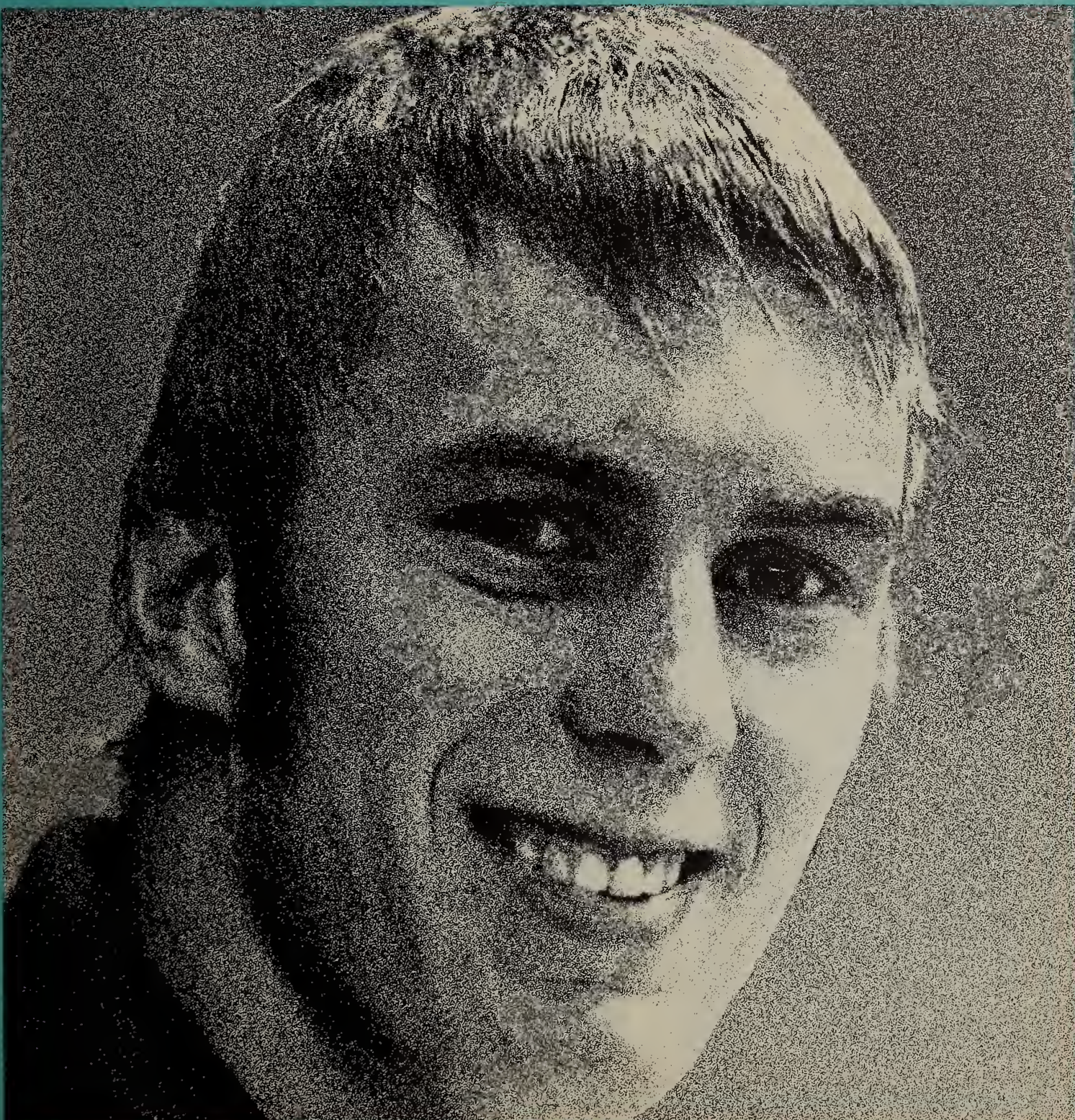


SWIM



CANADA

APRIL 1978 / NUMBER 42



Stephen Badger, 21, unattached Edmonton. Winner of the individual high scoring title at the 1978 Winter Nationals by winning the 100-200-400 freestyle and the 200 butterfly.

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Calendar

April		
6-9	USA Indoor AAU Champs (Dallas)	Senior (25 y)
7-9	Saskatoon KG Invitational (Saskatoon)	Senior & Age Group (50 m)
7-9	South SC Invitational (Edmonton)	Age Group (50 m)
14-16	Quebec Championships	Age Group (25 m)
14-16	Atlantic Invitational (St.John's NF)	Age Group (50 m)
20	Dual Meet Canada vs Soviet Union	National Selection (25 m)
29-30	Edmonton Invitational	Senior & Age Group (50 m)
May		
6-7	Etobicoke Sprint Meet (Toronto,Ontario)	Senior & Age Group (50 m)
12-14	Laurentian University Invitational,Sudbury	Senior & Age Group (50 m)
12-14	Canada Cup 3, Vancouver Aquatic Centre	Senior (50 m)
19-21	Trojan Invitational (Halifax)	Senior & Age Group (50 m)
19-21	R.I.O. Invitational, Montreal (Olympic Pool)	Age Group (50 m)
19-21	Hyack Invitational (New Westminster)	Age Group (50 m)
26-28	Newfoundland Championships (St.John's)	Senior & Age Group (50 m)
June		
3-4	Saskatchewan Championships (Regina)	Senior & Age Group
2-4	BC vs Pacific Association of AAU dual meet	
9-11	Hamilton-Wentworth Invitational (Hamilton,Ont)	Senior & Age Group (50 m)
9-11	Canada Cup 4, Edmonton (Commonwealth Pool)	Senior (50 m)
16-18	BC Championships	Senior (50 m)
23-25	Eagle-Beaver Invitational (Ottawa)	Senior & Age Group (50 m)
23-25	Nova Scotia Championships (Halifax)	Age Group (50 m)
24-26	Operation Moscow(Regional Champs,Quebec)	Senior (50 m)
July		
1-3	BC Championships	Age Group (50 m)
5-9	Commonwealth and World Championship Trials	Regina, Senior (50 m)
14-16	Ontario Championships (Thunder Bay)	Age Group (50 m)
21-23	Lachine 300 Invitational (Quebec)	Senior & Age Group (50 m)
21-23	Alberta Championships (Edmonton)	Senior (50 m)
28-30	Nova Scotia Championships (Halifax)	Senior (50 m)
28-30	Ontario Championships (Ottawa)	Senior (50 m)
August		
4-6	Quebec Championships	Age Group (50 m)
3-12	Commonwealth Games (Edmonton)	National Team (50 m)
11-14	Division II Summer (East & West)	Senior (50 m)
15-19	Summer Nationals (Brantford,Ont.)	Senior (50 m)
19-28	WORLD CHAMPIONSHIPS (Berlin,WGE)	National Team (50 m)
30-2	Canada 'B' vs United States 'B'	National 'B' Team (50 m)

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AIR CANADA 

The Winter Nationals

The 1978 Winter Nationals, held March 16-19 in New Westminster's Canada Games Pool had an entry of 270 swimmers representing 50 clubs.

This is somewhat reduced figure from 1977 when 342 swimmers from 62 clubs competed. The reduction is no doubt due to the introduction of the Winter Division II Championships and the high cost of moving the bulk of the competitors to B.C. (All but 49 swimmers were from out-of-province).

An observation about the cost of staging such a championships is worth making. When you consider the daily monies spent on accommodation and food, plus car rental and other incidentals, the local economy could benefit as much as \$100,000 for 4-6 day period. An argument could be made for the local authority to donate the pool time (running up to \$1,000-a-day in some locations) for staging such a major meet and the obvious benefits for the local economy.

The meets was the first one ever held with a revised scoring system, (50-30-20, for the top 3 places down to 1 for 16th, with no doubling of the score for the relays and a 5-event maximum for individual swims. The five-event limit produced some interesting strategic aspects to the meet as the best swimmers carefully picked their events for maximum scoring. This produced the strange spectacle of previous winners not even taking part in those events, in order to look for 'greener fields' in other events. (Garapick did not swim backstroke, and Joann Baker ignored the breaststroke).

The meet's top swimmer was Wendy Quirk, 18 of Pointe Claire. She was in fine form, easily winning four events, 200-400 free and 100-200 fly with a strong second in the 100 free for a score of 23 in the individual high scoring award. She bettered the World Best time in the 100 fly with her 1:01.29, the previous best being held by the great Kornelia Ender, DDR with a 1:01.35. Wendy attended a US College last season, but opted to return to Canada, as the training she received down there set her back somewhat. Her coach, Dave Johnson, feels that, for most swimmers in Canada US College programs are unsuitable and could even be detrimental.

Wendy Hogg, 21 of South Side, just continues to improve with age. She easily was the class of the field in the backstroke events, winning both the 100 and 200, with a Senior Record of 1:03.28 in the 100. She also placed well in the 100 free (3rd) and 100 fly (2nd).

Joann Baker, 17, Thunder Bay concentrated on freestyle and individual medley at this meet. She placed 2nd in the 200 free, 5th in the 400 free 4th in the 800 free, 2nd in the 200 im and won the 400 im.

Lisa Borsholt, 15, of Canadian Dolphin SC won both breast events handily. These being her first gold medals after 4 years of finishing near the top. A surprising second in the 100 breast was veteran Marian Stuart, 23, CAMO, with 1:12.83 her best ever. Stuart has now competed continuously at the national level since 1969!

Thunder Bay's Johanna Malloy, 16, emerged as the top women's sprinter of the meet, with the absence of Gail Amundrud (away at US College) Malloy bettered the Senior record in the 50 free with a solid 26.01, and she added the 100 free with a narrow win over Wendy Quirk with a 56.25.

Hyack's distance star Shannon Smith, 16 had a disappointing meet, having been the star of the same meet in 1976. Shannon was 3rd in the 200 free, 2nd in the 400 free and 3rd in the 800 free, she failed to reach the finals in the 100 free and even more surprisingly in the 400 i.m. where earlier in February she won the Tilt meet in Paris

France. Former team-mate Lisa Geary, 16, CDSC after being 2nd to Smith in the distance events for the past few seasons, finally moved to first and a near-record time of 8:41.32. Thus both men's and women's distance winners are coached by Bill Rose at CDSC.

Stephen Badger, 21, unattached, was the star of the men's event. Badger moved recently to Edmonton and is training with Don Packer of the Olympian SC as his former Cardinal SC coach, Tony Fraser, returned to Australia. In winning the high scoring title he was first in the 100-200-400 free and added the 200 fly. The 400 winning time was a World Best and the 200-400 freestyle and 200 fly were new Canadian marks.

Bill Sawchuk, 19, of Thunder Bay won the two i.m. events, with a World Best in the 200 i.m. with his 2:05.03 and placed 2nd in the 100 and 200 free and fourth in the 400 free. Illness took its share in Bill's frustrations.

Veteran sprint ace, Gary MacDonald, 24 of York University did not equal his fine performances of a few weeks before at the CIAU meet and had to settle for a single win, in the 50 free, with a 3rd in the 100 free and 200 im. He did help his York University team to a Senior Record and first in the 4 x 50 free relay and a 2nd in the 4 x 100 free relay.

Fifteen year old Rob Bayliss of the Canadian Dolphins was the revelation of the meet, winning the 1500 free with Record times at the 800 and 1500. He was in only his second nationals! Another strong showing by a future great was the 6th place finish in the 400 im by 13-year old Alex Baumann of Sudbury's Laurentian University SC.

Etobicoke's Jay Tapp, 18, and one of the biggest swimmers in the country won the 100 back with 58.72 in closely fought race with veteran Neil Harvey, 21 of York University who led for 3/4 of the race. A surprise 3rd was by South Side's Cam Henning, 16 with a 59.44. In the 200 back Daryl Skilling, 17, of Thunder Bay again took the title with a Senior Record, and then shortly after the meet, announced his retirement. This could be a serious loss for coach Talbot, his Thunder Bay team strength and Canada's future. Let's hope the decision is not final!

Waterloo University's strong breaststroke team of Ron Campbell and Dave Heinbuch took both 100 and 200 events with Campbell defending the title in the 100 he won in 1977 and Heinbuch showing his best form ever with his



Wendy Quirk, 18, Pointe Claire SC

1:05.24 in the 100 and (2nd) 2:20.59 in the 200.

In the men's relays two new marks were posted with York University annexing the 200 free on the strength of their fine crop of sprinters while Pointe Claire bettered the mark in the 800 relay with a very young group of boys, none older than 17. Etobicoke took the other two men's relays.

The women's relays proved more dramatic as Pointe Claire won three out of the four relay. They posted a new record in the 400 free. Actually they also took first in the 200 free but were disqualified for a faulty take-over.

Thunder Bay with 29 swimmers in the meet won the combined team title. They won a closely contested race for the women's title with 760 points to Pointe Claire's 655, while placing second in the men to Etobicoke's 537 and their 527.

Disqualifications could have cost Pointe Claire the women's title as just one relay and a third place finish are worth 70 points. Thunder Bay undoubtedly lost the men's title by having Andy Ritchie disqualified in the 200 breast.



Stephen Badger, 21, unattached, Edmonton, on the way to winning the 200 butterfly title in a new Canadian Record time of 2:02.40

Photo by Tony Duffy

The B.C. Section, acting as hosts to the 1978 Winter Nationals undertook to run a 'no-frills' meet. The idea behind such an approach, in a period of escalating costs, is commendable. However it has to be pointed out, that in practice some aspects that are integral parts of a major championships were skimped upon.

An area of concern was the lack of availability of the competition pool, properly set-up, with lane lines and backstroke flags, for practice by the arriving teams. In our rules, relating to championships, the pool is required to be available for two days prior to the start of the meet. And the intent is not just to provide water, (the pool in New Westminster was available, but not set-up with lane lines, flags etc.) but to allow the teams, who arrive 1 and 2 days prior to the start of the meet, to finalize their preparations and familiarize themselves with the local conditions.

There are rules and requirements outlined for hosting National meets. These should be enforced as they were arrived at after years of frustrations and inexperienced organizing committees. Now that we have minimum requirements, we have to be sure to enforce them. Canadian swimming is leading the world in some aspects, running fine championships was one. Let's not forget how!

Another problem area was the questionable level of officiating, especially with respect to strokes and turns. It seems that those in charge of these positions have decided to 'crack-down' on even the slightest imperfection without giving the swimmers the benefit of the doubt as is outlined in our Rule book.

In the 200 breaststroke, held on the fourth day of the meet, between 20 to 25% of the field was disqualified. This has to be unprecedented.

Some of the swimmers in question are the most experienced ones we have, one in particular, Andy Ritchie, being an Olympic finalist and among the top 3 in Canada for the past 3 seasons. It is curious that he was disqualified on the final day of the meet, after swimming in the 100 breast and both the 200 and 400 individual medley, without having been found wanting.

What level of experience did these stroke judges have? Have they ever been exposed to international meets? If not, than I think their judgment may be reasonably questioned.

It is one think to officiate at local age group meets, but quite another to deal with veteran swimmers who have competed internationally, and to my knowledge not run into any particular problem.

Surely CASA can insure that the calibre of the officiating is up to the high world-class level of the competitors.

With all the monies we are spending on keeping our athletes motivated, (travel, grants etc) this type of incompetence can't be tolerated. Canada has a large core of experienced and highly respected officials, why are they not in evidence at the major meets where we need them most?

Tony Kennedy, coach of the Windsor AC did an analysis of how well the coaches prepared their athletes for the meet. By comparing the entry time and the actual performance in the meet the following evaluation can be made:

There was 58% improvement rate for all the swimmers in the meet. There were 688 individual swims and 399 improved while 289 got slower. The best showing by clubs was as follows:

Club	% improvement swims	placing	points	
CAMO	82.8	29	5	375.5
CDSC	70.0	40	4	512.5
Select	68.9	29	9	240.0
Hyack	63.1	38	6	347.0
South Side	61.5	13	8	258.0
Halifax T	60.0	15	10	201.0
Etobicoke	58.5	99	3	974
Thun Bay	58.3	108	1	1287
Pt-Claire	53.0	81	2	1026
York Univ.	14.3	14	7	279

CANADA VS SOVIET UNION

On April 20-21, a 38-member Soviet team will compete against Canada's best, at the Etobicoke Olympium in Toronto.

The Canadian team was selected off the Winter Nationals and special consideration was given to our swimmers who were unable to compete in the meet but swam in the US men's (NCAA) and women's (AIWA) championships.

The coaching staff will be the same as our Commonwealth and World Championships team staff, namely:

- Men:** Head Coach, Don Talbot, Thunder Bay
 Assistants, Paul Savage, Simon Fraser Univ. and Tom Johnson, Montreal CAMO
- Women:** Head Coach, Dave Johnson, Pointe-Claire,
 Assistants, Bill Rose, Canadian Dolphin SC and Nigel Kemp, Halifax Trojans.

- | | |
|---------------------|------------------------|
| Women | Men |
| Wendy Hogg,SSSC | Ron Campbell,Waterloo |
| Johanna Malloy,TBT | Dave Heinbuch,Waterloo |
| Wendy Quirk,PCSC | Steve Badger,unatt |
| Lisa Borsholt,CDSC | Jay Tapp,Etob |
| Joann Baker,TBT | Daryl Skilling,TBT * |
| Nancy Garapick,HTAC | Bill Sawchuk,TBT |
| Lisa Geary,CDSC | Dan Thompson,Etob |
| Anne Gagnon,Select | Rob Bayliss,CDSC |
| Chris Hodson,TBT | Peter Szmids,PCSC |
| Marian Stuart,CAMO | Chris Erickson,Hyack |
| Judy Garay,Swimtec | Mike Scarth,JPSC |
| Judy Baker,TBT | Greg Wurzbach,PCSC |
| Becky Smith,TBT | John VanBuren,HTAC |
| Helene Boivin,CAMO | Andy Ritchie,TBT |
| Shannon Smith,Hyack | Bruce Kent,CAMO |
| Added from US | Added from US |
| Gail Amundrud,CDSC | Graham Smith,TBT |
| Melanie MacKay,Etob | George Nagy,TBT |
| Susan Sloan,Etob | Two more to be named |
| Cheryl Gibson,Etob | * has retired |



Jay Tapp, Etobicoke SC



Lisa Geary, Canadian Dolphin SC



Rob Bayliss, Canadian Dolphin SC

TOP 10 SWIM CLUBS AT WINTER NATIONALS

Club	Qualifiers	Men's Points		Women's Points		Combined
		Ind	Relay	Ind	Relay	
1 Thunder Bay Thunderbolts	29	673	87	369	158	1287
2 Pointe Claire Swim Club	29	233	138	405	250	1026
3 Etobicoke Swim Club	37	346	191	261	176	974
4 Canadian Dolphin Swim Club	14	114	25	284.5	89	512.5
5 Montreal Aquatic Club (CAMO)	12	127	33	154.5	61	375.5
6 Hyack Swim Club	14	164	88	95		347
7 York University	8	176	103			279
8 South Side Swim Club	7	62		152	44	258
9 Select Quebec	11	106	61	73		240
10 Halifax Trojans	4	66		145		201

1977 WINTER NATIONALS

* = Senior Record

MEN'S EVENTS

50 metres freestyle (March 19)

Final

23.18 Gary MacDonald, 2, York U
 23.74 Mike Blondal, 19, Mtl-Olym
 23.80 Mark Erwin, 20, York U
 23.96 Dan Thompson, 21, Etobicoke
 23.99 Peter Szmids, 16, Pt-Claire
 24.00 Jay Tapp, 18, Etobicoke
 24.26 Mike Clifton, 20, Univ.W.Ont
 24.40 Stu Ballantyne, 17, Hyack

Consolation

24.32 Scott Smith, 16, Edm Olym
 24.43 Gabor Mezo, 21, York U
 24.62 Bryan Nunan, 19, Thun Bay
 24.68 Victor Ivry, 20, unattached
 24.99 Drew Kingston, Acadia Univ.
 25.11 John Bevan, 19, York Univ
 25.22 Carl Cronin, 21, Univ.Waterloo

Heats

23.30 Gary MacDonald, 2, York U
 23.81 Mike Blondal, 19, Mtl-Olym
 23.95 Mark Erwin, 20, York Univ
 23.99 Peter Szmids, 16, Pt-Claire
 23.99 Dan Thompson, 21, Etobicoke
 24.10 Jay Tapp, 18, Etobicoke
 24.25 Mike Clifton, 20, Univ.W.Ont
 24.29 Stu Ballantyne, 17, Hyack SC
 24.35 Scott Smith, 16, Edm Olym
 24.50 Gabor Mezo, 21, York Univ
 24.52 Bryan Nunan, 19, Thun Bay
 24.56 Victor Ivry, 20, unattached
 24.73 Drew Kingston, Acadia Univ
 24.97 John Bevan, 19, York Univ
 25.37 Carl Cronin, 21, Univ.Waterloo

100 metres freestyle (March 17)

Final

51.64 Stephen Badger, 21, unatt
 51.73 Bill Sawchuk, 19, Thun Bay
 51.80 Gary MacDonald, 2, York U
 51.94 Peter Szmids, 16, Pt-Claire
 51.96 Jay Tapp, 18, Etobicoke
 52.49 Denis Dufour, 17, Select
 52.62 Dan Thompson, 21, Etobicoke
 53.29 Mike Blondal, 19, Mtl-Olym

Consolation

52.44 Graham Welbourn, 17, Select
 52.87 Paul Abraham, 17, Pt-Claire
 52.90 Scott Smith, 16, Edm Olym
 53.10 John VanBuren, 23, Halifax
 53.34 Alan Swanson, 18, Guelph
 53.52 Butch Batchelor, 20, Sim Fra
 53.72 Mike Warden, 16, Scarb Comp
 54.17 Dennis Corcoran, 17, Etobico

Heats

51.24 Gary MacDonald, 24, York U
 51.30 Bill Sawchuk, 19, Thun Bay
 51.86 Stephen Badger, 21, unatt
 52.09 Jay Tapp, 18, Etobicoke
 52.17 Mike Blondal, 19, Mtl-Olym
 52.27 Dan Thompson, 21, Etobicoke
 52.40 Denis Dufour, 17, Select
 52.76 Peter Szmids, 16, Pt-Claire
 52.80 Paul Abraham, 17, Pt-Claire
 53.03 Mike Warden, 16, Scarb Comp
 53.25 Alan Swanson, 18, Guelph
 53.26 Scott Smith, 16, Edm Olym
 53.34 Graham Welbourn, 17, Select
 53.36 John VanBuren, 23, Halifax
 53.50 Dennis Corcoran, 17, Etobicoke
 53.67 Butch Batchelor, 20, Sim Fra
 53.70 Paul Thompson, 21, Univ.W.Ont
 53.76 Stu Ballantyne, 17, Hyack
 53.83 Mike Olson, 18, Calg South Y
 53.87 Kelly Franks, 19, Sim Fraser
 53.90 Mark Erwin, 20, York Univ
 53.93 Derek Cathro, 21, Edm JPSC
 53.95 Chris Hancock, 16, Ott Kingfish
 53.99 Rob Grundison, 20, Sim Fraser
 54.03 Victor Ivry, 20, unattached
 54.18 Rob Bayliss, 15, Cdn.Dolphin
 54.27 Gabor Mezo, 21, York Univ
 54.31 Mike Broadway, 20, Pt-Claire
 54.57 Geoff Brown, 22, Burlington

54.57 Paul Bourassa, 20, Mtl-RIO
 54.86 Mike Clifton, 20, Univ.W.Ont
 54.87 Bryan Nunan, 19, Thun Bay
 54.90 Brad Smith, 18, Hyack
 55.04 Chris Lane, 16, Thun Bay
 55.18 Dan Lamontagne, 14, Glouc SC
 55.21 Bill Young, 17, London
 55.46 Carl Cronin, 21, Univ.Waterloo
 55.82 Mark McCulloch, 16, Thun Bay
200 metres freestyle (March 16)

Final

*1:50.10 Stephen Badger, 21, unatt
 1:51.50 Bill Sawchuk, 19, Thun Bay
 1:52.60 Chris Erickson, 18, Hyack SC
 1:53.40 Denis Dufour, 17, Select
 1:53.70 Rob Bayliss, 15, Cdn.Dolphin
 1:53.90 Rob Geller, 17, Pt-Claire
 1:54.40 Peter Szmids, 16, Pt-Claire
 1:54.50 Graham Welbourn, 17, Select

Consolation

1:54.01 Dennis Corcoran, 17, Etobico
 1:54.03 Mike Blondal, 19, Mtl-Olym
 1:54.78 Kelly Franks, 19, Sim Fraser
 1:54.89 Alan Swanson, 18, Guelph
 1:55.30 Rob Grundison, 20, Sim Fra
 1:55.87 Bob Hewitt, 17, Pt-Claire
 1:56.70 Butch Batchelor, 20, Sim Fra
 1:57.03 Craig Samuel, 18, Etobicoke

Heats

1:52.74 Peter Szmids, 16, Pt-Claire
 1:53.11 Chris Erickson, 18, Hyack
 1:53.57 Stephen Badger, 21, unatt
 1:53.70 Bill Sawchuk, 19, Thun Bay
 1:53.70 Graham Welbourn, 17, Select
 1:53.72 Rob Geller, 17, Pt-Claire
 1:53.85 Rob Bayliss, 15, Cdn.Dolphin
 1:54.34 Denis Dufour, 17, Select
 1:54.42 Dennis Corcoran, 17, Etobico
 1:54.64 Butch Batchelor, 20, Sim Fra
 1:54.83 Rob Grundison, 20, Sim Fra
 1:55.03 Alan Swanson, 18, Guelph
 1:55.28 Craig Samuel, 18, Etobicoke
 1:55.34 Kelly Franks, 19, Sim Fraser
 1:55.44 Bob Hewitt, 17, Pt-Claire

1:55.45 Paul Abraham, 17, Pt-Claire
 1:55.95 George Carpouzis, 19, Pt-Claire
 1:56.26 Andre Theoret, 15, Pt-Claire
 1:56.91 Dave Heinbuch, 23, U.Waterloo
 1:57.22 Mark Gillies, 17, Pt-Claire
 1:57.26 Bill Bevan, 17, Etobicoke
 1:57.62 Graham Sutch, 21, York Univ
 1:57.79 John Scott, 17, North York
 1:58.11 Brad Smith, 18, Hyack
 1:58.39 Chris Lane, 16, Thun Bay
 1:58.39 Bill Young, 17, London Y
 1:58.49 Paul Bourassa, 20, Mtl-RIO
 1:58.62 Gord Overing, 17, Mtl-Olym
 1:59.26 Nick Whittington, 17, Etobico
 1:59.28 Paul Thompson, 21, Un.W.Ont
 1:59.40 Robert Lachance, 20, Select
 2:03.90 Carl Cronin, 21, Univ.Waterloo

400 metres freestyle (March 18)

Final

*3:51.07 Stephen Badger, 21, unatt
 3:54.24 Rob Bayliss, 15, Cdn.Dolphin
 3:55.62 Peter Szmids, 16, Pt-Claire
 3:59.30 Bill Sawchuk, 19, Thun Bay
 4:01.05 Chris Erickson, 18, Hyack
 4:01.59 Kelly Franks, 19, Sim Fraser
 4:01.70 Andre Theoret, 15, Pt-Claire
 4:03.15 Dennis Corcoran, 17, Etobico

Consolation

4:00.34 Rob Geller, 17, Pt-Claire
 4:01.11 George Carpouzis, 19, Pt-Claire
 4:01.31 Bill Bevan, 17, Etobicoke
 4:01.72 Mike Sandomirsky, 16, Footh
 4:02.87 Blair Tucker, 18, Thun Bay
 4:04.53 Chris Lane, 16, Thun Bay
 4:05.88 Mark Gillies, 17, Pt-Claire
 4:06.93 Graham Welbourn, 17, Select

Heats

3:56.58 Stephen Badger, 21, unatt
 3:57.31 Rob Bayliss, 15, Cdn.Dolphin
 3:58.17 Peter Szmids, 16, Pt-Claire
 3:58.22 Bill Sawchuk, 19, Thun Bay
 4:00.15 Dennis Corcoran, 17, Etobico

4:01.39 Andre Theoret, 15, Pt-Claire
 4:01.61 Chris Erickson, 18, Hyack
 4:01.87 Kelly Franks, 19, Sim Fraser
 4:02.41 Rob Geller, 17, Pt-Claire
 4:03.15 Bill Bevan, 17, Etobicoke
 4:03.72 George Carpouzis, 19, Pt-Claire
 4:03.95 Mike Sandomirsky, 16, Footh
 4:06.07 Graham Welbourn, 17, Select
 4:06.12 Blair Tucker, 18, Thun Bay
 4:06.41 Mark Gillies, 17, Pt-Claire
 4:06.62 Chris Lane, 16, Thun Bay

4:06.76 Levente Mady, 18, Etobicoke
 4:06.91 Denis Dufour, 17, Select
 4:06.99 Kevin Auger, 17, Guelph
 4:08.04 Craig Samuel, 18, Etobicoke
 4:08.65 Ron Bethel, 15, Cdn.Dolphin
 4:09.54 Bruce Berger, 16, Hyack
 4:10.49 Phil Feverier, 20, Pt-Claire
 4:10.59 John Scott, 17, North York
 4:11.86 Gord Overing, 17, Mtl-Olym
 4:12.01 Alex Baumann, 13, Sudb LU
 4:12.08 Brad Smith, Hyack
 4:15.64 Kieron Dowling, 18, Etobicoke
 4:18.87 Paul Abraham, 17, Pt-Claire

1500 metres freestyle (March 19)

*15:26.81 Rob Bayliss, 15, Cdn.Dolphin
 15:46.65 Peter Szmids, 16, Pt-Claire
 15:55.76 Andre Theoret, 15, Pt-Claire
 15:56.96 Ross Manning, Edm SSSC
 15:57.67 Daryl Skilling, 17, Thun Bay
 15:57.87 Mike Sandomirsky, 16, Footh
 16:00.79 Michael Hoche, Cdn.Dolphin
 16:02.02 Levente Mady, 18, Etobicoke
 16:02.81 Dennis Corcoran, 17, Etobico
 16:03.07 Bill Bevan, Etobicoke
 16:06.70 Blair Tucker, 18, Thun Bay
 16:10.83 Bruce Berger, 16, Hyack
 16:13.66 Chris Lane, 16, Thun Bay
 16:14.63 Alex Baumann, 13, Sudb LU
 16:17.06 Mark Gillies, 17, Pt-Claire
 16:22.67 George Carpouzis, 19, Pt-Claire
 16:23.02 John Scott, 17, North York
 16:32.37 Bill Humby, Thun Bay
 16:36.50 Kieron Dowling, Etobicoke
 16:37.15 Phil Feverier, Pt-Claire

100 metres backstroke (March 16)

Final

58.72 Jay Tapp, 18, Etobicoke
 59.09 Neil Harvey, 21, York Un
 59.44 Cam Henning, 16, South Side
 59.47 Mike Scarth, 19, Edm JPSC
 59.54 Darcy Hamilton, 19, Hyack
 59.74 Daryl Skilling, 17, Thun Bay
 1:00.02 John VanBuren, 23, Halifax
 1:00.70 Rick Frame, 20, Etobicoke

Consolation

59.90 Rob Wallenius, 15, Sudb LUSC
 1:00.37 Steve Brown, 18, Peterboro
 1:00.48 Gary Hamilton, Hyack
 1:00.88 Scott Smith, 16, Edm Olym
 1:00.93 Frank Kennedy, 15, Pt-Claire
 1:01.01 Bruce Berger, Hyack
 1:01.82 Jerome Powers, 17, Select
 1:02.44 Derrick Hamilton, Hyack

Heats

58.69 Jay Tapp, 18, Etobicoke
 59.15 Neil Harvey, 21, York Un
 59.19 Darcy Hamilton, 19, Hyack
 59.34 Mike Scarth, 19, Edm JPSC
 59.40 John VanBuren, 23, Halifax
 59.69 Cam Henning, 16, South Side
 59.92 Rick Frame, 20, Etobicoke
 1:00.19 Daryl Skilling, 17, Thun Bay
 1:00.30 Rob Wallenius, 15, Sudb LU
 1:00.80 Gary Hamilton, Hyack
 1:00.80 Steve Brown, 18, Peterboro
 1:00.93 Bruce Berger, Hyack
 1:00.99 Frank Kennedy, 15, Pt-Claire
 1:01.10 Scott Smith, 16, Edm Olym
 1:01.27 Jerome Powers, 17, Select
 1:01.75 Derrick Hamilton, Hyack

1:01.87 Tim Keighley, 16, North York
 1:02.29 David Anderson, 19, Scarb Dol
 1:02.32 Scott Frolick, 17, Regina OD
 1:02.42 Paolo Rodeghiero, 16, Thun B
 1:02.45 Peter Dobson, 15, Winn Card

1:03.25 Stu Ballantyne, Hyack
 1:03.83 Rob Geller, 17, Pt-Claire
 1:03.84 Mark McCulloch, 16, Thun B
 1:04.46 Drew Kingston, Acadia Univ
59.54 Victor Ivry, 20, unatt dq
200 metres backstroke (March 18)

Finals

*2:04.47 Daryl Skilling, 17, Thun Bay
 2:05.17 Neil Harvey, 21, York Univ
 2:05.44 Mike Scarth, 19, Edm JPSC
 2:07.07 Rob Wallenius, 15, Sudb LU
 2:07.32 Cam Henning, 16, South Side
 2:08.58 Jay Tapp, 18, Etobicoke
 2:08.93 Victor Ivry, 20, unattached
 2:10.47 Darcy Hamilton, Hyack

Consolation

2:09.67 Butch Batchelor, 20, Sim Fra
 2:09.73 Steve Brown, 18, Peterboro Y
 2:09.93 Rick Frame, 20, Etobicoke
 2:10.56 David Anderson, 19, Scarb Dol
 2:11.36 Frank Kennedy, 15, Pt-Claire
 2:11.54 Peter Dobson, 15, Winn Card
 2:11.91 Robt. Levesque, 18, Mtl-Olym
 2:12.41 Tim Keighley, 16, North York

Heats

2:06.30 Daryl Skilling, 17, Thun Bay
 2:06.84 Neil Harvey, 21, York Univ
 2:07.64 Cam Henning, 16, South Side
 2:07.72 Mike Scarth, 19, Edm JPSC
 2:07.84 Rob Wallenius, 15, Sudb LU
 2:07.92 Jay Tapp, 18, Etobicoke
 2:08.64 Victor Ivry, 20, unattached
 2:10.04 Darcy Hamilton, Hyack
 2:10.45 David Anderson, 19, Scarb Dol
 2:10.98 Rick Frame, 20, Etobicoke
 2:11.23 Tim Keighley, 16, North York
 2:11.55 Butch Batchelor, 20, Sim Fra
 2:11.65 Frank Kennedy, 15, Pt-Claire
 2:11.77 Steve Brown, 18, Peterboro
 2:12.21 Peter Dobson, 15, Winn Card
 2:12.50 Robt. Levesque, 18, Mtl-Olym

2:12.57 Paolo Rodeghiero, 16, Thun B
 2:12.76 Bruce Berger, Hyack
 2:13.00 Gary Hamilton, Hyack
 2:13.31 Richard Nagy, 19, Thun Bay
 2:13.72 Nick Borrelli, Hyack
 2:14.25 Scott Frolick, 17, Regina OD
 2:14.95 Jerome Powers, 17, Select
 2:15.61 Robt. Lachance, 20, Select
 2:18.18 Craig Samuel, 18, Etobicoke
 2:18.59 Kevin Trimbee, 19, Thun Bay

100 metres breaststroke (March 17)

Final

1:05.06 Ron Campbell, 20, Waterloo
 1:05.24 Dave Heinbuch, 23, Waterloo
 1:05.37 Greg Wurzbach, 17, Pt-Claire
 1:05.77 Bruce Kent, 17, Mtl-Olym
 1:05.78 Camil Chevalier, 19, Select
 1:06.36 Roman Bauman, 22, Sudb LU
 1:06.75 Mark Viminiz, Hyack
 1:07.06 Gerry Preville, 19, Mtl-Olym

Consolation

1:07.29 Andy Ritchie, 19, Thun Bay
 1:07.33 Francois Morneau, 18, Select
 1:07.54 Derrick Hamilton, Hyack
 1:07.92 Keith Beare, 17, Etobicoke
 1:08.00 Keith MacMillan, 17, Etobico
 1:08.23 Ken Fitzpatrick, 15, London
 1:08.58 Marco Veilleux, 15, Mtl-Nord
 1:09.08 Fraser Atkinson, 20, Cdn.Dol

Heats

1:05.52 Ron Campbell, 20, Waterloo
 1:05.57 Greg Wurzbach, 17, Pt-Claire
 1:05.58 Camil Chevalier, 19, Select
 1:05.80 Bruce Kent, 17, Mtl-Olym
 1:05.89 Dave Heinbuch, 23, Waterloo
 1:06.43 Roman Baumann, 22, Sudb
 1:06.53 Mark Viminiz, Hyack
 1:07.07 Gerry Preville, 19, Mtl-Olym
 1:07.17 Derrick Hamilton, Hyack
 1:07.38 Andy Ritchie, 19, Thun Bay
 1:07.53 Francois Morneau, 18, Select
 1:07.76 Ken Fitzpatrick, 15, London
 1:08.26 Keith MacMillan, 17, Etobico
 1:08.42 Marco Veilleux, 15, Mtl-Nord
 1:08.47 Keith Beare, 17, Etobicoke
 1:08.59 Fraser Atkinson, 20, Cdn.Dol

1:08.60 Gareth Luke,19,Thun Bay
 1:08.86 Brian Greubel,16,Ham-Went
 1:09.96 Butch Skulsky,23,Foothills
 1:09.57 Rob Micheli,21,Etobicoke
 1:09.65 Steve Sproule,17,London
 1:09.66 Will McKinty,21,U.W.Ont
 1:09.71 Martin Tiidus,19,York U
 1:09.85 Munroe Ferguson,18,Pt-Claire
 1:10.81 Mike Cook,20,Edm JPSC

200 metres breaststroke

Final
 2:20.59 Dave Heinbuch,23,Waterloo
 2:21.58 Greg Wurzbach,17,Pt-Claire
 2:21.80 Bruce Kent,17,Mtl-Olym
 2:22.15 Francois Morneau,18,Select
 2:25.17 Roman Baumann,22,Sudb LU
 2:26.62 Michel Pare,19,Mtl-Olym
 2:27.00 Ken Fitzpatrick,15,London
 2:29.03 Steve Sproule,17,London

Consolation

2:25.55 Mark Viminitz,Hyack
 2:27.55 Keith MacMillan,17,Etobico
 2:28.11 Camil Chevalier,19,Select
 2:30.04 Derrick Hamilton,Hyack
 2:30.05 Mike Cook,20,Edm JPSC
 2:30.28 Paolo Rodeghiero,16,Thun B
 2:30.48 Rob Micheli,21,Etobicoke
 2:30.64 Gerry Preville,19,Mtl-Olym

Heats

2:21.58 Dave Heinbuch,23,Waterloo
 2:22.07 Greg Wurzbach,17,Pt-Claire
 2:22.10 Bruce Kent,17,Mtl-Olym
 2:22.79 Francois Morneau,18,Select
 2:24.48 Roman Baumann,22,Sudb L
 2:25.64 Ron Campbell,20,Waterloo
 2:26.39 Michel Pare,19,Mtl-Olym
 2:26.85 Ken Fitzpatrick,15,London
 2:28.30 Steve Sproule,17,London
 2:28.46 Keith MacMillan,17,Etobico
 2:28.72 Rob Micheli,21,Etobicoke
 2:28.81 Mark Viminitz,Hyack
 2:28.88 Gerry Preville,19,Mtl-Olym
 2:29.44 Derrick Hamilton,Hyack
 2:29.82 Paolo Rodeghiero,16,Thun B
 2:29.95 Mike Cook,20,Edm JPSC

2:30.06 Camil Chevalier,19,Select
 2:32.02 Marco Veilleux,15,Mtl-Nord
 2:33.97 John Travaglini,16,Sudb LU
 2:23.86 **Andy Ritchie,19,Thun B dq**
 2:26.16 **Gareth Luke,19,Thun B dq**
 2:29.76 **Butch Skulsky,23,Footh dq**
 2:30.58 **Shaun Hurly,Hyack dq**
 2:31.06 **Keith Beare,17,Etob dq**
 2:31.11 **Martin Tiidus,19,York U dq**
 2:39.31 **Alex Baumann,13,LU dq**

100 metres butterfly (March 19)

Final

55.31 Dan Thompson,21,Etobicoke
 56.23 Derek Cathro,21,Edm JPSC
 56.38 John VanBuren,23,Halifax
 56.82 Greg Hemstreet,18,Etobicoke
 57.03 Stephen Badger,21,unatt
 57.06 Mark Hahto,19,Simon Fraser
 57.81 Rob Grundison,20,Sim Fraser
 58.06 Butch Skulsky,23,Foothills

Consolation

57.52 Mike Blondal,19,Mtl-Olym
 58.46 Dan Monfette,17,Select
 58.60 Richard Nagy,19,Thun Bay
 58.89 Paul Abraham,17,Pt-Claire
 58.92 Bob Hewitt,17,Pt-Claire
 58.93 Gray Fowler,17,Etobicoke
 58.97 Steve Nenadov,19,Sudb LUSC
 59.16 Levente Mady,18,Etobicoke

Heats

55.55 Dan Thompson,21,Etobicoke
 56.11 Derek Cathro,21,Edm JPSC
 56.48 John VanBuren,23,Halifax
 57.20 Greg Hemstreet,18,Etobicoke
 57.32 Stephen Badger,21,unatt
 57.42 Butch Skulsky,23,Foothills
 57.51 Mark Hahto,19,Simon Fraser
 57.59 Rob Grundison,20,Sim Fraser
 57.63 Steve Nenadov,19,Sudb LUSC
 58.02 Dan Monfette,17,Select
 58.27 Bob Hewitt,17,Pt-Claire
 58.34 Mike Blondal,19,Mtl-Olym

58.39 Levente Mady,18,Etobicoke
 58.40 Gray Fowler,17,Etobicoke
 58.75 Richard Nagy,19,Thun Bay
 58.98 Paul Abraham,17,Pt-Claire
 58.99 Darcy Hamilton,Hyack
 59.19 Jeff Hartman,Acadia Univ
 59.21 Nick Whittington,17,Etobico
 59.29 Marc A.Auclair,17,Laval
 59.42 Steven Stothers,16,Man Marlin
 59.82 Cam Rothery,21,York Univ
 59.87 Butch Batchelor,20,Sim Fraser
 1:00.54 Jim Donohue,15,Thun Bay

200 metres butterfly (March 16)

Final

*2:02.40 Stephen Badger,21,unatt
 2:02.50 Levente Mady,18,Etobicoke
 2:04.10 Richard Nagy,19,Thun Bay
 2:04.20 Blair Tucker,18,Thun Bay
 2:04.90 John VanBuren,23,Halifax
 2:05.40 Mark Hahto,19,Sim Fraser
 2:06.60 Bill Humby,18,Thun Bay
 2:08.40 Greg Hemstreet,18,Etobico

Consolation

2:04.32 Chris Erickson,Hyack
 2:05.61 Andy Ritchie,19,Thun Bay
 2:06.78 Rob Wallenius,15,Sudb LU
 2:07.14 Butch Batchelor,20,Sim Fra
 2:07.15 George Gambioli,15,Ham-We
 2:07.60 Kevin Auger,17,Guelph
 2:07.65 Steven Stothers,16,Man Marl
 2:08.33 Jules Lemay,18,Select

Heats

2:04.52 Levente Mady,18,Etobicoke
 2:05.01 Stephen Badger,21,unatt
 2:05.45 Greg Hemstreet,18,Etobico
 2:05.57 Bill Humby,18,Thun Bay
 2:05.65 Richard Nagy,19,Thun Bay
 2:05.71 Blair Tucker,18,Thun Bay
 2:05.81 John VanBuren,23,Halifax
 2:06.03 Mark Hahto,19,Simon Fraser
 2:06.21 Kevin Auger,17,Guelph
 2:07.29 Andy Ritchie,19,Thun Bay
 2:07.52 Rob Wallenius,15,Sudb LUSC
 2:07.82 Butch Batchelor,20,Sim Fraser
 2:07.95 George Gambioli,15,Ham-W
 2:08.09 Steven Stothers,16,Man Marl
 2:08.12 Chris Erickson,19,Hyack
 2:08.38 Jules Lemay,18,Select

2:08.67 Tony Fitzpatrick,16,Etobico
 2:08.78 Jim Donohue,15,Thunder Bay
 2:09.97 Butch Skulsky,23,Foothill
 2:10.12 Robert Hamel,15,Mtl-RIO
 2:10.56 Bill Young,17,London
 2:10.63 Andre Theoret,15,Pt-Claire
 2:10.64 Glenn Patten,17,North York
 2:11.22 Nick Whittington,17,Etobico
 2:13.35 Jeff Hartman,Acadia Univ
 2:14.34 Bob Hewitt,17,Pt-Claire
 2:14.55 Ron Bethel,15,Cdn.Dolphin

200 metres ind.medley (March 18)

Final

*2:05.03 Bill Sawchuk,19,Thun Bay
 2:07.93 Chris Erickson,19,Hyack
 2:08.21 Gary MacDonald,24,York
 2:09.26 John VanBuren,23,Halifax
 2:09.69 Rob Grundison,20,Sim Fraser
 2:10.23 Andy Ritchie,19,Thun Bay
 2:10.66 Blair Tucker,18,Thun Bay
 2:12.11 Daryl Skilling,17,Thun Bay

Consolation

2:09.24 Paolo Rodeghiero,16,Thun B
 2:09.29 Scott Smith,16,Edm Olym
 2:10.18 Michel Pare,19,Mtl-Olym
 2:11.81 Francois Morneau,18,Select
 2:12.31 Rob Wallenius,15,Sudb LU
 2:12.72 Craig Marney,20,Calg Cascade
 2:13.54 Steve Sproule,17,London Y
 2:17.34 Jay Tapp,18,Etobicoke

Heats

2:08.05 Bill Sawchuk,19,Thun Bay
 2:08.88 Gary MacDonald,24,York
 2:09.58 Rob Grundison,20,Sim Fra
 2:09.59 Chris Erickson,Hyack
 2:09.59 John VanBuren,23,Halifax
 2:10.06 Andy Ritchie,19,Thun Bay
 2:10.46 Daryl Skilling,17,Thun Bay

2:10.75 Blair Tucker,18,Thun Bay
 2:10.77 Paolo Rodeghiero,16,Thun B
 2:11.02 Michel Pare,19,Mtl-Olym
 2:11.12 Steve Sproule,17,London
 2:11.39 Scott Smith,16,Edm Olym
 2:11.48 Jay Tapp,18,Etobicoke
 2:11.55 Craig Marney,20,Calg Casca
 2:11.62 Francois Morneau,18,Select
 2:11.64 Rob Wallenius,15,Sudb LU
 2:12.00 Bob Hewitt,17,Pt-Claire
 2:12.37 Craig Samuel,18,Etobicoke
 2:12.42 Mike Olson,18,Calg South Y
 2:12.53 Shaun Hurly,Hyack
 2:12.65 Alan Swanston,18,Guelph
 2:12.83 Greg Wurzbach,17,Pt-Claire
 2:13.23 Rob Barton,Hyack
 2:13.24 Denis Dufour,17,Select
 2:13.36 Glenn Patten,17,North York
 2:13.48 Richard Nagy,19,Thun Bay
 2:13.48 Munroe Ferguson,18,Pt-Claire
 2:13.51 Ian Torrance,18,North York
 2:13.52 Mark Hahto,19,Simon Fraser
 2:13.91 Gary Hamilton,Hyack
 2:14.03 Mark McCulloch,16,Thun B
 2:14.18 Alex Baumann,13,Sudb LU
 2:14.54 Cam Reid,17,Lions Gate SC
 2:14.89 Paul Thompson,21,Un.W.Ont
 2:15.52 Carl Cronin,21,Waterloo
 2:15.63 Gray Fowler,17,Etobicoke
 2:15.70 Ron New,19,South Side
 2:15.72 Gareth Luke,19,Thun Bay
 2:15.82 Keith MacMillan,17,Etobico
 2:15.90 Peter Dobson,15,Winn Card
 2:15.92 Robert Lachance,20,Select
 2:16.21 Dino Cangiano,18,Etobico
 2:17.06 Geoff Brown,22,Burlington
 2:17.57 Steve Stothers,16,Man Marl
 2:18.05 Paul Abraham,17,Pt-Claire

2:16.03 Will McKinty,U.W.Ont dq

400 metres ind.medley (March 17)

Final

4:27.95 Bill Swachuk,19,Thun Bay
 4:32.33 Andy Ritchie,19,Thun Bay
 4:32.46 Craig Samuel,18,Etobicoke
 4:33.02 Daryl Skilling,17,Thun Bay
 4:33.36 Rob Wallenius,15,Sudb LU
 4:34.52 Alex Baumann,13,Sudb LU
 4:35.45 Levente Mady,18,Etobicoke
 4:35.58 Richard Nagy,19,Thun Bay

Consolation

4:32.24 Chris Erickson,Hyack
 4:34.53 Michael Hoche,17,Cdn.Dolp
 4:36.87 Paolo Rodeghiero,16,Thun B
 4:37.05 Steve Sproule,17,London
 4:37.79 Rob Grundison,20,Sim Fra
 4:40.64 Michel Pare,19,Mtl-Olym
 4:44.70 Dennis Corcoran,17,Etobico
 4:44.93 **Robt.Levesque,19,Mtl-O dq**

Heats

4:32.37 Bill Sawchuk,19,Thun Bay
 4:33.77 Daryl Skilling,17,Thun Bay
 4:34.69 Craig Samuel,18,Etobicoke
 4:35.56 Rob Wallenius,15,Sudb LU
 4:36.29 Levente Mady,18,Etobicoke
 4:36.58 Andy Ritchie,19,Thun Bay
 4:36.76 Richard Nagy,19,Thun Bay
 4:36.91 Alex Baumann,13,Sudb LU
 4:37.00 Paolo Rodeghiero,16,Thun B
 4:37.51 Chris Erickson,19,Hyack
 4:37.68 Michael Hoche,17,Cdn.Dol
 4:37.68 Dennis Corcoran,17,Etobico
 4:37.69 Steve Sproule,17,London
 4:37.81 Michel Pare,19,Mtl-Olym
 4:39.77 Robt.Levesque,18,Mtl-Oly
 4:39.88 Rob Grundison,20,Sim Fra
 4:40.19 Scott Smith,16,Edm Olym
 4:40.36 Blair Tucker,18,Thun Bay
 4:42.04 Bob Hewitt,17,Pt-Claire
 4:42.10 Cam Reid,17,Lions Gate
 4:42.57 Kelly Franks,19,Sim Fraser
 4:44.12 Bruce Berger,Hyack
 4:44.23 Ian Torrance,18,North York
 4:44.33 Peter Dobson,15,Winn Card
 4:45.28 Keith MacMillan,17,Etobico
 4:48.98 Rob Barton,18,Hyack
 4:50.32 Glenn Patten,17,North York
 4:53.34 Shaun Hurly,18,Hyack

4:58.37 Kevin Trimbee,19,Thun Bay
 4:43.40 **Kevin Auger,17,Guelph dq**
4 x 100 m medley relay (March 19)
 3:53.60 Etobicoke 'A'
 58.27 Jay Tapp,18
 1:07.55 Keith Beare,17
 54.36 Dan Thompson,21
 53.42 Levente Mady,18
 3:55.42 Hyack SC 'A'
 59.79 Darcy Hamilton,19
 1:05.95 Mark Viminitz
 57.17 Chris Erickson,18
 52.51 Stu Ballantyne,17
 3:56.07 Thunder Bay 'A'
 59.37 Daryl Skilling,17
 1:06.87 Andy Ritchie,19
 56.23 Bill Sawchuk,18
 53.60 Bryan Nunhan,19

3:56.19 Etobicoke 'B'

3:59.02 Quebec Select 'A'
 3:59.29 Pointe Claire 'A'
 3:59.79 Simon Fraser University
 4:00.40 York University
 4:00.64 Club Aquatique Mtl-Olym
 4:01.92 Quebec Select 'B'
 4:02.89 Sudb Laurentian Univ.SC
 4:02.94 Hyack SC 'B'
 4:03.65 Thunder Bay 'B'
 4:05.04 Pointe Claire 'B'
 4:05.70 Canadian Dolphin SC
 4:08.30 Etobicoke 'C'
 4:09.32 Thunder Bay 'C'
 4:12.36 North York
 4:12.38 Etobicoke 'D'

4 x 50 m free relay (March 16)

*1:35.01 York University 'A'
 24.40 Gabor Mezo
 23.40 Mark Erwin
 24.60 John Bevan
 22.61 Gary MacDonald,24
 1:35.62 Etobicoke 'A'
 24.20 Jay Tapp,18
 24.30 Dennis Corcoran,17
 23.50 Dan Thompson,21
 23.62 Levente Mady,18
 1:36.78 Pointe Claire 'A'
 24.60 Peter Szmidt,16
 23.80 Paul Abraham
 24.40 Bob Hewitt,17
 23.98 Rob Geller,17
 1:37.54 Thunder Bay 'A'
 1:37.89 Quebec Select
 1:37.96 Hyack SC
 1:38.89 Simon Fraser University
 1:39.63 Pointe Claire 'B'
 1:39.65 Club Aquatique Mtl-Olym
 1:39.69 York University 'B'
 1:40.47 Etobicoke 'D'
 1:40.76 Canadian Dolphin SC
 1:41.19 Hyack SC 'B'
 1:41.22 Thunder Bay 'B'
 1:42.06 North York
 1:42.21 Etobicoke 'B'
 1:42.25 Thunder Bay 'C'
 1:42.79 Pointe Claire 'C'
 1:44.96 Sudb Laurentian Univ SC
 1:48.19 Etobicoke 'C'

4 x 100 m free relay (March 18)

3:29.00 Etobicoke 'A'
 53.01 Dan Thompson,21
 52.90 Dennis Corcoran,17
 51.01 Jay Tapp,18
 52.08 Levente Mady,18
 3:30.29 York University 'A'
 53.98 Gabor Mezo
 52.30 Mark Erwin,
 53.23 Graham Sutch
 50.74 Gary MacDonald,
 3:30.87 Pointe Claire 'A'
 53.09 Paul Abraham
 52.48 Rob Geller
 53.46 Bob Hewitt
 51.84 Peter Szmidt
 3:32.88 Thunder Bay 'A'
 3:33.44 Simon Fraser University
 3:33.90 Quebec Select 'A'
 3:34.78 Hyack SC 'A'

- 3:36.53 Club Aquatic Mtl-Olym
- 3:37.97 Canadian Dolphin SC
- 3:38.50 Pointe Claire 'B'
- 3:38.74 Etobicoke 'B'
- 3:39.12 Hyack SC 'B'
- 3:39.49 Thunder Bay 'B'
- 3:40.79 North York
- 3:41.45 Quebec Select 'B'
- 3:41.63 Thunder Bay 'C'
- 3:41.89 York University 'B'
- 3:43.24 Etobicoke 'C'
- 3:43.67 Pointe Claire 'C'
- 3:49.68 Sudb. Laurentian Univ. SC
- 4 x 200 m free relay (March 17)**
- *7:35.79 Pointe Claire 'A'
- 1:53.74 Rob Geller
- 1:54.56 Bob Hewitt
- 1:55.01 Paul Abraham
- 1:52.48 Peter Szmidt
- 7:40.12 Simon Fraser University
- 1:55.48 Rob Grundison
- 1:57.02 Gary Davis
- 1:53.21 Kelly Franks
- 1:54.41 Butch Batchelor
- 7:41.64 Etobicoke 'A'
- 1:56.84 Jay Tapp
- 1:53.53 Dennis Corcoran
- 1:56.05 Craig Samuel
- 1:55.22 Levente Mady
- 7:45.44 Thunder Bay 'A'
- 7:46.83 Pointe Claire 'B'
- 7:48.65 Quebec Select
- 7:49.51 Hyack SC 'A'
- 7:50.09 Etobicoke 'B'
- 7:51.51 Canadian Dolphin SC
- 7:56.75 Thunder Bay 'B'
- 7:58.48 Hyack SC 'B'
- 7:58.70 North York
- 8:00.81 York University
- 8:00.93 Club Aquatique Mtl-Olym
- 8:02.44 Thunder Bay 'C'

- 8:07.56 Etobicoke 'C'
- 8:12.35 Pointe Claire 'C'
- 8:26.59 Sudb. Laurentian Univ. SC



Lisa Borsholt, Cdn. Dolphin SC



Bruce Kent, Montreal CAMO

WOMEN'S EVENTS
50 metres freestyle (March 19)

- Final**
- *26.01 Johanna Malloy, 16, Thun Bay
 - 26.76 Carol Klimpel, 14, Scarboro SC
 - 26.85 Jill Quirk, 23, Pt-Claire
 - 27.08 Debbie Daigneault, 17, Pt-Claire
 - 27.17 Val Mee, 16, Etobicoke SC
 - 27.23 Wendy Hogg, 21, South Side SC
 - 27.29 Becky Smith, 18, Thun Bay
 - 27.30 Janice Blocka, 18, Pr. George

- Consolation**
- 26.93 Janice Clarke, 13, Pt-Claire
 - 27.22 Sarah MacDonald, 18, Cdn. Dol
 - 27.36 Janet Rooney, 18, Edm Olym
 - 27.43 Anne Gagnon, 19, Select Queb
 - 27.43 Kathy Smith, 17, Etobicoke
 - 27.48 Cindy Newmann, 17, Pt-Claire
 - 27.80 Kerry Kissick, 17, Etobicoke
 - 28.20 Theresa Mazur, unattached

- Heats**
- 26.50 Johanna Malloy, 16, Thun Bay
 - 26.69 Jill Quirk, 23, Pt-Claire
 - 27.01 Debbie Daigneault, 17, Pt-Claire
 - 27.05 Carol Klimpel, 14, Scarboro SC
 - 27.08 Wendy Hogg, 21, South Side SC
 - 27.20 Becky Smith, 18, Thun Bay
 - 27.24 Val Mee, 16, Etobicoke
 - 27.28 Janice Blocka, 18, Pr. George
 - 27.30 Sarah MacDonald, 18, Cdn. Dol
 - 27.32 Kathy Smith, 17, Etobicoke
 - 27.32 Anne Gagnon, 19, Select
 - 27.49 Janice Clarke, 13, Pt-Claire
 - 27.57 Janet Rooney, 18, Edm Olym
 - 27.68 Cindy Newmann, 17, Pt-Claire
 - 27.74 Kerry Kissick, 17, Etobicoke
 - 28.81 Theresa Mazur, unattached

- 100 metres freestyle (March 17)**
- Final**
- 56.25 Johanna Malloy, 16, Thun Bay
 - 56.75 Wendy Quirk, 18, Pt-Claire
 - 57.88 Wendy Hogg, 21, South Side
 - 57.94 Val Mee, 16, Etobicoke
 - 57.94 Becky Smith, 18, Thun Bay
 - 58.05 Sarah MacDonald, 18, Cdn. Dol
 - 58.21 Karen Reeser, 18, Cdn. Dolphin
 - 58.23 Carol Klimpel, 14, Scarboro SC

- Consolation**
- 58.50 Anne Gagnon, 19, Select
 - 58.75 Jill Quirk, 23, Pt-Claire
 - 59.21 Kathy Smith, 17, Etobicoke
 - 59.37 Shannon Smith, 16, Hyack SC
 - 59.52 Megan Beattie, 13, Cdn. Dolphin
 - 59.52 Heidi Borner, Montr. Olympique
 - 59.81 Susan Mason, 17, Halifax Trojan
 - 1:02.36 Line Chenard, 20, Select

- Heats**
- 57.51 Johanna Malloy, 16, Thun Bay
 - 57.55 Wendy Quirk, 18, Pt-Claire
 - 58.04 Wendy Hogg, 21, South Side
 - 58.19 Val Mee, 16, Etobicoke
 - 58.20 Sarah MacDonald, 18, Cdn. Dol
 - 58.37 Karen Reeser, 18, Cdn. Dolphin
 - 58.40 Becky Smith, 18, Thunder Bay
 - 58.44 Carol Klimpel, 14, Scarboro SC
 - 58.49 Anne Gagnon, 19, Select
 - 58.73 Shannon Smith, 16, Hyack SC
 - 58.84 Jill Quirk, 23, Pt-Claire
 - 59.19 Line Chenard, 20, Select
 - 59.39 Kathy Smith, 17, Etobicoke
 - 59.39 Susan Mason, 17, Halifax Trojan
 - 59.52 Megan Beattie, 13, Cdn. Dolphin
 - 59.54 Heidi Borner, Mtl-Olympique
 - 59.59 Coleen Curry, 17, Etobicoke
 - 59.62 Jennifer Boulianne, 14, Pt-Claire
 - 59.89 Debbie Daigneault, 17, Pt-Claire
 - 59.93 Janice Clarke, 13, Pt-Claire
 - 59.98 Kathy Bald, 14, Ottawa Y
 - 1:00.33 Erin Corcoran, 16, Etobicoke
 - 1:00.34 Deb Armstead, 16, Foothills
 - 1:00.39 Julaine Tillmann, 16, London
 - 1:00.49 Beth Carmichael, 16, Windsor
 - 1:00.56 Janet Rooney, 18, Edm Olym
 - 1:00.80 Pam VanLoon, 16, Ham-Went

- 200 metres freestyle (Mar. 16)**
- Final**
- 2:00.92 Wendy Quirk, 18, Pt-Claire

- 2:02.30 Joann Baker, 17, Thun Bay
- 2:02.31 Shannon Smith, 16, Hyack SC
- 2:02.66 Val Mee, 16, Etobicoke
- 2:03.07 Nancy Garapick, 16, Halifax
- 2:03.98 Susan Mason, 17, Halifax Troj
- 2:05.12 Carol Klimpel, 14, Scarboro
- 2:06.16 Sarah MacDonald, 18, CDSC

- Consolation**
- 2:04.08 Karen Reeser, 18, Cdn. Dolphin
 - 2:04.63 Johanna Malloy, 16, Thun Bay
 - 2:06.37 Jenny Boulianne, 14, Pt-Claire
 - 2:06.91 Liz McKinnon, 18, Thun Bay
 - 2:06.96 Chris Hodson, 16, Thun Bay
 - 2:07.07 Line Chenard, 20, Select
 - 2:07.18 Sylvie Kennedy, 15, Pt-Claire
 - 2:08.07 Beth Carmichael, 16, Windsor

- Heats**
- 2:02.03 Wendy Quirk, 18, Pt-Claire
 - 2:03.68 Shannon Smith, 16, Hyack
 - 2:04.61 Joann Baker, 17, Thun Bay
 - 2:04.68 Val Mee, 16, Etobicoke
 - 2:05.02 Susan Ma.on, 17, Halifax
 - 2:05.10 Nancy Garapick, 16, Halifax
 - 2:05.27 Carol Klimpel, 14, Scarboro
 - 2:05.60 Sarah MacDonald, 18, CDSC
 - 2:05.78 Johanna Malloy, 16, Thun Bay
 - 2:05.88 Karen Reeser, 18, Cdn. Dolphin
 - 2:07.11 Beth Carmichael, 16, Windsor
 - 2:07.30 Liz McKinnon, 18, Thun Bay
 - 2:07.44 Line Chenard, 20, Select
 - 2:07.52 Jenny Boulianne, 14, Pt-Claire
 - 2:07.64 Sylvie Kennedy, 15, Pt-Claire
 - 2:07.69 Chris Hodson, 16, Thun Bay

- 2:07.72 Megan Beattie, 13, Cdn. Dolph
- 2:07.82 Lorinda Parkes, 15, Etobicoke
- 2:08.09 Julie Yuska, 15, Reg Waterloo
- 2:08.16 Heidi Borner, Mtl-Olympique
- 2:08.30 Coleen Curry, 17, Etobicoke
- 2:08.33 Wendy Lee, 17, Regina OD
- 2:09.73 Julie Sanderson, 19, So. Side
- 2:09.77 Lucie Danis, 15, Pt-Claire
- 2:09.78 Cheryl Bourdeau, 15, Thun B
- 2:09.99 Julaine Tillmann, 16, London
- 2:12.32 Paula Parris, 17, London

- 400 metres freestyle (March 18)**
- Final**
- *4:12.81 Wendy Quirk, 18, Pt-Claire
 - 4:15.18 Shannon Smith, 16, Hyack SC
 - 4:16.92 Les Brafield, 18, Etobicoke
 - 4:17.24 Susan Mason, 17, Halifax
 - 4:18.19 Joann Baker, 17, Thun Bay
 - 4:18.98 Lisa Geary, 16, Cdn. Dolphin
 - 4:19.45 Wendy Lee, 17, Regina OD
 - 4:26.79 Karen Reeser, 18, Cdn. Dolphi

- Consolation**
- 4:20.86 Kelly Albright, 16, Etobicoke
 - 4:22.81 Judy Baker, 16, Thunder Bay
 - 4:22.83 Liz McKinnon, 18, Thun Bay
 - 4:22.88 Beth Carmichael, 16, Windsor
 - 4:23.01 Shelley Baldwin, 16, Cdn. Dol
 - 4:24.28 Cathy DeGroot, 18, Edm Oly
 - 4:25.98 Carol Klimpel, 14, Scarboro
 - 4:26.36 Tracy Klinck, 13, Reg Waterloo

- Heats**
- 4:16.26 Wendy Quirk, 18, Pt-Claire
 - 4:17.73 Joann Baker, 17, Thun Bay
 - 4:19.51 Lisa Geary, 16, Cdn. Dolphin
 - 4:19.80 Susan Mason, 17, Halifax
 - 4:19.82 Wendy Lee, 17, Regina OD
 - 4:20.69 Shannon Smith, 16, Hyack SC
 - 4:20.99 Les Brafield, 18, Etobicoke
 - 4:21.42 Karen Reeser, 18, Cdn. Dolphin
 - 4:23.66 Liz McKinnon, 18, Thun Bay
 - 4:24.36 Shelley Baldwin, 16, Cdn. Dol
 - 4:24.60 Kelly Albright, 16, Etobicoke
 - 4:25.47 Beth Carmichael, 16, Windsor
 - 4:26.33 Carol Klimpel, 14, Scarboro
 - 4:26.52 Judy Baker, 16, Thunder Bay
 - 4:27.49 Cathy DeGroot, 18, Edm Oly
 - 4:27.77 Tracy Klinck, 13, Reg Waterloo
 - 4:27.79 Lorinda Parkes, 15, Etobicoke
 - 4:27.81 Lucie Danis, 15, Pt-Claire
 - 4:27.92 Lori O'Hara, 15, Etobicoke
 - 4:28.08 Cheryl Bourdeau, 15, Thun B
 - 4:29.34 Julie Sanderson, 18, So. Side
 - 4:29.55 Val Mee, 16, Etobicoke
 - 4:32.83 Sarah MacDonald, 18, CDSC

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800 metres freestyle (March 19)

8:41.32 Lisa Geary, Cdn. Dolphin
 8:45.50 Karen Reeser, Cdn. Dolphin
 8:51.42 Shannon Smith, Hyack SC
 8:52.13 Joann Baker, Thunder Bay
 8:52.73 Les Brafield, Etobicoke
 8:54.63 Susan Mason, Halifax
 8:55.38 Cathy DeGroot, Edm Olym
 8:55.47 Wendy Lee, Regina OD
 8:55.91 Kelly Albright, Etobicoke
 8:59.47 Judy Baker, Thunder Bay
 9:00.24 Liz McKinnon, Thun Bay
 9:08.28 Tracy Klinck, Reg Waterloo
 9:11.99 Lorinda Parkes, Etobicoke
 9:15.34 Lori O'Hara, Etobicoke
 9:16.76 Beth Carmichael, Windsor

100 metres backstroke (March 16)**Final**

*1:03.28 Wendy Hogg, 21, South Side
 1:04.17 Helene Boivin, 19, Mtl-Olym
 1:04.99 Suzanne Kwasny, 15, Thun B
 1:05.22 Cathy Sheehan, 17, Foothills
 1:06.14 Jenny Boulianne, 14, Pt-Claire
 1:06.53 Paula Parris, 17, London
 1:06.98 Brenda Barnes, 15, Regina OD
 1:07.69 Marie J. Matte, Mtl-Olym

Consolation

1:06.89 Paula Jansen, 15, Pt-Claire
 1:06.96 Kathy Smith, 17, Etobicoke
 1:07.10 DeeDee Inns, 15, North York
 1:07.29 Lori Cockwell, 15, Pt-Claire
 1:08.20 Joanne Kennedy, 21, UWO
 1:08.74 Kathy Becker, 17, London
 1:08.93 Isabel Tempesta, 15, Thun Bay
 1:09.39 Jody McPhee, 16, Sudb LUSC

Heats

1:03.67 Wendy Hogg, 21, South Side
 1:04.87 Helene Boivin, 19, Mtl-Olym
 1:05.60 Cathy Sheehan, 17, Foothills
 1:05.73 Suzanne Kwasny, 15, Thun B
 1:06.46 Brenda Barnes, 15, Regina OD
 1:06.79 Marie J. Matte, Mtl-Olym
 1:06.81 Jenny Boulianne, 14, Pt-Claire
 1:07.10 Paula Parris, 17, London
 1:07.35 DeeDee Inns, 15, North York
 1:07.45 Paula Jansen, 15, Pt-Claire
 1:07.60 Lori Cockwell, 15, Pt-Claire
 1:07.67 Kathy Smith, 17, Etobicoke
 1:07.88 Joanne Kennedy, 21, UWO
 1:07.98 Kathy Becker, 17, London
 1:08.36 Isabel Tempesta, 15, Thun Bay
 1:08.42 Jody McPhee, 16, Sudb LUSC
 1:08.56 Kim Druiwen, 15, Ham-Went
 1:08.68 Erin Cororan, 16, Etobicoke
 1:10.37 Maureen New, 14, South Side
 1:10.97 Joann Grant, 17, Thun Bay
 1:06.17 *Lois Daigneault, Pt-Claire dq*
 1:09.09 *Susan Duncan, 13, Halifax dq*

200 metres backstroke**Final**

2:16.09 Wendy Hogg, 21, South Side
 2:18.62 Suzanne Kwasny, 15, Thun B
 2:19.37 Cathy Sheehan, 17, Foothills
 2:19.42 Jenny Boulianne, 14, Pt-Claire
 2:19.72 Paula Parris, 17, London Y
 2:20.17 Helene Boivin, 19, Mtl-Olym
 2:22.85 Lois Daigneault, 16, Pt-Claire
 2:22.86 DeeDee Inns, 15, North York

Consolation

2:20.85 Brenda Barnes, 15, Regina OD
 2:21.31 Isabel Tempesta, 15, Thun Bay
 2:22.48 Marie J. Matte, Mtl-Olym
 2:24.00 Kim Druiwen, 15, Ham-Went
 2:24.38 Kathy Becker, 17, London Y
 2:25.26 Nathalie Gingras, Mtl-Olym
 2:25.69 Jody McPhee, 16, Sudb LUSC
 2:25.80 Lori O'Hara, 15, Etobicoke

Heats

2:17.15 Wendy Hogg, 21, South Side
 2:18.91 Suzanne Kwasny, 15, Thun B
 2:20.40 Cathy Sheehan, 17, Foothills
 2:20.70 Paula Parris, 17, London
 2:20.93 Lois Daigneault, 16, Pt-Claire
 2:21.08 Jenny Boulianne, 14, Pt-Claire
 2:22.14 Helene Boivin, 19, Mtl-Olym

2:22.35 DeeDee Inns, 15, North York
 2:22.50 Brenda Barnes, 15, Regina OD
 2:23.23 Marie J. Matte, Mtl-Olym
 2:24.77 Isabel Tempesta, 15, Thun B
 2:25.01 Jody McPhee, 16, Sudb LUSC
 2:25.47 Kathy Becker, 17, London
 2:25.53 Nathalie Gingras, Mtl-Olym
 2:25.88 Lori O'Hara, 15, Etobicoke
 2:25.91 Kim Druiwen, 15, Ham-Went
 2:26.29 Paula Jansen, 15, Pt-Claire
 2:26.48 Nancy McKendrick, 16, Thun B
 2:26.70 Lori Cockwell, 15, Pt-Claire
 2:26.75 Judy Ward, 15, Etobicoke
 2:27.49 Joanne Kennedy, 21, UWO
 2:27.61 Joann Grant, 17, Thunder Bay
 2:28.62 Lisa Schroeder, 17, Etobicoke
 2:29.03 Anne Bevan, 14, Etobicoke
 2:29.16 Maryanne Topo, 14, Sudb LU
 2:29.89 Dawn Suto, 15, Dartmouth

100 metres breaststroke (March 17)**Final**

1:11.66 Lisa Borsholt, 15, Cdn. Dolphin
 1:12.83 Marian Stuart, 23, Mtl-Olym
 1:12.88 Judy Garay, 17, Tor Swimtec
 1:13.51 Anne Gagnon, 19, Select
 1:14.20 Sheila Dezeeuw, 13, Burlington
 1:14.74 Coleen Curry, 17, Etobicoke
 1:13.73 *Anne Merklinger, Ott K dq*
 1:13.99 *Chris Hodson, 16, Thun B dq*

Consolation

1:14.33 Marie C. Beauchemin, 14, PCSC
 1:14.94 Marsha Tufts, 14, Pt-Claire
 1:15.27 Ann Walling, 17, Select
 1:15.28 Nancy McKendrick, 16, Thun B
 1:15.36 Diana Firth, Mtl-Olympique
 1:15.97 Cindy Newmann, 17, Pt-Claire
 1:16.03 Robin Corsiglia, 15, Pt-Claire
 1:16.07 Johanne Chevalier, 14, Mtl-RIO

Heats

1:12.67 Lisa Borsholt, 15, Cdn. Dolphin
 1:13.75 Anne Gagnon, 19, Select
 1:13.86 Marian Stuart, 23, Mtl-Olym
 1:13.98 Anne Merklinger, 19, Ott K
 1:14.22 Judy Garay, 17, Tor Swimtec
 1:14.30 Sheila Dezeeuw, 13, Burlington
 1:14.32 Chris Hodson, 16, Thun Bay
 1:14.64 Coleen Curry, 17, Etobicoke
 1:14.88 Marie C. Beauchemin, 14, PCSC
 1:14.90 Diana Firth, Mtl-Olympique
 1:14.95 Ann Walling, 17, Select
 1:15.00 Marsha Tufts, 14, Pt-Claire
 1:15.23 Robin Corsiglia, 15, Pt-Claire
 1:15.36 Cindy Newmann, 17, Pt-Claire
 1:15.79 Nancy McKendrick, 16, Thun B
 1:15.97 Johanne Chevalier, 14, Mtl-RIO
 1:16.02 Susan Smythe, 15, North York
 1:16.08 Bronwyn Beatty, 12, Regina
 1:16.14 Gigi Graveline, 17, Pt-Claire
 1:16.15 Judy Ward, 15, Etobicoke
 1:16.30 Janice Blocka, 18, Pr. George
 1:16.47 Flavia Corbella, 16, Cdn. Dol
 1:16.65 Kim Hammond, 15, Cdn. Dol
 1:17.25 Louise Murray, 13, Ott Nepean
 1:17.26 Lisa Jacobsen, 14, Cdn. Dolphin
 1:17.27 Anne Menzie, 15, Guelph Marl
 1:17.47 Kathleen McKervill, 17, Monct
 1:17.47 Pam Montgomery, 15, Etobico
 1:17.60 Sue Allen, 17, Edm JPSC
 1:17.66 Alison Soroka, 13, Pt-Claire
 1:18.06 Jackie Hatherly, 13, Thun Bay
 1:18.52 Sherry Leeder, 14, Etobicoke
 1:18.81 Kathy Bald, 14, Ottawa Y
 1:18.87 Judy Newman, 19, Sim Fraser
 1:19.63 Jackie Loucks, 14, Thun Bay
 1:19.82 Monique Raymond, 15, Cow
 1:20.01 Susan Alexander, 13, Thun Bay

200 metres breaststroke (March 19)**Final**

2:33.53 Lisa Borsholt, 15, Cdn. Dolphin
 2:36.12 Anne Gagnon, 19, Select
 2:38.37 Anne Merklinger, 19, Ott K
 2:39.43 Chris Hodson, 16, Thun Bay
 2:39.55 Marian Stuart, 23, Mtl-Olym
 2:39.81 Marie C. Beauchemin, 14, PCSC
 2:40.31 Nancy McKendrick, 16, Thun B
 2:38.19 *Marsha Tufts, 14, PCSC dq*

Consolation

2:40.10 Sheila Dezeeuw, 13, Burling
 2:40.65 Judy Ward, 15, Etobicoke
 2:41.64 Bronwyn Beatty, 12, Regina
 2:42.56 Ann Walling, 17, Select
 2:42.90 Susan Smythe, 15, North York
 2:43.02 Coleen Curry, 17, Etobicoke
 2:43.08 Robin Corsiglia, 15, Pt-Claire
 2:44.80 Cindy Newmann, 17, Pt-Claire

Heats

2:34.66 Lisa Borsholt, 15, Cdn. Dolphin
 2:38.21 Anne Gagnon, 19, Select
 2:39.32 Chris Hodson, 16, Thun Bay
 2:39.44 Anne Merklinger, 19, Ott K
 2:40.11 Marie C. Beauchemin, 14, PCSC
 2:40.15 Marsha Tufts, 14, Pt-Claire
 2:40.27 Marian Stuart, 23, Mtl-Olym
 2:40.61 Nancy McKendrick, 16, Thun B
 2:40.82 Ann Walling, 17, Select
 2:40.92 Judy Ward, 15, Etobicoke
 2:41.28 Bronwyn Beatty, 12, Regina OD
 2:41.36 Sheila Dezeeuw, 13, Burlington
 2:41.41 Susan Smythe, 15, North York
 2:43.68 Robin Corsiglia, 15, Pt-Claire
 2:43.89 Coleen Curry, 17, Etobicoke
 2:44.91 Michele Coulombe, 12, Mtl-No
 2:45.89 Cindy Newmann, 17, Pt-Claire
 2:46.07 Joann Grant, 17, Thun Bay
 2:46.14 Anne Menzie, 15, Guelph Marl
 2:46.18 Louise Murray, 13, Ott Nepean
 2:47.62 Gigi Graveline, 17, Pt-Claire
 2:47.63 Diana Firth, Mtl-Olympique
 2:48.71 Sherry Leeder, 14, Etobicoke
 2:48.87 Glenys Babcock, 15, North Yo
 2:49.65 Susan Alexander, 13, Thun Bay
 2:53.93 Monique Raymond, 15, Cowans
 2:42.35 *Johanne Chevalier, 14, RIO dq*
 2:44.54 *Kim Hammond, 15, Cdn. Dol dq*
 2:44.63 *Sue Allen, 17, Edm JPSC dq*
 2:45.87 *Genevieve Milliken, 17, Nepe dq*
 2:46.60 *Sue Casey, 15, Etobicoke dq*
 2:46.92 *Pam Montgomery, 15, Etob dq*
 2:47.60 *Jackie Hatherly, 13, Thun B dq*
 2:48.95 *Anne McGarry, 16, Cardinal dq*

100 metres butterfly (March 19)**Final**

*1:01.29 Wendy Quirk, 18, Pt-Claire
 1:03.27 Wendy Hogg, 21, South Side
 1:03.36 Nancy Garapick, 16, Halifax
 1:03.73 Helene Boivin, 19, Mtl-Olym
 1:04.08 Kelly Albright, 16, Etobicoke
 1:04.34 Val Whyte, 14, Hyack SC
 1:04.44 Kerry Kissick, 17, Etobicoke
 1:04.62 *Line Chenard, 20, Select dq*

Consolation

1:03.84 Deb Armstead, 16, Foothills
 1:04.72 Lori O'Hara, 15, Etobicoke
 1:04.94 Pam Lazzarotto, 15, Etobicoke
 1:05.01 Kathy Smith, 17, Etobicoke
 1:05.20 Shelley Baldwin, 16, Cdn. Dol
 1:05.28 Val Mee, 16, Etobicoke
 1:05.35 Sue Melody, 15, Cdn. Dolphin
 1:05.41 Jill Quirk, 23, Pt-Claire

Heats

1:02.60 Wendy Quirk, 18, Pt-Claire
 1:03.78 Wendy Hogg, 21, South Side
 1:04.08 Nancy Garapick, 16, Halifax
 1:04.22 Val Whyte, 14, Hyack SC
 1:04.23 Helene Boivin, 19, Mtl-Olym
 1:04.48 Kerry Kissick, 16, Etobicoke
 1:04.48 Line Chenard, 20, Select
 1:04.57 Kelly Albright, 16, Etobicoke
 1:04.89 Jill Quirk, 23, Pt-Claire
 1:04.94 Lori O'Hara, 15, Etobicoke
 1:05.04 Shelley Baldwin, 16, Cdn. Dol
 1:05.06 Pam Lazzarotto, 15, Etobico
 1:05.15 Kathy Smith, 17, Etobicoke
 1:05.25 Deb Armstead, 16, Foothills
 1:05.36 Val Mee, 16, Etobicoke
 1:05.42 Sue Melody, 15, Cdn. Dolphin
 1:05.43 Maureen Sheehan, 16, Foothill
 1:05.48 Mich Coulombe, 12, Mtl-Nord
 1:05.51 Johanna Malloy, 16, Thun Bay
 1:05.53 Anne Kremer, 16, Pt-Claire
 1:05.96 Suzanne Kwasny, 15, Thun B
 1:05.97 Kathy Luba, 17, Thun Bay

1:06.39 Elaine Francis, 14, Cowansville
 1:06.40 Terry Pacholzuk, 17, Kelowna
 1:06.73 Megan Beattie, 13, Cdn. Dolphii
 1:07.19 Theresa Mazur, unattached
 1:07.28 Eliz. Laporte, 15, Joliette
 1:07.51 Diana Firth, Mtl-Olympique
 1:09.17 Beth Carmichael, 16, Windsor

200 metres butterfly (March 16)**Final**

2:13.28 Wendy Quirk, 18, Pt-Claire
 2:14.89 Judy Baker, 16, Thunder Bay
 2:16.60 Becky Smith, 18, Thun Bay
 2:15.71 Kelly Albright, 16, Etobicoke
 2:16.77 Lori O'Hara, 15, Etobicoke
 2:17.51 Kerry Kissick, 17, Etobicoke
 2:17.63 Maureen Sheehan, 16, Foothill
 2:21.32 *Shelley Baldwin, CDSC, dq*

Consolation

2:16.59 Les Brafield, 18, Etobicoke
 2:19.19 Lisa Geary, 16, Cdn. Dolphin
 2:19.81 Mich Coulombe, 12, Mtl-Nord
 2:20.06 Susan Mason, 17, Halifax
 2:20.85 Eliz. Laporte, 15, Joliette
 2:21.41 Isabel Tempesta, 15, Thun Bay
 2:21.86 Jocelyn New, 18, South Side
 2:22.65 Val Whyte, 14, Hyack SC

Heats

2:16.35 Kelly Albright, 16, Etobicoke
 2:16.78 Wendy Quirk, 18, Pt-Claire
 2:17.71 Maureen Sheehan, 16, Foothill
 2:17.94 Lori O'Hara, 15, Etobicoke
 2:18.00 Judy Baker, 16, Thun Bay
 2:18.49 Becky Smith, 18, Thun Bay
 2:18.59 Kerry Kissick, 17, Etobicoke
 2:18.81 Shelley Baldwin, 16, Cdn. Dol
 2:18.84 Les Brafield, 18, Etobicoke
 2:20.01 Jocelyn New, 18, South Side
 2:20.23 Lisa Geary, 16, Cdn. Dolphin
 2:20.41 Mich Coulombe, 12, Mtl-Nord
 2:20.99 Val Whyte, 14, Hyack SC
 2:22.84 Eliz. Laporte, 15, Joliette
 2:22.92 Isabel Tempesta, 15, Thun Bay
 2:22.93 Susan Mason, 17, Halifax

2:24.46 DeeDee Inns, 15, North York
 2:26.31 Cynthia Pincott, 15, Cowansv
 2:26.83 Kathy Luba, 17, Thun Bay
 2:27.55 Nancy Garapick, 16, Halifax

200 metres ind.medley (March 18)**Final**

*2:17.49 Nancy Garapick, 16, Halifax
 2:18.12 Joann Baker, 17, Thun Bay
 2:18.30 Chris Hodson, 16, Thun Bay
 2:18.53 Becky Smith, 18, Thun Bay
 2:19.71 Helene Boivin, 19, Mtl-Olym
 2:22.19 Maureen Sheehan, 16, Footh
 2:22.39 Marie C. Beauchemin, 14, PCSC
 2:23.74 Suzanne Kwasny, 15, Thun B

Consolation

2:20.61 Judy Baker, 16, Thun Bay
 2:20.84 Johanna Malloy, 16, Thun Bay
 2:24.10 Cathy Sheehan, 17, Foothill
 2:24.36 Nancy McKendrick, 16, Thun B
 2:24.71 Les Brafield, 18, Etobicoke
 2:24.91 Shelley Baldwin, 16, Cdn. Dol
 2:25.14 Judy Ward, 15, Etobicoke
 2:20.69 *Anne Gagnon, 19, Select dq*

Heats

2:19.30 Joann Baker, 17, Thun Bay
 2:20.65 Chris Hodson, 16, Thun Bay
 2:20.81 Nancy Garapick, 16, Halifax
 2:22.64 Helene Boivin, 19, Mtl-Olym
 2:22.85 Becky Smith, 18, Thun Bay
 2:23.02 Maureen Sheehan, 16, Foothill
 2:23.32 Marie C. Beauchemin, 14, PCSC
 2:23.34 Suzanne Kwasny, 15, Thun Bay
 2:23.48 Cathy Sheehan, 17, Foothill
 2:23.69 Judy Baker, 16, Thunder Bay
 2:23.96 Johanna Malloy, 16, Thun Bay
 2:24.29 Shelley Baldwin, 16, Cdn. Dol
 2:24.62 Judy Ward, 15, Etobicoke
 2:24.77 Anne Gagnon, 19, Select
 2:24.93 Les Brafield, 18, Etobicoke
 2:25.10 Nancy McKendrick, 16, Thun B
 2:25.13 Lisa Jacobson, 14, Cdn. Dolphin
 2:25.90 Lisa Borsholt, 15, Cdn. Dolphin
 2:26.00 Sue Melody, 15, Cdn. Dolphin
 2:26.48 Joann Grant, 17, Thun Bay

2:26.60 DeeDee Inns,15,North York
 2:26.67 Jody McPhee,16,Sudb LUSC
 2:27.33 Sherry Leeder,14,Etobicoke
 2:27.43 Anne Kremer,16,Pt-Claire
 2:27.49 Diana Firth,Mtl-Olym
 2:27.88 Jill Quirk,23,Pt-Claire
 2:28.47 Mich Coulombe,12,Mtl-Nord
 2:28.53 Lisa Schroeder,17,Etobicoke
 2:28.78 Sandra Killin,15,Etobicoke
 2:29.21 Karen Reeser,18,Cdn.Dolphin
 2:29.33 Dawn Gilhooly,12,Winn SJS
 2:29.56 Sheila Dezeeuw,13,Burlington
 2:29.97 Liz McKinnon,18,Thun Bay
 2:30.48 Sarah MacDonald,18,Cdn.Dol
 2:31.30 Lorinda Parkes,15,Etobicoke
 2:31.44 Roberta Thompson,Acadia U
 2:32.92 Judy Newman,19,Sim Fraser
 2:33.91 Theresa Mazur,unattached
 2:26.33 *Marsha Tufts,14,Pt-Claire dq*
400 metres ind.medley (March 17)

Final

4:50.17 Joann Baker,17,Thun Bay
 4:51.20 Judy Baker,16,Thun Bay
 4:53.17 Becky Smith,18,Thun Bay
 4:53.52 Nancy Garapick,16,Halifax
 4:57.40 Chris Hodson,16,Thun Bay
 4:58.93 Liz McKinnon,18,Thun Bay
 4:59.03 Les Brafield,18,Etobicoke
 5:00.36 Helene Boivin,19,Mtl-Olym

Consolation

4:55.79 Suzanne Kwasny,15,Thun Bay
 4:55.85 Shannon Smith,16,Hyack SC
 4:59.49 Maureen Sheehan,16,Foothill
 4:59.78 Lisa Geary,16,Cdn.Dolphin
 4:59.81 Kelly Albright,16,Etobicoke
 5:00.16 Marie C.Beauchemin,14,PCSC
 5:00.22 Jenny Boulianne,14,Pt-Claire
 5:00.98 Jody McPhee,16,Sudb LUSC

Heats

4:55.71 Joann Baker,17,Thun Bay
 4:56.87 Judy Baker,16,Thun Bay
 4:57.65 Becky Smith,18,Thun Bay
 4:57.66 Nancy Garapick,16,Halifax
 4:58.98 Chris Hodson,16,Thun Bay
 4:52.29 Liz McKinnon,18,Thun Bay
 4:59.93 Helene Boivin,19,Mtl-Olym
 5:00.01 Les Brafield,18,Etobicoke
 5:00.10 Jody McPhee,16,Sudb LU
 5:00.52 Marie C.Beauchemin,14,PC
 5:00.56 Sannon Smith,16,Hyack SC
 5:02.12 Suzanne Kwasny,15,Thun B
 5:03.66 Kelly Albright,16,Etobicoke
 5:03.85 Maureen Sheehan,16,Foothi
 5:04.51 Lisa Geary,16,Cdn.Dolphin
 5:05.87 Jenny Boulianne,14,Pt-Claire

5:06.05 DeeDee Inns,15,North York
 5:06.78 Cathy Sheehan,17,Foothills
 5:08.92 Mich Coulombe,12,Mtl-Nord
 5:12.20 Joann Grant,17,Thun Bay
 5:18.52 Cynthia Pincott,15,Cowansv
 5:20.83 Robin Corsiglia,15,Pt-Claire
 5:09.96 *Judy Ward,15,Etobicoke dq*
4 x 100 m medley relay (March 19)

4:18.49 Pointe Claire 'A'
 1:05.48 Jennifer Boulianne,14
 1:15.44 Marie C.Beauchemin,14
 1:00.50 Wendy Quirk,18
 57.07 Jill Quirk,23
 4:20.78 Club Aquatic Montreal Olym
 1:04.38 Helene Boivin,19
 1:13.37 Marian Stuart,23
 1:05.06 Diana Firth,15
 57.07 Heidi Borner
 4:23.55 Thunder Bay 'A'
 1:05.79 Suzanne Kwasny,15
 1:14.69 Chris Hodson,16
 1:05.61 Becky Smith,18
 57.46 Johanna Malloy,16

4:24.57 Pointe Claire 'B'
 4:26.51 Etobicoke 'A'
 4:27.69 Canadian Dolphin SC 'A'
 4:28.86 Pointe Claire 'C'
 4:29.83 Etobicoke 'B'
 4:30.29 Thunder Bay 'B'
 4:31.70 Etobicoke 'C'
 4:32.28 South Side SC
 4:33.09 Pointe Claire 'D'

4:33.82 Etobicoek 'D'
 4:34.75 Canadian Dolphin SC 'B'
 4:34.74 Regina OD
 4:40.58 Thunder Bay 'C'

4 x 50 m free relay (March 16)

1:47.86 Etobicoke 'A'
 27.46 Kathy Smith,17
 26.40 Val Mee,16
 26.77 Kerry Kissick,17
 27.23 Coleen Curry,17
 1:47.93 Thunder Bay 'A'
 26.77 Johanna Malloy,16
 27.11 Joann Baker,17
 27.71 Suzanne Kwasny,15
 26.34 Becky Smith,18
 1:48.91 Pointe Claire 'B'
 27.89 Debbie Daigneault,16
 27.21 Jennifer Boulianne,14
 27.24 Robin Corsiglia,15
 26.57 Jill Quirk,23

1:49.63 Canadian Dolphin SC 'A'
 1:49.80 Club Aquatic Montreal Olym
 1:51.60 South Side SC
 1:52.35 Pointe Claire 'C'
 1:52.67 Etobicoke 'D'
 1:52.78 Etobicoke 'C'
 1:52.85 Canadian Dolphin SC 'B'
 1:53.34 Thunder Bay 'B'
 1:54.44 Pointe Claire SC 'D'
 1:54.44 Regina OD
 1:56.05 Thunder Bay 'C'
 1:46.06 *Pointe Claire 'A'* dq
 1:50.24 *Etobicoke 'B'* dq

4 x 100 m free relay (March 18)

*3:50.08 Pointe Claire 'A'
 57.84 Jill Quirk,23
 58.60 Janice Clarke,13
 58.80 Jennifer Boulianne,14
 55.84 Wendy Quirk,18
 3:51.71 Thunder Bay 'A'
 57.76 Johanna Malloy,16
 57.63 Joann Baker,17
 57.97 Becky Smith,18
 58.35 Suzanne Kwasny,15
 3:51.79 Etobicoke 'A'
 58.84 Les Brafield,18
 56.89 Val Mee,16
 58.54 Kathy Smith,17
 57.52 Kerry Kissick,17

3:55.30 Canadian Dolphin SC 'A'
 3:57.94 Etobicoke 'B'
 3:58.41 South Side SC
 3:54.45 Pointe Claire 'B'
 3:59.27 Club Aquatique Mtl-Olym
 4:02.70 Thunder Bay 'B'
 4:03.31 Canadian Dolphin SC, 'B'
 4:04.85 Pointe Claire 'C'
 4:06.55 Etobicoke 'D'
 4:07.99 Pointe Claire 'D'
 4:08.29 Regina OD
 4:08.47 Thunder Bay 'C'
 4:01.50 *Etobicoke 'C'* dq

4 x 200 m free relay (March 17)

8:20.23 Pointe Claire 'A'
 2:00.10 Wendy Quirk,18
 2:07.29 Sylvie Kennedy
 2:07.30 Anne Kremer
 2:05.54 Jennifer Boulianne
 8:20.28 Thunder Bay 'A'
 2:05.95 Johanna Malloy,16
 2:06.80 Judy Baker,16
 2:05.75 Becky Smith,18
 2:01.78 Joann Baker,17
 8:23.43 Etobicoke 'A'
 2:05.87 Val Mee,16
 2:04.36 Les Brafield,18
 2:07.64 Lorinda Parkes,15
 2:05.56 Kelly Albright,16

8:24.55 Canadian Dolphin SC 'A'
 8:33.47 Canadian Dolphin SC 'B'
 8:38.28 Thunder Bay 'B'
 8:39.34 South Side SC
 8:42.39 Etobicoke 'B'
 8:44.61 Pointe Claire 'B'
 8:44.63 Regina OD
 8:45.69 Club Aquatique Mtl-Olym
 8:49.44 Thunder Bay 'C'

JULY
 JUILLET

21, 22, 23

RENCONTRE INVITATION
 LONG PARCOURS
 PISCINE EXTERIEURE



Club de Natation

Swim Club

INVITATIONAL OUTDOOR
 LONG COURSE
 SWIM MEET

- ▲ Groupe d'âge et senior
- ▲ Préliminaires et finales
- ▲ Piscine d'échauffement disponible
- ▲ Sanction: Fédération de Natation du Québec

- ▲ Age Group and Senior
- ▲ Prelims and Finals
- ▲ Separate Warm-up pool
- ▲ Sanctioned by Quebec Swimming Federation

Pour / For Invitation & Information:

Mr./Mrs. Peter Diome,
 936 Notre Dame,
 Lachine, Quebec
 H8S 2B9
 Tel: (514) 634-0451

Natation Québec

Fédération de Natation du Québec
1415 est, rue Jarry,
Montréal, Québec, H2E 2Z7
Tel: (514) 374-4700

L'ÉDUCATION PHYSIQUE ET LE SPORT EN RÉPUBLIQUE

DEMOCRATIQUE ALLEMANDE

rapport présenté à la Fédération de Natation du Québec par André Fournier, suite à une visite.

Comparaison entre le système canadien et celui de la RDA, face à leur programme de développement des nageurs

Mentionnons en premier lieu que nous comparons deux (2) puissances de la natation. Des deux pays se situent en deuxième et troisième position respective au classement mondial. La force de la RDA venant de son équipe féminine en train de rééditer le livre des records mondiaux. Par contre le Canada, plus humblement prend la position de "Runner Up" tant chez les hommes que chez les femmes.

D'abord voyons le programme de la RDA. La natation est régie par une fédération nationale sous la gouverne de la DTSB. La Fédération dresse les programmes et voit à l'évolution du sport dans le pays, de l'enseignement de la base jusqu'à l'entraînement des médaillés olympiques. L'enseignement de la natation se fait en premier lieu au niveau scolaire. C'est vers l'âge de huit (8) ans que l'on débute. Cet enseignement est axé vers la technique des quatre (4) styles de compétition. Aucun nageur ne participe à des compétitions avant l'âge de 11 ans. A ce moment, on le fait concourir avec ceux de son âge soit en regroupant: les 11 ans, les 12 ans etc. . . jusqu'à 16 ans. Le format des rencontres varie: Ligue inter-clubs, Championnats régionaux, duel entre écoles. Le point culminant du programme des rencontres est la Spartakiad, laquelle a lieu annuellement dans chaque région et est suivie d'une finale nationale à tous les deux ans. C'est au cours de cette rencontre que l'on observe et étudie les nageurs en vue de déceler ceux qui pourraient éventuellement représenter le pays. Par des tests scientifiques, on évalue la valeur du potentiel des nageurs. En se basant sur ces données, les athlètes sont orientés vers les clubs centraux.

C'est dans ces clubs que les champions sont formés scientifiquement. La médecine, l'informatique, la pharmacie ainsi que les autres sciences rattachées au "coaching" sont rigoureusement scrutées afin de fournir aux entraîneurs et aux athlètes les possibilités d'atteindre l'excellence. A ce niveau, on ne recule devant rien, l'horaire scolaire est adapté à celui de l'entraînement et au calendrier des rencontres internationales. Tout est contrôlé: la diète, le travail de musculation et de flexibilité, la charge d'entraînement, le repos et la santé des athlètes. Si une anomalie est décelée, c'est avec empressement que l'on trouve les correctifs. Dans la préparation, de l'élite nationale, tout est secret d'état. Il est très difficile de connaître le véritable régime de vie des athlètes avant un événement important, on n'hésite pas à isoler les athlètes pour la période d'un camp d'entraînement.

Ces camps durent de six (6) à huit (8) semaines et se font souvent en altitude dans les montagnes de Bulgarie. Après toute cette préparation, l'athlète est accompagné au cours des compétitions majeurs par une équipe de chercheurs incluant médecins, psychologues et docteurs en physiologie. Cette équipe évaluera le rendement de l'athlète et formulera un rapport pouvant orienter la préparation pour des événements futurs ainsi que de prédire les possibilités d'amélioration dans l'avenir.

Au Canada, la natation est enseignée par divers organismes poursuivant des objectifs variés. Les enfants intéressés à faire de la natation comme sport de compétition s'inscrivent volontairement dans le club de leur choix. A ce niveau, on voit à leur apprendre les rudiments du sport et à leur

donner leurs premières expériences en compétition. Les catégories d'âge reconnues nationalement sont:

les 10 ans et moins, les 11 et 12 ans, les 13-14 ans et les 15 à 17 ans. Le programme des rencontres pour ces catégories s'échelonne; des duels et compétitions locales jusqu'aux championnats provinciaux. Les nageurs réalisant les standards de qualification nationaux sont admis à prendre part aux championnats du pays, sans aucune considération de leur âge. C'est à ce niveau que se fait la sélection des équipes internationales. Dans leur préparation pour un événement majeur (Jeux olympiques, Championnats mondiaux), les athlètes sélectionnés sont soumis à un camp d'entraînement.

Il n'existe pas de clubs centraux au Canada où les athlètes sont orientés dans le but de développer leur talent de nageur. Par contre, on remarque que certains clubs plus puissants, recrutent ou attirent les nageurs, des clubs plus modestes. Ceux-ci acceptent les sacrifices causés par le déplacement dans le but d'obtenir de meilleures conditions d'entraînement. La natation est de plus très bien organisée en ce qui concerne l'aide financière disponible pour les clubs et les athlètes. Des octrois sont offerts aux clubs selon le rendement, des bourses d'études sont disponibles pour les athlètes, les frais de déplacement aux compétitions sont couverts par l'association nationale, en résumé le financement des opérations se fait assez facilement. Les entraîneurs sont qualifiés, de plus un bon nombre sont employés à plein temps par leur Club. La grande lacune en natation comme tout autre sport, c'est que comparativement avec la RDA, nous avons peu de support du côté scientifique du sport. En effet, trop peu de liens établis entre les Universités et les clubs d'élites ainsi seulement quelques rares exceptions de nos athlètes de pointe reçoivent une attention spéciale et suivie de médecins ou de cliniques spécialisées. (ex. Sport Fitness Institute, Toronto). Comme nous avons remarqué au cours de notre visite en RDA, le talent de la nouvelle vague de nageurs (les groupes d'âge) se compare très bien avec ce que nous produisons ici. Il est même étonnant de faire une comparaison de records "groupe d'âge" entre les deux pays, les jeunes canadiens surclassent les Allemands presque sur toute la ligne.

Mais on note une incroyable amélioration des performances allemandes au niveau sénior; Les jeunes qui étaient ordinaires quelques années auparavant brisent des records mondiaux après avoir passé à travers le système. Les raisons de ces succès ne peuvent être autres que le sérieux et le souci de l'excellence placés autour des programmes d'entraînement. Comme nous l'avons mentionné plus haut, les chercheurs, les médecins, les divers entraîneurs, étudient toutes les données recueillies au cours des tests subis régulièrement par les athlètes. C'est ainsi qu'ils arrivent à minimiser les erreurs et les pertes de temps occasionnées par un programme d'entraînement mal adapté pour un individu ou une faiblesse passagère. Le contrôle scientifique de toutes les facettes de l'entraînement est probablement la raison première des succès allemands.

Comparaison de l'administration de nos rencontres avec la RDA

En premier lieu, situons le niveau de la rencontre observée au cours de notre stage en RDA. Il s'agissait de la finale nationale des Spartakiads. Cette compétition peut être considérée comme le championnat groupe d'âge de la RDA et il s'étend sur une période de cinq jours. Dans le but de faciliter l'administration de la rencontre, on divisa les groupes d'âge dans

trois différents bassins, de façon à regrouper seulement deux catégories sur chaque site. Les 11 et 12 ans dans un endroit, les 13 et 14 ans dans un autre et finalement les 15 et 16 ans sur un troisième site. Chaque nageur participe aux épreuves avec ses collègues nés durant la même année et naturellement du même sexe.

Les facilités utilisées sur les trois sites de compétition, répondaient aux standards internationaux: bassins de 50m x 8 couloirs, coupe-vague, piscine de réchauffement et gradins pour les spectateurs. Les procédures employées au cours des compétitions étaient elles aussi à la mesure des rencontres internationales: défilé des nageurs, présentation des athlètes et ceci même durant les préliminaires, parade de sortie, présentation des 6 premiers finalistes avec remise des médailles aux trois premiers, après chaque épreuve. Les raisons données à toute cette organisation sont: si l'on place les nageurs dans les mêmes conditions qu'aux Jeux olympiques ou Championnats mondiaux, les nageurs apprennent à vivre dans cette ambiance et se maîtrisent mieux face à la pression occasionnée par ces événements majeurs.

En ce qui concerne les officiels travaillant sur le bord de la piscine, on ne peut s'empêcher de vanter leur discrétion et leur efficacité. Le personnel est d'abord réduit au minimum soit un chronométreur par couloir sans chronométrage électronique, des juges de style et virage pour chaque participant, un starter, un chronométreur en chef et des juges de position.

Le secrétariat était aussi très adéquat car moins de cinq minutes après chaque épreuve, la présentation des médailles était effectuée avec tout le protocole. A la fin des finales, le classement des équipes était annoncé et les points marquants de la journée étaient signalés à la foule.

Au Canada, la qualité des officiels est généralement d'un niveau fort appréciable. Le chronométrage électronique est de plus utilisé à toute les rencontres d'envergure provinciale. Ces conditions nous assurent donc l'exactitude des résultats et un bon déroulement des rencontres. Le principal handicap des compétitions de natation, au pays, se reflète trop souvent au niveau de la durée excessive de ces rencontres. Il semble que la séparation des groupes d'âge tel qu'appliquée en RDA pourrait bien être une solution à notre problème. De plus, ceci nous donnerait l'occasion de prendre le temps de reconnaître et de mieux récompenser les efforts des participants. La réduction du nombre de compétiteurs aurait aussi un effet bénéfique sur le personnel officiant aux rencontres. Celui-ci, moins pressé, serait en mesure de fournir un travail d'une qualité accrue.

En terminant, il est bon de faire remarquer l'analogie suivante: dans les deux cas, l'organisation et l'administration des rencontres s'effectuent grâce à la participation de bénévoles. Même dans une situation socialiste avec tout le support scientifique, on ne saurait concrétiser des résultats aussi fantastique sans le support de ces braves gens.

Comparaison entre la structure administrative de la natation de la RDA avec celle du Canada

Comme tous les autres sports en RDA, la natation est sous la gouverne de la DTSB. Des clubs sportifs les plus modestes, aux clubs centraux, la fédération joue le rôle d'un entonnoir canalisant les athlètes doués vers les succès des rencontres internationales. L'administration est partagée entre les fonctionnaires gouvernementaux et les bénévoles. Le travail assidu des deux groupes contribue au succès de l'organisation.

La formation des entraîneurs contribue grandement à leur réussite. Un programme de

SWIM ONTARIO 20

A publication of the Ontario Section, Canadian Amateur Swimming Association
559 Jarvis Street, Toronto, Ontario, M4Y 2J1, Tel: (416) 964-8655

April, 1978

Program

COACHING CERTIFICATION COURSE LEVEL 1

On Friday, Saturday, and Sunday, the 19, 20 and 21 May, 1978, the CASA, Ontario Section, will hold a Level 1 Technical Coaches Course for coaches in Toronto, London, Ottawa and Sudbury.

This program is part of the National Coaching Certification Program (NCCP), and is sponsored by the CASA and the Sport and Fitness Division of the Ministry of Culture and Recreation.

The sites for the clinics will be announced at a later date, as will the names of the instructors. The cost per person is \$35.00.

Would all persons interested in taking part in one of these clinics please notify CASA Ontario by May 1st, 1978.

When the quota for each clinic has been filled, further information giving details of clinic site, instructors, etc., will be sent out to participants.

There must be a minimum of 20 coaches pre-registered one week prior to the clinic date in order for the clinic to be held. Maximum number for any clinic is 30.

WINTER NATIONALS—ONTARIO STATISTICS

Percentage of medals won by Ontario swimmers at the 1978 Winter Nationals

Gold	42.3%
Silver	50.0%
Bronze	46.2%
Total medals	46.2%

Percentage of total swimmers at Winter Nationals from Ontario — 41.9%.

Percentage of 'Finalists' from Ontario.

Women	Event	Men
50%	50 free	62.5%
50	100 free	50
37.5	200 free	12.5
25.0	400 free	25.0
25.0	800/1500 free	25.0
25.0	100 back	50.0
37.5	200 back	50.0
37.5	100 breast	37.5
37.5	200 breast	50.0
25.0	100 fly	25.0
62.5	200 fly	62.5
50.0	200 im	62.5
75.0	400 im	100.0
41.3	Total	47.1

Combined total (man and women) — 44.2%

INDIVIDUAL EVENTS — MEDALS (ONTARIO)

Club	Gold	Silver	Bronze	Points
Thunder Bay	6	8	5	59
Etobicoke	2	1	2	15
Univ. Waterloo	2	1		13
York University	1	2	3	14
Scarboro SC		1		3
Swimtec			1	1
Ottawa Kingfish			1	1
Totals	11	13	12	

(Scoring Gold 5, Silver 3, Bronze 1)

Congratulations to the following for bettering Senior Canadian Records:

Johanna Malloy, TBT	50 free	26.01
Daryl Skilling, TBT	200 back	2:04.47
Bill Sawchuk, TBT	200 im	2:05.03
York University	4 x 50 FR	1:35.01
Mezo, Erwin, Bevan, MacDonald		

PLACING OF ONTARIO TEAMS

1st	Thunder Bay
3rd	Etobicoke Swim Club
7th	York University
12th	University of Waterloo
14th	Laurentian University SC
16th	London Y Aquatic Club
18th	Scarborough Swim Club
20th	North York AC
21st	Burlington Swim Club
22nd	Ottawa Kingfish
22nd	Swimtec
24th	University of Western Ontario
25th	Guelph Marlin AC
27th	Hamilton-Wentworth AC
29th	Peterborough Y
30th	Scarborough Dolphin SC
34th	Scarborough Competitive AC
36th	Region of Waterloo
Totals (Canada)	
51	Clubs
270	Swimmers
	(Ontario)
18	Clubs
125	Swimmers

ONTARIO SWIMMERS ON CANADA vs USSR TEAM

Ron Campbell, Univ. of Waterloo
Jay Tapp, Etobicoke SC
Daryl Skilling, Thunder Bay
Bill Sawchuk, Thunder Bay
Dan Thompson, Etobicoke SC
Dave Heinbuch, Univ. of Waterloo
Andy Ritchie, Thunder Bay
Levente Mady, Etobicoke SC
Craig Samuel, Etobicoke SC

Johanna Malloy, Thunder Bay
Joann Baker, Thunder Bay
Chris Hodson, Thunder Bay
Judy Garay, Swimtec
Judy Baker, Thunder Bay
Melanie MacKay, Etobicoke SC
Becky Smith, Thunder Bay

Don Talbot, Thunder Bay, head coach for men

ONTARIO SWIMMERS TO COCA-COLA MEET

Alex Baumann, Laurentian Univ. SC
Rob Wallenius, Laurentian Univ. SC
Richard Nagy, Thunder Bay

Suzanne Kwasny, Thunder Bay
Sheila Dezeuw, Burlington SC
Brian Cartlidge, London, Assistant Coach

The above two teams were chosen off the results of the Winter Nationals in March.

Admin

ONTARIO SPECIAL EVENTS CALENDAR

April

13	Executive Committee Meeting
20-21	USSR vs Canada, Etobicoke Olympic
22	Officials Committee Meeting, 10:00 am Constellation Hotel, Toronto
28	Board of Directors Meeting, T.B.A.
29	Annual General Meeting, 8:30 am Howard Johnson Hotel, 801 Dixon Rd. Toronto.

NATIONALLY CARDED ONTARIO

SWIMMERS

Women

A Card
Gail Amundrud
Judy Garay

B Card

Joann Baker
Chris Hodson

C Card

Judy Baker
Les Brafield
Suzanne Kwasny
Johanna Malloy
Liz McKinnon
Jody McPhee
Anne Merklinger
Paula Parris
Lorinda Parkes

Men

A Card
Claus Bredschneider
Bill Sawchuk

Dan Thompson

B Card

B Card
Ron Campbell
George Nagy

Bruce Rogers
Daryl Skilling

C Card

Dennis Corcoran
Rick Frame
Ian McPherson
Dan Rogers
Andy Ritchie
Mac Teskey

SWIM—A—THON

The Swim-A-Thon swim is over . . . It is important that swimmers collect their pledges as soon as possible. The sooner, the easier it is to collect!

As a reminder, here are the deadline dates for the remainder of this year.

June 30, 1978

- Deadline for filing CASA contribution
- Deadline for submission of club top achiever

August 31, 1978

- Deadline for submission of tax receipt lists

HI LITES OF MARCH BOARD OF DIRECTORS MEETING

The executive committee has nominated Mr. Michael Nagy for the "Ontario Special Achievement Award."

The Board of Directors nominated Mr. Bruce Rogers to serve a second term of the Board of Directors, Sport Ontario. Mr. Rogers is the past-President of CASA, Ontario.

The 1978 Program Planning Committee has been named:

Jay Huneke, Ottawa	Coach
Nick Baker, St. Catharines	Coach
Herb deBray, Toronto	Coach
Don Talbot, Thunder Bay	Coach
Jack McCormick, Hamilton	Official
John Heinbuch, Kitchener	Bd. of Directors
Ernie Jones, Etobicoke	Official
Bruce Gibson, Scarborough	Coach
Reg Chappell, Peterborough	Coach
Brian Cartlidge, London	Coach
Nick Thierry, Toronto	Coach
Clay Savela, Sudbury	Official
Bill Cox,	
Bob Bowdway,	Central Office

Leadership

THOUGHT FOR THE MONTH

*If you think you are
beaten, you are!
If you think you
dare not, you don't
If you think you'll
lose, you've lost.*

*For out of the
world you find
success begins with
a fellow's will
it's all in the state of mind.*

ANNUAL MEETING

"THE CLUB EXECUTIVES AND ANNUAL GENERAL MEETING"

April 29, 1978

8:30 am — 4:30 pm

The Club Executives Meeting and Annual General Meeting will be held April 29, 1978. The day includes the general meeting of the Association plus six one-hour seminars. Two seminars will run during each session providing A.G.M. delegates with a choice of subject areas.

Topics in these seminars sessions will include "Diet and the Athlete"; the Provincial CASA Programs . . . a look at the proposed "Divisional Concept"; the National CASA Programs; and "Wintario" and the Ontario Government.

There will be representatives from a variety of manufacturers in attendance at the Annual General Meeting. This is an opportunity to see the products and new lines of equipment in Aquatics.

The Canadian Amateur Swimming Association — Ontario Section will provide travel, accommodation, and meal assistance for the Club President (or representative), and one head coach — observer (or representative) for each swim club; and one regional administrator from each region according to the Ministry of Culture and Recreation funding guidelines.

Travel 14c/mile (one per club)
or economy air fare

Accommodation Individuals will be reimbursed
\$12 per night per person.

Meals Lunch will be provided by
the CASA. \$3 can be offered
towards other meals on
Saturday.

MASTER OFFICIALS CLINIC

Fifteen Master and Senior Officials from Ontario attended a National Master and Senior Official Workshop on March 10-11, 1978 in Halifax, Nova Scotia.

The clinic, a program of the National Officials chairman Peter Sartorelli, was hosted by the CASA — Nova Scotia Section.

The resource team for the clinic included Peter Sartorelli, National Officials Chairman; Andre Ladouceur, Quebec; Bob Jackson, Manitoba; Dianne Bormke, Nova Scotia; and Bob Wendell, Nova Scotia. Among the topics presented in the workshop were stroke and turn tolerances and jurisdiction, disqualification reporting, electronic judging, FINA rules, the national officials program, and case studies.

The highlight of the clinic was Bob Jackson's sessions on electronic timing and rule changes.

Those attending the clinic included:

Jack McCormick, the Ontario Officials Committee delegate

* John Stanyon, North-East Region Officials Chairman

* Irene MacLeay, Thunder Bay

* Bill Westcott, Eastern Regional Director

* Larry Kwasny, Northwestern Region Officials Chairman

Dr. Clay Savelle, North-East Regional Director
Ken Hutchison, Huronia Region Official Chairman
Bernie Hodson, Eastern Region Officials Chairman
Jack Bassil, Ottawa
Jerry Thomas, Hamilton
George Gunter, Brantford
Joan Teskey, Toronto
Ernie Walton, Brantford
Chris Buckner, Ottawa

* Albert Bertrand, Sudbury

* These five individuals will form the organizing committee for the 1978-79 Annual Provincial Officials Seminar.

OFFICIALS CORNER

It was clear at both Provincial Championships that coaches and swimmers are not clear on the recent Relay Team Entry rules. We would like to draw everyone's attention to this rule which has been adopted in Canada since the printing of the 1976 Rule Book.

Rule 7F (h) "To obtain seeding order, the names of a relay team with their team time must be submitted before the entry deadline. The team time may be the time of the team or be the combined times of the team members individually in the strokes and distances to be swum. Teams not submitting names or times shall be seeded last by draw.

(i) All swimmers of the right age class and category entered in the meet may be alternates to any relay team.

Note: This permits one or more relay teams to be completely changed between the entry deadline and the check-in. Nevertheless, the submitted time and seeding position for the team will remain as submitted at the entry deadline.

(j) Team officials are required to name the actual members (giving the usual first names and last name of each, and their ages) in the order they will swim on the Relay Team Form in use at the meet and turn it over to the Clerk of Course, or his designate before 'checking in' for the event. Failure to so report the correct names and order of swimming may result in disqualification.

(k) No changes may be made after 'checking in.'

As the rule clearly states a Relay Team must submit both names and times in order to obtain seeding. The names of those swimmers actually swimming the Relay must be given (in their order) at the 'checking in' time.

Readers are encouraged to write to 'Officials Corner' with their cases or concerns in officiating in Ontario.

ASSOCIATION FOR INTERNATIONAL SPORTS EXCHANGE PROGRAMS

The following information release was recently received by this office.

This organization is attempting to offer a low-cost transportation, housing, and meals for competitions between comparable age-groups and levels of ability in the various sports disciplines.

The Association for International Sports Exchange Programs is now making arrangements for North American school and club teams to participate in its "European Exchange Programs" beginning in 1978.

In making the announcement, Mr. Bill Cameron, U.S.A. representative of the Montreal-based organization, stated that "Coaches everywhere have recognized the education value of international travel and competition, but in the past this experience was limited to Olympic and elite athletes. It is our aim to provide every school and club team in North America with the opportunity to participate and benefit from being involved in an international exchange program."

The program, designed to appeal to a wide spectrum of all Olympic sports such as gymnastics, soccer, volleyball, hockey etc., will feature travelling to Europe and being matched with clubs of the same age and comparable abilities. It includes practicing with, competing against, learning from and exchanging ideas with their European counterparts. Historical, cultural and sightseeing tours are part of the overall educational phase of the program.

A non-profit organization, the Association for International Sports Exchange Programs primary aim is to promote goodwill and international understanding through sports. Arrangements have been made for Canadian and U.S. teams to be accommodated in the homes of host European teams as well as youth hostels, universities and hotels. A low cost, all inclusive travel package for such teams would include trans-Atlantic air travel, bus, lodging, complete meals, sightseeing, cultural events and sports competitions.

Coaches and other sports organizers & administrators are eligible for stipends as group leaders covering the complete cost of their personal air and land arrangements. The number of North American clubs that can be accommodated each year is limited. For further information on 1978 and 1979 programs write or call:

Mr. W.D. Cameron, AISEP (USA) 29683 Greenland Livonia, MI 48154 (313) 522-2643	Mr. Paul Cappelli AISEP (Canada) 9810 D'Auteuil Blvd. Montreal, P.Q. H3L 2K1 (514) 387-8236
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NEW EDUCATIONAL AND PROMOTIONAL MATERIAL

Everything You Always Wanted to Know About The C.A.S.A.

This booklet outlines the structure and services of the CASA—Ontario Section. It also details the various committees and programs offered.

This is a valuable tool for all swim clubs in Ontario. It can be used to orient new swimmers and their parents into a swim club and the CASA structure; or can be used when campaigning for new members. The booklet can also be helpful at any club display at Carnivals, Fairs, City festivals or sportsmanshows.

For orders of 25 booklets or more, the swim club is responsible for postage and handling charges.

A Guide to Organizing A Swim Club

This booklet provides guidelines for the club administrator with regard to operating rules and an insight into the very nature of competitive swimming. It is also a useful tool for prospective swimmers and parents as an introduction into the expectations of competitive swimming.

The booklet is divided into two main sections. The first section deals with club administration and organization. Mr.H.Trotter, a member of the CASA Board of Directors and a founding member of the Windsor Aquatic Club, has examined three general themes in this section:

- 1) Guidelines for organizing a swim club
- 2) Operating Rules and Club Executive
- 3) Should a new Club be Incorporated?

The second section deals with the components of a swim club. Mrs.L.Bredschneider, an active volunteer for many years in her role as Etobicoke Swim Club secretary and swimmer-parent, has written an amusing article entitled "Parents".

Byron MacDonald, presently head coach of the York University Men's Swim Team and a "world class swimmer" for six years, has written a very candid and enlightening article entitled "The Swimmer".

Robert Boadway, currently the Program Director of CASA — Ontario and former coach of the Burlington Swim Club, provided an insight into Ontario coaching.

Dr.Chuck and Chris Buckner examined the "Role of the Volunteer in Competitive Swimming". Dr.C.Buckner is currently the chairman of the Ontario Officials Committee. Mrs.C.Buckner is the Eastern Ontario Swimming Association's secretary and an avid meet manager.

This booklet can be obtained for 75c per copy.

Flexibility and Stretching Exercises for Swimmers

This booklet, a product of Prof.R Campbell's lecture on flexibility at Doc Councilman's Swimming Clinic hosted by the University of Toronto, is again available. The initial supply had been depleted but the re-order is now ready for distribution.

The booklet deals with three major topic areas:

- 1) Principles and Methods of Flexibility. Training
- 2) Flexibility Exercises
 - a) Individuals
 - b) Assisted
- 3) Procedures for Evaluating Flexibility

All exercises are explained concisely and are well illustrated. You can obtain a copy of this booklet for 50c.

Meet Manager's Manual

The 1978-79 Meet Manager's Manual has just recently been published under the auspices of the 1977-78 Ontario Officials Committee.

The manual includes a meet manager's checklist, and then proceeds through a step-by-step analysis of organizing a swim meet, whether it be a dual meet, a regional, Provincial or National Championships. Samples of heat sheets, methods of seeding, meet entry forms, meet results, and other valuable meet information has been included.

The manual is available through the CASA.

All four booklets are available from:

CASA Ontario Section
559 Jarvis Street, Toronto, Ont. M4Y 2J1
Tel: (416) 964-8655

Ontario Records

SENIOR MEN

25 metre pools (short Course)

22.83 G.MacDonald, York U,78
50.94 G.MacDonald, York U,78
1:50.31 Bill Sawchuk, TBT,77
3:57.69 Bill Sawchuk, TBT,77
8:21.58 Daryl Skilling, TBT,78
15:33.34 Bill Sawchuk, TBT,77
58.69 Jay Tapp, Etobicoke,78
2:04.47 Daryl Skilling, TBT,78
1:03.34 Graham Smith, TBT,76
2:18.37 Graham Smith, TBT,76
55.15 Dan Thompson, UnTor,78
2:02.50 Levente Mady, Etob,78
2:05.03 Bill Sawchuk, TBT,77
4:26.77 Bill Sawchuk, TBY,77
1:49.77 Univ.Toronto,76
3:50.52 Thunder Bay,76
1:35.07 York University,78
3:28.72 York University,78
7:40.33 Thunder Bay,76

50 metre pools (Long Course)

24.00 Jim Adams, EMAC,74
51.81 Steve Pickell, OCOE,77
1:53.66 Bill Sawchuk, TBT,77
3:59.67 Bill Sawchuk, TBT,77
8:26.15 Bill Sawchuk, TBT,76
15:52.09 Bill Sawchuk, TBT,76
57.36 Steve Pickell, OCOE,77
2:06.06 Daryl Skilling, TBT,77
1:03.92 Graham Smith, TBT,76
2:19.42 Graham Smith, TBT,76
55.76 Steve Pickell, OCOE,77
2:03.47 C.Bredschneider, OCOE,77
2:05.31 Graham Smith, TBT,77
4:28.64 Graham Smith, TBT,76
1:46.18 Olympium Etobicoke,77
3:54.39 Olympium Etobicoke,77
1:36.88 Olympium Etobicoke,77
3:32.98 Olympium Etobicoke,77
7:46.47 Thunder Bay,77

50 free
100 free
200 free
400 free
800 free
1500 free
100 back
200 back
100 breast
200 breast
100 fly
200 fly
200 im
400 im
200 MR
400 MR
200 FR
400 FR
800 FR

SENIOR WOMEN

25 metre pools (short course)

26.01 Johanna Mallot, TBT,78
56.25 Johanna Malloy, TBT,78
2:02.30 Joann Baker, TBT,78
4:16.92 Les Brafield, Etob,78
8:49.95 Les Brafield, OCOE,77
17:02.14 Mich Oliver, EMAC,74
1:04.99 Suzanne Kwasny, TBT,78
2:18.10 Suzanne Kwasny, TBT,77
1:12.88 Judy Garay, Swimtec,78
2:35.06 Joann Baker, TBT,76
1:04.08 Kelly Albright, Etob,78
2:14.89 Judy Baker, TBT,78
2:18.12 Joann Baker, TBT,78
4:49.85 Becky Smith, TBT,76
2:05.60 Etobicoke AC,76
4:20.63 Thunder Bay,76
1:47.86 Etobicoke SC,78
3:51.67 Thunder Bay,76
8:20.21 Thunder Bay,76

50 metre pools (Long Course)

26.95 Johanna Malloy, TBT,77
58.25 Debbie Clarke, TBT,76
2:04.73 Debbie Clarke, TBT,76
4:20.57 Danielle Balla, TBT,76
8:57.87 Liz McKinnon, TBT,76
17:10.55 Les Brafield, OCOE,77
1:05.73 Kathy Smith, EMAC,76
2:21.12 Suzanne Kwasny, TBT,76
1:13.50 Judy Garay, Swimtec,77
2:36.74 Joann Baker, TBT,76
1:02.76 Susan Sloan, OCOE,77
2:15.79 Becky Smith, TBT,76
2:20.64 Becky Smith, TBT,76
4:50.48 Becky Smith, TBT,76
2:02.08 Olympium Etobicoke,77
4:26.82 Thunder Bay,77
1:48.79 Olympium Etobicoke,77
3:56.40 Olympium Etobicoke,77
8:28.45 Olympium Etobicoke,77

The Volunteer

by Mrs. Chris Buckner

Mrs. Buckner is currently the secretary for the Eastern Ontario Swimming Association (EOSA). She is an active meet manager and official, and has been involved in the volunteer ranks of swimming for many years.

This talk was originally presented at the Administrators Seminar held at the Plaza II Hotel, 28th January 1978.

Involvement in competitive swimming is comparable to a love affair. It takes dedication and an effort to really make it work.

As with a love affair, the courtship comes first. Courting a mate is considerably easier than getting volunteers. To find volunteers to make swimming programs work, and it takes a lot of them, requires considerable effort. Where do you find these all-important volunteers?

The first source of volunteers is the parents of swimmers. They are the captive audience, already involved and committed by virtue of owning one of those peculiarities known as a competitive swimmer. When the club recruits a competitor, you have within your grasp a potential volunteer. Long after a competitor has swum his last race, he is still a source and a very knowledgeable source at that, of expert. So ex-swimmers, and parents of ex-swimmers are also a major source of volunteers. Friends of swimmers also present a source of volunteer help. They may be unwilling to rise to the bell at 5 a.m., but are still curious to know what makes this particular breed of athlete tick, so recruit him so he can find out. Other aspects of the swimming community can also be explored, pool guards, instructors and master swimmers.

The demand for volunteers begins with a need. Identify that need. Every swim club has an executive, and if I'm not mistaken, they are all volunteers. My husband and I were once charged with organizing and conducting an international professional convention and needed a treasurer. We found one who had no prior knowledge of the subject but was anxious to learn. He not only brought expertise in keeping the books, but also in how to fill our coffers. The benefits were mutual and rewarding. Perhaps your club requires leadership on committees. Publicity is important from the all-important standpoint of spreading the news of your club. Perhaps a neighbour, a work colleague or a knowledgeable parent could help. Regarding assistance on the deck, some 50 officials are required to run the average swim meet. Ex swimmers know the sport and hence can time, start, stroke and turn, or marshal. Swimmers' friends make good timers, and guards, instructors and master swimmers have the maturity and knowledge to fill key deck positions. It is amazing how quickly all club members can be contacted by a corps of telephoners, mobilized by a personable volunteer. The daily operation of a club has its own demands. These are the needs, how to get them?

As new swimmers are recruited, present his parents with a questionnaire soliciting their talents and interests within the context of your needs. The club newsletter is a good medium of communication. State your needs and be sure to include your address and telephone number. It can be very frustrating for "someone out there" to want to help, but cannot identify the person who is issuing the plea; Post a notice on the bulletin board, or send a letter home with each swimmer. Impersonal though the approach may be, it can be effective. I've recruited typists, officials and even a chairman of officials in this way. However, the best approach is the direct and personal one. Get to know the parents. By being at the pool every day for a week you can frequently meet every driver in a car pool. Those that wait are frequently anxious to talk, and your advantage is that they are usually so darned

tired from early morning practices that you can imprint your message without the usual resistance. Mesmerized by watching swimmers moving up and down the pool you can frequently elicit a comment without them hardly knowing it. At swim meets, there is a host of talent in the stands, and don't forget that volunteers can recruit volunteers. Get them to bring along volunteers and soon your volunteer demands will be met. Keep a card index file of all your volunteers.

Now that you have them, how can they be used? First identify their preferences. Some volunteers enjoy developing in a constant job, while others like variety. Some just want to be sociable and will do almost any chore. . . . Be selective, give them their choice. If transportation is a problem, try to arrange for one to bring another. Mix them up, e.g. younger with older. Match them according to their common interests either inside or outside the swimming community. Watch for personality conflicts, some whether real or imagined, cannot work with specific individuals. Swimming needs volunteer help in the club, area, region, provincial, national and international arenas. Turn them on to these needs and swimming will prosper.

You now have your corps of volunteers. How do you keep them? The ball is now squarely in your court. You are the key, Build an "esprit de corps." Make their assignments interesting and challenging. Your volunteer will respond if you can demonstrate your own dedication by fairness, by example, by flexibility, by a sense of commitment. Attempt to spread the work load. When volunteers see others involved in the program, they respond with their own efforts. Instill a sense of importance of the job. Everyone knows the importance of timing in a swim meet. Tell that to the new recruit in terms he can understand. A swimmer who trains 10-20 hours a week deserves the best break possible. What about the rules? How do you explain them? Few people can, successfully, but those explanations are important to the credibility of your volunteers. These rules are not simply a protocol to follow, but a code to be explained. I once had a volunteer who resisted on grounds of logic, but when the reasons were explained, she became not only a convert, but a promoter. One of the most difficult areas to recruit volunteers is the tasks following the competition. Explain the necessity for fast, accurate results — when the times become official, they present proof for qualifying in another competition, they provide entry into the TAG time listings, they constitute proofs of records and they are the permanent record of performance. Where possible provide samples illustrating the way things are done. In the officiating areas there is usually a good deal of material in print, but this is not so in documentation of meets, so I make my own. Pay attention to details, spelling of the swimmers' names e.g.

Take time to answer a volunteer's questions. You may be so familiar to the job that the questions sound elementary, but remember the volunteer and especially the new recruit, is on unfamiliar ground. By spending a few minutes in explanations or review of procedures you will save yourself hours of salvage time. And your volunteers will appreciate that little bit of special attention.

Involve the volunteer in problem solving. It is so simple to dismiss an issue with a curt "that's

the way it's done!" But to the helper, it may not be logical, and maybe the new recruit knows more about that particular function than you do and it sure would be a shame to miss an opportunity to streamline the job. As secretary for the EOSA, one of the things I do is keep the books up to date on a monthly basis. Now, over the years, I have evolved a technique for balancing the family budget, complicated, but one I understand. Imagine the world that opened up to me when one of my volunteers suggested to me that I use the form printed on the back of the monthly bank statement of current accounts for balancing accounts. By listening, by having this particular volunteer explain the simple procedure, the volunteer could recognize the contributions she had made to reducing my workload. At a recent championships meet, one of my volunteers designed and printed the program covers I had needed in a participative decision making process involving his talents in design and mine in meet management.

Try to recognize the volunteer's limits and try not to overstep them. To my knowledge, I have lost only one volunteer to overwork. To identify that mystical breaking point may be a combination of a close knowledge of that endurance of the individual plus a little bit of trial and error and good luck. If you identify a lessening of ardour, change the work load, change the job, change the locale, change the hours, or redefine the participation of that individual. But at all costs, try not to lose a volunteer, we need them all. Team work can extend if you can establish an assembly-line situation with each member performing a job related to someone else's you will find a marked increase in productivity. Don't be too ambitious, I find that in the pre and post meet documentation, four volunteers per session is about all that I can keep working.

There is a fine line between organizing to get the job done and over-officiousness. Be careful — remember they are volunteers giving their own time. Don't abuse that or we'll all come out losers. Make your volunteers feel comfortable in their surroundings. The EOSA office is my home. I have a sign printed and posted on our front door when I am expecting help "Please ring and walk in". This gives the helper the sense of not interrupting me. I keep a written record of the names of my volunteers and the hours they have worked and the jobs they've done. This I keep posted during the process of a swim meet, so that all the helpers can recognize their own contribution. I also keep swimming news posted — press clippings etc., and a number of my helpers appreciate the opportunity to keep abreast of the sport.

And finally, you will keep the corps of your volunteers if you demonstrate in a clear, sincere and personal way your appreciation of their help. Take the time to thank them. My husband once refereed a particularly trying meet and pushed the timers unmercifully. Just before the last heat he walked across the deck and explained that without their co-operation the meet would have failed. He thanked them. Next meet, they were all there, eager to do it again. Recognize their contribution — some of those timers told Chuck that in all their timing experience, they had never before had a referee thank them for their efforts. If possible, give them a sample — a set of heat sheets or results that they've helped in some way to produce. Acknowledge the help of others. Print the list of helpers on the results. List them in news letters and executive minutes. And at the club banquet when you are recognizing the achievements of the athletes, don't forget those that made it all possible — the volunteers.

formation pour leurs entraîneurs existe depuis de nombreuses années. Celui-ci permet de transmettre des connaissances aux entraîneurs à tous les niveaux de formation. La diffusion de ces connaissances est confiée aux Collèges d'Éducation Physique et de Sports du pays. La formation des entraîneurs de calibre national et international équivaut aux études de doctorat. Ces positions sont de plus très recherchées et il existe une forte compétition entre les entraîneurs.

Sur le plan canadien, on remarque beaucoup de diversités dans les organismes régissant les sports aquatiques à la base. Ceci occasionne quelques accrochages, mais généralement on y survit. Au niveau de l'Association Canadienne de Natation Amateur, on retrouve un alliage de bénévoles et des fonctionnaires semblables à ce qui existe en RDA. L'Association Canadienne ne pratique pas le même genre de dirigisme. Elle structure des programmes répondant à tous les besoins de ses membres et ceux-ci choisissent le niveau qui leur convient. En ce qui concerne la formation des entraîneurs, un système de formation vient d'être institué. D'ici quelques années le degré de connaissance des nôtres sera probablement comparable aux Allemands.

En somme, on remarque bien peu de différence au niveau administratif et organisation de la natation entre la RDA et le Canada. Pour cette raison, nous avons le droit d'être optimiste vis-à-vis nos chances de succès dans l'avenir.

Quelques explications sur la faiblesse relative de l'équipe masculine de la RDA

Lors des derniers Jeux olympiques, l'équipe masculine de la RDA n'a pu ramener qu'une médaille au pays. C'est une performance bien pauvre en comparaison du rendement de leurs compatriotes féminines.

La principale raison expliquant cette différence vient de la tradition sportive allemande. Les athlètes masculins sont beaucoup plus attirés par le soccer, le handball, le volley-ball, la gymnastique et l'athlétisme que par la natation. C'est ainsi qu'elle se voit privé de bons athlètes.

Soulignons un autre facteur, soit la différence dans l'entraînement des deux sexes avant l'avènement des Allemandes. En effet, les nageuses allemandes n'hésitent pas à utiliser les mêmes moyens que les hommes dans leur programme d'entraînement: tel la musculation et de longues heures dans la piscine. Pendant ce temps, les autres nageuses du monde suivaient des programmes moins rigoureux. Ceci donna aux Allemandes un net avantage. Maintenant dans tous les pays, l'entraînement est devenu plus intensif, il faut prévoir une normalisation des choses. Les Allemandes conserveront peut-être leur suprématie, mais elles auront une forte opposition de la part des Soviétiques, des Canadiens et des Américains.

L'HISTOIRE DE LA NATATION mondiale et française

par François Oppenheim, Publié par les éditions Chiron, 40, rue de Seine, 75006 Paris, France 360 pages avec photos et illustrations (90 F)

Cet ouvrage est consacré à la natation de course: son but est de dégager les principaux faits qui ont marqué son histoire et les tendances majeures qui, à travers les années, dominèrent son évolution technique.

Nous traçons ici la naissance et la progression de la natation: les olympiques de 1896, jusqu'à 1976; le développement de la FINA; les jeux mondiaux, et panaméricains; les championnats d'Europe; les Coupes Latines; têtes des listes annuelles par épreuve, depuis 1957.

Nous examinons l'évolution des styles; les nageurs eux-mêmes: groupes d'âge et séniors; la course en altitude; la technique de la course; la natation de marathon.

Finalement, il y a un chapitre dévoué à la natation française.

C'est un livre indispensable pour ceux qui sont intéressés à la natation de course et son histoire.

Deuxième partie

COMMENT PREVENIR LA DOULEUR AUX GENOUX ET AUX EPAULES

par Bob Casci, entraîneur en chef Jersey Wahoos

2. Entraînement à sec

a) Entraînement général

En vue de préparer les athlètes à travailler avec des poids au cours de la dernière partie de l'avant-saison, et au milieu de la saison, il faudra prendre soin de ne pas forcer les articulations trop tôt. Nous avons utilisé un appareil appelé "Stretch-Ur" pendant deux saisons, et nous l'avons trouvé très utile parce qu'il préparait les muscles à travailler sur d'autres appareils du même genre comme les mini-gyms, les barres à disques, etc. Ainsi, on consacre les trois à quatre premières semaines à travailler avec le Stretch-Ur, puis au fur et à mesure que la saison avance on l'utilise pour développer la force et l'endurance de l'athlète à des régions données du corps.

Conçu spécialement pour être utilisé comme exercice, Stretch-Ur est un tube chirurgical muni de poignées fonctionnelles. En effet, la conception de cet appareil s'est avérée très valable car les tubes utilisés sont beaucoup plus résistants que ceux dont on se sert pour faire des perfusions aux malades. Les entraîneurs savent par ailleurs qu'il est très difficile de trouver un appareil aussi solide que le Stretch-Ur.

Tout exercice qui sera effectué plus tard au cours de la saison avec un équipement beaucoup plus lourd devra être exécuté auparavant avec le Stretch-Ur ou un tube chirurgical au moins trois semaines et préférablement quatre semaines avant d'utiliser les poids lourds.

Notre but ici, n'est pas de décrire un programme d'entraînement aux poids, mais en suggérer plutôt un ou deux qui permettront de réduire les problèmes éventuels au niveau des articulations.

b) Les bras

Nous suggérons à l'entraîneur de se familiariser avant tout avec la morphologie de l'articulation de l'épaule pendant la période de repos. Cette connaissance lui permettra ainsi de mettre au point un plan de développement général de l'articulation à cette région du corps sans appliquer une tension inutile, en utilisant d'abord le tube chirurgical, puis des poids plus lourds.

L'entraîneur devra étudier ensuite les mouvements appropriés à exécuter pour chaque type de nage compétitive. Pour cela, il faudra analyser en détail la morphologie de chaque mouvement, et imposer des exercices dont le mouvement diffèrent de ceux utilisés pour la nage. Il faudra donc éviter d'exécuter des mouvements d'extension latérale, et d'utiliser l'exerciceur. La raison pour laquelle il faut éviter d'imposer l'exécution de mouvements semblables à ceux utilisés pour la nage est d'affermir ces mouvements avant d'y appliquer une tension plus forte.

Après avoir exigé ces exercices pendant une semaine, il serait bon d'imposer également des exercices de traction des bras, analogues à ceux de la nage libre, ou sur le dos, et ce en alternant les bras et en simulant les nages.

Puis, une semaine plus tard, il faudra arrêter les exercices "non spécifiques" et, dès le début de la quatrième semaine, introduire des mouvements de nage papillon et de brasse. De plus, au cours de la dernière semaine, pendant laquelle on utilisera exclusivement le Stretch-Ur, il faudra étirer le tube jusqu'à ce que l'on obtienne deux fois sa longueur avant de commencer l'exercice. Le nageur exécute ensuite l'exercice au moins cent fois.

c) Les jambes

Etant donné que nous savons déjà que les coups de pieds de brasse son à l'origine des problèmes de l'articulation du genou, on suggère fortement d'éviter ces mouvements au cours des six premières semaines de travail isotonique.

De plus, on pourra exécuter le mouvement des pieds en deux temps au lieu de l'effectuer en entier à savoir: flexion et extension de la jambe, et rassemblement des jambes. Bien que tout cela soit exécuté simultanément lorsque le mouvement est bien fait, il est nécessaire de considérer les deux actions comme étant des mouvements de jambes distincts.

Au cours de la première partie de la saison, il faudra mettre l'accent sur l'action de rassembler les jambes. Cela aura pour effet d'exercer moins de tension sur l'articulation des genoux que lorsque les talons du nageur exécutent un mouvement rotatoire et poussent vers le bas. Au cours des deux premières semaines de travail isotonique des jambes, on pourra appliquer une faible pression sur les genoux en attachant des tiges chirurgicales aux chevilles du nageur qui, les jambes bien tendues, devra les remuer dans toutes les directions. Chaque mouvement dans une direction donnée comptera pour un exercice à exécuter plusieurs fois.

Après deux semaines, il faudra commencer à introduire des exercices de flexion tels que: "couché sur le dos, les tubes attachés aux chevilles, ramener les genoux vers la poitrine." Un des meilleurs exercices destiné à affermir les genoux consiste à courir sur place avec des tubes chirurgicaux attachés aux chevilles. De plus, on pourra exécuter cet exercice pendant toute la saison. A nouveau, le "Stretch-Ur" s'avère très efficace pour ce genre d'exercice à cause du mécanisme des poignées.

Environ cinq à six semaines après, commencer à imposer les exercices de flexion et d'extensions de la jambe: couché sur un banc, les tubes attachés aux chevilles, exécution des coups de pied de la brasse. (Remarque: On peut obtenir un guide complet d'un programme de travail aux poids des mêmes auteurs, en écrivant à Jersey Wahoos, Church Rd. Mt. Laurel, N.J. 08054). Au bout de six semaines, après avoir bien travaillé tout en étant prudent, le nageur est apte à entreprendre un entraînement plus difficile, sans aucune limite. Toutefois, nous devons signaler que certains nageurs sont portés à avoir des problèmes au niveau des articulations, et qu'il faut alors les surveiller étroitement.

Généralement, si on consacre plus de temps au cours des six premières semaines à prévenir des blessures éventuelles plutôt que d'entreprendre un entraînement difficile dès le début, une grande partie de l'équipe terminera la saison sans problèmes. Et quoi de mieux, les athlètes n'auront pas manqué une seule séance d'entraînement.

“I knew Omega’s OSM-5 system was for me when I tested the Omega touchpad.”

Don Watson
1977 National High School
Coach of the Year.



The Omega touchpad.

Don Watson is no stranger to electronic swim timing. He's coached swimmers through all levels of competition, from high school national championships to A.A.U. championship meets and the Olympics. He understands the importance of having a dependable timing system for everything from daily training to the judging of the final meets.



Don Watson

When Don started looking for a timing system that could meet the full range of his timing needs, he didn't waste any time guessing. He ran his own tests to find the system that was right for him. And he knew what to look for. He knew the touchpad is the most critical part of a timing system. The touchpad must be extremely sensitive and reliable for the system to be accurate and dependable. This is especially true for the younger age group swimmers who often touch the pad with much less force than more experienced competitors. Don's tests showed that the Omega touchpad is unequalled for performance and reliability for swimmers of every class.

Don Watson now owns an Omega OSM-5 timing system. He found the entire OSM-5 system lives up to the same

standard of accuracy and dependability that put the Omega touchpad in a class of its own. And the OSM-5 system is in the same price range as the other systems.

Omega designed the OSM-5 for modern competitive swimming, from start to finish. The OSM-5 system will meet all your timing needs, from the simplest daily training to sophisticated timing and judging of competitive swimming.

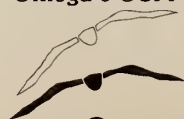
The compact, lightweight, portable OSM-5 computer console is easy to set up and simple to operate. It produces an easy-to-read printout that records all your timing information. Split and final times for every lane are automatically counted and printed. And the console connects easily to a scoreboard for audience display.

What's more, the OSM-5 console is versatile enough for timing other sports as well as swimming. A few simple accessories adapt it to track, skiing, cycling, and equestrian events.

Seagull Inc. is proud to be the exclusive distributor of the Omega timing products for the United States and Canada. We agree with Don Watson's choice. We believe the OSM-5 is the finest portable timing system made. Our Canadian representative will be happy to discuss your specific timing needs. Contact Mike Gibbons, 89 16th Avenue, Roxboro, PQ Canada H8Y2Y2. Phone: (514) 683-7887.



Omega's OSM-5 console



Seagull Inc.

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International Review



Kelly Franks, Simon Fraser

SIMON FRASER WINS NAIA

SFU University, of Burnaby, B.C. chalked up another team title in winning the 1978 NAIA Championships, March 9-11 at Lewis and Clark College in Portland, Oregon.

SFU scored 461 points, improving on their showing last year when they totalled 424.

The Clansmen won 8 individual events and two relay to completely dominate the meet.

Results show only SFU swimmers' times.

100 yards freestyle

47.95 Gary Davis, (7th)

200 yards freestyle

1:42.94 Butch Batchelor, (1st)

1:43.56 Kelly Franks, (2nd)

1:45.17 Gary Davis, (8th)

500 yards freestyle

4:36.37 Kelly Franks, (1st)

4:44.48 Rob Barton (5th)

4:44.99 Gary Davis, (7th)

1650 yards freestyle

16:04.51 Kelly Franks, (1st)

16:20.13 Rob Grundison (3rd)

16:33.15 Rob Barton (7th)

16:39.27 Bill Burton (8th)

16:43.45 Cam Green (9th)

100 yards backstroke

54.91 Nick Borrelly, (4th)

200 yards backstroke

1:56.76 Butch Batchelor, (1st)

1:57.57 Nick Borrelly, (2nd)

100 yards breaststroke

59.93 Aaron Fleming, (2nd)

59.99 Derrick Hamilton (4th)

1:01.63 Tom Killy, (7th)

200 yards breaststroke

2:12.42 Aaron Kenndy, (2nd)

2:14.25 Derrick Hamilton (8th)

2:14.71 Tom Killy, (9th)

100 yards butterfly

51.81 Mark Hahto, (1st)

53.13 Ivor Fleming (5th)

53.18 Cam Green (6th)

53.65 Ian Fraser, (10th)

200 yards butterfly

1:53.25 Mark Hahto, (1st)

1:59.44 Cam Green, (6th)

1:59.43 Ivor Fleming, (10th)

200 yards individual medley

1:56.36 Butch Batchelor, (1st)

1:56.49 Rob Grundison, (2nd)

400 yards individual medley

4:09.42 Rob Grundison, (1st)

4:11.30 Mark Hahto, (3rd)

4:14.91 Rob Barton, (4th)

4:15.92 Nick Borrelly, (5th)

4:17.24 Mark O'Neill, (9th)

4:23.66 Doug Doyley, (11th)

4 x 100 yards medley relay

3:31.46 Simon Fraser (1st)

54.55 Butch Batchelor

59.31 Derrick Hamilton

50.10 Mark Hahto

46.70 Rob Grundison

4 x 100 yards freestyle relay

3:09.43 Simon Fraser (2nd)

4 x 200 yards freestyle relay

6:53.88 Simon Fraser (1st)

1:44.30 Rob Grundison

1:43.82 Gary Davis

1:42.28 Kelly Franks

1:43.49 Butch Batchelor

AIWA CHAMPIONSHIPS

Duke University, in North Carolina was the site of the American Women's University Championships.

The meet was held at the same time as the Canadian Winter Nationals and several top Canadian girls took part in the meet and Gail Amundrud and Cheryl Gibson helped Arizona State Univ. to take the team title.

Amundrud won both 100 and 200 free while Gibson took the 200 back

Results show top 3 and Canadians

50 yards freestyle

23.14 Sue Hinderaker

23.59 Bonnie Brown

23.64 Sandy Neilson

100 yards freestyle

50.97 Gail Amundrud

51.03 Kim Peyton

51.05 Sue Hinderaker

200 yards freestyle

1:48.32 Gail Amundrud

1:48.66 Kim Peyton

1:49.87 Valery Lee

500 yards freestyle

4:47.15 Bonnie Glasgow

4:47.85 Valery Lee

4:52.76 Kim Peyton

4:54.30 Gail Amundrud (6th)

4:56.67 Cheryl Gibson (9th)

5:08.70 Lisa Matheson (23rd)

1650 yards freestyle

16:22.21 Valery Lee

16:39.58 Jo Harshbarger

16:42.01 Anne Brodell

17:03.98 Leslie Cliff, (10th)

18:04.60 Mich Oliver (20th)

50 yards backstroke

27.02 Tauna Vandeweghe

27.15 Cheryl Gibson



Gail Amundrud, Arizona State Univ.

100 yards backstroke

57.49 Tauna Vandeweghe

58.39 Melissa Belote

58.67 Dianne Johanigman

200 yards backstroke

2:02.41 Cheryl Gibson

2:02.53 Tauna Vandeweghe

2:04.14 Dianne Johanigman

2:07.19 Leslie Cliff (13th)

50 yards breaststroke

29.39 Kim Dunson

31.57 Melanie MacKay (18th)

100 yards breaststroke

1:03.59 Kim Dunson

1:04.34 Renee Laravie

1:04.70 Debbie Rudd

1:07.79 Melanie MacKay (19th)

200 yards breaststroke

2:17.11 Debbie Rudd

2:17.85 Kim Dunson

2:17.90 Renee Laravie

2:21.27 Melanie MacKay, (4th)

50 yards butterfly

25.57 Kathy Stetler

25.98 Susan Sloan (9th)

100 yards butterfly

54.72 Dianne Johanigman

55.28 Lelei Fonoimoana

56.17 Susan Sloan (3rd)

200 yards butterfly

1:59.08 Dianne Johanigman

2:00.90 Valery Lee

2:02.39 Bonnie Glasgow

2:06.46 Cheryl Gibson (5th)

2:05.46 Susan Sloan (9th)

100 yards individual medley

57.93 Renee Laravie

1:02.74 Leslie Cliff (39th)

200 yards individual medley

2:02.04 Renee Laravie

2:02.12 Diane Johnson

2:04.62 Bonnie Glasgow

2:09.45 Leslie Cliff (12th)

400 yards individual medley

4:21.32 Diane Johnson

4:21.47 Renee Laravie

4:23.32 Bonnie Glasgow

4:24.36 Cheryl Gibson (4th)

4:31.68 Leslie Cliff (6th)

4:38.71 Mich Oliver (22nd)

NCAA CHAMPIONSHIPS

The Belmont Plaza pool in Long Beach, California, was the site of the American University Championships, considered the top swim meet in the world.

Only Graham Smith, representing the Univ. of California at Berkley was successful in winning a title for the numerous Canadians attending US Colleges. Smith repeated his winning swim in taking the 200 yard breaststroke for the second year, however his time of 2:02.24 was considerably slower than last year when he did 2:00.05. He narrowly lost the 100 breast with 56.63 to Scott Spann's 56.62. Smith also placed 4th in the 200 im with 1:50.3 and helped his team win the 4 x 100 medley relay splitting 55.67 for the breast leg.

It was a meet of upsets as favoured Southern California placed only 5th with Tennessee winning its first ever championships.

Results show top 3 and Canadians

50 yards freestyle

20.29 Andy Coan, Tennessee

20.32 Jim Fairbank, Cal-Berkley

20.41 John Newton, Tennessee

Cons: 19.94 Scott Findorff, So. Calif

100 yards freestyle

44.10 Andy Coan, Tennessee

44.21 Jonty Skinner, Alabama

44.42 John Newton, Tennessee

200 yards freestyle

1:37.02 Bruce Furniss, So. California

1:37.27 Andy Veris, Southern Method

1:37.35 Rowdy Gaines, Auburn

500 yards freestyle

4:18.05 Brian Goodell, UCLA

4:18.74 Tim Shaw, Long Beach St

4:21.52 Dan Harrigan, No. Carolina St

4:31.50 Mike Ker, So. California (30th)

1650 yards freestyle

14:55.53 Brian Goodell, UCLA

14:59.98 Bob Hackett, Harvard

15:15.43 Robert Martin, Tennessee

15:57.80 Mac Teskey, Indiana (22)

100 yards backstroke

49.88 Bob Jackson, Long Beach St.

50.56 Peter Rocca, Cal-Berkley

50.70 Mark Tonelli, Alabama (Australia)

200 yards backstroke

1:47.48 Peter Rocca, Cal-Berkley

1:48.67 Marc Foreman, Tennessee

1:48.85 Dan Harrigan, North Carolina

1:54.90 Vic Ivry, Houston (30)

100 yards breaststroke

56.62 Scott Spann, Auburn

56.63 Graham Smith, Cal-Berkley (2nd)

56.65 Duncan Goodhew, No. Carolina

58.99 Dave Miller, Alabama (31st)

200 yards breaststroke

2:02.24 Graham Smith, Cal-Berkley

2:03.46 Gary Faykes, Tennessee

2:03.47 Scott Spann, Auburn

100 yards butterfly

48.77 Greg Jagenburg, Long Beach St

48.88 Tim Boyd, Tennessee

49.35 Greg Porter, So. Illinois

50.52 Mike Pearson, Auburn (29th)

200 yards butterfly

1:46.01 Greg Jagenburg, Long Beach

1:46.91 Bill Glasstetter, So. Method

1:47.19 Bruce Furniss, So. California

1:49.99 George Nagy, So. Calif. (12th)

1:52.57 C. Bredschneider, Indiana (31)

1:52.62 Chris Erickson, Hawaii (32)

1:52.95 Ian McPherson, Miami-IO (33)

200 yards individual medley

1:49.30 Scott Spann, Auburn

1:49.41 Bruce Furniss, So. California

1:49.75 Marc Foreman, Tennessee

1:50.31 Graham Smith, Cal-Berk (4)

400 yards individual medley

3:53.61 Brian Goodell, UCLA

3:55.91 Marc Foreman, Tennessee

3:58.64 Glynn Perry, Florida

4:01.82 George Nagy, So. Calif. (14)

4 x 100 yards medley relay

3:18.26 Cal at Berkley

3:19.03 Auburn

3:19.71 Alabama

4 x 200 yards freestyle relay

6:31.93 Auburn

6:32.19 UCLA

6:35.01 Southern California

Team Score

307 Tennessee

185 Auburn

179 California at Berkley

169 UCLA

143 Southern California

135 Florida

133 Alabama

115 Long Beach State

107 Indiana

Canadian Round-Up

A round-up of Provincial Senior Championships

MANITOBA OPEN

Winnipeg, Mar 3-5 25 m pool Men

50 m free: 25.45 Jim Burkett, 21, SJS; 25.67 Richard Hill, 17, MM; 25.89 Steve Stothers, 16, MM

100 m free: 55.88 Richard Hill, 17, MM; 56.79 Jack Raleigh, 17, Card; 56.86 Gerry Neufeld, 21, SJS.

200 m free: 1:59.52 Jack Raleigh, 17, Card; 2:00.05 Peter Dobson, 15, Card; 2:05.45 Blair Watson, 16, SJS

400 m free: 4:12.52 Jack Raleigh, 17, Card; 4:18.31 Peter Dobson, 15, Card; 4:24.65 Steve Stothers, 16, MM.

1500 m free: 16:57.23 Jack Raleigh, 17, Card; 17:44.81 Bruce Markham, 17, DSC; 18:00.82 Helmut Dyck, DSC

100 m back: 1:03.66 Jim Burkett, 21, SJS; 1:04.46 Steve Stothers, MM; 1:05.92 Ron Kowal, 16, DSC.

200 m back: 2:19.22 Steve Stothers, MM; 2:20.69 Jim Burkett, 21, SJS; 2:27.53 Robt. Blanchard, 14, Card.

100 m breast: 1:11.91 Richard Hill, 17, MM; 1:12.51 Rick Lehner, 16, SJAK; 1:12.73 Peter Dobson, 15, Card.

200 m breast: 2:35.06 Rick Lehner, 16, SJAK; 2:35.09 Peter Dobson, Card; 2:38.99 Richard Hill, 17, MM.

100 m fly: 59.27 Steve Stothers, 16, MM; 1:01.36 Peter Dobson, 15, Card; 1:01.55 Jim Burkett, 21, SJS.

200 m fly: 2:08.92 Steve Stothers, MM; 2:13.34 Peter Dobson, 15, Card; 2:18.66 Jim Sandor, 21, SJS.

200 m im: 2:14.18 Peter Dobson, Card; 2:14.99 Steve Stothers, 16, MM; 2:19.47 Jim Burkett, 21, SJS

400 m im: 4:50.52 Steve Stothers, 16, MM; 5:15.52 Joey Trainor, 14, Card; 5:12.96 Helmut Dyck, 15, DSC.

800 m im: 9:13.07 Donna Hohli, 14, Card; 9:17.82 Vanita Wells, 17, MM; 9:27.27 Dawn Gilhooly, 12, SJS

100 m back: 1:09.6 Theresa Mazur, 15, Card; 1:13.9 Rosemary Vis, 15, MM; 1:14.2 Lynn Marshall, 17, MM.

200 m back: 2:32.97 Kelly Mahoney, 14, MM; 2:35.54 Debbie Unrau, 17, Card; 2:36.51 Janive Baker, 13, Card.

100 m breast: 1:18.47 Anne McGarry, 16, Card; 1:19.46 Theresa Mazur, 15, Card; 1:25.54 Donna Smith, 15, DSC.

200 m breast: 2:45.74 Anne McGarry, 16, Card; 2:54.46 Janice Baker, Card; 2:54.52 Leanne Turnbull, 14, Card.

100 m fly: 1:06.55 Theresa Mazur, 15, Card; 1:09.40 Vanita Wells, 17, MM; 1:10.25 Lynn Marshall, 17, MM.

200 m fly: 2:25.21 Vanita Wells, 17, MM; 2:32.02 Mickey Marquardt, 15, MM; 2:39.74 Deby Gourley, 17, SJAK.

400 m fly: 2:28.75 Vanita Wells, 17, MM; 2:31.71 Monica Sacher, 16, DSC; 2:38.88 Lynn Marshall, 17, MM

400 m im: 5:14.15 Vanita Wells, 17, MM; 5:19.00 Monica Sacher, 16, DSC; 5:19.90 Kelly Mahoney, 14, MM.

SASK SENIOR CHAMPIONSHIPS

March 3-5, Saskatoon, 25 m pool Men

50 m free: 25.29 Guy Primeau, SYK; 25.41 David Honour, ROD; 27.13 Scott Frolick, ROD

100 m free: 57.21 Scott Frolick, ROD; 58.98 Dale Cressman, SKG; 1:00.22 Craig Goplen, unatt.

200 m free: 2:01.86 Scott Frolick, ROD; 2:02.12 Chris Nicholson, ROD; 2:09.79 Chris Taylor, SYK

400 m free: 4:14.61 Scott Frolick, ROD; 4:23.73 Chris Nicholson, ROD; 4:27.79 Dale Cressman, SKG

1500 m free: 16.54.09 Mark Jones, ROD; 16:59.00 Scott Frolick, ROD; 17:38.68 Dale Cressman, SKG.

100 m back: 1:03.06 Scott Frolick, ROD; 1:07.78 Steve Loney, SYK; 1:08.46 Chris Taylor, SYK

200 m back: 2:17.06 Scott Frolick, ROD; 2:27.01 Chris Taylor, SYK; 2:32.99 Steve Loney, SYK.

100 m breast: 1:12.33 Chris Nicholson, ROD; 1:13.73 Chris Taylor, SYK; 1:15.55 Jeff Johnson, ROD.

200 m breast: 2:37.39 Chris Nicholson, ROD; 2:40.74 Chris Taylor, SYK; 2:41.02 Jeff Johnson, ROD.

100 m fly: 1:04.97 Chris Nicholson, ROD; 1:05.35 Craig Golpen, unatt; 1:10.28 Chris Taylor, SYK

200 m fly: 2:20.24 Shawn Derby, MJKFF; 2:24.20 Chris Nicholson, ROD

400 m im: 2:20.73 Chris Nicholson, ROD; 2:23.99 Chris Taylor, SYK; 2:26.12 Craig Golpen, unatt.

400 m im: 4:54.20 Scott Frolick, ROD; 5:02.53 Guy Primeau, SYK; 5:45.33 Brad Murray, MJKFF.

Women

50 m free: 28.54 Barb Shockey, SKG; 28.76 Wendy Lee, ROD; 28.86 Kris Goodman, SKG.

100 m free: 1:00.65 Wendy Lee, ROD; 1:02.46 Kris Goodman, SKG; 1:05.37 Sheila Ty, SKG.

200 m free: 2:09.76 Wendy Lee, ROD; 2:12.92 Bronwyn Beatty, ROD; 2:14.50 Trudi Munro, SKG

400 m free: 4:30.16 Wendy Lee, ROD; 4:40.48 Trudi Munro, SKG; 4:51.25 Janis Brown, SKG

800 m free: 9:06.56 Wendy Lee, ROD; 9:12.72 Barb Shockey, SKG; 9:27.17 Trudi Munro, SKG

100 m back: 1:11.31 Kris Goodman, SKG; 1:15.73 Janis Brown, SKG; 1:18.10 Michele Primeau, SYK

200 m back: 2:27.41 Brenda Barnes, ROD; 2:45.40 Mary McMullen, MJK; 2:52.34 Cheryl Muz, RYM

100 m breast: 1:20.95 Bronwyn Beatty, ROD; 1:27.97 Susan Kaye, SYK; 1:28.04 Sheila Ty, SKG

200 m breast: 2:52.66 Bronwyn Beatty, ROD; 2:56.47 Carolyn Harris, ROD; 3:10.51 Susan Kaye, SYK

100 m fly: 1:10.90 Wendy Lee, ROD; 1:12.32 Sheila Ty, SKG; 1:16.16 Bronwyn Beatty, ROD

200 m fly: 2:34.45 Sandy Honour, ROD; 2:41.19, Sheila Ty, SKG; 2:49.71 Kim Sader, SYK

400 m im: 2:30.95 Wendy Lee, ROD; 2:35.16 Brenda Barnes, ROD; 2:39.39 Janis Brown, SKG

400 m im: 5:40.91 Bronwyn Beatty, ROD; 5:41.97 Carolyn Harris, ROD; 5:52.74 Mary McMullen, MJKFF

ALBERTA OPEN

Feb. 24-26, Calgary, 25 m pool Men

50 m free: 25.7 Craig Marney, 20, Casc; 26.2 Mike Olson, 18, SYP; 26.3 Brent DesBrisay, 17, SYP

100 m free: 54.6 Mike Olson, 18, SYP; 54.7 Scott Smith, 16, OSC; 55.4 Brent DesBrisay, 17, SYP

200 m free: 1:58.8 Mike Olson, 18, SYP; 2:01.6 Mike Sandomirsky, 16, FSC; 2:01.7 Rick Burton, 18, SSSC

400 m free: 4:12.7 Ross Manning, 18, SSSC; 4:14.9 Mike Olson, 18, SYP; 4:16.2 Rick Burton, 18, SSSC

1500 m free: 16:31.8 Ross Manning, 18, SSSC; 16:49.9 Mike Sandomirsky, 16, FSC; 16:59.9 Cam Henning, 17, SS

100 m back: 1:02.4 Cam Henning, 17, SSSC; 1:05.3 Scott Frolick, 17, ROD; 1:05.5 Scott Smith, 16, OSC

200 m back: 2:15.2 Cam Henning, 17, SSSC; 2:18.0 Scott Frolick, 17, ROD; 2:18.5 Darryl Bagman, 14, FSC

100 m breast: 1:11.4 Mike Hoover, 18, CWC; 1:11.8 Butch Skulsky, 23, UA; 1:13.1 Richard Meyer, 15, Scorp

200 m breast: 2:36.0 Mike Hoover, 18, CWC; 2:36.4 Dan Birkett, 16, Scorp

100 m fly: 1:00.1 Butch Skulsky, 23, UA; 1:01.6 John Drope, 17, Casc; 1:01.8 Brian Armstead, 17, Scorp

200 m fly: 2:13.4 Jeff Riddle, 15, JPSC; 2:14.1 John Drope, 17, Casc; 2:14.2 Mike Sandomirsky, 16, FSC

400 m im: 2:18.7 Mike Olson, 18, SYP; 2:19.7 Brent DesBrisay, 17, SYP; 2:22.1 Scott Smith, 16, OSC

400 m im: 4:52.0 Jeff Riddle, 15, JPSC; 4:55.0 Craig Marney, 20, Casc; 4:59.9 Cam Henning, 17, SSSC

Women

50 m free: 28.3 Wendy Hogg, 21, SSSC; 28.4 Gabr. Sponheimer, 13, Casc; 28.5 Jayne Olson, 14, Cascade

100 m free: 59.7 Wendy Hogg, 21, SSSC; 1:01.6 Wendy Lee, 17, ROD; 1:01.8 Barb Jickling, 13, OSC

200 m free: 2:08.2 Wendy Hogg, 21, SSSC; 2:09.4 Wendy Lee, 17, ROD; 2:12.2 Barb Jickling, 13, OSC

400 m free: 4:29.8 Wendy Lee, 17, ROD; 4:33.9 Cathy DeGroot, 18, OSC; 4:38.9 Lisa Dixon, 16, CWC

800 m free: 9:02.9 Cathy DeGroot, 18, OSC; 9:19.6 Mich Clement, 16, SSSC; 9:27.0 Lisa Dixon, 16, CWC

100 m back: 1:06.1 Wendy Hogg, 21, SSSC; 1:06.6 Cathy Sheehan, 17, FSC; 1:09.2 Maureen New, 14, SSSC

200 m back: 2:24.0 Wendy Hogg, 21, SSSC; 2:26.3 Cathy Sheehan, 17, FSC; 2:31.6 Maureen New, 14, SSSC

100 m breast: 1:18.9 Sue Allen, 17, JPSC; 1:20.7 Jackie Armstrong, 15, Casc; 1:20.9 Elena Evanoff, 13, Casc

200 m breast: 2:45.2 Sue Allen, 17, JPSC; 2:52.0 Jeanne Meunier, 13, OSC; 2:52.2 Elena Evanoff, 13, Casc

100 m fly: 1:06.3 Wendy Hogg, 21, SSSC; 1:07.3 Brigitte Lankreijer, 16, OSC; 1:07.6 Maureen Sheehan, 16, FSC

200 m fly: 2:22.8 Deb Armstead, 16, unatt; 2:23.2 Jocelyn New, 18, SSSC; 2:23.3 Maureen Sheehan, 16, FSC

200 m im: 2:26.4 Wendy Hogg, 21, SSSC; 2:29.0 Maureen Sheehan, 16, FSC; 2:32.1 Deb Armstead, 16, unatt

400 m im: 5:12.5 Maureen Sheehan, 16, FSC; 5:13.8 Cathy Sheehan, 17, FSC; 5:16.6 Deb Armstead, 16, unatt

ONTARIO SENIOR

Feb. 24-26, Sudbury, 25 m pool Men

50 m free: 25.13 Dan Lamontagne, GSC; 25.39 Chris Hancock, 16, OK; 25.57 Bill Westcott, 17, OK

100 m free: 54.24 Dan Lamontagne, GSC; 54.74 Chris Hancock, 16, OK; 54.84 Bill Young, 17, Lon Y

200 m free: 1:57.16 Rob Wallenius, 15, LUSC; 1:57.38 Bill Young, 17, Lon Y; 1:58.21 Chris Hancock, 16, OK

400 m free: 4:07.90 Rob Wallenius, 15, LUSC; 4:08.30 Alex Baumann, 13, LU; 4:09.82 Chris Hancock, 16, OK

1500 m free: 16:43.7 Todd Smith, HK; 16:54.9 Ian Goss, 18, HK; 17:05.1 Paul Williamson, 14, Etob.

100 m back: 1:01.19 Rob Wallenius, 15, LUSC; 1:01.53 Steve Brown, 18, Pet Y; 1:03.13 Peter Botman, GSC

200 m back: 2:10.63 Rob Wallenius, 15, LUSC; 2:12.36 Steve Brown, Pet Y; 2:13.87 Dave Anderson, 19, SDSC

100 m breast: 1:09.59 Steve Sproule, 17, Lon Y; 1:10.4 Joe Terejko, 18, Brant; 1:10.50 Alex Baumann, 13, LUSC

200 m breast: 2:27.83 Alex Baumann, 13, LUSC; 2:27.96 Steve Sproule, 17, Lon Y; 2:30.2 Ken Fitzpatrick, Lon Y

100 m fly: 58.48 Steve Nenadov, LUSC; 1:00.54 Mario Turgeon, 18, LUSC; 1:01.02 Rob Wallenius, 15, LUSC

200 m fly: 2:08.77 Rob Wallenius, 15, LUSC; 2:09.97 Bill Young, 17, Lon Y; 2:10.91 Keith Line, 21, HK

200 m im: 2:11.44 Rob Wallenius, 15, LUSC; 2:11.71 Steve Sproule, 17, Lon Y; 2:14.44 Alex Baumann, 13, LUSC

400 m im: 4:39.30 Alex Baumann, 13, LUSC; 4:43.02 Steve Sproule, 17, Lon Y; 4:44.17 Alan Webster, 16, Lon Y

Women

50 m free: 27.71 Erin Corcoran, 16, Etob; 28.07 Nancy Baner, 15, OK; 28.16 Julaine Tillman, 16, Lon Y

100 m free: 59.72 Julaine Tillman, 16, Lon Y; 59.83 Erin Corcoran, 16, Etob; 1:00.18 Julie Yuska, 15, ROW

200 m free: 2:06.72 Paula Parris, 17, Lon Y; 2:07.57 Jody McPhee, 16, LU; 2:09.69 Julie Yuska, 15, ROW

400 m free: 4:27.71 Jody McPhee, 16, LUSC; 4:28.76 Tracy Klinck, 13, ROW; 4:32.92 Kathy Richardson, 14, Granite

800 m free: 9:07.3 Tracy Klinck, ROW; 9:10.8 Paula Parris, 17, Lon Y; 9:18.6 Jody McPhee, 16, LUSC

100 m back: 1:07.39 Paula Parris, 17, Lon Y; 1:07.95 Jody McPhee, 15, LUSC; 1:08.94 Erin Corcoran, 16, Etob

200 m back: 2:23.60 Jody McPhee, 16, LUSC; 2:25.42 Paula Parris, Lon Y; 2:28.18 Maryanne Topo, 14, LUSC

100 m breast: 1:14.53 Anne Merklinger, OK; 1:14.90 Sheila Dezeeuw, 13, Burl; 1:17.25 Louise Murray, 13, Nepean

200 m breast: 2:39.94 Anne Merklinger, OK; 2:41.97 Sheila Dezeeuw, 13, Burl; 2:44.87 Louise Murray, 13, Nepean

100 m fly: 1:07.06 Julie Yuska, 15, ROW; 1:07.61 Kathy Coy, 14, St. Cath

Coca Cola

1:08.20 Krista Davies,13,Etob
200 m fly:2:25.77 Kathy Coy,St.Cath
 2:27.09 Julie Yuska,ROW; 2:28.71
 Kathy Richardson,Granite
200 m im:2:26.4 Jody McPhee,16,
 LUSC; 2:27.9 Sheila Dezeeuw,13,Burl
 2:29.4 Terrill Samuel,16,Etob
400 m im:5:06.19 Judy McPhee,16,
 LUSC; 5:09.01 Sheila Dezeeuw,13,
 Burl; 5:16.49 K.Richardson,Granite

QUEBEC SENIOR

Mar.3-5, Montreal, 25 m pool
MEN

50 m free:24.94 Graham Welbourn,
 Select; 25.05 Denis Dufour,Select;
 25.06 Bruno Bissonnette,Select
100 m free:53.72 Graham Welbourn,
 Select; 54.17 Denis Dufour,Select;
 54.35 Paul Bourassa,RIO
200 m free:1:54.25 Bob Hewitt,PCSC
 1:55.54 Rob Geller,PCSC;1:56.31
 Graham Welbourn,Select
400 m free:4:05.99 Mark Gillies,
 PCSC; 4:06.16 Andre Theoret,PCSC
 4:07.10 Philippe Fevrier,PCSC
1500 m free:16:04.23 Andre Theoret
 PCSC; 16'13.47 Mark Gillies,PCSC;
 16:31.35 Gord Overing,CAMO
100 m back:1:01.62 Frank Kennedy,
 PCSC; 1:02.50 Jerome Powers,Select;
 1:02.92 Robt.Lachance,Select
200 m back:2:10.92 Bob Hewitt,PCSC
 2:13.37 Frank Kennedy,PCSC;2:13.84
 Rob Geller,PCSC
100 m breast:1:06.84 Greg Wurzbach
 PCSC; 1:07.83 Francois Morneau,
 Select; 1:08.08 Camil Chevalier,Select
200 m breast:2:23.93 Greg Wurzbach
 PCSC; 2:26.82 Francois Morneau,Sel
 2:27.11 Bruce Kent,CAMO
100 m fly:58.99 Dan Monfette,Select
 59.47 Peter Szmidi,PCSC; 59.47
 Marc A.Auclair,Laval
200 m im:2:12.23 Peter Szmidi,PCSC
 2:14.10 Francois Morneau,Select;
 2:14.49 Robt.Lachance,Select
400 m im:4:37.98 Peter Szmidi,PCSC
 4:43.96 Greg Wurzbach,PCSC; 4:48.8
 Gord Overing,CAMO

Women

50 m free:26.91 Jill Quirk,PCSC;
 27.29 Janice Clarke,PCSC; 27.34
 Debbie Daigneault,PCSC
100 m free:57.89 Jill Quirk,PCSC;
 59.23 Anne Gagnon,Select; 59.61
 Cindy Newman,PCSC
200 m free:2:06.59 Line Chenard,
 Select; 2:06.86 Heidi Borner,CAMO;
 2:07.71 Sylvie Kennedy,PCSC
400 m free:4:27.78 Heidi Borner,
 CAMO; 4:29.76 Lucie Danis,PCSC;
 4:30.7 Nathalie Gingras,CAMO
800 m free:9:10.07 Nathalie Gingras,
 CAMO; 9:12.06 Elisabeth Laporte,
 Joliette; 9:19.01 Lucie Danis,PCSC
100 m back:1:05.84 Helene Boivin,
 CAMO; 1:07.51 Lois Daigneault,PCSC
 1:08.81 Paula Jansen,PCSC
200 m back:2:21.2 Helene Boivin,
 CAMO; 2:23.7 Marie J.Matte,CAMO;
 2:23.9 Lois Daigneault,PCSC
100 m breast:1:15.65 Anne Gagnon,
 Select; 1:15.82 Ann Walling,Select;
 1:16.50 Cindy Newman,PCSC
200 m breast:2:39.40 Marie C,
 Beauchemin,PCSC; 2:42.03 Anne
 Gagnon,Sel; 2:42.06 Marsha Tufts,PC
100 m fly:1:04.47 Helene Boivin,
 CAMO; 1:04.97 Jill Quirk,PCSC;
 1:05.38 Anne Kremer,PCSC
200 m im:2:21.45 Helene Boivin,
 CAMO; 2:23.67 Michele Coulombe,
 CMN; 2:25.65 Marie Beauchemin,PC
400 m im:4:59.22 Helene Boivin,
 CAMO; 4:59.95 M.Beauchemin,PCSC
 5:00.20 Michele Coulombe,CMN

COCA-COLA INTERNATIONAL

March 25-27, Leed, UK, 50 m pool
 A 12-member Canadian team,
 chosen off the Winter Nationals
 (from those not on National team
 which will meet the Soviet Union)
 competed in this annual long course
 meet.

Our swimmers won two events,
 placed second in two others and
 picked up 7 thirds. **Cam Henning**
 won the men's 200 back and **Rob**
Grundison took the men's 200 im.

Overall our team placed fourth
 with Australia winning the meet.
Results show top 3 and Canadians

Men's Events

100 m free
 53.62 Roger Pyttel, DDR
 53.63 R.Abreu, Portugal
 53.93 Michael Taylor,GBR
54.26 Dennis Dufour,CAN (6th)
55.06 Rob Grundison,CAN (elim)

200 m free

1:55.14 Ron McKeon,AUS
 1:55.30 Pierre Andraca,FRA
 1:56.03 D.Dunne, GBR
1:59.19 Denis Dufour,CAN (elim)

400 m free

3:58.62 Max Metzker,AUS
 4:02.02 Borut Petric,YUG
 4:03.16 Ron McKeon,AUS
4:24.04 Denis Dufour,CAN (elim)

1500 m free

15:49.33 Borut Petric,YUG
 16:01.59 Max Metzker,AUS
 16:09.50 Sandor Nagy,HUN

100 m backstroke

1:00.58 B.Kaenen, HOL
 1:00.99 S.Harrison, GBR
1:01.82 Cam Henning,CAN (3rd)
1:03.23 Rob Wallenius,CAN (7th)

200 m backstroke

2:11.83 Cam Henning,CAN (1st)
2:11.96 Rob Wallenius,CAN (2nd)
 2:12.42 P.Robinson, GBR

100 m breaststroke

1:07.02 Gregor Arnicke,DDR
 1:07.57 Olivier Borlos, FRA
 1:07.87 Jurgen Bruhn,WGE
1:14.26 Alex Baumann,Can (elim)

200 m breaststroke

2:26.39 L.Atkinson, GBR
 2:27.32 Jurgen Bruhn,WGE
 2:27.80 Olivier Borlos, FRA
2:38.08 Alex Baumann,CAN (elim)

100 m butterfly

57.22 Roger Pyttel, DDR
 57.89 John Mills, GBR
 58.24 Paul Hubble, GBR
59.10 Rob Grundison,CAN (6th)
59.49 Richard Nagy, CAN (8th)

1:01.41 Cam Henning,CAN (elim)
200 m butterfly

2:03.75 Roger Pyttel, DDR
 2:03.95 Paul Hubble, GBR
2:08.38 Richard Nagy, CAN (3rd)
2:10.91 Rob Grundison, CAN (6th)

200 m individual medley

2:12.53 Rob Grundison,CAN (1st)
 2:13.97 D.Cummins, IRL
2:15.53 Rob Wallenius,CAN (3rd)
2:19.07 Alex Baumann,CAN (elim)
2:15.94 Richard Nagy, CAN (elim)

400 m individual medley

4:36.78 Arne Borgstrom, NOR
 4:42.21 Duncan Cleworth,GBR
 4:42.70 Max Metzker,AUS
4:47.79 Alex Baumann,CAN (5th)
4:49.49 Rob Wallenius,CAN (6th)
4:54.07 Richard Nagy,CAN (7th)

Women's Events

100 m free

59.02 Guri Kogstad, NOR
 59.33 Lene Jensen, NOR
 59.40 M.Aizpors, WGE
1:00.66 Sarah MacDonald,CAN (7)

200 m free

2:02.23 Tracey Wickham,AUS
 2:03.23 Michelle Ford, AUS
 2:06.09 Rosemary Brown, AUS
2:08.74 Susan Mason,CAN (6th)
2:09.86 Sarah MacDonald,CAN (elim)

400 m free

4:14.57 Michelle Ford, AUS
 4:23.53 Rosemary Brown, AUS
4:26.04 Susan Mason,CAN (3rd)
4:38.69 Sarah MacDonald,CAN (elim)

800 m free

8:48.20 Michelle Ford, AUS
 8:59.65 Rosemary Brown, AUS
9:08.09 Susan Mason,CAN (3rd)

100 m backstroke

1:06.42 Glenda Robertson,AUS
1:06.51 Suzanne Kwasny,CAN (2nd)
1:06.78 Cathy Sheehan,CAN (3rd)

200 m backstroke

2:17.91 Glenda Robertson,AUS
 2:21.02 J.Admans, GBR
2:21.86 Suzanne Kwasny,CAN (3rd)
2:25.87 Cathy Sheehan,CAN (6th)

100 m breaststroke

1:13.11 Margaret Kelly, GBR
 1:13.89 Annick deSusini, FRA
 1:15.91 Catherine Poirot, FRA
1:17.77 Sheila Dezeeuw,CAN (elim)

200 m breaststroke

2:36.69 Suzanne Nielsson, DEN
 2:38.81 Margaret Kelly, GBR
 2:42.27 Annick DeSusini,FRA
2:49.74 Sheila Dezeeuw,CAN (elim)

100 m butterfly

1:02.56 Tracey Wickham,AUS
 1:02.65 Linda Hanel, AUS
 1:03.05 Christiane Knaacke, DDR
1:06.20 Cathy Sheehan,CAN (elim)
1:09.99 Sheila Dezeeuw,CAN (elim)

200 m butterfly

2:15.00 Michelle Ford, AUS
 2:15.29 Linda Hanel, AUS
 2:16.78 Tracey Wickham, AUS
2:22.47 Maureen Sheehan,CAN (7th)

200 m individual medley

2:20.37 Sabine Kahle, DDR
 2:20.99 Sharron Davies, GBR
 2:24.20 Moira Houston, GBR
2:27.96 Cathy Sheehan,CAN (elim)
2:29.55 Maureen Sheehan,CAN (elim)
2:27.87 Suzanne Kwasny,CAN (elim)

400 m individual medley

4:54.44 Sabine Kahle, DDR
 4:54.88 Sharron Davies, GBR
 5:03.21 Glenda Robertson, AUS
5:12.90 Suzanne Kwasny,CAN (7th)
5:19.18 Maureen Sheehan,CAN (elim)
5:27.27 Sheila Dezeeuw,CAN (elim)
5:26.59 Sarah MacDonald,CAN (elim)
5:16.88 Cathy Sheehan,CAN (elim)

Team Score

53 Australia
 29 Great Britain
 25 German Dem Republic
 19 Canada
 10 Norway

COACH WANTED

The North York Aquatic
 Club requires an
 experienced head-coach.

The position will be
 effective September 1,
 1978.

Candidates should send
 resume and salary
 expectations to:

North York AC
P.O.Box 64
Willowdale, Ontario
M4N 5S7

additional details by phone
Ron Chase (416) 492-4761

INTERNATIONAL TRAVEL PERMITS

The Canadian Amateur
 Swimming Association as a
 member in the International
 Amateur Swimming Federation,
 legislation requires that all
 individual and/or teams
 travelling out of the country
 for competitions, should have
 an International Permit issued
 by the National Office.

The permit can be obtained by
 contacting:

Joan Loughrin,CASA
Swimming Canada
333 River Road,
Ottawa, Ont. K1L 8B9
Tel: (613) 741-5111

Information needed by CASA

- Meet and location
- Date of competition
- Name of team
- Individual's names and
 CASA registration no.

SWIM COACH - POSITION WANTED

Attended US university on
 swimming scholarship and
 been active in the sport
 since graduation.

Good background in
 physiology.

For resume and
 additional details:

Thurlow Park,
2395 Cavendish Drive,
Burlington,Ont. L7T 3B7
Tel:(416) 335-3910

Top Age Group Times

CLASSEMENT PAR GROUPES D'AGE

Only submit times done in 25 metre pools, since Oct. 1
Times received up to April 5, 1978

10 & UNDER GIRLS / FILLES

100 metres free / libre

Rec: 1:06.7 *MacPherson/Terryberry*

- 1:06.7 Lynn Terryberry, Etobicoke
1:08.5 Alison Dozzo, North York
1:10.2 Jill Horstead, Etobicoke
1:10.2 Kathy Ahola, Thunder Bay
1:10.4 Marie Moore, unattached
1:10.4 Georgette Reed, Regina OD
1:10.4 Chris Ouosdorf, Beaconsfield
1:10.8 Susan Aronson, Cdn. Dolphin
1:11.0 Louise Dufour, St-Cesaire
1:11.4 Barb McBain, Van Pacific
1:12.0 Martina Glos, Gloucester SC
1:12.5 Jane Kerr, Etobicoke
1:12.6 Simone Schulz, Lions Gate
1:12.8 Karen Dezeeuw, Burlington
1:12.9 Monique DeBruin, Oakville

200 metres free / libre

Rec: 2:23.94 *M. MacPherson, SDSC, 77*

- 2:26.1 Lynn Terryberry, Etobicoke
2:27.5 Alison Dozzo, North York
2:27.6 Kathy Ahola, Thunder Bay
2:29.4 Jill Horstead, Etobicoke
2:29.9 Marie Moore, unattached
2:30.6 Louise Dufour, St-Cesaire
2:32.5 Susan Aronson, Cdn. Dolphin
2:33.3 Martina Glos, Gloucester SC
2:33.4 Chris Ouosdorf, Beaconsfield
2:33.7 Jane Kerr, Etobicoke
2:33.7 Karen Dezeeuw, Burlington
2:36.0 Simone Schulz, Lions Gate
2:36.1 Monique DeBruin, Oakville
2:36.2 Lynn Travers, Foothills SC
2:36.2 Kim Couttie, Calg Thornhill

400 metres free / libre

Rec: 4:59.5 *T. Osswald, V. Pac, 75*

- 5:04.9 Kathy Ahola, Thunder Bay
5:07.6 Jill Horstead, Etobicoke
5:08.3 Karen Dezeeuw, Burlington
5:11.4 Lynn Terryberry, Etobicoke
5:14.5 Alison Dozzo, North York
5:17.9 Martina Glos, Gloucester SC
5:18.1 Jane Kerr, Etobicoke
5:18.7 Jane Hoag, Van Pacific
5:20.3 Barb McBain, Van Pacific
5:25.0 Rhonda Renning, Brantford
5:26.0 Monique DeBruin, Oakville
5:26.9 Vera Reifenstein, Oakville
5:27.2 Chrjs Ouosdorf, Beaconsfield
5:29.3 Kim Couttie, Calg Thornhill
5:31.1 Heather France, Guelph MAC

100 metres back / dos

Rec: 1:14.8 *T. Osswald, V. Pac, 75*

- 1:19.3 Barb McBain, Van Pacific
1:19.9 Jill Horstead, Etobicoke
1:20.6 Simone Schulz, Lions Gate
1:20.6 Perle Criper, Lions Gate SC
1:21.6 Julie Beswick, Sudb LUSC
1:22.8 Kathy Black, Ham-Wentworth
1:23.3 Jane Kerr, Etobicoke
1:23.5 Marie Moore, unattached
1:23.7 Lynn Terryberry, Etobicoke
1:23.8 Noel Carawan, Edm South Si
1:23.8 Alison Dozzo, North York
1:23.8 Kathy Ahola, Thunder Bay
1:24.0 Kim Couttie, Calg Thornhill
1:24.5 Jane Hoag, Van Pacific
1:24.9 Chris Ouosdorf, Beaconsfield

100 metres breast / brasse

Rec: 1:24.3 *Bronwyn Beatty, ROD, 77*

- 1:26.3 Lynn Terryberry, Etobicoke
1:26.5 Louise Dufour, St-Cesaire
1:27.0 Nathalie Brisebois, CNBH
1:27.2 Martine Glos, Gloucester SC
1:29.0 Cindy Ounpuu, Etobicoke
1:29.4 Josee Labrie, CNRL Montl
1:29.5 Jennifer Mathews, Pt-Claire
1:29.6 Kathy Black, Ham-Wentworth
1:31.2 Brenna Tymko, Edm South Si
1:31.3 Alison Dozzo, North York
1:32.1 Denise Gereghty, No. Ont AC
1:32.2 Susan Aronson, Cdn. Dolphin
1:32.4 Jill Horstead, Etobicoke
1:32.8 Sabrina Schomber, Tor Swimtec
1:33.2 Noel Carawan, South Side SC

100 metres fly / papillon

Rec: 1:11.31 *M. MacPherson, SDSC, 77*

- 1:15.9 Lynn Terryberry, Etobicoke
1:16.8 Jill Horstead, Etobicoke
1:18.9 Marie Moore, unattached
1:20.3 Alison Dozzo, North York
1:20.4 Susan Aronson, Cdn. Dolphin
1:20.5 Barb McBain, Van Pacific
1:22.7 Noel Carawan, South Side
1:23.0 Chantal Geidron, Valleyfield
1:23.3 Karen Dezeeuw, Burlington
1:24.1 Chris Ouosdorf, Beaconsfield
1:24.1 Kathy Ahola, Thun Bay
1:24.4 Kim Couttie, Calg Thornhill
1:24.7 Kristi Blondal, Cdn. Dolphin
1:24.7 Jennifer McArton, North York
1:25.6 Lisa Hicks, No. Van MSSC

200 metres i.m. / quatre nages

Rec: 2:40.71 *M. MacPherson, SDSC, 77*

- 2:44.1 Lynn Terryberry, Etobicoke
2:46.0 Alison Dozzo, North York
2:46.4 Jill Horstead, Etobicoke
2:49.8 Kathy Ahola, Thunder Bay
2:50.3 Barb McBain, Van Pacific
2:50.6 Louise Dufour, St-Cesaire
2:51.8 Kathy Black, Ham-Wentworth
2:52.6 Karen Dezeeuw, Burlington
2:52.8 Jane Hoag, Van Pacific
2:53.3 Martina Glos, Gloucester
2:54.7 Jane Kerr, Etobicoke
2:55.2 Susan Aronson, Cdn. Dolphin
2:57.1 Noel Carawan, South Side SC
2:57.2 Jennifer Mathews, Pt-Claire
2:57.5 Kim Couttie, Calg Thornhill

11 - 12 GIRLS / FILLES

100 metres free / libre

Rec: 1:00.60 *B. Beatty, ROD, 78*

- 1:00.6 Bronwyn Beatty, Regina OD
1:01.1 Julie Daigneault, Pt-Claire
1:02.0 Dawn Gilhooly, Winn SJS
1:02.3 Michele Coulombe, Mtl-Nord
1:02.7 Pam Rai, Hyack SC
1:03.5 Tara Johnson, Etobicoke
1:03.6 Linley Patching, Guelph MAC
1:03.6 Isabelle Tasse, Pt-Claire
1:03.7 Janet McPherson, Cdn. Dolphin
1:03.8 Patti Boyles, St. John SC (NB)
1:04.0 Maureen Pinkos, Cornwall UC
1:04.0 Jennifer Montgomery, BBF
1:04.0 Linda Sanders, Pt-Claire
1:04.3 Jennifer Campbell, No. Ont AC
1:04.4 Danielle Clement, CN Laval

200 metres free / libre

Rec: 2:10.05 *M. Coulombe, Mtl-Nord, 78*

- 2:10.0 Michele Coulombe, Mtl-Nord
2:11.4 Dawn Gilhooly, Winn SJS
2:11.4 Bronwyn Beatty, Regina OD
2:12.4 Julie Daigneault, Pt-Claire
2:15.4 Janet McPherson, Cdn. Dolphin
2:17.0 Linley Patching, Guelph MAC
2:17.1 Patti Boyles, St. John SC (NB)
2:17.3 Chris Sendzik, St. Catharines
2:17.6 Sandra Honour, Regina OD
2:17.9 Jeanne Meunier, Edm Olym
2:18.0 Mich MacPherson, Etobicoke
2:18.4 Patti Glover, Calg Cascade
2:18.9 Cynthia Zutter, Edm Olympian
2:19.0 Cheryl Flegel, Calg Foothills
2:19.1 Paula Kelly, Windsor SC (NF)

400 metres free / libre

Rec: 4:32.12 *Tracy Klinck, ROW, 77*

- 4:37.6 Julie Daigneault, Pt-Claire
4:38.8 Dawn Gilhooly, Winn SJS
4:39.2 Mich Coulombe, Mtl-Nord
4:44.5 Bronwyn Beatty, Regina OD
4:45.5 Patti Boyles, St. John SC (NB)
4:46.7 Mich MacPherson, Etobicoke
4:46.7 Jeanne Meunier, Edm Olym
4:46.8 Linley Patching, Guelph MAC
4:47.2 Pam Rai, Hyack SC
4:47.6 Chris Sendzik, St. Catharines
4:48.2 Deanne Weber, North York
4:48.5 Paula Kelly, St. John's MUSC
4:48.5 Isabelle Tasse, Pt-Claire
4:48.8 Cynthia Zutter, Edm Olym
4:48.8 Patti Boyles, St. John SC (NB)

800 metres free / libre

Rec: 9:07.33 *Tracy Klinck, ROW, 77*

- 9:27.7 Dawn Gilhooly, Winn SJS
9:31.8 Bronwyn Beatty, Regina OD
9:40.9 Janet McPherson, Cdn. Dolphin
9:44.1 Cynthia Zutter, Edm Olympian
9:45.1 Sandra Honour, Regina OD
9:47.9 Chris Sendzik, St. Catharines
9:49.3 Patti Glover, Calg Cascade
9:52.5 Vicky Byman, Lions Gate SC
9:54.0 Erin McKay, North York
9:54.6 Patti Boyles, St. John SC (NB)
9:55.1 Cheryl Flegel, Calg Foothills
9:57.4 Deanne Weber, North York
10:00.7 Meta Woods, Saskatoon KG
10:02.4 Pam Rai, Hyack SC
10:03.3 Liz Taus, No. Ontario AC

100 metres back / dos

Rec: 1:07.28 *Susan Duncan, HT, 77*

- 1:09.9 Mich Coulombe, Mtl-Nord
1:10.2 Dawn Gilhooly, Winn SJS
1:12.1 Theresa Black, Ham-Wentworth
1:12.1 Julie Daigneault, Pt-Claire
1:12.2 Bev McLean, Pt-Claire
1:12.9 Alison Soroka, Pt-Claire
1:13.2 Erin McKay, North York
1:13.3 Nicole Jordan, Calg Foothills
1:13.6 Charlotte Savela, Sudb LUSC
1:13.8 Mich MacPherson, Etobicoke
1:14.0 Tara Johnson, Etobicoke
1:14.6 Bronwyn Beatty, Regina OD
1:14.6 Renee Dube, CN Laval
1:14.7 Liz Stirrett, Edm Jasper Place
1:15.0 Isabelle Tasse, Pt-Claire

200 metres back / dos

Rec: 2:26.64 *M. Coulombe, Mtl-Nord, 78*

- 2:26.6 Michele Coulombe, Mtl-Nord
2:29.3 Theresa Black, Ham-Wentworth
2:32.8 Bev McLean, Pt-Claire
2:33.2 Julie Daigneault, Pt-Claire
2:34.0 Dawn Gilhooly, Winn SJS
2:34.7 Cynthia Zutter, Edm Olympian
2:34.9 Nicole Jordan, Calg Foothills
2:35.7 Charlotte Savela, Sudb LUSC
2:36.3 Mich MacPherson, Etobicoke
2:38.4 Tara Johnson, Etobicoke
2:38.8 Renee Dube, CN Laval
2:39.2 Smeryn, Edm Olym
2:40.3 Jennifer Campbell, No. Ont AC
2:40.4 Kim O'Dell, Van Pacific
2:40.5 Liz Stirrett, Edm Jasper Place

100 metres breast / brasse

Rec: 1:15.63 *B. Beatty, ROD, 78*

- 1:15.6 Bronwyn Beatty, Regina OD
1:16.5 Mich Coulombe, Mtl-Nord
1:18.7 Linley Patching, Guelph MAC
1:18.9 Alison Soroka, Pt-Claire
1:19.5 Lisa O'Donnell, Hyack SC
1:19.7 Jeanne Meunier, Edm Olym
1:19.9 Chris Sendzik, St. Catharines
1:20.0 Helene Piekos, Mtl-Olympique
1:20.4 Janis Hunt, Cambridge AC
1:20.5 Pasquale Descarry, LDRH
1:21.4 Dawn Gilhooly, Winn SJS
1:22.3 Megan Lougheed, Hyack SC
1:22.4 Kathy Joyce, Cranbrook Tri
1:22.6 Susie Garay, Tor Swimtec
1:22.6 Jackie Hatherly, Thun Bay

200 metres breast / brasse

Rec: 2:41.28 *B. Beatty, ROD, 78*

- 2:41.2 Bronwyn Beatty, Regina OD
2:44.9 Michele Coulombe, Mtl-Nord
2:47.9 Jackie Hatherly, Thunder Bay
2:49.2 Linley Patching, Guelph MAC
2:50.8 Alison Soroka, Pt-Claire
2:51.0 Pasquale Descarry, LDRN
2:51.1 Chris Sendzik, St. Catharines
2:51.7 Jeanne Meunier, Edm Olympia
2:52.0 Janis Hunt, Cambridge AC
2:52.2 Helene Piekos, Mtl-Olym
2:52.3 Karen Dezeeuw, Burlington
2:52.4 Lisa O'Donnell, Hyack SC
2:54.6 Dawn Gilhooly, Winn SJS
2:55.4 Kathy Joyce, Cranbrook Tri
2:55.5 Megan Lougheed, Hyack SC

100 metres fly / papillon

Rec: 1:05.48 *M. Coulombe, Mtl-Nord, 78*

- 1:05.4 Michele Coulombe, Mtl-Nord
1:08.3 Dawn Gilhooly, Winn SJS
1:08.6 Julie Daigneault, Pt-Claire
1:09.3 Mich MacPherson, Etobicoke
1:09.3 Bev McLean, Pt-Claire
1:09.8 Cheryl Flegel, Calg Foothill
1:10.0 Janet McPherson, Cdn. Dolphin
1:10.7 Jill Christenson, Cdn. Dolphin
1:10.8 Brinwyn Beatty, Regina OD
1:11.7 Sandra Honour, Regina OD
1:11.9 Liz Stirrett, Edm Jasper Place
1:12.1 Pam Rai, Hyack SC
1:12.3 Alison Soroka, Pt-Claire
1:12.5 Vicky Byman, Lions Gate SC
1:12.5 Cathie Griffen, Windsor (NF)

200 metres fly / papillon

Rec: 2:19.11 *M. Coulombe, Mtl-Nord, 77*

- 2:19.8 Michele Coulombe, Mtl-Nord
2:31.4 Dawn Gilhooly, Winn SJS
2:32.7 Mich MacPherson, Etobicoke
2:34.1 Maureen Oesch, Reg Waterloo
2:34.9 Cheryl Flegel, Calg Foothills
2:35.0 Vicky Byman, Lions Gate SC
2:35.3 Janet McPherson, Cdn. Dolphin
2:35.4 Nicole Jordan, Calg Foothills
2:35.4 Sandra Honour, Regina OD
2:36.1 Bronwyn Beatty, Regina OD
2:36.9 Meta Woods, Saskatoon KG
2:36.9 Nancy Nascimben, Thun Bay
2:38.8 Cynthia Zutter, Edm Olym
2:39.2 Rhona Fleming, North York
2:40.3 Jill Christenson, Cdn. Dolphin

200 metres i.m. / quatre nages

Rec: 2:25.35 M. Coulombe, Mtl-Nord, 78
 2:25.3 Michele Coulombe, Mtl-Nord
 2:26.9 Dawn Gilhooly, Winn SJS
 2:28.7 Bronwyn Beatty, Regina OD
 2:31.6 Julie Daigneault, Pt-Claire
 2:32.7 Alison Soroka, Pt-Claire
 2:33.1 Mich MacPherson, Etobicoke
 2:33.2 Theresa Black, Ham-Wentworth
 2:33.4 Jackie Hatherly, Thun Bay
 2:34.3 Nicole Jordan, Calg Foothills
 2:34.6 Lisa O'Donnell, Hyack SC
 2:34.7 Linley Patching, Guelph MAC
 2:36.4 Cheryl Flegel, Calg Foothill
 2:36.5 Renee Dube, CN Laval
 2:37.2 Vicky Byman, Lions Gate SC
 2:37.2 Bev McLean, Pt-Claire

400 metres i.m. / quatre nages

Rec: 5:08.32 M. Coulombe, Mtl-Nord, 78
 5:08.3 Michele Coulombe, Mtl-Nord
 5:16.9 Bronwyn Beatty, Regina OD
 5:18.4 Dawn Gilhooly, Winn SJS
 5:21.3 Jackie Hatherly, Thun Bay
 5:25.5 Mich MacPherson, Etobicoke
 5:26.3 Linley Patching, Guelph MAC
 5:27.8 Vicky Byman, Lions Gate SC
 5:28.0 Nicole Jordan, Calg Foothills
 5:29.6 Lisa O'Donnell, Hyack SC
 5:30.0 Maureen Oesch, Reg Waterloo
 5:30.3 Chris Sendzik, St.Catharines
 5:30.6 Janis Hunt, Cambridge AC
 5:32.6 Cheryl Flegel, Calg Foothills
 5:33.7 Cynthia Zutter, Edm Olym
 5:33.7 Sandra Honour, Regina OD

13-14 GIRLS / FILLES**100 metres free / libre**

Rec: 57.27 Debbie Clarke, TBT, 76
 57.8 Carol Klimpel, Scarboro SC
 59.1 Jenny Boulianne, Pt-Claire
 59.5 Megan Beattie, Cdn. Dolphin
 59.8 Kathy Bald, Ottawa Y
 59.9 Janice Clark, Pt-Claire
 1:00.0 Pam Montgomery, Etobicoke
 1:00.2 Marcia Tufts, Pt-Claire
 1:00.2 Licia Corbella, Cdn. Dolphin
 1:00.5 Gabriele Sponheimer, Cascade
 1:00.6 Lyne Royer, Sherbrooke
 1:00.7 Theresa Mazur, Winn Cardinal
 1:00.9 Krista Davies, Etobicoke
 1:01.1 Barb Jickling, Edm Olympian
 1:01.1 Nancy Banerd, Ott Kingfish
 1:01.1 Irena Stepkowski, Cdn. Dolphin

200 metres free / libre

Rec: 2:01.56 S. Smith, Hyack, 76
 2:04.9 Carol Klimpel, Scarboro SC
 2:06.0 Jenny Boulianne, Pt-Claire
 2:07.6 Megan Beattie, Cdn. Dolphin
 2:09.4 Tracy Klinck, Reg Waterloo
 2:09.4 Nathalie Gingras, Mtl-Olym
 2:10.3 Lucie Danis, Pt-Claire
 2:10.5 Lori O'Hara, Etobicoke
 2:10.5 Lisa Jacobson, Cdn. Dolphin
 2:10.6 Gabriele Sponheimer, Cascade
 2:10.6 Barb Jickling, Edm Olympian
 2:10.9 Licia Corbella, Cdn. Dolphin
 2:11.5 Anne Fitzgerald, Pt-Claire
 2:11.7 Donna Hohl, Winn Cardinal
 2:11.7 Kathy Bald, Ottawa Y
 2:11.7 Irena Stepkowski, Cdn. Dolphin

400 metres free / libre

Rec: 4:14.79 S. Smith, Hyack, 76
 4:20.9 Jenny Boulianne, Pt-Claire
 4:23.9 Carol Klimpel, Scarboro SC
 4:24.6 Lori O'Hara, Etobicoke
 4:26.3 Tracy Klinck, Reg Waterloo
 4:29.3 Nathalie Gingras, Mtl-Olym
 4:29.9 Lucie Danis, Pt-Claire
 4:30.4 Kathy Richardson, Tor Granite
 4:32.6 Lisa Jacobson, Cdn. Dolphin
 4:33.0 Donna Hohl, Winn Cardinal
 4:35.0 Anne Fitzgerald, Pt-Claire
 4:35.0 Penny Shaw, Tor Granite
 4:35.1 Sylvie Kennedy, Pt-Claire
 4:36.6 Elisabeth Laporte, Joliette
 4:37.9 Gabriele Sponheimer, Cascade
 4:38.0 Barb Jickling, Edm Olympian

800 metres free / libre

Rec: 8:44.71 S. Smith, Hyack, 76
 9:02.7 Lori O'Hara, Etobicoke
 9:02.8 Jenny Boulianne, Pt-Claire
 9:02.9 Tracy Klinck, Reg Waterloo
 9:03.3 Carol Klimpel, Scarboro SC
 9:13.0 Donna Hohl, Winn Cardinal
 9:19.5 Lucie Danis, Pt-Claire
 9:21.4 Kathy Richardson, Tor Granite
 9:23.2 Nathalie Gingras, Mtl-Olym
 9:25.5 Sheila Kuyper, Brantford
 9:25.8 Val Whyte, Hyack SC
 9:25.9 Anne Fitzgerald, Pt-Claire
 9:26.0 Penny Shaw, Tor Granite
 9:27.9 Gabriele Sponheimer, Cascade
 9:28.8 Julie Derby, Moose Jaw KFF
 9:29.7 Barbara Braaten, Calg Foothills

1000 metres back / dos

Rec: 1:04.20 N. Garapick, HT, 75
 1:05.4 Jenny Boulianne, Pt-Claire
 1:08.2 Susan Duncan, Halifax Trojan
 1:08.7 Theresa Mazur, Winn Cardinal
 1:09.0 Maureen New, Edm South Side
 1:09.7 Anne Bevan, Etobicoke
 1:09.7 Lori O'Hara, Etobicoke
 1:09.9 Maryann Topo, Sudb LUSC
 1:10.2 Donna Ireland, Calg South Y
 1:10.2 Beth May, Calg Cascade
 1:10.3 Kathy Bald, Ottawa Y
 1:10.5 Elaine Francis, Cowansville
 1:10.8 Kathy Tays, Dartmouth CSC
 1:10.8 Kelly Mahoney, Man Marlins
 1:10.8 Carol Klimpel, Scarboro SC
 1:10.9 Monique Vandonselaar, SSSC

200 metres back / dos

Rec: 2:15.85 N. Garapick, HT, 76
 2:17.9 Jenny Boulianne, Pt-Claire
 2:27.1 Anne Bavan, Etobicoke
 2:27.3 Lori O'Hara, Etobicoke
 2:28.0 Maryanne Topo, Sudb LUSC
 2:28.3 Maureen New, Edm South Side
 2:28.8 Katie Fleming, Thunder Bay
 2:29.2 Laurie Brafield, Etobicoke
 2:29.3 Nathalie Gingras, Mtl-Olym
 2:29.3 Kelly Mahoney, Man Marlins
 2:29.4 Donna Ireland, Calg South Y
 2:30.1 Beth May, Calg Cascade
 2:30.2 Theresa Mazur, Winn Cardinal
 2:30.8 Susan Duncan, Halifax Trojan
 2:31.0 Cynthia Zutter, Edm Olym
 2:31.3 Marie C. Beauchemin, PCSC

100 metres breast / brasse

Rec: 1:11.08 R. Corsiglia, PCSC, 77
 1:14.2 Sheila Dezeewu, Burlington
 1:14.3 Marie C. Beauchemin, Pt-Claire
 1:14.9 Marsha Tufts, Pt-Claire
 1:15.4 Susan Smythe, North York
 1:15.9 Johanne Chevalier, Mtl-RIO
 1:16.2 Louise Murray, Ott Nepean
 1:16.2 Licia Corbella, Cdn. Dolphin
 1:17.1 Sherry Leeder, Etobicoke
 1:17.2 Lisa Jacobson, Cdn. Dolphin
 1:17.4 Jackie Loucks, Thunder Bay
 1:17.4 Kathy Bald, Ottawa Y
 1:17.5 Jackie Hatherly, Thunder Bay
 1:17.6 Alison Soroka, Pt-Claire
 1:17.8 Pam Montgomery, Etobicoke
 1:18.0 Ronda Thomasson, Hyack SC

200 metres breast / brasse

Rec: 2:33.27 R. Corsiglia, PCSC, 77
 2:39.2 Sheila Dezeewu, Burlington
 2:39.8 Marie C. Beauchemin, Pt-Claire
 2:40.1 Marsha Tufts, Pt-Claire
 2:41.4 Licia Corbella, Cdn. Dolphin
 2:41.7 Susan Smythe, North York
 2:44.7 Johanne Chevalier, Mtl-RIO
 2:44.8 Pam Montgomery, Etobicoke
 2:44.8 Sherry Leeder, Etobicoke
 2:44.8 Kim Hammond, Cdn. Dolphin
 2:44.8 Louise Murray, Ott Nepean
 2:46.5 Susan Alexander, Thunder Bay
 2:46.6 Kathy Bald, Ottawa Y
 2:46.8 Jackie Hatherly, Thunder Bay
 2:47.3 Lisa Jacobson, Cdn. Dolphin
 2:47.8 Alison Soroka, Pt-Claire

100 metres fly / papillon

Rec: 1:04.06 N. Garapick, HT, 76
 1:04.2 Val Whyte, Hyack SC
 1:05.2 Theresa Mazur, Winn Cardinal
 1:05.4 Lori O'Hara, Etobicoke
 1:06.0 Megan Beattie, Cdn. Dolphin
 1:06.3 Elaine Francis, Cowansville
 1:06.6 Sharon Scott, Pt-Claire
 1:07.2 Jenny Boulianne, Pt-Claire
 1:07.3 Marie C. Desmarais, Joliette
 1:07.6 Licia Corbella, Cdn. Dolphin
 1:07.6 Krista Davies, Etobicoke
 1:07.6 Kathy Coy, St. Catharines
 1:07.7 Gabriele Sponheimer, Cascade
 1:08.0 Nathalie Gingras, Mtl-Olym
 1:08.4 Louise Simard, Joliette
 1:08.4 Lucie Danis, Pt-Claire

200 metres fly / papillon

Rec: 2:18.11 L. O'Hara, Etob, 77
 2:18.1 Lori O'Hara, Etobicoke
 2:20.9 Val Whyte, Hyack SC
 2:23.0 Marie C. Desmarais, Joliette
 2:24.2 Sharon Scott, Pt-Claire
 2:24.9 Nathalie Gingras, Mtl-Olym
 2:25.5 Elisabeth Laporte, Joliette
 2:25.7 Kathy Coy, St. Catharines
 2:26.1 Marie C. Beauchemin, Pt-Claire
 2:26.2 Louise Simard, Joliette
 2:26.4 Krista Davies, Etobicoke
 2:26.8 Katie Fleming, Thunder Bay
 2:28.0 Kevyn Stafford, Lions Gate
 2:28.0 Trudi Munro, Saskatoon KG
 2:28.2 Fiona Woods, Saskatoon KG
 2:28.7 Kathy Richardson, Tor Granite

200 metres i.m. / quatre nages

Rec: 2:20.09 N. Garapick, HT, 76
 2:22.3 Marie C. Beauchemin, Pt-Claire
 2:24.2 Carol Klimpel, Scarboro SC
 2:24.9 Jenny Boulianne, Pt-Claire
 2:25.1 Lisa Jacobson, Cdn. Dolphin
 2:26.7 Sheila Dezeewu, Burlington
 2:26.9 Theresa Mazur, Winn Cardinal
 2:27.0 Licia Corbella, Cdn. Dolphin
 2:27.3 Sherry Leeder, Etobicoke
 2:28.1 Kathy Bald, Ottawa Y
 2:29.2 Susan Smythe, North York
 2:29.4 Lori O'Hara, Etobicoke
 2:29.5 Maureen New, Edm South Side
 2:30.1 Nathalie Deschamps, Ste-Foy
 2:30.6 Elaine Francis, Cowansville
 2:30.8 Kelly Mahoney, Man Marlins

400 metres i.m. / quatre nages

Rec: 4:57.01 N. Garapick, HT, 76
 5:00.1 Marie C. Beauchemin, Pt-Claire
 5:00.2 Jenny Boulianne, Pt-Claire
 5:07.9 Lori O'Hara, Etobicoke
 5:08.5 Nathalie Gingras, Mtl-Olym
 5:09.0 Sheila Dezeewu, Burlington
 5:09.0 Kathy Richardson, Tor Granite
 5:09.9 Katie Fleming, Thunder Bay
 5:11.7 Lisa Jacobson, Cdn. Dolphin
 5:12.7 Susan Smythe, North York
 5:15.7 Kelly Mahoney, Man Marlins
 5:17.3 Jackie Hatherly, Thunder Bay
 5:17.7 Susan Alexander, Thunder Bay
 5:17.9 Elaine Francis, Cowansville
 5:18.3 Marg McRae, St. Catharines
 5:18.7 Theresa Mazur, Winn Cardinal

15-17 GIRLS / FILLES**100 metres free / libre**

Rec: 56.25 J. Malloy, TBT, 78
 56.2 Johanna Malloy, Thunder Bay
 57.5 Nancy Garapick, Halifax Troj
 57.9 Val Mee, Etobicoke
 58.3 Shannon Smith, Hyack SC
 59.1 Joann Baker, Thunder Bay
 59.2 Beth Carmichael, Windsor AC
 59.2 Kathy Smith, Etobicoke
 59.3 Susan Mason, Halifax Trojan
 59.4 Sarah MacDonald, Sim Fraser
 59.5 Heidi Borner, Mtl-Olympique
 59.5 Coleen Curry, Etobicoke
 59.6 Pam VanLoon, Ham-Wentworth
 59.6 Sue Melody, Cdn. Dolphin
 59.6 Kelly Albright, Etobicoke
 59.7 Debbie Daigneault, Pt-Claire

200 metres free / libre

Rec: 2:00.42 N. Garapick, HT, 77
 2:02.3 Joann Baker, Thunder Bay
 2:02.3 Shannon Smith, Hyack SC
 2:02.6 Val Mee, Etobicoke
 2:03.0 Nancy Garapick, Halifax Troj
 2:03.9 Susan Mason, Halifax Trojan
 2:04.6 Johanna Malloy, Thunder Bay
 2:05.7 Beth Carmichael, Windsor AC
 2:06.7 Paula Parris, London Y
 2:06.8 Sarah MacDonald, Sim Fraser
 2:06.9 Chris Hodson, Thunder Bay
 2:07.1 Julaine Tillman, London Y
 2:07.1 Sylvie Kennedy, Pt-Claire
 2:07.2 Les Brafield, Etobicoke
 2:07.2 Wendy Lee, Regina OD
 2:07.2 Suzanne Kwasny, Thun Bay

400 metres free / libre

Rec: 4:13.28 Wendy Quirk, PCSC, 77
 4:14.69 Shannon Smith, Hyack SC
 4:17.24 Susan Mason, Halifax Trojan
 4:17.4 Nancy Garapick, Halifax Troj
 4:17.7 Joann Baker, Thunder Bay
 4:18.9 Lisa Geary, Cdn. Dolphin
 4:19.4 Wendy Lee, Regina OD
 4:20.8 Kelly Albright, Etobicoke
 4:22.2 Les Brafield, Etobicoke
 4:22.8 Judy Baker, Thunder Bay
 4:22.8 Beth Carmichael, Windsor AC
 4:23.0 Shelley Baldwin, Cdn. Dolphin
 4:23.3 Lorinda Parkes, Etobicoke
 4:23.6 Val Mee, Etobicoke
 4:25.0 Cathy DeGroot, Edm Olym
 4:25.3 Chris Hodson, Thunder Bay

800 metres free / libre

Rec: 8:41.17 Shannon Smith, Hyack, 77
 8:41.3 Lisa Geary, Cdn. Dolphin
 8:46.8 Shannon Smith, Hyack SC
 8:52.1 Joann Baker, Thunder Bay
 8:52.7 Susan Mason, Halifax Trojan
 8:54.3 Cathy DeGroot, Edm Olym
 8:55.2 Judy Baker, Thunder Bay
 8:55.4 Wendy Lee, Regina OD
 8:55.9 Kelly Albright, Etobicoke
 8:58.8 Lorinda Parkes, Etobicoke
 9:02.0 Beth Carmichael, Windsor AC
 9:02.4 Les Brafield, Etobicoke
 9:04.0 Susan McGavin, Winn Cardinal
 9:09.6 Chris Hodson, Thunder Bay
 9:10.4 Joan Chesley, Cdn. Dolphin
 9:10.8 Paula Parris, London Y

100 metres back / dos

Rec: 1:03.93 C. Gibson, SSSC, 77
 1:04.9 Suzanne Kwasny, Thun Bay
 1:05.2 Cathy Sheehan, Calg Foothill
 1:05.3 Lois Daigneault, Pt-Claire
 1:05.5 Nancy Garapick, Halifax Troj
 1:06.4 Brenda Barnes, Regina OD
 1:06.5 Paula Parris, London Y
 1:06.6 Jody McPhee, Sudb LUSC
 1:06.7 Marie J. Matte, Mtl-Olym
 1:06.8 Paula Jensen, Pt-Claire
 1:06.9 Lori Cockwell, Pt-Claire
 1:06.9 Kathy Smith, Etobicoke
 1:07.0 Joann Baker, Thunder Bay
 1:07.1 DeeDee Inns, North York
 1:07.6 Erin Corcoran, Etobicoke
 1:07.9 Kathy Becker, London Y

200 metres back / dos

Rec: 2:15.30 C. Gibson, SSSC, 77
 2:18.6 Suzanne Kwasny, Thun Bay
 2:19.3 Cathy Sheehan, Calg Foothill
 2:19.7 Paula Parris, London Y
 2:20.8 Brenda Barnes, Regina OD
 2:20.9 Lois Daigneault, Pt-Claire
 2:21.3 Isabel Tempesta, Thun Bay
 2:22.2 Jody McPhee, Sudb LUSC
 2:22.3 DeeDee Inns, North York
 2:22.4 Marie J. Matte, Mtl-Olym
 2:24.0 Kim Druiven, Ham-Wentworth
 2:24.3 Kathy Becker, London Y
 2:24.6 Joann Grant, Thunder Bay
 2:24.8 Jane Tregun, St. Catharines
 2:24.8 Joann Baker, Thunder Bay
 2:25.2 Nathalie Gingras, Mtl-Olym

100 metres breast / brasse**Rec: 1:11.66 L. Borsholt, CDSC, 78**

- 1:11.6 Lisa Borsholt, Cdn. Dolphin
- 1:12.4 Robin Corsiglia, Pt-Claire
- 1:12.8 Judy Garay, Tor Swimtec
- 1:14.3 Chris Hodson, Thunder Bay
- 1:14.6 Coleen Curry, Etobicoke
- 1:14.9 Diana Firth, Mtl-Olympique
- 1:14.9 Ann Walling, Select Quebec
- 1:15.0 Joann Baker, Thunder Bay
- 1:15.2 Nancy McKendrick, Thun Bay
- 1:15.3 Cindy Neumann, Pt-Claire
- 1:16.0 Susan Smythe, North York
- 1:16.1 Gigi Graveline, Pt-Claire
- 1:16.1 Judy Ward, Etobicoke
- 1:16.4 Kim Hammond, Cdn. Dolphin
- 1:16.4 Flavia Corbella, Cdn. Dolphin

200 metres breast / brasse**Rec: 2:33.47 R. Corsiglia, PCSC, 78**

- 2:33.4 Robin Corsiglia, Pt-Claire
- 2:33.5 Lisa Borsholt, Cdn. Dolphin
- 2:36.9 Chris Hodson, Thunder Bay
- 2:38.8 Joann Baker, Thunder Bay
- 2:40.3 Nancy McKendrick, Thun Bay
- 2:40.6 Judy Baker, Etobicoke
- 2:40.8 Ann Walling, Select Quebec
- 2:41.4 Susan Smythe, North York
- 2:41.5 Judy Baker, Thunder Bay
- 2:42.9 Joann Grant, Thunder Bay
- 2:43.0 Coleen Curry, Etobicoke
- 2:43.6 Diana Firth, Mtl-Olympique
- 2:44.8 Cindy Neumann, Pt-Claire
- 2:45.0 Susan Casey, Etobicoke
- 2:45.2 Sue Allen, Edm Jasper Place

100 metres fly / papillon**Rec: 1:02.15 W. Quirk, PCSC, 77**

- 1:02.9 Nancy Garapick, Halifax Troj
- 1:03.8 Deb Armstead, Calg Foothill
- 1:04.0 Kelly Albright, Etobicoke
- 1:04.4 Kerry Kissick, Etobicoke
- 1:04.7 Lori O'Hara, Etobicoke
- 1:04.8 Diana Firth, Mtl-Olympique
- 1:04.9 Pam Lazzarotto, Etobicoke
- 1:05.0 Kathy Smith, Etobicoke
- 1:05.0 Shelley Baldwin, Cdn. Dolphin
- 1:05.2 Val Mee, Etobicoke
- 1:05.3 Sue Melody, Cdn. Dolphin
- 1:05.4 Maureen Sheehan, Foothill SC
- 1:05.5 Joahanna Malloy, Thun Bay
- 1:05.5 Anne Kremer, Pt-Claire
- 1:05.8 Joann Baker, Thunder Bay

200 metres fly / papillon**Rec: 2:13.06 C. Gibson, SSSC, 77**

- 2:14.8 Judy Baker, Thunder Bay
- 2:14.9 Nancy Garapick, Halifax Troj
- 2:15.7 Kelly Albright, Etobicoke
- 2:16.7 Lori O'Hara, Etobicoke
- 2:17.5 Kerry Kissick, Etobicoke
- 2:17.6 Maureen Sheehan, Foothills SC
- 2:19.1 Susan Mason, Halifax Trojan
- 2:19.1 Lisa Geary, Cdn. Dolphin
- 2:19.6 Les Brafield, Etobicoke
- 2:20.4 Shelley Baldwin, Cdn. Dolphin
- 2:20.8 Elisabeth Laporte, Joliette
- 2:21.4 Isabel Tempesta, Thun Bay
- 2:21.8 Beth Carmichael, Windsor AC
- 2:22.0 DeeDee Inns, North York
- 2:22.5 Lucie Danis, Pt-Claire

200 metres i.m. / quatre nages**Rec: 2:17.49 N. Garapick, HT, 78**

- 2:17.4 Nancy Garapick, Halifax Troj
- 2:18.1 Joann Baker, Thunder Bay
- 2:18.3 Chris Hodson, Thunder Bay
- 2:20.6 Judy Baker, Thun Bay
- 2:20.8 Johanna Malloy, Thun Bay
- 2:22.1 Maureen Sheehan, Foothills SC
- 2:22.7 Jody McPhee, Sudb LUSC
- 2:23.3 Suzanne Kwasy, Thun Bay
- 2:23.4 Cathy Sheehan, Foothill SC
- 2:24.2 Shelley Baldwin, Cdn. Dolphin
- 2:24.3 Les Brafield, Etobicoke
- 2:24.3 Nancy McKendrick, Thun Bay
- 2:24.3 Shannon Smith, Hyack SC
- 2:24.6 Judy Ward, Etobicoke
- 2:25.1 Sarah MacDonald, Sim Fraser

400 metres i.m. / quatre nages**Rec: 4:46.61 C. Gibson, SSSC, 77**

- 4:47.1 Nancy Garapick, Halifax Troj
- 4:49.2 Shannon Smith, Hyack SC
- 4:50.1 Joann Baker, Thun Bay
- 4:51.2 Judy Baker, Thunder Bay
- 4:55.7 Suzanne Kwasy, Thun Bay
- 4:57.4 Chris Hodson, Thunder Bay
- 4:59.4 Maureen Sheehan, Foothill SC
- 4:59.7 Lisa Geary, Cdn. Dolphin
- 4:59.8 Kelly Albright, Etobicoke
- 5:00.1 Jody McPhee, Sudb LUSC
- 5:02.2 Joann Grant, Thunder Bay
- 5:03.3 DeeDee Inns, North York
- 5:06.5 Les Brafield, Etobicoke
- 5:06.7 Cathy Sheehan, Foothill SC
- 5:07.0 Robin Corsiglia, Pt-Claire

10 & UNDER BOYS / GARCONS**100 metres free / libre****Rec: 1:05.54 A. Baumann, LUSC, 75**

- 1:07.4 Deke Botsford, North York
- 1:07.5 Kevin Draxinger, Lions Gate
- 1:08.0 Daryl Borland, Ham-Went
- 1:08.2 Trevor Jakisch, Winn SJS
- 1:08.5 Peter Webster, London Y
- 1:09.2 Peter Graboski, Foothills SC
- 1:09.8 Mark Tewksbury, Cascade SC
- 1:10.1 Trent Grof, Regina OD
- 1:10.4 Terry Livingston, Regina OD
- 1:10.8 David Schulman, Saskatoon
- 1:10.8 Jacques Jodoin, Mtl-RIO
- 1:10.9 Greg Pye, London Y
- 1:11.1 Francois Pichard, Chicoutimi
- 1:11.4 Trevor Wynd, Hyack SC
- 1:11.5 Rudy Wolfs, Mississauga AC

200 metres free / libre**Rec: 2:20.44 A. Baumann, LUSC, 75**

- 2:23.6 Trevor Jakisch, Winn SJS
- 2:25.3 Deke Botsford, North York
- 2:25.9 Peter Webster, London Y
- 2:26.2 Kevin Draxinger, Lions Gate
- 2:26.2 Daryl Borland, Ham-Went
- 2:27.8 Peter Graboski, Foothills SC
- 2:27.9 Terry Livingston, Regina OD
- 2:28.4 David Schulman, Sask KG
- 2:32.0 Mark Tewksbury, Cascade SC
- 2:32.1 Jacques Jodoin, Mtl-RIO
- 2:32.3 Michal Prochazka, Van Aquan
- 2:32.9 Dale Cheeseman, Edm JPSC
- 2:34.8 Rudy Wolfs, Mississauga AC
- 2:35.6 Trent Grof, Regina OD
- 2:35.7 Chris Chalmers, London Y

400 metres free / libre**Rec: 4:53.4 K. Draxinger, LGSC, 78**

- 4:53.4 Kevin Draxinger, Lions Gate
- 4:58.9 Deke Botsford, North York
- 4:59.1 Peter Webster, London Y
- 5:06.0 James MacKay, Halifax Trojan
- 5:06.2 Trevor Jakisch, Winn SJS
- 5:06.8 Peter Graboski, Foothills SC
- 5:08.6 Daryl Borland, Ham-Went
- 5:10.5 Terry Livingston, Regina OD
- 5:18.6 Michal Prochazka, Van Aquan
- 5:21.1 Greg Pye, London Y
- 5:21.4 Trevor Wynd, Hyack SC
- 5:22.9 David Schulman, Saskatoon
- 5:23.8 Boyd Grealy, Victoria ASC
- 5:24.5 Mark Tewksbury, Cascade SC
- 5:25.0 Dale Cheeseman, Edm JPSC

100 metres back / dos**Rec: 1:16.70 M. Kanuka, ROD, 72**

- 1:16.7 Deke Botsford, North York
- 1:18.8 Peter Graboski, Calg Foothills
- 1:19.3 Trevor Jakisch, Winn SJS
- 1:20.0 Mark Tewksbury, Cascade SC
- 1:20.3 Kevin Draxinger, Lions Gate
- 1:21.8 Sam Wright, Ham-Went
- 1:22.0 Daryl Borland, Ham-Went
- 1:22.3 Michal Prochazka, Van Aquan
- 1:22.5 Stuart Laslop, Edm South Side
- 1:23.3 Jacques Jodoin, Mtl-RIO
- 1:23.5 David Hehlen, Valleyfield CAS
- 1:23.8 Peter Webster, London Y
- 1:24.4 Edward Izatt, Man Marlins
- 1:24.5 Francois Pichard, Chicoutimi
- 1:24.6 David Schulman, Sask KG

100 metres breast / brasse**Rec: 1:24.57 A. Baumann, LUSC, 75**

- 1:26.2 Greg Pye, London Y
- 1:27.8 Pat Purbs, St. Catharines
- 1:28.8 Trevor Jakisch, Winn SJS
- 1:30.9 Mark Kaiway, Van Pacific
- 1:31.4 Samuel Sim, Edm South Side
- 1:31.4 Deke Botsford, North York
- 1:31.6 Eric Davis, Halifax Trojan
- 1:31.9 Peter Graboski, Calg Foothills
- 1:32.4 Daryl Borland, Ham-Went
- 1:33.3 David VanDyke, Lions Gate
- 1:33.6 Jacques Jodoin, Mtl-RIO
- 1:34.3 Sean Ouellet, Red Deer OC
- 1:34.3 Jim Birchenough, Pt-Claire
- 1:34.4 David Hehlen, Valleyfield CAS
- 1:34.6 Kevin Draxinger, Lions Gate

100 metres fly / papillon**Rec: 1:13.38 A. Baumann, LUSC, 75**

- 1:15.1 Deke Botsford, North York
- 1:15.7 Peter Graboski, Calg Foothills
- 1:19.1 Trevor Jakisch, Winn SJS
- 1:19.8 Jacques Jodoin, Mtl-RIO
- 1:21.2 Kevin Draxinger, Lions Gate
- 1:21.5 Terry Livingston, Regina OD
- 1:22.2 Samuel Sim, Edm South Side
- 1:22.6 Peter Darvas, York AC
- 1:23.7 Sean Ouellet, Red Deer OC
- 1:23.7 Yen Lee, Van Pacific
- 1:23.8 Paul Clay, Van Pacific
- 1:23.9 Daryl Borland, Ham-Went
- 1:24.0 Bob Sutherland, New Sudb D
- 1:24.0 Barton Wells, Man Marlins
- 1:24.6 Phillip Kern, Van Pacific

200 metres i.m. / quatre nages**Rec: 2:38.24 A. Baumann, LUSC, 75**

- 2:44.7 Deke Botsford, North York
- 2:46.5 Peter Graboski, Calg Foothills
- 2:47.5 Trevor Jakisch, Winn SJS
- 2:48.3 Jacques Jodoin, Mtl-RIO
- 2:50.4 Kevin Draxinger, Lions Gate
- 2:51.3 Daryl Borland, Ham-Went
- 2:51.9 Peter Webster, London Y
- 2:54.7 Michal Prochazka, Van Aquan
- 2:54.8 Mark Tewksbury, Cascade SC
- 2:55.3 Sean Ouellet, Red Deer OC
- 2:55.4 Greg Pye, London Y
- 2:56.0 Peter Darvas, York AC
- 2:56.0 Terry Livingston, Regina OD
- 2:56.1 David Schulman, Sask KG
- 2:56.6 David Hehlen, Valleyfield CAS

11-12 BOYS / GARCONS**100 metres free / libre****Rec: 58.6 Brad Cairns, Hyack, 76**

- 1:00.0 Ernie Jones, Windsor AC
- 1:00.8 Jeff Sheehan, Calg Foothills
- 1:00.9 Jim Morden, Vernon KSC
- 1:01.4 Glen Luxemburg, unattached
- 1:01.5 Steven Thomas, Ham-Went
- 1:01.5 Ryan Sprague, Van Aquanaut
- 1:02.3 Rod Archibald, Van Cdn. Delp
- 1:02.3 Blair Hicken, Etobicoke
- 1:02.9 Randy Brown, Ottawa Y
- 1:03.1 Ian Crane, St. John's MUSC
- 1:03.2 Jean-S. Piche, Valleyfield CAS
- 1:03.7 Rob Forgrave, Calg Cascade
- 1:03.7 Alan Roland, Regina OD
- 1:03.8 Roland Ostermeier, Ham-Went
- 1:03.9 Dean Anderson, Calg Cascade

200 metres free / libre**Rec: 2:08.8 C. Jacobs, CNSL, 75**

- 2:11.7 Steven Thomas, Ham-Went
- 2:12.0 Ernie Jones, Windsor AC
- 2:13.1 Jeff Sheehan, Calg Foothills
- 2:14.2 Ryan Sprague, Van Aquanaut
- 2:14.9 Roland Ostermeier, Ham-Went
- 2:15.5 Alan Roland, Regina OD
- 2:16.2 Geoff Grover, Van Pacific
- 2:17.0 Alan Roland, Ottawa Y
- 2:17.1 Ian Crane, St. John's MUSC
- 2:17.2 Greg Lohin, Lions Gate SC
- 2:17.6 Peter Heys, Brantford
- 2:17.6 Michael Hamilton, Cascade SC
- 2:17.8 Glen Luxemburg, unattached
- 2:18.0 Stephane Contre, Joliette
- 2:18.1 Grant Reffell, Burlington

400 metres free / libre**Rec: 4:29.36 S. Thomas, HWAC, 78**

- 4:29.3 Steven Thomas, Ham-Went
- 4:34.5 Roland Ostermeier, Ham-Went
- 4:39.1 Alan Roland, Regina OD
- 4:39.9 Jeff Sheehan, Calg Foothills
- 4:42.5 Ryan Sprague, Van Aquanaut
- 4:43.2 Geoff Grover, Van Pacific
- 4:43.5 Michael Hamilton, Calg Cascade
- 4:44.7 Sean Roche, Gander Flippers
- 4:44.8 Stephane Contre, Joliette
- 4:46.5 Martin Davies, North York
- 4:46.5 Ian Cadorette, Pt-Claire
- 4:46.7 Francois Dionne, Riki
- 4:47.2 Grant Reffell, Burlington SC
- 4:48.1 Ross Saito, Hyack SC
- 4:48.9 Jean S. Piche, Valleyfield, CAS

1500 metres free / libre**Rec: 17:28.6 S. Thomas, HWAC, 78**

- 17:28.6 Steven Thomas, Ham-Went
- 17:44.5 Roland Ostermeier, Ham-Went
- 17:55.3 Alan Roland, Regina OD
- 18:27.3 Michael Hamilton, Cascade SC
- 18:31.2 Martin Davies, North York
- 18:42.8 Jeff Sheehan, Calg Foothills
- 18:45.7 Grant Stotts, Calg Cascade
- 18:45.8 Darren Birkett, Calg Scorpion
- 18:56.9 Bruce Halvorsen, Thunder Bay
- 19:00.2 Rob Chernoff, Regina OD
- 19:01.0 Russell Hepple, Regina OD
- 19:10.2 Rob Forgrave, Calg Cascade
- 19:16.0 Tom Ponting, Calg Thornhill
- 19:21.1 Dean Anderson, Calg Cascade
- 19:23.8 Curtis Simpson, Gloucester

100 metres back / dos**Rec: 1:06.43 P. Botman, GSC, 76**

- 1:08.3 Roland Ostermeier, Ham-Went
- 1:09.2 Ernie Jones, Windsor AC
- 1:11.7 Martin Bezeau, Jonquiere
- 1:12.1 Francois Danis, Pt-Claire
- 1:12.8 Rod Archibald, Cdn. Dolphin
- 1:12.9 Geoff Donnelly, Van Pacific
- 1:13.3 Ryan Spargue, Van Aquanaut
- 1:13.6 Jeff McRae, Oshawa AC
- 1:13.7 Peter Heys, Brantford
- 1:13.9 Grant Reffell, Burlington
- 1:13.9 Blair Hicken, Etobicoke
- 1:13.9 Stephane Contre, Joliette
- 1:14.2 Ralph Akerstream, Greenwood
- 1:14.5 Steven Thomas, Ham-Went
- 1:15.0 Darren Birkett, Calg Scorpion

200 metres back / dos**Rec: 2:19.67 P. Botman, GSC, 76**

- 2:25.2 Roland Ostermeier, Ham-Went
- 2:28.9 Ernie Jones, Windsor AC
- 2:32.9 Geoff Donnelly, Van Pacific
- 2:33.7 Martin Bezeau, Jonquiere
- 2:33.5 Steven Thomas, Ham-Went
- 2:35.9 Stephane Contre, Joliette
- 2:36.1 Ryan Sprague, Van Aquanaut
- 2:36.5 Jeff Sheehan, Calg Foothills
- 2:37.3 Rod Archibald, Cdn. Dolphin
- 2:37.7 Grant Reffell, Burlington
- 2:38.7 Geoff Grover, Van Pacific
- 2:38.8 Michael Hamilton, Cascade
- 2:38.8 Darren Birkett, Calg Scorpion
- 2:39.6 Andrew Mazur, Winn Cardinal
- 2:39.9 Francois Dionne, Riki

100 metres breast / brasse**Rec: 1:19.1 K. Fitzpatrick, Lon Y, 75**

- 1:19.1 Ernie Jones, Windsor AC
- 1:20.0 Jeff McRae, Oshawa AC
- 1:20.3 Geoff Grover, Van Pacific
- 1:21.0 James Jutte, Brantford AC
- 1:21.1 Jeff Sheehan, Calg Foothills
- 1:21.2 Mark Thomas, Pickering BD
- 1:21.3 Hamish Waddell, Cdn. Dolphin
- 1:21.4 David Stonehouse, Scarb Dol
- 1:21.8 Ralph Akerstream, Greenwood
- 1:22.1 Francois Danis, Pt-Claire
- 1:22.7 Rob Chernoff, Regina OD
- 1:22.8 Steven Thomas, Ham-Went
- 1:23.0 George Calder, Beaconsfield
- 1:23.3 Marc Lapalme, Tracy Cabr
- 1:23.4 Daniel Chatelais, GML

200 metres breast / brasse

Rec:2:47.21 E. Jones, WAC, 78
 2:47.2 Ernie Jones, Windsor AC
 2:50.9 Jeff Sheehan, Calg Foothills
 2:51.7 Geoff Grover, Van Pacific
 2:52.1 Jeff McRae, Oshawa AC
 2:52.8 David Stonehouse, Scarb Dol
 2:53.6 Steven Thomas, Ham-Went
 2:54.6 Ralph Akerstream, Greenwood
 2:55.3 Rob Chernoff, Regina OD
 2:56.4 Geoff Donnelly, Van Pacific
 2:56.4 Ryan Sprague, Van Aquanaut
 2:56.7 Martin Davies, North York
 2:57.0 Greg Lohin, Lions Gate
 2:57.4 David Evans, Thunder Bay
 2:57.5 Francois Danis, Pt-Claire
 2:58.0 Mark Thomas, Pickering BD

100 metres fly / papillon

Rec:1:03.6 R. Hamel, Cow, 76
 1:08.1 Ryan Sprague, Van Aquanaut
 1:08.8 Geoff Grover, Van Pacific
 1:08.9 Jim Morden, Vernon KSC
 1:09.1 Geoff Donnelly, Van Pacific
 1:10.1 Roland Ostermeier, Ham-Went
 1:10.2 Glen Luxemberg, unattached
 1:10.5 Stephane Contre, Joliette
 1:10.9 Tom Ponting, Calg Thornhill
 1:11.1 Jeff Sheehan, Calg Foothills
 1:11.7 Dean Anderson, Calg Cascade
 1:12.0 Blair Hicken, Etobicoke
 1:12.1 Steven Thomas, Ham-Went
 1:12.2 Curtis Simpson, Gloucester
 1:12.4 Jeff McRae, Oshawa AC
 1:12.4 Darren Birkett, Calg Scorpion

200 metres fly / papillon

Rec:2:20.23 R. Hamel, Cow, 76
 2:28.6 Geoff Donnelly, Van Pacific
 2:30.1 Geoff Grover, Van Pacific
 2:34.9 Roland Ostermeier, Ham-Went
 2:38.4 Steven Thomas, Ham-Went
 2:38.8 Ryan Sprague, Van Aquanaut
 2:38.9 Darren Birkett, Calg Scorpion
 2:39.9 Jeff McRae, Oshawa AC
 2:40.5 Tom Ponting, Calg Thornhill
 2:41.1 Curtis Simpson, Gloucester
 2:41.7 David Young, Cdn. Dolphin
 2:41.9 Jeff Sheehan, Calg Foothills
 2:41.9 Michael Hamilton, Calg Casca
 2:42.2 Rob Chernoff, Regina OD
 2:42.6 Sandy Goss, North York
 2:43.1 Martin Davies, North York

200 metres i.m. / quatre nages

Rec:2:24.06 C. Jacobs, CNSL, 75
 2:30.6 Ernie Jones, Windsor AC
 2:30.9 Ryan Sprague, Van Aquanaut
 2:31.2 Geoff Donnelly, Van Pacific
 2:32.5 Steven Thomas, Ham-Went
 2:33.4 Geoff Grover, Van Pacific
 2:34.1 Stephane Contre, Joliette
 2:34.9 Roland Ostermeier, Ham-Went
 2:35.0 Michael Hamilton, Calg Cascade
 2:36.0 Rob Chernoff, Regina OD
 2:36.2 Alan Roland, Regina OD
 2:36.6 Andrey Mazur, Winn Cardinal
 2:37.0 Jeff McRae, Oshawa AC
 2:38.4 Darren Birkett, Calg Scorpion
 2:38.4 Ralph Akerstream, Greenwood
 2:38.6 Stephane Contre, Joliette

400 metres i.m. / quatre nages

Rec:5:11.10 Geoff Grover, VPSC, 78
 5:11.1 Geoff Grover, Van Pacific
 5:12.3 Ernie Jones, Windsor AC
 5:17.0 Geoff Donnelly, Van Pacific
 5:18.1 Steven Thomas, Ham-Went
 5:19.9 Jeff Sheehan, Calg Foothills
 5:20.0 Roland Ostermeier, Ham-Went
 5:25.89 Michael Hamilton, Cascade
 5:26.5 Ryan Sprague, Van Aquanaut
 5:27.8 Rob Chernoff, Regina OD
 5:30.9 Darren Birkett, Calg Scorpion
 5:31.5 Jeff McRae, Oshawa AC
 5:33.2 Alan Roland, Regina OD
 5:34.5 Tom Ponting, Calg Thornhill
 5:35.0 Dean Anderson, Calg Cascade
 5:35.7 Rob Forgreave, Calg Cascade

13-14 BOYS / GARCONS**100 metres free / libre**

Rec:54.24 D. Lamontagne, GSC, 78
 54.2 Dan Lamontagne, Gloucester
 55.0 Alex Baumann, Sudb LUSC
 56.2 Tom Taggart, Oakville AC
 56.8 Kevin Stapleton, Calg Glencoe
 57.0 Jeff Sheehan, Calg Foothills
 57.1 Bernard L'Heureux, Mtl-Nord
 57.1 Chris Engelke, Peterboro Y
 57.2 Ken Fitzpatrick, London Y
 57.3 Brad Cairns, Hyack SC
 57.5 Jon Budd, Scarborough
 57.8 John Allen, Reg Waterloo
 58.0 Denis Lamothe, Mtl-Olym
 58.2 Brian Smythe, North York
 58.2 Dan Bernaerdt, Winn SJS
 58.4 Peter Botman, Gloucester SC

200 metres free / libre

Rec:1:58.70 P. Szmids, PCSC, 76
 1:59.0 Alex Baumann, Sudb LUSC
 1:59.4 Dan Lamontagne, Gloucester
 2:01.0 Tom Taggart, Oakville AC
 2:03.0 Mark Jones, Regina OD
 2:03.2 John Allen, Reg Waterloo
 2:04.3 Jeff Sheehan, Calg Foothills
 2:04.5 Ernie Salac, Ham-Wentworth
 2:04.7 Chris Engelke, Peterboro Y
 2:04.7 Darryl Banman, Calg Foothills
 2:04.8 Brian Smythe, North York
 2:04.9 Denis Lamothe, Mtl-Olym
 2:05.2 Peter Botman, Gloucester
 2:05.6 Christian Fleck, Ham-Went
 2:05.7 Kevij Stapleton, Calg Glencoe
 2:06.0 Dean DeKoster, Hyack SC

400 metres free / libre

Rec:4:03.54 P. Szmids, PCSC, 76
 4:08.3 Alex Baumann, Sudb LUSC
 4:16.0 Tom Taggart, Oakville AC
 4:16.5 Peter Botman, Gloucester
 4:18.1 Dan Lamontagne, Gloucester
 4:18.5 Ernie Salac, Ham-Wentworth
 4:19.0 Paul Williamson, Etobicoke
 4:19.6 Mark Jones, Regina OD
 4:19.9 Jeff Sheehan, Calg Foothills
 4:20.6 Darryl Banman, Calg Foothills
 4:21.3 Brian Smythe, North York
 4:21.9 Bernard L'Heureux, Mtl-Nord
 4:22.2 Denis Lamothe, Mtl-Olym
 4:22.9 Attila Mady, Etobicoke
 4:25.3 David Shemilt, Tor Granite
 4:25.4 Steven Hayward, Etobicoke

1500 metres free / libre

Rec:16:14.53 P. Szmids, PCSC, 76
 16:14.6 Alex Baumann, Sudb LUSC
 16:54.0 Dean DeKoster, Hyack SC
 16:54.1 Mark Jones, Regina OD
 16:59.5 Brian Smythe, North York
 16:59.5 Paul Williamson, Etobicoke
 17:00.3 Peter Botman, Gloucester
 17:06.0 Jeff Sheehan, Calg Foothill
 17:07.7 Ernie Salac, Ham-Wentworth
 17:10.9 Ken Fitzpatrick, London Y
 17:11.4 Brian Wilson, Brantford
 17:12.1 Darryl Banman, Calg Foothill
 17:20.1 Ken Monroe, Calg Cascade
 17:20.7 Jon Morris, Ham-Wentworth
 17:22.3 John Hill, Ham-Wentworth
 17:22.4 Christian Fleck, Ham-Went

100 metres back / dos

Rec:1:01.81 F. Kennedy, PCSC, 77
 1:03.1 Peter Botman, Gloucester
 1:03.7 Dan Lamontagne, Gloucester
 1:04.4 Attila Mady, Etobicoke
 1:04.8 Peter Dobson, Winn Cardinal
 1:04.8 Francois D'Amour, Mtl-Olym
 1:05.2 Dan Bernaerdt, Winn SJS
 1:05.2 Darryl Banman, Calg Foothill
 1:05.3 Alex Baumann, Sudb LUSC
 1:05.5 Brian Smythe, North York
 1:05.7 Peter Ward, Etobicoke
 1:06.0 Jari Lind, Thunder Bay
 1:06.7 Gerard Charlton, Cdn. Dolphin
 1:06.7 Jon Budd, Scarborough
 1:06.8 Robert Hamel, Mtl-RIO
 1:06.9 Dean DeKoster, Hyack SC

200 metres back / dos

Rec:2:12.97 F. Kennedy, PCSC, 77
 2:14.0 Peter Botman, Gloucester
 2:16.4 Peter Dobson, Winn Cardinal
 2:18.3 Alex Baumann, Sudb LUSC
 2:18.5 Darryl Banman, Calg Foothill
 2:18.5 Francois D'Amour, Mtl-Olym
 2:18.8 Attila Mady, Etobicoke
 2:19.3 Jari Lind, Thunder Bay
 2:19.5 Dan Lamontagne, Gloucester
 2:19.7 Brian Smythe, North York
 2:20.2 Christian Fleck, Ham-Went
 2:21.5 Peter Ward, Etobicoke
 2:21.3 Dan Bernaerdt, Winn SJS
 2:22.4 Sean Murphy, Etobicoke
 2:23.7 Dean DeKoster, Hyack SC
 2:24.4 Luc Girard, Mtl-Olym

100 metres breast / brasse

Rec:1:10.14 K. Fitzpatrick, Lon Y, 78
 1:10.1 Ken Fitzpatrick, London Y
 1:10.5 Alex Baumann, Sudb LUSC
 1:11.7 Rand Peppler, Gloucester
 1:12.5 Brian Hasegawa, Beaconsfield
 1:13.0 John Allen, Reg Waterloo
 1:13.2 Todd Gray, Brantford
 1:13.6 Pierre Lamy, Tracy Cabr
 1:13.8 Jari Lind, Thunder Bay
 1:14.4 Chris Taylor, Saskatoon Y
 1:14.8 Gerard Charlton, Cdn. Dolphin
 1:14.9 Jeff Johnson, Regina OD
 1:15.0 Michael Brickman, Etobicoke
 1:15.5 Jeff Johnson, Regina OD
 1:15.9 Erik Rebnord, Edm BDBF
 1:16.1 Ty Martin, Terrace Bluebacks

200 metres breast / brasse

Rec:2:27.46 A. Baumann, LUSC, 78
 2:27.4 Alex Baumann, Sudb LUSC
 2:33.7 Ken Fitzpatrick, London Y
 2:36.4 John Allen, Reg Waterloo
 2:37.8 Rand Peppler, Gloucester
 2:38.7 Pierre Lamy, Tracy Cabr
 2:39.2 Jari Lind, Thunder Bay
 2:39.7 Jeff Johnson, Regina OD
 2:41.4 Brian Hasegawa, Beaconsfield
 2:41.8 Michael Brickman, Etobicoke
 2:43.4 Chris Taylor, Saskatoon Y
 2:43.8 Daniel Lepine, CN Gagnon
 2:43.6 Paul Bernard, Tracy Cabr
 2:44.2 Carey Rowntree, Lethbridge
 2:44.2 Mike Flegel, Calg Foothills
 2:44.4 Darryl Banman, Calg Foothills

100 metres fly / papillon

Rec:1:00.81 R. Hamel, RIO, 78
 1:00.8 Robert Hamel, Mtl-RIO
 1:01.9 Peter Botman, Gloucester
 1:02.0 Alex Baumann, Sudb LUSC
 1:02.0 Peter Ward, Etobicoke
 1:02.7 Dan Lamontagne, Gloucester
 1:03.4 Chris Engelke, Peterboro Y
 1:03.6 John Allen, Reg Waterloo
 1:03.6 Brad Cairns, Hyack SC
 1:03.6 Dean DeKoster, Hyack SC
 1:03.6 Lance Schroeder, Etobicoke
 1:03.9 Paul Williamson, Etobicoke
 1:04.0 Dan Bernaerdt, Winn SJS
 1:04.1 Carey Rowntree, Lethbridge
 1:04.1 Jacques Plouffe, CN Laval
 1:04.3 Bernard L'Heureux, Mtl-Nord

200 metres fly / papi lon

Rec:2:10.63 R. Hamel, RIO, 78
 2:10.6 Robert Hamel, Mtl-RIO
 2:11.6 Alex Baumann, S db LUSC
 2:13.3 Peter Botman, Gloucester
 2:13.8 Peter Ward, Etobicoke
 2:15.0 Peter Dobson, Winn Cardinal
 2:17.0 Paul Williamson, Etobicoke
 2:17.7 Chris Engelke, Peterboro Y
 2:18.7 John Allen, Reg Waterloo
 2:18.7 Claude Picard, Mtl-Olym
 2:18.8 Bernard L'Heureux, Mtl-Nord
 2:18.9 Lance Schroeder, Etobicoke
 2:19.8 Ernie Salac, Ham-Wentworth
 2:20.3 Attila Mady, Etobicoke
 2:20.4 Brian Epp, Regina OD
 2:21.1 Bernard Jobin, CN Laval

200 metres i.m. / quatre nages

Rec:2:14.18 A. Baumann, LUSC, 78
 2:14.1 Alex Baumann, S db LUSC
 2:16.7 Peter Dobson, Winn Cardinal
 2:17.7 Dan Lamontagne, Gloucester
 2:18.1 John Allen, Reg Waterloo
 2:18.2 Peter Botman, Gloucester
 2:18.3 Jari Lind, Thunder Bay
 2:19.0 Ken Fitzpatrick, London Y
 2:19.8 Dan Bernaerdt, Winn SJS
 2:20.0 Ernie Salac, Ham-Wentworth
 2:20.5 Darryl Banman, Calg Foothills
 2:21.0 Robert Hamel, Mtl-RIO
 2:22.2 Jeff Sheehan, Calg Foothills
 2:22.3 Pierre Lamy, Tracy Cabr
 2:23.5 Chris Engelke, Peterboro Y
 2:24.0 Brian Smythe, North York

400 metres i.m. / quatre nages

Rec:4:34.52 A. Baumann, LUSC, 78
 4:34.5 Alex Baumann, Sudb LUSC
 4:46.2 Peter Dobson, Winn Cardinal
 4:52.4 John Allen, Reg Waterloo
 4:53.2 Jari Lind, Thunder Bay
 4:57.0 Peter Botman, Gloucester
 4:57.1 Dan Lamontagne, Gloucester
 4:57.2 Ernie Salac, Ham-Wentworth
 4:57.6 Darryl Banman, Calg Foothill
 4:58.0 Ken Fitzpatrick, London Y
 5:01.0 Attila Mady, Etobicoke
 5:01.6 Bernard L'Heureux, Mtl-Nord
 5:01.6 Jeff Sheehan, Calg Foothills
 5:02.1 Brian Smythe, North York
 5:02.2 Kevin Chase, North York
 5:02.2 Robert Hamel, Mtl-RIO

15-17 BOYS / GARCONS**100 metres free / libre**

Rec:51.94 Peter Szmids, PCSC, 78
 51.9 Peter Szmids, Pt-Claire
 52.4 Denis Dufour, Select Quebec
 52.4 Graham Welbourn, Select Quebec
 52.8 Paul Abraham, Pt-Claire
 52.8 Jay Tapp, Etobicoke
 52.9 Scott Smith, Edm Olympian
 53.0 Michael Warden, Scarb Comp
 53.3 Stu Ballantyne, Hyack SC
 53.5 Dennis Cororan, Etobicoke
 53.6 Rob Bayliss, Cdn. Dolphin
 53.9 Chris Hancock, Ottawa Kingfish
 54.2 Brian McManus, Windsor AC
 54.4 Bill Young, London Y
 54.5 Pat Lajoie, Cornwall UCSC
 54.5 Phil Jones, Toronto Swimtec

200 metres free / libre

Rec:1:52.39 B. Sawchuk, TBT, 77
 1:52.7 Peter Szmids, Pt-Claire
 1:53.4 Denis Dufour, Select Quebec
 1:53.6 Rob Bayliss, Cdn. Dolphin
 1:53.7 Graham Welbourn, Select
 1:53.7 Rob Geller, Pt-Claire
 1:54.0 Dennis Cororan, Etobicoke
 1:55.4 Bob Hewitt, Pt-Claire
 1:55.9 Paul Abraham, Pt-Claire
 1:56.0 Craig Samuel, Etobicoke
 1:56.2 Chris Lane, Winn Cardinal
 1:56.2 Andre Theoret, Pt-Claire
 1:56.2 Bill Bevan, Etobicoke
 1:56.3 Jay Tapp, Etobicoke
 1:57.1 Rob Wallenius, Sudb LUSC
 1:57.2 Mark Gillies, Pt-Claire

400 metres free / libre

Rec:3:54.24 R. Bayliss, CDSC, 78
 3:54.2 Rob Bayliss, Cdn. Dolphin
 3:55.6 Peter Szmids, Pt-Claire
 3:58.9 Dennis Cororan, Etobicoke
 4:00.3 Rob Geller, Pt-Claire
 4:01.3 Andre Theoret, Pt-Claire
 4:01.7 Mike Sandomirsky, Foothills
 4:04.5 Chris Lane, Thunder Bay
 4:05.2 Bill Bevan, Etobicoke
 4:05.8 Mark Gillies, Pt-Claire
 4:05.6 Bob Hewitt, Pt-Claire
 4:06.0 Graham Welbourn, Select
 4:06.6 Craig Samuel, Etobicoke
 4:06.9 Denis Dufour, Select
 4:06.9 Kevin Auger, Guelph MAC
 4:07.7 John Scott, North York

1500 metres free / libre

Rec: 15:26.81 R. Bayliss, CDSC, 78
 15:26.8 Rob Bayliss, Cdn. Dolphin
 15:44.4 Peter Szmidi, Pt-Claire
 15:55.7 Andre Theoret, Pt-Claire
 15:57.6 Daryl Skilling, Thunder Bay
 15:57.8 Mike Sandomirsky, Foothills
 16:00.7 Michael Hoche, Cdn. Dolphin
 16:02.8 Dennis Corcoran, Etobicoke
 16:03.0 Bill Bevan, Etobicoke
 16:09.2 Chris Lane, Winn Cardinal
 16:10.8 Bruce Berger, Hyack SC
 16:15.4 Mark Gillies, Pt-Claire
 16:20.4 John Scott, North York
 16:26.3 Ron Bethel, Cdn. Dolphin
 16:30.3 Blair Tucker, Thunder Bay
 16:32.4 Scott Frolick, Regina OD

100 metres back / dos

Rec: 57.9 S. Pickell, CDSC, 74
 59.3 Daryl Skilling, Thunder Bay
 59.4 Cam Henning, Edm South Side
 59.4 Jay Tapp, Etobicoke
 59.9 Rob Wallenius, Sudb LUSC
 1:00.8 Scott Smith, Edm Olympian
 1:00.9 Frank Kennedy, Pt-Claire
 1:00.9 Bruce Berger, Hyack SC
 1:01.2 Jerome Powers, Select Quebec
 1:01.5 Tim Keighley, North York
 1:01.6 Wade Flemons, Cdn. Dolphin
 1:01.7 Derrick Hamilton, Hyack SC
 1:02.0 Peter Dobson, Winn Cardinal
 1:02.3 Gary Hamilton, Hyack SC
 1:02.3 Scott Frolick, Regina OD
 1:02.4 Paolo Rodeghiero, Thunder Bay

200 metres back / dos

Rec: 2:04.47 D. Skilling, TBT, 78
 2:04.4 Daryl Skilling, Thunder Bay
 2:07.0 Robbie Wallenius, Sudb LUSC
 2:07.3 Cam Henning, Edm South Side
 2:09.4 Jay Tapp, Etobicoke
 2:11.2 Tim Keighley, North York
 2:11.3 Frank Kennedy, Pt-Claire
 2:11.5 Peter Dobson, Winn Cardinal
 2:12.5 Paolo Rodeghiero, Thunder Bay
 2:12.7 Bruce Berger, Hyack SC
 2:13.0 Scott Smith, Edm Olympian
 2:13.0 Gary Hamilton, Hyack SC
 2:13.9 Scott Frolick, Regina OD
 2:14.0 Tim McManus, Windsor AC
 2:14.1 Wade Flemons, Cdn. Dolphin
 2:14.3 Rob Geller, Pt-Claire

100 metres breast / brasse

Rec: 1:03.34 G. Smith, TBT, 76
 1:05.3 Greg Wurzbach, Pt-Claire
 1:05.7 Bruce Kent, Mtl-Olym
 1:06.5 Mark Viminitz, Hyack SC
 1:07.7 Ken Fitzpatrick, London Y
 1:07.9 Keith Beare, Etobicoke
 1:08.0 Keith MacMillan, Etobicoke
 1:08.4 Marco Veilleux, Mtl-Nord
 1:08.8 Brian Greubel, Ham-Wentworth
 1:09.3 Steve Sproule, London Y
 1:09.9 Tom Killy, Simon Fraser
 1:10.0 Paolo Rodeghiero, Thun Bay
 1:10.3 Steve Loney, Saskatoon Y
 1:10.3 Shaune Stoddard, Pr. George
 1:10.6 Serge Score, Hyack SC
 1:10.6 John Travaglini, Sudb LUSC

200 metres breast / brasse

Rec: 2:18.37 G. Smith, TBT, 76
 2:21.5 Greg Wurzbach, Pt-Claire
 2:21.8 Bruce Kent, Mtl-Olym
 2:25.3 Keith MacMillan, Etobicoke
 2:25.5 Mark Viminitz, Hyack SC
 2:26.8 Ken Fitzpatrick, London Y
 2:27.7 Steve Sproule, London Y
 2:29.8 Paolo Rodeghiero, Thun Bay
 2:30.8 Marco Veilleux, Mtl-Nord
 2:31.0 Keith Beare, Etobicoke
 2:31.1 Scott Smith, Edm Olympian
 2:31.4 John Travaglini, Sudb LUSC
 2:31.9 Dennis Corcoran, Etobicoke
 2:32.1 Rod Agar, Oakville AC
 2:32.8 Frank Coy, St. Catharines
 2:32.8 Serge Score, Hyack SC

100 metres fly / papillon

Rec: 57.7 S. Pickell, CDSC, 75
 58.0 Dan Monfette, Select Quebec
 58.2 Bob Hewitt, Pt-Claire
 58.4 Gray Fowler, Etobicoke
 58.8 Paul Abraham, Pt-Claire
 59.2 Nick Whittington, Etobicoke
 59.2 Phil Jones, Toronto Swimtec
 59.2 Steven Stothers, Man Marlins
 59.2 Marc-A. Auclair, CN Laval
 59.7 Bill Young, London Y
 59.9 Jay Tapp, Etobicoke
 59.9 Tony Fitzpatrick, Etobicoke
 1:00.0 Rob Wallenius, Sudb LUSC
 1:00.1 George Gambioli, Ham-Went
 1:00.2 Glenn Patten, North York
 1:00.2 Kevin Auger, Guelph Marlin

200 metres fly / papillon

Rec: 2:03.42 C. Bredschneider, OCOE, 77
 2:06.2 Kevin Auger, Guelph Marlin
 2:06.7 Rob Wallenius, Sudb LUSC
 2:07.1 George Gambioli, Ham-Went
 2:07.6 Steven Stothers, Man Marlins
 2:08.5 Blair Tucker, Thun Bay
 2:08.6 Tony Fitzpatrick, Etobicoke
 2:08.7 Jim Donohue, Thunder Bay
 2:08.9 Steven Stothers, Man Marlins
 2:09.8 Bob Hewitt, Pt-Claire
 2:09.9 Bill Young, London Y
 2:10.1 Robert Hamel, Mtl-Nord
 2:10.6 Andre Theoret, Pt-Claire
 2:10.6 Glenn Patten, North York
 2:11.2 Nick Whittington, Etobicoke
 2:11.9 Tim Keighley, North York

200 metres i.m. / quatre nages

Rec: 2:05.50 G. Smith, TBT, 76
 2:09.2 Paolo Rodeghiero, Thun Bay
 2:09.2 Scott Smith, Edm Olympian
 2:10.4 Bob Hewitt, Pt-Claire
 2:10.4 Daryl Skilling, Thunder Bay
 2:10.7 Jay Tapp, Etobicoke
 2:11.1 Steve Sproule, London Y
 2:11.4 Rob Wallenius, Sudb LUSC
 2:12.5 Shaun Hurly, Hyack SC
 2:12.8 Greg Wurzbach, Pt-Claire
 2:13.0 Mark McCulloch, Thun Bay
 2:13.0 Dennis Corcoran, Etobicoke
 2:13.2 Dennis Dufour, Select Quebec
 2:13.3 Glenn Patten, North York
 2:13.7 Keith MacMillan, Etobicoke
 2:13.8 Craig Samuel, Etobicoke

400 metres i.m. / quatre nages

Rec: 4:26.97 G. Smith, TBT, 76
 4:33.0 Daryl Skilling, Thunder Bay
 4:33.3 Rob Wallenius, Sudb LUSC
 4:34.5 Michael Hoche, Cdn. Dolphin
 4:36.8 Paolo Rodeghiero, Thun Bay
 4:37.0 Steve Sproule, London Y
 4:37.6 Bob Hewitt, Pt-Claire
 4:37.6 Dennis Corcoran, Etobicoke
 4:40.1 Scott Smith, Edm Olympian
 4:42.1 Cam Reid, Lions Gate SC
 4:42.1 Keith MacMillan, Etobicoke
 4:42.9 Peter Dobson, Winn Cardinal
 4:44.1 Bruce Berger, Hyack SC
 4:44.1 Alan Webber, London Y
 4:45.0 Kevin Auger, Guelph Marlin
 4:45.0 Peter Szmidi, Pt-Claire

PHOTOS WANTED

Attention, swimmers and coaches. SWIM Magazine requires photographs of the top rated TAG age groupers. Preferably black & white, 5 x 7 and head and shoulders, action shots are welcome too. If your club bettered a relay mark, let us have a team shot.

Records

Records bettered during February and March 1978

WORLD RECORDS (50 m course)**Women**

200 m breast 2:33.32 Julia Bogdanova, USSR Apr. 7
200 m fly 2:11.20 Andrea Pollack, DDR Apr. 8

WORLD BEST (25 m course)**Men**

400 m free 3:51.07 Stephen Badger, CANADA Mar. 18
200 m ind.medley 2:05.03 Bill Sawchuk, CANADA Mar. 18

Women

100 m fly 1:01.29 Wendy Quirk, CANADA Mar. 19

SENIOR CANADIAN (25 m course)**Men**

200 m free 1:50.10 Stephen Badger, unatt. Edmonton Mar. 16
400 m free 3:51.07 Stephen Badger, unatt. Edmonton Mar. 18
800 m free 8:08.64 Rob Bayliss, Canadian Dolphin SC Mar. 19
1500 m free 15:26.81 Rob Bayliss, Canadian Dolphin SC Mar. 19
200 m back 2:04.47 Daryl Skilling, Thunder Bay Mar. 18
200 m fly 2:02.40 Stephen Badger, unatt. Edmonton Mar. 16
200 m ind.medley 2:05.03 Bill Sawchuk, Thunder Bay Mar. 18
4 x 50 free relay 1:35.01 York University (Mezo, Erwin, Bevan, MacDonald) Mar. 16
4 x 200 free relay 7:35.79 Pointe Claire SC (Geller, Hewitt, Abraham, Szmidi) Mar. 17

Women

50 m free 26.01 Johanna Malloy, Thunder Bay Mar. 19
400 m free 4:12.81 Wendy Quirk, Pointe Claire SC Mar. 18
100 m back 1:03.28 Wendy Hogg, South Side SC Mar. 16
100 m fly 1:01.29 Wendy Quirk, Pointe Claire SC Mar. 19
200 m ind.medley 2:17.49 Nancy Garapick, Halifax Trojan AC Mar. 18
4 x 100 free relay 3:50.08 Pointe Claire SC (J. Quirk, Clarke, Boulianne, W. Quirk) Mar. 18

NATIONAL AGE GROUP (25 m course)**11-12 Girls**

200 m free 2:10.05 Michele Coulombe, CN Mtl-Nord Feb
200 m back 2:26.64 Michele Coulombe, CN Mtl-Nord Feb
200 m breast 2:41.28 Bronwyn Beatty, Regina OD Mar.
100 m fly 1:05.48 Michele Coulombe, CN Mtl-Nord Feb
400 m ind.medley 5:08.32 Michele Coulombe, CN Mtl-Nord Feb
4 x 100 free relay 4:20.29 Regina Optimist Dolphins (McEachern, Honour, Beatty, Campbell) Feb

15-17 Girls

50 m free 26.01 Johanna Malloy, Thunder Bay Mar
100 m free 56.25 Johanna Malloy, Thunder Bay Mar
100 m breast 1:11.66 Lisa Borsholt, Canadian Dolphin SC Mar
200 m ind.medley 2:17.49 Nancy Garapick, Halifax Trojan Mar

10 & Under Boys

50 m free 31.40 Deke Botsford, North York AC Mar
30.70 Kevin Draxinger, Lions Gate SC Mar
400 m free 4:53.40 Kevin Draxinger, Lions Gate SC Mar
4 x 50 med.relay 2:30.60 Vancouver Pacific SC (Clay, Kern, Lee, Arthur) Mar

4 x 100 med.relay

5:31.74 Regina Optimist Dolphins (Livingstone, Jones, Tetreault, Grof) Mar
4 x 100 free relay 4:53.40 Regina Optimist Dolphins (Livingstone, Jones, Tetreault, Grof) Mar

11-12 Boys

4 x 100 free relay 4:20.75 Cascade Swim Club (Calgary) (Hamilton, Stotts, Anderson, Frograve) Mar

13-14 Boys

50 m free 25.13 Dan Lamontagne, Gloucester SC Feb
100 m free 54.24 Dan Lamontagne, Gloucester SC Feb
200 m ind.medley 2:14.18 Alex Baumann, Laurentian Univ. SC Mar
400 m ind.medley 4:34.52 Alex Baumann, Laurentian Univ. SC Mar

15-17 Boys

100 m free 51.94 Peter Szmidi, Pointe Claire SC Mar
400 m free 3:54.24 Rob Bayliss, Canadian Dolphin SC Mar
800 m free 8:08.64 Rob Bayliss, Canadian Dolphin SC Mar
1500 m free 15:26.81 Rob Bayliss, Canadian Dolphin SC Mar
200 m back 2:04.47 Daryl Skilling, Thunder Bay Mar

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