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MARCH 2016 | VOL. 2 | ISSUE 6 | \$.99

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## WOMEN'S NCAA DIVISION I CHAMPIONSHIP FINALS RECAP

BY JASON MARSTELLER

### 800 FREE RELAY

The women's 800-yard freestyle relay kicked off the 2016 NCAA Division I Women's Championships with Georgia winning its NCAA record-tying 8th team title in the event.

Georgia's Hali Flickinger (1:42.80), Kylie Stewart (1:43.95), Meaghan Raab (1:43.59) and Brittany MacLean (1:41.46) raced their way to victory in 6:51.80.

That performance lowered the pool record of 6:58.83 that Texas A&M had just set the previous heat. A&M had downed the 2015 mark of 7:00.93 set by Virginia.

That's Georgia's eighth team title in the event, tying them with Stanford at the top of the event's history.

Tonight's victory for Georgia is its fifth win in the last seven years after California broke UGA's four-year streak with a pair of wins.

USC's Kirsten Vose (1:43.08), Anika Apostalon (1:44.34),

Chelsea Chenault (1:42.69) and Kasia Wilk (1:43.73) picked up second overall in 6:53.84 as the team was in place to compete with Georgia before MacLean unleashed her anchor leg.

Although a two-second victory is a pretty wide margin, it's not the biggest ever in the event at NAAs. Florida owns that NCAA record with a 7.96-second win in 1984 against Southern California (7:06.98 to 7:14.94).

California's Kathleen Baker (1:43.99), Elizabeth Pelton (1:44.07), Rachel Bootsma (1:44.23) and Amy Bilquist (1:42.89) claimed third tonight in the timed final event with a 6:55.18.

Virginia (6:55.25), Texas A&M (6:58.83), Stanford (6:59.19), Louisville (6:59.58) and Indiana (6:59.82) also made their way into the top eight in the event.

Georgia took the early team lead after the event:

### WOMEN'S 200 FREE RELAY

In a stunning turn of events, Stanford lost an NCAA title to California in the women's 200-yard free relay with a dis-

qualification at the 2016 NCAA Division I Women's Championships.

Stanford initially touched in 1:26.71 to win what the Cardinal believed to be its eighth victory in program history. However, Stanford wound up being disqualified after a lengthy video review, handing the title to California for its fourth team win ever in the event.

California's Farida Osman (21.60), Kristen Vredevelde (21.71), Valerie Hull (21.85) and Amy Bilquist (21.64) wound up with the overall trophy in a time of 1:26.80.

Tennessee's Faith Johnson (22.13), Harper Bruens (21.48), Maddy Banic (21.67) and Kira Toussaint (22.14) claimed second overall in 1:27.42, while Georgia's Olivia Smoliga (21.46), Kylie Stewart (22.16), Meaghan Raab (22.08) and Emily Cameron (21.83) finished third in 1:27.53.

Smoliga's 21.46 moved her into a sixth-ranked tie all time with Natalie Coughlin in the 50-yard free.

USC (1:27.57), Arizona (1:27.81), Virginia (1:27.85) and NC State (1:28.04) rounded out the championship finalists that put up official times.

### WOMEN'S 500 FREE

Virginia's Leah Smith defended her title in the women's 500-yard free at the 2016 NCAA Division I Women's Championships.

Smith initially looked like she would join Katie Ledecky (4:26.58) as the only swimmers ever to break 4:30 in the event's history. But, Smith faded down the stretch with a 4:31.33 for the win. That's the 15th-fastest time ever in the event's history.

Smith became the 11th swimmer ever to win the 500 free multiple times.

Brittany MacLean, the 2014 victor in this event, led a big Georgia event with a 4:33.05 for second. Hali Flickinger placed second for the Bulldogs with a 4:33.35. That moved Georgia into the lead with 106 points against Virginia's second-place 76.

Indiana's Haley Lips (4:34.86), Michigan's Rose Bi (4:35.76), NC State's Hannah Moore (4:38.12), Ohio State's Lindsey Clary (4:38.44) and Louisville's Mallory Comerford (4:41.28) also scored in the A final.

### WOMEN'S 200 IM

Stanford's Ella Eastin provided the Cardinal with some salve

to mend its wounds from the 200-yard free relay disqualification by throwing down an American and NCAA record in the women's 200-yard IM at the 2016 NCAA Division I Women's Championships.

Eastin unleashed a time of 1:51.65, downing the American, U.S. Open and NCAA record of 1:51.77 set by Caitlin Leverenz for California back in 2012.

Eastin moved up from seventh in the all-time rankings with a 1:52.77 at Pac 12s last month.

California's Kathleen Baker threw down a swift time of 1:52.95, just off her eighth-ranked lifetime best of 1:52.80 also from Pac 12s.

USC's Kirsten Vose picked up third-place overall in 1:54.27, while Texas' Madisyn Cox snared fourth in 1:54.80.

Texas A&M's Lisa Bratton (1:55.89), California's Kelly Naze (1:55.89), Texas A&M's Sydney Pickrem (1:56.13) and California's Celina Li (1:56.16) rounded out the top eight.

### WOMEN'S 50 FREE

Georgia's Olivia Smoliga charged her way to an NCAA record in the women's 50-yard free at the 2016 NCAA Division I Women's Championships.

Smoliga, who already moved to sixth all time in the event's history with a 21.46 relay leadoff, moved all the way up to second with a 21.21 to win the sprint free and set the NCAA mark. The swim broke the 2009 record of 21.27 set by Arizona's Lara Jackson during relay duty in prelims.

Smoliga only trails Abbey Weitzeil, who set the American record with a 21.12 two weeks ago in Austin while swimming for Canyons Aquatics.

Smoliga reclaimed the title she won as a freshman in 2014, and became just the ninth person to win the event more than once.

Smoliga also pushed Georgia into a tie for the NCAA record for most program wins in the 50 free, tying Stanford with a ninth victory.

California's Farida Osman took second tonight in 21.46, just off her fourth-ranked personal best of 21.32, while Ohio State's Li Zhesi took third in 21.48 to move into eighth all time in the event's history.

Louisville's Kelsi Worrell (21.75), Texas *continued*>>>

A&M's Beryl Gastaldello (21.82), Stanford's Lia Neal (21.83), Michigan's Ali Deloof (21.99) and Tennessee's Maddy Banic (22.02) closed out the championship heat.

### WOMEN'S ONE-METER DIVING

Nevada's Sharae Zheng won the women's one-meter diving title at the 2016 NCAA Division I Women's Championships.

Zheng collected 344.95 for the win, Nevada's fourth NCAA title ever.

Previously, Limin Liu won the women's 100-meter fly in 2000 and went back-to-back in the 200 fly in 1999 and 2000.

UCLA's Eloise Belanger took second with 336.00 points, while Miami's Pei Lin captured third overall with 332.20 points.

Georgia remained in the lead after the diving break with 144 points, while California held second with 130.5 points.

### WOMEN'S 400 IM

Stanford's Ella Eastin picked up her second title of the meet after setting the NCAA and American record in the 200-yard IM as she crushed the field in the women's 400-yard IM at the 2016 NCAA Division I Women's Championships.

Eastin vaulted to sixth in the all time performers rankings with a 3:58.40.

That's the sixth-fastest time ever in the event's history. Eastin was able to take a run at the NCAA and American records through 200 yards, but did not quite have the back half to match the top two swimmers of Katinka Hosszu and Caitlin Leverenz.

Eastin absolutely dominated the event, winning by 5.21 seconds. While that's impressive, it didn't come close to the NCAA record in the event set by former Stanford swimmer Summer Sanders in 1992. Sanders beat Erika Hansen of Texas by 8.32 seconds (4:02.28-4:10.60) that year.

Eastin pushed Stanford's NCAA-record wins in the event to nine.

Ohio State's Lindsey Clary powered her way to second overall with a time of 4:03.61, while Georgia's Emily Cameron took third in 4:03.66.

### WOMEN'S 100 FLY

Louisville's Kelsi Worrell demolished her NCAA, U.S. Open and American record in the women's 100-yard fly at the 2016 NCAA Division I Women's Championships.

Worrell, who went out in 23.09, came home in 26.34 to win in 49.43. That performance obliterated her previous record of 49.81 to win NAAs last year. To think, it was amazing just a year ago when Worrell became the first person to crack Natalie Coughlin's record of 50.01. Within a year, Worrell is on the other side of being halfway to breaking 49 seconds.

Worrell is the only swimmer ever to break 50 seconds, and that's the fourth time she's done it. Her splits for her now-former record for comparison's sake: 23.58, 49.81 (26.23)

Her victory was nearly record breaking in terms of how dominant it was. She won by 1.18 seconds, nearly beating the record of 1.35 seconds set by Stanford's Misty Hyman in 1998 when she beat North Carolina's Richelle Fox (51.34 to 52.69).



### WOMEN'S 200 FREE

Georgia's Brittany MacLean held off a stacked field to win the women's 200-yard free at the 2016 NCAA Division I Women's Championships.

MacLean, who had to come back from the middle of the pack at the halfway mark, turned up the heat down the stretch to win in 1:42.42. That swim moved her up to 10th all time in the event's history, and delivered Georgia an NCAA-record tying seventh victory in the event's history.

MacLean returned to the top of the podium for the first time since winning the 500 and 1650 free her sophomore year.

Louisville's Mallory Comerford nearly gave the Cardinals a second title in a row with a 1:42.54 for second. That's just .12 back of MacLean. That's not the record for the closest 200 free in NCAA meet history, however, as North Carolina's Jessi Perruquet and Auburn's Heather Kemp tied for the title with 1:45.01s in 2003.

Stanford's Lia Neal claimed third in 1:42.58 with Georgia's Hali Flickinger picking up fourth in 1:43.32.

### WOMEN'S 100 BREAST

Indiana's Lilly King stunned the collegiate swimming community by breaking the 57-second barrier to blast her NCAA, U.S. Open and American record in the women's 100-yard breast at the 2016 NCAA Division I Women's Championships.

King went out in 26.44, and came back in 30.41 to blast by 57 seconds with a 56.85. This morning, she downed Breeja Larson's NCAA and American record of 57.15 from prelims.

King, just a freshman, set herself up to potentially become only the second person ever to post a career sweep of the 100 breast. Tara Kirk won the event from 2001-04 for Stanford, and had owned the record with a long-standing 57.77 from 2006.

King became just the third Indiana swimmer to win an NCAA title, joining Kate Fesenko and Brooklynn Snodgrass (who both won 200 back previously). King also made Indiana the first Big Ten women's team to boast an NCAA titlist in three straight NCAA meets (Snodgrass in the 200 back in 2014, Jessica Parratto in diving in 2015).

Stanford's Sarah Haase blasted her previous personal best of 57.73 with a 57.36 for second, keeping her fourth in the all time rankings behind King, Larson and Alia Atkinson (57.29). King's teammate, Miranda Tucker, finished third in 58.10.

Missouri's Katharine Ross (58.22), Missouri's Abby Duncan (58.41), Louisville's Andee Cottrell (58.78), Virginia's Laura Simon (58.91) and Purdue's Emily Fogle (59.20) also competed in the finale.

### WOMEN'S 100 BACK

California's Rachel Bootsma captured her third NCAA title in the women's 100-yard back at the 2016 NCAA Division I

Women's Championships.

Bootsma, who came home blazing in 25.75, touched first in a time of 50.28. That swim is the sixth-best of all time. She now owns three of the top 10 times ever.

Virginia's Courtney Bartholomew was unable to replicate her lifetime best speed of 50.01 from 2014 and wound up taking second overall in 50.73, while Stanford's Ally Howe took third in 50.86.

California's Amy Bilquist (51.01), Stanford's Janet Hu (51.06), NC State's Alexis Zevnik (51.31), Missouri's Nadine Laemmler (51.82) and Tennessee's Kira Toussaint (51.86) placed fourth through eighth.

Georgia's Olivia Smoliga showed how important prelims are as she swam the second fastest time of the night, but wound up ninth in the B final.

### WOMEN'S THREE-METER DIVING

Nevada's Sharae Zheng swept the springboard diving events as the one-meter winner claimed the three-meter title at the 2016 NCAA Division I Women's Championships.

Zheng won the three-meter with 404.70 points. That's Nevada's 5th NCAA title now. Previously, Limin Liu won the women's 100-meter fly in 2000 and went back-to-back in the 200 fly in 1999 and 2000.

She joins several divers to have won both the one and three-meter events, last done by Georgia's Laura Ryan in 2014.

### WOMEN'S 200 MEDLEY RELAY

Stanford won an NCAA-record 13th time in the women's 200-yard medley relay at the 2016 NCAA Division I Women's Championships.

Stanford's Ally Howe, Sarah Haase, Janet Hu and Lia Neal clocked in with a winning time of 1:43.81. That's a bit off the same foursome's NCAA and American record time of 1:34.15 from Pac 12s last month.

That's the 13th 200 medley win for Stanford as the squad continues to try to comeback from a disqualification in the 200 free relay last night.

California's Rachel Bootsma, Maria Garcia, Noemie Thomas and Farida Osman hit the wall in second with a 1:35.11, while Louisville used a 22.55 fly split from Kelsi Worrell to take third by way of Alina Kendzior, Andee *continued*>>>

Cottrell, Worrell and Mallory Comerford posting a 1:35.36.

Virginia (1:35.80), Texas A&M (1:36.27), Arizona (1:36.44), Georgia (1:36.48) and Missouri (1:36.82) also competed in the finale.

### WOMEN'S 1650 FREE

Virginia's Leah Smith raced away from Georgia's Brittany MacLean to defend her women's 1650-yard freestyle title at the 2016 NCAA Division I Women's Championships.

While Smith wasn't able to challenge her NCAA record time of 15:25.30, she did pick up the victory with a time of 15:32.72 to complete the 500-1650 free double. That's the ninth fastest time ever.

Smith became the ninth swimmer to win a pair of 1650 NCAA titles, joining fellow Cavalier Cara Lane, who went back-to-back in 2000 and 2001.

Georgia's Brittany MacLean collected a huge second-place finish for the Bulldogs with a 15:39.29. That swim kept Georgia on pace for a close win against Stanford at the end of the night.

Michigan's Rose Bi placed third in 15:45.26 with NC State's Hannah Moore earning fourth in 15:47.20.

### WOMEN'S 200 BACK

Kentucky's Danielle Galyer, the Elite 90 winner for the highest GPA of any competitor here at the 2016 NCAA Division I Women's Championships, delivered her team's first swimming title with an epic victory in the women's 200-yard back.

Galyer raced her way to victory in a time of 1:49.71. That moved her up to sixth in the all time rankings.

The Wildcats' lone NCAA victory before was a 10-meter diving title from Taryn Ignacio back in 2006.

Virginia's Courtney Bartholomew finished a close second in 1:50.29. She was unable to replicate her fourth-ranked lifetime best of 1:49.35 to win the title.

Indiana's Kennedy Goss finished third in 1:50.37, while Texas A&M's Lisa Bratton placed fourth in 1:50.80.

California's Amy Bilquist (1:50.88), Michigan's Clara Smiddy (1:51.01), NC State's Alexia Zevnik (1:51.06) and Georgia's Kylie Stewart (1:51.20) closed out the top eight.

American and NCAA record holder Elizabeth Pelton sur-



prisingly finished 12th overall with a 1:52.26.

### WOMEN'S 100 FREE

Georgia's Olivia Smoliga swept the sprint freestyle events with a win in the women's 100-yard free at the 2016 NCAA Division I Women's Championships.

Smoliga, who won the 50 free earlier in the meet, raced her way to the 100 free title in 46.70. That moved her up to fifth all time in the event's history.

Smoliga pushed Georgia's win tally in the event to eight to tie Stanford for the most wins by a program.

### WOMEN'S 200 BREAST

Indiana's Lilly King destroyed another barrier as she broke through 2:04 to win the women's 200-yard breast at the 2016 NCAA Division I Women's Championships.

After already being the first swimmer in history to break 57 seconds in the 100-yard breast, King chopped half-a-second off the 2:04 barrier in the 200-yard event with a 2:03.59.

That time blasted the previous NCAA, U.S. Open and American record of 2:04.06 set by Notre Dame's Emma Reaney back in 2014 for the Irish's first NCAA title.

King made history by becoming Indiana's first multiple event and multiple NCAA titlist. IU has had several individual champions, but none have won more than a single title or won them in different events.

King downed her roommate and teammate Miranda Tucker (2:06.27) by 2.68 seconds for a dominant victory, but that's not the biggest margin of victory in an NCAA 200 breast. Jeanne Childs of Hawaii (2:13.35) downed Kathy Treible of Florida (2:16.62) by 3.27 seconds in 1983.

UMBC's Emily Escobedo made history for her team as the first

top-eight finisher in school history with a 2:06.43 for third.

### WOMEN'S 200 FLY

It was definitely a case of fly-and-die for Louisville's Kelsi Worrell, but she had enough in the tank to pick up the women's 200-yard fly at the 2016 NCAA Division I Women's Championships.

Worrell raced her way to a 1:50.96 to sweep the butterfly events, and defend her title from last year.

Worrell, out well under American and NCAA record page at the 150, nearly let Stanford's Ella Eastin ahead of her before closing out the win. Eastin came scorching home to take second in 1:51.04. That's the seventh-fastest time ever.

Worrell was so exhausted following the swim, she had to take several minutes to collect herself before taking part in the standard post-race television interview as her team looked after her. Worrell admitted that she might have blacked out at the end of the swim.

Georgia's Megan Kingsley (1:53.10), Georgia's Hali Flickinger (1:53.32), Texas A&M's Sarah Gibson (1:53.55), California's Kelly Naze (1:53.55), Virginia Tech's Klaudia Nazeiblo (1:53.77) and California's Noemie Thomas (1:54.84) finished third through eighth.

### WOMEN'S PLATFORM DIVING

Stanford's Gracia Leydon-Mahoney held off Minnesota's Zhou Yu to win the women's platform diving event at the 2016 NCAA Division I Women's Championships.

Needing a huge finish in the team battle, Leydon-Mahoney gave Stanford the win with 346.15 points. That made her just the third platform winner from Stanford as she broke a tie with Texas for the most NCAA wins in the event with five.

Zhou took second for Minnesota with 331.80 points, while Arizona State's Mara Aiacoboa placed third with 289.10 points.

### WOMEN'S 400 FREE RELAY

USC raced its way to the program's second NCAA relay title ever, while Georgia delivered Jack Bauerle his seventh NCAA team title with a second-place finish at the 2016 NCAA Division I Women's Championships.

USC's Kasia Wilk, Kirsten Vose, Chelsea Chenault and Anika Apostalon back-loaded their relay en route to winning in 3:09.69.

That's USC's second NCAA relay title ever, and first since USC's 1994 800-yard free relay won in 7:11.89.

Georgia's Olivia Smoliga, Brittany MacLean, Meaghan Raab and Hali Flickinger finished second in 3:10.82 as they did what they needed to do to hold off a final-day charge from Stanford to win Georgia's seventh NCAA title. That's Jack Bauerle's seventh in 37 years at the helm of the Bulldogs, tying him with Richard Quick for the most titles at a single school. Quick won a total of 12 women's NCAA titles, but did so between Stanford (7) and Texas (5).

Texas A&M's Beryl Gastaldello, Kristin Malone, Claire Rasmus and Sarah Gibson took third in 3:11.91.

Stanford, needing to win the event and have Georgia finish seventh or worse to win the NCAA title, finished fourth with a 3:12.08. ◀

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[PHOTO COURTESY, PETER H. BICK]

## JACK BAUERLE, LILLY KING HONORED BY CSCAA

BY JASON MARSTELLER



» LILLY KING

[PHOTO COURTESY, PETER H. BICK]

The College Swimming Coaches Association of America (CSCAA) announces the following award recipients from the 2016 NCAA Division I Women's Swimming and Diving Championships.

### DIVING AWARDS:

The CSCAA NCAA DI Women's Team Diver of the Year Award was presented to Sharae Zheng from the University of Nevada, Reno. Zheng swept the springboard events taking the 1 Meter board on Thursday and winning the 3 Meter Board on Friday with a career best 404.70. Zheng is the first Wolfpack athlete in over a decade to win an individual title in a NCAA Championship.

The CSCAA NCAA DI Women's Team Diving Coach of the Year was presented to Jian Li You of the University of Nevada, Reno who guided Sharae Zheng's sweep of the springboard events. In addition, Wolfpack diver Krysta Palmer was a consolation finalist in both the 1 Meter and Platform events. Jian Li You is also the reigning Mountain West Diving Coach of the Year, an honor she received for the fourth straight season.

### SWIMMING AWARDS:

Lilly King of Indiana University was named the CSCAA NCAA DI Women's Swimmer of the Year after setting the NCAA and American Records in both the 100 and 200 Breaststroke events. The freshman, from Evansville, IN was instrumental in leading the Hoosiers to a 7th place finish at the NCAA Championship, their highest finish in program history. King is the first IU swimmer in 40 years to win two individual titles at an NCAA Championship.

Jack Bauerle, head coach of the University of Georgia, was named the CSCAA NCAA DI Women's Team Coach of the Year after leading the Bulldogs to their 7th NCAA NCAA Championship. Bauerle's teams have won 3 out of the last 4 titles and in the past two decades Bauerle's teams have finished outside of the top-2 on only 5 occasions. This marks the seventh time that Bauerle's peers have honored him as CSCAA Coach of the Year. ◀

CSCAA contributed to this report.



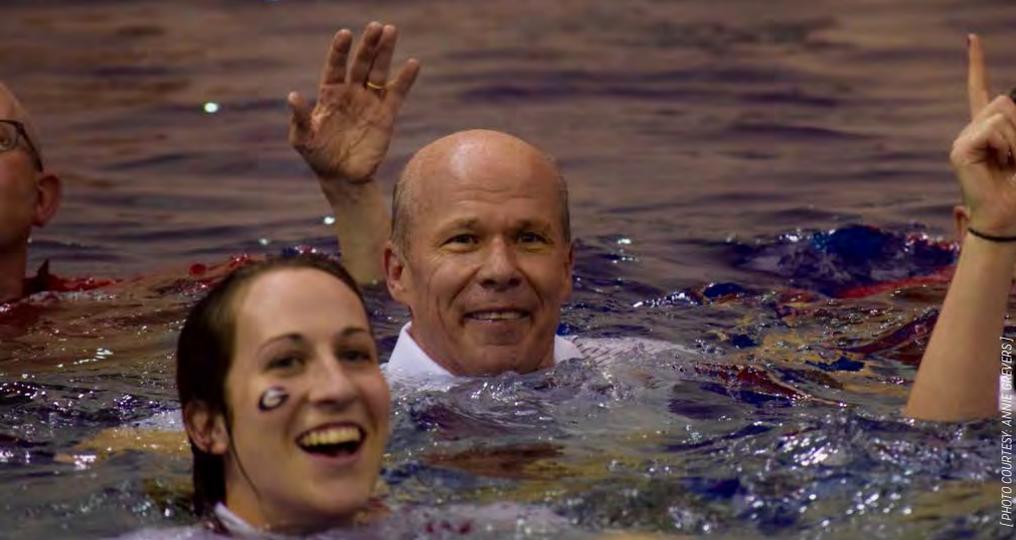
» LILLY KING

[PHOTOS COURTESY: PETER H. BICK]



» KELSI WORRELL





[PHOTO COURTESY ANNE GREYERS]



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0:47.2 100m  
STR RATE 1.2s/str



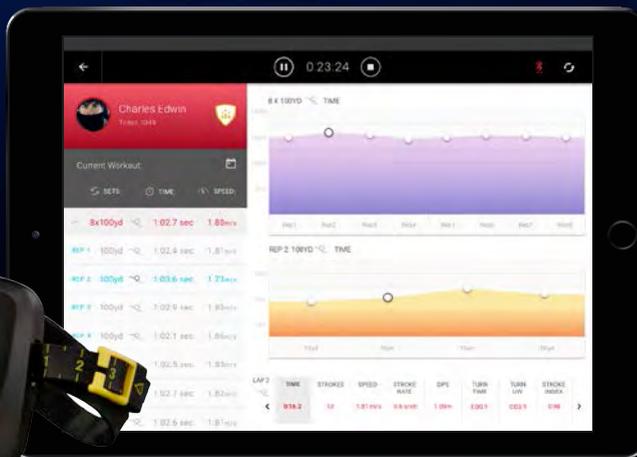
Iain Welch  
0:51.1 100m  
STR RATE 1.4s/str



Warren Barnes  
0:50.3 100m  
STR RATE 1.4s/str



Chris Stephenson  
0:49.7 100m  
STR RATE 1.3s/str



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[PHOTO COURTESY: DANA PIMER]

## NCAA DIVISION III CHAMPIONSHIP FINALS RECAP

BY JASON MARSTELLER & CHANDLER BRANDES

### MEN'S 500 FREE

Johns Hopkins' Andrew Greenhalgh defended his NCAA D3 title with a time of 4:21.83. That swim was well off his 2015 NCAA D3 record of 4:20.60, but nearly a second enough to pick up the title this time around.

Kenyon's Arthur Conover took second-place honors in a time of 4:22.69 with Emory's Christian Baker (4:23.46) and Thomas Gordon (4:26.92) picking up big points for their squad with third and fourth overall.

MIT's Joshua Graves (4:27.76), NYU's Austin Palmer (4:27.89), Denison's Stuart Hohm (4:28.86) and Johns Hopkins' Griffith Otazu (4:29.68) rounded out the A final.

### WOMEN'S 500 FREE

Kenyon's Marysol Arce won the women's 500-yard free tonight in a time of 4:48.52. That just barely beat Emory's Rebecca Upton, who took second in 4:48.64. Both swimmers were well off the NCAA D3 record of 4:43.37 set by Amherst's Kendra Stern back in 2011.

Denison's Campbell Costley closed out the top three with a time of 4:51.36, while DePauw's Angela Newlon wound up fourth in 4:52.30.

Middlebury's Isabel Wyer (4:53.36), Denison's Taylor Johns (4:53.54), Williams' Lauren Jones (4:53.83) and Kenyon's Mariah Williamson (4:54.59) also competed in the A final.

### Men's 200 IM

Denison's Jack Lindell took down his NCAA D3 record in the men's 200-yard IM at the 2016 NCAA Division III Championships.

Lindell clocked a top time of 1:46.00 for the win, clipping his previous record of 1:46.07 set during prelims today. That swim lowered the previous record of 1:46.23 set by Emory's Andrew Wilson just a year ago.

Lindell became the first swimmer from Denison to win the event since Matt Trumbull did it back in 1999.

Johns Hopkins' Evan Holder took second in 1:46.40 with

Kenyon's Ian Reardon (1:47.32) and Trevor Manz (1:48.70) claiming third and fourth.

Emory's Chandler Lichtefeld (1:49.94), Denison's Joe Brunk (1:50.38), Whitworth's Wes Walton (1:50.63) and Washington U's Michael Lagieski (1:52.32) finished fifth through eighth.

#### MEN'S 200 IM

Denison's Jack Lindell took down his NCAA D3 record in the men's 200-yard IM.

Lindell clocked a top time of 1:46.00 for the win, clipping his previous record of 1:46.07 set during prelims today. That swim lowered the previous record of 1:46.23 set by Emory's Andrew Wilson just a year ago.

Lindell became the first swimmer from Denison to win the event since Matt Trumbull did it back in 1999.

Johns Hopkins' Evan Holder took second in 1:46.40 with Kenyon's Ian Reardon (1:47.32) and Trevor Manz (1:48.70) claiming third and fourth.

Emory's Chandler Lichtefeld (1:49.94), Denison's Joe Brunk (1:50.38), Whitworth's Wes Walton (1:50.63) and Washington U's Michael Lagieski (1:52.32) finished fifth through eighth.

#### WOMEN'S 200 IM

Amherst's Emily Hyde dominated the women's 200-yard IM with a time of 2:01.15 for the win. While she won by more than a second, she still did not challenge the NCAA D3 record of 1:58.81 set by Caroline Wilson of Williams back in 2013.

Bates' Sara Daher finished second in 2:02.62 with UW-Eau Claire's Samantha Senczyszyn taking third in 2:02.67.

Williams' Emma Waddell (2:02.83), Connecticut's Samantha Pierce (2:02.92), Emory's Annelise Kowalsky (2:03.18), Kenyon's Katie Kaestner (2:04.28) and Kenyon's Julia Wilson (2:04.82) also competed in the A final.

#### MEN'S 50 FREE

Emory's Oliver Smith took home the sprint free title in 19.55, not too far off Zach Turk's NCAA D3 record of 19.38 from 2012.

Washington & Lee's Thomas Thetford touched a close second in 19.65 with Rowan's Jesse Novak placing third in 19.89.

Chicago's Thomas Meek (20.23), Kenyon's Ryan Funk (20.23),

Buffalo State's Connor Mergler (20.45), MIT's Joshua Tomazin (20.50) and DePauw's Blake Lehmann (20.52) rounded out the top eight.

#### WOMEN'S 50 FREE

St. Thomas' Emma Lindell matched her prelim time of 22.77 to win the 50 free tonight. That's just off Kirsten Nitz's NCAA D3 record of 22.66 set in 2013 for Wheaton.

Emory's Fiona Muir raced her way to second in 22.81 with Denison's Carolyn Kane finishing third in 22.90.

Keene State's Alison Bartlett (22.93), Kenyon's Hannah Lobb (23.20), Emory's Marissa Bergh (23.30), UW-Eau Claire's Allie Hable (23.39) and Kenyon's Jenner McLeod (23.60) made up the rest of the championship finishers.

#### MEN'S THREE-METER DIVING

SUNY Geneseo's Samuel Randall won the men's three-meter diving with 533.75 points, while Denison's Ben Lewis finished second with 529.55 points.

Denison had a big night with Brian Allen (524.35) and Max Levy (520.65) finished third and fourth.

SUNY Fredonia's Arron Carlson (511.00), USMMA's William Porter (483.15), Tufts' Matthew Rohrer (479.85) and St. Lawrence's Matthew Edkins (455.40) also competed.

#### MEN'S 200 MEDLEY RELAY

Williams' Ben Lin (21.60), Jake Tamposi (24.44), Tim Kostolansky (21.49) and Alex McCarter (20.41) won the medley relay in a time of 1:27.94. That swim just missed the NCAA D3 record of 1:27.54 set by Kenyon last year.

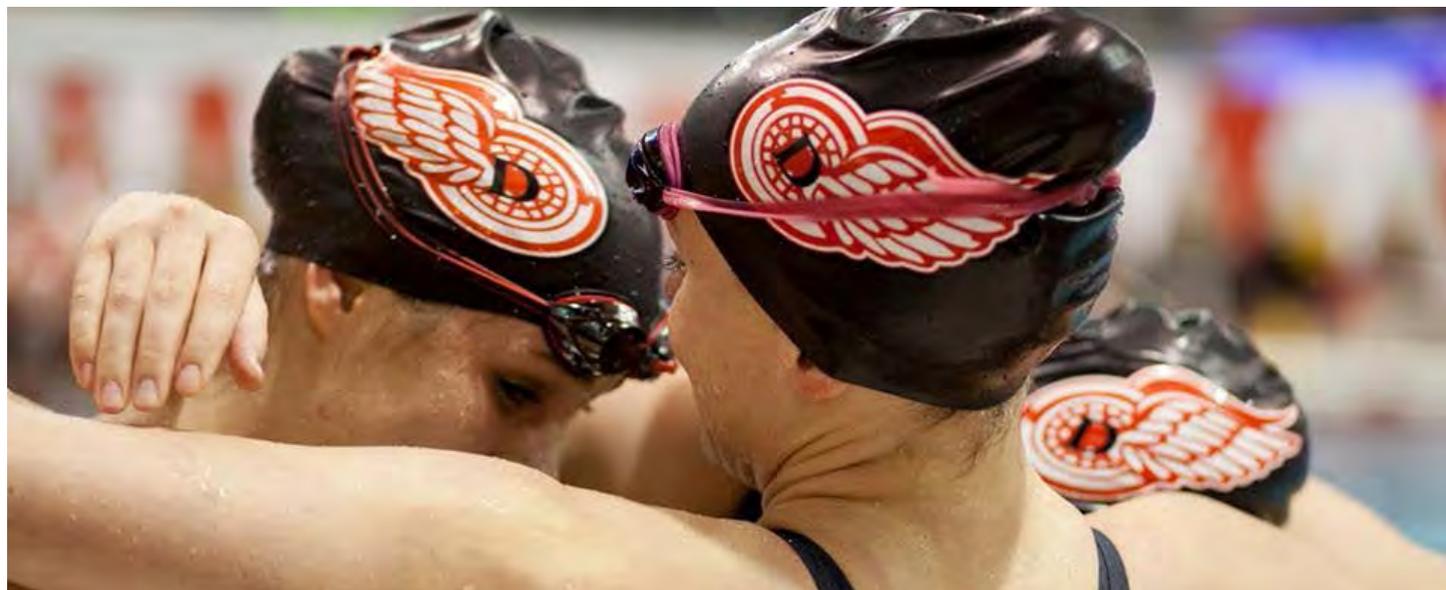
Kenyon's Percy Gates, Trevor Manz, Christian Josephson and Ryan Funk finished second in 1:28.81 with Emory's Mitchell Cooper, Cooper Tollen, Christian Baker and Oliver Smith placing third in 1:28.98.

Washington U (1:29.33), Denison (1:29.37), Johns Hopkins (1:29.38), TCNJ (1:29.52) and MIT (1:30.16) comprised the rest of the A final.

#### WOMEN'S 200 MEDLEY RELAY

Emory's Cindy Cheng (25.18), Annelise Kowalsky (28.37), Marcela Sanchez-Aizcorbe (24.36) and Fiona Muir (22.86) just missed the NCAA D3 record with a 1:40.77 for the win. Kenyon's 1:40.58 from last year will remain in the books.

Denison's Carolyn Kane, Marissa Bednarek, Ashley Yearwood and Mary Van Leuven took second *continued* >>>



in 1:41.94 with Kenyon's Abby Wilson, Laura Duncan, Jenner McLeod and Hannah Lobb claiming third in 1:42.48.

Williams (1:42.66), NYU (1:43.24), Pomona-Pitzer (1:43.51), Amherst (1:43.57) and Wheaton (1:43.69) wound up fourth through eighth.

#### MEN'S 200 FREE RELAY

Emory's Mathias Kolleck, Alex Hardwick, Aaron Schwartz and Oliver Smith captured the relay title in a time of 1:19.83. That swim was well back of Kenyon's 2012 NCAA D3 mark of 1:18.06.

Kenyon's Ryan Funk, Percy Gates, Joey Duronio and Austin Pu took second in 1:20.45 with Keene State's Greg Youngstrom, Christopher Barriss, Cole Hogg and Ryan Boraski taking third in 1:21.11.

#### WOMEN'S 200 FREE RELAY

Emory took down the NCAA D3 record in the women's 200-yard free relay at the 2016 NCAA Division III Championships.

The foursome of Fiona Muir (23.13), Marcela Sanchez-Aizcorbe (22.84), Megan Taylor (22.69) and Marissa Bergh (22.76) set the record with a 1:31.42. That swim cleared the previous mark of 1:31.80 set by Emory back in 2010.

Denison's Carolyn Kane, Ashley Yearwood, Kate Wright and Mary Van Leuven also cleared the previous record with a second-place 1:31.79. Kenyon's Hannah Lobb, Abby Wilson, Katie Kaestner and Jenner McLeod finished third in 1:32.07.

#### MEN'S 400 IM

Denison's Jack Lindell, who previously set the 200 IM NCAA D3 record twice on day one, took the 400 IM title tonight in 3:47.63.

Kenyon's Ian Reardon (3:53.59), Arthur Conover (3:53.89) and Mark Newell (3:56.95) placed second, third and fifth to gain some huge points for Kenyon.

#### WOMEN'S 400 IM

Williams' Megan Price grabbed the women's 400 IM title in a time of 4:20.77. That's well off the NCAA D3 record of 4:13.14 set by fellow Williams swimmer Caroline Wilson back in 2012.

Kenyon's Marysol Arce took second in 4:21.96 with Mount Holyoke's Cathleen Pruden racing her way to third overall in 4:22.21.

#### MEN'S 100 FLY

Washington U's Reed Dalton chased down the 100 fly title in 47.22. That's a bit off his own NCAA D3 record of 46.97 from last year.

Williams' Ben Lin picked up second overall in 47.72 with Denison's Andrew Rich placing third in 47.85.

#### WOMEN'S 100 FLY

Wheaton's Kirsten Nitz raced her way to victory in a time of 53.56. That swim was a second off her NCAA D3 record of 52.64 from 2014.

Johns Hopkins' Anne Wisniewski placed second overall in 54.77 with Colorado College's Olivia Dilorati claiming third in 54.83.

### MEN'S 200 FREE

Washington & Lee's Thomas Thetford just missed an ancient NCAA D3 record with a 1:36.87. The 1:36.63 set by Kenyon's Dennis Mulvihill way back in 1988 remained in the books.

Johns Hopkins' Evan Holder raced to second in 1:37.71 with Emory's Christian Baker (1:38.33) and Thomas Gordon (1:38.37) taking third and fourth.

### WOMEN'S 200 FREE

Emory's Julia Wawer hit the wall in 1:48.88 to win the 200 free crown tonight. Kendra Stern's 1:44.82 from 2011 remained the NCAA D3 record.

Williams' Lauren Jones (1:49.74) and Kenyon's Abby Wilson (1:49.92) closed out the top three.

### WOMEN'S ONE-METER DIVING

Kenyon's Maria Zarka won the diving event with a tally of 484.50 points.

SUNY Fredonia's Meghan Bartlett took second with 444.75 points, while Hope's Sarah Sheridan claimed third with 442.55 points.

### MEN'S 400 MEDLEY RELAY

The Kenyon men closed out their night with a win as Oscar Anderson, Trevor Manz, Christian Josephson and Joey Duronio finished with a 3:15.20 to win. That's well off Williams' NCAA D3 record of 3:13.39 from last year.

Washington U had won the event with a 3:15.03 but drew a disqualification.

Williams' Ben Lin, Jake Tamposi, Tim Kostolansky and Curtis Maher finished second in 3:15.53 with Johns Hopkins' Emile Kuyl, Evan Holder, Mark Wilson and Michael Ashmead taking third in 3:16.02.

### WOMEN'S 400 MEDLEY RELAY

Emory's Cindy Cheng, Annelise Kowalsky, Marcela Sanchez-Aizcorbe and Marissa Bergh topped the relay in a time of 3:42.76. That's well off Kenyon's NCAA D3 mark of 3:40.13.

Williams' Olivia Jackson, Breanna Nguyen, Emma Waddell and Lauren Jones took second in 3:43.73 with Denison's Ashley Yearwood, Marissa Bednarek, Carolyn Kane and Mary Van Leuven picking up third in 3:43.93.

### MEN'S 200 FLY

MIT's Dougie Kogut won the first event of the evening, posting a time of 1:47.28. The sophomore dropped over a second from his prelims time to win his first individual National Championship title.

Amherst's Jeff Anderson took second in 1:47.60 and Carnegie Mellon's Mitchell Riek finished third in 1:47.68.

Saint Thomas' Mike Lanz (1:48.16), Connecticut's George Tilneac (1:48.21), Claremont's Matt Valentine (1:48.70), Kenyon's Jonathan Zimdars (1:50.13), and Goucher's Morgan Richter (1:50.59) completed the top eight.

### WOMEN'S 200 FLY

After taking the top seed during prelims, Washington U's Amanda Stadermann went on to win the event in a time of 2:00.53. The senior also placed fourth in the 100 fly.

Williams' Megan Pierce finished second in 2:01.07 and Emory's Rebecca Upton took third in 2:01.30.

RPI's Shanny Lin (2:01.55), Vassar's Julia Cunningham (2:01.92), Kenyon's Mariah Williamson (2:02.23), Denison's Halli Garza (2:03.61), and Emory's Megan Campbell (2:06.23) rounded out the top eight.

### MEN'S 100 BACK

Claremont's Matthew Williams won with a time of 47.57, one of only two swimmers under the 48 second mark. The junior dropped time from this morning to win his first National title.

Williams' Benjamin Lin was second in 47.89 and MIT's Bo Mattix took third in 48.68.

Tufts' Michael Winget (48.76), Connecticut's Michael Fothergill (48.90), Denison's Jason Wesseling (48.97), Williams' Alex McCarter (48.97), and Tufts' Kingsley Bowen (49.13) also competed in the top eight.

### WOMEN'S 100 BACK

Saint Thomas' Emma Paulson won the event in 54.43. This is the junior's second individual win of the meet after winning the women's 50 free on the first day.

Luther's Clare Slagel took second in 54.78 and Williams' Katherine Bennett was third in 55.00.

Emory's Cindy Cheng (55.01), Emory's *continued* >>>

Ellie Thompson (55.20), Washington & Lee's Emily Rollo (55.44), Rose-Hulman's Eleanore Hong (55.71), and Chicago's Melissa Bischoff (56.03) completed the top eight.

#### MEN'S 100 BREAST

York's Kyle Walthall narrowly won the event in 53.67. The senior dropped over one second from his seed time to take the title this evening.

Washington U's Michael Lagieski finished a close second in 53.70 and TCNJ's James Shangle was third in 54.41.

Calvin's Johnson Cochran (54.82), Wabash's Zechariah Banks (54.94), Kenyon's Trevor Manz (55.10), Emory's Cooper Tollen (55.27), and MIT's Justin Chiu (55.46) rounded out the top eight.

#### WOMEN'S 100 BREAST

UW-Eau Claire's Samantha Senczyszyn dropped time from her morning swim to win the event in 1:01.09. This is the freshman's first National title after placing third in the 200 IM earlier this meet.

Amherst's Emily Hyde took second in 1:01.64 and Kenyon's Julia Wilson finished third in 1:01.95.

Springfield's Emily Medeiros (1:02.45), Emory's Annelise Kowalsky (1:02.84), Denison's Marissa Bednarek (1:02.93), Emory's Ashley Daniels (1:02.95), and William Smith's Caroline Conboy (1:03.05) completed the top eight.

#### MEN'S IM DIVING

Denison's Ben Lewis, who took second on the 3m, dove to first place on the 1m board. The senior's score of 555.35 was 33.6 points better than the runner-up.

Fredonia's Arron Carlson dove to second with 521.75 and Geneseo's Samuel Randall took third with 519.75.

Denison's Max Levy (493.55), Denison's Brian Allen (481.25), Albion's Jake Burris (463.75), Tuft's Matthew Rohrer (460.90), and Lake Forest's Heath Ogawa (419.35) rounded out the top eight.

#### MEN'S 800 FREE RELAY

Denison's Ryan Fleming (1:38.11), Jackson Lindell (1:37.86), Bradley Stevenson (1:38.68), and Joe Brunk (1:37.90) won a very close and exciting race with a time of 6:32.55.

Johns Hopkins' David Knox, Evan Holder, Andrew Greenhalgh, and Michael Wohl took a close second in 6:32.71. Emory's Christian Baker, Thomas Gordon, Alexander Kohl-

man, and Hayes Burdette-Sapp finished third in 6:35.36.

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#### WOMEN'S 800 FREE RELAY

Emory's Ellie Thompson (1:49.35), Cindy Cheng (1:49.58), Marissa Bergh (1:49.91), and Julia Wawer (1:49.66) won the event with a time of 7:18.50. They were the only team with all four swimmers under the 1:50 mark.

Williams' Megan Pierce, Emma Waddell, Breanna Nguyen, and Lauren Jones took second in 7:20.38. Kenyon's Hannah Orbach-Mandel, Abby Wilson, Delaney Ambrosen, and Marysol Arce finished third in 7:21.14.

Denison (7:24.47), Chicago (7:26.48), Johns Hopkins (7:27.76), Washington U (7:27.86), and Connecticut (7:28.75) rounded out the top eight.

#### MEN'S 1650 FREE

Johns Hopkins' Andrew Greenhalgh collected the men's 1650 free title in 15:06.97. That's well back of the NCAA D3 record of 15:01.24 set by Arthur Conover of Kenyon last year.

Conover was unable to repeat as a winner with a second-place time of 15:11.25. MIT's Joshua Graves raced to third overall in 15:20.83.

#### WOMEN'S 1650 FREE

Kenyon's Marysol Arce hit the wall in 16:33.29 to win the

mile. That swim was well off the NCAA D3 mark of 16:21.44 set by Sarah Thompson of Williams back in 2015. Emory's Rebecca Upton took second in 16:39.90 with DePauw's Angela Newlon picking up third in 16:42.48.

#### MEN'S 100 FREE

Washington & Lee's Thomas Thetford claimed the men's 100-yard free title in 43.41. That's not far off the NCAA D3 record of 43.16 set by Kenyon's Zach Turk back in 2012.

Rowan's Jesse Novak took second tonight in 43.78 with Keene State's Ryan Boraski placing third in 44.24.

#### WOMEN'S 100 FREE

Kenyon's Hannah Lobb cleared 50 seconds to win in 49.90. That's a second off Kendra Stern's 2010 NCAA D3 record of 48.98.

Emory's Fiona Muir placed second in 50.02 with Williams' Emma Waddell snared third overall in 50.06.

#### MEN'S 200 BACK

Denison's Jack Lindell claimed another title, this time with a 1:46.10 in the 200-yard back. Harrison Curley remains the NCAA D3 record holder with a 1:43.49 from last year.

CMS's Matt Williams took second in 1:46.11 with Kenyon's Oscar Anderson snaring third in 1:47.47.

#### WOMEN'S 200 BACK

St. Thomas' Emma Paulson snagged the women's 200 back title in 1:56.33. That just missed Brittany Sasser's 2008 NCAA D3 record of 1:56.23 for Amherst.

Williams' Olivia Jackson (1:57.44) and Katherine Bennett (1:57.83) rounded out the top three.

#### MEN'S 200 BREAST

Kenyon's Ian Reardon won the 200-yard breast in a time of 1:57.78. Andrew Wilson's sizzling 1:52.97 NCAA D3 record remained untouched, and likely will for a long time.

Johns Hopkins' Evan Holder (1:58.11) and Washington U's Michael Lagieski (1:58.82) took second and third.

#### WOMEN'S 200 BREAST

Amherst's Emily Hyde clipped the NCAA D3 meet record in the 200-yard breast tonight. She clocked a 2:12.30. That swim beat the 2:12.83 meet record set by Lindsay Payne back in 2006, but missed the D3 mark of 2:12.20 set by Sam



Senczyszyn earlier this year.

UW-Eau Claire's Senczyszyn wound up second in 2:13.47 with Kenyon's Julia Wilson taking third in 2:13.48.

#### WOMEN'S THREE-METER DIVING

Hope's Sarah Sheridan won the diving title with 478.40 points, while Wellesley's Maura Sticco-Ivins finished second with 470.55 points. SUNY Fredonia's Meghan Bartlett took third with 454.55 points.

#### MEN'S 400 FREE RELAY

Emory's Alex Hardwick, Mathias Kolleck, Hayes Burdette-Sapp and Oliver Smith won the final relay in 2:57.44. That was well off the NCAA D3 record of 2:53.59 from Kenyon in 2012.

MIT's Jeremy Bogle, Joshua Tomazin, Douglas Kogut and Daryl Neubieser placed second in 2:58.64 with TCNJ's Joseph Dunn, Ryan Gajdzisz, Scott Vitabile and Jason Ivins placed third in 2:59.10.

#### WOMEN'S 400 FREE RELAY

Emory's Fiona Muir, Marcela Sanchez-Aizcorbe, Megan Taylor and Marissa Bergh won the 400 free relay in 3:21.37. That's just off Emory's 2013 NCAA D3 record of 3:21.28.

Denison's Carolyn Kane, Ashley Yearwood, Kate Wright and Mary Van Leuven took second in 3:21.90 with Kenyon's Hannah Orbach-Mandel, Abby Wilson, Hannah Lobb and Jenner McLeod claimed third in 3:32.17. ◀

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## YULIYA EFIMOVA FAILS DOPING TEST FOR MELDONIUM; RUSSIA CONFIRMS TEMPORARY SUSPENSION

BY JASON MARSTELLER

Russia's Yuliya Efimova has been caught up in the rampant amount of positive tests for meldonium that has recently taken place among Russian sports stars since the drug moved to the prohibited list this year according to Russian media Sports Express.

Efimova, who already served a 16-month ban for a positive test for DHEA steroids, could face a lifetime ban after what is being reported to have been an in-competition positive test.

*"The Federation is aware that Efimova tested positive for meldonium,"* the Russian swimming federation stated through a spokesperson.

This is not likely the last Russian swimmer to be named as one of the 100 cases that have tested positive for meldonium. There could be a lot more Russian swimmers named if rumors Swimming World has heard turn out to be true.

Today, the Russian Swimming Federation confirmed Efimova's temporary suspension, and pointed to the fact that many Russian swimmers have trained outside of Russia as the reason for the positive tests.

*"In connection with the publication appeared in the media*

*concerning Yulia Efimova, All-Russian Swimming Federation informs that it has received from the International Federation of FINA documents confirming the temporary suspension from competition athletes in connection with a possible anti-doping rule violation.*

*In order to obtain information with the explanation for this situation, the President of the WFTU, Vladimir Salnikov will meet soon with leaders FGBU "Center of sports preparation of national teams of Russia" and the Ministry of Sports of Russia. In September 2015, according to the approved individual plans, a number of swimmers was sent for training abroad. Ensuring the preparation of this group of swimmers has been fully taken FGBU "Center athletic training teams of Russia" and was appointed curator of the official of the group Sergey Ilyin."*

Efimova swims for the Trojan Swim Club in Southern California here in the United States.

"I am obviously disappointed if the reports are true," Trojan Swim Club head coach Dave Salo told Swimming World. "Since coming to the United States to train there is an awareness that anyone training in the USA will be subject to regular testing unlike the circumstances almost anywhere

else in the world. Yulia, like everybody else in my Trojan Swim Club, are subject to testing often by USADA/WADA on a nearly weekly basis.

This time around, Efimova is one of nearly 100 cases of athletes nailed for testing positive for meldonium since the drug moved from being controlled to prohibited this year. The most visible case being tennis star Maria Sharapova, who failed a drug test for meldonium at the Australian Open.

Meldonium has been said to have been taken by Russian athletes as much as Vitamin C, according Olympic figure skating champion Evgeni Plushenko on the Russian-24 broadcast network

Efimova is an Olympic medal favorite this year. She's the top ranked swimmer in the world in the women's 100-meter breast with a 1:05.70 from the Arena Pro Swim Series stop in Orlando. She's also ranked second in the world in the 200-meter breast with a 2:21.41 from that same meet.

Efimova already lost several world records as well as European championship victories from her previous suspension.

FINA imposed a 16-month competition ban retroactive to Oct. 31, 2013 when making the announcement in May 2014. That ban also included a loss of all results since Oct. 31, 2013 that includes four European short course titles and four world records.

The European short course wins trickle down to Lithuania's Ruta Meilutyte (50-meter breast along with her 100-meter breast win), and Rikke Pedersen Moeller (200-meter breast). Additionally, Germany finished with the mixed 200-meter medley relay victory for the team of Christian Diener, Caroline Ruhnu, Steffen Deibler and Dorothea Brandt. Also, Denmark's women's 200-meter medley relay earned gold with Mie Nielsen, Jeanette Ottesen, Pernille Blume and Pedersen taking home that win with Russia losing the world record in that event.

Overall, Efimova lost four world records. The women's 200-meter breaststroke record of 2:14.39 went back to Rebecca Soni's 2:14.57 from the Duel in the Pool. Russia also lost the mixed medley relay and women's medley relay records from Euro short course champs. Additionally, Efimova's 50-meter breaststroke record from the FINA World Cup tour was not ratified.

During her hearings with the FINA Doping Panel, Efimova plead ignorance stating that she had taken similar supplements containing L-carnitine since she was a teenager, and that a sales person at a local GNS store in Los Angeles told her that a product named Cellucor CLK was "doping-free."

Efimova then claimed that her lack of English skills helped lead her to the poor decision to take the supplement, instead of just not taking any L-carnitine at all, especially since DHEA was "clearly listed as an ingredient on the label of the product."◀

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# JEFF FARRELL INSPIRES A NATION

In 1960, sportswriters had dubbed Jeff Farrell “the fastest swimmer in the world.” However, less than a week before the U.S. Olympic Trials, he underwent an emergency appendectomy. Doctors gave him six weeks to recover, yet only six days after surgery, he was back on the blocks at the 1960 U.S. Olympic Trials.

In one of the most courageous performances of our sport, Farrell qualified for the U.S. Olympic team in Rome, where he would go on to win two gold medals as the anchor of the world record-setting 400 medley and 800 freestyle relays.

STORY BY ANNIE GREVERS  
PHOTOS PROVIDED BY  
INTERNATIONAL SWIMMING  
HALL OF FAME



Six days after an emergency appendectomy, Jeff Farrell swam at the 1960 U.S. Olympic Trials at Brennan Pools in Detroit, Mich. The American record holder in the 100 and 200 freestyles missed qualifying for the 100 by 1-tenth of a second. However, when he placed fourth in the 200 free, he earned his hard-fought place on the U.S. Olympic team. In January 1961, the Philadelphia Sportswriters Association awarded him its “Most Courageous Athlete of 1960” trophy.

*Editor’s Note: The following story is composed of excerpts from Jeff Farrell’s book, “My Olympic Story: Rome 1960.”*

Beep. Beep. Beep. The sound of his pulse and pulses in the distance sounded. Far-off conversations lulled the patient in and out of consciousness. The smallest movements made the fastest swimmer in the world writhe in pain. As he became more lucid, he saw his coach in the room with him.

The date was July 27, 1960. Less than a week earlier, Jeff Farrell had set American records in the 100 and 200 freestyles,

winning both races, at the AAU (Amateur Athletic Union) outdoor national championships in Toledo. Farrell missed Australian John Devitt’s world record (54.6, set three-and-a-half years earlier) by 2-tenths of a second. From 1959 to June of 1960, Farrell broke 24 American records, set one relay world record, and became a six-time national champion. Sportswriters had already dubbed him “the fastest swimmer in the world.”

Six days before U.S. Olympic Swimming Trials, the sprint freestyler was flat on his back in a bed at Detroit’s Henry Ford



The United States men and women dominated the medal standings at the 1960 Olympics in Rome with 15 medals (9 gold, 3 silver, 3 bronze). The men's team captured four gold, two silver and three bronze for nine medals overall. Farrell, who was named a co-captain of the team, is kneeling in the bottom row, far right.

Hospital.

After waking at 4 a.m. from an intolerable pang in his lower abdomen, Farrell had awakened his roommates when he collapsed onto the hotel bathroom's tile floor.

The teammates rushed to tell their

guidance. Despite having no swimming experience, Kiphuth was named Yale's full-time coach in 1917. Although

swim coach, Bob Kiphuth, who had been sleeping in the room below. Coach was already headed up to the scene of the ruckus. Kiphuth and two of Farrell's teammates rushed the star swimmer to the hospital.

Diagnosis—acute appendicitis. Operation needed immediately.

As his gurney was wheeled toward the operating room, Farrell asked how long he'd need to be out of the pool. "About six weeks," the surgeon said. But Farrell only had *six days*.

### BOB KIPHUTH

One of the most respected names in coaching, Robert John Herman "Bob" Kiphuth, had just retired from his Yale coaching job in 1959. In his 42 years at Yale, Kiphuth's teams amassed 528 dual meet wins and only 12 losses. Yale had won four NCAA team titles under Kiphuth's

he never attained a college degree, Kiphuth became a five-time Olympic coach, was referred to as "Mr. Yale" in his later years, and in 1963, received the Presidential Medal of Freedom.

Kiphuth was considered an "expert on the human body" due to his lifelong interest in exercise, bodybuilding and kinesiology. Yale Medical School students were sometimes sent to Kiphuth to be quizzed on anatomy.

Moments before Farrell was to go under the knife, Kiphuth requested a private word with the surgeon.

"I want you to know that you're about to operate on the fastest swimmer in America; in the world, in fact." Kiphuth said.

The coach proceeded to offer advice, emphasizing how important it was to avoid cutting across the abdominal muscle fibers in order for Farrell to have a shot at swimming soon after the surgery.

"Before laparoscopic surgery, emergency appendectomies were performed with large incisions, sometimes involving cuts across the muscle, more often between them," Farrell stated.

When the surgeon opened Farrell up, he found an appendix ready to burst. To safely extract the appendix, the surgeon needed to make the incision twice as long as normal. He managed to conclude the surgery without damaging any major muscles, just as Kiphuth had requested. "Kiphuth's advice made everything that followed possible," Farrell wrote.

### DAY 1

Farrell woke up in the hospital, tortured by his thoughts: "To lose to a faster swimmer could be accepted...losing to an inflamed appendix just seemed beyond reason."

The media had snagged the news about Farrell; one devastating headline read, "Olympic Swim Star Lost to the U.S."

*continued on pg. 30*

JEFF FARRELL — continued from pg. 29

**DAY 2**

Kiphuth knew before most that the core was the driving force behind each stroke. And Farrell's strong core that had been constructed over the past year-and-a-half had a major slice across it.

But Kiphuth had a hope deep inside. It wasn't yet exposed to Farrell, other than Coach suggesting that the despairing patient begin some basic exercises in bed. He had Farrell lift each of his limbs, then allow them to slowly descend. Some elementary ab exercises were performed, and Farrell was roaming the hospital hallways to log some walking.

Coach Kiphuth had discreetly spoken to the doctor about the possibility of Farrell competing in the Olympic Games in one month. But Trials didn't seem feasible.

Farrell's parents had arrived, and his dad left the hospital room with what were meant to be a string of comforting words: "You'll have a chance to fulfill yourself in other ways."

**DAY 3**

Beneath the nurse's education building was a small therapy pool. The doctor worked to waterproof Farrell's incision wound and stood by as Farrell slowly descended the steps into the familiar hammock of water. Farrell felt comforted by the rippling blanket around him. But swimming was not going to be possible three days after his appendectomy.

Kiphuth instructed his swimmer to bend over and walk forward in the pool, simulating the arm strokes of his world-class freestyle.

**DAY 4**

The recovering swimmer held lightly onto a kickboard and allowed a gentle kick to propel him forward. Farrell tried out an unassisted horizontal movement, also known as the doggie paddle. There was still tension in his abdomen, but Farrell was beginning to allow himself to hope.

Cool and collected, Kiphuth reminded Farrell, "Relay trials aren't for another five days." But Farrell's mind was on his best event, the 100 free, which was to occur in three days. The 100 would be his only shot to make an individual event...his only chance to prove to the world he was, indeed, the fastest swimmer on Earth.

**DAY 5**

The pain was lessening as Farrell

Hasty Awards produced the 2000 U.S. Olympic Trials medal (below) worn by Lenny Krayzelburg, Ed Moses, Ian Crocker and Gary Hall Jr., who, like Jeff Farrell, went on to win Olympic gold in the 4 x 100 medley relay in Sydney.



swam across the small hospital pool. Rather than going back for a second swim in the afternoon, Farrell worked on getting his mind right for the 100 free race, which was to start in less than 48 hours. After Farrell inquired about the 100 free, Kiphuth calmly dodged the question, saying, "Let's just think about the relay..."

**DAY 6**

One day before Trials, Kiphuth thought it was important that Farrell attempt a dive. The bandaged swimmer attempted a gentle dive from the side of the pool. Without much gusto, the cautious dive looked more like a fall. Pushing off of the wall was still painful, so Farrell's ability to do a proper flip turn was questionable. Kiphuth proposed a 50-meter time trial the next morning to see if Farrell was, indeed, fit to race.

The hospital staff had said the worst side effect of competing would be a hernia, but the chances of that were minor. Farrell had nothing to lose...and an Olympic spot (and potentially a hernia) to gain.

**OLYMPIC TRIALS AT DETROIT'S BRENNAN POOLS**

Farrell warmed up for his 50-meter time trial. When he was ready, he did his "fall-in" dive, and Kiphuth started his watch.

"Kiphuth never told me what the time was, but he stopped the watch when I finished the 50 meters. He looked at the time, smiled, nodded his head and gave me the OK sign with thumb and index finger," Farrell said. The stoic coach recorded in his journal that Farrell's time was "extraordinarily good."

Farrell had won the right to swim the 100 at Trials. There were hospital staff members at the pool daily to bandage, waterproof and

clean his wound as needed. Farrell's stitches would stay in throughout the competition.

Before the event began, the United Stated Olympic Committee offered Farrell a rare opportunity to recover for one week, then race whomever came in sixth in the 200. "The idea that someone could make the team, then lose his place next week if I beat him was illogical and extremely unfair," Farrell concluded. The show would go on.

Farrell barreled through his preliminary race, touching the wall in 55.9 seconds. Overjoyed with the result, Farrell was seeded second going into semifinals. That evening, the wounded swimmer swam even faster, clocking a 55.6 to earn the top seed heading into finals.

Then something unexpected happened.

In the final, as Farrell began his late charge into the wall (10 to 15 meters from the finish), his body veered to the right, and he swam right into the lane line. He regained his composure and sprinted to the finish, but his untimely misdirection had cost him his Olympic spot in the 100. He came in third, 1-tenth of a second behind Bruce Hunter (56.0). Farrell was crushed.

**HONOR IN THE STRUGGLE**

The nation had been following Farrell's quest to make the team less than a week after an appendectomy. When he placed fourth in the 200 meter freestyle and earned his hard-fought place on the U.S. Olympic team, the crowd was on its feet...and the nation was inspired.

At the Olympic Games in Rome, Farrell was named a co-captain. He earned two gold medals in world-record fashion in both the 4 x 100 medley relay and the 4 x 200 freestyle relay (which were swum an hour apart!). Farrell anchored both relays to decisive victories.

Farrell identified deeply with the quote by the founder of the modern Olympics, Baron de Coubertin:

*"The most important thing in the Olympic Games is not to win, but to take part, just as the most important thing in life is not the triumph, but the struggle to have fought well."*

Farrell was the fastest 100 freestyler in the world, but he didn't get to swim the race. In the miraculous process of making the team, the iconic athlete recognized that taking part in the Games was an honor felt as tangibly as the relay golds draped around his neck. ❖

*Fun Fact: from 1951-61, Kiphuth was the publisher of Swimming World.*

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» GILES SMITH

## GILES SMITH MOVES TO 4TH IN WORLD IN 100 FLY AT FEDERAL WAY SECTIONALS

BY JASON MARSTELLER

Phoenix's Giles Smith crushed the Olympic Trials cut in the men's 100-meter fly at the 2016 Speedo Sectionals in Federal Way.

He won with a 52.10. That swim shot him to fourth in the world rankings behind only Laszlo Cseh (51.40), Michael Phelps (51.94) and Zhuhao Li (51.97).

Smith then won the men's 50-meter free in 23.49 while swimming the event butterfly. That's the third fastest in the world behind Ben Proud (23.26) and Florent Manaudou (23.44)

Wasatch Front's Rhyan White captured the women's 200-meter back in an Olympic Trials cut of 2:12.95.

White doubled up with another Olympic Trials cut with a 1:02.10 in the women's 100-meter back. Missoula's Katharine Berkoff also cleared the Trials cut with a second-place 1:03.03.

Mount Hood's Jamie Stone won the women's 100-meter free with an Olympic Trials cut of 55.97.

King's Mariah Lindsay claimed the women's 200-meter breast with an Olympic Trials cut of 2:33.62.

King's Chelsea Bailey put up an Olympic Trials cut of 25.72 in the women's 50-meter free.

Coeur D'Alene's Sarah Nicholls, 15, raced to a 1:11.09 to clear the Olympic Trials cut in the women's 100-meter breast.

Bellingham Bay's Emma Carlton, 15, clocked a 1:00.84 to win the women's 100-meter fly with an Olympic Trials cut.

Spokane's Daniel Roy topped King's Ethan Dang, 14, in the men's 200-meter breast, 2:17.09 to 2:17.18 – both Olympic Trials cuts.

Lake Oswego's Curtis Klein just clipped the Olympic Trials cut in the men's 200-meter back with a 2:03.74.

King's Thomas Anderson turned in an Olympic Trials cut of 56.58 to win the men's 100-meter back.

Aulea's Aukai Lileikis topped the men's 100-meter free in 51.11. Lileikis doubled with a 1:53.42 to win the men's 200-meter free.

Coeur D'Alene's Nicole Rozier won the women's 200-meter fly in 2:17.99. Rozier doubled with a 2:18.89 to win

the women's 200-meter IM.

Tualatin Hills' Evan Carlson snared the men's 200-meter fly in 2:03.93.

Tualatin Hills' Sara Metzsch took home the women's 200-meter free in 2:02.56.

Phoenix's Sydney Carlson, 15, topped the women's 400-meter IM in 4:59.77.

Wasatch Front's Jarod Arroyo won the men's 400-meter IM in 4:27.75. Arroyo also won the men's 200-meter IM in 2:07.26.

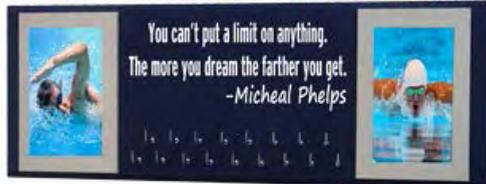
Phoenix's Matti Harrison topped the women's 400-meter free in 4:22.46. Harrison topped the women's 800-meter free in 8:56.11.

Hillsboro's Luke Thornbrue, 15, won the men's 400-meter free in 4:05.10.

King's Mitchell Hovis collected the men's 100-meter breast title in 1:04.04.

Evergreen's Alexander Wright claimed the men's 1500-meter free in 16:17.69. ◀

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>> JOY FIELD

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## NCSA JUNIOR NATIONALS FINALS RECAP

BY TAYLOR BRIEN

### NIGHT 1

The 2016 NCSA Junior Nationals kicked off in sunny Orlando, FL with the short-course distance events taking place.

The women got the meet started fast times in the 1650 free. Joy Field of Magnolia Aquatic Club cruised ahead of the competition to a first-place finish and a time of 16:02.07, dropping 6.04 seconds off her entry time of 16:08.11. Nation's Capital's Megan Byrnes finished second overall with a time of 16:17.49, while Pack Swim Team of Pittsford's Lindsay Stone turned in a 16:20.00 for third, shaving an astonishing 16.61 seconds off her seed time of 16:36.61.

Fifteen-year-old Robert Freeman of Baylor Swim Club and Frederick Schubert of NOVA battled for the top spot in the men's 1000 free, finishing a close .39 seconds apart. Freeman powered ahead to clock a final time of 8:57.43 over Schubert's 8:57.82. Both Freeman and Schubert shaved more than ten seconds off their seed times of 9:07.58 and 9:08.81. Third went to fellow NOVA teammate Aaron Schultz and his time of 9:06.59.

Along with the distance events, the first session featured the 200-yard free and medley relays for the women and men. The women kicked off the relay with 9 heats of the

200 free relay and a total of 71 relays participating. Ozaukee Aquatics turned in the top time with Katherine Drabot (22.57), Skylar Fore (22.81), Mallory Fox (22.30), and Lillie Hosack (22.98) posting a combined time of 1:31.66. Academy Bullets Swim Club grabbed second with a time of 1:32.46 with the relay team of Kayla Filipek (23.10), Avery Braunecker (23.07), Hanna Blankemeier (22.88), and Jennifer Hauser (23.41). The team of Casey Fanz (22.88), Sonora Baker (23.29), Camryn Curry (23.58), and Katherine Nezelek (22.99) from Poseidon Swimming Inc. finished third overall with a final time of 1:32.74.

The men's 200 free relay proved to be a tight race with the top three finishers posting times within .29 seconds of one another. Nation's Capital's Samuel Pomajevich (20.56), Aidan Pastel (20.47), Jonathan Pollock (20.50), and James William Jones (19.80) claimed gold with a final time of 1:21.33. Machine Aquatics finished second overall after the group of James Murphy (20.37), Joseph Bennett (20.60), Thomas Hallock (20.25), and David Herbert (20.28) posted a combined time of 1:21.50. Dayton Raiders from Ohio rounded out the top three with the relay team of Cody Bybee (20.60), Dylan Curtis (20.40), Eric Knowles (20.47), and Thomas Cope (20.15) stopping the clock at a 1:21.62.

Nation's Capital's 'B' relay surged to a first-place finish in

the women's 200 medley relay with a final time of 1:40.60. The relay consisted of Phoebe Bacon (25.06), Eireni Moshos (28.84), Jasmine Hellmer (24.02), and Katelynn Mack (22.68). Finishing second in the event was Long Island Aquatic Club's 'A' relay of Kristen Romano (25.53), Margaret Aroesty (28.10), Lauryn Johnson (24.78), Cara Treble (22.67) with a combined time of 1:41.08. Third went to Autumn Haebig (25.64), Katherine Drabot (28.05), Skylar Fore (24.19), and Mallory Fox (23.48) of Ozaukee Aquatics were third with a 1:41.36.

Nation's Capital's relay team of Will Cumberland (22.98), Spencer Rowe (24.59), Pomajevich (21.43), and Jones (20.09) grabbed first in the men's 200 medley relay with a final time of 1:29.09 barely edging out the men of Dayton Raiders. Dayton Raiders' Dylan Curtis (22.34), Thomas Cope (24.33), Cody Bybee (21.88), and Eric Knowles (20.55) turned in a combined 1:29.10 for an incredibly close second. NOVA's quad of Sam Cuthbert (22.82), Charles Swanson (25.03), Schubert (21.34), and Schultz (20.19) finished third with a time of 1:29.38.

## NIGHT 2

After competing in short course in the morning, finals of the 2016 NCSA Junior Nationals switched gears to give the athletes opportunities to participate in the long course version of their events.

Magnolia's Lucie Nordmann maintained her first-place spot in the women's 200 back with a final time of 2:10.86. Genevieve Pfeifer and Amanda Smith battled for second, exchanging the lead throughout the race, to tie with a final time of 2:13.44. Pfeifer split faster on the first 100 with a 1:05.06 (31.53 and 33.53) before coming back in a 1:08.38 (34.42 and 33.96). Smith caught up from a 1:05.60 split (31.95 and 33.65) for the first 100 with a 1:07.84 (33.92 and 33.92) in the back half.

Wade O'Brien of NOVA out-touched MAAC-GA's Dean Farris, this morning's top seed, with a final time of 2:01.88 in the men's 200-meter back. Farris slipped to second with a time of 2:02.91, while Matthew Marquardt of MHSW joined them under the 2:05-mark with a final time of 2:03.68.

Ozaukee Aquatics' Katie Drabot claimed her first individual win of the meet in the women's 100-meter free. Despite not being first to the wall at the halfway mark, Drabot turned on the heat to stop the clock at 55.03. Nation's Capital's Morgan Hill grabbed second overall with a time of 56.08, and was followed closely behind by Riley Gaines and her time of 56.31.

Switching gears from this morning's 500-yard free to the 400-meter free proved beneficial to Northern Kentucky Clippers' Brendan Meyer as he blasted to first with a final time of 3:54.60 from lane eight, well under the USA Swimming Olympic trial cut. Meyer finished over two seconds ahead of Baylor's Trey Freeman and his time of 3:56.99. Talmadge Davis slipped to third with a 3:57.27.

After being the only athlete under the 1-minute mark this morning, Margaret Aroesty kept the fire going with a sizzling 1:09.25 in the women's 100-meter breaststroke. Aroesty, the only swimmer under the 1:10-mark, delivered splits of 33.08 and 36.17. Kate Douglass posted a lifetime best of 1:10.49 for second place, and was followed to the wall by Halle Morris (1:10.63).

Perhaps the most anticipated race of the night was the men's 100-meter breaststroke. Michael Andrew and Reece Whitley returned as the top two qualifiers after posting short course times of 52.25 and 52.80 in prelims this morning. Andrew immediately shot to the lead, splitting a 28.37 with Jacob Montague touching second at the halfway mark with a 28.90, .05 seconds ahead of Whitley.

A strong surge from Whitley put him in contention for the title with Andrew, but Andrew hung on for first with a 1:01.01, nearing his NAG record of 1:00.68. Whitley posted a final time of 1:01.24 ahead of Montague's 1:02.01.

Taylor Pike of Razorback Aquatic Club posted the top time in the women's 200-meter fly to maintain her position as the top seed with a time of 2:10.89. Delaney Walz grabbed second overall with a time of 2:11.92, while Azra Avdic of Wildcat Aquatics turned in a 2:13.81 for third.

After delivering a stunning performance in the men's 400-meter free, Meyer soared to another individual win and USA Swimming Olympic trial cut in the men's 200-meter fly, stopping the clock at 1:59.98 to be the only athlete under the 2-minute mark. Nation's Capital's Samuel Pomajevich grabbed second with a time of 2:00.72, while NOVA's Frederick Schubert finished third overall with a time of 2:01.31.

## NIGHT 3

Katie Drabot, Margaret Aroesty and Michael Andrew each claimed two wins during finals of day three of the 2016 NCSA Juniors.

Drabot posted her first win of the night in the women's 200 free, turning in a final time of 1:59.32. Paige Madden clocked a final time of 1:59.82 for second, to be the only other athlete under the two-minute mark. Genevieve Pfeifer *continued*>>



[PHOTO COURTESY: TAYLOR BRIEN]

>> MICHAEL ANDREW

turned in a 2:02.85 for third.

Soaring ahead of the competition in the women's 50 fly was Drabot en route to her second win of the night and a final time of 27.12. Nation's Capital's teammates Kylie Jordan (27.41) and Jasmine Hellmer (27.55) finished second and third respectively.

Baylor's Robert Freeman rocketed from eighth to first in the men's 200 free with a final time of 1:51.16, finishing just one tenth off his best time. Nation's Capital's Samuel Pomajevich finished a close second with a time of 1:51.80 and earned a new OT cut. Third was Samuel Steele with a time of 1:51.92.

Aroesty continued her breaststroke dominance with a stunning performance in the women's 50 breaststroke, posting a final time of 31.79. New Trier's Ingrid Wall posted the second fastest time of the event with a time of 32.01, while Halle Morris of North Bay took third with a 32.31.

Despite a strong lead from Drabot at the halfway mark, Aroesty turned on the heat during the breaststroke leg of the 400 IM to surge ahead and claim the first double of the night with a final time of 4:48.29. Northern Kentucky Clippers'



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Mikayla Herich turned in a time of 4:52.20 to edge Drabot to third with a time of 4:52.56.

Andrew and fellow 16-year-old breaststroke superstar Reece Whitley went head-to-head in the men's 50 breaststroke. Andrew pulled ahead to claim the gold with a time of 27.89 over Whitley's 28.28. Jacob Montague grabbed third with a 28.45 to be the only under swimmer under 29-seconds.

Dashing to his third straight individual win was Andrew, stopping the clock at 23.92 to be the only athlete under the 24-second mark. Camden Murphy cruised to second with a time of 24.42 and Dean Farris rounded out the top three with a time of 24.63.

NOVA's Charles Swanson soared to first in the men's 400 IM, posting a sizzling time of 4:19.93 to demolish the field. Teammate Frederick Schubert slipped to second with a final time of 4:26.31. FAST's Nicholas Alexander delivered a 4:28.13 for third.

#### NIGHT 4

Day four of the 2016 NCSA Junior Nationals proved to be a night for showdowns with Margaret Aroesty and Kate Douglass dueling for first in the women's 200 breast, followed by Reece Whitley and Jacob Montague keeping it close in the men's 200 breast.

Aroesty led throughout the race, but a surge from 14-year-old Douglass made it a tight finish. Aroesty's first 100 was a 1:12.16 over Douglass' 1:13.94, but Douglass turned up the heat to split a 1:16.46 in the back half to nearly catch Aroesty. A win of 2:30.25 for Aroesty completed her sweep of the breaststroke events, while Douglass finished second with a 2:30.40. North Bay's Halle Morris rounded out the top three with a time of 2:33.39.

Like Aroesty, Whitley cruised to an early lead in the first 100, splitting a 1:04.25 to lead the heat by almost two seconds, while Montague clocked a 1:06.03. Montague, who finished third after Whitley and Michael Andrew in both the 50 and 100 breaststrokes, cranked up the speed to all but catch Whitley, splitting a 1:09.07 to Whitley's 1:10.72. Whitley finished first overall with a time of 2:14.97 over Montague's 2:15.10.

Dean Farris of Metro Atlanta maintained his spot at the top of the rankings with individual wins in both the men's 100 back and 100 free. Farris finished half a second ahead of the crowd with a time of 56.43. Tyler Sesevold of St. Charles moved from eighth to second with a final time of 56.92, while Dayton's Dylan Curtis rounded out the top three with



a time of 57.01.

Not long after claiming his first win of the weekend, Farris delivered a sizzling 50.59 to not only win but be the only athlete under the 51-second mark. Daniel Krueger of the McFarland Spartans finished second overall with a time of 51.12, while Poseidon's Justin Rich was third with a 51.30.

Magnolia's Lucie Nordmann sliced almost two seconds off her best time in the women's 100 back to claim first with a time of 1:01.18. Ozaukee's Autumn Haebig maintained her spot at second with a final time of 1:01.71 and Alexandra Sumner of the Suburban Seahawks grabbed third with a time of 1:03.16.

Paige Madden of City of Mobile clocked a big distance win in the women's 400 free, posting a final time of 4:12.46 and beating the field by nearly four seconds. Joy Field of Magnolia moved up from her eighth place seed to finish second with a time of 4:16.52, while Greater Tampa's Morgan Tankersly was third with a 4:16.52.

NCAP's Kylie Jordan and Jasmine Hellmer posted a 1-2 finish in the women's 100 fly, stopping the clock at 1:00.60 and 1:00.76 respectively. Razorback's Taylor Pike finished third overall with a 1:00.80.

Camden Murphy of Kingfish claimed the title in the men's 100 fly with a final time of 53.95, just off his best time of 53.79. Nicolas Albiero of Cardinal turned in a time of 54.38 to move p to second, while Samuel Pomajevich was third with a 54.87. *continued*>>>

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### NIGHT 5

The final night of the 2016 NCSA Juniors Championships proved to be full of surprises with Lucie Nordmann and Dean Farris, the returning top seeds in the 50 back and 50 free respectively, overtaken at the finish.

NCAP's Phoebe Bacon delivered a stunning finish in the women's 50 back, stopping the clock at the 29.15 to beat Nordmann by a single hundredth of a second. Nordmann, the 100 back champion, stopped the clock at 29.16. ASA's Hannah Lindsey grabbed third with a time of 29.54.

Dylan Curtis of Dayton Raiders flirted with a sub-26 in the men's 50 back, but finished just shy with a time of 26.03. Tyler Sesvold finished second overall with a time of 26.32, while George Wozencraft was third with a time of 26.67.

Joy Field of MAC added a victory in the women's 800 free to her distance win night one, leading the field by several body lengths. Field turned in a split of 4:20.81 at the 400 before finishing with a time of 8:40.18. Nation's Capital's Isabella Rongione turned in the second fastest time of the event, stopping the clock at 8:43.83. Paige Madden, the 400 free champion, finished third with a time of 8:46.23.

Magaret Aroesty and Katie Drabot battled for the title in the women's 200 IM, exchanging first throughout the first and back halves. Drabot led the competition in the first half, but Aroesty turned on the heat in her signature stroke to split a 36.95 and pull ahead. Aroesty claimed her second IM title with a final time of 2:14.39 to complete the IM sweep. Drabot finished second with a time of 2:16.60, and third went to Halladay Kinsey and her time of 2:17.75.

Similar to the 400 IM, NOVA teammates Charles Swanson and Frederick Schubert battled in the middle of the pool for the men's 200 IM. Swanson pulled ahead of the competition in the breaststroke leg before dashing to the finish to stop the clock at 2:03.14. Thomas Cope of Dayton Raiders finished second overall with a 2:04.68, while Jacob Montague grabbed third with a 2:05.74.

Casey Fanz sprinted to first and an individual title in the women's 50 free after delivering a final time of 25.72 to be the only other swimmer under the 26-second mark. Amalie Fackenthal and Katherine Douglass kept it close for second and third posting times of 26.04 and 26.06 respectively.

James William Jones of Nation's Capital dashed to first to upset Farris, the top seed, for the individual title. Jones stopped the clock at a sizzling 23.15 while Farris slid to fourth with a 23.52. Daniel Krueger turned in a time of 23.39 for second, while NCAP's Aidan Pastel rounded out the top three with a 23.50. ◀

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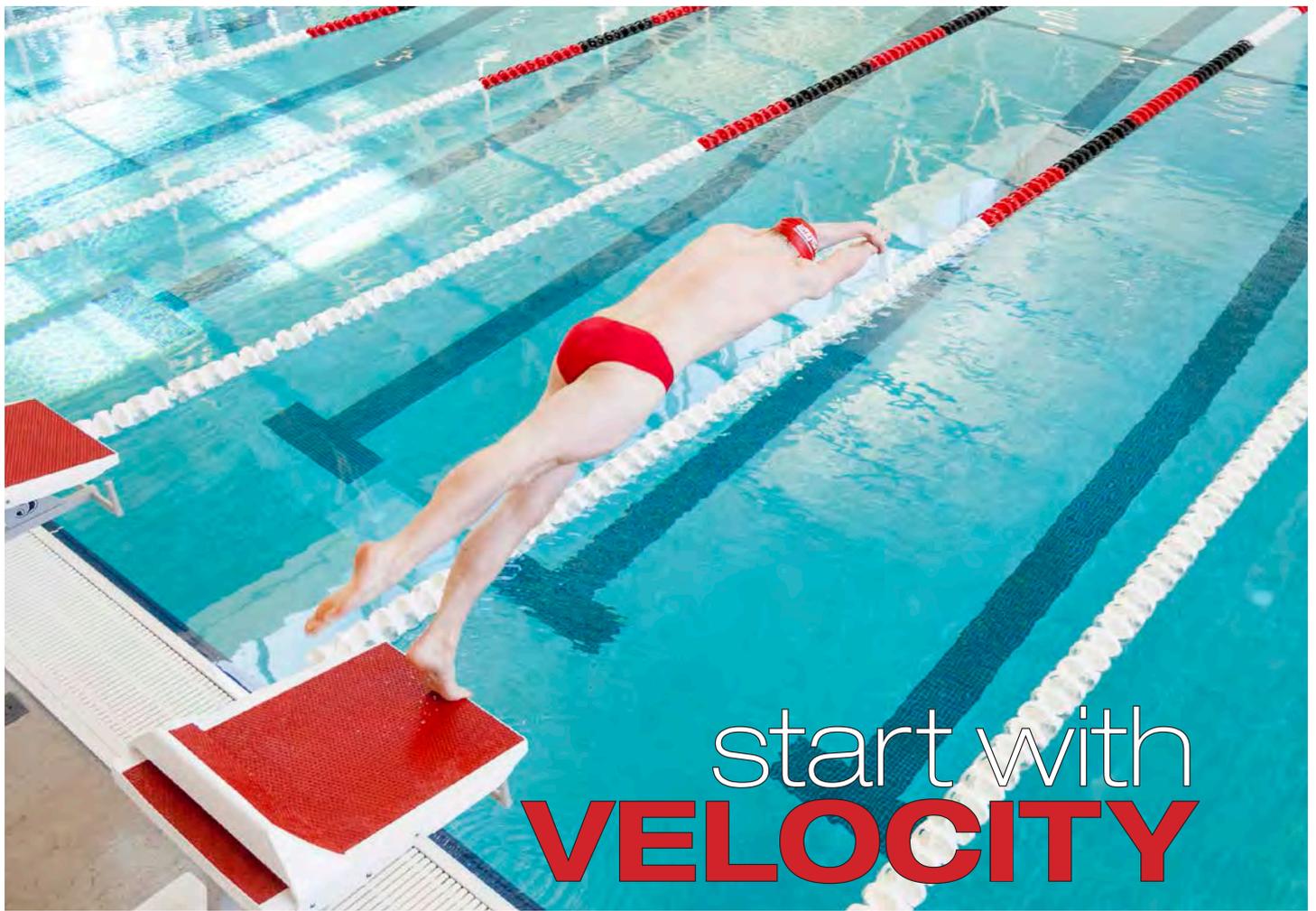


>> LUCIE NORDMANN ON TOP OF THE PODIUM

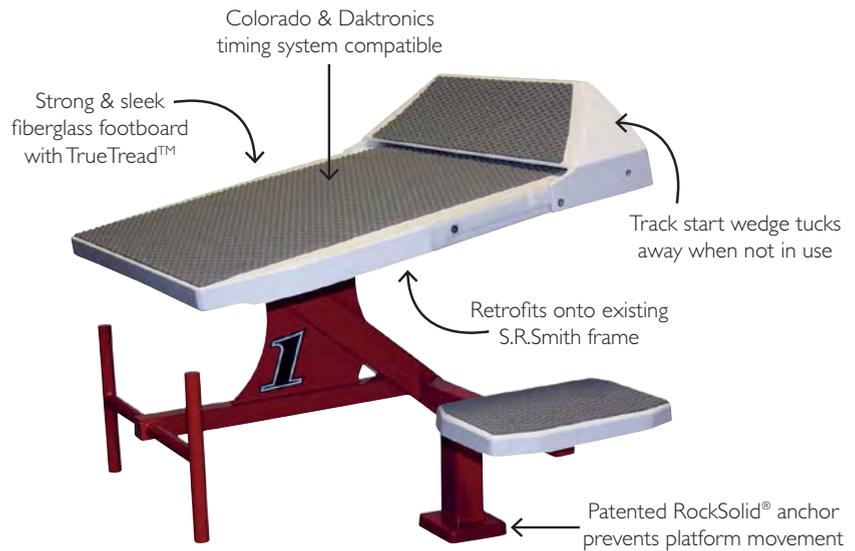


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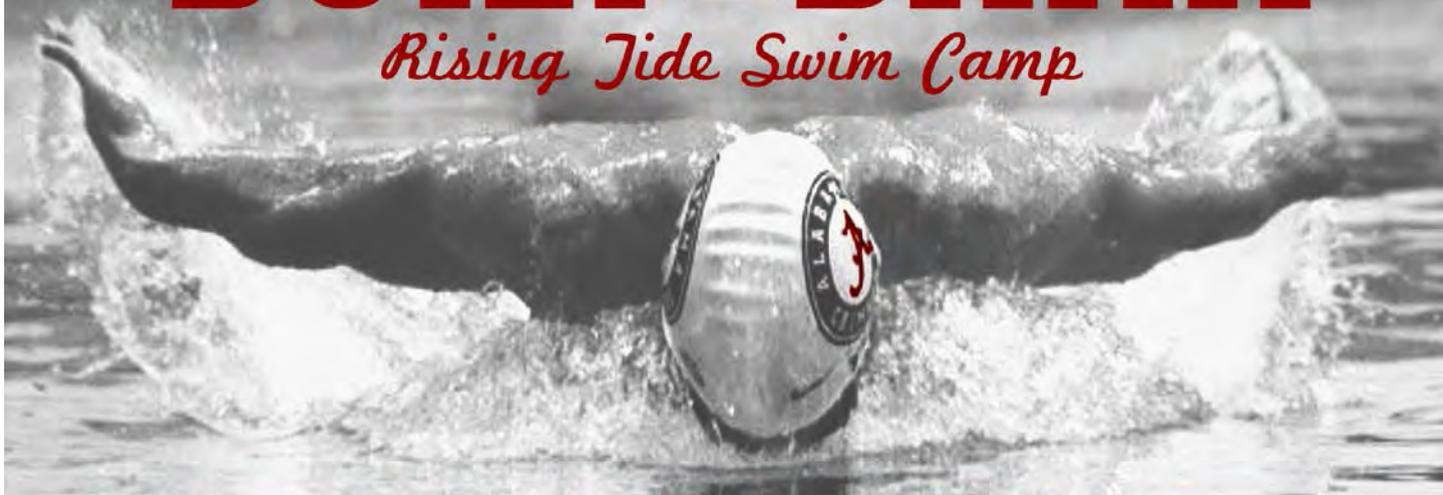
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## SUMMER CAMPS 2016

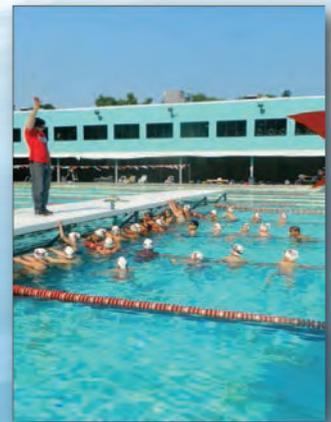
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**5-Day Camps**  
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See display ad on page 37.

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www.mercersburgsummer.com

Mercersburg Swim Clinics are dedicated to improving your technique and helping you develop as a swimmer both inside and outside of the pool. Mercersburg Academy's storied aquatics program has produced over 30 Olympians and brings a tradition of excellence to their summer program. The primary aim of Mercersburg Swim Clinics is to provide an experience that teaches swimmers the most innovative techniques available, while having fun. The philosophy is simple. Swimmers do not just compile distance, but rather work on improvements in starting, turning, and stroke techniques. Mercersburg Swim Clinics participants stay in Mercersburg Academy's state of the art residence halls that are recently renovated, air conditioned with carpeted hallways and have bathrooms on every hall with individual shower stalls. The swimmer to staff ratio is around 5 to 1. Mercersburg Academy's elite coaching staff and other successful coaches from colleges and club teams will instruct swimmers throughout the week. Counselors are generally current and former college swimmers or Mercersburg Academy graduates with swimming experience. Cost of camp; overnight camper: \$650; commuter camper: \$460. Mention this listing and use the promo code "SWIMMINGWORLD10" to receive a 10% discount! Team discounts are also available.

**Session 1: June 19-23, 2016**

**Session 2: June 26-30, 2016**

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**June 12-17, July 10-14,  
July 31 – August 4, August 7-11**

## NAVY SWIM CAMPS

Bill Roberts, Camp Director  
Navy Swimming Camps 2016  
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Facebook search: Navy Swimming Camp

Expect direct results by being part of the 2016 Navy Swimming Camp this summer! Our principal goal is to provide you the very best in individual instruction, evaluation, camper experience, and safety/supervision. The purpose of our camp is to offer you a unique environment to learn and develop your competitive strokes including all related starts, turns and finishes. Navy Swimming Camp is a stroke-intensive camp. Swimming campers will receive individual attention. Additional training sessions are offered to all needing to maintain conditioning while at camp. Video analysis, dry land activities designed to improve individual fitness levels, performance, training, goal-setting, leadership presentations and the Severn River boat cruise are all part of the schedule for 2016.

Campers will learn, train and reside in an amazing and unique environment on the grounds of the United States Naval Academy. The Navy camp is led by an experienced camp staff while providing the very best in 24 hour supervision.

See [www.navyswimmingcamp.com](http://www.navyswimmingcamp.com) for greater detail including brochure, application, daily schedule and frequently asked questions. Cost for each camp: \$625/commuter camper (ages 8 – 18,) \$675/extended day camper (ages 8 – 18,) \$725/resident camper (ages 9 – 18.) All campers receive an exclusive NAVY swimming shirt & NAVY backstroke flag. Go Navy!

See display ad on page 46.

**June 14 – 18, Session I  
June 20 – 24, Session II  
Clinics: June 18 & 19**  
(see website for 2016 clinic offerings)

## NORTH BALTIMORE SWIM CAMP

NBAC is proud to announce it's tenth year of Competitive Swim Camp. In the last ten years, NBAC has hosted swimmers from 37 states and Puerto Rico and sixteen foreign countries. On the threshold of its 50th Competitive Season, NBAC is one of the most highly regarded swim programs in the country. NBAC is the only team in the country to be awarded GOLD MEDAL status every year since the recognition began in 2002. Producing national and international level athletes for almost half a century, NBAC's record of 37 Olympic Medals, 48 World Records and 3 Olympic Coaches is remarkable considering our team size of just under 200 swimmers. As we prepare for the Olympic Year 2016, we invite year round competitive swimmers ages 9-15 to join NBAC for a week and learn the "NBAC Way."

Sign-up ONLINE at [www.nbac.net](http://www.nbac.net)  
See display ad on page 46.

**Day Camp \$775, Overnight \$950  
June 20-24, June 27-July 1**

## NORTHWESTERN UNIVERSITY WILDCAT SWIM CAMP

Wildcat Swim Camp  
2311 Campus Dr., Evanston, IL 60208  
847-491-4829  
nuswimcamps@gmail.com  
www.nuswimcamps.com  
www.nusports.com

### TECHNIQUE\*FUN\*VIDEO ANALYSIS

Don't miss out on this wonderful camp experience at Northwestern!

We provide a unique mix of training and technique work in a top tier aquatic center within our beachfront facility. Each practice is conducted by the entire NU coaching staff and several of our elite swimmers. We plan daily drills to work on strokes, starts, and turns. Along with the hard work, we plan daily activities away from the pool that make this a truly enjoyable experience. Our goal is to provide each swimmer with insights into the fabulous sport of swimming that help them to improve and enjoy their swimming experience. Contact us now! Please don't delay as camps fill up annually.

**June 12-16: Commuter Camp  
June 21-25: Commuter and Resident Camp**

Check out camp listings on  
[www.swimmingworld.com/camps](http://www.swimmingworld.com/camps)

## OHIO STATE SWIMMING CAMPS

**Bill Wadley, Camp Director**  
McCorkle Aquatic Pavilion  
1847 Neil Avenue, Columbus, OH 43210  
614-292-1542, 614-688-5736  
Wadley.1@osu.edu  
www.ohiostatebuckeyes.com

Train and learn from Ohio State Coaches Bill Wadley & Bill Dorenkott as they lead the Ohio State camps with the assistance of Dave Rollins and Jordan Wolfrum. The Ohio State staff will conduct the camp in a healthy, wholesome environment providing a positive experience for all campers. The camp is designed to focus on the technical aspects of starts, turns, and stroke technique in a fun and enjoyable environment that will prove beneficial for each camper. It is our plan to share the most up to date drills in a manner that is memorable for the athlete. Many of our campers have gone on to win State titles and even become National record holders and USA Olympians. Coaches Dorenkott and Wadley have both served on numerous USA National team staffs and each of them have produced Olympians and National record holders. The camp will take place in America's finest Aquatic center that hosted the NCAA's and Big Ten Championship in 2010.

### Evening Camp, Technique and Training

May 18-21; May 26-29

### Commuter Only Technique and Training

June 8-11

### Commuter, Overnight

Technique and Training

June 14-18; June 21-25

## PINE CREST SWIM CAMP

**Coach Mariusz Podkosielnny, Camp Director**  
Pine Crest Swim Camp, 1501 N.E. 62nd Street  
Fort Lauderdale, FL 33334-5116  
(954) 492-4173  
swimcamp@pinecrest.edu  
www.pinecrestswimcamp.com  
www.pinecrestswimming.com

Pine Crest Swim Camp gives swimmers the knowledge, training, background, technique, peer support and attitude that is needed to get to the next level. With top quality coaching, every camper will leave Pine Crest Swim Camp a better swimmer. At Pine Crest, we go a step beyond other camps and welcome overnight campers for full week-long stays (Sunday through Saturday) and day campers for Monday through Friday stays. The cost for our overnight campers is \$850 per week, which includes two workouts a day, three meals per day, daily activities, classroom sessions and 24-hour supervision. The cost for our daily campers is \$625 per week. The Camp Registration forms are available on the website and registration online is also available. Last year, we had swimmers from over 30 countries attend. Come to Pine

Crest Swim Camp and join our international atmosphere, athletes and coaches. Pine Crest Swim Camp: "The Camp that makes a difference." See display ad on page 31.

### Overnight Camp:

June: 12-18, 19-25, 26- July 2

July: 3-9, 10-16, 17-23, 24- 30

### Competitive Day Camp:

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

July: 4-8, 11-15, 18-22, 25-29

## SPEEDWEEKS BY SWIMMING TECHNOLOGY RESEARCH

Not all swim camps are created equal!

If you want to swim faster with less shoulder stress, STR's SpeedWeek is the only camp that actually delivers.

- Science-based instruction that makes an immediate difference
- Aquanex analysis to pinpoint the necessary technique adjustments
- Proven "deliberate practice" strategies to accelerate learning
- A format based on optimal learning, not more of the same, unproductive yardage

Dr. Rod Havriluk conducts each SpeedWeek. He was selected by *Swimming World* as one of 10 people having the greatest impact on swimming and is internationally-recognized for his approach to improving technique and preventing injury.

Guest experts speak on psychology, strength training, nutrition, physical therapy, and physiology. SpeedWeeks to insure maximum individual attention.

SPACE IS LIMITED! There are only two US-based camps scheduled for summer 2016.

Much more information is posted on the STR website - <https://swimmingtechnology.com/clinics-for-swimmers/swim-camps-and-clinics/speedweek-swim-camps/>

Register online -

<https://swimmingtechnology.com/shop/>

Request additional information at [kidd@swimmingtechnology.com](mailto:kidd@swimmingtechnology.com).

*Please note: Each SpeedWeek is limited to 12 swimmers who are serious about swimming faster. If you are looking for a "fun camp" to meet former Olympians, this camp will not be a good fit.*

## UTAH SWIM CAMPS

**Jonas Persson, Camp Director**  
(801) 448-1478  
[jpersson@huntsman.utah.edu](mailto:jpersson@huntsman.utah.edu)  
[www.UtahSwimCamps.com](http://www.UtahSwimCamps.com)

University of Utah Swim Camps gives young athletes the tools needed to be successful. Camp Director and Olympian, Jonas Persson, and Head Coach Joe Dykstra, with their highly qualified staff, give personalized coaching, taking swimmers to the next level. Each day includes two water sessions focusing on all

strokes, turns, starts, with instant video analysis and one-on-one coaching. In addition, camp offers educational sessions, including dryland workouts, stretching routines, nutrition advice, and goal setting. Campers will also learn more about the psychology of training, mental aspect of the sport, and dynamic team building strategies. Open to any and all entrants, limited to age 8-18. See display ad on page 47.

June 6-10: Extended Day Camp

June 13-17: Overnight Camp\*

July 5-9: Overnight Camp\*

July 11-13: Day Camp

July 14-16: Start & Turn Day Camp

\*Includes day and extended day options

## WYOMING SWIM CAMP

**Thomas Johnson, Head Coach and Director**  
Wyoming Swim Camp  
Dept 3414, 1000 E. University Ave.  
Laramie, WY 82071-3414  
307-766-6265  
[tomj@uwyo.edu](mailto:tomj@uwyo.edu)

Wyoming Head Swimming Coach Tom Johnson is hosting the 16th Wyoming Swim Camp this summer. Wyoming Swim Camp is a premier summer swimming experience and is proud to offer its' winning tradition to competitive swimmers. Coach Johnson, Coach David Denniston and Coach Kirk Ermels and the staff stresses the importance of swimming with outstanding stroke technique in a positive training environment.

The swim camps are held at the beautiful campus of the University of Wyoming located 135 miles north of Denver, Colorado, and is convenient to Denver International Airport as well as the Cheyenne, and Laramie, Wyoming Airports. The University of Wyoming offers an outstanding summer experience at 7220 feet, offering the opportunity of altitude training at the highest Division I school in the United States.

Wyoming Swim Camp is open to all, age nine years of age and older. Staff ratios generally range 1:8 coach to swimmer ratio. It is also one of the few camps that offer video analysis at NO additional charge. It is recommended that participants are competitive swimmers.

Coaches who are interested in accompanying their team should contact Tom Johnson directly (307) 766-6265 or E-mail at [tomj@uwyo.edu](mailto:tomj@uwyo.edu). To provide the very best camp experience each camp is limited to the first 60 swimmers for each week.

Online registration at the University of Wyoming's Swimming and Diving Team page

### Start and Turn 1

June 3-5, 2016

Camp 1 and Intensive Camp 1

June 5-10, 2016

Camp 2 and Intensive Camp 2

June 12-17, 2016

Start and Turn Camp 2

June 17-19, 2016 ❖