements of a particular college or university. Furthermore, a coach wants to be sure that each recruit will remain academically eligible throughout his or her collegiate career. Swimming is just a subset of the collegiate experience—indeed, you may spend as much time studying as you will training—perhaps even more! That's why coaches desire recruits who can succeed both in and out of the pool and are excited by their success both in their studies and their sport.

Personality and Enthusiasm

Coaches will always be attracted to outgoing, personable recruits precisely because their teams will welcome those individuals. A teammate who carries a smile to practice and a contagious aura of enthusiasm is an enjoyable and effective peer. During recruiting trips or phone conversations, remember always to convey your enthusiasm and to smile! Recruiters look for more than just statistics!

Ryan Spoon is the founder of www.beRecruited.com. Recruiting questions may be submitted to ryan@berecruited.com.

A cartoon illustration of a trophy character. The trophy has a smiling face, wearing a white tank top with a red 'H' on the chest, blue shorts, and a gold medal around its neck. It is holding a red life preserver with a yellow 'H' on it. The trophy is standing on a blue puddle of water, and there are water droplets around it.

Congratulations!



A woman is standing next to a large map of the United States. The map is titled "WHERE DID YOUR AWARD COME FROM?". The map is divided into states, and several states are highlighted with colored borders (yellow, green, orange, pink) and small photos of people. The woman is pointing to one of the photos.

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The Year in Review

2003 was a happening year throughout the swimming world, with superb performances at every level of competition.

By Phillip Whitten

The year before the Olympic Games is always an exciting one, and 2003 was no exception. The 10th FINA World Swimming Championships, held in July in Barcelona, offered the perfect opportunity for swimming to showcase its greatest talents one year before the Athens Games. A record 2,017 competitors, representing 157 nations, took part in the festivities, with the meet telecast in 155 countries and watched by over 800 million viewers.

The USA (28 medals, 11 gold) and Australia (22 medals, 6 gold) dominated proceedings in the pool, but swimmers from 11 other nations stood atop the victory podium, while athletes representing another 11 nations took home silver or bronze medals. World records were broken 14 times in no fewer than 11 events, while Championship records were bettered an amazing 38 times.

Marvelous Michael

Yet these Championships belonged to **Michael Phelps**. Transformed by the media from "teen phenom" to "Marvelous Michael" to "Superman" in less than a week, the 18-year-old Phelps wreaked havoc on the record book, breaking world records five times and winning five medals—three gold and two silver.

He set world records in the 200 meter fly (1:53.93) and lowered the 200 IM standard twice, taking it to 1:56.04. (A week later, at the U.S. Nationals, he lowered that mark still further to 1:55.94. No other man has ever swum under 1:58!)

In the semis of the 100 fly, he flew to an incredible WR of 51.47. He destroyed that time with a 51.10 in the finals, but was upset by teammate **Ian**



Michael Phelps

Crocker. Crocker, whose previous best was 52.21, totally bypassed the 51s to touch in an astonishing 50.98.

Phelps also led off the USA's 800 free relay in an American record 1:46.60, a time he bettered a week later at nationals. Then, in his 13th swim of the weeklong meet, he smashed his own WR in the 400 IM with a 4:09.09.

At year's end, Phelps was *Swimming World's* unanimous choice for male World Swimmer of the Year.

Record Swims

At Worlds, five other men won two individual events, with four of them contributing to a gold medal relay as well. Of these, Japan's Pocket Rocket, **Kosuke Kitajima**, was the most prolific. He came storming from behind to

set world records in both the 100 (59.78) and 200 breast (2:09.42).

The Czar, Russia's **Alex Popov**, became one of only a handful of swimmers ever to win the same event three times at a World Championship. Popov, 31, whose last major triumphs came at the 1996 Atlanta Olympics, took the 50 free (Championship record 21.92), upset Holland's **Pieter van den Hoogenband** to win the 100 (48.42) and anchored Russia to an upset win over the USA in the 400 free relay (CR 3:14.06).

Australian national icon **Ian Thorpe** managed to defeat his toughest rivals in his signature events. The Thorpedo launched himself to victory in the 200 free in 1:45.14, manhandling Olympic champion **van den Hoogenband**; and he put away teammate **Grant Hackett** with deceptive ease with his 3:42.58 in the 400.

For his part, Hackett became the first man to win the 1500 meters three straight times, clocking 14:43.14, the fifth fastest time in history (he owns the four that were faster). The classy Queenslander also breezed to victory in the 800 (7:43.82) and led off Australia's winning 800 relay.

Dorsal kingpin **Aaron Peirsol** swept the 100 and 200 meter back, clocking a CR 53.61 in the 100—only 1-hundredth of a second outside **Lenny Krayzelburg's** world record—and 1:55.92 in the 200, a time only he has bettered.

Two other world records were set in the men's sprints by German **Thomas Rupprath** in the 50 back (24.80) and Aussie **Matt Welsh** in the 50 fly (23.43).

The USA 400 medley relay team of **Peirsol, Brendan Hansen, Crocker** and **Jason Lezak** clocked 3:31.54, slashing the world record by two seconds.

Photo by Victor Fraile, Reuters



Jenny Thompson

Photo by Marcelo del Pozo, Reuters

Stockbauer Takes Three

Germany's **Hannah Stockbauer** was the only other swimmer besides Phelps to win three individual gold medals in Barcelona. The 21-year-old took the 400, 800 and 1500 free, and at year's end was selected *Swimming World's* female World Swimmer of the Year.

Three women were double gold medalists: Holland's **Inge De Bruijn** (50 free, 50 fly), China's **Luo Xuejuan** (50 and 100 breast) and Ukraine's **Yana Klochkova** (both IMs). Australia's **Leisel Jones** set a WR (1:06.37) in the semis of the 100 breast, only to falter in the finals and finish third.

The USA's **Amanda Beard** uncorked a brilliant 200 breast, touching in 2:22.99 to equal the world record. **Jenny Thompson**, a second-year medical school student, swam to yet another world title, this time in the 100 fly (CR 57.96). The 30-year-old superstar also finished second in the 50 fly, anchored the USA's winning 400 free relay and contributed the fly leg to the second-place medley relay squad. J.T. now has collected 15 World Championship medals—more than any other swimmer in history.

Short Course

Only six short course meters world records were set in 2003 through early December. In the spring, the USA's **Lindsay Benko** became the first woman to break the four-minute barrier in the 400 free when she clocked 3:59.53 at a World Cup meet in Berlin. Sweden's **Emma Igelstrom** took the 100 breast mark down to 1:05.11. In

late November, "Lethal Leisel" Jones reduced the 100 mark to 1:05.09 and obliterated the 200 standard with a superb 2:17.75.

For the men, Germany's **Thomas Rupprath** lowered the 100 IM standard to 52.58, while Canada's **Brian Johns** clocked 4:02.72 for the 400 medley.

In Other Action...

The **United States** dominated the Pan American Games, while **Ukraine** was the major power at the World University Games.

At the collegiate level, **Auburn** became the first NCAA Division I school to win both the men's and women's team crowns in the same

year under the same head coach, **David Marsh**.

Truman women and **Drury** men won the NCAA Div. II title, while **Kenyon** swept both trophies in Div. III. The Lords of Kenyon lorded it over their divisional rivals for the 24th straight year, an NCAA record in any sport.

In high school swimming, the **Pioneer** (Mich.) **High School** girls and **Lake Forest** (Ill.) boys were crowned by *Swimming World* as national champions. Pioneer's **Kara Lynn Joyce** and Lake Forest's **Matt Grevers** were named High School Swimmers of the Year.

Joyce set national high school marks in the 50 yard free (22.04) and 100 free (48.59) and anchored her team's record 200 free relay (1:32.77). **Rhi Jeffrey**, Atlantic Delray High School, Fla., broke Sippy Woodhead's 20-year-old mark in the 200 free with her 1:45.49. **Garrett Weber-Gale** (Nicolet H.S., Wis.) set a public school mark with his 43.49 for the 100 free.

Three independent school marks bit the dust in '03: **Christina Swindle** of Gulliver Prep in Florida clocked 22.30 and 48.90 for the two freestyle sprints, while **Caroline Bruce** of Trinity Academy, Kan., swam 1:01.70 in the 100 breast.

Auburn Women, NCAA Champs



Photo by Peter H. Bick



Check out SwimInfo Interactive at www.swiminfo.com for a more detailed review of swimming in 2003, including a major step backward on the drugs front.

A Summer of Dreams

The Long Beach Swim Center—the temporary above-ground facility that will host this summer's U.S. Olympic Trials—is being designed for blistering performances.

By Tito Morales

There will be plenty of magic in the air this summer in Long Beach, Calif., as the very best competitive swimmers in the country will vie for the right to represent the United States at the 2004 Olympic Games in Athens, Greece.

Long Beach has already hosted the Olympic Swimming Trials in 1968 and 1976 at its Belmont Shores complex. The swimming world, however, has seen some stunning evolution since then—particularly in pool technology.

In fact, it's arguable that the most magical aspect of the upcoming July 7-14 Trials may not even occur between the lanes at all, because the entire competition will be staged in an above-ground facility temporarily erected 100 yards from the Pacific Ocean.

The Long Beach Swim Center, as it will be dubbed during its brief existence, will include two 50-meter pools and enough seating to accommodate 10,000 spectators. The Center will be constructed in roughly three weeks, be operational for less than two months, and then be completely dismantled.

Some flower blooms have longer life spans.

A Winning Proposal

Before deciding who would host the 2004 Trials, USA Swimming evaluated impressive site proposals from several cities. San Antonio offered its famous Alamo Dome for consideration. And Indianapolis, whose dynamic IUPUI Natatorium has seen several of the most recent editions of the Trials, again expressed an interest in hosting the event.

Throughout the selection process, one thing was clear: Trials organizers were looking for a way to help elevate

the prestige of a sport which is underappreciated three out of every four years.

The Long Beach bid—spearheaded by former world record holder and U.S. national swimming champion Kurt Krumpholz, and Rich Foster, president of USA Water Polo and the Long Beach Sports Council—was radical, edgy and unprecedented.

The Long Beach group had previously submitted bids to FINA to bring either the 2003 or 2005 World Championships to the area. But after being passed over for both events, they turned their attention to acquiring the Trials.

"A lot of the work was already done," Krumpholz explains, describing how the original concept called for erecting a pool inside the Long Beach Arena. "We just took our plans and tweaked them a little bit."

When USA Swimming suggested that a test competition should be conducted at the chosen site in the weeks leading up to the Trials, San Antonio pulled out, citing scheduling conflicts. And when it was also decided that an open air venue would, perhaps, better simulate the outdoor conditions our athletes would face in Athens, Indianapolis fell out of the running as well.

Krumpholz and his team, though, immediately volunteered to build an outdoor facility from scratch.

They extolled the virtues of returning the competition to Long Beach, a tourist-friendly mecca that not only boasts an assortment of conveniently-located hotels and restaurants, but is also more than experienced at pulling off world-class conventions and sporting events. The annual Toyota Grand Prix, for instance—during which

supercharged racing cars screech through the streets in front of some 150,000 adoring fans—has become a veritable institution.

What was, perhaps, the most alluring feature about the Long Beach proposal was that the facility could be built to hold more than double the number of spectators who normally attend the Trials.

Constructing the pool and staging the event, though, would not be cheap—the overall budget would come in at approximately \$3.5 million.

Yes, the disassembled pools could be sold off at the end of the day for permanent installation elsewhere. And, yes, build-to-order pools have been adopted with varying degrees of success at previous competitions such as the World Championships in Fukuoka and Barcelona. But building an expensive temporary swim facility was still a risky proposition.

However, USA Swimming, determined to take the sport to the next level, was prepared to take the plunge—and in 2001 it gave Long Beach the green light.

Something From Nothing

Myrtha Pools, whose parent company in Italy is manufacturing the two pools' basic structural components, will work in conjunction with the Aquatic Design Group of Carlsbad, Calif., to help bring the project to life.

ADG has had a hand in designing and assembling a wide variety of water-based projects, including the canals surrounding the Venetian Casino and Resort in Las Vegas. But even Randy Mendioroz, one of the company's principals, admits that the logistics of the Long Beach Swim Center—and, specifically, the time constraints involved—are unlike any



Artist's renderings courtesy of Brenner Zwikel & Associates

It might just be impossible to draw up a more visually dramatic backdrop for the U.S. Olympic Swimming Trials than the famous Pacific Ocean and an array of colorful sailboats.

he has ever tackled.

"This is just a unique deal," says Mendioroz. "It's a lot of work and coordination. There'll probably be four crews per pool all going at the same time."

Among those working long hours to make this complex a reality come the May 4th kickoff date will be concrete foundation crews, an Italian group from Myrtha, water piping experts, electrical crews and a construction team whose job it will be to assemble all the seating.

"It's like a big Erector Set," describes Mendioroz, whose task list will also entail removing—and later restoring—a pair of formidable concrete-based parking lot lights.

The entire facility will measure the size of a football field. The pool's deck level will be elevated eight feet above ground, and the finished bleachers will rise another 70 to 80 feet.

"This is a huge footprint," says Krumpholtz. "But from a spectator's standpoint, I think this is absolutely going to help change the face of how these things will go."

Needless to say, attention to the smallest of details will be critical to the success of the massive undertaking.

"While we're erecting the pools, we

use a laser to confirm that we have the perfect dimensions," says Mendioroz. "This system is about as precise as you can get."

Cutting-Edge Technology

There are precious few spots available for the U.S. Olympic team. The 1996 squad consisted of 44 swimmers; in 2000, the number was 45.

To date, roughly 650 athletes have reached the difficult qualifying standards and earned the right to travel to Long Beach to compete for those cherished spots.

The competition pool, where the battles are to be waged, will be highlighted by an array of state-of-the-art features—PVC-coated stainless steel walls, heat-welded bottom lines and targets, a universal depth of two meters (6 feet, 7 inches) and deck-level gutters with at least a dozen pick-up points.

"That's the key issue," says Mendioroz of the pick-up points, which are where the water flowing into the gutter is swallowed back into the system to prevent wave action. "Whereas most 50-meter pools might have six pick-up points, we're going to have at least 12. Everything that's being generated by those swimmers is going to

be absorbed."

In other words, the venue is being designed for blistering performances.

Mendioroz quickly dismisses the suggestion that an outdoor venue adjacent to the ocean might possibly interject performance-diminishing breezes into the equation.

"There'll be a wind shadow imposed by all the spectators," he insists. "It'll be just like being inside an arena."

Other novel features of the complex will include a huge athlete services compound, conveniently-located ready rooms and an 11-lane warm-up pool located a mere 50 feet away from the main pool. Additionally, three of the warm-up pool's lanes will only extend 25 meters to afford the swimmers the option of doing strictly short course work.

It's expected that 1,200 volunteers will be recruited to help ensure that everything runs seamlessly and according to plan.

"We want to make this the most athlete-friendly meet these swimmers have ever experienced," says Krumpholtz. "We're going the extra mile to make sure that everything is done for the athletes so that they can perform their best."

An Aquatics Grand Prix

The Trials will actually represent the climax of a dynamic summer being billed as the "2004 Aquatics Grand Prix in Long Beach."

The Janet Evans Invitational, which this year is to be relocated to the new facility from its regular site at the University of Southern California, will kick off the festivities from June 10-13. Not only will this meet give the Trials swimmers an

opportunity to size-up the new pool, but it will also offer organizers the chance to practice their own paces.

"We'll do a lot of tests," says Kaia Hedlund, executive director of the Grand Prix. "We want to get the timing down on everything for TV and the upcoming Trials."

However, the Long Beach Swim Center will play host to much more than just competitive swimming.

The Grand Prix line-up also includes the 2004 FINA Women's World League Super Final, from June 23-27, in which the top eight national water polo teams in the world will mix it up in a pre-Olympics tournament. The FINA Men's World League Super Final, comprised of the top six national teams on the men's side, will be held from July 23-27.

Throw in a top-flight synchronized swimming event and the national age group men's water polo championships—which are both in the process of being squeezed onto the slate—and it all adds up to a four-week summer of dreams for aquatic sport enthusiasts.

"If you're building the pool," chuckles an understandably harried Hedlund, "you want to do as much as you can."

Long Beach, of course, couldn't be happier with all the buzz surrounding the Grand Prix and Trials.

"People here are ecstatic," says Hedlund. "The Convention and Visitors Bureau has taken this on as a major effort because they know



The Long Beach Swim Center, as it will be dubbed during its brief existence, will include two 50-meter pools and enough seating to accommodate 10,000 spectators.

there's going to be a tremendous economic impact and a lot of visibility for the city."

"Mayor (Beverly) O'Neil has been behind our swimming efforts 110 percent," says Krumpholz. "She was thrilled when we got this, and she's playing a major part in helping us support all this."

The Ambiance

The decision to create an outdoor venue from the ground-up literally popped the lid off seating restrictions and configurations.

In fact, for the first time in history, the sport of competitive swimming will be merged with the concept of high-priced luxury suites.

Forty-four club boxes, with enough room to seat a dozen fans each, will rim the periphery of the pool at almost deck level. Twelve additional larger luxury suites, located above and behind the starting blocks, will each accommodate up to 30 spectators. Guests in each will be served lavishly catered meals and a selection of fine wines.

"The luxury and club boxes will be very nice," says Hedlund.

The remainder of the seating has been divided into three sections—gold, silver and bronze—with buyers who purchase multiple-day entries given proximity preference.

"Barcelona's pool deck was a lot wider than ours," points out Krumpholz. "Our first seats will be much closer to the action."

And lest anyone begin to wonder whether competitive swimming can justify such white glove treatment, virtually all the boxes and suites were spoken for by early November, and the most prized seats in the bleacher sections are long gone as well.

"We've sold almost all the gold seats with really no advertising at all," says Hedlund.

NBC, which will be televising the Trials, has already reviewed the plans for the

facility. They, too, have lavished praise upon the project—and for good reason, as it might just be impossible to draw up a more visually dramatic backdrop than the famous Pacific Ocean and an array of colorful sailboats. Even the Queen Mary Ocean Liner is located nearby.

A Point of No Return?

Just as it takes an inspired and dedicated team of individuals to help create a U.S. Olympic swimmer, it takes a similarly talented group of people to create the modern championship swim meet venue.

As our top swimmers slip into the pool in Long Beach this summer in pursuit of their Olympic dreams, they can express gratitude to an indomitable force of visionaries, architects, engineers, contractors, plumbers and equipment suppliers for helping give them the opportunity to compete at their very best.

It remains to be seen whether the magical wizardry behind the 2004 Trials will forever change the manner in which this, the most prestigious swimming competition in the country, will be staged.

If all goes well, though, the biggest venue in Trials history will produce some explosive performances, and USA Swimming's fervent determination to propel the sport to the next level will result in a resounding success.

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

Fast and Furious

The fall high school swimming season, covering meets in October and November, produced one national independent school record and lots of fast swimming.

By Judy Jacob

Girls' Events

In the very first event of the Florida 1A High School Championships, held Nov. 1 in Sebastian, the quartet of Anja Carman, Katie McGraw, Katie Hanson and Yi-Ting Siow lowered the national independent record in the 200 yard medley relay with their 1:45.16. They bettered the 1:45.33 mark that had jointly been held by Bolles (1992) and Germantown (2000). Carman (26.11 back) and McGraw (29.04 breast) are seniors; Hanson (25.77 fly) and Siow (24.41 free) are juniors. Their running splits: 26.11, 55.15, 1:20.92, 1:45.33.

Two weeks later, Arrowhead High School of Heartland, Wis., went even faster. Sophomores Andrea Boritzke and Maggie Zblewski, along with junior Stephanie Landisch and freshman Stephanie Fisher clocked 1:44.20 at the Wisconsin Division I Championships. That time currently leads the nation, but it is not a record. Arrowhead is a *public* school, and the national public school—as well as national high school—record is 1:43.71, set in 2002 by Irvine high School, Calif.

Individually, swimmers from Bolles lead the nation in three events: Carman in the 500 free (4:44.63) and 100 back (54.94) plus Siow in the 200 IM (1:59.91). Teammate Stephanie Carr ranks second in the 200 free (1:49.04) and 500 free (4:44.85).

Four early season nation-leading times were swum at the Illinois Girls High School Championships, Nov. 21-22, in Winnetka. Loyola Academy senior Rachel Ridgeway turned in a nation-leading time in the 200 free (1:49.04), while Centennial junior



Anja Carman, Bolles School

Photo courtesy of Darjan Peric

Payton Johnson's prelim performance of 54.87 is No. 1 in the 100 fly.

Top times were also swum in both freestyle relays, with Lake Forest doing the honors. Junior Lindsey Kelly, seniors Lisa Hamming and Amy Ottensmeyer, and sophomore Agatha Kwasnik combined for a 1:34.86 preliminary clocking in the 200 free relay. Sophomore Carly Beck replaced Kelly on the 400 free relay (3:28.63).

The remaining No. 1 girls' times came from meets in Washington. Bainbridge High School senior Emily Silver is tops in the 50 free (22.99) and 100 free (50.16). Oak Harbor junior Missy McIntyre leads the 100 breast (1:02.39).

Boys' Events

Top men's times came from meets in Florida and Arizona.

Gulf Breeze High School senior Kyle Cormier narrowly defeated Bolles School junior Tuck Kar Wong in the 200 free at the Florida Division 1 Championships as the duo grabbed the top two nation-leading spots (1:40.47 and 1:40.59).

Wong's classmate, Yi-Khy Saw, has a narrow lead in the 500 free (4:29.70) over Division 3 state champ, Bradley Ally, a junior at St. Thomas Aquinas (4:29.96p). Ally is currently first in the 200 IM (1:49.71).

Also competing at the Division 3 Championships, Lyman sophomore Alex Forbes nabbed the first-place time in the 100 fly (49.87).

During the Arizona 5A High School Championships, which took place Nov. 8-9 at Arizona State University in Tempe, Scott Goodrich nabbed two No. 1 times (50 free, 20.48; 100 back, 49.37), while Dobson senior Ryan Kiley grabbed the top position in the 100 breast (57.40).

Brophy Prep swimmers lead the nation in all three relays. Juniors Alex Righi (who is first in the 100 free with his 45.96) and Ryan Key, as well as seniors Jon Ehret and Braiden Hall, captured the top spot in the 200 medley (1:34.35). Seniors A.J. Gucky and Kyle Shores took over for Righi and Ehret in the 200 free (1:26.25), and the squad of Ehret, junior David Pursley, Righi and Shores combined for a 3:05.57 in the 400 free.

The majority of state high school meets take place in February, with a few—including perennial powerhouse California—occurring in May.

Tech Tip: Breaststroke

Text and Photos by Kevin Milak



The breaststroke is the most technical of all the strokes, requiring perfect timing to create speed. Here, in the first of a three-part Tech Tip series, Kevin Clements demonstrates the breaststroke arm technique. Kevin ranks third in the world in the 200 meter individual medley (1:59.56) and is a world-class breaststroker. In next month's Tech Tip, Kevin will demonstrate the breaststroke kicking technique. The Tech Tip in March will focus on the timing of the arms and legs to generate maximum speed.



Beginning in the stretch phase (Photo #1), the arms are fully extended with legs straight and toes pointed. The eyes are looking straight down at the bottom of the pool, the hips close to the surface.

The pull (Photo #2) begins with the hands sweeping outward. During the outswEEP, the palms are pitched outward, with the thumbs down. There should be a straight line starting from the elbow, down the forearms, and to the middle finger beginning with the outswEEP and maintained through the insweep. The arms accelerate steadily as they move outward, backward, down, then in.



The insweep (Photo #3) is the power phase of the pull. The fingers point down toward the bottom of the pool. The elbows stay high in the water, with the hands and forearms rotating around them. Once the hands pass under the elbows, the pitch of the hands is rotated inward (fingertips facing each other).

There are two parts of the insweep from which you gain propulsion: the downward phase (Photo #4) and the inward phase (Photo #5). The water is pushed backward during these two phases due to the pitch of the hands and forearms driving the water backward.

As the arms recover, shrug the shoulders and drive them forward, pushing the elbows forward, keeping them close together out in front of the chin.

While your arms are recovering back into a streamline (Photo #6), try to keep your elbows as close together as possible. This will decrease the amount of resistance you will get from the recovery.

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



JAPAN'S POCKET ROCKET Focused on Athens

Japan's Kosuke Kitajima won two gold medals at last year's World Championships, capturing both the 100 and 200 meter breast in world record times. But his No. 1 priority now is Olympic gold in Athens.

Interview by Chiemi Nakayama

Translated by Hideki Mochizuki

Photo by Marcelo Del Pozo, Reuters



Kosuke Kitajima



Photo by Gustau Nacarino, Reuters

"The Olympics are a bit different in terms of the winning time. You go for the win rather than the time. But my priority is to improve myself further."

After winning two gold medals—both in world record time—at the Barcelona World Championships last summer, Japan's Kosuke Kitajima became the favorite to repeat this summer at the Olympic Games in Athens.

He also became an instant celebrity in his homeland, recognized wherever he goes. Should he win gold in Athens, he would become the first Japanese man to do so since Daichi Suzuki in 1988. Should he win two, he would become the first Japanese swimmer ever to perform the feat.

For his part, when asked about Olympic gold, the Pocket Rocket—the skinny Kitajima is only 5-9 1/2 and 156 pounds—says firmly: "All this is speculation. First I have to be selected as a member of the Olympic team."

His chances look good. Aside from winning three medals in Barcelona, Kitajima was selected by Swimming World as Pacific Rim Swimmer of the Year. He also finished second in the balloting for World Swimmer of the Year.

Recently, we sat down to talk with Kosuke. Here's what he had to say:

SW: Please take a few moments to reflect on your Barcelona experience—your taper, nutrition, sleeping and, of course, your races.

Kitajima: We trained at altitude in Spain for about 30 days before Worlds, and we didn't have any Japanese meals available. So I brought my own Japanese rice, boiled it and ate it myself. We have a lot of experience with altitude training, both in the U.S. and Europe, and I knew I had to keep my weight at 71 kg (156 pounds). You get stressed when you cannot eat what you want to eat, and I knew that without the extra Japanese food, I would lose weight rapidly and get weaker.

SW: And what happened?

Kitajima: I kept my weight at 71 kg, so I must have had enough to eat. Also, for the first time, we had a nutritionist, who cooked rice balls, and that helped a lot, too. By the way, I was sleeping very well.

SW: What about your mental state?

Kitajima: Mentally, I felt I had extra energy in my body compared to the

Sydney Games or World Championships in 2001. I could see how everything was coming together, and I could barely wait for my races.

SW: And your training?

Kitajima: As the World Championships got closer, my training kept improving. By the time we got to Girona, I thought, "Probably, I can go quite fast." I was very confident. I was relaxed in my heat of the 100 meter breast, and my time improved from the semifinal to the final.

SW: So, you finally broke that internal barrier? (Until the World Champs, Kitajima consistently swam faster in semis than the final.)

Kitajima: Yes. This was something that had plagued me since 2000. This time, I still had plenty of energy even after the final of the 100, so my confidence level rose even higher.

SW: After your world record in the 100, the crowd gave you a big ovation before and during the 200 breast.

Kitajima: It seemed so. In truth, I was so focused, I barely noticed. Actually, in the 200, I was a bit stiff in the semifinal, and I did not want to



swim that way again. I swam faster in the final, but still felt that stiffness.

SW: Were you aiming for a world record in the semifinal of the 200?

Kitajima: I think I can say that I was *not* shooting for it. Just let it be, you know. But I remember that I saved my energy for the final.

SW: You say you were a bit stiff but still swam a world record?

Kitajima: Yeah. There was a bit of a gap between my goal time and what I swam. I thought I would have to go under 2:09 because I thought everyone would be much faster in the final.

SW: Do you think it will be much faster in the Olympics?

Kitajima: The Olympics are a bit different in terms of the winning time. You go for the win rather than the time. But everyone understands that you have to be prepared to swim faster to win in Athens. So, my priority is to improve myself further.

"When things are going well, everyone around me is positive, and I feed on that mental energy. Right now, all I am focusing on is Athens."



SW: How do you cope when you don't meet your own expectations?

Kitajima: Regardless of whether it's in competition or training, when I am in bad condition, I feel a mental burden. Sometimes I think too much when the situation is like that. I brood. When things are going well, everyone around me is positive, and I feed on that mental energy. Right now, all I am focusing on is Athens.

SW: What do you need to do to win two gold medals in Athens?

Kitajima: I must be faster. To do that, I will have only two opportunities: the Japanese Trials and the Olympics. My focus will be solely on those two meets.

SW: What is your race strategy for Athens?

Kitajima: It is so easy to say, "I'll go out in 28.0 and come back in 31.0. That's a 59-flat." It's OK to set a goal like that, but it may not be good to decide now. I will place a tremendous importance in my feel for the water at the Games. It's what I did in Barcelona—I did not decide how to race in the final until I saw how I felt in prelims and semis.

SW: Have you thought about the tactics you may use against your rivals?

Kitajima: I believe the breaststroke brings out each competitor's personality—whether he decides to go out under 28 seconds or hangs back. In the last two or three years, I've learned to read my rivals pretty well—to know who is on target and who doesn't have the guts to come home hard.

SW: You appear on TV commercials now and have a huge influence on age group swimmers.

Kitajima: When I was a kid, I really did not know about swimmers who won gold medals at World Champs. I thought getting a gold medal in the Olympics is the best thing in the world. My goal has always been to win

THE KITAJIMA FILE

Name: Kosuke Kitajima

Date of Birth: Sept. 22, 1982

Age: 21

Hometown: Tokyo, Japan

Height: 5-9 1/2

Weight: 156 pounds

Year Started Swimming: At age 4

Education: Nihon Taiiku University (junior)

Club: Tokyo Swimming Center

Coach: Norimasa Hirai

2000 Olympics: 4th in 100 meter breast

2003 World Champs: 1st in 100 breast (59.78WR), 1st in 200 breast (2:09.42WR)



Photo by Tom Brownold

"When I get on the blocks in Athens, I will be in the best condition of my life: physically and mentally."

Olympic gold. If I do, the kids will remember me. The commercials are great, but gold in Athens is my No. 1 priority. When I get on the blocks in Athens, I will be in the best condition of my life: physically and mentally.

Chiemi Nakayama writes for The Swimming Magazine in Tokyo, Japan. Hideki Mochizuki is Swimming World's correspondent from Japan.

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National Age Group Short Course Rankings

10-and-under Girls

50 YARD FREESTYLE

25.47	G. Cornelius, MA, 1983
26.24	Cindy Tran, GWSC, CA
26.40	Margo Geer, SFY, OH
26.67	L. Matthews, BBD, MI
26.82	Cynthia Tsay, SST, SN
26.88	H. Wilson, SW, MS
26.88r	M. Gaffey, CSC, MR
26.95	G. Lynne, NKCS, OH
26.98	C. Chuang, RMSC, PV
27.04	N. Osman, DST, MA
27.06	Felicia Lee, MY, NJ
27.07r	K. Frehling, SPA, FL
27.09	S. Hughey, BSC, CC
27.09	Chloe Conjares, RJ, NJ
27.20	B. Merckling, COPS, NT
27.21	L. Harris, NBAC, MD
27.24	Dana Shaker, TCY, LE

100 YARD FREESTYLE

55.23	Chelsea Nauta, FL, 1999
57.49	H. Wilson, SW, MS
57.98	Margo Geer, SFY, OH
58.03	Cynthia Tsay, SST, SN
58.05	S. Giberson, BASC, MR
58.16	Cindy Tran, GWSC, CA
58.17	E. Weaner, WSY, MA
58.28	C. McElhany, BAA, GU
58.39	G. Lynne, NKCS, OH
58.69	K. Frehling, SPA, FL
58.85	E. Beisel, MAG, NE
58.90	Jenny Yazbec, UN, FG
58.99	C. Chuang, RMSC, PV
59.09	L. Matthews, BBD, MI
59.10	L. Harrington, MTSC, SE
59.21	Kim Pavlin, SAW, ST
59.25	N. Osman, DST, MA

200 YARD FREESTYLE

1:59.22	L. Gathings, SE, 1989
2:01.25	E. Beisel, MAG, NE
2:04.21	E. Weaner, WSY, MA
2:06.24	J. Bassford, ACAC, MA
2:07.05	Felicia Lee, MY, NJ
2:07.50	Jenny Yazbec, UN, FG
2:07.57	K. Tannhauser, SBA, PN
2:07.62	H. Wilson, SW, MS
2:07.77	C. McElhany, BAA, GU
2:07.99	Erin Foster, TWST, GU
2:08.28	S. Ferrell, MY, NJ
2:08.92	S. Giberson, BASC, MR
2:09.02	A. Staub, NBAC, MD
2:09.12	G. Lynne, NKCS, OH
2:09.39	H. Schneider, JHAC, WI
2:09.41	M. Garcia, WCA, PC
2:09.78	Vi Nguyen, TCC, CA

500 YARD FREESTYLE

5:23.24	C. Franklin, FL, 2001
5:20.03	E. Beisel, MAG, NE
5:27.55	Jenny Yazbec, UN, FG
5:30.26	H. Wilson, SW, MS
5:33.84	J. Bassford, ACAC, MA
5:35.31	Erin Foster, TWST, GU
5:38.89	E. Crowder, CATS, GU
5:40.89	Chloe Sutton, CCA, SN
5:42.13	S. Ferrell, MY, NJ
5:42.38	Dru Selden, HBT, SE
5:43.10	Felicia Lee, MY, NJ
5:44.27	C. Randolph, PST, FG
5:44.60	Alli Johnson, CM, OH
5:44.71	Tristin Baxter, CSC, CC
5:44.71	T. Sostarecz, AAC, MA
5:44.82	C. McElhany, BAA, GU
5:44.92	H. Schneider, JHAC, WI

50 YARD BACKSTROKE

28.72	Beth Botsford, MD, 1981
27.81*	C. Tran, GWSC, CA
30.83	Felicia Lee, MY, NJ
30.27	Cynthia Tsay, SST, SN
30.36	S. Giberson, BASC, MR
30.43	E. Beisel, MAG, NE
30.74	J. Kucherich, NBAC, MD
30.74	Ellen Lobb, BAA, GU
30.81	Margo Geer, SFY, OH
30.86	C. McElhany, BAA, GU
30.95	J. Birkmire, TVSC, MR
30.97	Kirstie Chen, CAC, CA
31.00	C. Chuang, RMSC, PV
31.19r	L. Harris, NBAC, MD
31.29	Kim Pavlin, SAW, ST
31.35	I. Regalado, CSC, SD
31.35	Emily Bos, WMS, MI

100 YARD BACKSTROKE

1:01.71	Beth Botsford, MD, 1992
1:01.69	E. Beisel, MAG, NE
1:01.92	Cindy Tran, GWSC, CA
1:03.40	Felicia Lee, MY, NJ
1:03.51	S. Giberson, BASC, MR
1:04.27	J. Kucherich, NBAC, MD

1:04.76	Cynthia Tsay, SST, SN
1:05.93	C. McElhany, BAA, GU
1:06.19	Kirstie Chen, CAC, CA
1:06.40	L. Harris, NBAC, MD
1:06.40	Claire Singley, NTN, NT
1:06.58	Kim Pavlin, SAW, ST
1:07.01	A. Nelson, CVST, FL
1:07.26	M. Garcia, WCA, PC
1:07.32	J. Birkmire, TVSC, MR
1:07.35	M. McCotter, JW, MA
1:07.42	Margo Geer, SFY, OH

50 YARD BREASTSTROKE

32.66	Jilen Siroky, FL, 1992
33.58	Vi Nguyen, TCC, CA
33.98	H. Schneider, JHAC, WI
34.11	N. Osman, DST, MA
34.33	Kendra Colby, CCS, LE
34.34	L. Stauder, CSC, IN
34.41	Kirstie Chen, CAC, CA
34.43	Kaylin Burchell, CA, KY
34.44	Katelyn Bates, BAC, WI
34.45	B. Pinkney, WY, MD
34.47	D. Anderson, CAJ, SN
34.49	D. Petrakis, UNAT, PC
34.57	Margo Geer, SFY, OH
34.75	A. Gorki, BGCN, MR
34.76	M. McGowan, CST, SN
34.80	M. Goodwin, BSC, CC
34.92	Tera Bradham, CCS, ST

100 YARD BREASTSTROKE

1:10.37	Laura Davis, PC, 1995
1:13.31	Kirstie Chen, CAC, IN
1:13.42	L. Stauder, CSC, IN
1:13.52	Vi Nguyen, TCC, CA
1:13.72	D. Anderson, CAJ, SN
1:14.41	H. Schneider, JHAC, WI
1:14.69	D. Petrakis, UNAT, PC
1:15.24	N. Osman, DST, MA
1:15.33	Kendra Colby, CCS, LE
1:15.40	Kaylin Burchell, CA, KY
1:15.46	Haley Gordon, SFS, SD
1:15.56	J. Kucherich, NBAC, MD
1:15.64	Alleigh Baur, FCST, GU
1:15.65	M. Briggs, SWAT, WI
1:15.65	Margo Geer, SFY, OH
1:15.71	D. Kouch, LMSD, MA
1:15.90	A. Gorki, BGCN, MR

50 YARD BUTTERFLY

27.91	Katie Kochman, GA, 1992
27.78*	C. McElhany, BAA, GU
28.33	Cindy Tran, GWSC, CA
29.21	Kirstie Chen, CAC, CA
29.40	E. Weaner, WSY, MA
29.44	Ellen Lobb, BAA, GU
29.46	L. Matthews, BBD, MI
29.49	N. Osman, DST, MA
29.57	K. Higdon, PACK, SE
29.59	H. Wilson, SW, MS
29.59	Felicia Lee, MY, NJ
29.66	Cynthia Tsay, SST, SN
29.69	M. Gaffey, CSC, MR
29.74	L. Harris, NBAC, MD
29.80	M. Jensen, MTAC, SE
29.83	E. Beisel, MAG, NE
29.85	M. Garcia, WCA, PC

100 YARD BUTTERFLY

1:01.61	Amanda Sims, PC, 2000
1:02.05	C. McElhany, BAA, GU
1:03.65	N. Osman, DST, MA
1:04.06	E. Beisel, MAG, NE
1:04.82	H. Wilson, SW, MS
1:05.12	L. Harrington, MTSC, SE
1:05.35	E. Weaner, WSY, MA
1:06.18	M. Jensen, MTAC, SE
1:06.24	Felicia Lee, MY, NJ
1:06.63	K. Ansley, SST, GA
1:06.64	Kirstie Chen, CAC, CA
1:06.89	M. Garcia, WCA, PC
1:06.99	M. Johnson, SAC, AZ
1:07.21	E. Crowder, CATS, GU
1:07.28	Sunny Haydon, AUB, SE
1:07.29	R. Raybon, SYS, FL
1:07.34	K. Higdon, PACK, SE

100 YARD IM

1:02.89	Lesley Meade, OH, 1994
1:04.54	E. Beisel, MAG, NE
1:04.56	Cindy Tran, GWSC, CA
1:04.63	Kirstie Chen, CAC, CA
1:04.69	N. Osman, DST, MA
1:06.76	A. Staub, NBAC, MD
1:07.07	Margo Geer, SFY, OH
1:07.17	C. McElhany, BAA, GU
1:07.23	Felicia Lee, MY, NJ
1:07.30	L. Harris, NBAC, MD
1:07.61	Cynthia Tsay, SST, SN
1:07.92	Haley Gordon, SFS, SD
1:08.04	N. Parmenter, NCA, SI
1:08.05	J. Kucherich, NBAC, MD
1:08.10	Karen Wang, UN, PC
1:08.10	Alleigh Baur, FCST, GU

1:08.14	Kim Pavlin, SAW, ST
2:00 YARD IM	
2:16.76	Lesley Meade, OH, 1994
2:15.51*	E. Beisel, MAG, NE
2:20.81	N. Osman, DST, MA
2:21.22	C. McElhany, BAA, GU
2:22.49	Felicia Lee, MY, NJ
2:22.99	Kirstie Chen, CAC, CA
2:23.07	J. Kucherich, NBAC, MD
2:23.10	A. Staub, NBAC, MD
2:23.45	Jenny Yazbec, UN, FG
2:24.44	H. Wilson, SW, MS
2:24.58	L. Harris, NBAC, MD
2:24.58	C. Randolph, PST, FG
2:24.95	Kim Pavlin, SAW, ST
2:25.02	Alleigh Baur, FCST, GU
2:25.05	Haley Gordon, SFS, SD
2:25.20	M. Garcia, WCA, PC
2:25.30	Vi Nguyen, TCC, CA

11-12 Girls

50 YARD FREESTYLE

23.15	Amanda Weir, GA, 1999
23.70	K. Riefenstahl, TSC, MA
24.01	Julie Smith, RSA, NC
24.36	Teresa Long, RSA, NC
24.45	S. Bateman, YTO, FL
24.60	L. Jennings, KAC, PN
24.80	A. Danner, VSC, PV
24.85	B. Ravettine, CAT, NJ
24.90	Karlee Bispo, SOS, PC
24.90	J. Lennertz, SWAT, WI
24.93	A. Messegue, HWST, PN
24.95	A. Trattner, LOSC, OR
24.98	S. Goates, TNT, CC
24.98	M. Morrison, SA, GA
24.99	M. Cavanaugh, KNIK, AK
25.02	M. Romano, SPA, FL
25.03	K. DeGrazia, TS, MR

100 YARD FREESTYLE

50.89	G. Cornelius, MA, 1985
51.91	K. Riefenstahl, TSC, MA
52.72	Teresa Long, RSA, NC
53.03	C. Franklin, GCST, FL
53.60	S. Payne, WSC, MV
53.70	Caitlin Perks, QDD, VA
53.71	S. Smiddy, MACM, FG
53.87	M. Morrison, SA, GA
53.89	Julie Smith, RSA, NC
54.01	Lauren Pfohl, SA, GA
54.02	M. Romano, SPA, FL
54.15	K. Amundsen, TWST, GU
54.18r	K. Kruszewski, AZOT, CA
54.24	A. Danner, VSC, PV
54.30	Ali Siggaard, CHAT, UT
54.33	M. Beard, FAST, CA
54.35	Sarah Cox, SAC, AZ

200 YARD FREESTYLE

1:50.40	M. Richardson, SE, 1982
1:52.24	C. Franklin, GCST, FL
1:52.84	K. Riefenstahl, TSC, MA
1:53.96	Teresa Long, RSA, NC
1:54.31	C. Kalisz, NBAC, MD
1:54.88	J. Thomas, ACAC, MA
1:55.01	S. Payne, WSC, MV
1:55.18	Lauren Pfohl, SA, GA
1:55.66	J. Rodriguez, MACS, CO
1:55.93	S. Smiddy, MACM, FG
1:56.17	K. Cole, AASC, MI
1:56.34	Nikki White, LCA, FL
1:56.39	Caitlin Perks, QDD, VA
1:56.39	Sarah Cox, SAC, AZ
1:56.71	M. Romano, SPA, FL
1:56.99	K. Foley, BAC, NJ
1:57.12	W. Lopus, SDA, AZ

500 YARD FREESTYLE

4:49.51	C. Woodhead, CA, 1977
4:56.54	C. Franklin, GCST, FL
5:00.56	J. Thomas, ACAC, MA
5:02.01	J. Rodriguez, MACS, CO
5:04.12	C. Kalisz, NBAC, MD
5:06.57	A. Duckworth, SAC, AZ
5:06.82	Nikki White, LCA, FL
5:07.47	S. Smiddy, MACM, FG
5:07.49	M. Romano, SPA, FL
5:07.59	K. Groome, CMSA, SE
5:08.71	Amy Modlin, SF, FL
5:09.20	C. Hamilton, BYST, IL
5:09.66	Lauren Pfohl, SA, GA
5:09.82	K. DeGrazia, TS, MR
5:10.58	Margaret Fish, CM, OH
5:11.22	S. Thompson, GOLD, ST
5:11.28	Alison Templin, LLL, FG

1000 YARD FREESTYLE

10:16.62	Kristen Frost, CT, 2000
10:09.94*	C. Franklin, GCST, FL
10:13.76	J. Thomas, ACAC, MA
10:17.70	C. Kalisz, NBAC, MD

10:22.96	J. Rodriguez, MACS, CO
10:26.02	A. Duckworth, SAC, AZ
10:29.28	C. Hamilton, BYST, IL
10:36.46	Nikki White, LCA, FL
10:37.06	K. Groome, CM, SE
10:37.33	Amy Modlin, SF, FL
10:38.75	Alison Templin, LLL, FG
10:39.52	S. Howard, WHS, FL
10:41.27	M. McEnemey, DYNA, GA
10:41.83	Emily Heath, MSF, CT
10:41.96	K. Kruszewski, AZOT, CA
10:43.79	K. DeGrazia, TS, MR
10:44.09	E. Lewkowicz, CVST, FL

1650 YARD FREESTYLE

17:03.08	Kristen Frost, CT, 2000
16:59.12*	C. Franklin, GCST, FL
17:02.64	J. Thomas, ACAC, MA
17:05.14	C. Kalisz, NBAC, MD
17:18.75	C. Hamilton, BYST, IL
17:20.54	A. Duckworth, SAC, AZ
17:29.27	J. Rodriguez, MACS, CO
17:46.95	K. Groome, CMSA, SE
17:48.81	Margaret Fish, CM, OH
17:50.83	Alison Templin, LLL, FG
18:01.27	C. Dickmann, NKCS, OH
18:03.50	Jo Perry, MAC, NC
18:05.50	M. McEnemey, DYNA, GA
18:06.80	K. Dornstauder, BY, MA
18:07.05	Emily Heath, MSF, CT
18:09.11	S. Howard, WHS, FL
18:09.87	K. Cole, AASC, MI

50 YARD BACKSTROKE

26.31	D. MacManus, SI, 1999
26.87	K. Riefenstahl, TSC, MA
27.40	H. Perlkin, BAC, WI
27.99	Jenni Dole, SAS, IE
28.07	K. Shickora, UN, MA
28.10	M. Conner, GPAC, SE
28.12	S. Lawler, WSC, IL
28.12	B. Ravettine, CAT, NJ
28.15	S. Bateman, YTO, FL
28.17	T. Crippen, GAAC, MA
28.28	M. Morrison, SA, GA
28.33	Lauren Smart, TCS, NC
28.41	J. Hammes, CSC, IN
28.46	Lara Stouffer, AZOT, CA
28.50	S. Smiddy, MACM, FG
28.50	Amber Molina, NST, IL
28.52	S. Stephens, LAC, NT

100 YARD BACKSTROKE

56.23	Beth Botsford, MD, 1994
56.51	K. Riefenstahl, TSC, MA
56.51	C. Kalisz, NBAC, MD
56.59	Jenni Dole, SAS, IE
56.81	T. Crippen, GAAC, MA
56.90	A. Games, NOVA, CA
1:00.22	S. Stephens, LAC, NT
1:00.41	S. Jurusik, SW, MS
1:00.44	S. Glaeser, RYST, VA
1:00.49	A. Schauer, NOVA, VA
1:00.54	S. Smiddy, MACM, FG
1:00.55	Amber Molina, NST, IL
1:00.63	Sarah Cox, SAC, AZ
1:00.64	L. Stouffer, AZOT, CA
1:00.73	Margaret Fish, CM, OH
1:00.84	Cara Vogel, SSYS, NE
1:00.90r	Nicole Cliff, BSC, MR

200 YARD BACKSTROKE

2:00 YARD BACKSTROKE	
2:03.19	M. Stanton, GU, 2000
2:01.73*	C. Kalisz, NBAC, MD
2:07.16	Annika Games, UN, CA
2:08.61	V. Feltrin, SAC, NJ
2:08.79	Lauren Pfohl, SA, GA
2:09.05	Emily Ceran, JW, MA
2:09.16	S. Stephens, LAC, NT
2:09.18	Sarah Cox, SAC, AZ
2:09.46	S. Jurusik, SW, MS
2:09.62	Nicole Cliff, BSC, MR
2:09.75	T. Crippen, GAAC, MA
2:09.92	S. Smiddy, MACM, FG
2:10.00	K. Riefenstahl, TSC, MA
2:10.47	Cara Vogel, SSYS, NE
2:10.81	Kori Kraus, ACAC, MA
2:10.84	C. Franklin, GCST, FL



Kara Lynn Joyce set an NAG record last year in the 17-18 girls 50 free.

1:51.36 Jill Lockhart, YSC, IN
1:51.59 Kate Ziegler, FISH, PV
1:51.75 Vanda Gyuris, UN, CA
1:52.02 Krissy Forelli, GHP, PN
1:52.08 Katie Hoff, TA, VA
1:52.17r Y.L. Beller, CBSC, PV
1:52.28 R. Westby, DYNA, GA

500 YARD FREESTYLE

4:39.94 C. Woodhead, CA, 1978
4:47.78 Kate Ziegler, FISH, PV
4:48.44 A. Lehner, STAR, NI
4:50.57 J. Forster, WTRC, OH
4:52.43 Blake Hayter, NCA, SI
4:52.74 K. Dwelley, TERA, PC
4:53.65 M. Francis, UN, SI
4:54.22 M. Houlton, TFAZ, AZ
4:54.51 Kelsey Ditto, CCS, ST
4:54.91 C. Nauta, TBGA, FL
4:55.44 E. Hanson, BYST, IL
4:55.46 Margot Brooks, SS, LE
4:55.63 E. Christy, BYNS, MA
4:55.86 W. Spence, PS, SI
4:56.10 Emilie Gratton, ADF, AZ
4:56.94 E. Kemp, CBSC, PV
4:57.05 J. Puschak, ADF, AZ

1000 YARD FREESTYLE

9:33.39 M. Richardson, FG, 1984
9:48.84 A. Lehner, STAR, NI
9:51.88 Kate Ziegler, FISH, PV
9:58.09 M. Francis, UN, SI
9:58.54 J. Puschak, ADF, AZ
9:58.56 L. Smith, GTAC, MD
10:01.06 Kelsey Ditto, CCS, ST
10:05.63 M. Scroggy, LOSC, OR
10:07.41 E. Gratton, ADF, AZ
10:08.08 Blake Hayter, NCA, SI
10:08.26 Jamie Engan, BYST, IL
10:08.75 Sarah Peterson, NAC,
10:08.92 Kelly Gillis, BSS, FL
10:10.06 Julia Smit, TVSC, MR
10:10.71 Lexie Shue, AZOT, CA
10:10.90 S. Sargent, EXCEL, SE
10:11.09 E. Hanson, BYST, IL

1650 YARD FREESTYLE

15:54.86 Tiffany Cohen, CA, 1981
16:23.35 A. Lehner, STAR, NI
16:28.58 Kate Ziegler, FISH, PV
16:36.39 Kelsey Ditto, CCS, ST
16:43.19 M. Francis, NCA, SI
16:45.55 J. Puschak, ADF, AZ
16:45.57 E. Gratton, ADF, AZ
16:48.18 Jamie Engan, BYST, IL
16:53.06 E. Christy, BYNS, MA
16:54.51 Margot Brooks, SS, LE
16:55.17 E. Hanson, BYST, IL
16:55.75 M. Scroggy, LOSC, OR
16:57.62 C. McReynolds, BYST, IL
16:58.18 L. Smith, GTAC, MD
17:00.36 K. Lanphier, NBAC, MD

17:01.27 Jenn Kocsis, SO, MW
17:02.93 Kelly Gillis, BSS, FL

100 YARD BACKSTROKE

54.78 Beth Botsford, MD, 1996
54.92 T. Weaner, WSY, MA
55.61 Skye Elbert, SDA, AZ
56.20 E. Meissner, MAG, NE
56.21 Jenna Brick, RYST, VA
56.24r Presley Bard, TERA, PC
56.37r Melissa Marik, NST, IL
56.43 M. Houlton, TFAZ, AZ
56.58 L. King, THSC, OR
56.66 Y.L. Beller, CBSC, PV
56.68r A.M. Botek, NBAC, MD
56.73 M. Christensen, CBSC, PV
56.80 Annie Fittin, TAC, NJ
56.83r Lauren English, MY, NJ
56.96 Julia Smit, TVSC, MR
57.19 M. Ayres, PACK, SE
57.22 Amanda Sims, SRN, PC

200 YARD BACKSTROKE

1:57.36 Beth Botsford, MD, 1996
1:58.35 M. Houlton, TFAZ, AZ
1:58.84 T. Weaner, WSY, MA
1:59.11 E. Meissner, MAG, NE
2:00.54 Julia Smit, TVSC, MR
2:01.23 Caitlin Versen, GTS, CO
2:01.78 L. King, THSC, OR
2:01.86 Melissa Marik, NST, IL
2:01.87 Y.L. Beller, CBSC, PV
2:02.23 J. Forster, WTRC, OH
2:02.24 Michelle Liu, DACA, PC
2:02.35 S. Fisher, LCST, WI
2:02.49 K. Carpenter, CM, OH
2:02.59 Skye Elbert, UN, AZ
2:02.60 J. McLane, TERA, PC
2:02.71 Presley Bard, TERA, PC
2:02.79 A. Lehner, STAR, NI

100 YARD BREASTSTROKE

1:01.29 Megan Quinn, PN, 1998
1:02.35 Whitney Hall, LAC, NT
1:03.43 Katie Hoff, TA, VA
1:03.45 Ashley Evans, BAC, NJ
1:04.00 A. Clemens, AGUA, MR
1:04.01 J. Marks, EHTS, MA
1:04.03 Alia Atkinson, CPPC, FG
1:04.39 A. MacGregor, TS, KY
1:04.59 K. Kraemer, BBDS, MN
1:04.64 Julie Smith, RSA, NC
1:04.68 M. Evans, FCST, CO
1:04.68 D. Gonzales, GTS, CO
1:04.74 K. Peloquin, NBAC, MD
1:04.99 E. Jennings, KAC, PN
1:05.11 M. Zblewski, LCST, WI
1:05.14 R. Watson, FWST, NT
1:05.14 Jess Perry, BGSC, NE

200 YARD BREASTSTROKE

2:12.54 Anita Nail, MD, 1991
2:15.27 Whitney Hall, LAC, NT

2:16.34 Katie Hoff, TA, VA
2:16.35 J. Marks, EHTS, MA
2:16.46 Ariana Kukors, KAC, PN
2:17.49 A. Ellis, BFST, SI
2:17.87 K. Peloquin, NBAC, MD
2:17.97 Katie Kime, RBA, CA
2:18.49 A. Smith, RMSC, PV
2:19.10 D. Gonzales, GTS, CO
2:19.33 E. Smith, PSC, OZ
2:19.81 Ashley Evans, BAC, NJ
2:19.90 Katie Marsh, ACSC, FG
2:19.91 A. Clemens, AGUA, MR
2:20.18 K. Beales, CBSC, PV
2:20.20 K. Kraemer, BBDS, MN

100 YARD BUTTERFLY

53.53 Dana Vollmer, NT, 2002
54.03 Elaine Breden, WA, KY
54.09 Amanda Sims, SRN, PC
55.47 Y.L. Beller, CBSC, PV
55.82 Dana Christ, BBA, MI
56.17 T. Thomas, NOVA, CA
56.20 Kate Dwelley, TERA, PC
56.23 C. Greene, IHAC, CA
56.39 M. Kelly, AASC, MI
56.40 C. Greivich, NIKE, IN
56.42 S. Congdon, HAC, FL
56.52 Jill Lockhart, YSC, IN
56.54 A. Knapp, NBAC, MD
56.55 Ana Agay, CHAT, UT
56.58 M. Dietrich, GPAC, AM
56.66 Katie Hoff, TA, VA
56.70 S. Sargent, EXCEL, SE

200 YARD BUTTERFLY

1:56.58 M.T. Meagher, KY, 1979
1:59.66 Amanda Sims, SRN, PC
2:00.07 Y.L. Beller, CBSC, PV
2:00.22 Liz Shaw, NOVA, VA
2:01.41 J. Martinez, DACA, PC
2:01.62 A. Knapp, NBAC, MD
2:02.26 Nina Rossi, WS, NJ
2:02.56 K. Dwelley, TERA, PC
2:03.46 Katie Hoff, TA, VA
2:04.24 C. Greene, IHAC, CA
2:04.32 M. Houlton, TFAZ, AZ
2:04.69 P. DeScenza, ASC, IL
2:04.78 L. Giancarli, FAST, LE
2:04.87 E. Welschroff, MAC, NC
2:04.96 J. Forster, WTRC, OH
2:05.00 Anna Gleyzer, MM, GA

200 YARD IM

1:59.83 N. Coughlin, PC, 1997
2:00.79 J. Forster, WTRC, OH
2:02.57 M. Houlton, TFAZ, AZ
2:02.66 Ariana Kukors, KAC, PN
2:03.47 Julia Smit, TVSC, MR
2:03.60 Elaine Breden, WA, KY

2:03.80 Katie Hoff, TA, VA
2:04.69 Ashley Evans, BAC, NJ
2:04.97 E. Meissner, MAG, NE
2:05.05 Julie Smith, RSA, NC
2:05.18 A. Lehner, STAR, NI
2:05.52 Kate Dwelley, TERA, PC
2:05.72 Y.L. Beller, CBSC, PV
2:05.94 B. Thomas, PST, FG
2:06.18 C. Burgan, PACK, SE
2:06.19 K. Peloquin, NBAC, MD

400 YARD IM

4:14.08 N. Coughlin, PC, 1996
4:12.43* M. Houlton, TFAZ, AZ
4:16.94 J. Forster, WTRC, OH
4:19.83 Kate Dwelley, TERA, PC
4:20.11 Ariana Kukors, KAC, PN
4:20.67 Y.L. Beller, CBSC, PV
4:20.85 Katie Hoff, TA, VA
4:21.15 A. Lehner, STAR, NI
4:21.35 Julia Smit, TVSC, MR
4:23.36 Elaine Breden, WA, KY
4:23.87 Kelly Gillis, BSS, FL
4:24.03 Ava Ohlgren, BAC, MI
4:24.09 E. Meissner, MAG, NE
4:24.84 C. Burgan, PACK, SE
4:25.25 C. Beaudreau, FCST, CO
4:25.55 Katie Kime, RBA, CA
4:26.30 L. Smith, GTAC, MD

15-16 Girls

50 YARD FREESTYLE

22.39 C. Swindle, FG, 2002
22.39* Amanda Weir, SA, GA
22.67 D. Vollmer, FWST, NT
22.75 B. Bishop, SCRA, PC
23.03 Rhi Jeffrey, ACSC, FG
23.13 Jess Lewis, PAC, MA
23.21 Woodall-Gainey, VG, VA
23.21 C. Raleigh, UN, NJ
23.21 H. McGregory, UN, GU
23.27 Anna Turner, FCST, CO
23.27 H. Chang, BOSS, NE
23.31 K. Kugler, RMSC, PV
23.37 Lindsey Kelly, PAC, IL
23.39 E. Holtmeyer, SO, MW
23.41 Jackie Vavrek, WCS, IL
23.43 Emily Putali, MAC, MW
23.46 Alexa Merz, UN, CA

100 YARD FREESTYLE

48.45 Nicole Haislett, FL, 1991
48.52 Amanda Weir, SA, GA
48.73 Rhi Jeffrey, ACSC, FG
49.44 D. Vollmer, FWST, NT
49.80 B. Bishop, SCRA, PC
50.21r H. McGregory, UN, GU
50.21 Jess Lewis, PAC, MA
50.33 H. Chang, BOSS, NE
50.48 T. Baughman, CSC, IN
50.49 K. Kugler, RMSC, PV
50.49 C. Andrew, AAAA, ST
50.64 C. Blackman, DM, NT
50.69 Ava Ohlgren, BAC, MI
50.79r A. Liggett, THSC, OR
50.83 Skye Elbert, UN, AZ
50.85 R. Akradi, DAT, MN
50.90 Kara Denby, CSA, CA

200 YARD FREESTYLE

1:44.10 C. Woodhead, CA, 1979
1:45.49 Rhi Jeffrey, ACSC, FG
1:45.81 H. McGregory, UN, GU
1:47.63 Amanda Weir, SA, GA
1:48.00 Codie Hansen, DM, NT
1:48.27 D. Vollmer, FWST, NT
1:48.98 A. Miller, PACK, SE
1:49.28 E. Durot, DYNA, GA
1:49.33 Alyssa Kiel, LESD, LE
1:49.36 Kim Kelly, BSC, MR
1:49.36 L. Rogers, TERA, PC
1:49.37 K. Kugler, RMSC, PV
1:49.42 R. Ridgeway, LFSC, IL
1:49.44 C. Burckle, LST, KY
1:49.61 C. Haser, GTAC, MD
1:49.65 Andrea Axtell, CCS, ST
1:49.65 Whitney Spence, PS, SI

500 YARD FREESTYLE

4:36.25 Tracy Caulkins, SE, 1979
4:45.43 Alyssa Kiel, LESD, LE
4:45.49 S. Carr, BSS, FL
4:46.87 E. Durot, DYNA, GA
4:47.06 Rhi Jeffrey, ACSC, FG
4:47.09 Kim Kelly, BSC, MR
4:47.34 Macie Garrett, NAC, SE
4:47.51 W. Hentzen, IHAC, CA
4:47.51 E. Brooks, NBAC, MD
4:47.75 C. Haser, GTAC, MD
4:48.38 L. Swinley, CBSC, PV
4:48.71 C. Burckle, LST, KY
4:49.32 S. Zuerlein, TINTY, FL
4:49.52 S. Cota, SMST, SN
4:49.91 L. McLivain, NAC, SE
4:50.19 M. Sackett, NBAC, MD
4:50.26 K. Koronowicz, NS, MR

1000 YARD FREESTYLE

9:30.35 Jane Skillman, NJ, 1990

9:42.96 S. Carr, BSS, FL
9:44.71 Kim Kelly, BSC, MR
9:45.14 Alyssa Kiel, LESD, LE
9:46.65 L. Swinley, CBSC, PV
9:48.25 M. Brooks, LESD, LE
9:50.30 C. Burckle, LST, KY
9:51.03 W. Hentzen, IHAC, CA
9:51.68 Macie Garrett, NAC, SE
9:53.88 L. McLivain, NAC, SE
9:54.51 M. Sackett, NBAC, MD
9:55.33 C. Hutchinson, NBAC, MD
9:56.26 Anna Miller, PACK, SE
9:56.44 C. Haser, GTAC, MD
9:57.25 C. Gordon, FCST, GU
9:58.60 E. Durot, DYNA, GA
9:58.95 J. Schlutz, DCA, NM

1650 YARD FREESTYLE

15:46.54 Tiffany Cohen, CA, 1983
16:06.37 S. Carr, BSS, FL
16:14.21 Kim Kelly, BSC, MR
16:18.57 Alyssa Kiel, LESD, LE
16:19.08 L. Swinley, CBSC, PV
16:24.79 Macie Garrett, NAC, SE
16:25.88 M. Sackett, NBAC, MD
16:28.29 W. Hentzen, IHAC, CA
16:29.50 C. Haser, GTAC, MD
16:31.29 L. McLivain, NAC, SE
16:32.71 E. Brooks, NBAC, MD
16:32.80 J. Schlutz, DCA, NM
16:34.04 Rhi Jeffrey, ACSC, FG
16:38.91 C. Hutchinson, NBAC, MD
16:41.70 M. Brooks, LESD, LE
16:42.73 Lauren Shue, SF, FL
16:43.92 Erin Ketchum, MVN, CA

100 YARD BACKSTROKE

52.55 N. Coughlin, PC, 1998
53.83r H. McGregory, UN, GU
54.48 L. Rogers, TERA, PC
54.50 B. Bishop, SCRA, PC
55.34 D. MacManus, NOVA, CA
55.41 Andrea Axtell, CCS, ST
55.52 Katie Fritsch, BGSC, NE
55.56 C. Andrew, AAAA, ST
55.62 A. Boritzke, LCST, WI
55.69 M. McCawley, MTAC, SE
56.04 Amanda Weir, SA, GA
56.06 E. Forster, WTRC, OH
56.10 C. Bruce, WSC, MV
56.21 M. Stanton, BTA, GU
56.23 K. Lahey, RSAC, CO
56.26 Nicki Wex, UN, WI
56.37 Skye Elbert, UN, AZ

200 YARD BACKSTROKE

1:53.45 N. Coughlin, PC, 1999
1:55.74 H. McGregory, UN, GU
1:57.83 Julia Smit, TVSC, MR
1:58.06 E. Forster, WTRC, OH
1:58.17 D. MacManus, NOVA, CA
1:58.27 Andrea Axtell, CCS, ST
1:58.52 L. Rogers, TERA, PC
1:59.70 B. Bishop, SCRA, PC
2:00.29 Lara Pease, AZOT, CA
2:00.66 Skye Elbert, UN, AZ
2:00.73 K. Fritsch, BGSC, NE
2:00.86 J. McLane, TERA, PC
2:00.97 M. Stanton, BTA, GU
2:01.09 A. Boritzke, LCST, WI
2:01.22 C. Bruce, WSC, MV
2:01.51 Kelsy Smith, MOR, NC
2:01.52 K. Thompson, RST, OR

100 YARD BREASTSTROKE

59.80 Megan Quinn, PN, 2000
1:00.83 C. Bruce, WSC, MV
1:01.27 G. Patterson, THSC, OR
1:01.77 Katy Houston, RAC, PC
1:01.85 C. Grabarz, SFF, OH
1:02.47 Jessica Hardy, UN, CA
1:02.51 Alexi Spann, CCS, ST
1:02.62 F. Castaneda, MHST, OR
1:02.66 Erica Liu, DACA, PC
1:02.86 Jessie Bailis, MAC, MW
1:03.22 Julie Stupp, CSP, OZ
1:03.23 A. Steenrod, MAC, NC
1:03.26 Jillian Ochs, OA, PC
1:03.33 S. Heath, UN, PC
1:03.58 K. Orstein, MLAC, AM
1:03.59 A. Chandler, SAW, ST
1:03.60 Yi-Ting Siow, BSS, FL

200 YARD BREASTSTROKE

2:09.06 M. Blanchard, GA, 1989
2:11.14 C. Bruce, WSC, MV
2:12.71 G. Patterson, THSC, OR
2:13.35 Alexi Spann, CCS, ST
2:13.69 Katy Houston, RAC, PC
2:14.07 Yi-Ting Siow, BSS, FL
2:14.30 S. Heath, PSH, PC
2:14.88 H. Degolia, TERA, PC
2:15.42 Rebecca Soni, SAC, NJ
2:15.51 Erica Liu, DACA, PC
2:15.78 Alicia Jensen, TF, MN
2:16.09 Nic Teo, MVN, CA
2:16.26 A. Dunnigan, NBAC, MD
2:16.38 Julie Stupp, CSP, OZ
2:16.86 J. Williamson, CFSC, GU
2:17.05 Aemisseger, GAAC, MA
2:17.18 L. Beaudreau, OA, PC

100 YARD BUTTERFLY

52.91 N. Coughlin, PC, 1998
53.51 D. Vollmer, FWST, NT
54.49 Andrea Axtell, CCS, ST
54.61 B. Bishop, SCRA, PC
54.84 C. Andrew, AAAA, ST
55.04 Amanda Weir, SA, GA
55.13 M. McCawley, MTAC, SE
55.22 K. Guilkey, THAT, NC
55.29 L. Mozdzen, RSSC, AZ
55.30 Lindsey Marck, SS, MA
55.38 H. Degolia, TERA, PC
55.39 Kelly Nelson, SSC, MA
55.45 C. Raleigh, UN, NJ
55.52 A. Hovey, DACA, PC
55.61 P. Johnson, CCY, IL
55.63 K. Hastrup, CSC, CC
55.67 Jul Galloway, UN, GU
55.67 Karie Haglund, SA, GA

200 YARD BUTTERFLY

1:52.99 M.T. Meagher, KY, 1981
1:57.68 Andrea Axtell, CCS, ST
1:58.85 D. Leclair, NOVA, VA
2:00.32 B. Bouisevich, CSA, CA
2:00.62 C. Eads, TCC, CA
2:01.08 B. O'Connor, BSC, MR
2:01.09 Jul Galloway, UN, GU
2:01.34 Julie Stupp, CSP, OZ
2:01.43 D. Vollmer, FWST, NT
2:01.60 K. Hastrup, CSC, CC
2:01.62 Rachel Rys, SBSC, CA
2:01.89 E. Durot, DYNA, GA
2:02.12 Kelly Nelson, SSC, MA
2:02.20 Kailey Morris, MA, MA
2:02.27 C. Francic, NBAC, MD
2:02.31 C. Williams, DST, MA
2:02.35 K. Okazaki, KAC, PN

200 YARD IM

1:57.86 Tracy Caulkins, SE, 1979
2:00.58 C. Bruce, WSC, MV
2:02.06 Erica Liu, DACA, PC
2:02.43 Julia Smit, TVSC, MR
2:02.51 A. Boritzke, LCST, WI
2:02.70 C. Shortt, MHST, OR
2:02.75 Andrea Axtell, CCS, ST
2:02.77 Jul Galloway, UN, GU
2:02.90 Katy Houston, RAC, PC
2:02.91 A. Steenrod, MAC, NC
2:03.10 Yi-Ting Siow, BSS, FL
2:03.11 Amanda Weir, SA, GA
2:03.24 Kelly Nelson, SSC, MA
2:03.53 Emile Ewing, UN, KY
2:03.71 G. Patterson, THSC, OR
2:03.73 H. Degolia, TERA, PC
2:03.82 C. Andrew, AAAA, ST

400 YARD IM

4:08.09 Tracy Caulkins, SE, 1979
4:16.65 Julia Smit, TVSC, MR
4:18.03 Macie Garrett, NAC, SE
4:19.05 M. McCrackin, SA, GA
4:19.08 A. Steenrod, MAC, NC
4:19.31 Katy Houston, RAC, PC
4:19.33 C. Bruce, WSC, MV
4:19.57 Andrea Axtell, CCS, ST
4:20.13 J. Bragg, TIGR, PC
4:20.38 Jul Galloway, UN, GU
4:21.79 L. McLivain, NAC, SE
4:21.92 B. Bunch, BCHST, CA
4:21.99 H. Degolia, TERA, PC
4:22.02 E. Brooks, NBAC, MD
4:22.07 Abby Miller, IHAC, SE
4:22.34 Alyssa Kiel, LESD, LE
4:22.40 S. Heath, PSH, PC

17-18 Girls

50 YARD FREESTYLE

22.39 C. Swindle, FG, 2002
22.40* Kara Joyce, CW, MI
22.30 C. Swindle, MS, FG
23.13 C. Cashion, UN, CA
23.15 K. Robinson, SDST, IN
23.19 Marshi Smith, RAC, PC
23.28 L. Nymeyer, TFFD, AZ
23.32 Leila Vaziri, CSCC, FG
23.33 J. Robbins, UOT, ST
23.39 Nikki Laffel, NEB, NE
23.44 Leane Darling, PCS, FG
23.45 Katie Miller, SAC, NJ
23.48 S. Hogan, AASC, MI
23.50 K. Vandenberg, OA, PC
23.50 J. Faulkner, UOT, ST
23.53 Katie Carroll, GTAC, OH

100 YARD FREESTYLE

48.45 N. Haislett, FL, 1991
48.57 C. Swindle, MS, FG
48.59 Kara Joyce, CW, MI
49.52 Emily Kukors, KAC, PN
49.93r C. Cashion, NOVA, CA
50.46 Marshi Smith, RAC, PC
50.48 Megan Tames, AB, AZ
50.49 Cait Connealy, ADF, AZ
50.55 K. Morrissey, UDAC, ST
50.62 C. Lemmen, CSC, MA

50.63 L. Nymeyer, TFDA, AZ	9:49.24 E. Hill, DYNA, GA	1:57.81 Helen Silver, UNAT, PC	51.93 M. DeScenza, ASC, IL	2:02.90 Ida Mattsson, SDA, AZ	58.60 T. Gutman, SAC, FL
50.66 E. Hill, DYNA, GA	9:49.74 M. Johnson, ADF, AZ	1:58.81 Jeri Moss, AUST, SE	53.47 A. Biedermann, PSU, MA	400 YARD IM	58.73 M. Charysh, HSC, IL
50.77 A. Hupman, NEB, NE	9:50.88 A. Malanina, VG, VA	1:59.15 Corey Berg, MSC, MR	53.82 L. Lunsman, AU, SE	4:04.63 Tracy Caulkins, SE, 1981	58.73 Jacob Taylor, MST, UT
50.79 Nikki Laffel, SA, GA	9:51.71 Margy Keefe, AB, OH	1:59.61 E. Forster, WTRC, OH	53.89 W. Myers, MVAC, OH	4:13.35 A. Carusone, NCFY, FL	58.86 Bryan Offutt, GTAC, MD
50.81 Leane Darling, PCS, FG	9:52.25 Rory Schmidt, SDA, AZ	1:59.76 Ashley Kracke, UN, GA	53.92 E. Goetsch, NBAC, MD	4:14.00 Lauren Duerk, AUB, SE	58.90 Al Weik, FSC, MA
50.81 S. Hernandez, CAJ, SN	9:52.47 Erin Morris, FWA, IN	1:59.83 Kaitlyn Brady, TD, MA	54.11 A. McLeod, CCS, ST	4:14.14 B. Johnson, WSY, NC	59.07 A. Woodridge, PLS, PC
50.82 C. Magnuson, GIS, IL	9:53.07 B. Messengale, FSTR, AR	2:00.06 Katie Ness, WSC, OH	54.42 Laura Davis, TERA, PC	4:15.01 Ashley Swart, KSC, HI	59.24 B. Johannsen, BTA, GU
200 YARD FREESTYLE	9:53.57 Leah Retrum, DSC, IN	2:00.15 M. Bright, HU, NE	54.59 R. Sturdy, TAG, PN	4:16.18 A. Binder, SBSC, CA	59.45 R. Higham, EXCEL, SE
1:45.05 Nicole Haislett, FL, 1991	9:53.83 S. Anderson, ADF, AZ	2:00.23 J. Wallace, TPA, AM	54.64 K. Robinson, SDST, IN	4:16.60 H. Peirsol, NOVA, CA	59.52 K. Hill, LSAC, ST
1:46.34 Kara Joyce, CW, MI	9:54.65 Erin Reilly, SMST, SN	2:00.43 L. Andrews, RST, SN	54.81 Rachel Myco, SA, GA	4:16.83 N. Mackey, NOVA, CA	200 YARD FREESTYLE
1:46.40 Emily Kukors, KAC, PN	1650 YARD FREESTYLE	2:00.44 Erin Morris, FWA, IN	54.82 Cait Connealy, ADF, AZ	4:16.93 M. Klein, DYNA, GA	1:58.60 Brian Fiske, NE, 1997
1:46.59 E. Hill, DYNA, GA	15:39.14 Janet Evans, CA, 1990	2:00.59 E. Hill, DYNA, GA	54.85 Emily Kukors, KAC, PN	4:17.43 S. Lesneski, MAG, NE	1:57.94* M. Stoehr, SCHY, WI
1:47.06 Cait Connealy, ADF, AZ	15:42.44 A. Binder, SBSC, CA	2:00.67 R. Sturdy, TAC, PN	54.86 Katie Ness, WSC, OH	4:17.49 Emily Kukors, KAC, PN	2:03.80 Bryan Offutt, GTAC, MD
1:47.76 Anja Carman, BSS, FL	16:12.73 L. Costella, CT, PC	100 YARD BREASTSTROKE	54.90 Leann Toomey, IST, PN	4:18.70 E. Hill, DYNA, GA	2:04.24 M. Thompson, WFLA, FL
1:47.84 B. Johnson, WSY, NC	16:17.06 H. Peirsol, NOVA, CA	59.18 Tara Kirk, PN, 2001	54.93 Ashley Razo, UOT, ST	4:19.62 D. Duncan, UN, FL	2:04.92 S. Gasparini, WSY, MA
1:47.85 C. Swindle, MS, FG	16:21.56 K. Nelson, SPY, CA	1:01.10 Megan Quann, SST, PN	54.96 E. Hill, DYNA, GA	4:19.84 Erin Corgan, SA, GA	2:04.93 Al Weik, FSC, MA
1:48.29 H. McGregory, CCS, ST	16:24.39 L. Conway, MACON, GA	1:01.64 M. Klein, DYNA, GA	200 YARD BUTTERFLY	4:20.41 Yi-Ting Siow, BSS, FL	2:05.80 M. Friedemann, LCST, WI
1:48.29 L. Nymeyer, TFDA, AZ	16:25.50 M. Johnson, ADF, AZ	1:02.17 Nic Teo, UNAT, CA	1:53.37 M.T. Meagher, KY, 1982	4:20.80 A. Malanina, VG, VA	2:07.04 Bob Hwang, MEGA, CA
1:48.32 V. Stojanovska, PCS, FG	16:25.58 S. Anderson, ADF, AZ	1:02.23 Kammy Miller, UN, MI	1:53.51 M. DeScenza, ASC, IL	4:21.01 J. Berzins, PA, FL	2:07.36 Zane Grothe, BCH, CA
1:48.40 W. Myers, MVAC, OH	16:26.53 Margy Keefe, AB, OH	1:02.31 D. Duncan, UN, FL	1:57.18 E. Hill, DYNA, GA	10-and-under Boys	2:08.40 M. Charysh, HSC, IL
1:48.47 Kelly Harrigan, CAT, CT	16:26.66 M. Hentzen, IHAC, CA	1:02.37 Annie Babicz, SYS, FL	1:57.81 W. Myers, MVAC, OH		2:08.63 B. Kegley, LASO, VA
1:48.55 Val Tukey, NCA, SI	16:31.58 Kalyn Keller, SDA, AZ	1:02.43 Leah Avilla, SRV, PC	1:57.91 A. Carusone, NCFY, FL		2:08.84 M. Anthony, NOVA, VA
1:48.61 Erin Reilly, SMST, SN	16:31.71 Erin Morris, FWA, IN	1:02.54 E. Tinnon, LST, KY	1:57.93 E. Goetsch, NBAC, MD		2:08.87 A. Cosgarea, NBAC, MD
1:48.76 C. Lemmen, CCS, ST	16:32.08 A. Malanina, VG, VA	1:02.74 L. Brick, RYST, VA	1:58.08 A. Biedermann, PSU, MA		2:08.90 Alex Ngan, CANY, CA
1:48.77 Megan Rains, SST, PN	16:32.21 Kim Routh, VSC, LE	1:02.81 J. Steiner, XCEL, NJ	1:58.46 S. Lesneski, MAG, NE		2:09.15 N. Moyer, NJST, CO
500 YARD FREESTYLE	16:32.69 E. Durot, DYNA, GA	1:02.84 Lizzy Bruce, WSC, MV	1:58.78 B. Johnson, WSY, NC		2:09.28 M. Woodridge, NBAC, PN
4:34.39 Janet Evans, CA, 1990	16:33.89 Erin Reilly, SMST, SN	1:02.85 Yi-Ting Siow, BSS, FL	1:59.13 B. Johnson, WSY, NC		2:09.87 B. Peterson, RHA, SC
4:42.91 E. Hill, DYNA, GA	16:34.17 Sarah Daly, LIAC, MR	1:02.96 K. Orstein, MLAC, AM	2:00.14 Katie Ness, WSC, OH	500 YARD FREESTYLE	
4:43.26 A. Binder, SBSC, CA	100 YARD BACKSTROKE	1:03.18 K. Kuczmarski, RU, NJ	2:00.45 Sawami Fujita, UN, CA	5:22.49 C. Rimkus, CA, 2002	
4:43.69 Kelly Harrigan, CAT, CT	51.12 N. Coughlin, PC, 2001	1:03.42 K., DYNA, GA	2:00.78 Erin Reilly, SMST, SN	5:17.58* M. Stoehr, SCHY, WI	
4:44.96 H. Peirsol, NOVA, CA	53.72 H. McGregory, CCS, ST	1:03.61 A. Wheatley, MYB, SE	2:00.83 Kalyn Keller, SDA, AZ	5:24.85 M. Thompson, WFLA, FL	
4:45.13 M. Johnson, ADF, AZ	54.19 D. MacManus, UN, CA	200 YARD BREASTSTROKE	2:00.87 Cait Connealy, ADF, AZ	5:32.23 S. Gasparini, WSY, MA	
4:45.69 Margy Keefe, AB, OH	54.25 Kelly Harrigan, CAT, CT	2:08.54 Tara Kirk, PN, 2001	2:00.97 M. Nebel, NAC, SE	5:34.57 H. Stephenson, SFLA, FL	
4:45.79 A. Carusone, NCFY, FL	54.47 Marshi Smith, RAC, PC	2:12.63 Megan Quann, SST, PN	2:01.46 Emily Kukors, KAC, PN	5:36.72 Brian Offutt, GTAC, MD	
4:46.27 Emily Kukors, KAC, PN	54.55 Kelly Harrigan, CAT, CT	2:12.64 M. Klein, DYNA, GA	200 YARD IM	5:38.75 Ni Caldwell, GCST, FL	
4:47.19 M. Hentzen, IHAC, CA	54.62 Jeri Moss, AUST, SE	2:12.74 Yi-Ting Siow, BSS, FL	1:57.02 S. Sanders, SN, 1991	5:41.13 Ni Moyer, NJST, CO	
4:47.25 Anja Carman, BSS, FL	54.87 C. Swindle, MS, FG	2:13.85 Kammy Miller, UN, MI	1:59.30 M. DeScenza, ASC, IL	5:42.22 A. Cosgarea, NBAC, MD	
4:47.27 B. Kreutzjans, NCA, SI	55.14 M. Mackey, NOVA, CA	2:14.15 Leah Avilla, SRV, PC	1:59.46 Megan Tomes, AB, OH	50 YARD BACKSTROKE	
4:47.89 Erin Reilly, SMST, SN	55.27 R. Sturdy, TAC, PN	2:14.80 D. Duncan, UN, FL	1:59.75 L. Lunsman, AU, SE	28.73 Rick Hancock, SC, 1996	
4:48.03 Rory Schmidt, SDA, AZ	55.46 Kaitlyn Brady, TD, MA	2:15.24 C. Shortt, MHST, OR	2:00.23 B. Johnson, WSY, NC	28.64* M. Friedemann, WI	
4:48.38 E. Durot, DYNA, GA	55.51 Leila Vaziri, CCSC, FG	2:15.74 E. Tinnon, LST, KY	2:00.67 Lauren Duerk, AUB, SE	29.97 T. Gutman, SAC, FL	
4:48.41 Susan Gilliam, BSS, FL	55.58 Anja Carman, BSS, FL	2:15.94 Lauren Duerk, AUB, SE	2:00.92 A. Trinidad, CSST, CO	30.41 S. Gasparini, WSY, MA	
4:48.44 Kim Routh, VSC, LE	55.61 C. Brown, NEB, NE	2:16.53 Lizzy Bruce, WSC, MV	2:01.09 Emily Kukors, KAC, PN	30.54 A. MacDonald, OCCO, PV	
1000 YARD FREESTYLE	55.72 Abby Hanke, DTAC, AZ	2:16.67 A. Wheatley, MYB, SE	2:01.26 M. Klein, DYNA, GA	31.01 Justin Prosser, RH, CO	
9:25.49 Janet Evans, CA, 1989	55.77 C. Rodriguez, RSC, OZ	2:16.73 H. Meng, GCIT, MA	2:01.66 Laura Davis, TERA, PC	31.04 M. Anthony, NOVA, VA	
9:30.14 A. Binder, SBSC, CA	55.79 S. Johnson, UN, OH	2:16.76 J. Rinaldi, MOR, NC	2:01.95 Emily Strouse, TSC, PN	31.06 L. Spinazzola, BOSS, NE	
9:43.89 H. Peirsol, NOVA, CA	200 YARD BACKSTROKE	2:17.23 Kristina Sieper, UN, CA	2:02.01 E. Ferritto, UASC, OH	31.10 S. McGuire, CCSC, LA	
9:45.62 Sarah Daly, LIAC, MR	1:51.02 N. Coughlin, PC, 2001	2:17.28 Ashley Swart, KSC, HI	2:02.10 Megan Quann, SST, PN	31.13 Bryan Offutt, GTAC, MD	
9:46.23 K. Nelson, SPY, CA	1:56.02 Kelly Harrigan, CAT, CT	2:17.32 J. Barbary, SAA, NE	2:02.13 K. Orstein, MLAC, AM	31.16 David Zander, SSC, PN	
9:46.38 M. Hentzen, IHAC, CA	1:56.50 H. McGregory, CCS, ST	100 YARD BUTTERFLY	2:02.21 Erin Corgan, SA, GA	31.19 K. Behrens, MSC, IN	
9:48.60 Lauren Costella, CT, PC	1:57.34 Anja Carman, BSS, FL	51.18 N. Coughlin, PC, 2001	2:02.80 L. Voyles, CCS, ST	31.24 Jake Thomas, VCS, KY	





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31.24 K. Yacynych, NWST, NC
31.31 M. Gallagher, VSC, LE
31.33 B. Wilmoth, ORCA, AR
31.34 Cody Miller, CCS, CA

100 YARD BACKSTROKE

1:01.35 Rick Hancock, SC, 1996
1:02.42 M. Friedemann, LCST, WI
1:05.54 M. Anthony, NOVA, VA
1:06.26 S. Gasparini, WSY, MA
1:06.48 Bryan Offutt, GTAC, MD
1:06.51 M. Thompson, WFLA, FL
1:06.54 K. Behrens, MSC, IN
1:06.77 B. Johannsen, BTA, GU
1:06.78 Lee Cowden, WA, KY
1:07.03 Ross Larson, BSC, SD
1:07.10 Drew Cat, PACE, IN
1:07.11 Zane Grothe, BCH, CA
1:07.36 Udo Gyene, UN, CA
1:07.39 B. Wilmoth, ORCA, AR
1:07.42 Cody Miller, CCS, CA
1:07.88 A. Garcia, CAN, CA
1:08.09 C. McAuliffe, MAG, NE

50 YARD BREASTSTROKE

32.14 Jared Heston, IE, 2001
33.94 G. Peavey, KCB, MV
34.43 T. Gutman, SAC, FL
34.59 Cody Miller, CCS, CA
35.16 Tyler Eifert, LBA, MD
35.38 Kip Pierce, BAYOU, LA
35.47 Will Hamilton, SC, MI
35.57 Joshua Choi, MSC, IN
35.52 Mark Liu, DACA, PC
100 YARD BREASTSTROKE
1:10.06 Scott Spann, ST, 1999
1:14.49 Cody Miller, CCS, CA
1:16.25 G. Peavey, KCB, MV
1:16.89 C. Price, MVN, CA
1:16.95 M. Charysh, HSC, IL
1:17.25 J. Theo, SGVA, CA
1:17.26 Joshua Choi, MSC, IN
1:17.44 Mason Shaw, CDST, IE
1:17.71 William Hartje, BSS, FL
1:17.73 T. Gutman, SAC, FL
1:17.75 Jason Wan, COR, NT
1:17.76 Will Hamilton, SC, MI
1:17.96 Kip Pierce, BAYOU, LA

50 YARD BUTTERFLY

27.07 Chas Morton, SE, 1982
28.07 N. Moyer, NJST, CO
28.42 M. Stoehr, SSTY, WI
29.18 A. Garcia, CAN, CA
29.24 T. Gutman, SAC, FL
29.32 K. Hill, LSAC, ST
29.33 C. Gordon, DST, MA
29.39 R. Higham, EXCEL, SE
29.41 Zane Grothe, BCH, CA
29.48 Bob Hwang, MEGA, CA
29.55 S. Gasparini, WSY, MA
29.56 Les Moore, UN, FG

29.63 Michael Ng, EXCEL, SE
29.70 N. Hammer, BGCN, MR
29.71 R. Madden, NOVA, VA
29.72 G. Harper, WCAB, PC
29.80 M. Watkins, LYD, KY

100 YARD BUTTERFLY

59.97 Zach Ferguson, IA, 1992
1:03.17 A. Garcia, CAN, CA
1:04.02 M. Stoehr, SCHY, WI
1:04.32 Zane Grothe, BCH, CA
1:04.83 M. Sarman, CBSC, PV
1:04.92 Michael Ng, EXCEL, SE
1:04.98 A. Firmansyah, CERR, CA
1:05.04 Bob Hwang, MEGA, CA
1:05.20 S. Gasparini, WSY, MA
1:05.43 N. Moyer, NJST, CO
1:05.47 M. Shaw, CDST, IE
1:05.67 Les Moore, UN, FG
1:05.71 B. Redondo, MVN, CA
1:06.23 Cary Wright, CSC, CC
1:06.45 Jake Thomas, VCS, KY
1:06.86 Nicolas Pitti, GWSC, CA
1:06.88 M. Fitzenreiter, CAA, MD

100 YARD IM

1:02.47 Collin Gladys, CA, 2000
1:05.22 S. Gasparini, WSY, MA
1:06.11 M. Stoehr, SCHY, WI
1:06.51 A. Garcia, CAN, CA
1:06.80 M. Charysh, HSC, IL
1:06.95 M. Anthony, NOVA, VA
1:07.00 N. Moyer, NJST, CO
1:07.46 Bob Hwang, MEGA, CA
1:07.68 T. Gutman, SAC, FL
1:08.05 M. Friedemann, LCST, WI
1:08.13 A. Cosgarea, NBAC, MD
1:08.37 B. Phillips, CBSC, PV
1:08.40 M. Sarman, CBSC, PV
1:08.41 Gage Trotter, CATS, GU
1:08.85 R. Higham, EXCEL, SE
1:08.94 B. Johannsen, BTA, GU
1:09.07 Kip Pierce, BAYOU, LA

200 YARD IM

2:12.29 Chas Morton, SE, 1982
2:21.90 M. Thompson, WFLA, FL
2:22.63 S. Gasparini, WSY, MA
2:23.13 A. Garcia, CAN, CA
2:24.40 Bob Hwang, MEGA, CA
2:24.42 K. Behrens, MSC, IN
2:24.67 N. Moyer, NJST, CO
2:24.71 M. Stoehr, SSTY, WI
2:24.77 Bryan Offutt, GTAC, MD
2:24.98 Gage Trotter, CATS, GU
2:25.60 A. Cosgarea, NBAC, MD
2:26.07 Udo Gyene, UN, CA
2:26.20 A. Cosgarea, NBAC, MD
2:26.28 B. Phillips, CBSC, PV
2:26.65 Mason Shaw, CDST, IE
2:26.70 Narayan Naik, KMG, OK
2:26.87 M. Sheppard, MTSC, SE

11-12 Boys**50 YARD FREESTYLE**

22.54 Alex Forbes, FL, 2000
23.11 C. Housden, EXCEL, SE
23.30 Greg Pelton, WYW, CT
23.56 J. McGinley, SSC, MA
23.61 A. LaForge, DA, CA
23.61 Peter Stacy, NLA, MN
23.63 Dan Coakley, HSC, HI
23.70 K. Munsch, KAC, PN
23.70 Clinton Stipek, TSC, PN
23.77 R. Becicka, NLA, MN
23.80 M. Aitken, THAT, NC
23.82 Ilia Reyes, KSC, HI
23.88 Paul Collins, BBD, MI
23.88 Ryan Brauer, AB, AD
23.91f Max Murphy, LAC, NT
23.95 Jason Lou, THSC, OR
24.00 K. Diedrich, DYNA, GA

100 YARD FREESTYLE

48.90 G. Wiczorek, IN, 1999
50.10 C. Housden, EXCEL, SE
50.23 Max Murphy, LAC, NT
50.93 Peter Stacy, NLA, MN
51.17 R. Becicka, NLA, MN
51.44 Greg Pelton, WYW, CT
51.51f K. Munsch, KAC, PN
51.57 J. McGinley, SSC, MA
51.64 A. LaForge, DA, CA
51.75 M. Aitken, THAT, NC
51.88 Rikiya Yano, AZOT, CA
52.00 Rico Bado, GOLD, ST
52.22 A. Snabes, NTSC, IL
52.31 Ryan Brauer, AB, AD
52.42 Charles Zhou, COR, NT
52.51 A. Navarro, PASA, PC
52.53 Ilia Reyes, KSC, HI

200 YARD FREESTYLE

1:47.36 M. Smalley, GU, 2000
1:50.00 C. Housden, EXCEL, SE
1:50.57 Max Murphy, LAC, NT
1:51.33 J. Ziegler, ATAC, FL
1:51.43 Jeff Raymond, SS, FG
1:51.91 R. Becicka, NLA, MN
1:52.33 Rikiya Yano, AZOT, CA
1:52.48 M. Aitken, THAT, NC
1:52.50 T. Inwood, USC, LE
1:53.20 Rico Bado, GOLD, ST
1:53.35 A.J. Detra, SYS, FL
1:53.78 M. Montgomery, USC, SC
1:53.90 A. Snabes, NTSC, IL
1:54.03 A. Navarro, PASA, PC
1:54.10 Ryan Brauer, AB, AD
1:54.22 Mijares-Shafai, TWST, GU

500 YARD FREESTYLE

4:47.65 R. Margalis, FL, 1995
4:52.34 Jeff Raymond, SS, FG
4:56.39 R. Becicka, NLA, MN

4:56.92 T. Inwood, USC, LE
4:57.00 C. Housden, EXCEL, SE
5:00.91 S. Wright, YTO, FL
5:00.95 David Miller, CSP, OZ
5:02.05 K. Nielsen, CLASS, CA
5:02.64 J. Ziegler, ATAC, FL
5:02.87 Rikiya Yano, AZOT, CA
5:03.04 A. Navarro, PASA, PC
5:03.81 T. Sheranek, NOVA, VA
5:03.97 Mijares-Shafai, TWST, GU
5:04.38 Ryan Brauer, AB, AD
5:04.57 M. Montgomery, USC, SC
5:04.82 A. Johnson, QDD, VA
5:05.32 A.J. Detra, SYS, FL

1000 YARD FREESTYLE

10:04.70 Eric Moore, GA, 2002
9:59.93f Jeff Raymond, SS, FG
10:10.88 R. Becicka, MLA, MN
10:22.21 T. Inwood, USC, LE
10:26.37 David Miller, CSP, OZ
10:28.02 K. Nielsen, CLASS, CA
10:29.36 S. Wright, YTO, FL
10:30.50 M. Montgomery, USC, SC
10:34.17 A. Navarro, PASA, PC
10:36.48 C. Housden, EXCEL, SE
10:40.34 C. Rimkus, NOVA, CA
10:41.29 T. Shedron, EXCEL, SE
10:42.93 Rick Duran, ASC, FL
10:44.76 A. Miranda, UASC, OH
10:45.40 C. Chambers, SPA, FL
10:45.71 C. Chlsta, MTSC, SE
10:45.87 A.J. Detra, SYS, FL

1650 YARD FREESTYLE

16:51.94 J. Gregory, PN, 2001
16:41.31f Jeff Raymond, SS, FG
17:09.36 R. Becicka, NLA, MN
17:15.22 David Miller, CSP, OZ
17:22.92 T. Inwood, USC, LE
17:40.31 A.J. Detra, SYS, FL
17:43.85 Kevin Nielsen, UN, CA
17:44.57 C. Rimkus, NOVA, CA
17:56.13 A. Johnson, QDD, VA
17:56.61 Ryan Plotz, NSC, IN
17:57.40 Max Murphy, LAC, NT
17:59.31 A. Considine, RAC, MD
18:00.36 E. Gerlach, MSSC, PV
18:03.35 B. Hinchaw, WVSC, PC
18:04.25 Daniel Miller, CSP, OZ
18:04.28 V. Leclerc, LCST, WI
18:05.08 Alex Smith, BAC, MD

50 YARD BACKSTROKE

25.32 David Chan, CC, 1992
25.39 Max Murphy, LAC, NT
26.27 M. Thompson, RRY, NT
26.65 A. Snabes, NTSC, IL
26.70 T. Sheranek, NOVA, VA
26.70 Charley Wang, CAT, NJ
26.78 R. Schleicher, PST, AZ
26.90 J. Ziegler, ATAC, FL
26.98 Peter Stacy, NLA, MN
27.19 Sean Evans, USC, LE

27.19 Greg Pelton, WYW, CT
27.39 K. Diedrich, DYNA, GA
27.45 Chad Stein, CTAC, ST
27.48 Ian Mirisola, SP, CA
27.48 Chris Skoda, SHY, NJ
27.49 E. Crescimbeni, CAT, FL
27.64 M. Priestley, BBD, MI

100 YARD BACKSTROKE

54.29 Robert Padgett, NC, 2000
54.25f Max Murphy, LAC, NT
56.40 M. Thompson, RRY, NT
56.42 T. Sheranek, NOVA, VA
56.45 Peter Stacy, NLA, MN
57.32 Charley Wang, CAT, NJ
57.58 R. Schleicher, PST, AZ
57.89 K. Diedrich, DYNA, GA
57.90 A. Elliott, PENN, IN
57.92 A. Snabes, NTSC, IL
57.93 J. Ziegler, ATAC, FL
58.02 Charles Zhou, COR, NT
58.14 Ryan Garcia, WCA, PC
58.15 Jeff Raymond, SS, FG
58.27 Ian Mirisola, SP, CA
58.40 C. Housden, EXCEL, SE
58.75 Sean Evans, TCY, LE

200 YARD BACKSTROKE

1:58.92 David Wren, VA, 2002
1:57.41f Max Murphy, LAC, NT
1:59.43 T. Sheranek, NOVA, VA
2:01.88 M. Thompson, RRY, NT
2:02.59 Ian Mirisola, SP, CA
2:02.91 K. Diedrich, DYNA, GA
2:04.19 R. Schleicher, PST, AZ
2:04.47 Charley Wang, CAT, NJ
2:04.68 C. Housden, EXCEL, SE
2:05.12 Peter Stacy, NLA, MN
2:05.36 Ryan Garcia, WCA, PC
2:05.59 Sean Evans, USC, LE
2:07.79 K. McCarthy, AAC, MA
2:07.88 David Sallee, SSS, PC
2:07.98 Charles Zhou, COR, NT
2:08.39 E. Anderson, AAC, MA
2:09.13 S. Haibel, RMSC, PV

50 YARD BREASTSTROKE

28.24 Chris Miller, MR, 1994
29.69 K. Munsch, KAC, PN
30.01 Paul Collins, BBD, MI
30.15 Ben Decker, COM, WT
30.24 Flores-Maxfield, SSFA, PC
30.28 Tim Nam, FLUSY, MR
30.32 B. Sanderson, GRA, MA
30.40 R. Tolleson, CBSC, PV
30.47 Joey Hsu, COHO, IL
30.52 J. Heston, CDST, IE
30.55 Kekoa Taparra, AAA, HI
30.59 J. Cunningham, CBSC, PV
30.62 Dan Coakley, HSC, HI
30.70 Ryan Chiu, UN, CA
30.83 Alan Forbes, CFA, FL
30.89 C. Blattner, SAC, AZ
30.96 J. Curtis, BAC, NJ

100 YARD BREASTSTROKE

1:00.84 Chris Miller, MR, 1994
1:03.68 K. Munsch, KAC, PN
1:05.22 Flores-Maxfield, SSFA, PC
1:05.34 Tim Nam, FLUSY, MR
1:05.44 E. Wollman, ASC, MD
1:05.65 Alex Kluge, EAC, MA
1:05.72 Kekoa Taparra, AAA, HI
1:06.11 Joey Hsu, COHO, IL
1:06.12 Paul Collins, BBD, MI
1:06.48 Marc Fink, WYW, CT
1:06.49 Ben Decker, COM, WT
1:06.70 K. Nielsen, CLASS, CA
1:06.80 Ben Chen, MSJA, PC
1:06.81 M. Talmadge, SBSC, CA
1:06.95 Matt Bishop, TERA, PC
1:07.06 Ryan Chiu, UNAT, CA
1:07.15 Ryan Brauer, AB, AD

200 YARD BREASTSTROKE

2:14.56 M. Smalley, GU, 2000
2:19.13 Brian Tsui, FF, PC
2:20.61 E. Wollman, ASC, MD
2:20.71 Tim Nam, FLUSY, MR
2:20.77 Flores-Maxfield, SSFA, PC
2:22.94 Ben Decker, COM, WT
2:23.53 Marc Fink, WYW, CT
2:24.28 Bob Chen, MSJA, PC
2:24.65 M. Talmadge, SBSC, CA
2:24.89 S. Bradley, HARTY, CT
2:25.93 Peter O'Brien, UN, GU
2:26.25 Chris Lou, SGVA, CA

50 YARD BUTTERFLY

24.26 M. Zimmerman, NC, 1996
25.38 M. Thompson, RRY, NT
25.45 M. Aitken, THAT, NC
25.67 Dan Coakley, HSC, HI
25.69 M. Wilcox, CGBD, VA
25.71 Max Murphy, LAC, NT
25.78 D. Dietrich, GPAC, AM
25.83 A. Snabes, NTSC, IL
25.99 A. Ballejos, WAJ, PN
26.00 C. Housden, EXCEL, SE
26.02 Dan Gossage, UN, PC
26.05 Z. Bartholomew, NST, IL
26.06 Adlai Pappay, CAAT, PN

26.06 Greg Pelton, WYW, CT
26.20 Tim Collins, NASC, OH
26.20 A. Chavez, IHAC, CA
26.22 Paul Collins, BBD, MI

100 YARD BUTTERFLY

51.85 Chas Morton, SE, 1984
55.61 M. Aitken, THAT, NC
56.22 A. Snabes, NTSC, IL
56.41 M. Wilcox, CGBD, VA
56.73 D. Dietrich, GPAC, AM
56.85 Max Murphy, LAC, NT
56.87 A. Johnson, QDD, VA
57.00 K. Nielsen, CLASS, CA
57.12 Rikiya Yano, AZOT, CA
57.64 C. Housden, EXCEL, SE
58.02 R. Becicka, NLA, MN
58.08 E. Crescimbeni, CAT, FL
58.18 Adlai Pappay, CAAT, PN
58.38 Ruiz-Rincon, CAN, CA
58.47 Dan Gossage, UN, PC
58.49 V. Leclerc, LCST, WI
58.53 Chad Stein, CTAC, ST

200 YARD BUTTERFLY

2:01.47 D. Madwed, CT, 2002
2:01.98 K. Nielsen, CLASS, CA
2:03.07 D. Dietrich, GPAC, AM
2:04.26 M. Aitken, THAT, NC
2:04.40 A. Johnson, QDD, VA
2:07.65 V. Leclerc, LCST, WI
2:08.90 Tucker Smith, BAC, VA
2:09.03 A. Nielsen, IHAC, OH
2:09.93 Rico Bado, GOLD, ST
2:10.56 A. Carreras, SBA, SI
2:10.64 Ryan Garcia, WCA, PC
2:11.33 S. Smidlein, TWST, GU
2:11.39 M. Jacobson, BSC, MR
2:11.47 Ryan Lynn, DST, MI
2:11.72 C. Swanson, MAG, NE
2:11.81 Joseph Veale, MAC, NC
2:12.07 Tim Dasinger, SST, MS

100 YARD IM

55.93 David Chan, CC, 1992
57.16 Max Murphy, LAC, NT
58.17 K. Munsch, KAC, PN
58.64 T. Sheranek, NOVA, VA
58.83 K. Nielsen, CLASS, CA
58.90 C. Housden, EXCEL, SE
59.00 Greg Pelton, WYW, CT
59.13 K. Diedrich, DYNA, GA
59.17 J. McGinley, SSC, MA
59.40 Paul Collins, BBD, MI
59.51 M. Aitken, THAT, NC
59.58 Flores-Maxfield, SSFA, PC
59.75 R. Becicka, NLA, MN
1:00.04 M. Wilcox, CGBD, VA
1:00.07 M. Thompson, RRY, NT
1:00.19 Matt Bishop, TERA, PC
1:00.20 E. Crescimbeni, CAT, FL

200 YARD IM

1:56.61 Chas Morton, SE, 1984
2:03.59 Max Murphy, LAC, NT
2:05.90 K. Nielsen, CLASS, CA
2:06.85 Ian Mirisola, SP, CA
2:07.02 K. Munsch, KAC, PN
2:07.43 M. Aitken, THAT, NC
2:07.48 Rico Bado, GOLD, ST
2:07.64 A. Johnson, QDD, VA
2:07.84 Jeff Raymond, SS, FG
2:07.88 R. Becicka, NLA, MN
2:08.22 Rikiya Yano, AZOT, CA
2:08.54 Flores-Maxfield, SSFA, PC
2:08.67 J. D'Olive, FCST, GU
2:09.00 Charles Zhou, COR, NT
2:09.04 Bob Chen, MSJA, PC
2:09.37 A. Navarro, PASA, PC
2:09.46 T. Sheranek, NOVA, VA

400 YARD IM

4:22.48 Daniel Basler, NC, 2002
4:25.61 K. Nielsen, CLASS, CA
4:30.67 M. Aitken, THAT, NC
4:31.80 Ian Mirisola, SP, CA
4:31.97 T. Sheranek, NOVA, VA
4:36.20 Max Murphy, LAC, NT
4:36.20 Charles Zhou, COR, NT
4:36.59 T. Inwood, USC, LE
4:36.65 G. Brown, NOVA, VA
4:37.50 Flores-Maxfield, SSFA, PC
4:38.01 Clare-Salzer, GATOR, FL
4:38.09 A. Miranda, UASC, OH
4:38.27 Ryan Garcia, WCA, PC
4:38.48 K. Munsch, KAC, PN
4:39.59 M. Dilworth, ASG, AZ
4:40.07 David Miller, CSP, OZ
4:40.37 V. Leclerc, LCST, WI

13-14 Boys**50 YARD FREESTYLE**

20.79 Kyle Bubolz, WI, 2001
21.47 Alex Forbes, CFA, FL
21.47 C. Swanson, MAG, NE
21.61 Justin Cain, MPSC, SC
21.65 N. Adrian, TSC, PN
21.83 G. Evans, EAGLE, UT

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21.84 L. Robertson, WYST, VA
21.85 Chris Brady, TD, MA
21.96 Nick Cordes, BAST, IA
21.99 Dex Barnard, TOSC, PN
22.02r Brian Wilson, SAY, NJ
22.06 Kyle Maese, MHST, OR
22.11 G. Beaman, BTA, GU
22.13 R. Padgett, GSA, NC
22.15 B. Roberson, SST, GA
22.20 E. McGinnis, RSA, NC
22.24 Neil Caskey, LST, GU
22.24 Abi Agosto, UN, FL
22.24 A. Keenan, SA, GA

100 YARD FREESTYLE

45.49 *Kyle Bubolz, WI, 2001*
46.40 Alex Forbes, CFA, FL
46.69 C. Swanson, MAG, NE
47.12 N. Adrian, TSC, PN
47.39 G. Evans, EAGLE, UT
47.50 R. Padgett, GSA, NC
47.71 M. Donch, PSDY, CT
47.78 B. Roberson, SST, GA
47.81 Justin Cain, MPSC, SC
47.95 Chris Brady, TD, MA
48.02 Jon LaRocque, UN, MI
48.10r Brian Wilson, SAY, NJ
48.22 S. Schauer, NOVA, CA
48.24 L. Robertson, WYST, VA
48.30 Dex Barnard, TOSC, PN
48.32 Mark Dylla, ACES, CO
48.33 J. Kittilstad, WEST, WI

200 YARD FREESTYLE

1:39.20 *Ian Crocker, ME, 1997*
1:42.42 B. Stovall, MTSC, SE
1:42.84 Eric Moore, RAYS, GA
1:43.05 Pat Foley, MAC, OR
1:43.53 R. Padgett, GSA, NC
1:43.86 Ricky Berens, MAC, NC
1:43.88 Alex Forbes, CFA, FL
1:44.38 Jesse Stipek, TSC, PN
1:44.56 J.J. Helms, CATS, GU
1:44.66r Shane Tusup, TS, MR
1:44.86 H. Barrett, BCST, CT
1:44.86 M. Donch, PSDY, CT
1:44.93 C. Thompson, RAYS, GA
1:44.95 Clay Bullock, CAT, FL
1:45.03 Stevens-Palmer, CBSC, PV
1:45.21 G. Sanders, NWST, NC
1:45.22 Titus Knight, JTSC, OK

500 YARD FREESTYLE

4:26.79 *M. Phelps, MD, 2000*
4:33.76 Ricky Berens, MAC, NC
4:34.62 B. Stovall, MTSC, SE
4:35.15 B. Scoggan, AHS, SN
4:36.49 Andre Schultz, NCA, SI
4:37.31 A. Deters, IHAC, CA
4:37.47 J.J. Helms, CATS, GU
4:38.24 J. Galbreath, KFY, OH
4:39.83 C. Peterson, CCS, NC
4:40.07 G. Sanders, NWST, NC
4:40.16 Luke Vogt, NOVA, VA
4:41.68 Clay Bullock, CAT, FL
4:41.92 Aaron Casey, TSM, CA
4:42.25 J. Gregory, TSC, PN
4:42.71 Stevens-Palmer, CBSC, PV
4:42.71 S. Cousins, CSC, IN
4:42.79 D. McMahon, DYNA, GA

1000 YARD FREESTYLE

9:10.10 *Jeremy Kane, SE, 1993*
9:23.92 Ricky Berens, MAC, NC
9:30.13 Luke Vogt, NOVA, VA
9:31.99 A. Deters, IHAC, CA
9:34.65 J.J. Helms, CATS, GU
9:34.74 Clay Bullock, CAT, FL
9:35.25 Andre Schultz, NCA, SI
9:36.11 J. Gregory, TSC, PN
9:37.02 Aaron Casey, TSM, CA
9:37.13 B. Scoggan, AHS, SN
9:37.82 B. Stovall, MTSC, SE
9:38.10 C. Peterson, CCS, NC
9:39.13 J. Galbreath, KFY, OH
9:40.01 A. Anderson, FISH, PV
9:42.84 G. Sanders, NWST, NC
9:43.65 R. Kikuchi, AZOT, CA
9:44.55 Dan Madwed, SST, CT

1650 YARD FREESTYLE

15:28.92 *Paul Budd, SE, 1980*
15:52.81 B. Stovall, MTSC, SE
15:52.89 J. Galbreath, KFY, OH
15:54.34 Luke Vogt, NOVA, VA
15:54.62 A. Deters, IHAC, CA
15:55.29 C. O'Linger, GTSA, FL
16:00.25 B. Scoggan, AHS, SN
16:00.94 J.J. Helms, CATS, GU
16:02.61 C. Peterson, CCS, NC
16:05.12 A. Anderson, FISH, PV
16:05.44 Aaron Casey, TSM, CA
16:06.82 J. Gregory, TSC, PN
16:07.38 G. Sanders, NWST, NC
16:08.95 Ben Karwoski, FWA, IN
16:10.09 Andre Schultz, NCA, SI
16:13.09 D. Ankosko, SAC, NJ
16:14.54 Clay Bullock, CAT, FL

100 YARD BACKSTROKE

50.31 *Dan Westcott, GU, 1995*
51.98 J. Hafkin, RMSC, PV

52.59 Mark Dylla, ACES, CO
52.63 Nick Lloyd, RYST, VA
52.67 Jeff James, NCAC, NC
52.72 T. Wyher, TBCA, FL
52.85 Shane Tusup, TS, MR
52.92 David Wren, NOVA, VA
53.16 R. Padgett, GSA, NC
53.29 Aaron Casey, TSM, CA
53.40 G. Strickler, BST, MI
53.46 S. Stroman, SCS, FL
53.75 B. Stovall, MTSC, SE
53.87 Eric Olesen, BTA, GU
53.98 Nick Cordes, BAST, IA
54.00 Alex Forbes, CFA, FL

200 YARD BACKSTROKE

54.03 Brian Wilson, SAY, NJ
1:49.08 *Matt Greviers, IL, 2000*
1:51.97 Aaron Casey, TSM, CA
1:52.69 Shane Tusup, TS, MR
1:52.85 David Wren, NOVA, VA
1:53.09 Nick Lloyd, RYST, VA
1:53.44 Jeff James, NCAC, NC
1:53.58 J. Hafkin, RMSC, PV
1:54.19 Ricky Berens, MAC, NC
1:55.08 Mark Dylla, ACES, CO
1:55.50 R. Padgett, GSA, NC
1:55.52 B. Stovall, MTSC, SE
1:55.81 T. Wyher, TBCA, FL
1:56.11 S. Stroman, SCS, FL
1:56.28 C. Willis, NBAC, MD
1:56.47 D. Fimbianti, BBST, NJ
1:56.52 M. Norton, DBS, FL
1:56.67 P. Heyboer, WMS, MI

100 YARD BUTTERFLY

57.01 *John Moffet, CA, 1979*
58.72 L. Boutwell, MYB, SE
58.99 Luke Vogt, NOVA, VA
59.06 D. Connolly, MM, GA
59.16 C. Gladys, NOVA, CA
59.28 John Criste, CANY, CA
59.38 Scott Spann, CCS, ST
59.90 S. Mahoney, TERA, PC
59.96 Z. Epperson, CAJ, SN
59.96 Sam Pelkey, DAC, IN
1:00.04 Troy Nissen, AHS, SN
1:00.08 M. Christy, WTSC, IN
1:00.18 J. Ridgeway, LFSC, IL
1:00.35 Ricky Rogers, CST, OR
1:00.42 G. Beaman, BTA, GU
1:00.59 Tyler Lermert, FWA, IN
1:00.63 Jeff Merritt, UN, MW

200 YARD BUTTERFLY

2:03.89 *John Moffet, CA, 1979*
2:04.53 S. Mahoney, TERA, PC
2:07.35 Luke Vogt, NOVA, VA
2:07.46 Scott Spann, CCS, ST
2:07.88 Troy Nissen, AHS, SN
2:09.11 L. Boutwell, MYB, SE
2:09.56 John Criste, CANY, CA
2:09.87 C. Gladys, NOVA, CA
2:10.61 M. Christy, WTSC, IN
2:10.65 A. Godbe, MVN, CA
2:10.82 P.J. Koppel, DST, MA
2:10.84 J. Ridgeway, LFSC, IL
2:11.24 Kyle Smith, NOVA, CA
2:11.37 D. Connolly, MM, GA
2:11.50 Bryan Durazo, SA, PV
2:11.54 Clark Burckle, LST, KY
2:12.39 J. Davidson, SSC, MA

100 YARD BUTTERFLY

49.44 *Kyle Bubolz, WI, 2001*
49.41* **R. Berens, MAC, NC**
50.43 Dan Madwed, SST, CT
50.54 G. Summers, THSC, OR
50.81 Brian Wilson, SAY, NJ
50.91 Alex Forbes, CFA, FL
51.25 Mark Dylla, ACES, CO
51.28 Pat Foley, MAC, OR
51.74 Chris Brady, TD, MA
52.25 B. Roberson, SST, GA
52.25 R. McKellar, PACK, SE
52.35 Cody Weik, FSC, MA
52.38 C. Swanson, MAG, NE
52.42 Eric Olesen, BTA, GU
52.46 M. Donch, PSDY, CT
52.77 M. Ison, MYB, SE
52.80 Andy Brake, UNAT, NC

200 YARD BUTTERFLY

1:49.97 *M. Phelps, MD, 2000*
1:48.24* **R. Berens, MAC, NC**
1:51.16 Mark Dylla, ACES, CO
1:51.18 G. Summers, THSC, OR
1:51.37 Dan Madwed, SST, CT
1:53.73 Brian Wilson, SAY, NJ
1:54.78 Cody Weik, FSC, MA
1:55.28 D. McMahon, DYNA, GA
1:55.53 R. McKellar, PACK, SE
1:56.37 J.J. Helms, CATS, GU
1:56.42 M. Ison, MYB, SE
1:56.73 S. Cousins, CSC, IN
1:56.88 Eric Olesen, BTA, GU
1:57.00 Clay Bullock, CAT, FL
1:57.10 B. Stovall, MTSC, SE
1:57.19 C. Willis, NBAC, MD
1:57.33 S. Schauer, NOVA, CA

200 YARD IM

1:51.92 *M. Phelps, MD, 2000*
1:54.86 C. Swanson, MAG, NE
1:55.28 Brian Wilson, SAY, NJ
1:55.32 Ricky Berens, MAC, NC
1:55.55 B. Scoggan, AHS, SN
1:56.35 G. Summers, THSC, OR
1:56.37 Cody Weik, FSC, MA
1:56.65 C. Gladys, NOVA, CA
1:56.79 Shane Tusup, TS, MR
1:57.02 B. Roberson, SST, GA
1:57.09 David Winter, SN, MV
1:57.27 M. Christy, WTSC, IN
1:57.29 B. Stovall, MTSC, SE
1:57.32 G. Sanders, NWST, NC
1:57.53 J.J. Helms, CATS, GU
1:57.58 Alex Forbes, CFA, FL
1:58.17 Andre Schultz, NCA, SI

400 YARD IM

3:56.80 *M. Phelps, MD, 2000*
4:02.19 Luke Vogt, NOVA, VA
4:04.98 A. Deters, IHAC, CA
4:05.66 B. Scoggan, AHS, SN
4:05.79 Ricky Berens, MAC, NC
4:05.98 Andre Schultz, NCA, SI
4:06.04 B. Stovall, MTSC, IN
4:08.20 G. Sanders, NWST, NC
4:08.48 G. Summers, THSC, OR
4:08.71 J.J. Helms, CATS, GU
4:09.59 J. Gregory, TSC, PN
4:09.81 C. Swanson, MAG, NE
4:11.14 Shane Tusup, TS, MR
4:11.63 S. Mahoney, TERA, PC
4:11.63 A. Anderson, FISH, PV
4:11.81 Phil Babicz, DUKE, NM
4:11.99 Brian Wilson, SAY, NJ

15-16 Boys**50 YARD FREESTYLE**

20.20 *Michael Cavic, CA, 2001*
20.14* **K. Bubolz, WEST, WI**
20.56 J. Whittington, BSC, CC
20.58 Dan Priestley, BBD, MI
20.61 S. Goodrich, ASG, AZ
20.75 Chris Belcher, CSC, IN
20.91 J. Timmer, SCA, MN
20.91 C. Robledo, LIAC, MR
20.95 Chris Seitz, NKCS, OH
21.01 Bradley Ally, FLST, FG
21.07 D. Rohleder, CCS, ST
21.09 Scott Beard, PS, VA
21.10 M. Voelker, UASC, OH
21.11 Randall Tom, MSC, HI
21.14 D. Penniman, GPAC, SE
21.17 J. Sudbury, WYWC, CT
21.20 Alex Forbes, CFA, FL
21.20 J. Dabney, MAC, NC

100 YARD FREESTYLE

43.83 *Joe Hudepohl, OH, 1990*
43.90 Kyle Bubolz, WEST, WI

45.23 Dan Priestley, BBD, MI
45.61 D. Penniman, GPAC, SE
45.67 S. Goodrich, ASG, AZ
45.68 Chris Seitz, NKCS, OH
45.70 J. Whittington, BSC, CC
45.70 C. Robledo, LIAC, MR
45.72 S. Maglich, SYS, FL
45.86 Ryan Verlati, TSC, PN
45.93 M. Woodson, PSC, OZ
45.97 J. Timmer, SCA, MN
46.07 Alex Forbes, CFA, FL
46.12 R. Padgett, GSA, NC
46.27 Chris Belcher, CSC, IN
46.31 J. Sudbury, WYWC, CT
46.32 Matt Engel, LCST, WI

200 YARD FREESTYLE

1:36.19 *Eric Diehl, CA, 1990*
1:39.69 C. Robledo, LIAC, MR
1:39.77 Mark Eckert, ISC, HI
1:39.95 Michael Klueh, CSC, IN
1:40.03 L. Madson, BSC, OR
1:40.06 Ryan Verlati, TSC, PN
1:40.11 B. Stovall, MTSC, SE
1:40.17 N. Sakamoto, KSC, HI
1:40.20 M. Swanson, LAC, MA
1:40.23 Josh Graham, TA, VA
1:40.41 Chris Bernard, PST, FG
1:40.42 John Foster, BCH, CA
1:40.44 Gil Stovall, MTSC, SE
1:40.50 John Koehler, DR, OH
1:40.57 Bradley Ally, FLST, FG
1:40.58 A. Trepp, WYWC, CT
1:40.66 P. Wicklund, BCST, PN
1:40.80 D. Guernsey, CAT, CT

500 YARD FREESTYLE

4:18.12 *M. Phelps, MD, 2002*
4:23.32 Michael Klueh, CSC, IN
4:26.08 John Koehler, DR, OH
4:26.34 B. Stovall, MTSC, SE
4:28.85 John Foster, BCH, CA
4:29.36 Yi-Khy Saw, BSS, FL
4:29.52 M. Swanson, LAC, MA
4:29.62 H. Brownning, AB, OH
4:30.09 S. Spansail, AZOT, CA
4:30.31 Bradley Ally, FLST, FG
4:30.40 M. Smalley, CCS, ST
4:30.69 N. Sakamoto, KSC, HI
4:30.73 A. Vanderkaay, OLY, MI
4:30.82 Peter Baer, UNAT, CA
4:31.10 Tim Hughes, TPA, FL
4:31.42 K. Tannhauser, SBA, PN
4:31.89 Chris Ewald, DYNA, GA

1000 YARD FREESTYLE

8:49.97 *Jeff Kostoff, CA, 1982*
9:06.61 John Koehler, DR, OH
9:11.37 A. Fleming, COSST, LA
9:12.31 Nick Divan, MVN, CA
9:12.64 B. Stovall, MTSC, SE
9:14.65 S. Spansail, AZOT, CA
9:15.41 John Foster, BCH, CA
9:17.03 Matt Biel, TERA, PC
9:18.63 A. Vanderkaay, OLY, MI

9:19.12 Chris Ewald, DYNA, GA
9:19.26 K. Tannhauser, SBA, PN
9:19.29 D. Cargill, DYNA, GA
9:20.64 Michael Klueh, CSC, IN
9:20.71 Luke Vogt, NOVA, VA
9:21.14 C. Peterson, CCS, NC
9:21.20 Matt Dugan, CBSC, PV
9:21.28 A. Deters, IHAC, CA

1650 YARD FREESTYLE

14:52.39 *Jeff Kostoff, CA, 1982*
15:04.12 Michael Klueh, CSC, IN
15:20.45 John Koehler, DR, OH
15:22.84 A. Vanderkaay, OLY, MI
15:27.78 Nick Divan, MVN, CA
15:28.07 N. Sakamoto, KSC, HI
15:33.19 Yi-Khy Saw, BSS, FL
15:35.02 C. Peterson, CCS, NC
15:35.55 Luke Vogt, NOVA, VA
15:35.82 B. Stovall, MTSC, SE
15:37.13 Matt Dugan, CBSC, PV
15:37.37 M. Jafari, IHAC, CA
15:38.46 A. Fleming, COSST, LA
15:39.38 Matt Biel, TERA, PC
15:39.39 Rob Seery, LIAC, MR
15:39.46 J. Buchanan, DR, OH
15:40.90 Nico Zebley, NBAC, MD

100 YARD BACKSTROKE

48.64 *M. Phelps, MD, 2002*
48.15* **K. Bubolz, WEST, WI**
49.77 S. Goodrich, ASG, AZ
49.86 D. Rohleder, CCS, ST
49.97 P. Schirch, PFY, MA
50.00 Chris Seitz, NKCS, OH
50.11 Bradley Ally, FLST, FG
50.30 P. Wicklund, BCST, PN
50.37 Mark Eckert, ISC, HI
50.61 M. Wolfe, CPSC, OK
50.74 Nat Moore, NS, MR
50.93 Gil Stovall, MTSC, SE
51.04 Nick Thomas, CAC, OH
51.17 Nate Cass, UASC, OH
51.19 Nick Bovell, BSS, FL
51.20 R. Payne, NJST, CO
51.27 Sal Barba, SAC, NE

200 YARD BACKSTROKE

1:45.37 *Aaron Peirson, CA, 1999*
1:47.53 P. Schirch, PFY, MA
1:48.02 Chris Seitz, NKCS, OH
1:48.07 M. Wolfe, CPSC, OK
1:48.39 Bradley Ally, FLST, FG
1:48.61 Mark Eckert, ISC, HI
1:48.62 Nat Moore, NS, MR
1:48.64 Scott Lathrop, OA, PC
1:48.80 P. Wicklund, BCST, PN
1:49.24 R. Payne, NJST, CO
1:49.57 S. Spansail, AZOT, CA
1:49.76 Matt Scanlan, ACB, CC
1:49.77 D. Rohleder, CCS, ST
1:49.98 Eddie Erazo, BCST, SI
1:50.16 N. Morrell, BEND, OR
1:50.44 Nick Thomas, CAC, OH
1:50.61 C. Spooner, HPSC, NC

100 YARD BREASTSTROKE

54.70 *B. Hansen, MA, 1998*
55.74 Chris Ash, FAST, LE
56.36 Jon Roberts, GRRR, NI
56.38 Paul Kornfeld, BTA, GU
56.53 Bradley Ally, FLST, FG
56.82 C.J. Nuess, SAS, IE
57.42 E. Swenson, FSPY, NJ
57.71 Brian Fiske, MVP, NE
57.86 Bob Stinson, OA, PC
58.10 Eric Johnson, KAC, PN
58.10 Paul Hughes, GSC, AK
58.21 Jake Salaz, MHST, OR
58.21 Blake Nilsson, UN, CA
58.27 B. Mitchell, BGCN, WI
58.34 M. Viglione, THSC, OR
58.37 Jin Soo Kim, BOIL, IN
58.37 Colin Lee-To, M3F, MN

200 YARD BREASTSTROKE

1:59.33 *John Moffet, CA, 1981*
2:00.16 Chris Ash, FAST, LE
2:00.18 Bradley Ally, FLST, FG
2:01.03 Paul Kornfeld, BTA, GU
2:03.28 Jon Roberts, GRRR, NI
2:04.01 C.J. Nuess, SAS, IE
2:04.07 Jin Soo Kim, BOIL, IN
2:05.51 D. Dunn, MHSC, PC
2:05.67 P.J. Sullivan, AB, NE
2:05.96 Evan Pham, AZOT, CA
2:06.09 A. Callahan, DYNA, GA
2:06.36 Paul Hughes, UN, AK
2:06.55 Jake Salaz, MHST, OR
2:06.66 Steven Park, CANY, CA
2:06.66 M. Clark, NOVA, VA
2:06.72 Luke Roney, NSS, NC
2:06.86 Luke Vogt, NOVA, VA

100 YARD BUTTERFLY

47.10 *Michael Cavic, CA, 2001*
47.22 Kyle Bubolz, WEST, WI
47.68 Gil Stovall, MTSC, SE
48.92 D. Rohleder, CCS, ST
49.17 J. Redmon, SCAT, ST
49.51 Chris Seitz, NKCS, OH
49.90 M. El-Amin, CAD, GA
50.03 L. Weniger, GRRR, NI
50.16 Matt Scanlan, ACB, CC
50.16 Alex Forbes, CFA, FL
50.26 B. Lovell, LYD, KY
50.26 Randall Tom, MSC, HI
50.30 P. Wicklund, BCST, PN
50.38 Scott Beard, PS, VA
50.45 Hill Taylor, BSL, SE
50.45 Evan Bernier, VA, PN
50.51 Jose Delgado, SA, GA

200 YARD BUTTERFLY

1:42.10 *M. Phelps, MD, 2002*
1:46.59 Gil Stovall, MTSC, SE
1:48.16 Bradley Ally, FLST, FG
1:49.27 J. Atkinson, PCS, FG
1:49.65 J.B. Walsh, TAC, VA
1:49.71 D. Rohleder, CCS, ST
1:49.92 Tim Hughes, TPA, FL

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1:50.76 Michael Klueh, CSC, IN	19.81 Michael Cavic, UN, CA	1:38.61 Andy Grant, SRV, PC	15:31.60 Jeff Smith, FS, LA	55.71 T. O'Halloran, PS, LE	1:48.63 M. Johnson, LCST, WI
1:51.39 A. Vanderkaay, OLY, MI	20.13 Jo. Larsen, TIGR, PC	500 YARD FREESTYLE	15:32.52 J. Vandenberg, OLY, MI	55.92 A. Jacobo, CCS, ST	1:48.87 P. Marmolejo, CCS, ST
1:51.66 Yi-Khy Saw, BSS, FL	20.21 G. Weber-Gale, UN, WI	4:16.25 Dan Jorgensen, SI, 1987	15:33.20 T. Bishop, CFSC, GU	55.92 M. Phelps, NBAC, MD	1:48.91 P. O'Neil, RST, OR
1:51.74 T. Southmayd, SSC, MA	20.22 Michael Linn, UN, PV	4:16.48 F. Crippen, GAAC, MA	100 YARD BACKSTROKE	55.93 Brent Deputy, DST, MA	1:49.14 Meir Hasbani, LFSC, IL
1:51.74 Dan Eckel, MLAC, AM	20.29 Cullen Jones, JG, NJ	4:18.85 M. Phelps, NBAC, MD	47.34 Jayme Cramer, OH, 2000	56.15 B. Jamerson, SCAT, GA	1:49.21 A. Viccaro, SSA, NE
1:51.78 A. Fleming, COSST, LA	20.34 Matt Grevers, PAC, IL	4:20.84 D. Tarwater, CW, MI	48.05 Michael Cavic, UN, CA	56.27 Rick Hancock, TG, SC	1:49.22 T. Kegelmann, CGBD, VA
1:52.22 D. McMahon, DYNA, GA	20.34 Gary Grant, LHY, NJ	4:22.42 Casey Dauw, SCST, IL	48.10 M. Phelps, NBAC, MD	200 YARD BREASTSTROKE	1:49.24 Rory Connell, TD, MA
1:52.32 Kyle Edens, COM, VT	20.35 S. Sussex, BCST, PN	4:22.95 M. McLean, STAN, PC	48.23 Chris DeJong, CW, MI	1:56.74 Tyler Mayfield, CA, 1981	1:49.30 G. Calado, VG, VA
1:52.33 N. Bibliowicz, TPA, FL	20.35 Wildman-Tobriner, PC	4:22.95 Kevin Nead, MELV, OH	48.43 Matt Grevers, PAC, IL	1:55.63* Mike Brown, UOM, MN	200 YARD IM
1:52.37 J. Sellers, WSC, MV	20.51 Matt Lowe, MYSC, ND	4:24.19 L. Jensen, MVN, CA	48.69 D. Van Wie, AUB, SE	1:57.60 C. Schurr, UOT, ST	1:43.83 Daniel Trupin, IL, 2002
200 YARD IM	20.54 G. Greiner, TEXAS, ST	4:24.83 S. Phillips, NAC, SE	49.29r S. Masson, BYST, SR	1:58.28 M. Alexandrov, CCY, IL	1:44.37 M. Phelps, NBAC, MD
1:46.30 M. Phelps, MD, 2002	20.56 Pat Fleming, NST, IL	4:26.65 Brad Boswell, SCST, IL	49.32 D. Plummer, KMG, OK	1:58.84 Matt Lowe, UN, AZ	1:44.58 Ryan Lochte, UOF, FL
1:49.37 Bradley Ally, FLST, FG	20.61 T. O'Halloran, PS, LE	4:26.74 M. Owen, ADF, AZ	49.52 Mike Zee, BBDS, MN	1:59.50 M. Phelps, NBAC, MD	1:47.40 P. Ridgeway, UOT, ST
1:51.30 Gil Stovall, MTSC, SE	20.62 Matt Lyon, OA, PC	4:26.78 J. Cuttino, SST, GA	49.59 M. McGinnis, RSA, NC	1:59.77 Bill Mrazek, ATAC, FL	1:48.72 M. Alexandrov, CCY, IL
1:52.16 C.J. Nuess, SAS, IE	20.67 Andy Bieger, SSAT, SC	4:27.43 Stefan Hirniak, SAC, NJ	49.62 G. Weber-Gale, UN, WI	2:00.46 H. Barbosa, WCAB, PC	1:49.11 Mike Brown, UOM, MN
1:52.33 Mark Eckert, ISC, HI	20.69 Alton Smith, NOA, LA	4:27.76 Jeff Smith, FS, LA	49.63 Hong Zhe Sun, ISC, HI	2:00.99 A. Jacobo, CCS, ST	1:49.13 Ian Clark, UMLY, MA
1:52.70 B. Lundgaard, COSST, CA	100 YARD FREESTYLE	4:27.81 Jeff Smith, FS, LA	49.74 Nick Thoman, CAC, OH	2:01.64 Brent Deputy, DST, MA	1:49.17 Hong Zhe Sun, ISC, HI
1:52.75 Paul Kornfeld, BTA, GU	42.82 Anthony Ervin, AZ, 2000	4:27.89 Danny Beal, SBSC, CA	49.81 Gary Grant, LHY, NJ	2:01.92 Ryan Hurley, CBSC, PV	1:49.26 Rathgeber, SONOCO, CT
1:52.78 Jon Roberts, GRRR, NI	43.28 Michael Cavic, UN, CA	4:28.07 D. Van Wie, AUB, SE	49.96 C. McDermott, CCS, ST	2:02.04 M. Awad, OLY, MI	1:49.42 Matt Grevers, PAC, IL
1:52.93 M. Smalley, CCS, ST	43.49 G. Weber-Gale, CCS, ST	1000 YARD FREESTYLE	49.99 Patrick Ota, CCA, CC	2:02.34 M. Stephens, STAN, PC	1:49.58 Pat Mellors, JCCS, AM
1:52.93 A. Vanderkaay, OLY, MI	43.93 M. Phelps, NBAC, MD	8:48.57 Jeff Kostoff, CA, 1983	50.22 D. Blackburn, UOH, HI	2:02.38 Paul Ridgeway, UN, IL	1:49.96 S. Biedermann, AFAF, CO
1:52.95 Scott Lathrope, OA, PC	44.19 S. Sussex, BCST, PN	9:07.23 L. Jensen, MVN, CA	50.22 Rick Hancock, TG, SC	2:02.70 A. Williams, WTSC, IN	1:50.11 R. Bishop, GCAC, SE
1:52.98 R. Payne, NJST, CO	44.62 Matt Grevers, PAC, IL	9:08.73 Kevin Nead, MELV, OH	200 YARD BACKSTROKE	2:02.81 Michael Russo, SA, GA	1:50.29 S. Osborne, BAST, IA
1:53.06 T. Southmayd, SSC, MA	44.68 J. Larsen, TIGR, PC	9:09.52 S. Phillips, NAC, SE	1:42.41 B. Bridgewater, FL, 1992	2:03.12 R. Fischetti, PS, VA	1:50.29 M. McGinnis, RSA, NC
1:53.20 Brian Fiske, MVP, NE	44.68 Wildman-Tobriner, PC	9:11.58 John Millen, DYNA, GA	1:43.78 M. Phelps, NBAC, MD	100 YARD BUTTERFLY	1:50.37 D. Van Wie, AUB, SE
1:53.34 Nick Bovell, BSS, FL	44.69 C. Hollinger, LAC, MA	9:12.06 Jeff Smith, FS, LA	1:43.90 Chris DeJong, CW, MI	45.96 Ian Crocker, ME, 2001	1:50.39 Cliff Robbins, UOT, ST
1:53.36 Pat Mellors, JCCS, AM	44.73 M. McGinnis, RSA, NC	9:12.39 B. Copple, BYST, SR	1:44.72 D. Van Wie, AUB, SE	46.86 Michael Cavic, UN, CA	400 YARD IM
1:53.44 Nate Cass, UASC, OH	44.90 Wesley Flatt, SA, GA	9:12.96 Jason Piercey, DR, OH	1:45.65 Matt Grevers, PAC, IL	46.98 M. Phelps, NBAC, MD	3:42.23 D. Wharton, MA, 1988
400 YARD IM	45.00 Cullen Jones, JG, NJ	9:13.82 Chris Knaute, UN, GU	1:46.09 S. Masson, BYST, SR	47.64 P. Verhoef, CGBD, VA	3:41.45* Ryan Lochte, UOF, FL
3:42.08 M. Phelps, MD, 2002	45.04 Pat Fleming, NST, IL	9:14.19 Max Jaben, KCB, MV	1:46.14 M. McGinnis, RSA, NC	47.90 D. Tarwater, CW, MI	3:44.18 M. Phelps, NBAC, MD
3:53.56 Bradley Ally, FLST, FG	45.11 T. O'Halloran, PS, LE	9:15.40 David Ashley, LFSC, IL	1:46.58 Ian Clark, UMLY, MA	48.33 T. Kegelmann, CGBD, VA	3:48.79 M. Alexandrov, CCY, IL
3:54.60 Yi-Khy Saw, BSS, FL	45.16 Joel Roysick, HAC, FL	9:15.53 D. Sloick, MAC, NC	1:46.75 J. Patterson, UOT, ST	48.37 S. Masson, BYST, SR	3:50.35 F. Crippen, GAAC, MA
3:55.03 C.J. Nuess, SAS, IE	45.17 Gary Grant, LHY, NJ	9:15.90 T. Bishop, CFSC, GU	1:46.84 Louis Vayo, FAST, CA	48.45 Gary Grant, LHY, NJ	3:50.92 Casey Dauw, SCST, IL
3:55.54 M. Smalley, CCS, ST	45.25 S. Masson, BYST, SR	9:17.55 Z. Monsees, SCSC, PC	1:47.47 T. Oriwol, STAN, PC	48.65 Michael Miller, PITT, AM	3:51.48 Kevin Nead, MELV, OH
3:56.24 Mark Eckert, ISC, HI	45.25 J. Bailey, BOSS, NE	9:18.27 Brent Nolan, MVN, CA	1:47.65 Will Thorburn, SA, GA	48.66 P. Carothers, UN, OH	3:53.00 T. Oriwol, STAN, PC
3:56.35 A. Fleming, COSST, LA	200 YARD FREESTYLE	9:19.75 J. Cuttino, SST, GA	1:47.67 Mike Zee, BBDS, MN	48.84 N. Walkotten, PAC, MI	3:53.00 A. Hewko, NOVA, CA
3:58.01 Michael Klueh, CSC, IN	1:33.28 Troy Dalbey, PC, 1987	9:19.94 A. Hewko, NOVA, CA	1:47.84 Nick Thoman, CAC, OH	48.91 Hong Zhe Sun, ISC, HI	3:53.48 Ian Clark, UMLY, MA
3:58.14 John Foster, BCH, CA	1:33.91 M. Phelps, NBAC, MD	1650 YARD FREESTYLE	1:48.10 C. McDermott, CCS, ST	48.98 Danny Beal, SBSC, CA	3:53.97 M. McGinnis, RSA, NC
3:58.24 A. Vanderkaay, OLY, MI	1:36.15 M. McGinnis, RSA, NC	14:38.22 Jeff Kostoff, CA, 1984	1:48.29 Hong Zhe Sun, ISC, HI	49.01 R. Meyers, FLST, FG	3:54.51 S. Biedermann, AFAF, CO
3:58.67 R. Payne, NJST, CO	1:37.59 Chris DeJong, CW, MI	14:46.05 F. Crippen, GAAC, MA	1:48.46 Jeff Leath, PS, VA	49.11 T. O'Halloran, PS, LE	3:55.16 D. Van Wie, AUB, SE
3:58.80 T. Southmayd, SSC, MA	1:37.59 G. Wagner, SMST, SN	14:55.03 Ryan Lochte, UOF, FL	100 YARD BREASTSTROKE	49.20 C. Vythoulkas, FLST, FG	3:55.31 S. Phillips, NAC, SE
3:58.94 B. Stovall, MTSC, SE	1:37.73 G. Weber-Gale, UN, WI	15:01.51 M. Phelps, NBAC, MD	53.50 Ed Moses, PV, 1999	49.25 P. Ridgeway, UOT, ST	3:55.36 M. Stephens, STAN, PC
3:59.89 Scott Lathrope, OA, PC	1:37.87 S. Phillips, NAC, SE	15:03.63 S. Phillips, NAC, SE	54.43 Mike Brown, UOM, MN	200 YARD BUTTERFLY	3:55.40 Justin Smith, UN, MI
4:00.08 Paul Kornfeld, BTA, GU	1:38.16 Rory Connell, TD, MA	15:09.96 M. McLean, STAN, PC	54.50 H. Barbosa, UN, PC	1:44.00 Matt McDonald, IN, 2002	3:55.99 N. Rothman, EST, CO
4:01.23 Ben Bruce, KAC, PN	1:38.17 Wesley Flatt, SA, GA	15:14.98 L. Jensen, BSC, CC	54.67 C. Schurr, UOT, ST	1:41.72* M. Phelps, NBAC, MD	
4:01.46 Jeff Larson, HAT, CA	1:38.21 S. Sussex, BCST, PN	15:20.51 Kevin Nead, AB, OH	54.84 Matt Lowe, UNAT, AZ	1:45.46 D. Tarwater, CW, MI	
	1:38.23 M. McLean, STAN, PC	15:24.86 Max Jaben, KCB, MV	54.85 M. Alexandrov, CCY, IL	1:46.66 S. Masson, BYST, SR	
	1:38.23 Adam Preston, UN, SE	15:26.72 J.T. Jones, UNAT, MS	55.36 Matt Molnar, UOT, ST	1:47.68 N. Walkotten, PAC, MI	
	1:38.49 Louis Vayo, FAST, CA	15:26.88 J. Cuttino, SST, GA	55.49 P. Ridgeway, UOT, ST	1:47.75 Jason Miller, PITT, AM	
	1:38.51 Brad Boswell, SCST, IL	15:28.73 David Ashley, LFSC, IL	55.64 Ivan Barnes, COPS, NT	1:47.83 Danny Beal, SBSC, CA	
	1:38.55 B. Lundquist, RAYS, GA	15:28.86 Casey Dauw, SCST, IL	55.69 S. Osborne, BAST, IA	1:48.28 Adam Preston, UN, SE	
	1:38.57 C. Hollinger, LAC, MA	15:31.51 Jason Piercey, DR, OH	55.71 Bill Mrazek, ATAC, FL	1:48.38 Hong Zhe Sun, ISC, HI	

17-18 Boys

50 YARD FREESTYLE

19.43 Anthony Ervin, AZ, 2000

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Session III:		June 26-July 1 (Saturday - Thursday)
Session IV:	Team Camp I	July 17-24 (Saturday - Saturday)
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From left to right: Hollie Bonawit, Gregg Troy, Anthony Nesty, Martyn Wilby, Rich DeSelm, Donnie Craine

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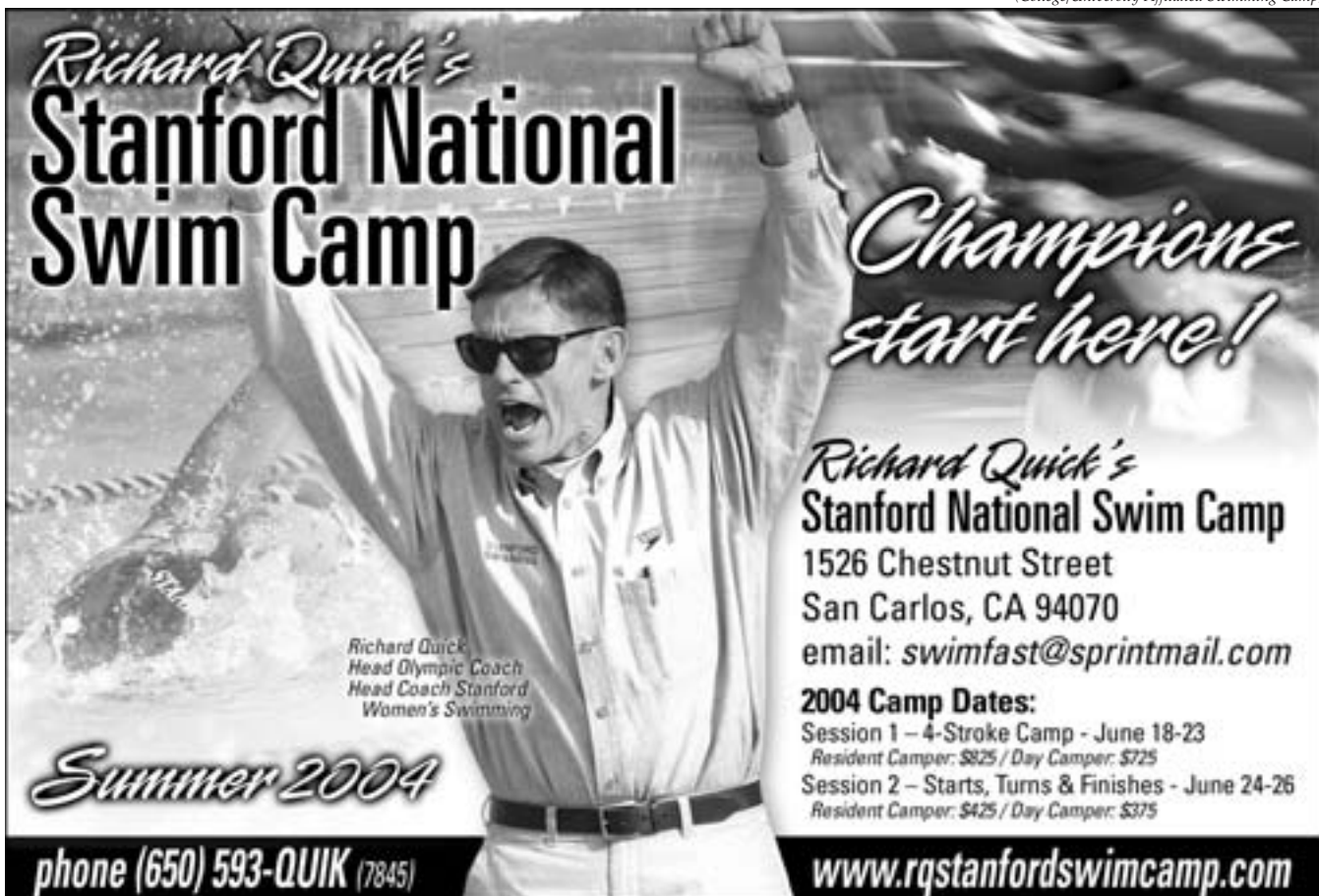
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WORLD CUP

FINA WORLD CUP 1 Daegu, South Korea Nov. 24-25, 2003 (25 M)

WOMEN

50 FREE Nov. 24	25.21	Katrin Meissner, GER
25.37	Yoon Ji Ryu, KOR	
25.72	Danni Miatke, AUS	
100 FREE Nov. 25	54.97	Katrin Meissner, GER
54.99	Yoon Ji Ryu, KOR	
55.70	Danni Miatke, AUS	
200 FREE Nov. 24	1:58.78	Yana Klochkova, UKR
1:58.94	Silke Nowotzin, GER	
2:00.28	Hyun Ju Kim, KOR	
400 FREE Nov. 25	4:10.66	Yana Klochkova, UKR
4:13.04	Silke Nowotzin, GER	
4:14.32	Meagan Walker, AUS	
800 FREE Nov. 24	8:40.79	Zheng Jing, CHN
8:45.76	Zhang Yan, CHN	
8:47.76	Meagan Walker, AUS	
50 BACK Nov. 24	27.87	Mai Nakamura, JPN
28.47	Nam Eun Lee, KOR	
29.36	Da Hye Lee, KOR	
100 BACK Nov. 25	59.48	Mai Nakamura, JPN
1:01.51	Da Hye Lee, KOR	
1:01.69	Nam Eun Lee, KOR	
200 BACK Nov. 24	2:10.88	Yana Klochkova, UKR
2:12.63	Da Hye Lee, KOR	
2:14.85	Nam Eun Lee, KOR	
50 BREAST Nov. 25	31.40	Mirna Jukic, AUT
32.22	Sally Foster, AUS	
33.48	Ji Young Lee, KOR	
100 BREAST Nov. 24	1:07.76	Mirna Jukic, AUT
1:08.67	Sally Foster, AUS	
1:10.36	Xiao Yu Liu, CHN	

200 BREAST Nov. 25

2:23.19	Mirna Jukic, AUT
2:27.48	Sally Foster, AUS
2:28.57	A Ra Cho, KOR
50 FLY Nov. 25	
27.08	Danni Miatke, AUS
27.41	Michelle DeFreese, USA
27.54	Kate Corkran, AUS
100 FLY Nov. 24	
1:00.17	Kate Corkran, AUS
1:00.37	Danni Miatke, AUS
1:00.70	Michelle DeFreese, USA
200 FLY Nov. 25	
2:11.82	Kyung Hwa Park, KOR
2:12.46	You Ri Kwon, KOR
2:13.30	Kate Corkran, AUS
100 IM Nov. 25	
1:03.25	Yana Klochkova, UKR
1:04.75	Liu Xiaoyu, CHN
1:04.91	Na Ri Park, KOR
200 IM Nov. 24	
2:14.49	Yana Klochkova, UKR
2:15.07	Mirna Jukic, AUT
2:16.28	J. Maranhao-Melo, BRA
400 IM Nov. 25	
4:43.40	Yana Klochkova, UKR
4:44.53	J. Maranhao-Melo, BRA
4:49.23	T. Laubscher, RSA

MEN

50 FREE Nov. 25	22.29	Robert Zaabadick, USA
22.39	Stefan Herbst, GER	
22.56	Chung Hee Lee, KOR	
100 FREE Nov. 24	48.84	Stefan Herbst, GER
49.06	Peter Mankoc, SLO	
49.45	Denis Pimankov, RUS	
200 FREE Nov. 25	1:45.15	Stefan Herbst, GER
1:46.83	Peter Mankoc, SLO	
1:48.36	Rodrigo Castro, BRA	
400 FREE Nov. 24	3:50.89	Justin Mortimer, USA
3:51.06	Gyu Chul Han, KOR	
3:54.78	Bruno Bonfim, BRA	
1500 FREE Nov. 25	15:09.48	Justin Mortimer, USA
15:29.66	Kook In Han, KOR	
15:30.20	Min Gyu O, KOR	

50 BACK Nov. 25

24.44	Steffen Driesen, GER
25.30	Evgeni Alechine, RUS
25.67	Gordan Kozulji, CRO
100 BACK Nov. 24	
52.76	Steffen Driesen, GER
53.72	Gordan Kozulji, CRO
53.85	Evgeni Alechine, RUS
200 BACK Nov. 25	
1:55.02	Gordan Kozulji, CRO
1:55.52	Steffen Driesen, GER
1:56.08	Evgeni Alechine, RUS
50 BREAST Nov. 24	
28.08	Roman Sloudnov, RUS
28.42	Seung Hun You, KOR
28.64	Miha Koren, SLO
100 BREAST Nov. 25	
1:00.82	Seung Hun You, KOR
1:01.11	Roman Sloudnov, RUS
1:02.38	Joakim Niclsen, SWE
200 BREAST Nov. 24	
2:14.43	Seung Hun You, KOR
2:14.66	Roman Sloudnov, RUS
2:18.24	Sung Min Cho, KOR

50 FLY Nov. 24

24.19	Ravil Hachayev, UZB
24.24	Y. Takamatsu, JPN
24.55	Do Hee Jeong, KOR
100 FLY	Nov. 25
52.99	Igor Marchenko, RUS
53.06	Doo Hee Jeong, KOR
53.13	Ravil Hachayev, UZB
200 FLY	Nov. 24
1:57.97	Kellan O'Connor, USA
1:58.18	Y. Takamatsu, JPN
1:58.19	Do Hee Jeong, KOR
100 IM	Nov. 24
54.89	Stefan Herbst, GER
55.16	Peter Mankoc, SLO
56.89	In Gyu Hwang, KOR
200 IM	Nov. 25
1:58.90	Peter Mankoc, SLO
1:59.77	Gyu Chul Han, KOR
2:01.20	Taishi Okude, JPN
400 IM	Nov. 24
4:14.02	Gyu Chul Han, KOR
4:19.60	Taishi Okude, JPN
4:25.98	Justin Mortimer, USA

FINA WORLD CUP 2 Melbourne, Australia Nov. 28-30, 2003 (25 M)

w World Record n National Record

WOMEN

50 FREE Nov. 29	24.19	Lisbeth Lenton, AUS
24.95	A.K. Kammerling, SWE	
25.01	M. Engelsman, AUS	
100 FREE Nov. 28	52.64	Lisbeth Lenton, AUS
54.21	Petria Thomas, AUS	
54.29	Lindsay Benko, USA	
200 FREE Nov. 30	1:55.27	Lindsay Benko, USA
1:55.40	Elka Graham, AUS	
1:56.21	Petria Thomas, AUS	
400 FREE Nov. 29	4:02.29	Lindsay Benko, USA
4:02.33	Elka Graham, AUS	
4:07.21	Kasey Giteau, AUS	
800 FREE Nov. 28	8:17.97	Elka Graham, AUS
8:29.69	Linda MacKenzie, AUS	
8:36.98	Melissa Gorman, AUS	
50 BACK Nov. 30	27.70	Nicole Seah, AUS
27.90	Mai Nakamura, JPN	
27.98	Giaan Rooney, AUS	
100 BACK Nov. 29	59.15	Mai Nakamura, JPN
59.20	Giaan Rooney, AUS	
59.86	Hannah McLean, NZL	
200 BACK Nov. 28	2:05.47	Margaret Hoelzer, USA
2:07.81	Lindsay Benko, USA	
2:09.32	Melissa Morgan, AUS	
50 BREAST Nov. 30	30.24	Brooke Hanson, AUS
30.57	Leisel Jones, AUS	
31.14	Amanda Beard, USA	
100 BREAST Nov. 28	1:05.09w	Leisel Jones, AUS
(Split: 30.92)		
1:05.45	Brooke Hanson, AUS	
1:06.00	Amanda Beard, USA	

200 BREAST Nov. 29

2:17.75w	Leisel Jones, AUS
	Splits: 31.73, 1:07.11, 1:42.77)
2:22.03	Brooke Hanson, AUS
2:22.33	Amanda Beard, USA
50 FLY	Nov. 28
26:20	Petria Thomas, AUS
26:32	A.K. Kammerling, SWE
26:52	Lisbeth Lenton, AUS
100 FLY	Nov. 29
57:27	Petria Thomas, AUS
58:33	J. Schipper, AUS
58:42	Lisbeth Lenton, AUS
200 FLY	Nov. 30
2:06:71	Petria Thomas, AUS
2:08:62	Margaret Hoelzer, USA
2:09:09	Felicity Galvez, AUS
100 IM	Nov. 29
1:00:47	Brooke Hanson, AUS
1:00:86	Gabrielle Rose, USA
1:01:29	Lori Munz, AUS
200 IM	Nov. 30
2:09:48	Amanda Beard, USA
2:09:93	Brooke Hanson, AUS
2:11:16	Alice Mills, AUS
400 IM	Nov. 28
4:37:27	Jennifer Reilly, AUS
4:38:82	Helen Norfolk, NZL
4:39:99	Beatrice Caslaru, ROM
MEN	
50 FREE	Nov. 30
21:68	Jason Lezak, USA
21:88	Ashley Callus, AUS
22:11	Michael Klim, AUS
100 FREE	Nov. 28
47:36	Jason Lezak, USA
48:08	Ashley Callus, AUS
48:61	Todd Pearson, AUS
200 FREE	Nov. 29
1:46:06	N. Sprenger, AUS
1:46:57	Antony Matkovich, AUS
1:46:58	N. Rostoucher, FRA
400 FREE	Nov. 28
3:42:06	N. Rostoucher, FRA
3:43:62	Massi Rosolino, ITA
3:44:18	Craig Stevens, AUS
1500 FREE	Nov. 30
14:50.94	K. MacGillivray, CAN

15:04.79 Massi Rosolino, ITA

15:12.46	Ky Hurst, AUS
50 BACK Nov. 28	
23.39	Matt Welsh, AUS
24.74	Craig Gilliam, USA
24.87	Josh Watson, AUS
100 BACK Nov. 30	
51.13	Matt Welsh, AUS
53.36	Josh Watson, AUS
53.49	Michael Gilliam, USA
200 BACK Nov. 29	
1:51.40	Michael Phelps, USA
1:52.18	Matt Welsh, AUS
1:54.88	S. Halgash, GER
50 BREAST Nov. 28	
27.17	Brenton Rickard, AUS
27.41	Mark Riley, AUS
27.85	Ed Moses, USA
100 BREAST Nov. 29	
59.00	Brenton Rickard, AUS
59.54	James Beasley, AUS
59.86	Ed Moses, USA
200 BREAST Nov. 30	
2:07.84	Ed Moses, USA
2:09.57	Brenton Rickard, AUS
2:10.48	Jim Piper, AUS
50 FLY Nov. 29	
23.46	Geoff Huegill, AUS
23.50	Matt Welsh, AUS
23.51	Josh Taylor, AUS
100 FLY Nov. 30	
51.11n	Michael Phelps, USA
51.52	Ben Michaelson, USA
51.95	Adam Pine, AUS
200 FLY Nov. 28	
1:52.27n	Michael Phelps, USA
1:54.16	Justin Norris, AUS
1:56.12	Andrew Richards, AUS
100 IM Nov. 28	
53.30	Michael Phelps, USA
54.52	Dean Kent, NZL
54.84	Kevin Clements, USA
200 IM Nov. 29	
1:54.85n	Michael Phelps, USA
1:56.71	Kevin Clements, USA
1:57.14	Dean Kent, NZL
400 IM Nov. 30	
4:06.28	Michael Phelps, USA
4:09.19	N. Roustoucher, FRA
4:09.26	Dean Kent, NZL

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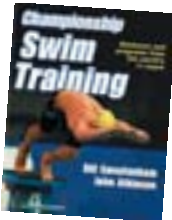
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- ☐ Michael Phelps Breaks Five World Records at World Championships in Barcelona
- ☐ No Letdown after Worlds: Michael Phelps Lowers 200 IM World Record and Sets Two American Records in "Off Events" at U.S. Senior Nationals
- ☐ USA Dominates Pan American Games by Winning 21 of 32 Gold Medals



Elizabeth Beisel

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- 1 Webster, NY
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Atlanta, GA
RAYS Invitational
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Winter Classic
815-895-2318
St. Charles, IL
Snowball Classic
cabelswim@aol.com
- 6-8 Indianapolis, IN
WTSC Invit. w/8&U
markv@wtswimclub.org
- 6-8 Baton Rouge, LA
BTAC Mardi Gras
bcoleman@cparch.com
- 6-8 Mt. Laurel, NJ
JW "A-BB-C"
856-779-1035
Buffalo, NY
Niagara Silver Dist.
716-639-0664
- 7 Bakersfield, CA
BSC 10&U Champ.
11&O Pentathlon
bsc@arrival.net
- 7 Mundelein, IL
MMSC 12&U Invit.
rehor6pk@aol.com
- 7 Chattanooga, TN
GCAC "B-C"
423-267-8506/267
- 7 Waterloo, WI
LOO Invitational
bforman@charter.net
- 7-8 Sterling, IL
SSSC Valentine
815-622-6200
- 7-8 Emmaus, PA
EMAC "A-BB-C"
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- 7-8 Lancaster, PA
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- 7-8 West Chester, PA
GRA "A-BB-C"
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- 7-8 Fairfax, VA
14&U Winter Qual.
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- 7-8 Milwaukee, WI
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- 13-15 West Chicago, IL
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Photo by Doug Woodring



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