

Swimming WORLD

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ON THE COVER:

With world records in the 200 and 400 meter free at the World Championships in Rome, Germany's Paul Biedermann erased the names of two swimming greats from the record books—Michael Phelps in the 200 (from 1:42.96 to 1:42.00) and Ian Thorpe in the 400 (from 3:40.08 to 3:40.07). Biedermann actually beat Phelps head-to-head, winning by 1.22 seconds. (See story, page 7.)

[COVER PHOTO BY WOLFGANG RATTAY, REUTERS]



7 ARRIVADERCI, SPEEDSUITS! *by Jason Marsteller*
As swimmers said goodbye to Rome and the 13th FINA World Championships, they also bid farewell to the new speedsuits that helped contribute to an unprecedented 43 world records!

13 DOWN TO THE WIRE *by Jason Marsteller*
The girls from The Baylor School (Tenn.) won *Swimming World Magazine's* national high school championship by just four points over Carmel (Ind.).

18 A NEW POWER *by Dan Albano*
Swimming in the shadow of perennial powerhouse Bellarmine Prep, Saratoga High School of northern California showed that quality can beat depth by winning its first-ever *Swimming World Magazine* boys' national high school championship.

24 CELEBRATING 50+ YEARS IN AQUATICS: 1989-92 *by Jeff Commings*
As we celebrate 50+ years in aquatics, *Swimming World Magazine* will be taking a trip through history, highlighting some of the top moments of the magazine's existence.

26 THEN AND NOW *by Jeff Commings*
Speed, endurance and versatility—that is what it takes to win the individual medley. And in their respective day, both Tamas Darnyi and Michael Phelps dominated the 200 and 400 events.

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The goal of the REV-UP set is to transition your body—and mind—from going easy to getting ready to swim fast.

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by Chris Colburn



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