

RECRUITING REALITIES

Swimming World

JUNIOR SWIMMER

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College Preview: Tigers to Triumph?

Stanford's Captain Kirk

Olympic Trials: Will Lightning Strike Again?

Tara Kirk
Stanford University
American Record Holder



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Senior captain Tara Kirk knows how to light things up for Stanford, not only with her million-dollar smile, but with her speedy accomplishments in the pool as well. (Cover photo by David Gonzales)

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Auburn should capture a second straight men's NCAA Division I championship, once again proving itself to be the premier collegiate swimming program in the land.

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Fifteen All-Americans, 449 returning points—on paper, it all adds up to a third straight NCAA Division I title for the women's swimming team at Auburn.

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Athletes Caught in a Catch-22: Part II

This is Part II of a two-part editorial on a drug Catch-22 facing athletes today.

Last month, in Part I of this editorial, we outlined a terrible dilemma with which swimmers and other athletes are faced: even if they meticulously watch what they ingest—never taking a forbidden, performance-enhancing substance—it appears they run a significant risk of testing positive for 19-norandrostenedione, a precursor to the powerful steroid nandrolone. But, strangely, with only a few parts per billion—far less than the amount needed to produce performance-enhancing effects.

The effects of a positive test are devastating—especially for the athlete who has done nothing wrong. Banned for two years, most find that the careers to which they've devoted most of their lives are, effectively, abruptly, over.

Swimming World investigated this perplexing set of circumstances and learned that, according to a study conducted last year by the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA), about 18 percent of *legal* supplements sometimes contain small amounts of *illegal* performance-enhancing substances.

If it's a whiff of ephedrine or a drop of testosterone or androstendione, no problem. Tiny amounts of these substances fall below the threshold that signals a positive drug test. Not so with 19-norandro: a few parts per billion and, presto, you're a drug cheat.

Amazingly, the IOC and WADA have never made this list of companies public. Athletes are still told only to avoid illegal substances and admonished to "be careful," but most athletes do not have a sophisticated chemistry lab in their kitchens where

they can test every multi-vitamin they swallow.


Even manufacturers' statements of purity are useless. Penicillin only needs to be 99.9% pure, according to the FDA. To avoid testing positive for 19-norandro, a supplement must be at least 99.999% pure—a thousand times more pure than the FDA requires.

The reason even well-meaning companies can produce legal supplements that are tainted with illegal drugs is because, by and large, they rely on a handful of manufacturers who produce and package their products for them. They then slap their own labels on the containers. If the vats are not meticulously cleaned, even a few molecules of 19-norandro left over from another company's product, ultimately can lead to a positive drug test. To complicate matters, some substances that are legal for the general population are forbidden for athletes.

This creates a Kafkaesque dilemma that, thus far, has been swept under the rug.

The solution: (1) The IOC must publish the results of its study so that athletes can make informed decisions; (2) the threshold for 19-norandro must be raised to a performance-enhancing level; (3) athletes banned for testing positive for tiny amounts of 19-norandro must be reinstated.

Meanwhile, for athletes, the best advice for now, however unsatisfactory it may be, is: do not take any supplements.



Check out SwimInfo Interactive at www.swiminfo.com for the first part of Phil's editorial that ran in February.

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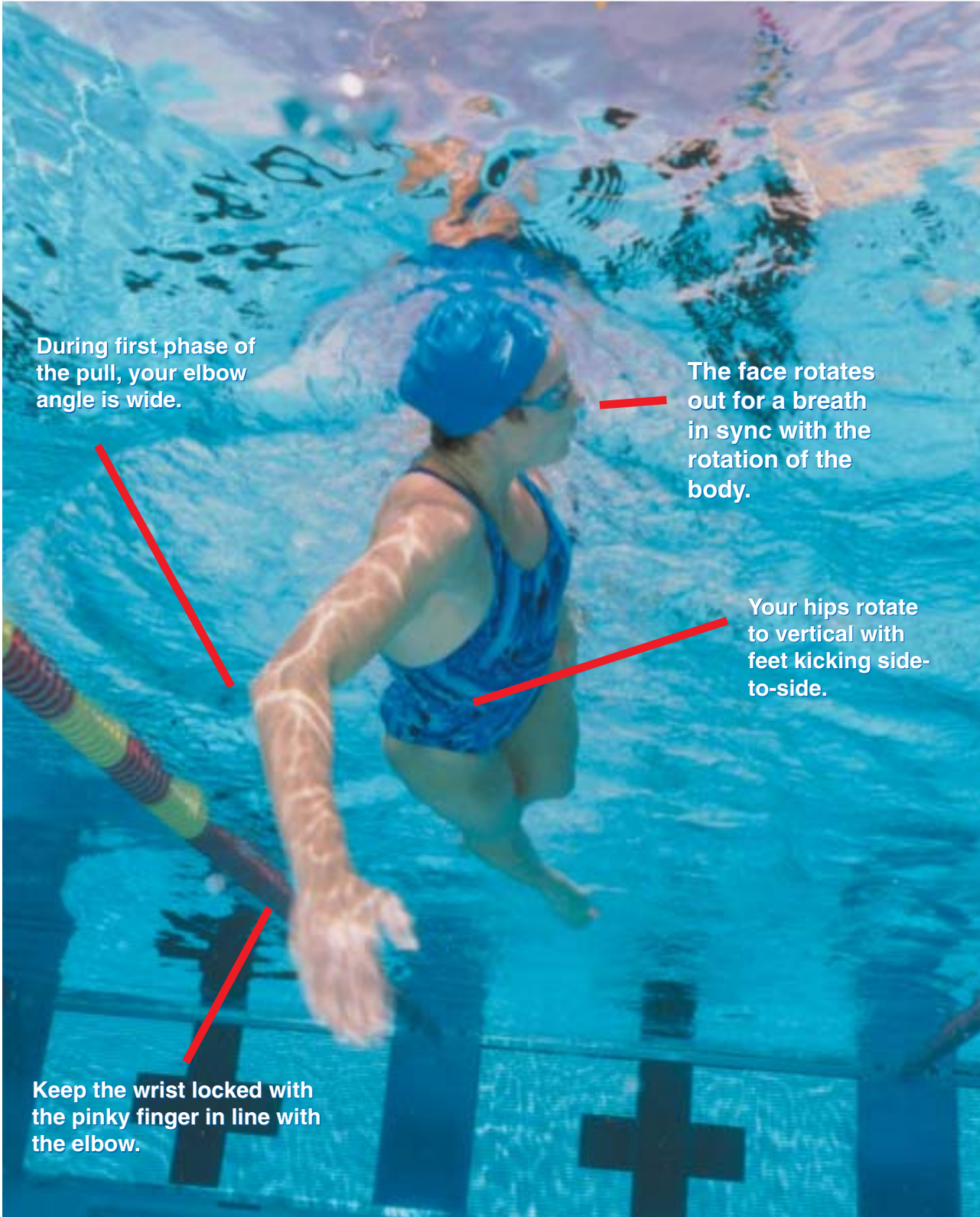
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College Swimming Coaches Association of America

Deep Catch

Featuring Lindsay Benko, photo by Michael Aron



During first phase of the pull, your elbow angle is wide.

The face rotates out for a breath in sync with the rotation of the body.

Your hips rotate to vertical with feet kicking side-to-side.

Keep the wrist locked with the pinky finger in line with the elbow.

TRIPLE THREAT



Farnham Brothers (from left): Daniel, Jon and Adam

This fall, the Farnham family of Mount Berry, Ga., will have three brothers swimming on intercollegiate Division I teams. **Jon** and **Daniel Farnham**, twins, swim for the University of Louisville and the University of Kentucky, respectively. Both are sophomores. The third brother, **Adam**, a high school senior, recently signed with the Tennessee Vols.

Jon, who suffers from Crohn's disease and underwent an operation a year ago, is swimming best times this year. By late January, Dan had recorded several NCAA "B" times and was hoping to make the "A" cuts by the

SEC Championships. Adam has several USA Swimming senior cuts.

All three brothers trained under USS Coach Tim Nunn of Tidalwave Swimming in Kennesaw, Ga.

We wonder: are there any other families with three (or more) kids swimming on college teams, all at the same time?

Supplement Company Guarantees Purity with Hard Cash

In this month's "Editor's Note," **Phil Whitten** outlines the Catch-22 in which athletes are caught: some perfectly legal nutritional supplements

are tainted with small amounts of illegal, performance-enhancing substances.

The IOC knows which companies have been found to make or distribute tainted substances, but it's not talking. As a result, some athletes—including swimmers—apparently have taken vitamins and other legal supplements in good faith, only to find they've tested positive. Branded as drug cheats, they've been banned from competition, their reputations permanently stained, their careers in shatters.

Indeed, some athletes have become so fearful of tainted nutritional supplements, they've stopped taking vitamin C for fear of failing a doping test.

Now, a Salt Lake City company has stepped up, guaranteeing to pay Canadian elite athletes who test positive while using its nutritional supplements up to \$1 million Canadian (\$770,000 U.S.). **USANA Health Sciences** says it is so sure of the purity of its products that it plans to extend the guarantee—the first of its kind—to U.S. and other foreign athletes.

The idea for the USANA offer came from two of the company's Canadian



distributors. “They said, ‘If you’re so doggone sure (about manufacturing ‘drug-free’ supplements), why don’t you put your money where you mouth is and offer a guarantee?’” said **Tim Wood**, USANA’s vice president of research and development. “We took it to heart and decided to offer this program.”

SwimInfo Named World’s Best Swimming Website

SwimInfo.com—the website for *Swimming World*, *Swimming Technique* and *SWIM* magazines—was honored by *PC Magazine* with its “Best of the Internet” award.



The announcement was made in *PC Magazine*’s newly released book, entitled, “PC Magazine Best of the Internet.” The book lists the 1,000 best websites in the world, divided into 100 categories. **SwimInfo** was ranked No. 1 in the world for swimming.

Happenings

New College Team. The University of Idaho is quietly putting together a new women’s Division I swimming program—if only to beef

up its football team and remain in Title IX compliance. Its coach: Olympian **Tom Jager**, former WR-holder in the 50 meter free (21.81).

Fast Times. With the Olympics only months away, some very fast early-season times have been recorded. In December, South Africa’s **Roland Schoeman** set an African record of 48.69 for the 100 meter freestyle, breaking the 48.99 set only weeks before by his University of Arizona training partner, **Lyndon Ferns**. Add in **Ryk Neethling** (49.06) and a fourth man, and the Springboks have a dynamite 400 free relay for Athens.

At the World Cup stop in Stockholm in January, the USA’s **Ed Moses** set a mind-boggling short course WR of 2:02.92 for the 200 meter breaststroke (no one else has cracked 2:05), while China’s **Yang Yu** snared a global mark with her 2:04.04 for 200 meters fly.

Coaching

Retiring. University of Michigan coaching legend, **Jon Urbanek**, who has guided the Wolverines to 13 Big Ten Conference team titles and one NCAA crown in his 22 seasons, announced his retirement after the 2003-04 season. He will remain with the team through the entire summer swimming season, which includes

preparation for the 2004 Olympic Games in Athens.

In 1995, after winning the NCAA team title, Urbanek was named the NCAA and ASCA Coach of the Year.

Eight of his athletes, including **Tom Dolan**, **Eric Namesnik**, **Tom Malchow** and **Gustavo Borges**, have combined to win 15 Olympic medals (five gold, six silver and four bronze). Urbanek has been a member of the U.S. coaching staff at the last five Olympic Games.

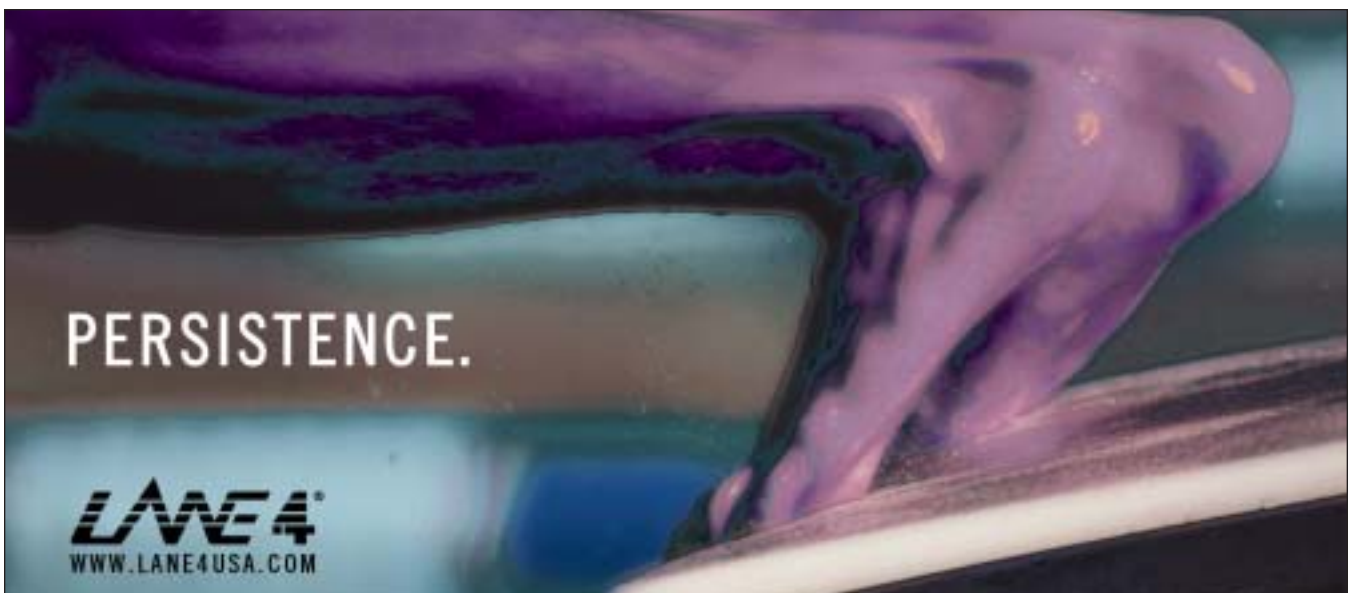
Appointed. **Leigh Nugent**, the highly-respected former national youth coach, has been appointed Australia’s national head coach for 2004. Nugent is charged with the responsibility of preparing the Australian team for the Olympics and the 2004 FINA World Short Course Championships in Indianapolis.

As a result of the appointment, part-time head coaches **Brian Sutton** (men) and **Scott Volkens** (women) have stepped down.



Jon Urbanek

Photo by Bill Collins



SwimInfo

INTERACTIVE



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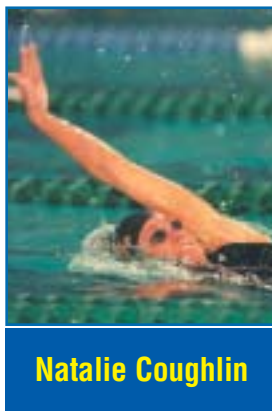
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NOW APPEARING!

March 2004 Highlights

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

- **Editor's Note:** Catch-22 (Part I)
- **Men's College:** Key news stories during the collegiate dual meet season
- **Women's College:** Key news stories during the collegiate dual meet season
- **High School:** Sudden Impact (Part I)
- **On Any Given Day:** Jill Sterkel



Natalie Coughlin

MONTHLY POLL ON SWIMINFO.COM

Which team do you think will win this year's NCAA Division I Championships?

WOMEN

- Arizona
- Auburn
- California
- Florida
- Georgia
- Southern Methodist
- Stanford
- Texas
- UCLA
- USC
- Other

MEN

- Arizona
- Auburn
- California
- Florida
- Georgia
- Michigan
- Stanford
- Texas
- USC
- Virginia
- Other

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Once A Swimmer, Always A Swimmer

The way Olympian and Swimmer Rowdy Gaines sees it, there's no such thing as an ex-swimmer.

By Rowdy Gaines

"Once a swimmer, always a swimmer."

I recently made that statement, so I was asked to write a one-page story about my perspective on swimming and, specifically, what I had said. But how can I write only 500 words on an activity that has meant so much to me throughout my life?

I literally learned how to swim before I learned how to walk. Growing up on Lake Eloise in Winter Haven, Fla., my parents would let me crawl into the lake and swim around. But I didn't begin competitive swimming until I was 17 when I went out for my high school swim team.

Even though my competitive swimming days—except for Masters—are behind me, I still swim every day. Besides my family, it's the only thing that truly sets my mind free and helps me get through the day.

I have a passion for our sport that still exists today. Why? The first reason might surprise you—I honestly feel there are no better people than the people in our sport. I have made friends through swimming that will last a lifetime.

I may not be able to tell you my best times in any of my events, but I can list all of the wonderful relationships I have made during my career.

Secondly, the values I've learned as a swimmer have stayed with me long after my competitive career was over. My lifestyle today is easy compared to the intense, four-to-six-hour training I did every day when I was a competitive swimmer. But I wouldn't trade those days for anything in the world.

Dedication, commitment, responsibility, teamwork and goal-setting are just some of the values I learned from swimming that have also played a big part in my daily life.

You see, I want you first to understand how much I love this sport, and I desperately want you to understand how much the sport can benefit you.

Lifelong Activity

Swimming is a lifelong activity, and I am so proud to be working now for USA Swimming. (We even have a 50-meter pool right next to our building!) I'm currently the director for fund raising and alumni development.

I've discovered that our alumni have a real affinity for the sport—and it's not just our national team alumni. I want to be able to reach out to all former swimmers—no matter how fast



they swam—and welcome them into this wonderful family.

My dream of winning an Olympic gold medal came true. And USASwimming is committed to helping others achieve success as well. But when people think of what USA Swimming is all about, I want them to think of the many other programs it supports:

- Reaching out to minorities and the economically disadvantaged;
- Supporting disabled swimmers;
- Helping our coaches to be seen as mentors of our youth;
- Communicating information on drug awareness and the science of the sport; and
- Supporting open water swimmers as well as junior swimmers—our future Olympians.

I'm very passionate today about helping our sport succeed both internationally and domestically. Fortunately, USA Swimming is there to provide the infrastructure for swimming in our country.

USA-S offers so much—whether it's helping an 8-year old compete in his or her first meet...teaching lifelong skills such as dedication, perseverance or discipline...or providing the support for national team members to strive to compete in the Olympic Games.

When I am introduced to anyone, it's usually as *Olympian* Rowdy Gaines. But I am just as proud to be introduced as *Swimmer* Rowdy Gaines because that's who I am and always will be.

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CLUB SPOTLIGHT

The BEST Is Yet to Come

Under the leadership of Coach Denny Pursley, the Brophy East Swim Team of Phoenix, Ariz. wants to be the BEST it can be.

BY SARAH TOLAR

The Phoenix Swim Club had a simple vision: to become the world's best swimming team. And it came close. At the 2000 Olympics, PSC swimmers won eight medals, three of them gold.

Recently, the club changed ownership and was reborn as BEST—Brophy East Swim Team. Now, the team is partnered with Brophy College Prep, one of the nation's most widely respected private high schools, both for academics and athletics.

Despite the new name, the vision remains the same.

Located on 10 acres of land with two pools, sand volleyball courts, basketball courts and a 400-meter grass track with a backdrop of the Arizona mountains, it seems that BEST certainly has the resources to succeed.

Likewise, the club's head coach, Denny Pursley, has the drive. The former U.S. national team director believes that America's club swimming programs have a very important roll to fill.

"Club swimming is absolutely the foundation of the Olympic movement," claims Pursley. "It is our Olympic movement."

That's why Pursley is building BEST from the ground-up. The club reflects a graduated level of commitment—ranging from the youngest swimmers who are there to learn and

have fun to the elite swimmers who possess the highest level of commitment, one which Pursley describes as focused and uncompromising.

Coach Pursley believes that the drive to succeed is not solely attained by *achieving* the highest level of commitment in swimming, but by being able to *see* it as well.

Alongside its drive to become one of America's great clubs is its dedication to developing the character of its swimmers. Pursley works hard to instill in his swimmers a sense of what it takes to be the best they can be—in *any* endeavor or pursuit.

"The attributes you acquire as an athlete—self-discipline, teamwork and long-term commitment—will help our team not only become better swimmers, but better people," says Pursley.

Now BEST picks up where Phoenix Swim Club left off, and everyone involved with the club—coaches and swimmers as well as the strong support of the club's parents and the backbone of Brophy College Prep—seem ready for the challenge.

When asked about his vision for BEST, Coach Pursley responded, "I see BEST as a program that has a place for every level of commitment. It's our job to encourage swimmers to make a commitment, then to provide support for them to meet it."



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!



Arizona Desert Fox (AFOX) had its share of winning performances at the TRA Mid-Winter Invite, Jan. 16-18, in Las

Vegas. Ten-year-old AFOX teammates Erica Stock and Jason Jaruvang each picked up a win, with Erica taking the 50 yard breast (39.00) and Jason winning the 100 fly (1:18.72). Jaclyn Branning was a triple winner, capturing the 11-12 girls' 50-100 breast (33.77 and 1:13.87) and 100 IM (1:06.06). Ellie Johnson swam away with the 11-12 girls' 50 fly (28.89) and raced to second in the 100 fly (1:05.38). In the girls' 13-14 competition, 13-year-old Erin DeVinney battled to the No. 1 spot in the 200 fly (2:14.50).



Pacific Swimming's Hinshaw brothers closed out 2003 with a family record-breaking spree.

Ten-year-old Adam got things started at the Sunnyvale Swim Meet, Nov. 1-2, by breaking the LSC record in the 500 yard free with a 5:36.58. The previous mark, set two years ago, was held by—you guessed it—older brother, Ben. Not to be outdone by his younger brother, Ben came back the very next weekend at the Palo Alto Stanford Aquatics Meet with a record-breaking performance of his own. His 17:56.36 in the 1650 broke the three-year-old Pacific Swimming

standard for 11-12 boys. But Adam had the final word—at least for 2003. He lowered his 500 free mark by nearly 10 seconds to 5:26.60 at the Arizona Holiday Festival, Dec. 4-7.



The Rappahannock Area YMCA Stingrays (RAYS) kicked off 2004 with an impressive combined team title at the 2004 Maryland Winterfest Invitational, held Jan. 10-11 at the University of Maryland. The meet featured 42 teams and 1,300 swimmers. RAYS also captured second in the girls' competition and third among the boys. Individually, RAYS swimmers set seven meet records.

Megan Fonteno contributed four, breaking the standard in the girls' 10-and-under 100 yard free (1:00.97), 100 fly (1:11.75) and both IMs (1:10.61 and 2:29.53). Jenna Brick added two records in the girls' 15-18 competition (200 back, 2:05.04; 100 fly, 58.64), while Nick Lloyd posted a 15-18 standard in the boys' 100 back (52.84).

TEXAS Blue Tide Aquatics placed 10 swimmers on the Gulf Swimming All-Star team that competed at the 2004 Texas LSC Championships, Jan. 4-5: (bottom row, from left) Chelsie Kidd, Merritt Krawczyk, Kim Summers, Emily Walters and Kelsey Fitzpatrick; (top row, from left) Dan Giliske, Garret Beaman, Matt Barber, Ryan Glander and Steve Giliske.



It was a clean sweep for Blue Tide Aquatics of Houston. The Tide first captured the Gulf Senior

Championships and Winter Championships, held Dec. 5-7. The very next weekend, BTA won its first-ever Gulf Age Group Swimming title. In senior competition, Micah Belew, Eric Mai and Paul Kornfeld swept the top three places for high-point honors. Joseph Stanton, 10, finished runner-up for the high-point award among 10-and-under boys.



AGE GROUP SWIMMERS OF THE MONTH

Sam Mitchell

Age 10, WTRC Sharks, Centerville, Ohio



In only five years of competitive swimming, Sam Mitchell has been making a remarkable name for himself.

Sam first represented the Washington Township Recreation Center Sharks at the Ohio State meet when he was only 7. By the time he was 9, he earned the 9-10 boys' high-point award at the 2003 Ohio State Long Course Championships, winning eight of the nine individual events that he swam.

His exceptional swimming throughout the summer earned him two NAG Top 16 listings among 10-and-under boys. He was fifth in the 100 meter back (1:16.47) and eighth in the 50 back (35.59)—the only 9-year-old in the Top 16.

And Sam kept going strong at the end of the year. At the December Mako Holiday Spirit Invitational, he set an outstanding five meet records: 100 and 200 yard free (1:00.22, 2:12.43), 50 and 100 back (31.54, 1:07.68) and the 50 fly (30.53).

It seems that Sam is poised to make 2004 his best year yet. At the January Annual Quad meet held in Indianapolis, he won his four individual events (50 and 100 yard back, 50 free and 100 fly) and set a meet record in the 100 back (1:06.06). He also earned the 9-10 boys' high-point award.

If this is any indication about what the rest of 2004 has to bring, be sure to keep an eye out for Sam Mitchell.

Molly Houlton may be nicknamed "Smalls" by her coaches at the Tucson Ford Dealers Aquatics in Arizona, but her accomplishments have been anything but.

She began 2003 as a member of the U.S. National Junior Team that competed at the Australian Youth Olympic Festival, where she won bronze in the 200 meter back. Then, at the Spring Junior Nationals, she broke Natalie Coughlin's 13-14 NAG record in the 400 yard IM with a 4:12.43.

In November, Molly—only a freshman—dominated the Arizona state high school meet. Swimming arguably one of the toughest doubles, Molly blazed to a 1:51.33 victory in the 200 free, and within minutes, won the 200 IM in 2:05.44.

Molly finished 2003 with no fewer than *nine* NAG Top 16 times among 13-14 girls—four long course and five short course. Among her top long course times was a second-place finish in the 200 meter back (2:16.42) and a No. 3 ranking in the 200 IM (2:18.76). In short course, not only did she set the NAG record in the 400 yard IM, but she also turned in two No. 2 times—200 back (1:58.35) and 200 IM (2:02.57).

"Smalls" also has big things planned for the future. Molly has her sights set on the 2004 Olympic Trials, where she has already qualified to swim the 200 back and both IMs.

Molly Houlton

Age 15, Tucson Ford Dealers Aquatics, Tucson, Arizona



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.



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Reality Recruiting

What do parents need to know about the recruiting process? Three families share their “real-life” experiences.

By Kari Lydersen

The phone starts ringing every evening, even right when you sit down for dinner. Reams of glossy brochures and letters come in the mail every day. Some weekends are spent driving your son or daughter to and from the airport for trips to different colleges.

This is the recruiting process that many parents of high school seniors go through every year. It can be very exciting—but also stressful and time-consuming.

Family Involvement

Most parents say that they let their kids choose which college they want to attend. But most parents also try to play an active role as advisers, sounding boards and, in some cases, guardians of their kids' time and privacy.

Joan Tukey, whose older twin daughters, Jenna and Rachel, went to the Air Force Academy and whose youngest daughter is now a freshman at the University of Minnesota—all on scholarships—says she encouraged her daughters to think long-term in making their decision.

“You’re looking at such a tremendous investment in your child’s future,” she says. “While your first inclination might be that you’d like to have them live nearby, you also want something for them that will really last. You want them to get to know the coach and the team, and you also want a good education.”

Jim and Karen Petric of Metuon, Wis., whose kids Steve and Sara are both at Northwestern, prepared a chart to help their kids map the pluses and minuses of their different options.

“We asked them how they would weigh different criteria: What is the coach like? What kind of education do you want? What’s the geographic location?” says Karen Petric.

Alane Inacker, whose son, Stephen, is a senior at Lake Forest High School in Illinois, said her son made up a



Photo by Ann Ingram

While the parents' first inclination might be to have their kids live nearby, they also want them to have a good education—something for them that will really last.

“swimming resumé” and sent it last summer to all of the schools he was interested in attending. “They all called him back,” she says. “That’s a way to make the coaches aware of your interest.”

Know the Rules

It is also beneficial for parents to know the basics of NCAA regulations regarding what coaches can and can’t do during the recruiting process. In a worst case scenario, a violation of recruiting rules—even an unintentional one—can jeopardize a scholarship offer.

There are rules, too, about the number of recruiting trips a swimmer may take. He or she is

allowed to take five paid recruiting trips under NCAA rules, but additional ones are OK if the expenses are not paid by the school.

“The recruiting trips have been an invaluable experience for Stephen,” says his mom, Alane Inacker. “That way, you really get to see what a school’s like.”

Swimmers and their parents also need to decide whether to commit to a college by signing early (in November) or to wait until the March deadline. Schools often make special scholarship offers for early signers that might not be available later. But new offers also usually surface closer to the March signing date.

Sara Petric decided to sign early, while her brother, Steve, waited. “After the waiting game with Steve, we decided it was better for Sara just to get it over with,” says their father, Jim.

Tukey’s youngest daughter, Valerie, signed early. Says Joan, “We said, ‘Val, what more could you possibly want?’”

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

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Stanford's Shining Light

Senior captain Tara Kirk knows how to light things up for Stanford not only with her million-dollar smile, but with her speedy accomplishments in the pool as well.

By Spike Gillespie

Photo by Peter H. Bick



"Tara (above) always does her best when she has a big smile on her face," says her younger sister, Dana, who also swims at Stanford.

Question: How many Stanford University swimmers does it take to change a light bulb?

Answer: A light bulb? Who needs light bulbs when senior team captain and champion breaststroker Tara Kirk is around to light things up with a smile that rivals Julia Roberts'?

It's true—when Tara Kirk busts a grin, people notice, especially when that grin occurs during a meet.

"She always does her best when she has a big smile on her face," says her younger sister, Dana, who also swims at Stanford. "We love it when she gets excited," echos teammate Katy Blakemore. "She gets this big smile on the blocks—it's gorgeous."

However, come race time, Tara is focused. Her tunnel vision has paid off—she's a nine-time NCAA champ and 12-time All-American who holds American records in the 100 yard breast (58.41), 200 yard breast (2:07.36) and 400 yard medley relay (3:31.74).

Stanford coach, Richard Quick, knew early-on that Tara had the talent to go far.

"Her freshman year, we were doing a high quality set," he recalls. "Let's say she was going 35 for the 50 breast. I would tell her to go 34, then 33, then 32." Each time he lowered the number, Tara met the challenge.

"After practice she said, 'All you have to do is tell me what you want, and I'll do it.' That's a dream-come-true for a coach to be able to hear something like that from his swimmers."

It was also a dream-come-true for Tara when she arrived at Stanford.

"Stanford was a whole new game. The team aspect was so amazing to me," remembers Tara. It was totally unlike anything she experienced in high school.

"When I came to college, I really improved. I dropped a second or two in the 100 and five seconds in the 200." And she attributes much of her improvement to the team atmosphere: "The team means a lot to me—it's the competition and it's them cheering me on."

Sometimes that competition gets extremely intense.

"Kristen Caverly swims a great breaststroke, and when we swim against each other in workouts, we can do ridiculous stuff," Kirk says. "One day we did a set of 8 x 100 breast on 1:35, short course meters. We started at 1:17. We would just keep pushing each other.

"Although it was very intense, it was also very friendly. It's like, 'I want to win this set, but she's also my friend.' We got it down to 1:13 by the end, which is *really* fast. We both finished the set completely exhausted. As much as it's stressful, it also makes me perform better."

Awe-Inspiring

Watching Kirk in the water is nothing short of inspirational.

"She's nearly unbeatable in short course competition because of her power," Quick says, calling her starts and turns "amazing."

Her teammates, too, are impressed.

"Tara has a very exciting breaststroke," says fellow senior Blakemore. "Not only is she kicking people's butts, but her stroke is also very efficient. It *looks* fast. Her breakouts are phenomenal. Her body is up out of the water and shooting forward."

Lacey Boutwell, who is also Kirk's roommate, notes, "When you watch her take a stroke, it's an explosion of energy. It's really amazing to watch. She has great technique and form and line."

It's that straight line that impresses her sister, Dana: "From her fingertip to her toes, you can draw a straight line when you watch her swim. Her technique is so good that she'll be two to three lengths ahead of the field in the 100 when she's having a good race. She gets ahead and stays there."

But her in-water mastery is only part of what makes her a well-respected team captain, a position she's held for two years.

"Tara is a humble swimmer and person in general," says Boutwell, "It's kind of amazing—she's extremely intelligent,

beautiful and an awesome athlete, but it doesn't go to her head. She's willing to take her good qualities and use them to help others."

Blakemore agrees: "She's been our team captain for two years because she really does lead by example. She does an awesome job in practice, being emotional when we need to be emotional and working hard when we need to work hard. She's really good about stepping it up and helping others."

Gymnastics' Loss, Swimming's Gain

Tara didn't start out as a swimmer. She spent most of her childhood pursuing gymnastics. Then, at age 10, she broke her arm. Even when it healed, she was fearful of getting back on the mat because of the strength she lost from the injury. So she joined her sister, Dana, who was already having a lot of fun in the water.

"I didn't start to get serious until I was 14," she says. "Three or four months later I won my first junior nationals, then things started going up from there on a steep curve."

Yet, it still took awhile for her to realize just how good she was.

"My freshman year I was so clueless," she remembers. "I kept winning my events at our dual meets. Then I won the 100 breast at NCAAs. I don't think I realized at the time just how big NCAAs were. I just thought, 'Cool, I won.'"

After March when Tara concludes her stellar NCAA career, she'll be able to focus solely on the U.S. Olympic Trials in July and, she hopes, a chance to represent the United States at the Olympics in Athens.

Coach Quick is helping her keep things in perspective.

"The defending Olympic champ in the 100 meter breast (Megan Quann) is returning, so Tara has an extremely high mountain to climb in order to make the team," notes Quick.

"Tara is one of the people in the hunt, but she is not a slam-dunk by any means. She has to get by a couple of people whom she hasn't beaten many times, if ever in long course competition. She has to swim faster than she ever has in her life to make the team. Then to medal, she'll have to swim faster. To capture gold, she'll have to swim even faster.

"I know she has the talent, and she has every right to believe she has a legitimate chance to do all those things—make the team, medal and win gold."

Tara, who won silver in the 100 meter breast at the 2002 Pan Pacs and who finished 2003 ranked in a tie for seventh globally in the 100, also seems realistic about her prospects.

"The breaststroke is a very deep event," she admits. "With so many fast swimmers at Trials, it's by no means clear who will qualify for the team. It's definitely going to be the swimmer who has the best day on the most important day of her life."

Looking Ahead

Kirk is still deciding on a future career.

"Stanford is a pretty vigorous academic institution," she understates. "I'm a human biology major. Infectious disease is my area of concentration. I think that I would be a good doctor. I think I'm one of the rare people who would enjoy med school, but I'm not sure if it's my true calling. It's seven years of your life, so you'd better be sure. I've always been interested in public health, international health, immunology—something definitely in the health field."

THE KIRK FILE

Name: Tara Kirk

Date of Birth: July 12, 1982

Age: 21

Hometown: Bremerton, Wash.

Height: 5-6 ("On my team, a lot of the girls call me, 'Little Tara.' I'm not that small.")

Weight: 145 pounds

Club: Metwest Stanford National Training Center Team

Coach: Richard Quick

Parents: Jeff and Margaret (both engineers)

Favorite Food: "I make an effort to eat healthy." (But when she can't control her urge for sweets, she loves dark chocolate and Ben and Jerry's Phish Food ice cream.)



Photo by Peter H. Bick

Coach Richard Quick (left) will definitely be in Tara's corner come the Olympic Trials: "I know she has the talent, and she has every right to believe she has a legitimate chance to make the team and win a gold medal."

For now, though, she's in no rush to exit the pool: "I envision myself swimming for at least another four years," she says. "I enjoy swimming. I enjoy being in shape. It's been such a big part of my life."

After all, that's what keeps her smiling.

Austin writer Spike Gillespie is the author of "Surrender (But Don't Give Yourself Away)," an essay collection.

MEN'S NCAA PREVIEW

Color NCAAs

ORANGE and BLUE

Auburn should capture a second straight NCAA championship, once again proving itself—from top to bottom—to be the premier collegiate swimming program in the land.

By John Lohn

It was an easy selection. Behind all the number-crunching, a definitive answer emerged. After all sorts of analyses, a clear picture was painted. That Orange-and-Blue portrait indicated a repeat men's NCAA swimming title for Auburn University.

When the finest collegiate swimmers in the nation descend on Long Island, N.Y. later this month, March 25-27, competition is expected to be hot. After all, this is an Olympic year. And, while Texas and Stanford are expected to play a role in the championship outcome, there's no reason to doubt Auburn's ability to regain its throne.

As was the case during the last Olympic year, this year's competition will be swum short course meters. With the change from short course yards, several world record assaults are expected. Also, 10 individual champions return to defend.

"This team's biggest challenge is overcoming last year's championship and approaching this as a fresh, new challenge to the collegiate season," said Auburn Coach David Marsh. "The Olympic year always presents extra opportunities and challenges. The challenges come from putting together a team for the national championship that is able to be at their best without compromising their Olympic goal."

Here's a peek at the competition and how—through the eyes of *Swimming World*—it will unfold.

1. Auburn Tigers



Simply put, there is no other choice. Hey, we're talking about a squad that cruised last year and returns a sizable portion of its scoring—424 points—from an eye-popping total of 609.5 points.

But Coach Marsh isn't quite ready to accept the first-place trophy just yet. "I think we're still defining ourselves," Marsh says. "We have a strong front line of 10 or 11 guys who can final, but that next group is in the

developmental stage. So, we're still finding where we are as a team."

Swimming World says the team will find themselves atop the podium come meet's end.

The Tigers have it all. They have superstars. They have depth. And, they're teeming with confidence, the result of a dominant dual-meet season.

In the sprints, Auburn is fueled by Fred Bousquet, the defending champion in the 50 yard free and bronze medalist in the 100 free. More, the

Swimming World's Top 10

SCHOOL	CSCAA POLL	LAST YEAR'S FINISH	LAST YEAR'S POINTS	POINTS RETURNING	POINTS LOST	SCORERS RETURNING
1. Auburn	1	1	609.5	424.0	185.5	14
2. Texas	3	2	413.0	310.5	102.5	9
3. Stanford	2	3	374.0	255.5	118.5	8
4. Florida	5	6	232.0	221.5	10.5	8
5. California	4	4	329.0	192.0	137.0	7
6. Arizona	8	8	205.0	205.0	0.0	7
7. Michigan	10	9	173.5	150.5	23.0	9
8. Virginia	9	10	125.0	101.5	23.5	6
9. USC	11	5	268.0	100.5	167.5	5
10. Georgia	6	14	104.0	85.0	19.0	9

IN THE HUNT (Listed Alphabetically)

Arizona State	15	11	116.5	98.0	18.5	6
Minnesota	7	7	228.0	70.75	157.25	5
Tennessee	13T	16	86.0	76.0	10.0	8
Texas A&M	13T	15	90.0	90.0	0.0	8
Wisconsin	12	13	105.0	100.5	4.5	6

CSCAA Poll (as of Jan. 29, 2004) is based on dual meet competition. Its championship poll was not available at press time.

Tigers have weaponry in Ryan Wochomurka and Derek Gibb.

George Bovell, the reigning champion in the 200 IM, adds a punch to the middle-distance freestyles, while B.J. Jones is a returning scorer in distance free. Clay Kirkland, a scorer last season, has opted to redshirt, as has Will Brandt, a scorer in breaststroke.

Auburn returns quality in the breaststroke in the form of Mark Gango, who picked up points last year in the 100 breast and 200 IM. The Tigers' IM strength is further enhanced by the returning scoring of Eric Shanteau and Jeremy Knowles.

Bryce Hunt placed in both backstrokes last year, while Chad Barlow scored in the 200 back. Caesar Garcia is a three-event scorer on the diving board. The co-champ on the platform last year, Garcia is complemented by Matt Bricker, a two-event scorer.

Have we convinced you yet, Mr. Marsh? "I think there is a solid desire, in particular with our senior class, to go out with a great performance," concedes Auburn's head man. "But we're going to need some help from our divers. I think Michigan and Florida will be there, too, but there's no question that Texas, Stanford and Auburn are the favorites."

2. Texas Longhorns



Can the Longhorns reclaim the title, making it four national crowns in five years?

"(A championship) has been our goal, but, honestly, Auburn must be a little off (for us to win)," analyzes Coach Eddie Reese. "They have it all going for them. We have to have guys step up. We have to hit it and dink them to death. That's what we did in 1996."

There's no question Texas has the swimmers to do it. After all, Coach Reese has—arguably—the top three names in college swimming: Brendan Hansen, Ian Crocker and Aaron Peirsol.

"We'll take points anywhere we can get them," acknowledges Reese.

Coming off a year that featured



Photo by George Olsen

Aaron Peirsol, Texas (Irvine Novas)

three relay championships and four individual crowns, the Longhorns must find the necessary firepower to make a run at Auburn and its outrageous depth. Texas boasts 310.5 returning points, after picking up a 413-point total last year.

If Hansen can double in the 100 and 200 breast, he will join USC's John Naber and Stanford's Pablo Morales as one of only three men to win four titles in two separate events.

Crocker is also seeking a four-peat—in the 100 fly. The 100 meter fly WR-holder is also a championship contender in the sprint free events.

As for Peirsol, the multi-dimensional sophomore doubled at Worlds in the backstroke and will be favored to duplicate the feat in Long Island. Peirsol is also a scoring option in a middle-distance freestyle event.

Daniel DiToro, a scorer in the 100 fly, is supported by Rainer Kendrick, who placed in three individual events last year. Jon Linette scored in platform diving, while Garrett Weber-Gale is a first-rate freshman.

3. Stanford Cardinal



The favorite to walk away with last year's crown, the Cardinal settled for third. As for this season, Stanford should stay put. The Cardinal returns 255.5 of its 374 points.

Coach Skip Kenney boasts a first-class roster, anchored by Peter Marshall, the defending NCAA champion in the 100 back. Marshall also finished fourth in the 200 back and 16th in the 100 fly. Markus Rogan is coming off a second-place effort in the 200 back, a fifth-place showing in the 200 IM and a 12th-place mark in the 400 IM. Jayme Cramer, meanwhile, scored in both butterfly events, along with the 100 back.

Dan Trupin is a national-meet scorer in the IM, while Matt McDonald is a returning scorer in the 100 fly. Stanford should reap the benefits of a solid freshman class and the transfer of Gary Marshall, an elite breastroker from Virginia.

4. Florida Gators



The Gators, coming off a sixth-place finish, have the punch to nail down a top-five spot, as 221.5 points return from a squad that generated 232 points in 2003.

Ryan Lochte was dazzling as a freshman, grabbing third and fourth, respectively, in the 400 and 200 IMs, and eighth in the 1650 free. Meanwhile, Carlos Jayme, who supplied 13 points last year in the sprints, is a major scorer for all five relays.

Adam Sioui, the NCAA champ in the 200 free in 2002, placed fourth in



Photo by Bill Collins

Peter Marshall, Stanford (Dynamo)

his signature event last year, while Chris Kellam was the fifth-place finisher in the 200 back. Zach Wilcox scored in all three diving events last year, while Gabe Mangabeira and Kris Wiebeck were major factors in relays.

5. California Golden Bears

Cal

Cal remains a big-time player on the national scene, with Duje Draganja and Michael Cavic headlining the roster. The Golden Bears are coming off a fourth-place team finish, the result of a 329-point outing. Of that total, California returns 192 points.

Draganja is the defending NCAA titlist in the 100 free and third-place finisher in the 100 fly. Cavic, meanwhile, had a banner season as a freshman, finishing runner-up in the 50 free and fourth in the 100 fly. While representing Serbia and Montenegro at the European Championships (SCM) in December, he set a world record in the 100 fly (50.02).

Alex Lim scored in a trio of events last year, topped by a third-place effort in the 100 back. Lim also nailed down sixth in the 200 back and added 14th place in the 100 fly.

6. Arizona Wildcats



The Wildcats are capable of making the most significant move in the standings from last year. Arizona, the eighth-place finisher in 2003 with 205 points, returns its entire scoring roster.

Simon Burnett will defend his 200 free title, while Juan Veloz (200 fly) and Luis Rojas (100 fly) are both coming off silver-medal showings. Veloz added a seventh-place effort in the 400 IM.

Lyndon Ferns is expected to push the elite freestylers and is also a key cog for Arizona's 200 and 400 free relays, anticipated to be in the championship mix. Eric LaFleur is another burner in the sprints, evidenced by his sixth-place effort in the 100 free from last year. Josh Anderson is a triple-event scorer on the diving board.

7. Michigan Wolverines



Coming off a ninth-place effort, Michigan returns all but 23 of the 173.5 points it scored in 2003, and could manage its top showing since 1997 (seventh).

The tandem of Peter Vanderkaay and Dan Ketchum provide Jon

Urbanchek with big-time talent, as Vanderkaay scored last season in the 1650 free (second), 500 free (fourth) and 200 free (11th). Ketchum was third in the 200 free and eighth in the 200 IM.

Chris DeJong is a scoring threat in the backstroke, while Davis Tarwater is capable of scoring in distance free and butterfly. A factory for distance standouts, the Wolverines expect scoring from Brendan Neligan and Andrew Hurd.

Jason Coben, the co-champion in platform diving in 2003, is looking for improved springboard results this year.

8. Virginia Cavaliers



Coming off a breakthrough season, in which the Cavaliers claimed their first Top-10 finish at NCAAs, Virginia should remain among the premier programs in the country, thanks in large

part to the ability of Fran Crippen.

Crippen is a legitimate threat to coral NCAA crowns in the distance free and to score in the 400 IM. Meanwhile, Ian Pritchard is expected to strengthen the Cavs' presence in the distance events.

Michael Cavic, Cal (Irvine Novas)



Photo by Bill Collins

Returning 80 percent of its scoring from last year, Mark Bernardino's club is looking for another dynamic showing from Michael Raab, the bronze medalist in 2003 in the 200 fly. Luke Wagner (back), Bo Greenwood (IM) and Vanja Rogulj (breast) possess scoring potential.

9. USC Trojans



USC, the fifth-place finisher a year ago, was dealt a blow with the graduation of Erik Vendt, who claimed titles in the 500 and 1650 free. Of the 268 points managed by the Trojans last season, only 100.5 return. More recently, freshman Larsen Jensen, the American record holder in the 800 meter free, left the team to train at Mission Viejo for this summer's Olympic Trials.

Ous Mellouli leads the way for Coach Mark Schubert. Mellouli collected a bronze medal in the 400 IM at the World Championships and notched a trio of top-five performances at last year's NAAs.

Trent Staley (back) and Paul Fahey (IM/breast) also possess scoring ability, while Ray Vincent is a key on the diving board. Freshman Sean Sussex has scoring potential in the sprints.

10. Georgia Bulldogs



Although 14th last year, the Bulldogs have the makings of a Top-10 squad, especially with Robert Margalis on board. A junior, Margalis is the defending NCAA champ in the 400 IM and runner-up in the 500 free.

Kyle Salyards, a 2000 Olympian, adds pop in the breaststroke events and as a medley relay member. Meanwhile, Scott Gardner is a returning scorer in the 100 breast and a relay key, along with Peter Verhoef. Damian Alleyne, Peter Osborn, Matt Owen and Randy Lam also scored in relay duty last year.

Cameron Hollinger, who landed a pair of state titles in Pennsylvania a year ago, adds depth to the freestyle

group and should make an impact on the relays.

In The Hunt

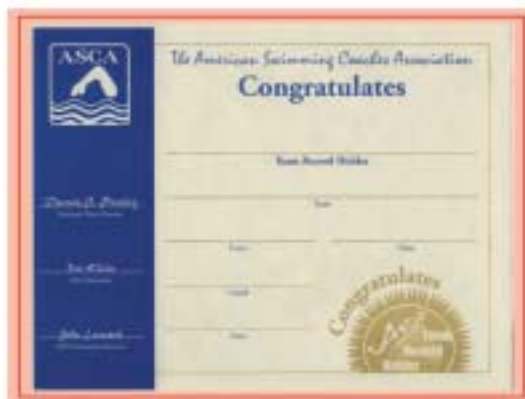
At **Wisconsin**, the Badgers are looking to improve on last year's 13th-place effort. Adam Mania is a potential scorer in freestyle and backstroke, while Matt Marshall is a scoring threat

in fly, back and free. Look for Dale Rogers and Eric Wiesner, both freestylers, to contribute.

The **Arizona State** contingent is powered by Nick Brunelli, who was fifth last year in the 100 free and ninth in the 50 free. Joonas Puhakka is the defending champion in 1-meter diving for a team that scored 98 points.

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which managed 90 points, Texas A&M relies on Matt Rose, a scorer in the 50 free (10th) and 100 back (12th). The Aggies should be rewarded on the diving board, behind the presence of Christian Picard.

Hit hard by graduation, Minnesota relies on Terry Silkaitis, who finished eighth in the 200 free last season and 10th in the 100 free. He's joined as a returning scorer by Ryan Plummer, the 10th-place finisher in the 400 IM.

The power at Tennessee can be found on the diving board, where Phillip Jones is the reigning NCAA champion in the 3-meter competition. Jones also picked up seventh place in the 1-meter event. Andrew Bree was 10th in the 200 breast.

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



Photo by Bill Collins

Fran Crippen, Virginia (Germantown)



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WOMEN'S NCAA PREVIEW

Auburn Poised for THREE-PEAT

Fifteen All-Americans, 449 returning points, 200.5 more returning points than second-ranked Georgia plus one of its best recruiting classes—on paper, it all adds up to a third straight NCAA championship for Auburn

By Emily Melina

It's an Olympic year, so expect some brilliant performances at this year's women's NCAA Swimming Championships, March 18-20, at Texas A&M. Because it's an Olympic year, one thing will be different from years past. Instead of short course yards, the meet will be swum in short course meters.

But when it comes to crowning the team champion, expect a familiar scene. Auburn's the favorite to three-peat, whether the Tigers swim yards, meters or whatever size pool the NCAA chooses.

You can also expect more of the same from University of California's Natalie Coughlin, a three-time NCAA Swimmer of the Year. Look for her to make it four in a row, completing a perfect collegiate career.

How will it all unfold? Here's how *Swimming World* sees it:

1. Auburn Tigers



Auburn returns 15 point scorers from its 2003 championship team. And despite the graduation of Maggie Bowen, who placed first in both IMs and second in the 100 yard breast last year, those returning points still add up to 449—200.5 more than second-ranked Georgia.

"Of course, losing Maggie Bowen's points isn't as painful as what may occur after this year's senior class graduates," admits Co-Head Coach

Kim Brackin. "This year's senior class has a lot of talent."

That group includes freestylers Becky Short, Heather Kemp, Eileen Coparropa, Erin Gayle and Magda Dyszkiewicz; breaststroker Laura Swander; and butterflyer Demerae Christianson. Together they scored a whopping 222 points last year. Relays are a huge factor in winning a championship, and these seniors are sure to contribute to the Tiger cause.

At last summer's World Championships in Barcelona, juniors Margaret Hoelzer took silver in the 200 meter back and Kirsty Coventry was a consolation finalist in the back and IM.

Most schools would love to have a team composed of just those upperclassmen. But wait, Auburn has even more!

Sophomores Erin Volcan and Jeri Moss now have NCAA experience and

Swimming World's Top 10

SCHOOL	CSCAA POLL	LAST YEAR'S FINISH	LAST YEAR'S POINTS	POINTS RETURNING	POINTS LOST	SCORERS RETURNING
1. Auburn	1	1	536.0	449.0	87.0	15
2. Georgia	2	2	373.0	248.5	124.5	7
3. Florida	4	5	277.0	199.5	77.5	8
4. Stanford	3	6	275.5	274.5	1.0	10
5. Texas	6	7	220.0	98.5	121.5	8
6. Arizona	7	9	209.0	162.0	47.0	9
7. USC	8	3	284.0	176.5	107.5	7
8. California	5	8	215.0	145.0	70.0	5
9. UCLA	9	11	128.0	102.0	26.0	6
10. SMU	11	4	281.0	147.0	134.0	7

OTHERS IN THE MIX (Listed Alphabetically)

Arizona State	21	10	135.0	110.5	24.5	8
Indiana	13	16	66.0	32.5	33.5	6
Michigan	16	14	79.0	56.5	22.5	7
Wisconsin	10	12	123.0	62.5	60.5	3

CSCAA Poll (as of Jan. 29, 2004) is based on dual meet competition. Its championship poll was not available at press time.



Photo by Peter H. Bick

Margaret Hoelzer, Auburn (Mountain Brook)

are expected to improve this year, as should Jana Kolukanova, Lauren Duerk and Leslie Lunsman.

Rounding out the Tigers' team is an impressive group of freshmen. In what is considered to be one of Auburn's best recruiting classes, distance swimmers Adrienne Binder and Hayley Peirsol, along with sprinter Christina Swindle, are all U.S. national team members.

2. Georgia Bulldogs



Although Auburn may be the favorite, Georgia is one of several teams looking for an upset. The Bulldogs lost leading scorer Maritza Correia to graduation. However, Georgia will still have a commanding presence at the meet.

Leading the Bulldogs will be sophomore Mary DeScenza, who scored 81 points in her first NAAs. She was the winner of the 200 yard fly and runner-up in the 100 fly in 2003, and she has top-10 times in the nation in freestyle and IM.

Senior freestyler Julie Hardt returns as one of the top mid-distance/distance swimmers in the nation, highlighted by a third-place finish in the 200 free last year.

Samantha Arsenault, Sarah Poewe

and Paige Kearns all look to build on the 111 points they contributed last year. Poewe, a World Championship finalist, returns as one of the top breaststrokers in the nation. Kearns and Arsenault both look to improve individually while again adding to relay points.

Kara Lynn Joyce is the most prominent newcomer with an impressive international swimming resumé. Most notably, she swam to two gold medals at the Pan Am Games last summer. Also looking to make an impact will be breaststroker Melissa Klein, Joyce's Pan Am teammate.

3. Florida Gators



Another legitimate championship contender is the Florida Gators. Eight All-Americans from last year's fifth-place team along with several talented newcomers will look to improve on last year's success.

Florida will look to senior Sara McLarty to lead the team. McLarty is the defending SEC champion in the 500 and 1650 yard free.

Coach Gregg Troy says, "The distance freestyle has always been good for us, and we expect it to be good for us again." Backing up his statement

are—along with McLarty—Meredith Green and freshmen Leah Retrum, Katie Ball and Ashley Carusone.

Perhaps some of the best news for the Gators is the return of Janelle Atkinson after she redshirted last season. Atkinson earned All-American honors in the 200, 500 and 1650 free, as well as the 400 and 800 free relays.

Returning All-Americans, including backstroker Maureen Farrell, breaststroker Vipa Bernhardt and sprinter Chantel Gibney, contributed 109.5 points last year. Completing the Gators' depth are Jamie Ellis and Rebecca Harper, who, with another year of experience and strong summer competition, are ready to improve.

4. Stanford Cardinal



Never out of the team race, Stanford comes into this meet returning all but one point from last year's sixth-place team. That was the first time in 23 years the Cardinal finished out of the top three.

"There's no one on our staff or our team who was happy with our NCAA finish last year," says Coach Richard Quick.

Led by senior Tara Kirk, Stanford is in good hands. In her previous three seasons, Kirk has won five NCAA breaststroke titles. She is the current American record holder in both the 100 and 200 yard breast.

Adding to Stanford's strength is Kirk's younger sister, Dana. Along with fellow sophomore Kristen Caverly, these two All-Americans hope to add to the 78 points they compiled last year.

"Dana and Kristen have won U.S. national championships before and both are definitely capable of doing it at the NCAA level," says Quick.

Lacey Boutwell, an 11-time All-American, is back along with Amy Wagner, and both should provide needed support in the sprints and relays.

A strong Cardinal freshman class should have an immediate impact on the team scoring—especially distance

swimmers Lauren Costella and Morgan Hentzen. Hentzen was the 800 free gold medalist and 400 free silver medalist at the 2003 Pan Am Games. Costella won titles in the 1500 meter free at the 2001 and 2002 summer senior nationals.

5. Texas Longhorns



After losing three of their top swimmers, many teams would need several rebuilding years. Not the case with Texas. Despite losing Joscelyn Yeo, Erin Phenix, Tanica Jamison and diver Summer Mitchell to graduation, the Longhorns already have a nucleus of new team leaders.

Sarah Wanezek is the most prominent returner to lead the Longhorns. Wanezek set school records last year in the 100 yard fly and the 400 medley relay, while earning All-American honors in five events at the 2003 NCAA Championships.

Co-Head Coach Mike Walker says, "If Sarah has the kind of season I think she's capable of, then I think she'll be able to leave her mark on Texas swim-

Lacey Boutwell, Stanford (Westfield Area)



Photo by Peter H. Bick



Photo by Peter H. Bick

Emily Mason, Arizona (Arizona Desert Fox)

ming like few women ever have." And considering Texas' swimming alumnae, that is saying something!

The Longhorns can also count on an additional seven returning All-Americans as well as a very impressive freshman class to help fill the void. Texas will need its recruits as well as its upperclassmen to step it up in order to make a run at the title. Diving will also play an important role as there are several strong divers on the Texas roster.

6. Arizona Wildcats



Although Arizona dropped from fifth to ninth place last year, don't expect Coach Frank Busch's Wildcats to stay at the bottom of the Top 10 for long. This year's team has the "horses"—er, "Cats"—to help move them up in the standings.

Sure, Arizona will miss All-American and Olympian Beth Botsford, but it'll have Emily Mason, who was runner-up in the 200 fly and 400 IM, to lead the way. Mason also won the Pac-10 title in the 500 free last year.

Fellow junior Jessica Hayes will also contribute, showcasing her versatility in the freestyle, backstroke and

IM. And the breaststroke events will be covered, thanks to Jessica Wagner, who scored 31 points last year.

Busch sees relays as a key factor in his team's improvement. "It's our goal to make sure that we have all our relays finish among the top eight," says Busch. Marshi Smith, Lisa Pursley and Jenna Gresdal look to contribute again in both the relays and in individual events.

A large freshman class, led by Whitney Myers, the 100 meter fly national champ in 2002, should add team depth.

7. USC Trojans



The Trojans return five All-Americans and seven individual scorers from their 2003 third-place squad. However, USC will certainly miss graduate Michala Kwasy, who contributed 57.5 points last year, as well as diver Blythe Hartley, one of the NCAA's top divers who was responsible for 50 of USC's points last season. Hartley is redshirting in order to train for the Olympics.

Still, the Trojans have junior All-American and Olympian Kaitlin Sandeno, who contributed 64 points last year and has been improving



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rapidly since an injury-plagued freshman year.

The Trojans also will be relying heavily on senior All-American Jana Krohn in the butterfly and relays, as well as junior All-American Margie Pedder in the fly and free. Coach Mark Schubert will look to Joanna Fargus and Joy Galloway, as well as Kammy Miller, to bring some experience and round out the team's depth.

The Trojans also have a talented freshman class. Schubert expects big things from four-time national champion Kalya Keller, Cait Connealy and Kristina Sieper.

8. California Golden Bears Natalie Coughlin. Need we say more? Well, "Yes," actually. The Bears bring a host of talent and experience beyond Coughlin, although it's a given that she will be leading the way.

Cal

Coughlin brings a swimming resumé that is unmatched by anyone in collegiate swimming today. Overall, Coughlin has broken six NCAA records, six world records, 34 American records and 11 school records. In 2003, Coughlin became the NCAA's first three-time titlist in the 100 fly as well as the 100 and 200 back. But Cal's depth will be needed if the Bears want to move up the ladder of the Top 10.

The loss of Olympic gold medalist and All-American Staciana Stitts and All-American Michelle Harper will definitely create some holes in the Bear lineup. However, Cal returns six All-Americans in addition to Coughlin—Danielle Becks, Natalie Griffith, Micha Burden, Lauren Medina, Helen Silver and Cheryl Anne Bingaman. Together they scored 53.5 points last year.

9. UCLA Bruins



Last year the Bruins won their second Pac-10 championship, and they are looking to bring that success to NAAs. The Bruins return six All-Americans and add a talented group of freshmen.

Leading the way will be senior All-Americans Sara Platzer, Malin Svahnstrom, Kristen Lewis and Leslie Hovsepian, who bring experience as well as 84 points from last year. The Bruins will depend on another strong performance from All-American and last year's Pac-10 Newcomer of the Year, Kim Vandenberg. Expect junior Kim Scarborough to make some waves this year, too.

The Bruins also will look to a strong group of freshmen to help the Bruins improve from last year's 11th-place finish. Coach Cyndi Gallagher says, "Our freshmen will make an immediate impact on the team." Leading the way will be Katie Arnold, Katie Nelson, Amy Thurman and Jane Imagane, who all have national experience.

10. SMU Mustangs



SMU will look to make up for the large gap left by graduated sisters, Lotta and Lisa Wanberg, as well as Alenka Kejar and Flavia Rigamonti, who are training



Natalie Coughlin, Cal (Terrapins)

Photo by Peter H. Bick

2003 All-Americans. The Mustangs will rely heavily upon Lee, who was a seven-time All-American and the WAC Swimmer of the Year.

Laura Pomeroy, Dallas Marshall and Andrea Cassidy also return from last year's team.

Other Teams In The Mix


The **Arizona State Sun Devils** hope to improve on their 10th-place finish from 2003. Leading the way will be junior Agnes Kovacs, who was third in the 200 breast and fourth in the 100 breast last year. Also expected to score significant points are sophomore Florencia Szigeti and junior Petra Banovic, as well as diver Trisha Tumlinson.

The **Wisconsin Badgers** look to break into the Top 10 this year after finishing 12th in 2003. They will be led by junior 2003 Big Ten Swimmer of the Year, Carly Piper, who is coming off a successful summer as a Pan Am team member.

Dorsey Tierney's **Indiana Hoosiers** are poised to break into the rankings as well after winning the 2003 Big Ten Championships. Led by five seniors—Sarah Fiden, Erin Gorlesky, Meghan Medendorp, Brooke Taflinger and Elizabeth Weyerbacher—the Hoosiers have the makings of a solid team.

Michigan returns seven All-Americans from last year's 14th-place squad. Leading this year's team are Amy McCullough, sixth in last year's 200 free, breaststroker Kelli Stein and distance standout Emily Clare Fenn.

Emily Melina is a free-lance writer based in Moscow, Idaho.



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On Any Given Day

If history is any indication, there's no doubt this summer's U.S. Olympic team will include its share of swimmers who will burst forth from the shadows onto swimming's brightest stage.

By Tito Morales

On any given day...

It's a familiar adage in the world of sport, generally associated with the game of football. The theory holds that on any occasion, even the lowliest of cellar dwellers can topple the most dominant of powerhouses.

Such dramas have been played out since the beginning of time—the knowns versus the unknowns, the challengers versus the favorites, the nobodies versus the somebodies.

Think David and Goliath.

Yes, the roster of 650-or-so gifted athletes who have been invited to compete at the U.S. Olympic Trials in Long Beach, Calif. from July 7-14 includes the usual assortment of Olympic medalists, world and American record holders and national champions.

However, the vast majority are swimmers whose names are familiar to only the most astute devotees of the sport—at least for now.

The beauty of the U.S. Olympic team selection process is that anyone who has earned the right to swim at the Trials is eligible to make the team. And as history has proven, there are some underdogs out there ready to transform themselves into top dogs.

A Guy Named Mulliken

In 1960, male breaststroking in this country was in such sorry shape that the U.S. Olympic Committee decided that only one athlete would be selected to compete at the upcoming Games in Rome. Their reasoning was simple: since no American was even ranked in the top 25 in the world, the country's resources would be better spent on events in which our athletes

had a better chance of reaching the podium.

At the time, Ron Clark was America's top breaststroker, and he was generally regarded as the one who would most likely make the team.

In fact, the other swimmers at the Olympic Trials were pretty much considered afterthoughts. That group included 21-year-old Bill Mulliken from Champaign, Ill., who finished fourth at the U.S. nationals just a few weeks earlier.

In a stunning turn of events, though, Clark was disqualified in the 200 breast prelims. Then Mulliken, swimming the race of his life, somehow outtouched all the other athletes in the finals to become a bonafide U.S. Olympian.

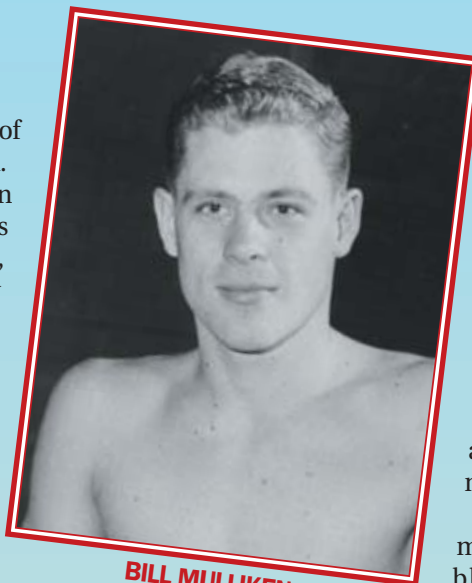
It was the type of magical performance which has become synonymous with the Trials. A hero had emerged from out of the woodwork.

Continuing the Dream

Although his performance at Trials was a lifetime best, Mulliken was in for a rude awakening when he reached Rome because his dynamic effort had earned him only a 17th-place seeding at the Games.

One swim in the prelims, though, changed all that.

Mulliken turned the swimming world upside down by rocketing to an American record and becoming the



BILL MULLIKEN

No. 1 seed. In the semifinals, he lowered his time yet again—this time adding the Olympic record to his rapidly-swelling list of accomplishments.

By the time he mounted the blocks for the finals, Mulliken's

confidence must have been as broad as the sky. He probably couldn't wait to get back between the lanes to see just how much more magic the water held in store for him.

His competitors surely sensed it. Mulliken would not be denied. The pieces of the swimming puzzle had all come together for him, and nothing was going to stand in the way of his athletic destiny.

Mulliken, now a Chicago attorney, captured gold that day in Rome. And his improbable, almost miraculous success story has served as inspiration for would-be Olympians ever since.

The Unusual Suspects

Each U.S. Olympic team has been sprinkled with tales of unexpected triumph similar to Mulliken's.

Matt Vogel, for instance, was a YMCA swimmer from Indiana who'd trained short course during his entire youth. In 1975, the 100 fly specialist was so far off the radar that it was a stretch for him even to qualify for the Trials. But make the Trials he did, and



THERESA ANDREWS

Photo by Tony Duffy

he somehow managed to place third there (countries were allowed three swimmers per event in '76) to make the Olympic team bound for Canada. In Montreal, Vogel stunned the swimming world by winning not one gold medal, but two—the second as part of the world record-setting 4 x 100 medley relay.

Theresa Andrews pulled off the trick in 1984 as well. Though the North Baltimore backstroker had placed fifth at the Trials four years before, she was far from being the favorite as she entered her second Trials competition. But Andrews made the team in the 100 back—barely—and a few months later, in Los Angeles, she astonishingly earned a pair of gold medals—one individual and one for the medley relay.

The 1996 Trials also contained its allotment of surprises. In the 400 IM, heavily-favored Kristine Quance's disqualification opened the door for unheralded Whitney Metzler to make the Olympic team. Meanwhile, lightly-regarded 100 flyer John Hargis from Little Rock, Ark., who was ranked only 25th in the country the year before, vaulted over dozens of higher seeds to earn a spot on the team. And Brad Schumacher, competing for Tiger Aquatics, saved his fastest 100 freestyles ever for the Trials to make the squad as a relay member.

While Metzler's magic ran out in

Atlanta, both Hargis and Schumacher went on to earn gold medals by being members of their respective relay events in the preliminary rounds. Schumacher also made the U.S. Olympic water polo team, repeating in 2000.

Another two-sport Olympian who rose to the occasion at the 1996 Trials was Sheila Taormina. The 26-year-old who'd had a solid, but by no means spectacular career, swam her way onto the 4 x 200 freestyle relay, and then struck gold in the same event in Atlanta. Taormina retired from competitive swimming, took up triathlon and went on to participate in the three-sport's inaugural Olympic event in Sydney.

A Venue for Youngsters

The Trials also have long been the venue of choice for youngsters to make their mark. In 1996, 14-year-old breaststrokes Amanda Beard and Jilen Siroky proved that youth is not wasted on the young by becoming Olympians. Beth Botsford, also 14 at the time, joined in the coming-out party by earning a spot on the team in both the 100 and 200 backstroke events. Beard and Botsford, like many of their undistinguished U.S. Trials' brethren, went on to earn medals.

Michael Phelps was another teenager who used the Trials as a stepping stone to stardom. In 2000 at Indianapolis, Phelps, only 15 at the time, improved his 200 fly PR in three consecutive races to earn his place in history by becoming the youngest male Olympian in 68 years.

Phelps' teammates in Sydney included three other swimmers who entered the Trials as distant longshots to make the squad. Beard, who had rocketed to prominence four years earlier, was given little chance of returning to form—but she defied the

odds a second time by earning a spot in the 200 breaststroke. Tommy Hannan from Texas rocked the natatorium by ripping off a huge PR in the 100 fly to earn his ticket to the Land of Oz, and Auburn's Pat Calhoun hit the wall second to Ed Moses in the 100 breaststroke to make the team.

A few short minutes of inspired swimming had catapulted each of these athletes—and many more like them—from anonymity into U.S. Olympic Trials' immortality.



BETH BOTSFORD

Photo by Tim Morse

Some rode their momentum right through to the Olympic Games' awards podium. Others faded back into their pre-Trials' abilities, never to be heard from at the sport's highest levels again.

It remains to be seen who will ultimately prevail in Long Beach this summer, but one thing is certain: by the time the last bubbles evaporate and the temporary pools are disassembled, the 2004 U.S. Olympic team will include its fair share of both Davids and Goliaths.

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



Check out SwimInfo Interactive at www.swiminfo.com to read about Jill Sterkel, a Hall of Famer, but an underdog, nonetheless, at the 1988 Olympic Trials.

SUDDEN IMPACT PART II

As reported in last month's Swimming World, high school athletes have always played an important role in the makeup of the U.S. Olympic team. Question is: who will make an impact at this year's Trials in July?

BY JOHN LOHN

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

THE PHELPS PHENOMENON

By the end of next summer, Michael Phelps may well be regarded as the greatest swimmer in history, if he eclipses the legendary Mark Spitz. If the plan unfolds according to the blueprint, Phelps will return from Athens with an Olympic medal haul of unfathomable proportions. That potential was sparked in Indianapolis, site of the 2000 U.S. Olympic Trials.

Although he's been tight-lipped as to his schedule for the Olympic Trials, Phelps has the arsenal to walk away from the next Olympiad with as many as 10 gold medals, a greater achievement than the Lucky Seven rolled by Spitz at the Munich Games in 1972.

Phelps got his Olympic initiation as a 15-year-old, thanks to an eye-opening performance at the 2000 Trials. A rising phenom when the events in Indy started, Phelps was a star by the end of the competition, his second-place showing in the 200 meter butterfly earning him a ticket to the Olympic Games.

These days, Phelps is no longer the youngster who claimed fifth place in the 200 fly at Sydney. Rather, Phelps is the undisputed force in the sport, a world record holder in three events and the American record holder in five disciplines.

Who, besides *Swimming World*, predicted that Phelps' emergence would occur as a 15-year-old high schooler? That's

the beauty of the Olympic year.

"The big thing on my mind is winning an Olympic medal," Phelps said. "I was disappointed not to win a medal (in Sydney). I just want one. (The summer of 2000) really gave me experience. At a young age, it gave me a lot to look at. Having that under my belt was important. It gave me an idea of what I needed to do. Everything has been a stepping stone along the way, and that was one of those steps."

THE NEXT CROP

While the male competition seemingly lacks a young contender for an Olympic berth this summer, a group of six female competitors has positioned itself for a run at Athens, highlighted by Rhi Jeffrey and Amanda Weir.

Powering the high school contingent headed for the Olympic Trials, Jeffrey and Weir have benefited from vast international experience, in-water knowledge expected to serve the duo during what is considered the most pressure-packed event in the sport.

A senior at Atlantic Delray High (Fla.), Jeffrey spent a portion of her summer in Spain, representing the United States at the World Championships in Barcelona. Aside from advancing to

Who, besides *Swimming World*, predicted that Michael Phelps' emergence would occur as a 15-year-old high schooler? That's the beauty of the Olympic year. *Photo by Bill Collins*



the final of the 200 free, Jeffrey contributed legs to a pair of gold medal-winning relays, including the 800 free relay that notched an American record.

As for Weir, the Brookwood (Ga.) senior etched herself as an Olympic player during the Pan Am Games in the Dominican Republic, when the sprinter registered the fourth-fastest time in American history in the 100 free. Leading off America's gold-medal winning unit, the Georgia-bound standout clocked 54.46. The time ranked her second in the world last year.

"Every meet is a learning experience," Jeffrey said. "I was able to take a lot from Worlds. I had the chance to get used to the three-race format and understood how important it is to keep your head in the game. You can't let one bad swim affect you. Watching the way Jenny (Thompson) and Lindsay (Benko) handled themselves was a big help. I'll be prepared for Trials."

Although Jeffrey and Weir are the current headliners from this high school group, that duo is joined by the following swimmers in the young-and-eager category:

Dana Vollmer: A member of the Pan Am squad, Vollmer left the Dominican Republic with a meet record in the 100 meter fly (59.35) and gold-medal hauls in the 200 free (1:59.80), 800 free relay and 400 medley relay. Also a member of the 2001 Goodwill Games team, Vollmer was the youngest athlete at the 2000 Trials, competing as a 12-year-old.

Katie Hoff: After joining the North Baltimore Aquatic Club's Harford County team during the summer, Hoff has been as hot as any teenager in the nation. A home-schooled student, the 14-year-old went on a December tear, a spurt that featured a national age group record in the 200 meter IM (2:16.26) at the U.S. Open and a silver-medal effort in the 400 IM (4:45.82).

A week later, Hoff claimed NAG records in the short course yards format at the NBAC Christmas Invitational. After breaking records in the 200 IM (1:58.27) and 400 IM (4:11.66), Hoff erased Anita Nall's name from the record book with a 2:12.08 performance in the 200 breast.

Elizabeth Hill: Headed for the University of Georgia, Hill claimed the 400 free title at the Pan Am Games with a 4:10.48 swim that toppled the former record of Sippy Woodhead. A member of the U.S. team at the Duel in the Pool and the Pan Pacific Championships, the Westminster High (Ga.) senior also boasts a national championship in the 200 fly (2002).

Julia Smit: A sophomore at Mount Sinai High in Setauket, N.Y., Smit is coming off a summer in which she finished third in the 400 IM and seventh in the 200 back at summer nationals. Recently, Smit punctuated her scholastic season with a pair of state championships, winning the 100 free and 200 IM shortly after clocking a 2:00.54 mark in the IM at sectionals.

"I think the veterans have extra experience, but we have the advantage of living in the moment," Weir said. "I think it's great to get swept into the atmosphere. I'm just trying to take things in stride and position myself for Trials. Going to the Olympics is on my mind. It would be an amazing experience."

CALIFORNIA CUTDOWN

In four-and-a-half months, we'll know. We'll know the medal favorites. We'll know who are America's gold-medal

contenders. That much will be determined by the events in Long Beach, July 7-14. As always, the Olympic Trials will tell a story, filled with chapters of ecstasy and agony.

More, we'll have a clear picture of the future of American swimming. Those next standouts will have been identified, the latest high school whiz kids will have had their names added to the annals of the sport, their accomplishments forever viewed as special.

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



Amanda Weir, a senior at Brookwood High (Ga.), etched herself as an Olympic player during the Pan Am Games last year in the Dominican Republic.

Photo by Jason Reed, Reuters



A senior at Atlantic Delray High (Fla.), Rhi Jeffrey (right) represented the United States last summer at the World Championships in Barcelona.

Photo by George Olsen



Check out SwimInfo Interactive at www.swiminfo.com to read about the impact past high school athletes have had on the U.S. Olympic team.

Tech Tip: Backstroke Pull

By Kevin Milak • Photos by Michael Aron • Demonstrated by Attila Czene

Attila Czene was the 1996 Olympic champion in the 200 meter IM in Atlanta. Swimming in lane 1, the Hungarian made a ferocious move to break away from the pack during the backstroke leg, finishing in a then-Olympic record of 1:59.91.

The First Downsweep

As you begin the first part of the backstroke arm stroke, your arm enters the water fully extended over your shoulder, pinky finger first with the palm of your hand slightly pitched out to the side. Your body should be rotated onto your side.

In **Photo #1**, you can see the entire front side of Attila's body. His feet are kicking side-to-side with one shoulder and the corresponding hip at or above the surface of the water. Once the entry is made, rotate your hand so that your fingers are pointed down and your arm begins to press down and outward (**Photo #1**). As your arm progresses through this phase of the pull, your hand and forearm will rotate to their deepest and widest point.

Continuing the downsweep, bend your arm slightly, with your wrist flexed so that your hand and fingers are in alignment with your forearm (**Photo #2**). This bend in your elbow will allow you to generate more power from the muscles in your bicep and chest than if your arm were straight.



As soon as you begin to bend your arm, begin to rotate your hips to the opposite side. In **Photo #2**, Attila's left arm is well into the recovery and is near vertical. This timing for backstroke is very similar to that of "half-catch-up" on freestyle, as the recovering arm moves much quicker through the air than the pulling arm through the water.

The Upsweep

The upsweep is the first real propulsive part of the stroke. Begin by rotating your hand slowly until

your palm is facing upward (**Photo #3**). Your hand will not be completely pitched upward until your hand passes by your elbow on its way up.

Continue bending your elbow, bringing your thumb almost to your bottom rib. Throughout this part of the stroke, your hand remains in alignment with your forearm. This will help you to use both your hand and forearm as a paddle (**Photo #4**).

In this position, Attila's recovery arm is passing by his head and will shortly be in the water. Let your body continue rolling toward the

other side during the upsweep, with the next sweep—the second down-sweep—finalizing the rotation.

The Second Downsweep

The second downsweep begins when your hand is at its highest point (as your hand passes your navel) and continues as your arm sweeps downward, finishing below your thigh (**Photo #5**).

Rotate your hand quickly, palm down, initiating a quick snap at the end of the sweep. This snap will also help you to finish your rotation to your other side with the final downward press. At the same moment that you complete the second downsweep, let your recovering hand enter the water, preparing to start the next stroke.

The Second Upsweep and Exit

The second upsweep consists of the final press and the quick movement that brings your hand out of the water. This sweep begins with the completion of the downsweep and ends when the palm of your hand is almost touching the back of your thigh.

During this sweep, your wrist will be hyperextended, similar to a waitress holding a tray overhead. This sweep is sometimes ignored because of its speed. Once your hand is nearly touching the back of your thigh, let it release its pressure on the water and quickly accelerate, thumb first, out of the water.

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



SWIMMING WORLD'S 31st ANNUAL

The listings on pages 40-47 are paid advertisements.

AGGIE SWIM CAMP AT TEXAS A&M UNIVERSITY

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

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

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

AK-O-MAK For Girls ages 7-16

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

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

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

ARIZONA SPORTS RANCH SWIM CAMPS

June 6-July 31

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

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

with a 25-yard x 50-meter swimming pool and another 25-yard pool, in addition to many other sports facilities. Ranch house/Western-style environment with great new air-conditioned two-room suites! See ad on page 19 in this issue of *Swimming World*.

ASU SPARKY SWIM CAMP

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

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

This Arizona State University swim camp is co-ed, and for all ability levels, ages 8 to 18. The coaching staff is led by Adam Schmitt—Associate Head Coach for Men's and Women's Swimming at ASU; with ASU assistant Men's and Women's coaches Annemarie Miscovic and Greg Winslow. This staff brings a wealth of experience in working with swimmers of every level from beginner to Olympian. This camp focuses on the most up-to-date stroke techniques and drill instructions, with an emphasis on championship starts and turns. Options at camp include video/DVD stroke analysis, sports nutrition information, a goal setting clinic, inspirational speakers, and a camp photo. The ASU outdoor swimming facilities are among the best in the country. The 3-pool complex features a 50-meter x 25-yard pool, an 8-lane 25-yard pool, and a 25-meter diving well. Last year resident campers enjoyed extra-curricular activities including a visit to a local water park. This year's theme will include camper team competitions with prizes. There is 24-hour adult supervision for resident campers. Cost \$475 for resident campers (includes room/board, camp photo, and airport pick-up/drop-off; and \$300 for day campers which includes lunches. All campers receive a T-shirt and swim cap. See out website or e-mail sparkyswimcamp@aol.com for a camp brochure.



AUBURN TIGER SWIM CAMP

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

Athletes In Action
June 7-11

2nd Year Speciality Camps (Limited Enrollment)

Starts and Turns Camp, May 28-30
NEW Individual Medley Camp, June 5-7
Starts and Turns Camp, June 19-21

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

2003 NCAA Coach of the Year, David Marsh, was very pleased with the overwhelming response to the 2003 Specialty Camps (had to add a 2nd Start & Turns Camp) as well as the weekly swim camps. The 2004 Specialty Camps include two Starts and Turn Camp and an IM Camp (new). The Specialty Camps will feature the "world's fastest start", Auburn's waterpower program and Auburn's techniques for a successful IM. The weekly swim camps feature Coach Marsh and a variety of world class swimmers. Campers enjoy 1-on-1 with national caliber swimmers, in-water stroke demonstrations, stroke analysis, and educational seminars covering goal-setting, nutrition and motivation; experience a nationally recognized collegiate atmosphere on the beautiful AU campus convenient to the Atlanta Airport; and, enjoy field trips and fun activities while under 24-hour adult supervision. Sessions include Elite, Senior, and Age Group Training in a state-of-the-art facility, site of the 1998 and 2003 NCAA Championships. Camp is open to competitive swimmers 9 and up. Enrollment is limited, and camps do sell out, so please apply early. Application and camp registration available on line. See ad on page 47 in this issue of Swimming World.

BOLLES SCHOOL SWIM CAMPS 2004

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

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

The Bolles School Swim Camps are developmental camps designed to provide quality instruction and

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

2004 BULLDOG SWIM CAMP

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

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

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

Camps, Swimming Education and more, go to

CAMP CHIKOPI

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

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

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

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

COLGATE UNIVERSITY SWIMMING CAMP 2004

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

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

The purpose of the Colgate University Swimming Camp is to provide the most positive and educational camp experience possible to each person. Swimmers of all abilities, ages 9-18 are welcome. Future Olympians will train in Lineberry Natatorium; one of only two East Coast facilities with a retractable roof. The swimming camp is directed by head Men's and Women's Coach, Stephen Jungbluth. The content of this camp is presented in a progressive manner with the expectation that you will not only improve during the one week but

upon returning to your home swimming environment. Three daily pool sessions are complemented by information sessions on sports psychology, the collegiate recruiting process, total preparation for practice and competition, nutrition and successful life skills. Colgate student/athletes will be available to provide insight into the collegiate search/recruiting process. Costs: resident: \$450, commuter \$350. Please call or email for a brochure.

COMPETITIVE SWIM CAMP AT UNIVERSITY OF SAN DIEGO

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

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

Spend your vacation this summer in beautiful Southern California at the University of San Diego improving your swimming skill, technique and speed. Boys and Girls, ages 9-17, as well as adults, will have an awesome time having a hands-on experience of campus life while working on stroke drills, starts and turns, and having their performance videotaped and analyzed. Also included are discussions on performance and related topics. USD is the ideal place for young people to develop new friendships, and learn life lessons in leadership, responsibility, and teamwork. Aside from workouts and technique sessions, campers will have the evenings free to see some of the fine recreation venues that make San Diego famous. Swimmers will also find USD's camp staff caring and competent. Each and every member of the camp staff takes to heart the responsibility entrusted to them of helping campers become better swimmers and people, both in the pool and out. The commitment to providing and delivering a comprehensive, quality, and unique athletic experience is what makes the University of San Diego one of the top choices for a summer camp experience. Coach Mike Keeler, who runs the program, is entering his sixth year as USD's head coach and won back-to-back conference championships in 2000 and 2001. Keeler continues to establish the Toreros as an elite program within the Pacific Collegiate Swimming Conference. In 2003, USD made its first appearance in the NCAA championships, placing 38th nationally. Adult Programs also available and include Masters Swim, Masters Swim Weekend, and Triathlon. Space is limited so sign up today! Call and we will be happy to send you a free catalogue. USD is accredited by the American Camping Association and the Western Association of Schools and Colleges.

swiminfo.com

FALCON SWIMMING/DIVING CAMPS

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

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

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

2004 FIGHTING ILLINI SWIM CAMPS

June 5-6, Start and Turn Camp
June 13-18, Instructional Technique Camp
June 20-25, Instructional Training Camp

Sue Novitsky, Head Coach
Steve Franau, Director
1700 S. Fourth Street
Champaign, IL 61820
217-333-7670 or 217-244-7278
Fax: 217-333-4853
E-mail: novitsky@uiuc.edu

www.fightingillini.com

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

FLORIDA GATOR SWIM CAMP

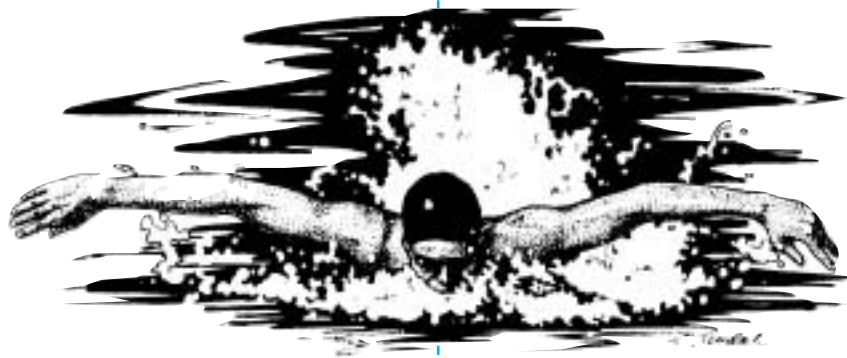
June 2-5, Fly & Breast
June 16-19, Free & Back

June 5-10, Session I
June 19-24, Session II
June 26-July 1, Session III
July 17-24, Session IV (Team Camp I)*
July 24-31, Session V (Team Camp II)*
*** Individuals may also register. This camp is NOT limited to teams.**

June 5-July 1, Session I, Elite I
June 5-July 31, Session II, Elite I
July 17-July 31, Elite II

Anthony Nesty, Director
P.O. Box 14485
Gainesville, FL 32604
352-375-4683, ext. 4532
<http://www.uaa.ufl.edu>

The University of Florida's swim camp is for swimmers of all abilities, ages 7-18. The coaching staff includes Gator Head Coach Gregg Troy (three-time Olympic Coach), Anthony Nesty (1988 Olympic Gold Medalist and 1991 World Champion), Martyn Wilby (2000 Olympic Head Coach for Barbados), and Rich DeSelm (Former Head Coach at Davidson College and 2000



USA Olympic Team Manager), Hollie Bonewit (Former Interim Head Coach & Assistant Coach for Georgia Southern University, 2000-2002), and Donnie Craine (Head UF Diving Coach). The 2004 Gator Swim Camp includes comprehensive training in all aspects of competitive swimming including dryland workouts used by Olympic, World and National Champions. The campers will swim twice daily and devote time to stroke mechanics, starts, turns and conditioning. Videotape analysis and guest speakers on nutrition, strength training, goal setting and mental preparation are all included in the weekly camps. Resident campers reside in air-conditioned dorm rooms and fun activities are held each night. Coach to swimmer ratio is 1:7. Team and family discounts are available. See ad on page 48 in this issue of *Swimming World*.

FLUID MECHANICS SWIM CAMP

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

Spring Day Camp, April 23 & 24

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

Summer Resident Camps

June 27—July 7 (11 day)

June 27-July 3 (7day)

June 27-July 1 (5 day)

July 3-7 (Advanced 5 day)

Summer Day Camps

July 21 & 22

John Waldman

P.O. Box 343

Middletown, NJ 07748-0343

800-266-5179

E-Mail: swim@fluidmechanics.net

www.fluidmechanics.net

The focus of FMSC is the development of each swimmer's mind, body, and spirit. The setting of personal goals and how to achieve them is encouraged. Through Cataloging, our revolutionary method of teaching, our consultants break down each stroke, start and turn into its finest components and show swimmers the best way to execute them. Also, swimmers learn the traits of all strokes such as, Hydro Dynamics, Core of the Stroke, Acceleration and Sprinting through our Vision Works Technology program. Campers' Individual strokes are analyzed and personal recommendations made. Practices combine sprint and endurance training and are tailored to each swimmer's specific needs. Underwater videotape instruction is offered each swimmer. Swimmers leave camp with the confidence to set new goals and work toward achieving them. Ages 8 & older. Residents : 5, 7 or 11 day formats. Day camps in 2 and 4 day formats. Campers receive a personalized videotape, t-shirt, cap and goody bag. 5-day package:

\$699. Please call or check our website for additional rates, location and times of all camps.

GEORGIA TECH SWIM CAMP Home of the 1996 Summer Olympic Games

Session #1: May 23-28

Session #2: May 30-June 4

Session #3: June 6-11

Session #4: June 13-18

Maria Thrash, Camp Director

Georgia Tech Swim Camp

150 Bobby Dodd Way, NW

Atlanta, GA 30332-0455

404-894-9736

Fax: 404-894-8863

E-mail: GTswimcamp@hotmail.com

www.ramblinwreck.com

Train in the Olympic Pool! Live in the Olympic Village! The Georgia Tech Swim Camp is focused on improving all aspects of competitive swimmers from the ages of 10-18. Our objectives are to create a positive and enjoyable learning environment for the swimmers while increasing their awareness of the sport. The camp will focus on many areas of competitive swimming, including stroke technique improvements and optional videotape sessions. The Georgia Tech Swim Camp, under the direction of Head Coach Seth Baron and his staff, will work with each swimmer in providing fun ideas to improve their swimming enjoyment. Our camp includes guest appearances from former Olympic Athletes and a half-day trip to either an Atlanta Braves Baseball game or Six Flags Over Georgia. Join the Georgia Tech Swim Camp and experience a wonderful opportunity of living in the Olympic Village Dorms and swimming at the Georgia Tech Aquatic Center, home of the 1996 Summer Olympic Games. Fees for camp sessions are \$575 for resident campers and \$425 for day campers. See ad on page 48 in this issue of *Swimming World*.

HAMILTON COLLEGE COMPETITIVE SWIM CAMP

Swim Camp

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

Three one-week sessions. One session per camper.

TJ Davis

Hamilton College Swimming

Clinton, NY 13323

315-859-4794

E-mail: tjdavis@hamilton.edu

Ages 10-17. The philosophy of the Hamilton College Swim Camp is to improve the fundamental skills of competitive swimmers. The teaching includes three water and one dryland sessions per day. Each session includes individual analysis, videotaping, nutritional review, introduction to dryland and Nautilus training,

stretching, evening activities and special events. Swim camp sessions will be limited to a maximum of 55 participants in order to provide the maximum benefit to each swimmer. The ratio of staff to participants is better than 1.5 for all camps. Cost is \$460 per week includes room/board, videotaping and T-shirt.

HARTWICK COLLEGE COMPETITIVE SWIMMING AND DIVING CAMPS

July 4-10, Stroke Technique Camp

**July 11-17, Stroke Technique, Sprint,
Distance Camps**

July 18-24, Stroke Technique Camp

July 18-24, Springboard Diving Camps

CELEBRATING ITS 25TH ANNIVERSARY

Dale Rothenberger, Director

Hartwick College

Oneonta, NY 13820

607-431-4714

E-mail: rothenberged@hartwick.edu

www.hartwick.edu/athl/athletic.html

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

INDIANA UNIVERSITY SWIM CAMP

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

Kandis Looze, Director

2344 Linden Hill Rd.

Bloomington, IN 47401

812-333-5684

E-mail: iuswimcamp@insightbb.com

<http://iuhoosiers.com/camps>

The IU SwimCamp offers unique experiences not provided by any other camp in the nation. The ultimate

goal is to educate campers on the fundamentals of technique, racing and training in the sport of swimming, while providing an opportunity for camaraderie with swimmers from all over the nation! Each swimmer will participate in 2 water workouts, one dry land workout, and an educational lecture each day. During the camp each swimmer will undergo a technical analysis and strength test in which the results will be sent home on a DVD and in a notebook. Our experienced coaching staff includes Head Coaches Dorsey Tierney and Ray Looze. Tuition is \$525/week which includes room and board for the duration of the camp.

JACK NELSON SWIM CAMP

June 13-July 24

Jack Nelson, Founder
Duffy Dillon, Camp Director
Fort Lauderdale Aquatic Complex
503 Seabreeze Blvd.
Fort Lauderdale, FL 33316
888-796-3578 (toll free)
954-764-4822
Fax: 954-764-5219
E-mail: info@flst.com
http://www.flst.com

Our camp motto says it best, "Access to Success is Thru the Mind." The Jack Nelson Swim Camp is the third longest-running camp in North America beginning in 1966 at Pine Crest School and moving to our current home in 1974. Learn to think and swim like a champion at the JNSC, home of the Fort Lauderdale Swim Team, 12-time national champions of USA Swimming. The JNSC is located on beautiful Fort Lauderdale Beach, Florida at the world famous Fort Lauderdale Aquatic Complex, the finest outdoor facility anywhere. We offer our young people the best in positive thinking and positive strokes. Both Olympic & ASCA level 5 coaches Jack Nelson and Duffy Dillon lead the camp in two Olympic-size pools. Our campers stay within walking distance of the pool at a nice beach hotel, eat nutritious catered food, and are supervised 24-hours a day. JNSC features daily stroke sessions, long and short course training, a comprehensive dry-land session, and a classroom talk covering motivation, race strategy and nutrition. There is a social activity each day. We provide escorted pickup from and departure to the Fort Lauderdale International Airport. The camp is open to boys and girls ages 7 to 18. Three training tracks are available: silver, gold and elite. A two-week minimum is recommended to experience the full camp program. Camp is limited to the first 60 applicants for each session. Cost is \$695/week for boarding and \$395/week for day campers. Discounts for multi-week campers.

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

LEHIGH UNIVERSITY SWIM CAMP

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

John Morrison
641 Taylor Street
Bethlehem, PA 18015-3186
610-758-4309
E-mail: jhms@lehigh.edu
www.lehighsports.com

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

LONGHORN SWIM CAMP

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

Jon Alter, Director
Longhorn Swim Camp
University of Texas
Intercollegiate Athletics
P.O. Box 7399
Austin, TX 78713-7399
512-475-8652
Fax: 512-475-8739
E-mail: longhornswimcamp@athletics.utexas.edu
www.TexasSports.com
www.Longhornswimcamp.com

Catch the Olympic spirit! The 27th annual Longhorn Swim Camp is headed by 2004 Head Olympic and U.T. Men's Swim Coach Eddie Reese, four-time Olympian and U.T. Women's Co-Head Swim Coach Jill Sterkel, two-time Assistant Olympic and Co-Head Women's Coach Mike Walker and five-time Olympic medallist Josh Davis. Held at the Jamail Swim Center on the University of Texas at Austin campus for male and female competitive swimmers, ages 8 and up. The swim center includes a 50-meter by 25-yard pool, and a 25-

yard by 25-meter pool. Four training groups based on age and ability, with a 1:7 coach/swimmer ratio in stroke technique sessions offered. Training includes long course sessions Monday-Friday mornings, stroke sessions Sunday evening, and Monday-Thursday afternoon and evenings. Classroom sessions on technique and race strategies also held. Underwater videotaping of each camper analyzed by a coach. Daily social activities and field trips offered. Multiple week stays include weekend planned activities with supervision. Experienced, mature adults provide 24-hour supervision. All campers receive camp T-shirt. Cost: \$445 per session for day campers —includes coaching, facility use, supervision, lunch and dinner. \$545 per session for resident campers which includes coaching, facility use, supervision, room and board. See ad on page 49 in this issue of *Swimming World*.

NAVY SWIMMING CAMP 2004

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

Bill Roberts, Camp Director
Navy Swimming Camp 2004
Lejeune Hall 4A
Annapolis, MD 21402
410-293-3012, 410-293-5834
Fax: 410-293-5827
E-mail: robertsw@usna.edu
www.navyswimmingcamp.com
www.navysports.com

With Navy Swimming Camp entering our seventh year, expect even greater results upon joining us this summer! Our primary goal is to offer you the very best in individual instruction, camper experience, take-home material and safety and supervision. The purpose of our camp is to provide you with an educational environment to learn about and develop the four competitive strokes including all related starts, turns and finishes. Navy Swimming Camp is a stroke-intensive camp. The volume of training will be minimal with total emphasis on stroke improvement. Swimmers will receive individual attention. Additional pool sessions are offered to all who need to maintain their conditioning while at camp. Each camper will receive a video that will have each of their four strokes. The video will include all strokes taped at the beginning and end of camp. Campers will receive daily instruction in dry land activities designed to improve individual fitness levels. Guest lecturers with experience in performance, training, goalsetting and leadership will highlight the evening programs. Campers will take in plenty of pertinent information throughout each day and should bring a folder, notepad, and pen. Campers will learn and train in an amazing environment on the Naval Academy beginning with Lejeune Hall; a 25-meter by 50-meter facility with separate diving tank. Camp is open to all competitive swimmers ages 9-18. New in 2004 will be a boat cruise of the Severn River and a time trial meet. See ad on page 49 in this issue of *Swimming World*.

NIKE CAMPS SWIMMING, DIVING, WATER POLO

June through August

College Coaches from across the U.S.

Nike Sports Camps

4470 Redwood Highway, #101

San Rafael, CA 94903

1-800-645-3226

Fax: 415-479-6061

E-mail: swim@ussportcamps.com

www.USSportsCamps.com

The NIKE Swimming, Diving and Water Polo Camps, presented by US Sports Camps, are directed by some of the most respected collegiate coaches in the country, who take every step possible to accelerate your love for the sport in a way that's both enjoyable and educational. At each camp location, the goal is to have each camper come home with experiences that enrich both the quality of their performance and their life through a better understanding and greater appreciation for the sport, more refined and developed techniques and a heightened level of self-confidence as an individual. Camps are located in CA, AZ, NM, VT, HI, IN, WA, OR, UT, CO, OH, PA, NH, MA, MN, CT, MI, IL, NJ, FL and MD. See website or call for dates and prices. See ad on page 17 in this issue of *Swimming World*.

NORTH CAROLINA SWIMMING CAMP 2004

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

Randy Erlenbach, Camp Director

3514 Hawk Ridge Rd.

Chapel Hill, NC 27516

919-933-4905

Fax: 919-933-4546

E-mail: reswim@unca.unc.edu

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

NOTRE DAME SWIM CAMP—2004

June 8-12, Camp I, Traditional Camp

June 11-15, Camp II, Training Camp
(Ages 13 & above)

June 14-18, Camp III, Traditional Camp
(Grades 8 & above)

June 20-23, Camp IV, Stroke Camp
(Grades 4-7)

Bailey Weathers

University of Notre Dame

124 Joyce Center

Notre Dame, IN 46556

574-631-8359

Fax: 574-631-3650

E-mail: weathers.3@nd.edu

www.nd.edu

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

PEAK PERFORMANCE SWIM CAMP

June 7-16 at Los Alamos, New Mexico

June 19-25, June 26-July 2, July 3-9, July
10-16, July 17-23, July 24-30, July 31-

August 6, August 7-13 at Orlando, Florida

Contact and Registration Information

2511 E. Colonial Drive, #123

Orlando, Florida 32803

407-872-0604

Fax: 407-872-6946

E-mail: lois@swimcamp.com

www.swimcamp.com

At Peak Performance Swim Camp, swimmers experience positive coaching from the moment they arrive. We believe a positive self-image is the single most important ingredient to swimming success. Our camp head coaches are Olympic coaches Nick Baker and Lois Daigneault, master motivators, stroke technicians and trainers. Swimmer/coach ratio is 8 to 1. "Cutting edge" stroke, start and turn sessions are offered daily, as well as "swim fast swiminars" on sports nutrition, goal setting and how to swim your best at meets. Elite swimmer training available for qualified swimmers; train with Junior and Senior National Qualifiers. A special 10 & Under program is available—call for details. Our camp size is limited to 55 swimmers per week. Sessions sell out quickly, so register early. Los Alamos social activities include indoor rock

climbing and a high and low ropes confidence-building course. Orlando activities include trips to Cirque du Soleil, Disney World and Universal Studios. We accept Visa, Mastercard and American Express. See ad on page 11 in this issue of *Swimming World*.

2004 PENN STATE COMPETITIVE SWIMMING AND DIVING CAMPS

Swimming: June 13-17, June 20-24,

June 27-July 1

Diving: June 29-July 3, July 11-15

Dick Bartolomea

Penn State Sport Camps

204 Multi-Sport Facility

University Park, PA 16802

800-PSU-TODAY (778-8632)

www.psusportcamps.org

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

PURDUE UNIVERSITY SWIMMING AND DIVING CAMPS

June 21-25

Cathy Wright-Eger, Director and Head
Swimming Coach

Purdue University

West Lafayette, Indiana 47907

765-494-2756 (contact Nona Schaler or

Lynn Stocksick)

E-mail: njschaler@purdue.edu or

lastocksick@purdue.edu

www.conf.purdue.edu

Do you want to become a faster swimmer? Would you like to be a better diver? Then you need to come to **Purdue's new Swimming and Diving Camp**. At **Purdue's** camps, we will help you attain excellence through both technique and attitude. You will be instructed by the same trainer, nutritionist, and sports psychologist used by Purdue varsity athletes. Camps are held in the new \$17 million Boilermaker Aquatic Center. The competitive pool's automatic water leveling system will bring out your best times, and the Sparger "bubble" unit gives you "softer" landings for your dives. In **Purdue Swimming Camp**, you will work on all the skills you need—strokes, starts, and turns—to improve your times. **Purdue Diving Camp** teaches a

wide range of different dives using springboards and diving platforms. Camps are open to boys and girls, grades 4-12 for commuters, and grades 6-12 for residential campers. Registration is limited so register early.

SKIP KENNEY'S STANFORD INTERNATIONAL SWIM CAMP

Session 1: June 26-July 1

Session 2: July 2-4 (Accelerated Mini Camp)

Combo Session: June 26-July 4

Session 3: July 19-23 (Day camp only)

Skip Kenney's Stanford International Swim Camp

4470 Redwood Highway #101

San Rafael, CA 94903

1-800-645-3226

Fax: 415-479-6061

E-mail: swim@ussportscamps.com

www.USSportsCamps.com/swim

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

SPARTAN SWIM CAMP

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

Matt Gianiodis, Head Swimming Coach Michigan State University

236 IM West

East Lansing, MI 48824

517-432-2054

Fax: 517-432-2053

E-mail: gianiodi@ath.msu.edu

www.sportscamps.msu.edu

The Spartan Swim Camp is held on the beautiful, park-like campus of Michigan State University. Overnight and day sessions for boys and girls ages 10-18 are available. Campers live in University residence halls and eat meals at University dining halls. The camp is

designed to enhance the technical aspects of stroke, training, and the strategies needed for each camper to compete at the top level of competitive swimming. The camp is run in our 50-meter outdoor and 25-yard indoor aquatic facility. Each camper's daily schedule includes a long course training workout; videotaping of stroke work, starts and turns; critique of swimming technique; in water stroke drill session; presentation of various swimming topics and much more. Sessions limited to 60 swimmers. Costs: Resident camper—\$400; Commuter camper—\$325. For a Spartan Swimming Camp brochure, write or call Matt Gianiodis.

SWIM WITH SCHUBERT SWIM CAMP

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

Joke Schubert

Schubert Swim Camp

P.O. Box 479

Surfside, CA 90743-0479

562-592-3424

Fax: 562-592-9704

E-mail: SchubertSwimCamp@aol.com

www.schubertswimcamp.com

Train and learn with seven-time USA Olympic Coach, Mark Schubert, and a Championship Team of USC assistant coaches, all of whom are on deck, directly involved with all training aspects of the camp. Olympic Gold Medalist and World Record Holder Lindsay Benko and Olympic Silver Medalist Erik Vendt, are among our guest speakers. The camp's daily routine includes: dryland training, 3 swim session (one conditioning session, and two swim sessions devoted to stroke technique work, drills, starts and turns mechanics.) All campers' strokes videotaped underwater and video analysis. Located at the University of Southern California, site of the 1984 Los Angeles Games. Swimmers stay in on-campus dormitories, 24-hour supervision, planned extracurricular activities along with coaches who care about details that can make a difference for all ability levels, ages 9-18. Elite training is available for those who qualify. Cost \$645 resident campers and \$475 day camper. Limited registration, apply early. See ad on page 50 in this issue of *Swimming World*.

TOTAL IMMERSION SWIM CAMP

Terry Laughlin, Director
117 Main St.

New Paltz, NY 12561

1-800-609-7946

E-mail: info@totalimmersion.net

www.totalimmersion.net

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

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

UNION COLLEGE COMPETITIVE SWIM SCHOOL

July 4-9, July 11-16

Scott Felix, Director

Alumni Gym, Union College

Schenectady, NY 12308

518-388-8039

Fax: 518-388-6695

E-mail: felixs@union.edu

Union College Competitive Swim School offers a week long program for competitive swimmers to refine and improve stroke technique using innovative training methods. Participation is for novice to advanced swimmers ages 8 to 18. Swimmers must be able to perform all four competitive strokes. The coaching staff, led by Head Coach Scott Felix, has many years of competitive swimming and coaching experience from age group to the collegiate level. We will provide complete stroke analysis using above and below water video, race preparation and strategy, education and discussion on proper diet, positive mental attitude, and flexibility/dryland training and instruction. Each week is limited to only 50 swimmers to ensure a swimmer to coach ratio of 7 to 1. Swimmers will receive a personalized video of their strokes along with a swim bag, cap and T-shirt. Day Sessions: \$350, Overnight Sessions: \$450. Discounts for groups of 6 or more.

UNITED SWIMMING CLINICS

May 31-July 9

John Trembley, Director
United Swimming Clinics

2106 Andy Holt Avenue

Knoxville, TN 37996-2905

865-974-1258

Fax: 865-974-1287

E-mail: JTrembley@utk.edu

With the head coaching staff of John Trembley (Tennessee), Pete Williams (Mercersburg), Bonnie Dix (Wellesley), Rob Orr (Princeton), Dan Colella (Tennessee), Jamie Bloom (Tennessee) and Shaun Crow (Australia). We emphasize supervision, technique and fun. A 9:1 swimmer-to-coach ratio. The finest coaching minds in the country insure the best coaching

technique available. Our 5-day program includes daily videotaping, mental training, strict supervision, lectures by coaches and Olympic guests, and a residential staff that stresses learning while having fun. One or multi-week sessions. Girls and boys, ages 9-18. We accept applications on a first-come, first-serve basis. Limited enrollment. Sites at Mercersburg Academy (Pennsylvania), Blair Academy (New Jersey), and University of Tennessee (Tennessee). Cost is \$505 per week for residents, \$395 for day campers, and \$195 for coaches or family members who wish to observe.

UC IRVINE COMPETITIVE SWIM CLINICS AND CAMPS

Saturday and Sunday Clinics

May 1, free; May 2, breast;
May 8, back; May 9

Summer Camps

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

Charlie Schober

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

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

WOLVERINE SWIM CAMP

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

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

Four sessions limited to 165 campers per session. A staff of 50 and three instructional sessions per day, ensure the

individual attention necessary for significant improvements. Coaches Jon Urbanchek, Jim Richardson, Eric Namesnik, Stefanie Kerska, Peter Linn Sam Jalet and Brad Shively are on deck directly involved in the coaching and training of all campers. All campers filmed with a mobile underwater camera. Each camper receives a custom 30-minute video with training and technique information from the coaches and Olympic medalists. Intensive training option for older swimmers who qualify. Technique development tract available for swimmers in need of skill acquisition. World-class staff provides leadership and companionship that encourages each swimmer to strive for excellence in life. Cost: \$560/week includes instruction, swim cap, T-shirt, color photo, custom videotape, instructional printed materials, "goody bag" and room and board; \$460/week day camper fee includes all of the above (less room and board) and between-session supervision. See ad on page 51 in this issue of *Swimming World*.



(College/University Affiliated Swimming Camp)

AUBURN

TIGERS

2004 SWIM CAMP 2004

Traditional Swim Camps for 2004:

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

Specialty Camps:

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

• June 7-11 AIA Swim Camp

10 years of fabulous reviews!
WAR EAGLE!

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

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

World Champion
Maggie Bowen

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

2004 Florida Gator Swim Camp

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

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



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

For more information, call or write:

2004 Florida Gator Swim Camp □ P.O. Box 14485 □ Gainesville, FL 32604-2485

(352) 375-4683, extn. 4532 or extn. 4545

Check out our camp information at www.usa.ufl.edu

Special Guest Instructor: Dara Torres

□ Four-time Olympian, 9-time Olympic Medalist

□ Nine NCAA Titles as a Gator!



From left to right: Hollie Benowitz, Gregg Tray, Anthony Nasty, Martyn Wilby, Rich DeSelm, Bonnie Craine

GEORGIA TECH SWIM CAMP

MAY 23-28
 MAY 30-JUNE 4

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

JUNE 6-11
 JUNE 13-18

RESIDENT & DAY CAMP OPTIONS
 SPECIAL APPEARANCES BY FORMER OLYMPIANS

CONTACT INFORMATION

(404) 894-9736

GTSWIMMING@HOTMAIL.COM

WWW.RAMBLINWRECK.COM



LONGHORN

swim camp

Our 27th Year!

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

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

APPLY NOW! CAMPS SOLD OUT 1999-2003!

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

Fees: *Resident-8545 / Day-8445*

For More Information:

JON AETER, DIRECTOR
Longhorn Swim Camp
The University of Texas
Intercollegiate Athletics
PO Box 7399
Austin, TX 78713-7399

512/475-8652 • FAX 512/475-8739

E-MAIL: longhornswimcamp@athletics.utexas.edu

www.TexasSports.com
www.LonghornSwimCamp.com



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



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



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



Kris Kubik
9-time national champions coach



josh Davis
2-time olympian
5 olympic medals

www.NavySwimmingCamp.com

NAVY

2004 SWIMMING CAMP

Information

June 11-15
June 16-20

\$495.00: Overnight
\$395.00: Commuter

Camp open to boys and girls ages 9-18.

For more information and a free brochure call 410-293-3012.

Bill Roberts, Director
Lejeune Hall
628 Cooper Road
Annapolis, MD 21402
robertsw@usna.edu

PENN STATE SWIM CAMP

Dates:

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

Camp Offers:

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



Camp Information:

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

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



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

2004 Swim with SChubert

COME JOIN US AT USC!

CAMP FEATURES:

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

TRAIN UNDER

Mark Schubert

2004 Olympic Coach



SWIM CAMP

Lindsay Benko

2000 Olympic Gold Medallist
American Record Holder



Erik Vendt

2000 Olympic Silver Medallist
American Record Holder



FOR INFORMATION AND APPLICATION:

SChubert Swim Camp

P.O. Box 479, Surfside, CA 90743-0479

(562) 592-3424 FAX: (562) 592-9704

E-MAIL: SchubertSwimCamp@aol.com WEBSITE: www.schubertswimcamp.com

LOCATION: The USC McDonald's Swim Stadium, site of the 1984 Olympic Games

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

National Age Group Corrections

NAG BOYS

In the February 2004 issue of Swimming World, we inadvertently printed the 2002 boys ranking list. Below is the correct 2003 NAG boys list.

10 & Under

50 METER FREESTYLE

27.71 K. Humphries, MN, 1995
29.47 Mitch Stoehr, UN, WI
29.75 Steven Ung, THSC, OR
29.91 Bob Hwang, UN, CA
29.92 K. Hill, LSAC, ST
30.08 K. Behrens, MSC, IN
30.11 C. Youngquist, UN, MI
30.13 Nick Egan, TERA, PC
30.18 A. Wooldridge, PLS, PC
30.44 N. Moyer, NJST, CO
30.57 Sam Flessner, SUSA, IL
30.62 Alex Ngan, CANY, CA
30.67 Kevin Xu, COPS, NT
30.79 Justin Glanda, OLY, MI
30.86 I. Sanders, DYNA, GA
30.90 A. Firmansyah, CERR, CA
30.94 M. Margritter, KCB, MV

100 METER FREESTYLE

1:02.39 K. Humphries, MN, 1995
1:04.36 M. Thompson, WFLA, FL
1:04.66 Bob Hwang, UN, CA
1:04.86 C. Youngquist, UN, MI
1:04.94 Mitch Stoehr, UN, WI
1:05.27 Steyn Funk, YTO, FL
1:05.39 A. Wooldridge, PLS, PC
1:06.67 A. Cosgarea, NBAC, MD
1:06.72 K. Behrens, MSC, IN
1:06.75 Alex Ngan, CANY, CA
1:06.98 Steven Ung, THSC, OR
1:07.01 S. Gasparini, WSY, MA
1:07.45 C. Putnam, MA, PV

1:07.48 T. Kagami, THT, IN
1:07.49 N. Rascon, MVN, CA
1:07.54 Z. Maffris, NOVA, CA
1:07.59 A. Firmansyah, CERR, CA

200 METER FREESTYLE

2:14.94 J. Szymanowski, PC, 1984
2:17.15 M. Thompson, WFLA, FL
2:19.68 Bob Hwang, UN, CA
2:21.49 C. Youngquist, UN, MI
2:21.68 Alex Ngan, CANY, CA
2:22.54 Z. Maffris, NOVA, CA
2:22.64 A. Wooldridge, PLS, PC
2:23.18 A. Hinshaw, WVSC, PC
2:23.80 N. Rascon, MVN, CA
2:23.93 A. Cosgarea, NBAC, MD
2:24.04 Mitch Stoehr, UN, WI
2:24.11 Kyle Snew, GCST, FL
2:24.60 N. Caldwell, GCST, FL
2:25.27 Riley Mita, CANY, CA
2:25.52 C. Orman, MACM, FG
2:25.62 Nick Crane, LESD, LE
2:26.01 S. Gasparini, WSY, MA

400 METER FREESTYLE

4:50.00 N. Manousos, FG, 2002
4:41.92* M. Stoehr, SSTY, WI
4:44.32 M. Thompson, WFLA, FL
4:49.06 G. Gomez, CRAW, LA
4:52.70 A. Cosgarea, NBAC, MD
4:55.76 Steyn Funk, YTO, FL
4:57.38 Kyle Snew, GCST, FL
4:57.56 N. Caldwell, GCST, FL
4:57.98 A. Hinshaw, WVSC, PC
4:58.01 A. Wooldridge, PLS, PC
4:58.43 Cary Wright, CLOV, CC
5:00.92 H. Stephenson, SFLA, FL
5:01.09 C. Youngquist, SMAT, MI
5:02.89 A. Chevalier, EST, CO
5:04.77 N. Crane, LESD, LE
5:05.24 E. Groome, CMSA, SE
5:05.85 B. Poeter, TWST, GU

50 METER BACKSTROKE

33.24 K. Humphries, MN, 1995
34.83 K. Behrens, MSC, IN

34.94 C. Youngquist, SMAT, MI
35.01 Alex Ngan, CANY, CA
35.01 L. Spinazzola, BOSS, NE
35.28 S. Gasparini, WSY, MA
35.43 Matt Allsopp, JFD, PV
35.47 C. Putnam, MA, PV
35.59 S. Mitchell, WTRC, OH
35.68 M. Giancanelli, RDO, SN
35.83 S. McGuire, CGSC, LA
35.95 K. Bohannon, SSTY, WI
36.00 T. Cooper, LRAD, AR
36.02 Cary Wright, CLOV, CC
36.03 N. Rascon, MVN, CA
36.16 J. Rossillo, ACAC, IN
36.18 Seth Musser, KCB, MV

100 METER BACKSTROKE

1:11.49 Rick Hancock, SC, 1996
1:14.68 Alex Ngan, CANY, CA
1:15.19 K. Behrens, MSC, IN
1:15.48 M. Thompson, WFLA, FL
1:16.38 A. Cosgarea, NBAC, MD
1:16.47 S. Mitchell, WTRC, OH
1:16.49 C. Putnam, MA, PV
1:16.55 L. Spinazzola, BOSS, NE
1:16.98 N. Rascon, MVN, CA
1:17.02 M. Latimer, PSI, VA
1:17.08 C. Youngquist, UN, MI
1:17.28 A. Chevalier, EST, CO
1:17.29 Drew Gato, PAEC, IN
1:17.31 Seth Musser, KCB, MV
1:17.73 Cary Wright, CLOV, CC
1:17.92 M. Giancanelli, RDO, SN
1:17.96 C. Pickard, AZM, AZ

50 METER BREASTSTROKE

36.30 Aliba Wade, MA, 1988
37.28 G. Peavey, KCB, MV
38.94 Jason Kim, CCY, CA
39.21 Kip Pierce, BB, LA
39.60 M. Glenn, KCB, MV
39.87 Mark Liu, DACA, PC
40.05 S. Shoemaker, SPPY, CA
40.09 J. Werkhaven, NAC, SE
40.31 Chad Stears, WMS, MI

40.47 Sangtippawan, LGAC, MR
40.52 N. Moyer, NJST, CO
40.69 Trigonopolis, RMSC, PV
40.73 M. Cartwright, CLOV, CC
40.74 S. Gasparini, WSY, MA
40.75 D. Champlin, Fyf, MI
40.79 Didi Peng, OWA, MR

100 METER BREASTSTROKE

1:20.04 M. Smalley, GU, 1998
1:24.94 M. Cartwright, CLOV, CC
1:25.10 G. Peavey, KCB, MV
1:25.25 Jason Kim, CCY, CA
1:26.95 Sangtippawan, LGAC, MR
1:27.42 M. Glenn, KCB, MV
1:27.65 Kip Pierce, BB, LA
1:28.25 Mark Liu, DACA, PC
1:28.56 C. Price, MVN, CA
1:28.78 Justin Tran, ADST, CA
1:28.84 A. Van Allen, WTSC, IN
1:28.84 Didi Peng, OWA, MR
1:28.85 Roy Sung, SAC, NE
1:28.85 Joshua Choi, MSC, IN
1:28.95 William Hartje, BSS, FL
1:29.12 S. Shoemaker, UN, CA
1:29.21 S. Gasparini, WSY, MA

50 METER BUTTERFLY

30.55 M. El-Amin, GA, 1996
31.64 N. Moyer, NJST, CO
31.99 Cary Wright, CLOV, CC
32.03 Bob Hwang, UN, CA
32.08 Michael Ng, XCEL, SE
32.26 K. Hill, LSAC, ST
32.67 A. Wooldridge, PLS, PC
32.75 Kip Pierce, BB, LA
32.86 K. Behrens, MSC, IN
32.89 M. Sarman, CBSC, PV
32.95 C. Gordon, DST, MA
33.01 S. Gasparini, WSY, MA
33.02 A. Foong, RAC, MD
33.06 A. Firmansyah, CERR, CA
33.15 D. Landisch, LCST, WI
33.41 Alex Ngan, CANY, CA
33.45 T. Cooper, LRAD, AR

100 METER BUTTERFLY

1:08.54 M. Phelps, MD, 1996
1:10.55 Bob Hwang, UN, CA
1:10.64 Cary Wright, CLOV, CC
1:11.37 M. Sarman, CBSC, PV
1:12.11 Michael Ng, XCEL, SE
1:12.91 A. Firmansyah, CERR, CA
1:13.12 N. Moyer, NJST, CO
1:13.95 M. Thompson, WFLA, FL
1:14.09 Alex Ngan, CANY, CA
1:14.12 K. Behrens, MSC, IN
1:14.91 D. Landisch, LCST, WI
1:14.99 S. Gasparini, WSY, MA
1:15.13 K. Hill, LSAC, ST
1:15.42 M. Cartwright, CLOV, CC
1:15.49 A. Chevalier, EST, CO
1:15.66 A. Cosgarea, NBAC, MD
1:15.81 T. Cooper, LRAD, AR

200 METER IM

2:32.58 Colin Gladys, CA, 2000
2:38.13 Bob Hwang, UN, CA
2:38.54 M. Thompson, WFLA, FL
2:40.76 A. Chevalier, EST, CO
2:42.00 C. Price, MVN, CA
2:42.01 Alex Ngan, CANY, CA
2:42.42 N. Moyer, NJST, CO
2:42.97 M. Cartwright, CLOV, CC
2:43.29 K. Behrens, MSC, IN
2:44.47 C. Youngquist, UN, MI
2:44.50 Cary Wright, CLOV, CC
2:44.69 N. Rascon, MVN, CA
2:45.35 A. Cosgarea, NBAC, MD
2:45.61 Nick Crane, LESD, LE
2:45.62 S. Gasparini, WSY, MA
2:45.63 Jason Kim, CCY, CA
2:45.64 A. Wooldridge, PLS, PC

11-12

50 METER FREESTYLE

25.63 Alex Forbes, FL, 2000
25.51* Greg Pelton, WWF, CT
25.70 K. Schuster, MSC, IL
26.13 Clinton Stipek, TSC, PN

26.48 R. Schleicher, PST, AZ
26.78 A. LaForge, DA, CA
26.83 A. Bregger, ESC, WI
26.93 Peter Stacy, NLA, MN
26.96 R. Becicka, NLA, MN
26.96 Rico Bado, GOLD, ST
27.00 Matt Bishop, TERA, PC
27.00 Kekoa Tapparua, KSC, HI
27.06 D. Thomas, KCS, MV
27.08 M. Wilcox, CGBD, VA
27.10 J. McGinley, SSC, MA
27.30 A. Carreras, SBA, SI
27.49 Max Murphy, LAC, NT

100 METER FREESTYLE

55.70 M. Smalley, GU, 2000
56.97 Greg Pelton, WWF, CT
58.11 Clinton Stipek, TSC, PN
58.25 A. Snabes, NTSIC, IL
58.37 Peter Stacy, NLA, MN
58.44 Rico Bado, GOLD, ST
58.49 R. Becicka, NLA, MN
58.58 M. Montgomery, USC, SC
58.95 Kekoa Tapparua, KSC, HI
59.17 T. Shernanek, NOVA, VA
59.29 Matt Bishop, TERA, PC
59.32 A. LaForge, DA, CA
59.47 R. Schleicher, PST, AZ
59.53 M. Rushlow, NASA, IN
59.67 M. Wilcox, CGBD, VA
59.72 R. Van Allen, WTSC, IN
59.77 A. Carreras, SBA, SI

200 METER FREESTYLE

2:01.30 M. Smalley, GU, 2000
2:04.86 A. Snabes, NTSIC, IL
2:05.98 M. Montgomery, UN, SC
2:06.01 Rico Bado, GOLD, ST
2:06.89 Clinton Stipek, TSC, PN
2:07.39 T. Shernanek, NOVA, VA
2:08.57 R. Becicka, NLA, MN
2:09.50 O'Shaughnessy, BSS, FL
2:09.58 Tucker Smith, BAC, VA
2:09.97 Mijares-Shafai, TWST, GU
2:10.06 Kelly Curl, LST, KY

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Tom Malchow
Olympic Gold Medalist
Klete Keller
Olympic Silver Medalist
Chris Thompson
Olympic Bronze Medalist

2:10.41 R. Van Allen, WTSC, IN
 2:10.58 K. Tappara, KSC, HI
 2:11.15 C. Rimkus, UN, CA
 4:21.25 R. Schleicher, PST, AZ
 2:11.31 T. Minturn, WTSC, IN
 2:12.09 B. Siemasko, LAC, MA
400 METER FREESTYLE
 4:15.71 M. Smalley, GU, 2000
 4:27.31 Rico Bado, GOLD, ST
 4:27.50 T. Sheranek, NOVA, VA
 4:27.80 R. Beckick, NLA, MN
 4:27.96 M. Montgomery, UN, SC
 4:28.82 C. Rimkus, AZOT, CA
 4:31.35 Clinton Stipek, TSC, PN
 4:33.09 A. Snabes, NTSC, IL
 4:33.41 R. Van Allen, WTSC, IN
 4:33.79 Ted Minturn, WTSC, IN
 4:34.00 Daniel Miller, CSP, OZ
 4:34.48 B. Siemasko, LAC, MA
 4:34.62 A. Gemmell, TD, MA
 4:35.11 M. Chamoures, MVN, CA
 4:35.98 Alex Navarro, PASA, PC
 4:36.31 B. Morris, BAY, MA
 4:36.47 A. Buchanan, DR, OH
800 METER FREESTYLE
 8:53.02 M. Smalley, GU, 2000
 9:13.38 C. Rimkus, AZOT, CA
 9:16.45 M. Montgomery, USC, SC
 9:26.85 M. Chamoures, MVN, CA
 9:27.90 O'Shaughnessy, BSS, FL
 9:28.12 K. Nielsen, CLASS, CA
 9:29.53 T. Sheranek, NOVA, VA
 9:30.31 C. Chambers, SPA, FL
 9:31.05 Alex Navarro, PASA, PC
 9:32.41 A. Buchanan, DR, OH
 9:33.85 A. Considine, RAC, MD
 9:35.44 Wil Singley, NTN, NT
 9:35.75 B. Hinshaw, WVSC, PC
 9:36.03 Zach Voigts, SYS, FL
 9:39.88 A. Gemmell, TD, MA
 9:42.64 M. Craft, CLASS, CA
 9:42.75 Tucker Smith, BAC, VA
1500 METER FREESTYLE
 17:23.15 Peter Park, NJ, 2002
 17:35.85 C. Rimkus, AZOT, CA
 17:54.47 R. Van Allen, WTSC, IN
 18:04.06 Daniel Miller, CSP, OZ
 18:10.00 Alex Navarro, PASA, PC
 18:15.01 A. Considine, RAC, MD
 18:17.41 N. Manousos, ACSC, FG
 18:17.45 B. Hinshaw, WVSC, PC
 18:17.86 A. Gemmell, TD, MA
 18:28.38 C. Chambers, SPA, FL
 18:35.39 Ryan Lynn, DST, MA
 18:36.87 Clinton Stipek, TSC, PN
 18:37.14 C. McCarroll, THSC, OR
 18:38.41 C. Kramer, NBAC, MD
 18:39.25 C. Finnegan, LIAC, MR
 18:40.11 Jacob Jarzen, UN, IL

18:43.49 G. Harper, WCAB, PC
50 METER BACKSTROKE
 29.48 S. Armstrong, MR, 1999
 29.93 R. Schleicher, PST, AZ
 29.94 Max Murphy, LAC, NT
 30.20 Peter Stacy, NLA, MN
 30.28 Greg Pelton, WYW, CT
 30.52 A. Snabes, NTSC, IL
 30.80 T. Sheranek, NOVA, VA
 31.21 Matt Baumber, WCA, VA
 31.24 A. Carreras, SBA, SI
 31.26 Justin Yu, BSC, IL
 31.35 Ryan Mahoney, SC, NC
 31.39 Reese Shirey, SST, SE
 31.49 Charley Wang, CAT, NJ
 31.54 B. Siemasko, LAC, MA
 31.57 P. McHugh, SFY, OH
 31.73 Ben Haren, PS, LE
 31.82 M. Thompson, RRY, NT
100 METER BACKSTROKE
 1:02.80 Robert Padgett, NC, 2000
 1:04.63 Peter Stacy, NLA, MN
 1:04.81 R. Schleicher, PST, AZ
 1:06.66 A. Carreras, SBA, SI
 1:06.86 B. Morris, BAY, MA
 1:07.04 Ryan Garcia, WCA, PC
 1:07.32 B. Siemasko, LAC, MA
 1:08.06 Keith Yoho, KLEIN, GU
 1:08.45 R. Mahoney, SC, NC
 1:08.48 Reese Shirey, SST, SE
 1:08.55 Brady Fox, RMSC, PV
 1:08.65 Eric Ress, RRS, CT
200 METER BACKSTROKE
 2:16.98 Kyle Diedrich, GA, 2002
2:16.71* T. Sheranek, NOVA, VA
 2:19.93 B. Morris, BAY, MA
 2:20.59 Max Murphy, LAC, NT
 2:23.79 B. Siemasko, LAC, MA
 2:23.89 M. Thompson, RRY, NT
 2:25.46 Keith Yoho, KLEIN, GU
 2:25.57 Ryan Garcia, WCA, PC
 2:25.64 A. Ghazi, CATS, GU
 2:26.20 Andrew Kim, SCRA, PC
 2:26.63 C. McCarroll, THSC, OR
 2:27.67 R. Schleicher, PST, AZ
 2:27.71 Brady Fox, RMSC, PV
 2:29.42 A. Gemmell, TD, MA
 2:29.50 David Sallee, SSS, PC
 2:30.02 C. Swanson, MAG, NE
 2:30.21 Jacob Jarzen, UN, IL
50 METER BREASTSTROKE
 31.86 A. Robinson, CT, 1992
 33.10 Kekoa Tappara, KSC, HI
 33.43 Matt Bishop, TERA, PC

33.60 Jared Heston, CDA, IE
 34.04 Jong-W. Suh, SSC, MA
 34.14 Bobby Chab, CBSC, PV
 34.18 Justin Yu, BSC, IL
 34.42 S. Ferguson, PS, VA
 34.55 Alan Forbes, CFA, FL
 34.61 Ben Morris, HSA, SE
 34.62 Greg Pelton, WYW, CT
 34.69 Z. Abelson, CERR, CA
 34.87 Ryan Chiu, UNAT, CA
 34.95 J. Tanner, BTAC, LA
 34.96 Zachary Lopez, SA, GA
 35.00 Collin Blattner, SAC, AZ
 35.07 G. Greenland, VG, VA
100 METER BREASTSTROKE
 1:09.48 M. Smalley, GU, 2000
 1:13.14 Kekoa Tappara, KSC, HI
 1:13.19 S. Ferguson, PS, VA
 1:15.02 M. Wilcox, CGBD, VA
 1:15.17 Chris Luu, SGVA, CA
 1:15.37 Zachary Lopez, SA, GA
 1:15.68 Matt Bishop, TERA, PC
 1:15.71 Justin Yu, BSC, IL
 1:15.76 Jong-W. Suh, SSC, MA
 1:15.77 C. Elmer, CCSC, LA
 1:16.32 Ryan Chiu, UNAT, CA
 1:16.35 Bobby Chab, CBSC, PV
 1:16.59 Z. Abelson, CERR, CA
 1:16.71 Marc Fink, WYW, CT
 1:16.82 Dax Hill, LSAC, ST
 1:16.85 R. Van Allen, WTSC, IN
 1:17.20 Jared Heston, CDA, IE
200 METER BREASTSTROKE
 2:30.12 Sean Mahoney, PC, 2001
 2:41.48 S. Ferguson, PS, VA
 2:42.04 P. O'Brien, NWA, GU
 2:43.32 M. Wilcox, CGBD, VA
 2:43.58 Chris Luu, SGVA, CA
 2:44.47 Marc Fink, WYW, CT
 2:44.71 Jong-W. Suh, SSC, MA
 2:46.11 Charlie Rimkus, UN, CA
 2:47.00 Ryan Chiu, UNAT, CA
 2:47.29 Zachary Lopez, SA, GA
 2:48.14 B. Morris, BAY, MA
 2:48.29 Dax Hill, LSAC, ST
 2:48.56 Jared Heston, CDA, IE
 2:49.70 Alex Navarro, PASA, PC
 2:50.14 G. Greenland, VG, VA
50 METER BUTTERFLY
 27.43 Chas Morton, SE, 1983
 28.10 M. Wilcox, CGBD, VA
 28.30 Greg Pelton, WYW, CT
 28.40 A. Snabes, NTSC, IL
 28.53 R. Schleicher, PST, AZ
 28.68 Clinton Stipek, TSC, PN
 28.99 M. Rushlow, NASA, IN
 29.02 Reese Shirey, SST, SE
 29.08 A. Carreras, SBA, SI
 29.23 Ryan Mahoney, SC, NC

29.27 J. Chapman, VSC, LE
 29.28 J. McGinley, SSC, MA
 29.35 D. Dietrich, GPAC, AM
 29.59 C. Elmer, CCSC, LA
 29.67 M. Thompson, RRY, NT
 29.69 T. Rianda, BAMP, PC
 29.71 T.J. Leon, GMSA, SE
100 METER BUTTERFLY
 58.74 Chas Morton, SE, 1983
 1:01.32 A. Snabes, NTSC, IL
 1:01.38 M. Wilcox, CGBD, VA
 1:05.19 A. Carreras, SBA, SI
 1:05.42 Rico Bado, GOLD, ST
 1:05.80 D. Dietrich, GPAC, AM
 1:06.01 K. Schuster, MSC, IL
 1:06.50 Reese Shirey, SST, SE
 1:06.64 K. Nielsen, CLASS, CA
 1:06.71 M. Rushlow, NASA, IN
 1:06.45 Peter Stacy, NLA, MN
 1:06.50 O'Shaughnessy, BSS, FL
 1:06.57 Ryan Garcia, WCA, PC
 1:06.72 Trav Rianda, BAMP, PC
 1:06.73 Jeffrey Cox, ACES, CO
 1:06.76 A. Cota, SMST, SN
 1:06.88 Ryan Mahoney, SC, NC
200 METER BUTTERFLY
 2:17.39 Peter Park, NJ, 2002
2:16.94* A. Snabes, NTSC, IL
 2:21.02 K. Nielsen, CLASS, CA
 2:23.48 A. LeBlanc, COPS, NT
 2:23.76 Rico Bado, GOLD, ST
 2:24.71 D. Dietrich, GPAC, AM
 2:25.79 A. Cota, SMST, SN
 2:26.46 Brady Fox, RMSC, PV
 2:26.57 B. Morris, BAY, MA
 2:26.80 A. Gemmell, TD, MA
 2:28.05 Tucker Smith, BAC, VA
 2:28.51 T. Agasid, SSFA, PC
 2:28.59 P. O'Brien, NWA, GU
 2:29.20 A. Thompson, SDA, AZ
 2:30.44 Jacob Jarzen, UN, IL
 2:30.67 Ryan Fern, AASL, GA
 2:30.69 Matt Navata, PSC, NJ
200 METER IM
 2:15.42 Chas Morton, SE, 1983
 2:23.13 T. Sheranek, NOVA, VA
 2:24.49 Rico Bado, GOLD, ST
 2:24.92 Matt Bishop, TERA, PC
 2:25.13 O'Shaughnessy, BSS, FL
 2:25.33 B. Morris, BAY, MA
 2:25.88 A. Edelman, THSC, OR
 2:26.25 P. O'Brien, NWA, GU
 2:26.24 R. Beckick, NLA, MN
 2:26.39 C. Rimkus, AZOT, CA
 2:27.06 Clinton Stipek, TSC, PN
 2:27.56 Max Murphy, LAC, NT
 2:27.98 Alex Navarro, PASA, PC
 2:28.41 R. Van Allen, WTSC, IN
 2:28.56 Justin Yu, BSC, IL

2:28.64 Kekoa Tappara, KSC, HI
 2:28.90 M. Montgomery, UN, SC
400 METER IM
 4:58.39 M. Smalley, GU, 2000
 5:03.96 C. Rimkus, AZOT, CA
 5:06.23 B. Morris, BAY, MA
 5:07.01 A. LeBlanc, COPS, NT
 5:07.27 K. Nielsen, CLASS, CA
 5:11.68 T. Sheranek, NOVA, VA
 5:12.71 M. Montgomery, USC, SC
 5:17.82 Alex Navarro, PASA, PC
 5:18.15 C. Swanson, MAG, NE
 5:19.98 C. Kramer, NBAC, MD
 5:20.69 A. Kim, SCRA, PC
 5:20.97 Eric Caron, UN, NC
 5:21.09 A. Gemmell, TD, MA
 5:21.24 M. Thompson, RRY, NT
 5:21.37 Daniel Miller, CSP, OZ
 5:21.40 Jacob Jarzen, UN, IL
 5:21.58 A. Considine, RAC, MD
13-14
50 METER FREESTYLE
 23.52 Jason Cobb, OH, 1997
 24.70 Nathan Adrian, TSC, PN
 24.77 Justin Cain, MPSC, SC
 24.84 Neil Caskey, UN, GU
 24.87 R. McKellar, PACK, SE
 25.06 Tyler Scurti, ASRC, PC
 25.13 Brian Wilson, ESC, NJ
 25.17 G. Beaman, BTA, GU
 25.35 Martin Kata, AASL, GA
 25.37 Dan Madwed, SST, CT
 25.38 Eric Moore, RAYS, GA
 25.38 C. Swanson, MAG, NE
 25.45 Scot Robison, NSS, NC
 25.50 B. Turner, AFOX, AZ
 25.54 David Seiler, SMST, SN
 25.59 Curt Carlson, CSC, MN
 25.62 Nick Cores, BAST, IA
100 METER FREESTYLE
 51.59 Noel Strauss, AR, 1987
 53.60 Nathan Adrian, TSC, PN
 54.64 Tyler Scurti, ASRC, PC
 54.79 R. McKellar, PACK, SE
 54.88 Titus Knight, JTSC, OK
 54.95 Brian Wilson, ESC, NJ
 55.12 Scot Robison, NSS, NC
 55.17 Justin Cain, MPSC, SC
 55.35 K. Thompson, NBSC, WI
 55.41 Eric Moore, RAYS, GA
 55.41 A. Kirkpatrick, STF, AZ
 55.45 Ben Aaberg, GOLD, AZ
 55.45 Nick Kalivas, COR, NT
 55.49 Billy Rose, PRSC, MD
 55.54 Cody Weik, FSC, MA
 55.63 K. Basehart, SSTY, WI
 55.63 B. Turner, AFOX, AZ
200 METER FREESTYLE
 1:53.87 Ian Crocker, ME, 1997
 1:56.67 Cody Weik, FSC, MA
 1:57.26 B. Scoggan, AHS, SN
 1:58.76 Dan Madwed, SST, CT
 1:58.95 Eric Moore, RAYS, GA
 1:59.17 G. Sanders, NWST, NC
 1:59.19 J. Carden, BKSC, FG
 1:59.19 P. Seleskie, HAST, MN
 1:59.86 R. McKellar, PACK, SE
 2:00.24 Brian Wilson, ESC, NJ
 2:00.43 Scot Robison, NSS, NC
 2:00.68 Logan Storie, CAT, OR
 2:00.69 Nathan Adrian, TSC, PN
 2:00.76 Titus Knight, JTSC, OK
 2:00.88 Collin O'Malley, SA, FL
 2:01.01 J. Ziegler, ATAC, FL
 2:01.10 A. Muller, RBA, CA
400 METER FREESTYLE
 3:58.80 M. Phelps, MD, 2000
 4:08.07 B. Scoggan, AHS, SN
 4:09.02 Jeff Raymond, UN, FG
 4:11.01 Cody Weik, FSC, MA
 4:11.13 J. Carden, BKSC, FG
 4:11.59 Aaron Casey, TSM, CA
 4:11.90 Logan Storie, CAT, OR
 4:12.47 Titus Knight, JTSC, OK
 4:12.57 Dan Madwed, SST, CT
 4:12.59 R. Looney, COS, LA
 4:13.56 Andre Schultz, NCA, SI
 4:14.21 G. Sanders, NWST, NC
 4:14.39 R. Kikuchi, AZOT, CA
 4:15.27 Collin O'Malley, SA, FL
 4:15.55 A. Muller, RBA, CA
 4:15.58 K. Thompson, NBSC, WI
 4:15.90 P. Seleskie, HAST, MN
800 METER FREESTYLE
 8:16.10 M. Phelps, MD, 2000
 8:31.02 B. Scoggan, AHS, SN
 8:38.48 Logan Storie, CAT, OR
 8:38.85 Jeff Raymond, UN, FG
 8:39.54 R. Looney, COS, LA
 8:40.25 Andre Schultz, NCA, SI

8:42.30 Cody Weik, FSC, MA
 8:43.93 Dan Madwed, SST, CT
 8:46.49 R. Kikuchi, AZOT, CA
 8:47.45 Aaron Casey, TSM, CA
 8:48.17 David Mosko, CM, OH
 8:48.70 J. Snawerdt, SCS, FL
 8:49.31 Peter Park, MY, NJ
 8:49.79 Nick Kalivas, COR, NT
 8:49.86 N. Smith, PACK, SE
 8:49.95 A. Mitchell, BMAC, SE
 8:49.95 Sean Keever, SAC, AZ
1500 METER FREESTYLE
 15:31.03 Jesse Vassallo, CA, 1976
 16:22.27 B. Scoggan, AHS, SN
 16:22.81 Jeff Raymond, UN, FG
 16:23.74 R. Looney, COS, LA
 16:26.90 Logan Storie, CAT, OR
 16:37.93 G. Sanders, NWST, NC
 16:39.16 David Mosko, CM, OH
 16:39.80 Dan Madwed, SST, CT
 16:42.52 Aaron Casey, TSM, CA
 16:46.98 A. Muller, RBA, CA
 16:48.28 Peter Park, MY, NJ
 16:49.60 R. Kikuchi, AZOT, CA
 16:50.80 Titus Knight, JTSC, OK
 16:51.81 G. Summers, THSC, OR
 16:52.23 M. Daup, FAT, MN
 16:53.25 Adam Heinz, DAST, CA
 16:55.20 C. Dyer, BSS, FL
100 METER BACKSTROKE
 57.99 Aaron Peirsol, CA, 1998
 1:01.01r Jeff James, NCAC, NC
 1:01.08 S. Stroman, SCGS, AZ
 1:01.44 Aaron Casey, TSM, CA
 1:01.51 David Wren, NOVA, VA
 1:01.92 J. Chatlosh, FAST, SC
 1:02.09 P. Seleskie, HAST, MN
 1:02.16 Daniel Smith, AHS, SN
 1:02.22 C. Willis, NBAC, MD
 1:02.38 T. Wyher, TBCA, FL
 1:02.40 Brian Wilson, ESC, NJ
 1:02.43 Austin Fowler, SDA, AZ
 1:02.49 Tim Scanlan, NSS, WI
 1:02.51 J. O'Diver, FCST, GU
 1:02.74 S. Osborne, SSC, IN
 1:02.76 Gabe Strickler, BST, MI
 1:02.78 M. Thompson, RRY, NT
200 METER BACKSTROKE
 2:02.78 Aaron Peirsol, CA, 1998
 2:08.91 Aaron Casey, TSM, CA
 2:11.11 Jeff James, NCAC, NC
 2:12.03 P. Seleskie, HAST, MN
 2:13.14 David Wren, NOVA, VA
 2:13.16 Austin Fowler, SDA, AZ
 2:13.21 S. Stroman, SCS, FL
 2:13.62 C. Willis, NBAC, MD
 2:13.79 Jeff Raymond, UN, FG
 2:13.87 Daniel Smith, AHS, SN
 2:13.97 Max Murphy, LAC, NT
 2:15.24 S. Weinberg, NBAC, MD
 2:15.53 T. Hastings, BGCN, MR
 2:15.63 D. Taylor, CFM, FL
 2:15.70 Bobby Smith, LIAC, MR
 2:15.89 C. Chitwood, NKCS, OH
 2:15.93 J. Chatlosh, FAST, SC
 2:15.93 K. Diedrich, DYNA, GA
100 METER BREASTSTROKE
 1:04.74 A. Robinson, GU, 1994
 1:06.78 John Criste, CAN, CA
 1:07.59 S. Mahoney, TERA, PC
 1:07.63 D. Connolly, MM, GA
 1:08.40 J. Ridgeway, LFSC, IL
 1:08.43 Z. Epperson, CAJ, SN
 1:08.97 B. Scoggan, AHS, SN
 1:09.42 G. Beaman, BTA, GU
 1:09.65 Adam Klein, CCSC, LA
 1:09.72 R. Mahan, BCST, PN
 1:09.74 A. Godbe, MVN, CA
 1:09.79 Troy Nissen, AHS, CA
 1:10.03 C. Gladys, NOVA, CA
 1:10.05 Brad Craig, BST, MI
 1:10.11 Tyler Lemert, FWA, IN
 1:10.11 D. Remigino, LEHY, CT
 1:10.22 Kevin Yamada, SAC, NE
200 METER BREASTSTROKE
 2:20.81 Sean Mahoney, PC, 2002
 2:21.11 S. Mahoney, TERA, PC
 2:24.08 John Criste, CAN, CA
 2:25.38 Adam Klein, CCSC, LA
 2:25.82 B. Scoggan, AHS, SN
 2:26.03 D. Connolly, MM, GA
 2:26.19 J. Ridgeway, LFSC, IL
 2:26.66 Troy Nissen, AHS, SN
 2:26.70 Z. Epperson, CAJ, SN
 2:26.66 C. Quemena, PASA, CA
 2:26.82 Kevin Spath, NBAC, MD
 2:26.96 Alec Petrie, SAS, IE
 2:26.96 Ross Moore, UNAT, IL
 2:27.02 Brad Craig, BST, MI

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1:59.19 J. Carden, BKSC, FG
 1:59.19 P. Seleskie, HAST, MN
 1:59.86 R. McKellar, PACK, SE
 2:00.24 Brian Wilson, ESC, NJ
 2:00.43 Scot Robison, NSS, NC
 2:00.68 Logan Storie, CAT, OR
 2:00.69 Nathan Adrian, TSC, PN
 2:00.76 Titus Knight, JTSC, OK
 2:00.88 Collin O'Malley, SA, FL
 2:01.01 J. Ziegler, ATAC, FL
 2:01.10 A. Muller, RBA, CA
400 METER FREESTYLE
 3:58.80 M. Phelps, MD, 2000
 4:08.07 B. Scoggan, AHS, SN
 4:09.02 Jeff Raymond, UN, FG
 4:11.01 Cody Weik, FSC, MA
 4:11.13 J. Carden, BKSC, FG
 4:11.59 Aaron Casey, TSM, CA
 4:11.90 Logan Storie, CAT, OR
 4:12.47 Titus Knight, JTSC, OK
 4:12.57 Dan Madwed, SST, CT
 4:12.59 R. Looney, COS, LA
 4:13.56 Andre Schultz, NCA, SI
 4:14.21 G. Sanders, NWST, NC
 4:14.39 R. Kikuchi, AZOT, CA
 4:15.27 Collin O'Malley, SA, FL
 4:15.55 A. Muller, RBA, CA
 4:15.58 K. Thompson, NBSC, WI
 4:15.90 P. Seleskie, HAST, MN
800 METER FREESTYLE
 8:16.10 M. Phelps, MD, 2000
 8:31.02 B. Scoggan, AHS, SN
 8:38.48 Logan Storie, CAT, OR
 8:38.85 Jeff Raymond, UN, FG
 8:39.54 R. Looney, COS, LA
 8:40.25 Andre Schultz, NCA, SI

2:32.79 Tyler Harris, NOVA, VA
100 METER BUTTERFLY

- 55.78 M. Phelps, MD, 2000
- 56.16 Dan Madwed, SST, CT
- 57.42 G. Summers, THSC, OR
- 57.84 Brian Wilson, ESC, NJ
- 57.86 Mark Dylla, ACES, CO
- 58.61 K. Thompson, NBSC, WI
- 58.69 David Seiler, SMST, SN
- 59.06 Cody Weik, FSC, MA
- 59.09 R. McKellar, PACK, SE
- 59.19 John Dillon, CAT, CT
- 59.39 David Mosko, CM, OH
- 59.40 C. Gladys, NOVA, CA
- 59.52 Ross Moore, UNAT, IL
- 59.84 D. Basler, STAR, NC
- 59.90 Andy Beker, CBSC, PV
- 1:00.01 B. Turner, AFOX, AZ
- 1:00.08 Nathan Adrian, TSC, PN

200 METER BUTTERFLY

- 1:59.02 M. Phelps, MD, 2000
- 2:05.14 Dan Madwed, SST, CT
- 2:05.69 G. Summers, THSC, OR
- 2:06.48 Mark Dylla, ACES, CO
- 2:07.44 R. McKellar, PACK, SE
- 2:09.24 David Mosko, CM, OH
- 2:10.66 C. Willis, NBAC, MD
- 2:10.99 K. Thompson, NBSC, WI
- 2:11.40 R. Looney, COS, LA
- 2:11.65 B. Turner, AFOX, AZ
- 2:12.07 Brian Wilson, ESC, NJ
- 2:12.36 John Dillon, CAT, CT
- 2:12.50 P. Hinrichsen, CBSC, PV
- 2:12.58 Sean Spire, TWA, FG
- 2:12.81 J. Maricle, MHST, OR
- 2:13.02 Ian Vogt, NOVA, VA
- 2:13.24 Paul Gannett, UN, PV

200 METER IM

- 2:06.50 M. Phelps, MD, 2000
- 2:10.35 B. Scoggan, AHS, SN
- 2:12.94 Cody Weik, FSC, MA
- 2:13.45 P. Seleskie, HAST, MN
- 2:14.01 D. Connolly, MM, GA
- 2:14.04 G. Summers, THSC, OR
- 2:14.47 Kevin Yamada, SAC, NE
- 2:14.68 A. Mitchell, BMAC, SE
- 2:14.75 Neil Caskey, UN, GU
- 2:14.94 Austin Fowler, SAD, AZ
- 2:14.99 Mark Dylla, ACES, CO
- 2:15.04 Ross Moore, UN, IL
- 2:15.21 S. Mahoney, TERA, PC
- 2:15.40 Jeff James, NCAC, NC
- 2:15.47 P. Hinrichsen, CBSC, PV
- 2:15.48 G. Beaman, BTA, GU
- 2:15.62 C. Quemena, PASA, CA

400 METER IM

- 4:24.77 M. Phelps, MD, 2000
- 4:36.58 B. Scoggan, AHS, SN
- 4:40.67 S. Mahoney, TERA, PC
- 4:41.46 G. Summers, THSC, OR
- 4:42.34 G. Sanders, NWST, NC
- 4:42.98 P. Hinrichsen, CBSC, PV
- 4:43.24 Cody Weik, FSC, MA
- 4:44.15 R. Looney, COS, LA
- 4:45.21 P. Seleskie, HAST, MN
- 4:45.22 A. Mitchell, BMAC, SE
- 4:45.67 Andre Schmitt, NCA, SI
- 4:46.23 D. Connolly, MM, GA
- 4:46.30 Aaron Casey, TSM, CA
- 4:46.35 Jeff Raymond, UN, FG
- 4:47.13 Ross Moore, UNAT, IL
- 4:48.54 C. Quemena, PASA, CA
- 4:48.75 K. Yamada, SAC, NE

15-16 50 METER FREESTYLE

- 23:25 Noel Strauss, AR, 1987
- 23.15*** K. Bubolz, WEST, WI
- 23.72 Jeff Sudbury, WYWW, CT
- 23.77 Colin Lee-To, M3F, MN
- 23.86 J. Whittington, BSC, CC
- 23.92 John Sands, NASC, OH
- 24.03 J. Timmer, SCSC, MN
- 24.12 A. Langenfeld, CRC, OZ
- 24.20 Dan Priestley, BBD, MI
- 24.31 Kiley Sorensen, PPD, IL
- 24.35 Randall Tom, MSC, HI
- 24.38 Alex Forbes, CFA, FL
- 24.40 Chris Seitz, NKCS, OH
- 24.50 S. Goodrich, ASG, AZ
- 24.50 Zach Brown, HCAP, GU
- 24.55 Joseph Skuba, UN, FG
- 24.59 Ryan Verlatti, TSC, PN
- 24.59 J. Mullen, WTRC, OH
- 24.59 S. Scheren, PM, PV

100 METER FREESTYLE

- 50:24 Joe Hudspohl, OH, 1990
- 51.13 Kyle Bubolz, WEST, WI
- 52.36 Ryan Verlatti, TSC, PN
- 53.13 Jeff Sudbury, WYWW, CT
- 53.14 Tyler McGill, SA, IL

53.15 C. Robledo, LIAC, MR

- 53.19r Hank Browning, AB, OH
- 53.20 Dan Priestley, BBD, MI
- 53.31 P. Wicklund, BCST, PN
- 53.41 Jacob Johnson, WA, IL
- 53.43r Bradley Ally, FLST, FG
- 53.52 R. Padgett, GSA, NC
- 53.52 Sal Barba, SAC, NE
- 53.53 A. Langenfeld, CRC, OZ
- 53.53 S. Scheren, PM, PV
- 53.65 J. Whittington, BSC, CC
- 53.66 Alex Forbes, CFA, FL

200 METER FREESTYLE

- 1:49.48 Ian Crocker, ME, 1998
- 1:53.54r Ryan Verlatti, TSC, PN
- 1:53.72 John Foster, UN, CA
- 1:54.55 Max Jabben, KCB, MV
- 1:54.60 Matt Scanlan, ACB, CC
- 1:54.80 Tyler McGill, SA, IL
- 1:54.90 Hank Browning, AB, OH
- 1:55.20 Michael Kueh, CSC, IN
- 1:55.20 Jacob Johnson, WA, IL
- 1:55.20 A. Trepp, WYWW, CT
- 1:55.22r B. Savulich, MEY, NJ
- 1:55.23 B. Stovall, MTSC, SE
- 1:55.29r John Graham, TA, VA
- 1:55.63r Peter Baer, NOVA, CA
- 1:55.73 Sal Barba, SAC, NE
- 1:55.90r Bradley Ally, FLST, FG
- 1:55.95 Matt Bartlett, SA, GA

400 METER FREESTYLE

- 3:50.68 Larsen Jensen, CC, 2002
- 3:54.34 Michael Kueh, CSC, IN
- 3:59.86 Max Jabben, KCB, MV
- 4:00.59 John Foster, UN, CA
- 4:00.91 Matt Biel, TERA, PC
- 4:01.79 Matt Patton, MAC, NC
- 4:01.80 B. Stovall, MTSC, SE
- 4:02.19 Hank Browning, AB, OH
- 4:03.03 C. Sprang, GCIT, MA
- 4:03.67 A. Trepp, WYWW, CT
- 4:04.21 K. Tannhauser, SBA, PN
- 4:04.44 Chip Knopp, NBAC, MD
- 4:04.65 Clay Bullock, CAT, FL
- 4:04.91 M. Swanson, LAC, MA
- 4:05.10 Sean Smith, FYF, MI
- 4:05.18 Yi-Khy Saw, BSS, FL
- 4:05.44 B. Savulich, MEY, NJ

800 METER FREESTYLE

- 7:52.05 Larsen Jensen, CC, 2002
- 8:04.97 Michael Kueh, CSC, IN
- 8:16.58 Matt Patton, MAC, NC
- 8:19.77 Matt Biel, TERA, PC
- 8:21.06 Yi-Khy Saw, BSS, FL
- 8:22.10 John Foster, UN, CA
- 8:22.35 A. Deters, IHAC, CA
- 8:23.03 Hank Browning, AB, OH
- 8:23.81 Chip Knopp, NBAC, MD
- 8:23.84 Nick Divan, MVN, CA
- 8:23.95 S. Spansail, AZOT, CA
- 8:23.95 A. Fleming, COS, LA
- 8:25.18 Chip Peterson, CCS, NC
- 8:26.19 Jake Hopper, DSST, CA
- 8:27.41 C. Sprang, GCIT, MA
- 8:27.62 Peter Baer, NOVA, CA
- 8:28.47 Sean Davis, AB, OH

1500 METER FREESTYLE

- 15:03.91 Bobby Hackett, MR, 1976
- 15:26.61 Michael Kueh, CSC, IN
- 15:43.66 Matt Biel, TERA, PC
- 15:53.61 Sean Smith, FYF, MI
- 15:54.94 Chip Knopp, NBAC, MD
- 15:58.92 Cory Peterson, CCS, NC
- 15:58.95 Yi-Khy Saw, BSS, FL
- 16:00.72 Matt Patton, MAC, NC
- 16:00.74 A. Deters, IHAC, CA
- 16:03.18 Clay Bullock, CAT, FL
- 16:04.67 Nick Divan, MVN, CA
- 16:09.76 A. Anderson, FISH, PV
- 16:12.47 Nico Zebely, NBAC, MD
- 16:13.78 Nate Tobin, MACS, CO
- 16:15.77 Jake Hopper, DSST, CA
- 16:16.46 A. Trepp, WYWW, CT
- 16:16.66 J. Galbraith, SCFY, OH

100 METER BACKSTROKE

- 55.63 Aaron Peirso, CA, 2000
- 57.21 M. Smalley, CCS, ST
- 58.15 Bradley Ally, FLST, FG
- 58.35 Patrick Schirk, PFY, MA
- 58.44r Josh Hatkin, RMSC, PV
- 58.65 Kit French, CY, OH
- 58.75 Matt Scanlan, ACB, CC
- 58.82 Chris Seitz, NKCS, OH
- 58.94 D. Rohleder, CCS, ST
- 59.00 R. Padgett, GSA, NC
- 59.03 Mark Eckert, ISC, HI
- 59.04 Kyle Bubolz, WEST, WI
- 59.21 Alan Maher, NAC, SE
- 59.25 C. Spooner, HPSC, NC
- 59.40 Alex Rihl, AZM, AZ
- 59.68 Chris Perry, LCST, WI

59.70r Mike Hopkins, DST, MA

- 200 METER BACKSTROKE**
- 1:57.03 Aaron Peirso, CA, 2000
- 2:04.07 Patrick Schirk, PFY, MA
- 2:04.52 Chris Seitz, NKCS, OH
- 2:04.85 Matt Scanlan, ACB, CC
- 2:06.14 Eddie Erazo, NOVA, CA
- 2:06.23 Bradley Ally, FLST, FG
- 2:06.42 Scott Lathrope, OA, PC
- 2:06.57 Mark Eckert, ISC, HI
- 2:06.71 Mike Hopkins, DST, MA
- 2:07.01 C. Spooner, HPSC, NC
- 2:07.34 S. Spansail, AZOT, CA
- 2:07.45 Kevin Cargill, DYNA, GA
- 2:08.02 D. Rohleder, CCS, ST
- 2:08.28 Nick Lloyd, RYST, VA
- 2:08.63 Peter Baer, NOVA, CA
- 2:08.75 N. Bovell, BSS, FL
- 2:09.16 B. Cameron, COR, NT

100 METER BREASTSTROKE

- 1:02.69 B. Hansen, MA, 1998
- 1:03.82 Bradley Ally, FLST, FG
- 1:04.80 J. Roberts, GRRR, NI
- 1:05.29 M. Viglione, THSC, OR
- 1:05.91 Paul Kornfeld, BTA, GU
- 1:06.56 C. Nuess, SAS, IE
- 1:06.73 Colin Lee-To, M3F, MN
- 1:06.97 H. Tameris, MAST, OH
- 1:06.99 T. Angelo, WCAB, PC
- 1:07.09 Eric Johnson, KING, PN
- 1:07.29 Jerr Merritt, CCS, ST
- 1:07.38 Chris Keister, BCA, MA
- 1:07.41 Arthur Miller, NASA, IN
- 1:07.48 Scott Weltz, SVAA, PC
- 1:07.53 Chris Ash, FAST, LE
- 1:07.77 S. Mahoney, TERA, PC
- 1:07.92 E. Chen, WCAB, PC

200 METER BREASTSTROKE

- 2:15.53 Mark Giangli, LE, 1998
- 2:19.53 A. Callahan, DYNA, GA
- 2:21.36 Paul Kornfeld, BTA, GU
- 2:21.60 Bradley Ally, FLST, FG
- 2:21.62 M. Viglione, THSC, OR
- 2:22.13 S. Mahoney, TERA, PC
- 2:23.43 Arthur Miller, NASA, IN
- 2:23.52 T. Angelo, WCAB, PC
- 2:24.35 Steven Park, CANY, CA
- 2:24.56 Scott Weltz, SVAA, PC
- 2:25.05 J. Roberts, GRRR, NI
- 2:25.07 M. Larmoyeux, BSS, FL
- 2:25.61 Scott Spann, CCS, ST
- 2:26.16 C. Nuess, SAS, IE
- 2:26.38 E. Chen, WCAB, PC
- 2:26.47 Chris Keister, BCA, MA
- 2:26.49 J. Campbell, WCAB, PC

100 METER BUTTERFLY

- 52.98 M. Phelps, MD, 2001
- 54.31 Kyle Bubolz, WEST, WI
- 55.05 M. El-Amin, CAD, GA
- 55.34 Ricky Berens, MAC, NC
- 55.58 D. Rohleder, CCS, ST
- 55.68 N. Walkotken, PAC, MI
- 55.96 Matt Scanlan, ACB, CC
- 56.06 J. Redmon, SCAT, GA
- 56.77 William Jones, UN, MI
- 56.80 Randall Tom, MSC, HI
- 56.97 Tyler McGill, SA, IL
- 57.14 Pat Reams, SSYS, NE
- 57.16 Hill Taylor, BSL, SE
- 57.19 Eddie Erazo, NOVA, CA
- 57.31 Jon Roberts, GRRR, NI
- 57.49 J. Walsh, TAC, VA
- 57.63 Ian Lentz, TVA, PC

200 METER BUTTERFLY

- 1:54.58 M. Phelps, MD, 2001
- 2:00.82 Michael Kueh, CSC, IN
- 2:03.18 Ricky Berens, MAC, NC
- 2:03.32 Eddie Erazo, NOVA, CA
- 2:04.24 Sean Smith, FYF, MI
- 2:04.36 Matt Bartlett, SA, GA
- 2:05.35 N. Walkotken, PAC, MI
- 2:06.16 D. McMahon, DYNA, GA
- 2:06.21 J. Atkinson, PCS, FG
- 2:06.40 J. Walsh, TAC, VA
- 2:06.42 Matt Scanlan, ACB, CC
- 2:06.46 Dan Eckel, MLAC, AM
- 2:07.09 A. Fleming, COS, LA
- 2:07.18 Tyler McGill, SA, IL
- 2:08.07 Bradley Ally, FLST, FG
- 2:08.11 Yi-Khy Saw, BSS, FL
- 2:08.12 G. Weingarten, BSL, SE

200 METER IM

- 2:00.86 M. Phelps, MD, 2001
- 2:05.05 Bradley Ally, FLST, FG
- 2:07.47 C. Nuess, SAS, IE
- 2:08.71 Jon Roberts, GRRR, NI
- 2:08.86 M. Smalley, CCS, ST
- 2:08.94 C. Spooner, HPSC, NC
- 2:09.01 T. Southmayd, SSC, MA
- 2:09.27 Ian Lentz, TVA, PC
- 2:10.05 Mark Eckert, ISC, HI

- 2:10.14 Scott Weltz, SVAA, PC
- 2:10.39 Josh Graham, TA, VA
- 2:10.40 M. Bowen, SBSC, CA
- 2:10.63 Jack Brown, SA, GA
- 2:10.96 Paul Kornfeld, BTA, GU
- 2:11.01 Ricky Berens, MAC, NC
- 2:11.21 Mark Solfelt, FOX, MN
- 2:11.28 Scott Lathrope, OA, PC

400 METER IM

- 4:15.20 M. Phelps, MD, 2001
- 4:24.42 Bradley Ally, FLST, FG
- 4:29.84 Sean Smith, FYF, MI
- 4:31.97 M. Smalley, CCS, ST
- 4:33.54 Scott Lathrope, OA, PC
- 4:33.64 Yi-Khy Saw, BSS, FL
- 4:33.91 Mark Eckert, ISC, HI
- 4:34.42 Matt Scanlan, ACB, CC
- 4:34.47 Peter Baer, NOVA, CA
- 4:34.51 T. Southmayd, SSC, MA
- 4:34.91 A. Callahan, DYNA, GA
- 4:34.96 S. Murry, XCEL, SE
- 4:35.28 Ricky Berens, MAC, NC
- 4:35.73 Jack Brown, SA, GA
- 4:36.21 C. Nuess, SAS, IE
- 4:36.34 A. Trepp, WYWW, CT
- 4:37.35 J. Gregory, TSC, PN

17-18 50 METER FREESTYLE

- 22.86 Tom Jager, OZ, 1982
- 22.97 Wildman-Tobiner, FCHPC
- 23.09 M. Cavic, NOVA, CA
- 23.29 Kyle Bubolz, WEST, WI
- 23.32 Matt Grevers, PAC, IL
- 23.46 J. Whittington, BSC, CC
- 23.51 P. Pritchett, THAT, NC
- 23.53 Sean Sussex, BCST, PN
- 23.55 C. Hollinger, LAC, MA
- 23.59 G. Weber-Gale, CCS, ST
- 23.67 John Sands, NASC, OH
- 23.80 M. McGinnis, RSA, NC
- 23.85 M. Phelps, NBAC, MD
- 23.90 Will Sarosdy, CCS, ND
- 23.92 Matt Lowe, MYSC, ND
- 23.92 J. Timmer, SCSC, MN
- 23.93r Joe Doyle, NASC, OH

100 METER FREESTYLE

- 49.52 Joe Hudspohl, OH, 1992
- 1:49.9*** M. Phelps, NBAC, MD
- 50.37 G. Weber-Gale, CCS, ST
- 50.53 Matt Grevers, PAC, IL
- 50.64 Kyle Bubolz, WEST, WI
- 50.87 Wildman-Tobiner, FCHPC
- 51.15 M. McGinnis, RSA, NC
- 51.45 Ryan Lochte, UOF, FL
- 51.77 G. Wagner, SMST, SN
- 51.83 C. Hollinger, LAC, MA
- 51.84 Wesley Flatt, SA, GA
- 51.91 Sean Sussex, BCST, PN
- 51.93r Sam Kintz, PAC, IL
- 52.05r Danny Beat, SBSC, CA
- 52.21 Evan Grant, SRVL, PC
- 52.48 Andy Mullikan, LRS, KY
- 52.52 Eric Turner, AA, SE
- 52.52 Gil Stovall, MTSC, SE

200 METER FREESTYLE

- 1:48.31 Klete Keller, AZ, 2000
- 1:45.99*** M. Phelps, NBAC, MD
- 1:51.38 M. McGinnis, RSA, NC
- 1:51.40 L. Jensen, MVN, CA
- 1:51.86 G. Wagner, SMST, SN
- 1:52.06r Andy Grant, SRVL, PC
- 1:52.12r G. Weber-Gale, CCS, ST
- 1:52.17 Louis Vayo, FAST, CA
- 1:52.39 Noa Sakamoto, KSC, HI
- 1:52.54 Rory Connell, TD, MA
- 1:52.65r Max Jabben, KCB, MV
- 1:52.72r A. Preston, CCS, ST
- 1:52.79 Pat Mellors, JCCS, AM
- 1:53.18 Ryan Lochte, UOF, FL
- 1:53.24r Danny Beat, SBSC, CA
- 1:53.44 L. Azevedo, NOVA, CA
- 1:53.66 P. Morrison, CA, LA

400 METER FREESTYLE

- 3:47.00 Klete Keller, AZ, 2000
- 3:46.73*** M. Phelps, NBAC, MD
- 3:51.13 L. Jensen, MVN, CA
- 3:53.27 F. Crippen, GAAC, MA
- 3:55.42 Noa Sakamoto, KSC, HI
- 3:57.30 Adam Preston, UN, SE
- 3:58.06 Max Jabben, KCB, MV
- 3:59.44 Ryan Lochte, DBS, FL
- 3:59.51 Chris Ewald, DYNA, GA
- 4:00.28 Shaun Phillips, NAC, SE
- 4:00.38 Pat Mellors, JCCS, AM
- 4:00.42 J. Cuttino, SST, GA
- 4:00.47 John Koehler, DR, OH
- 4:00.47 P. Morrison, CA, LA
- 4:00.47 Louis Vayo, FAST, CA
- 4:00.50 L. Azevedo, NOVA, CA
- 4:00.59 D. Bishop, CFSC, GU

800 METER FREESTYLE

- 7:56.33 Tom Dolan, PV, 1994
- 7:48.09*** L. Jensen, MVN, CA
- 8:11.76 T. Bishop, CFSC, GU
- 8:13.13 Chris Ewald, DYNA, GA
- 8:13.29 J. Cuttino, SST, GA
- 8:14.47 Noa Sakamoto, KSC, HI
- 8:16.23 Shaun Phillips, NAC, SE
- 8:17.06 John Koehler, DR, OH
- 8:17.50 John Millen, DYNA, GA
- 8:18.29 A. Hewko, NOVA, CA
- 8:18.40 Daniel Slocki, MAC, NC
- 8:19.80 S. Wollner, AGUA, MR
- 8:19.99 W. Antisdale, BCST, PN
- 8:20.04 Kevin Nead, AB, OH
- 8:21.87 Stefan Hirniak, SAC, NJ
- 8:23.18 J. Vandenberg, OLY, MI
- 8:23.23 Jeff Smith, FS, LA

1500 METER FREESTYLE

- 15:02.40 Brian Goodell, CA, 1976
- 15:00.81*** L. Jensen, MVN, CA
- 15:22.91 F. Crippen, GAAC, MA
- 15:35.97 T. Bishop, CFSC, GU
- 15:45.26 John Koehler, DR, OH
- 15:47.45 Max Jabben, KCB, MV
- 15:47.83 J. Cuttino, SST, GA
- 15:48.66 Noa Sakamoto, KSC, HI
- 15:49.90 John Millen, DYNA, GA
- 15:50.01 S. Phillips, NAC, SE
- 15:50.17 Ryan Lochte, DBS, FL
- 15:57.67 A. Vanderkaay, OLY, MI
- 15:58.08 T. Beckerle, RSC, OZ
- 15:58.86 A. Hewko, NOVA, CA
- 15:59.74 S. Wollner, AGUA, MR
- 15:59.81 L. Azevedo, NOVA, CA
- 16:02.13 Daniel Slocki, MAC, NC

100 METER BACKSTROKE

- 54.47 Aaron Peirso, CA, 2002
- 55.70 D. Plummer, KMG, OK
- 55.74 Matt Grevers, PAC, IL
- 56.51 M. Phelps, NBAC, MD
- 57.06r Dave Rollins, TBA, AZ
- 57.29 M. McGinnis, RSA, NC
- 57.36 Hong Zhe Sun, ISC, HI
- 57.46r C. McDermott, CCS, ST
- 57.69 G. Weber-Gale, CCS, ST
- 57.77 Louis Vayo, FAST, CA
- 57.79 S. Goodrich, ASG, AZ
- 58.01 M. Wolfe, CPSC, OK
- 58.02 Ryan Lochte, UOF, FL
- 58.36 D. Rohleder, CCS, ST
- 58.42 Jeff Leath, PS, VA
- 58.52 Gil Stovall, MTSC, SE
- 58.52r Kyle Bubolz, WEST, WI

200 METER BACKSTROKE

- 1:55.15 Aaron Peirso, CA, 2002
- 1:56.10 M. Phelps, NBAC, MD
- 2:01.84 T. Oriwol, STAN, PC
- 2:01.86 Louis Vayo, FAST, CA
- 2:01.97 D. Plummer, KMG, OK
- 2:02.77 Matt Grevers, PAC, IL
- 2:03.33 M. McGinnis, RSA, NC
- 2:03.74 Ian Clark, UMLY, MA
- 2:04.09 C. McDermott, CCS, ST
- 2:04.43 Hong Zhe Sun, ISC, HI
- 2:04.93 Scott Lathrope, OA, PC
- 2:05.01 C. Franklin, TENN, SE
- 2:05.42 M. Wolfe, CPSC, OK
- 2:05.43 Jeff Leath, PS, VA
- 2:05.48 J. Cuttino, SST, GA
- 2:05.81 K. Newman, DA, SN
- 2:05.89 Chris Seitz, NKCS, OH

100 METER BREASTSTROKE

- 1:01.55 B. Hansen, MA, 2000
- 1:02.32 Mike Brown, UMN, MN
- 1:02.60 Scott Dickens, UN, MI
- 1:02.92 Matt Lowe, MYSC, ND
- 1:03.62 C. Schurr, CCS, ST
- 1:04.28

World Top 25 for 2003

This list was compiled by Nick Thierry,
Secretary, International Swimming
Statisticians Association.
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WOMEN

50 METER FREESTYLE

Rec: 24.13 Inge de Bruijn, NED, 2000

24.47	WORLD03	Inge de Bruijn, NED
24.92	DUELAPR	Lisbeth Lenton, AUS
24.97	GBRCLMAR	Alison Sheppard, GBR
25.02	USNATAPR	Jenny Thompson, USA
25.07	WORLD03	Alice Mills, AUS
25.14	DUELAPR	Kara Lynn Joyce, USA
25.14	WORLD03	Sandra Volker, GER
25.17	WORLD03	Martina Moravcova, SVK
25.18	USNATAUG	Malia Metella, FRA
25.24	USOPNDEC	Marleen Veldhuis, NED
25.30	WORLD03	Svitlana Khakhlova, BLR
25.34	USNATAPR	Maritza Correia, USA
25.39	WORLD03	Hanna-Maria Seppala, FIN
25.41	AUSCLMAR	Jodie Henry, AUS
25.43	AUSCLMAR	Sophie Edington, AUS
25.44	PAN03AUG	Flavia Delaroli, BRA
25.46	WORLD03	Therese Alshammar, SWE
25.47	GERLCMAY	Daniela Gotz, GER
25.49	USNATAPR	Amanda Weir, USA
25.49	WORLD03	Olga Mukomol, UKR
25.52	WORLD03	Haley Cope, USA
25.58	CHNLCAPR	Xu Yanwei, CHN
25.58	SWELCJUN	Anna-Karin Kammerling, SWE
25.62	ITALCAPR	Cristina Chiuso, ITA
25.62	PAN03AUG	Eileen Coparropa, PAN

100 METER FREESTYLE

Rec: 53.77 Inge de Bruijn, NED, 2000

54.37	WORLD03	Hanna-Maria Seppala, FIN
54.46	PAN03AUG	Amanda Weir, USA
54.58	WORLD03	Jodie Henry, AUS
54.64	FRALCAPR	Alena Popchanka, BLR
54.64	WORLD03	Natalie Coughlin, USA
54.64	WORLD03	Lisbeth Lenton, AUS
54.65	WORLD03	Jenny Thompson, USA
54.79	CANETJUN	Martina Moravcova, SVK
54.88	USOPNDEC	Marleen Veldhuis, NED
54.91	WORLD03	Antje Buschschulte, GER
55.15	AUSCLMAR	Alice Mills, AUS
55.21	USNATAPR	Rhiannon Jeffrey, USA
55.23	WORLD03	Chantal Groot, NED
55.27	CHNLCAPR	Xu Yanwei, CHN
55.27	JPNLC03	Tomoko Hagihara, JPN
55.32	CHNLCAPR	Yang Yu, CHN
55.35	WORLD03	Cheng Jiaru, CHN
55.37	USNATAPR	Lindsay Benko, USA
55.38	GBRCLMAR	Alison Sheppard, GBR
55.39	GERLCMAY	Franziska van Almsick, GER
55.39	WORLD03	Petra Dallmann, GER
55.44	JPNLC03	Tomoko Nagai, JPN
55.45	WORLD03	Melanie Marshall, GBR
55.47	AUSCLMAR	Sarah Ryan, AUS
55.47	USOPNDEC	Stefanie Williams, USA

200 METER FREESTYLE

Rec: 1:56.64 Franziska van Almsick, GER, 2002

1:57.41	WORLD03	Lindsay Benko, USA
1:57.70	CHNLCAPR	Yang Yu, CHN
1:58.32	WORLD03	Alena Popchanka, BLR
1:58.44	WORLD03	Martina Moravcova, SVK
1:58.71	CHNLCAPR	Xu Yanwei, CHN
1:58.96	AUSCLMAR	Elka Graham, AUS
1:59.03	FISUAUG	Yana Klochkova, UKR
1:59.27	WORLD03	Solenne Figueas, FRA
1:59.28	WORLD03	Josefine Lillhage, SWE
1:59.33	FRALCAPR	Camelia Potec, ROM
1:59.35	GERLCMAY	Franziska van Almsick, GER
1:59.76	WORLD03	Rhiannon Jeffrey, USA
1:59.77	GERLCMAY	Hannah Stockbauer, GER
1:59.80	PAN03AUG	Dana Vullmer, USA
1:59.88	GBRCLMAR	Karen Pickering, GBR
1:59.91	BARCJUN	Melanie Marshall, GBR
1:59.93	WORLD03	Zoe Dimoschaki, GRE
1:59.94	GERLCMAY	Petra Dallmann, GER
2:00.09	NEDLCDEC	Marleen Veldhuis, NED
2:00.20	WORLD03	Karen Legg, GBR
2:00.20	JPNLC03	Tomoko Nagai, JPN
2:00.35	WORLD03	Zhou Yafei, CHN
2:00.54	DUELAPR	Elizabeth Hill, USA
2:00.54	POLGPMAY	Otylia Jedrejczak, POL

2:00.55 USNATAUG Diana Munz, USA

400 METER FREESTYLE

Rec: 4:03.85 Janet Evans, USA, 1988

4:06.75	WORLD03	Hannah Stockbauer, GER
4:07.24	WORLD03	Eva Risztov, HUN
4:07.67	WORLD03	Diana Munz, USA
4:08.60	WORLD03	Elka Graham, AUS
4:08.67	JPNLCAPR	Sachiko Yamada, JPN
4:08.99	CHNLCAPR	Chen Hua, CHN
4:09.34	WORLD03	Brittany Reimer, CAN
4:09.82	WORLD03	Lindsay Benko, USA
4:09.86	FRALCAPR	Simona Paduraru, ROM
4:10.45	MONACJUN	Kasey Giteau, AUS
4:10.48	PAN03AUG	Elizabeth Hill, USA
4:10.68	FRALCAPR	Laure Manaudou, FRA
4:10.68	USNATAUG	Kalyn Keller, USA
4:10.75	CHNLCAPR	Yang Yu, CHN
4:10.89	CANETJUN	Alena Popchanka, BLR
4:11.04	GBRCLMAR	Rebecca Cooke, GBR
4:11.08	USNATAUG	Kaitlin Sandeno, USA
4:11.22	GERLCMAY	Jana Henke, GER
4:11.26	ESPLCAUG	Erika Villaeica, ESP
4:11.91	FRALCAPR	Camelia Potec, ROM
4:12.09	ATHENMAY	Zoe Dimoschaki, GRE
4:12.16	AUSCLMAR	Linda MacKenzie, AUS
4:12.18	USNATAUG	Brooke Bennett, USA
4:12.28	EJURAUG	Regina Sytch, RUS
4:12.38	USNATAPR	Flavia Rigamonti, SUI

800 METER FREESTYLE

Rec: 8:16.22 Janet Evans, USA, 1989

8:23.66	WORLD03	Hannah Stockbauer, GER
8:24.19	WORLD03	Diana Munz, USA
8:28.45	WORLD03	Rebecca Cooke, GBR
8:28.73	WORLD03	Brittany Reimer, CAN
8:30.12	WORLD03	Jana Henke, GER
8:30.31	USOPNDEC	Sachiko Yamada, JPN
8:31.54	USNATAUG	Kalyn Keller, USA
8:32.41	USNATAPR	Adrienne Binder, USA
8:32.72	WORLD03	Chen Hua, CHN
8:32.86	WORLD03	Regina Sytch, RUS
8:33.92	FRALCAPR	Laure Manaudou, FRA
8:34.19	VICLCJAN	Amanda Pascoe, AUS
8:34.61	USNATAUG	Kaitlin Sandeno, USA
8:35.40	WORLD03	Eva Risztov, HUN
8:35.43	USOPNDEC	Brooke Bennett, USA
8:35.74	USOPNDEC	Alyssa Kiel, USA
8:35.78	USGPTMAY	Flavia Rigamonti, SUI
8:36.27	DUELAPR	Hayley Peirso, USA
8:36.29	WORLD03	Simona Paduraru, ROM
8:36.54	PAN03AUG	Morgan Hentzen, USA
8:36.66	FISUAUG	Olga Beresnyeva, UKR
8:36.71	ESPLCAUG	Erika Villaeica, ESP
8:37.61	PAN03AUG	Rachel Burke, USA
8:38.03	CHNLCSEP	Sun Xixi, CHN
8:38.61	USNATAUG	Whitney Hentzen, USA

1 500 METER FREESTYLE

Rec: 15:52.10 Janet Evans, USA, 1988

16:00.18	WORLD03	Hannah Stockbauer, GER
16:08.30	USNATAPR	Flavia Rigamonti, SUI
16:08.64	USNATAUG	Kalyn Keller, USA
16:09.64	WORLD03	Hayley Peirso, USA
16:10.13	WORLD03	Jana Henke, GER
16:12.75	JPNLCAPR	Sachiko Yamada, JPN
16:13.13	WORLD03	Regina Sytch, RUS
16:13.60	CHNLCAPR	Chen Hua, CHN
16:14.28	WORLD03	Diana Munz, USA
16:14.70	FISUAUG	Rebecca Cooke, GBR
16:15.98	WORLD03	Brittany Reimer, CAN
16:16.31	USNATAUG	Adrienne Binder, USA
16:19.77	USNATAUG	Brooke Bennett, USA
16:24.43	FISUAUG	Lauren Costella, USA
16:25.06	USNATAUG	Alyssa Kiel, USA
16:25.50	WORLD03	Simona Paduraru, ROM
16:25.64	CANLJUN	Taryn Lenceo, CAN
16:27.76	WORLD03	Olga Beresnyeva, UKR
16:28.98	CHNLCAPR	Zhang Yan, CHN
16:30.25	AUSCLMAR	Belinda Wilson, AUS
16:31.80	BPESTMAR	Reka Nagy, HUN
16:32.17	WORLD03	Erika Villaeica, ESP
16:32.19	WORLD03	Ai Shibata, JPN
16:32.37	AUSCLMAR	Amanda Pascoe, AUS
16:32.98	CHNLCAPR	Li Xue, CHN

50 METER BACKSTROKE

Rec: 28.25 Sandra Volker, GER, 2000

28.48	WORLD03	Nina Zhivanevskaya, ESP
28.50	WORLD03	Ilona Hlavackova, CZE
28.62	WORLD03	Noriko Inada, JPN
28.63	FRALCAPR	Louise Ormstedt, DEN
28.63	JPNLCAPR	Mai Nakamura, JPN

28.65	WORLD03	Jennifer Carroll, CAN
28.69	WORLD03	Sandra Volker, GER
28.80	WORLD03	Haley Cope, USA
28.86	WORLD03	Laure Manaudou, FRA
28.94	WORLD03	Cheng Jiaru, CHN
28.96	WORLD03	Giaan Rooney, AUS
29.03	GBRCLMAR	Sarah Price, GBR
29.04	GERLCMAY	Antje Buschschulte, GER
29.05	WORLD03	Min-Jie Shim, KOR
29.11	GBRCLMAR	Katy Sexton, GBR
29.12	CHNLCAPR	Gao Chang, CHN
29.12	CHNLCAPR	Hua Jing, CHN
29.15	JPNLCAPR	Hanae Ito, JPN
29.18	WORLD03	Sanja Jovanovic, CRO
29.20	CHNLCAPR	Li Hui, CHN
29.24	AUSCLMAR	Sophie Edington, AUS
29.25	WORLD03	Erin Gammel, CAN
29.27	FISUAUG	Beth Botford, USA
29.29	NZLCLCAPR	Hannah McLean, NZL
29.30	JPNLCAPR	Aya Terakawa, JPN

100 METER BACKSTROKE

Rec: 59.58 Natalie Coughlin, USA, 2002

1:00.33	WORLD03	Antje Buschschulte, GER
1:00.49	GBRCLMAR	Katy Sexton, GBR
1:00.74	DUELAPR	Natalie Coughlin, USA
1:00.74	WORLD03	Nina Zhivanevskaya, ESP
1:00.77	GBRCLMAR	Sarah Price, GBR
1:00.86	WORLD03	Louise Ormstedt, DEN
1:01.18	WORLD03	Mai Nakamura, JPN
1:01.36	WORLD03	Stanislava Komarova, RUS
1:01.37	USNATAPR	Haley Cope, USA
1:01.39	WORLD03	Irina Amshennikova, UKR
1:01.41	WORLD03	Reiko Nakamura, JPN
1:01.67	CHNLCAPR	Zhan Shu, CHN
1:01.68	FRALCAPR	Laure Manaudou, FRA
1:01.72	JPNLC03	Hanae Ito, JPN
1:01.74	JPNLCAPR	Noriko Inada, JPN
1:01.74	FISUAUG	Ilona Hlavackova, CZE
1:01.75	WORLD03	Giaan Rooney, AUS
1:01.98	JPNLCAPR	Aya Terakawa, JPN
1:01.99	CHNLCSEP	Cheng Jiaru, CHN
1:02.00	CHNLCSEP	Yang Li, CHN
1:02.01	UTEXSDEC	Hayley McGregory, USA
1:02.03	USNATAPR	Erin Gammel, CAN
1:02.04	SCZAJUL	Courtney Shealy, USA
1:02.09	CHNLCAPR	Chen Xijun, CHN
1:02.13	WIENMAY	Sanja Jovanovic, CRO

200 METER BACKSTROKE

Rec: 2:06.62 Krisztina Egerszegi, HUN, 1991

2:08.74	WORLD03	Katy Sexton, GBR
2:09.24	WORLD03	Margaret Hoelzer, USA
2:09.39	WORLD03	Stanislava Komarova, RUS
2:09.93	GBRCLMAR	Sarah Price, GBR
2:10.82	WORLD03	Irina Amshennikova, UKR
2:10.95	WORLD03	Hanae Ito, JPN
2:11.27	JPNLCAPR	Aya Terakawa, JPN
2:11.45	JPNLCJUN	Reiko Nakamura, JPN
2:11.52	FRALCAPR	Louise Ormstedt, DEN
2:12.01	GERLCMAY	Antje Buschschulte, GER
2:12.15	WORLD03	Nicole Hetzer, GER
2:12.22	EJURAUG	Stephanie Proud, GBR
2:12.36	AUSAGAPR	Melissa Morgan, AUS
2:12.36	WORLD03	Jennifer Fratesi, CAN
2:12.60	EJURAUG	Esther Baron, FRA
2:12.68	JPNLCAPR	Toshie Abe, JPN
2:12.78	GBRCLMAR	Karen Lee, GBR
2:13.32	WORLD03	Alenka Kejzar, SLO
2:13.39	WORLD03	Hannah McLean, NZL
2:13.42	CANLJUN	Elizabeth Warden, CAN
2:13.55	DUELAPR	Jamie Reid, USA
2:13.55	TOKYOSEP	Yuki Takemura, JPN
2:13.58	CHNLCSEP	Huang Jun, CHN
2:13.66	FRALCAPR	Roxana Marcineanu, FRA
2:13.72	SCSCJUN	Natalie Coughlin, USA

50 METER BREASTSTROKE

Rec: 30.57 Zoe Baker, GBR, 2002

30.64	WORLD03	Luo Xuejuan, CHN
31.10	WORLD03	Zoe Baker, GBR
31.11	WORLD03	Brooke Hanson, AUS
31.23	WORLD03	Leisel Jones, AUS
31.40	WORLD03	Tara Kirk, USA
31.60	MONACJUN	Emma Igelstrom, SWE
31.67	EJURAUG	Kate Haywood, GBR
31.68	FISUAUG	Jade Edmiston, AUS
31.73	CACUPMAR	Rhiannon Leier, CAN
31.75	MONACJUN	Elena Bogomazova, RUS
31.77	UKRLCAPR	Yulija Pidlisna, UKR
31.79	WORLD03	Kristy Kowal, USA
31.80	BARCJUN	Roberta Crescentini, ITA
31.81	FISUAUG	Ashley Roby, USA

31.93	JPNLCJUN	Masami Tanaka, JPN
31.94	WORLD03	Sarah Poewe, GER
31.95	UKRLCAPR	Svitlana Bondarenko, UKR
31.96	AUSLCMAR	Sarah Kasoulis, AUS
32.05	GERLCMAY	Caroline Bohm, GER
32.10	EUJRAUG	Grace Callaghan, GBR
32.13	GERLCMAY	Vipa Bernhardt, GER
32.14	WORLD03	Madelon Baans, NED
32.16	JPNLCAPR	Ryoko Maruyama, JPN
32.16	GERLC03	Simone Weiler, GER
32.18	WIENMAY	Janne Schafer, GER

100 METER BREASTSTROKE

Rec: 1:06.37 *Leisel Jones, AUS, 2003*

1:06.37	WORLD03	Leisel Jones, AUS
1:06.80	WORLD03	Luo Xuejuan, CHN
1:07.42	WORLD03	Amanda Beard, USA
1:07.47	WORLD03	Laura Jones, AUS
1:07.88	WORLD03	Sarah Poewe, GER
1:08.13	USOPNDEC	Megan Quann, USA
1:08.24	CHNLCAPR	Qi Hui, CHN
1:08.24	WORLD03	Tara Kirk, USA
1:08.25	WORLD03	Brooke Hanson, AUS
1:08.62	MONACJUN	Mirna Jukic, AUT
1:08.76	SWELCJUN	Emma Igelstrom, SWE
1:08.91	DUELAPR	Sarah Kasoulis, AUS
1:08.92	USNATAUG	Kristy Kowal, USA
1:09.00	GBRLCMAR	Jaime King, GBR
1:09.00	WORLD03	Vipa Bernhardt, GER
1:09.01	GBRLCMAR	Rachel Genner, GBR
1:09.01	PAN03AUG	Staciana Slitts, USA
1:09.12	CANLCJUN	Lauren van Oosten, CAN
1:09.21	JPNLCAPR	Masami Tanaka, JPN
1:09.25	WORLD03	Rhiannon Leier, CAN
1:09.26	CHNLCAPR	Luo Nan, CHN
1:09.26	EUJRAUG	Grace Callaghan, GBR
1:09.28	USNATAPR	Agnes Kovacs, HUN
1:09.44	ITALCJUL	Chiara Boggiatto, ITA
1:09.48	AUSLCMAR	Tarne White, AUS

200 METER BREASTSTROKE

Rec: 2:22.99 *Hui Du, CHN, 2001*
 Rec: 2:22.99 *Amanda Beard, USA, 2003*

2:22.99	WORLD03	Amanda Beard, USA
2:24.33	WORLD03	Leisel Jones, AUS
2:25.18	BARCJUN	Mirna Jukic, AUT
2:25.70	CHNLCAPR	Qi Hui, CHN
2:26.35	WORLD03	Anne Poleska, GER
2:26.43	JPNLCJUN	Masami Tanaka, JPN
2:26.72	WORLD03	Sarah Poewe, GER
2:26.88	CHNLCAPR	Luo Nan, CHN
2:26.99	FISUAUG	Luo Xuejuan, CHN
2:27.71	USOPNDEC	Birte Steven, GER
2:27.80	BPESTMAR	Diana Remyeny, HUN
2:27.88	USNATAUG	Caroline Bruce, USA
2:28.18	WORLD03	Agnes Kovacs, HUN
2:28.21	EUJRAUG	Iryna Maystruk, UKR
2:28.22	UKRLCAPR	Yulija Pridlisna, UKR
2:28.42	AUSLCMAR	Sarah Kasoulis, AUS
2:28.51	MONACJUN	Emma Igelstrom, SWE
2:28.56	GERLCMAY	Simone Weiler, GER
2:28.73	JPNLCAPR	Fumiko Kawanabe, JPN
2:28.78	WORLD03	Beatrice Caslaru, ROM
2:29.02	AUSLCMAR	Brooke Hanson, AUS
2:29.08	USNATAUG	Rebecca Soni, USA
2:29.08	ITALCJUL	Chiara Boggiatto, ITA
2:29.19	WORLD03	Kristy Kowal, USA
2:29.19	ITALCJUL	Sara Farina, ITA

50 METER BUTTERFLY

Rec: 25.57 *Anna-Karin Kammerling, SWE, 2002*

25.84	WORLD03	Inge de Bruijn, NED
26.00	WORLD03	Jenny Thompson, USA
26.06	WORLD03	Anna-Karin Kammerling, SWE
26.46	BARCJUN	Martina Moravcova, SVK
26.71	AUSLCMAR	Petria Thomas, AUS
26.73	WORLD03	Zhou Yafei, CHN
26.82	WORLD03	Chantal Groot, NED
26.89	ZAGRJUN	Therese Alshammer, SWE
26.96	BARCJUN	Angela San Juan, ESP
26.96	EUJRAUG	Vasilisa Vladykina, RUS
26.97	WORLD03	Vered Borochovsky, ISR
26.97	AUTLCAUG	Fabienne Nadarajah, AUT
27.10	ZAGRJUN	Tine Bossuyt, BEL
27.13	POLLCMAY	Aleksandra Urbanczyk, POL
27.19	FRALCAPR	Alena Popchanka, BLR
27.24	AUSLCMAR	Lisbeth Lenton, AUS
27.24	CHNLCAPR	Tao Li, CHN
27.25	WORLD03	Mary DeScenza, USA
27.25	EUJRAUG	Jeanette Ottesen, DEN
27.27	AUSLCMAR	Jordana Webb, AUS
27.27	ITALCAPR	Cristina Maccagnola, ITA
27.30	CACUPMAR	Bethany Goodwin, USA
27.31	WORLD03	Otylia Jedrzejczak, POL
27.35	GBRLCMAR	Rosalind Brett, GBR
27.36	AMSTMAR	Inge Dekker, NED

100 METER BUTTERFLY

Rec: 56.61 *Inge de Bruijn, NED, 2000*

57.96	WORLD03	Jenny Thompson, USA
58.05	WORLD03	Martina Moravcova, SVK
58.22	WORLD03	Otylia Jedrzejczak, POL
58.57	AUSLCMAR	Petria Thomas, AUS
58.61	WORLD03	Alena Popchanka, BLR
58.70	DUELAPR	Natalie Coughlin, USA
58.71	WORLD03	Anna-Karin Kammerling, SWE
59.04	DUELAPR	Mary DeScenza, USA
59.08	CHNLCAPR	Xu Yanwei, CHN
59.08	WORLD03	Zhou Yafei, CHN
59.28	WORLD03	Yuko Nakanishi, JPN
59.35	PAN03AUG	Dana Vollmer, USA
59.41	JPNLCAPR	Junko Onishi, JPN
59.41	WORLD03	Vered Borochovsky, ISR
59.48	WORLD03	Jessica Schipper, AUS
59.49	SWELCJUN	Johanna Sjoberg, SWE
59.56	ITALCAPR	Francesca Segat, ITA
59.58	WORLD03	Chantal Groot, NED
59.67	USNATAUG	Misty Hyman, USA
59.69	GERLCMAY	Annika Mehlhorn, GER
59.72	WORLD03	Inge Dekker, NED
59.77	EUJRAUG	Bea Boussevitz, HUN
59.78	DUELAPR	Emily Goetsch, USA
59.79	AUSLCMAR	Lisbeth Lenton, AUS
59.80	CANLCJUN	Jennifer Button, CAN

200 METER BUTTERFLY

Rec: 2:05.78 *Otylia Jedrzejczak, POL, 2002*

2:07.56	WORLD03	Otylia Jedrzejczak, POL
2:07.68	WORLD03	Eva Risztov, HUN
2:08.08	WORLD03	Yuko Nakanishi, JPN
2:08.38	WORLD03	Mary DeScenza, USA
2:08.78	USNATAUG	Kaitlin Sandeno, USA
2:09.38	AUSLCMAR	Petria Thomas, AUS
2:09.40	USNATAPR	Georgina Lee, GBR
2:09.49	WORLD03	Francesca Segat, ITA
2:09.52	FISUAUG	Yana Klochkova, UKR
2:09.61	WORLD03	Annika Mehlhorn, GER
2:10.14	ESPLCAUG	Roser Vives, ESP
2:10.55	CHNLCAPR	Cui Li, CHN
2:10.58	WORLD03	Felicity Galvez, AUS
2:10.64	EUJRAUG	Vasiliki Angelopoulou, GRE
2:10.89	JPNLC03	Maki Mita, JPN
2:10.90	AUSLCMAR	Jessica Schipper, AUS
2:10.91	EUJRAUG	Bea Boussevitz, HUN
2:10.92	JPNLC03	Yukiko Osada, JPN
2:11.02	PAN03AUG	Audrey Lacroix, CAN
2:11.29	USOPNDEC	Kim Vandenberg, USA
2:11.30	BARCJUN	Maria Pelaez, ESP
2:11.44	AUSLCMAR	Lara Davenport, AUS
2:11.52	FISUAUG	Paola Cavallino, ITA
2:11.64	CHNLCEP	Chui Li, CHN
2:11.67	DUELAPR	Emily Mason, USA

200 METER INDIVIDUAL MEDLEY

Rec: 2:09.72 *Wu Yanyan, CHN, 1997*

2:10.75	WORLD03	Yana Klochkova, UKR
2:12.75	WORLD03	Alice Mills, AUS
2:12.92	WORLD03	Zhou Yafei, CHN
2:12.97	USNATAUG	Kaitlin Sandeno, USA
2:13.60	CANLCJUN	Elizabeth Warden, CAN
2:14.16	JPNLC03	Tomoko Hagiwara, JPN
2:14.17	WORLD03	Hanna Scherba, BLR
2:14.21	AUSLCMAR	Leisel Jones, AUS
2:14.32	WORLD03	Agnes Kovacs, HUN
2:14.41	USNATAPR	Amanda Beard, USA
2:14.51	WORLD03	Qi Hui, CHN
2:14.60	WORLD03	Maggie Bowen, USA
2:14.65	WORLD03	Beatrice Caslaru, ROM
2:14.88	WORLD03	Kristy Coventry, ZIM
2:15.02	WORLD03	Gabrielle Rose, USA
2:15.08	WORLD03	Alenka Kejzar, SLO
2:15.14	WORLD03	Marianne Limpert, CAN
2:15.83	EUJRAUG	Anja Klinar, SLO
2:15.90	ESPLCAUG	Paula Carballido, ESP
2:15.93	GERLCMAY	Annika Mehlhorn, GER
2:15.93	PAN03AUG	Joanne Malar, CAN
2:15.95	EVANSJUL	Kristen Caverly, USA
2:16.10	JPNLC03	Maiko Fujino, JPN
2:16.19	AUSLCMAR	Jennifer Reilly, AUS
2:16.24	EUJRAUG	Vasiliki Angelopoulou, GRE

400 METER INDIVIDUAL MEDLEY

Rec: 4:33.59 *Yana Klochkova, UKR, 2000*

4:36.74	WORLD03	Yana Klochkova, UKR
4:37.39	WORLD03	Eva Risztov, HUN
4:40.82	USNATAUG	Kaitlin Sandeno, USA
4:41.86	WORLD03	Beatrice Caslaru, ROM
4:42.67	EUJRAUG	Anja Klinar, SLO
4:42.94	DUELAPR	Jennifer Reilly, AUS
4:43.21	WORLD03	Maggie Bowen, USA
4:43.32	WORLD03	Nicole Hetzer, GER
4:43.40	PAN03AUG	Georgina Bardach, ARG
4:43.96	BPESTMAR	Diana Remyeny, HUN
4:44.59	CHNLCAPR	Zhang Tianyi, CHN
4:44.90	JPNLCAPR	Maiko Fujino, JPN
4:45.38	USOPNDEC	Sara McLarty, USA
4:45.40	EVANSJUL	Kristen Caverly, USA
4:45.64	RUSLCAPR	Yana Tolkaheva, RUS
4:45.82	USOPNDEC	Kathryn Hoff, USA
4:46.11	CANLCJUN	Elizabeth Warden, CAN
4:46.29	RUSLCAPR	Yana Martynova, RUS
4:46.31	CHANGCOT	Qi Hui, CHN
4:46.38	PAN03AUG	Joanna Melo, BRA
4:46.57	BENIMZAY	Vasiliki Angelopoulou, GRE
4:46.79	ESPLCAUG	Paula Carballido, ESP
4:47.02	USNATAPR	Adrienne Binder, USA
4:47.35	AUSLCMAR	Jessica Abbott, AUS
4:47.40	NZLLCAPR	Elizabeth Van Welie, NZL

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MEN

50 METER FREESTYLE

Rec: 21.64 Alexander Popov, RUS, 2000

21.92	WORLD03	Alexander Popov, RUS
22.14	NEDLCAPR	Johan Kenkhuis, NED
22.14	WORLD03	Jason Lezak, USA
22.20	WORLD03	Mark Foster, GBR
22.29	WORLD03	Pieter v.d. Hoogenband, NED
22.32	UKRLCAPR	Vyacheslav Shyrshov, UKR
22.32	WORLD03	Julien Sicot, FRA
22.32	UTEXSDEC	Lyndon Ferns, RSA
22.34	WORLD03	Oleksander Volynets, UKR
22.37	USNATAPR	Neil Walker, USA
22.38	QLDLCJAN	Ashley Callus, AUS
22.40	PAN03AUG	Fernando Scherer, BRA
22.41	WORLD03	Brett Hawke, AUS
22.42	PAN03AUG	Jose Meolans, ARG
22.43	PAN03AUG	Gary Hall Jr., USA
22.44	RSALCAPR	Roland Schoeman, RSA
22.45	FRALCAPR	Salim Iles, ALG
22.46	RSALCAPR	Ryk Neethling, RSA
22.47	WORLD03	Frederick Bousquet, FRA
22.47	WORLD03	Anthony Ervin, USA
22.49	PAN03AUG	Ricardo Busquets, PUR
22.53	ESPLCAPR	Eduardo Lorente, ESP
22.54	WORLD03	Peter Mankoc, SLO
22.55	ITALCJUL	Michele Scarica, ITA
22.56	ITALCAPR	Lorenzo Vismara, ITA

100 METER FREESTYLE

Rec: 47.84 Pieter v.d. Hoogenband, NED, 2000

48.39	WORLD03	Pieter v.d. Hoogenband, NED
48.42	WORLD03	Alexander Popov, RUS
48.69	NTSDEC	Roland Schoeman, RSA
48.71	WORLD03	Ian Thorpe, AUS
48.78	WORLD03	Jason Lezak, USA
48.95	WORLD03	Andrei Kapratov, RUS
48.99	UTEXSDEC	Lyndon Ferns, RSA
49.02	DUELAPR	Scott Tucker, USA
49.06	RSALCAPR	Ryk Neethling, RSA
49.07	AUSLCMAR	Ashley Callus, AUS
49.07	BERLNOV	Stephan Kunzelmann, GER
49.10	DUELAPR	Neil Walker, USA
49.19	USNATAUG	Michael Phelps, USA
49.20	FRALCAPR	Salim Iles, ALG
49.27	FRALCAPR	Frederick Bousquet, FRA
49.27	PAN03AUG	Jose Meolans, ARG
49.30	UTEXSDEC	Duje Draganja, CRO
49.32	ITALCJUL	Lorenzo Vismara, ITA
49.41	WORLD03	Filippo Magnini, ITA
49.48	WORLD03	Todd Pearson, AUS
49.52	WORLD03	Peter Mankoc, SLO

49.54	WORLD03	Brent Hayden, CAN
49.54	WORLD03	Milorad Cavic, SCG
49.55	WORLD03	Torsten Spanneberg, GER
49.61	PAN03AUG	George Bovell, TRI

200 METER FREESTYLE

Rec: 1:44.06 Ian Thorpe, AUS, 2001

1:45.14	WORLD03	Ian Thorpe, AUS
1:45.99	USNATAUG	Michael Phelps, USA
1:46.19	AUSLCMAR	Grant Hackett, AUS
1:46.32	WORLD03	Pieter v.d. Hoogenband, NED
1:47.08	DUELAPR	Klete Keller, USA
1:47.47	ITALCAPR	Emiliano Brembilla, ITA
1:48.56	ITALCAPR	Federico Cappellazzo, ITA
1:48.58	USNATAUG	Scott Goldblatt, USA
1:48.63	MOSCJUUL	Andrei Kapratov, RUS
1:48.66	WORLD03	Nate Dusing, USA
1:48.70	CZELCJUN	Kvetoslav Svoboda, CZE
1:48.80	USOPNDEC	Brent Hayden, CAN
1:48.90	PAN03AUG	George Bovell, TRI
1:48.92	WORLD03	Peter Mankoc, SLO
1:48.97	ITALCJUL	Massi Rosolino, ITA
1:49.07	USNATAPR	Brian Johns, CAN
1:49.12	GBRLCMAR	James Salter, GBR
1:49.15	ITALCAPR	Matteo Pelliciaro, ITA
1:49.15	CANLCJUN	Rick Say, CAN
1:49.15	ITALCJUL	Christian Galenda, ITA
1:49.18	DUELAPR	Antony Matkovich, AUS
1:49.19	USNATAUG	Chad Carvin, USA
1:49.27	GERLCMAY	Stefan Herbst, GER
1:49.28	WORLD03	Johannes Osterling, GER
1:49.34	PAN03AUG	Daniel Ketchum, USA

400 METER FREESTYLE

Rec: 3:40.08 Ian Thorpe, AUS, 2002

3:42.41	AUSLCMAR	Ian Thorpe, AUS
3:42.94	AUSLCMAR	Grant Hackett, AUS
3:46.73	USNATAUG	Michael Phelps, USA
3:46.87	WORLD03	Dragos Coman, ROM
3:47.44	WORLD03	Massi Rosolino, ITA
3:47.70	WORLD03	Klete Keller, USA
3:47.99	AUSLCMAR	Craig Stevens, AUS
3:48.49	WORLD03	Yuri Prilukov, RUS
3:49.53	ROMEJUN	Emiliano Brembilla, ITA
3:49.71	GBRLCMAR	Graeme Smith, GBR
3:50.01	PAN03AUG	Ricardo Monasterio, VEN
3:50.03	CANLCJUN	Rick Say, CAN
3:50.28	WORLD03	Chad Carvin, USA
3:50.81	JPNLCAPR	Shunichi Fujita, JPN
3:50.98	USNATAUG	Justin Mortimer, USA
3:51.09	MONACJUN	Francesco Vespe, ITA
3:51.13	USNATAPR	Larsen Jensen, USA
3:51.30	GBRLCMAR	Adam Faulkner, GBR
3:51.38	GBRLCMAR	David Davies, GBR
3:51.65	USNATAPR	Erik Vendt, USA
3:51.67	NEDLCAPR	Pieter v.d. Hoogenband, NED
3:51.71	EUJRAUG	Przemyslaw Stanczyk, POL

3:51.79	CANLCJUN	Mark Johnston, CAN
3:51.94	PAN03AUG	Chris Thompson, USA
3:51.95	ITALCAPR	Federico Cappellazzo, ITA

800 METER FREESTYLE

Rec: 7:39.16 Ian Thorpe, AUS, 2001

7:43.82	WORLD03	Grant Hackett, AUS
7:48.09	WORLD03	Larsen Jensen, USA
7:49.72	MOSCJUUL	Yuri Prilukov, RUS
7:53.15	WORLD03	Igor Chervynskiy, UKR
7:53.48	WORLD03	Graeme Smith, GBR
7:54.75	GBRLCMAR	David Davies, GBR
7:56.79	FRALCAPR	Nicolas Rostoucher, FRA
7:57.22	WORLD03	Dragos Coman, ROM
7:57.77	GERLCMAY	Thomas Lurz, GER
7:58.27	AUSLCMAR	Stephen Penfold, AUS
7:58.63	CANLCJUN	Kurtis MacGillivray, CAN
7:58.88	AUSLCMAR	Craig Stevens, AUS
7:59.22	FISUAUG	Peter Vanderkaay, USA
8:00.26	CANLCJUN	Rick Say, CAN
8:00.86	GBRLCMAR	Adam Faulkner, GBR
8:01.12	RUSLCAPR	Alexei Filipets, RUS
8:01.76	FISUAUG	Sung-Mo Cho, KOR
8:01.80	USGP2JUN	Fran Crippen, USA
8:01.91	USGP2JUN	Klete Keller, USA
8:01.97	FISUAUG	Justin Mortimer, USA
8:02.38	WORLD03	Shunichi Fujita, JPN
8:02.81	POLGPMAY	Pawel Korzeniowski, POL
8:02.92	JPNLCAPR	Takashi Matsuda, JPN
8:03.24	USNATAPR	Chris Thompson, USA
8:03.34	FRALCAPR	Sylvain Cros, FRA

1500 METER FREESTYLE

Rec: 14:34.56 Grant Hackett, AUS, 2001

14:43.14	WORLD03	Grant Hackett, AUS
15:00.81	DUELAPR	Larsen Jensen, USA
15:01.04	WORLD03	Igor Chervynskiy, UKR
15:01.28	WORLD03	Erik Vendt, USA
15:03.20	AUSLCMAR	Craig Stevens, AUS
15:05.04	WORLD03	David Davies, GBR
15:05.44	GBRLCMAR	Graeme Smith, GBR
15:11.58	GERLCMAY	Thomas Lurz, GER
15:12.13	FISUAUG	Yuri Prilukov, RUS
15:13.28	WORLD03	Christian Minotti, ITA
15:13.98	WORLD03	Pawel Korzeniowski, POL
15:15.00	USNATAPR	Chris Thompson, USA
15:15.03	GRELCAUG	Spyridon Gianniotis, GRE
15:15.05	USNATAPR	Ricardo Monasterio, VEN
15:15.22	ITALCJUL	Marco Formentini, ITA
15:17.02	WORLD03	Kurtis MacGillivray, CAN
15:19.44	FISUAUG	Peter Vanderkaay, USA
15:19.49	FISUAUG	Sung-Mo Cho, KOR
15:19.63	PAN03AUG	Fran Crippen, USA
15:20.77	WORLD03	Alexei Filipets, RUS
15:21.04	JPNLC03	Takashi Matsuda, JPN
15:22.31	WORLD03	Bojan Zesar, SLO
15:22.92	WORLD03	Andrew Hurd, CAN
15:23.64	AUSLCMAR	Stephen Penfold, AUS
15:23.94	SYDNJAN	Travis Nederpelt, AUS

50 METER BACKSTROKE

Rec: 24.80 Thomas Rupprath, GER, 2003

24.80	WORLD03	Thomas Rupprath, GER
25.01	WORLD03	Matt Welsh, AUS
25.07	WORLD03	Gerhard Zandberg, RSA
25.14	WORLD03	Steffen Driesen, GER
25.19	WORLD03	Randall Bai, USA
25.47	WORLD03	Aaron Peirsol, USA
25.50	WORLD03	Josh Watson, AUS
25.53	WORLD03	Darius Grigalionis, LTU
25.57	GERLC03	Stev Theloke, GER
25.58	ESPLCAPR	David Ortega, ESP
25.60	EUJRAUG	Liam Tancock, GBR
25.67	FISUAUG	James Westcott, USA
25.68	WORLD03	Alex Lim, MAS
25.71	SUJLCMAR	Flori Lang, SUI
25.72	JPNLCAPR	Atsushi Nishikori, JPN
25.74	WORLD03	Ouyang Kunpeng, CHN
25.76	EUJRAUG	Marco di Carli, GER
25.77	CACUPMAR	Lenny Krayzelburg, USA
25.78	GERLCMAY	Toni Helbig, GER
25.79	WORLD03	Tomomi Morita, JPN
25.81	WORLD03	Ahmed Hussein, EGY
25.85	WORLD03	Arkadi Vyatchanin, RUS
25.86	FISUAUG	Vyacheslav Shyrshov, UKR
25.88	CHNLCAPR	Lin Yi, CHN
25.92	FISUAUG	Min Sung, KOR

100 METER BACKSTROKE

Rec: 53.60 Lenny Krayzelburg, USA, 1999

53.61	WORLD03	Aaron Peirsol, USA
53.89	DUELAPR	Matt Welsh, AUS
53.92	WORLD03	Arkadi Vyatchanin, RUS
54.00	DUELAPR	Lenny Krayzelburg, USA
54.17	WORLD03	Steffen Driesen, GER
54.46	WORLD03	Randall Bai, USA
54.53	WORLD03	Markus Rogan, AUT
54.54	JPNLCAPR	Atsushi Nishikori, JPN

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54.54	JPNLCJUN	Tomomi Morita, JPN
54.73	CHNLCSEP	Ouyang Kunpeng, CHN
54.77	AUSLCMAR	Josh Watson, AUS
54.77	WORLD03	Alex Lim, MAS
54.95	WORLD03	Laszlo Cseh, HUN
55.11	EURJRAUG	Marco di Carli, GER
55.20	USNATAPR	Neil Walker, USA
55.26	RUSLCAPR	Evgeni Aleshin, RUS
55.28	WORLD03	Blaz Medvesek, SLO
55.31	WORLD03	Simon Dufour, FRA
55.35	PAN03AUG	Peter Marshall, USA
55.35	FISUAUG	Dan Westcott, USA
55.39	WORLD03	Riley Janes, CAN
55.40	WORLD03	Gregor Tait, GBR
55.41	WORLD03	Yoav Gath, ISR
55.42	WORLD03	Razvan Florea, ROM
55.47	WORLD03	Orn Arnarson, ISL

200 METER BACKSTROKE

Rec: 1:55.15 Aaron Peirsol, USA, 2002

1:55.82	WORLD03	Aaron Peirsol, USA
1:56.10	USNATAUG	Michael Phelps, USA
1:57.46	USNATAPR	Lenny Krayzelberg, USA
1:57.47	WORLD03	Gordan Kozulj, CRO
1:57.88	WORLD03	Arkadi Vyatchanin, RUS
1:57.90	WORLD03	Simon Dufour, FRA
1:57.92	WORLD03	Bryce Hunt, USA
1:57.94	WORLD03	Matt Welsh, AUS
1:58.52	WORLD03	Razvan Florea, ROM
1:58.61	WORLD03	Blaz Medvesek, SLO
1:58.65	GBRLCMAR	James Goddard, GBR
1:58.80	WORLD03	Gregor Tait, GBR
1:58.99	EURJRAUG	Laszlo Cseh, HUN
1:59.15	USNATAPR	Keith Beavers, CAN
1:59.17	FISUAUG	Ouyang Kunpeng, CHN
1:59.22	WORLD03	Yoav Gath, ISR
1:59.29	WORLD03	Markus Rogan, AUT
1:59.40	WORLD03	Steffen Driesen, GER
1:59.47	ESPLCAPR	Jorge Sanchez, ESP
1:59.49	RUSLCAPR	Evgeni Aleshin, RUS
1:59.92	PAN03AUG	Rogelio Romero, BRA
1:59.98	AUSLCMAR	Raymond Hass, AUS
2:00.13	HUNLCJUN	Viktor Bodrogi, HUN
2:00.16	ITALCAPR	Emanuele Merisi, ITA
2:00.21	WORLD03	Helge Meeuw, GER

50 METER BREASTSTROKE

Rec: 27.18 Oleg Lisogor, UKR, 2002

27.46	WORLD03	James Gibson, GBR
27.56	GBRLCMAR	Darren Mew, GBR
27.69	UKRLCAPR	Oleg Lisogor, UKR
27.79	WORLD03	Mihaly Flaskay, HUN
27.87	WORLD03	Mark Warnecke, GER
27.92	GBRLCMAR	Chris Cook, GBR
27.97	WORLD03	Emil Tahirovic, SLO
27.98	WORLD03	Alessandro Terrin, ITA
27.99	JPNLCAPR	Kosuke Kitajima, JPN
28.03	SVKGPMAY	Matjaz Markic, SLO
28.04	WORLD03	Jarno Pihlava, FIN
28.08	ZAGRJUN	Vanja Rogulj, CRO
28.10	WORLD03	Mladen Tepavecic, SCG
28.11	ITALCJUL	D. Fioravanti, ITA
28.13	WORLD03	Brenton Rickard, AUS
28.13	WORLD03	Karoly Guttler, HUN
28.18	WORLD03	Jens Kruppa, GER
28.19	CAENJUN	Nicolas Schneider, FRA
28.21	GBRLCMAR	Adam Whitehead, GBR
28.22	CANLCJUN	Morgan Knabe, CAN
28.25	WORLD03	Ed Moses, USA
28.26	AUSLCMAR	Mark Riley, AUS
28.29	UKRLCAPR	Dmytro Krayevskiy, UKR
28.30	BRALCMAY	Eduardo Fischer, BRA
28.32	WORLD03	Morten Nystrom, NOR

100 METER BREASTSTROKE

Rec: 59.78 Kosuke Kitajima, JPN, 2003

59.78	WORLD03	Kosuke Kitajima, JPN
1:00.21	USNATAPR	Ed Moses, USA
1:00.21	WORLD03	Brendan Hansen, USA
1:00.37	WORLD03	James Gibson, GBR
1:00.70	CANLCJUN	Morgan Knabe, CAN
1:00.74	GBRLCMAR	Darren Mew, GBR
1:00.95	PAN03AUG	Mark Gangloff, USA
1:00.98	WORLD03	Hugues Duboscq, FRA
1:01.23	WORLD03	D. Fioravanti, ITA
1:01.28	FISUAUG	Chris Cook, GBR
1:01.37	WORLD03	Brenton Rickard, AUS
1:01.40	WORLD03	Oleg Lisogor, UKR
1:01.49	MONACJUN	D. Komornikov, RUS
1:01.52	USOPNDEC	T. van Valkengoed, NED
1:01.67	HUNLCJUN	Richard Bodor, HUN
1:01.68	JPNLC03	Hiromasa Sakimoto, JPN
1:01.71	PAN03AUG	Jarrold Marrs, USA
1:01.78	WORLD03	Roman Ivanovskiy, RUS
1:01.79	WORLD03	Jarno Pihlava, FIN
1:01.81	JPNLCAPR	Makoto Yamashita, JPN
1:01.82	USNATAUG	Scott Usher, USA
1:01.86	WORLD03	Mark Warnecke, GER

1:01.88	PAN03AUG	Eduardo Fischer, BRA
1:01.90	WORLD03	Martin Gustavsson, SWE
1:01.97	DUELAPR	Jim Piper, AUS

200 METER BREASTSTROKE

Rec: 2:09.42 Kosuke Kitajima, JPN, 2003

2:09.42	WORLD03	Kosuke Kitajima, JPN
2:09.52	BARCJUN	D. Komornikov, RUS
2:10.49	DUELAPR	Ed Moses, USA
2:10.69	WORLD03	Ian Edmond, GBR
2:11.11	WORLD03	Brendan Hansen, USA
2:11.55	WORLD03	Jim Piper, AUS
2:12.59	AUSLCMAR	Regan Harrison, AUS
2:12.74	CANLCJUN	Morgan Knabe, CAN
2:12.86	WORLD03	Andrei Ivanov, RUS
2:13.17	WORLD03	Max Podoprigora, AUT
2:13.19	WORLD03	Michael Brown, CAN
2:13.22	USNATAUG	Gary Marshall, USA
2:13.32	USOPNDEC	T. van Valkengoed, NED
2:13.37	PAN03AUG	Kyle Salyards, USA
2:13.44	PAN03AUG	Mark Gangloff, USA
2:13.61	FRALCAPR	Yohan Bernard, FRA
2:13.63	WORLD03	Daniel Gyurta, HUN
2:13.77	JPNLCAPR	Daiki Kawagoe, JPN
2:13.78	FISUAUG	Sergei Gerasimov, RUS
2:13.83	FRALCAPR	Hugues Duboscq, FRA
2:13.88	WORLD03	Martin Gustavsson, SWE
2:14.00	FISUAUG	Daisuke Kimura, JPN
2:14.05	JPNLC03	Genki Imamura, JPN
2:14.11	ITALCJUL	Michele Vancini, ITA
2:14.14	WORLD03	Terence Parkin, RSA

50 METER BUTTERFLY

Rec: 23.43 Matthew Welsh, AUS, 2003

23.43	WORLD03	Matt Welsh, AUS
23.47	WORLD03	Ian Crocker, USA
23.51	ZAGRJUN	Mark Foster, GBR
23.61	WORLD03	Geoff Huegill, AUS
23.68	MONACJUN	Joris Keizer, NED
23.73	WORLD03	Evgeni Korotyskhin, RUS
23.75	RSALCAPR	Roland Schoeman, RSA
23.75	WORLD03	Thomas Rupprath, GER
23.86	WORLD03	Fernando Scherer, BRA
23.90	WORLD03	Andriy Serdinov, UKR
23.97	WORLD03	Michael Mintenko, CAN
23.98	WORLD03	Lars Frolander, SWE
24.00	NEDLCAPR	Ewout Holst, NED
24.00	FINLCJUL	Jere Hard, FIN
24.03	WORLD03	Sergiy Breus, UKR
24.14	FRALCAPR	Frederick Bousquet, FRA
24.15	AUSLCMAR	Brett Hawke, AUS
24.19	MARBRDEC	Peter Mankoc, SLO
24.21	AUSLCMAR	Robert Sharp, AUS
24.23	NZLLCAPR	Corney Swanepoel, NZL
24.26	FISUAUG	Marco Sapucaia, BRA
24.28	DENLCJUN	Jakob Andkjar, DEN
24.31	GERLCMAY	Lars Conrad, GER
24.31	HUNLCJUN	Zsolt Gaspar, HUN
24.32	AUSLCMAR	Adam Pine, AUS

100 METER BUTTERFLY

Rec: 50.98 Ian Crocker, USA, 2003

50.98	WORLD03	Ian Crocker, USA
51.10	WORLD03	Michael Phelps, USA
51.59	WORLD03	Andriy Serdinov, UKR
51.95	WORLD03	Igor Marchenko, RUS
51.98	WORLD03	Thomas Rupprath, GER
52.27	WORLD03	Takashi Yamamoto, JPN
52.49	WORLD03	Franck Esposito, FRA
52.55	WORLD03	Evgeni Korotyskhin, RUS
52.57	USNATAPR	Michael Mintenko, CAN
52.64	WORLD03	Joris Keizer, NED
52.76	DUELAPR	Ben Michaelson, USA
52.83	USNATAPR	Thomas Hannan, USA
52.93	BRALCMAY	Jose Meolans, ARG
52.95	FRALCAPR	Pavel Lagoun, BLR
53.01	WORLD03	Johannes Dietrich, GER
53.05	USNATAPR	Josh Ilka, MEX
53.05	WORLD03	Adam Pine, AUS
53.12	WORLD03	Mattia Nalesso, ITA
53.12	WORLD03	Denis Sylyantsev, UKR
53.13	WORLD03	Geoff Huegill, AUS
53.14	JPNLCAPR	Ryo Takayasu, JPN
53.18	WORLD03	Ioan Gherghel, ROM
53.20	USNATAUG	Eugene Botes, RSA
53.25	EURJRAUG	Rimvydas Salcius, LTU
53.33	UTEXSDEC	Milorad Cavic, SCG

200 METER BUTTERFLY

Rec: 1:53.93 Michael Phelps, USA, 2003

1:53.93	WORLD03	Michael Phelps, USA
1:54.70	FRALCAPR	Franck Esposito, FRA
1:55.24	DUELAPR	Tom Malchow, USA
1:55.52	WORLD03	Takashi Yamamoto, JPN
1:55.88	JPNLC03	Takashi Matsuda, JPN
1:55.90	WORLD03	Stephen Parry, GBR
1:56.36	WORLD03	Denis Sylyantsev, UKR

1:56.96	CHNLCAPR	Wu Peng, CHN
1:57.20	RUSLCAPR	Anatoli Poliakov, RUS
1:57.21	WORLD03	Sergiy Advena, UKR
1:57.28	WORLD03	Travis Nederpelt, AUS
1:57.31	WORLD03	Justin Norris, AUS
1:57.33	PAN03AUG	Michael Raab, USA
1:57.71	ROMJUN	Ioan Gherghel, ROM
1:57.83	WORLD03	I. Drymonakos, GRE
1:58.06	WORLD03	P. Korzeniowski, POL
1:58.10	PAN03AUG	Kaio Almeida, BRA
1:58.24	JPNLCAPR	Kentaro Usuda, JPN
1:58.59	JPNLCJUN	R. Hishinuma, JPN
1:58.64	WORLD03	Helge Meeuw, GER
1:58.80	JPNLCJUN	Ryuichi Shibata, JPN
1:58.87	SCOLCJUN	James Hickman, GBR
1:58.99	AUSLCMAR	Joshua Krogh, AUS
1:58.99	HUNLCJUN	David Kolozar, HUN
1:59.00	WORLD03	Nikolai Skvortsov, RUS

200 METER INDIVIDUAL MEDLEY

Rec: 1:56.04 Michael Phelps, USA, 2003

1:55.94	USNATAUG	Michael Phelps, USA
1:59.49	PAN03AUG	George Bovell, TRI
1:59.56	USNATAUG	Kevin Clements, USA
1:59.66	WORLD03	Ian Thorpe, AUS
1:59.71	WORLD03	Massi Rosolino, ITA
1:59.98	WORLD03	Jani Sievinen, FIN
2:00.29	WORLD03	Takahiro Mori, JPN
2:00.34	PAN03AUG	Ryan Lochte, USA
2:00.91	USOPNDEC	Brian Johns, CAN
2:01.07	JPNLC03	Jiro Miki, JPN
2:01.19	AUSLCMAR	Justin Norris, AUS
2:01.19	USNATAUG	Tom Wilkens, USA
2:01.33	ITALCAPR	Alessio Boggiatto, ITA
2:01.50	FRALCAPR	Oussama Mellouli, TUN
2:01.51	HUNLCJUN	Tamas Kerekjarto, HUN
2:01.57	FISUAUG	Joe Bruckart, USA
2:01.58	WORLD03	Cezar Badita, ROM
2:01.67	WORLD03	Vytautas Janusaitis, LTU
2:01.73	JPNLCAPR	Hidemasa Sano, JPN
2:01.76	WORLD03	Christian Keller, GER
2:01.89	WORLD03	Robin Francis, GBR
2:02.05	CHNLCAPR	Zhao Tao, CHN
2:02.07	BRALCDEC	Diogo Yabe, BRA
2:02.12	JPNLCJUN	Shinya Taniguchi, JPN

2:02.24	NZLLCAPR	Dean Kent, NZL
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400 METER INDIVIDUAL MEDLEY

Rec: 4:09.09 Michael Phelps, USA, 2003

4:09.09	WORLD03	Michael Phelps, USA
4:10.79	WORLD03	Laszlo Cseh, HUN
4:15.29	JPNLCAPR	Takahiro Mori, JPN
4:15.36	WORLD03	Oussama Mellouli, TUN
4:15.91	ITALCAPR	Alessio Boggiatto, ITA
4:16.05	WORLD03	Tom Wilkens, USA
4:16.80	PAN03AUG	Ryan Lochte, USA
4:17.04	USNATAUG	Brian Johns, CAN
4:17.30	AUSLCMAR	Justin Norris, AUS
4:17.30	WORLD03	Massi Rosolino, ITA
4:17.39	USNATAUG	Kevin Clements, USA
4:17.48	DUELAPR	Erik Vendt, USA
4:17.81	CHNLCAPR	Wu Peng, CHN
4:18.33	UKRLCAPR	Dmytro Nazarenko, UKR
4:18.57	JPNLCAPR	Jyun Yoshii, JPN
4:18.68	SCOLCJUN	Robin Francis, GBR
4:19.09	PAN03AUG	Robert Margalis, USA
4:19.10	AUSLCMAR	Trent Stead, USA
4:19.51	JPNLC03	Jiro Miki, JPN
4:19.64	EURJRAUG	Luca Marin, ITA
4:19.65	PAN03AUG	Eric Donnelly, USA
4:19.66	CANLCJUN	Chuck Sayao, CAN
4:19.72	WORLD03	Cezar Badita, ROM
4:19.82	FISUAUG	Eric Shanteau, USA
4:19.89	PAN03AUG	Thiago Pereira, BRA

This list was prepared by Nick Thierry, International Swimming Statisticians Association.
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