

ARENA PRO SERIES CHARLOTTE RECAP

SW

SWIMMING WORLD
BIWEEKLY

MAY 27, 2015 | VOL. 1 | ISSUE 7

FASTEST EASTIN THE WEST

ELLA EASTIN DOMINATES CALIFORNIA
HIGH SCHOOL CHAMPIONSHIPS



speedo

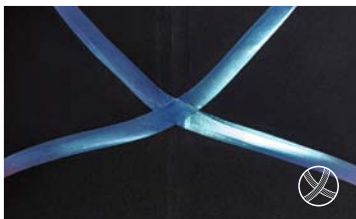
Fastskin

LZR Racer X

ELIZABETH
BEISEL

NOW AVAILABLE

Ultimate lightweight compression now featured in Fastskin LZR Racer X



RYAN
LOCHTE



www.speedousa.com

FEATURES

004 5 TAKEAWAYS ON MICHAEL PHELPS COMING UP WINLESS IN CHARLOTTE

By Jeff Commings

After not winning any events at the Arena Pro Swim Series in Charlotte, Michael Phelps seems to think the sky is falling.

008 ARENA PRO SWIM SERIES CHARLOTTE RECAP

By Jason Marsteller

*Day 1 - pg. 8,
Day 2 - pg. 10
Day 3 - pg. 14
Day 4 - pg. 18*

022 ERIK POSEGAY TO TAKE OVER NORTH BALTIMORE HEAD COACHING DUTIES

By Jeff Commings

With Bob Bowman set to make the move to head swimming coach at Arizona State, many names were put into the hat to be his replacement at the North Baltimore aquatic Club.

024 ELLA EASTIN CLAIMS FOUR FIRST PLACE FINISHES AT CALIFORNIA H.S. STATE CHAMPIONSHIPS

By Taylor Brien

It was a momentous weekend in California as the state hosted its first statewide high school championships at the Clovis Olympic Swim Complex in Fresno.

026 CALIFORNIA HIGH SCHOOL SEASON OUT OF TOUCH

Commentary by Jeff Commings

The inaugural California high school swimming and diving state championships is finally here after many years of discussion, but the meet will likely be remembered more for who is not there.

029 SUMMER OF TRUTH FOR II AMERICAN YOUNG GUNS

By Annie Grevers

Michael Phelps. Ryan Lochte. Matt Grevers. Nathan Adrian. Tyler Clary. Conor Dwyer. Anthony Ervin. Connor Jaeger. These are the faces of U.S. Men's swimming. When will these faces change? This summer should clarify the potential for this next generation.

031 VLAD MOROZOV CHURNS OUT SUB-22 SECOND 50 FREE

By Jeff Commings

Vlad Morozov posted his third swim under 22 seconds in the 50 freestyle this year, winning the event at the Speedo Grand Challenge in Irvine, CA.

032 RACHEL BOOTSMA BREAKS INTO THE TOP 20 WORLD RANKINGS IN THE 100 BACK

By Taylor Brien

The final session of the Speedo Grand Challenge saw Rachel Bootsma posting a 1:00.39 in the women's 100 back, earning her a first place finish and a spot in the top 20 world rankings.

033 CAITLIN LEVERENZ AND MAYA DIRADO PRODUCE THRILLING 200 IM TIE AT SPEEDO GRAND CHALLENGE

By Jeff Commings

Caitlin Leverenz and Maya DiRado had a very exciting race in the 200 IM, as the two tied with times of 2:11.57 at the Speedo Grand Challenge in Irvine, CA.

034 MISSY FRANKLIN RETURNING TO COLORADO

By Jeff Commings

Missy Franklin is going back to her home state of Colorado for a couple of months to train with Todd Schmitz at the Colorado Stars as she looks ahead to this summer's world championships.

036 JAMES MAGNUSSEN TO HAVE SHOULDER SURGERY, WILL MISS WORLD CHAMPIONSHIPS

By Jeff Commings

James Magnussen's shoulder injury is so severe that it will require surgery, and means the 24-year-old will not defend his 100 freestyle title at the world championships.

030 MEHDY METELLA MAKES BIG STATEMENT IN 100 FREE AT FRENCH GOLDEN TOUR

By Jeff Commings

Mehdy Metella made a major statement on the final day of France's Golden Tour stop in Nancy, posting a 100 freestyle that is now the fastest swum by a Frenchman in 2015.

ON THE COVER - ELLA EASTIN BY GRIFFIN SCOTT



PUBLISHING, CIRCULATION AND ACCOUNTING OFFICE

P.O. Box 20337, Sedona, AZ 86341
Toll Free in USA & Canada: 800-511-3029
Phone: 928-284-4005 • Fax: 928-284-2477
www.SwimmingWorldMagazine.com

Chairman of the Board, President - Richard Deal
DickD@SwimmingWorld.com

Publisher, CEO - Brent T. Rutemiller
BrentR@SwimmingWorld.com

Circulation/Art Director - Karen Deal
KarenD@SwimmingWorld.com

Circulation Manager - Maureen Rankin
MaureenR@SwimmingWorld.com

Advertising Production Coordinator - Betsy Houlihan
BetsyH@SwimmingWorld.com

EDITORIAL, PRODUCTION, MERCHANDISING, MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016
Toll Free: 800-352-7946
Phone: 602-522-0778 • Fax: 602-522-0744
www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION

Editorial@SwimmingWorld.com

Senior Editor - Bob Ingram
BobI@SwimmingWorld.com

Managing Editor - Jason Marsteller
JasonM@SwimmingWorld.com

Assistant Managing Editor - Annie Grevers
AnnieG@SwimmingWorld.com

Graphic Designers - Joe Johnson, Emmi Brytowski

Staff Writers - Michael J. Stott

Fitness Trainer - J.R. Rosania

Chief Photographer - Peter H. Bick

SwimmingWorldMagazine.com WebMaster:
WebMaster@SwimmingWorld.com

MARKETING AND ADVERTISING

Advertising@SwimmingWorld.com

MULTI-MEDIA

Senior Writer - Jeff Commings
JeffC@SwimmingWorld.com

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadj (TUN)
Australia: Wayne Goldsmith, Ian Hanson
Europe: Norbert Agh (HUN), Camilo Carnetti (ITA),
Oene Rusticus (NED), Steven Selthoffer (GER),
Rokur Jakupsstovu (FAR)
Japan: Hideki Mochizuki
Middle East: Baruch "Buky" Chass, Ph.D. (ISR)
South Africa: Neville Smith (RSA)
South America: Jorge Aguado (ARG),
Alex Pussieldi (BRA)

PHOTOGRAPHERS/SWTV

Peter H. Bick, USA Today Sports Images,
Reuters, Getty Images

5 TAKEAWAYS ON MICHAEL PHELPS COMING UP WINLESS IN CHARLOTTE

by Jeff Commings

After not winning any events at the Arena Pro Swim Series in Charlotte, Michael Phelps seems to think the sky is falling.

Even when he's tired from seemingly endless hours of training, Phelps can still manage a win or two. He won the 100 fly in Mesa, but against pretty much the same field, he placed third in Charlotte. After finishing third in the 200 IM in Mesa, he failed to make the final in Charlotte, though he did rally somewhat in the B final to swim the sixth-fastest performance overall.

Yes, it is a little weird for us journalists to write articles about Phelps not winning anything at a meet. It rarely happens. I had to sit and really think about the last meet where Phelps didn't see a "1" next to his name on the scoreboard.

The fact that this year's meet in Charlotte was one of the fastest ever in 31 years made Phelps' struggles stand out even more. In a "normal" year, Phelps would have probably won the 100 fly. He might have not won the 200 IM or the 100 free, but he would have definitely been in the mix.

"Horrendous" was one word Phelps used to describe his performances. I agree with Phelps' assessment of his racing. Nothing looked sharp. Even the best racers can put together the skills needed to win the races they're supposed to win, but I couldn't see much of that from Phelps. Even though he's not going to the world championships as punishment for his September DUI arrest, Phelps will want to produce outstanding times at the USA Swimming nationals in early August to assert his position that training for the 2016 Olympics is no passing fancy. What happened in the four weeks since his performances in Mesa, which elicited plenty of smiles from Phelps?

He doesn't seem to know. Like every other competitive swimmer around the world, Phelps has finally had a disastrous meet. Everyone has experienced it, and this should only motivate Phelps to re-evaluate what he needs to do this summer. Perhaps he was training too hard this past month. Maybe his body wasn't in a racing mood.

HERE ARE FIVE THINGS I NOTICED FROM PHELPS IN CHARLOTTE:

1. HIS DOLPHIN KICKS AREN'T OF HIS TYPICAL QUALITY.

Perhaps the extreme training has worn out his legs, but Phelps wasn't underwater as far as he usually goes, and his kicks off the turns didn't gain him an advantage on the field.

2. HE HAS LITTLE SNAP IN HIS STROKE.

This was evident in the 100 butterfly. While he did nearly catch Tom Shields in the last few strokes, the surge wasn't typical of the Phelps we know.

3. THE OPENING HALF OF HIS RACES WERE OFF KILTER.

Another thing about the 100 fly was that he didn't appear aggressive on the first 50 meters. In Mesa, he was first at the 50 and out-split the rest of the pack. But in Charlotte, he had to fight his way out of the middle of the pack to catch Shields and Ryan Lochte.



4. HE NEEDS A BIGGER CUP OF COFFEE IN THE MORNING

It's one thing to hold back in the prelims sessions to save up for finals, but it looked like Phelps was in a trance in Charlotte each morning. That was evident in the fact that he didn't make the A final in the 100 free, 200 free or 200 IM. Meets such as this should act as rehearsal for the big meets (nationals, Olympics) where holding back could be disastrous. Katinka Hosszu is the best at swimming fast in prelims and still doing well in finals. The top Americans tend to think that they can coast by in a domestic meet, then find themselves wondering why they are not in the top eight at worlds or Olympics.

5. HE'LL BE JUST FINE AT NATIONALS.

Is there really any cause for concern that Michael Phelps will not perform the way we know he can at the USA Swimming nationals in August? No. When it really matters, Phelps has (more often than not) been able to rise above the occasion and do things that no one thought possible.

Chicken Little also thought the sky was falling, but it turned out to be just an acorn that fell on his head. This weekend's meet was just an acorn falling on Phelps' head, and we're bound to see a major turnaround from Phelps before this summer's nationals. ◀

WATER IS THE MOST POWERFUL FORCE ON EARTH.
WE RESPECT WATER AS AN OPPONENT,
BUT WE WILL NEVER BEND TO ITS WILL.

INTRODUCING

TiTANIUM™

CREATED & DESIGNED BY

DOLFIN
SWIMWEAR

AVICTOR

THE ULTIMATE ADVANTAGE.



MATT GREVERS | 4X OLYMPIC GOLD MEDALIST



HYDROSPHERE TECHNOLOGY

Leading-edge technology causes water to surround the fabric, rather than saturate it. The hydrospheric effect optimizes the swimmer's position in the water, thus reducing drag and maximizing speed and efficiency.



SPEED DRY FABRICATION

Proprietary coating repels water and keeps the suit dry and compressive, keeping swimmers lightweight and fast.



SUPERSONIC FLEX BONDING

Advanced engineering allows fully bonded seams to conform and stretch with the swimmer's body, resulting in a precisely fitted, ultra compressive suit that won't restrict natural movement.

MANUFACTURED IN THE U.S.A.
OF IMPORTED MATERIALS

TYR

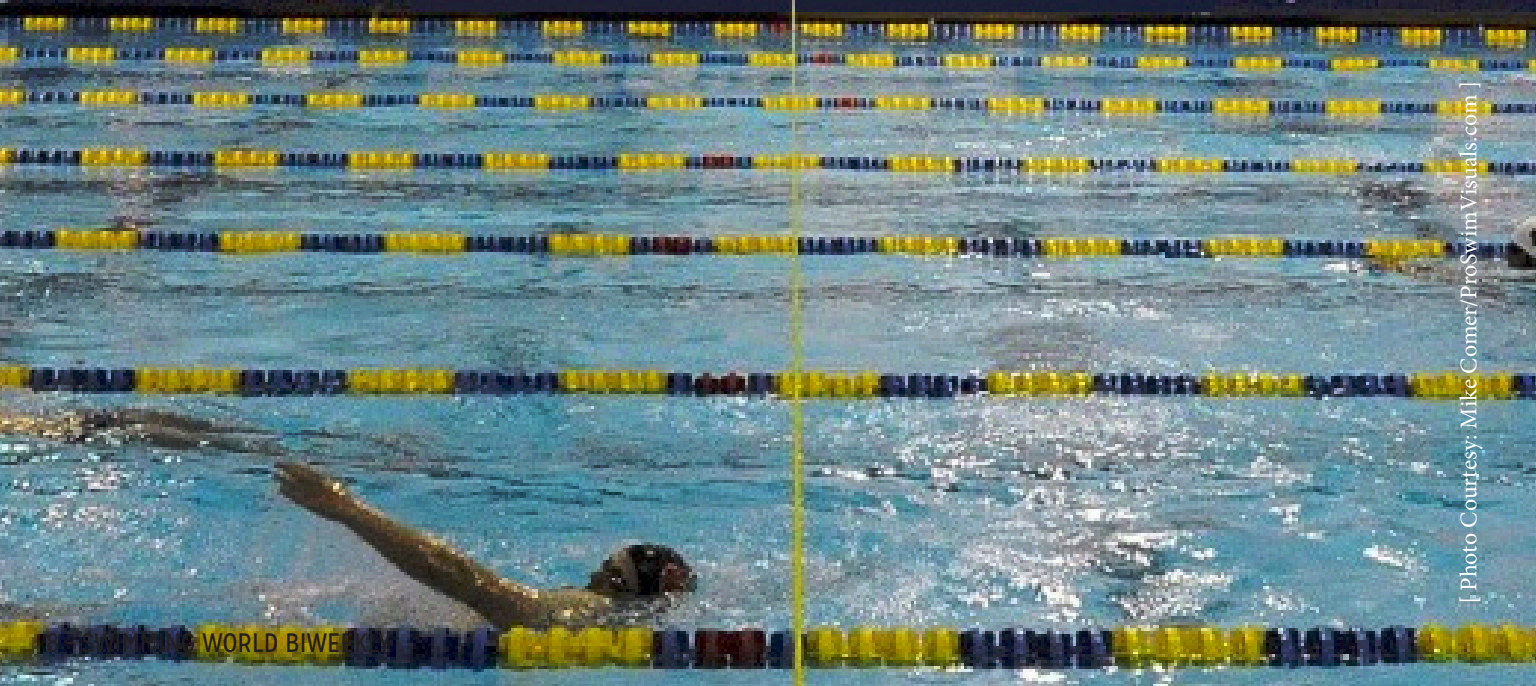
SWIMMING WORLD BIWEEKLY - 7

CHARLOTTE
READY TO RACE



2015 ARENA PRO SWIM SERIES CHARLOTTE: DAY 1 FINALS RECAP

by Jason Marsteller



[Photo Courtesy: Mike Comer/ProSwimVisuals.com]



Women's 1500 free

Lotte Friis, still representing the North Baltimore Aquatic Club but not yet decided in terms of a potential move to Tempe, Ariz., to follow Bob Bowman to Arizona State, picked up the top time of the night.

Friis clocked a time of 16:00.82 to lead the event, the second fastest time in the world this year. Only Katie Ledecky has been faster with a sizzling 15:42.23 from the Arena Pro Swim Series Mesa.

Heat 1 and the event proved to be a NBAC 1-2-3 as well with Becca Mann posting a 16:05.42 to move to third in the world rankings. New Zealand's Lauren Boyle previously had been second in the world with a time of 16:06.72.

Sierra Schmidt of NBAC clocked a 16:23.75 to finish third and move to 13th in the world rankings with the swim.

Men's 800 free

Connor Jaeger of Club Wolverine turned in what was the top time of the night with an 8:00.32 in heat 1 of the 800 free. It was his first swim in four months.

That time is well off the top times in the world currently anchored by a 10th-ranked 7:53.38 from Ferry Weertman. But, Jaeger should be ready to round into form later this summer.

Kevin Litherland took second overall in 8:04.87 with Ryan Feeley earning third in 8:05.25. ◀



2015 ARENA PRO SWIM SERIES CHARLOTTE: DAY 2 FINALS RECAP *by Jason Marsteller*

Women's 200 fly

Hungary's Katinka Hosszu won her third title of the meet with a win in the 200-meter fly at the Arena Pro Swim Series Charlotte.

Hosszu raced her way to a season-best time of 2:08.00 to move to eighth in the world rankings. She just missed being just the eighth swimmer to clear 2:08 this year with Madeline Groves leading that group with a 2:05.41 from the Australian Championships.

SwimMAC's Cammille Adams made a run to try to track down Hosszu, but settled for second with a 2:08.78. Bulldogs' Hali Flickinger snared third overall in 2:09.07.

SwimMAC's Kate Mills (2:10.23), NBAC's Becca Mann (2:10.95), Kentucky's Christina Bechtel (2:11.52), Cassidy Bayer (2:12.47) and Emma Nunn (2:14.43) also competed in the finale.

Crown Point's Hannah Kukurugya blasted her in-season best with a 2:12.04 to win the B final. That swim

slashed time off her previous 2:13.72 from prelims that was her in-season best.

Men's 200 fly

NBAC's Chase Kalisz had just enough in the tank to touchout the field to win the men's 200-meter fly.

Kalisz, who turned with most of the pack, chased down Andrew Seliskar and Gunnar Bentz to win the finale in 1:57.58. That time is a second-and-a-half off the top times in the world currently anchored with a 10th-ranked 1:56.13 from Chad le Clos.

Seliskar, who looked to be the likely winner at around 175 meters, took second in 1:57.70. Jack Conger chased down Bentz to take third in 1:58.23. Bentz settled for fourth in 1:58.38.

Ioannis Drymonakos finished fifth in 1:59.61.

In a bit of a surprise, SwimMAC's Tyler Clary (1:59.83) and NBAC's Michael Phelps (2:00.77) struggled their

way to sixth and seventh.

Dynamo's Mick Litherland placed eighth overall in 2:00.82.

Club Wolverine's Kyle Whitaker edged a close B final finish with a time of 2:00.11 for the win. Ontario's Zack Chetrat (2:00.26) and Tom Kremer (2:00.50) also were in the mix for the win.

Women's 50 free

Arianna Vanderpool-Wallace blasted the field in the women's 50-meter free at the Arena Pro Swim Series Charlotte.

Vanderpool-Wallace unleashed a 24.35 to win the splash-and-dash and move to third in the world this year. Only Cate Campbell (24.03) and Bronte Campbell (24.19) have been faster, while Ranomi Kromowidjojo also has a 24.35 from the Eindhoven Swim Cup.

Her effort nearly took down her lifetime best of 24.34 set at the Commonwealth Games last summer.

California's Natalie Coughlin earned second overall in 25.03, while Georgia's Chantal Van Landeghem placed third in 25.05.

SwimMAC's Katie Meili (25.31), Canada's Michelle Williams (25.50), Makos' Amanda Kendall (25.57), Louisville's Kelsi Worrell (25.79) and Lakeside's Lauren Pitzer (25.81) also competed in the finale.

SwimMAC's Madison Kennedy won the B final going away with a time of 25.25.

Men's 50 free

NYAC's Josh Schneider, who has been surging the past few months, topped a loaded field in the men's 50-meter free at the Arena Pro Swim Series Charlotte.

Schneider vaulted his way to fifth in the world with a smoking time of 21.96. That effort tied Marco Orsi's 21.96 from Spanish Nationals.

Only Florent Manaudou (21.57), Vlad Morozov (21.65), Bruno Fratus (21.74) and Cesar Cielo (21.84)

have been faster this year.

Cielo, meanwhile, wound up taking second tonight in 22.05, while California's Nathan Adrian managed to turn an eighth-seed into a paycheck with a third-place time of 22.19.

Bruno Fratus (22.22), Orsi (22.44), Anthony Ervin (22.58), Cullen Jones (22.68) and Renzo Tjon A Joe (22.86) also were part of a multiple Olympian international field.

Italy's Luca Dotto dominated the field in the B final with a time of 22.40.

Women's 100 back

Hungary's Katinka Hosszu captured her fourth title in a sub-minute battle with SwimMAC's Kathleen Baker at the Arena Pro Swim Series Charlotte.

Hosszu had to overtake Baker down the stretch as she won in 59.47 to move to fifth in the world rankings. Only Emily Seebohm (58.89), Madison Wilson (58.94), Mie Nielsen (59.14) and Fu Yuanhui (59.41) have been faster.

Baker, meanwhile, blasted the 1:00 barrier for the first time ever with a 59.86 to move to seventh in the world rankings. Her previous best had been a 1:00.35 from the Pan Pacific Championships last summer.

SwimMAC's Kirsty Coventry (1:00.66) took third overall to pick up a paycheck as well.

Ontario's Dominique Bouchard (1:01.20), Bulldogs' Olivia Smoliga (1:01.28), Carolina Colorado (1:01.63), Ontario's Danielle Hanus (1:02.17) and Ontario's Kylie Masse (1:02.26) rounded out the top eight.

Michigan's Clara Smiddy turned in a 1:01.05 to top the field in the B final. Teammate Ali Deloff finished second in 1:01.51.

Men's 100 back

NYAC's Arkady Vyatchanin managed to win the 100 back at the Arena Pro Swim Series Charlotte.

Vyatchanin, now swimming for Serbia after defecting as

a Russian Olympian, took the title in 53.69. His NYAC teammate David Plummer took second in 53.90.

Vyatchanin moved to 11th in the world with his swim.

Club Wolverine's Junya Koga earned the final medal of the race with a third-place 54.42, while SwimMAC's Ryan Lochte just missed the podium with a fourth-place 54.43.

PASA's Eugene Godsoe (55.02), Omar Pinzon (55.39), Jack Conger (55.62) and Guilherme Guido (56.11) closed out the top eight.

Auburn's Joe Patching earned the B final title in 55.33.

Women's 200 breast

SwimMAC's Micah Lawrence dominated the women's 200-meter breaststroke at the Arena Pro Swim Series Charlotte.

Lawrence put up a time of 2:24.61 to move to 14th in the world rankings with the win.

It's a nice performance for someone who had to quickly rehab a broken leg suffered during an Australian trip with SwimMAC earlier this year.

Canada's Martha McCabe placed second with a time of 2:26.69, while Melanie Margalis took third in 2:27.24.

BlueFish's Laura Sogar (2:27.78), Breeja Larson (2:29.57), SwimMAC's Katie Meili (2:30.22), SoFlo's Alia Atkinson (2:30.76) and Annie Lazor (2:31.83) also competed in the finale.

Gamecocks' Amanda Rutqvist topped the B final with a time of 2:30.12, while Emily Kopas wound up second in 2:31.37.

Men's 200 breast

California's Josh Prenot put up a lifetime best in the men's 200-meter breast at the Arena Pro Swim Series Charlotte.

Prenot threw down a top time of 2:09.30 for the win, cutting a second off his personal best and moving to

sixth in the world.

Only Yasuhiro Koseki (2:07.77), Adam Peaty (2:08.34), Andrew Willis (2:0.59), Ross Murdoch (2:08.90) and Ilya Khomenko (2:08.98) have been faster this year.

Badger's Cody Miller, who is ranked 13th in the world with a 2:10.28 from the Orlando stop, took second in 2:11.63. Nic Fink picked up the bronze medal with a time of 2:11.75.

Meanwhile, Penn Charter 15-year-old Reece Whitley demolished the 15-16 U.S. National Age Group record with a stunning fourth-place time of 2:12.92.

That swim downed the previous record of 2:14.67 set by Matthew Elliott back in 2009.

Whitley now owns the 13-14 100 breast (1:03.23) and 200 breast (2:16.48) long course records, and is battling professional swimmer Michael Andrew (1:01.67) for the final 15-16 breaststroke mark in their age group.

Carlos Claverie (2:14.64), Richard Funk (2:15.87), Thomas Dahlia (2:17.89) and Chase Kalisz (2:18.66) closed out the finale.

Top-ranked Thiago Pereira elected to scratch finals even with a 2:14.58 for the top time.

Jorge Murillo Valdes touched first in the consolation heat with a time of 2:15.35.

Women's 50 fly

SwimMAC's Arianna Vanderpool-Wallace doubled up with a blazing women's 50-meter fly at the Arena Pro Swim Series Charlotte.

Vanderpool-Wallace nailed her start and never looked back as she won in 25.93.

That swim shot her to fifth in the world rankings. Only Sarah Sjostrom (24.69), Jeanette Ottesen (25.48), Ranomi Kromowidjojo (25.86) and Beryl Gastaldello (25.92) have been quicker this year so far.

Western Kentucky's Claire Donahue raced her way into



Photo Courtesy: Kara Sekenski]

second tonight with a 26.31, while Louisville's Kelsi Worrell placed third overall in 26.71. Donahue moved to 15th in the world with her swim.

Makos' Amanda Kendall (27.00), Venezuela's Jeserik Pinto (27.09), SwimMAC's Alyssa Marsh (27.14), Megan Bestor (27.35) and Ellen Thomas (27.58) also swam in the final.

North Carolina's Hellen Moffitt took home the B final by a wide margin with a 27.35.

Men's 50 fly

Brazil's Cesar Cielo crushed the field in the men's 50-meter fly at the Arena Pro Swim Series Charlotte.

Cielo, who is ranked second in the world with a 23.11 from the Maria Lenk Trophy meet earlier this year, uncorked a time of 23.26 for the win in Charlotte.

SwimMAC's Tim Phillips won the battle for second with a time of 23.71, while Makos' Sean Fletcher took third in 23.97.

Brazil's Arthur Mendes (24.10), PASA's Eugene Godsoe (24.17), Canada's Santo Condorelli (24.18), SwimMAC's Matt Josa (24.25) and SwimMAC's Cullen Jones (24.35) also participated in the sprint fly.

Women's 400 free

Leah Smith of Cavalier Swimming held off NBAC's Lotte Friis to win the women's 400-meter free at the Arena Pro Swim Series Charlotte.

Smith hit the wall in 4:07.45 to move to 18th in the

world rankings, and was within a second of her best time.

NBAC's Lotte Friis placed second tonight in 4:08.29 as she nearly came back to take the win from Smith.

NBAC's Cierra Runge wound up third overall in 4:10.82.

NBAC's Sierra Schmidt (4:12.22), Badger's Lindsay Vrooman (4:12.74), Ontario's Kennedy Goss (4:17.24) and Emily Overholt (4:18.48) also battled in the A final.

In an exciting battle, Hungary's Katinka Hosszu managed to clip Bulldogs' Shannon Vreeland, 4:12.15 to 4:12.17, in the B final.

Men's 400 free

Club Wolverine's Connor Jaeger dueled Trojan's Conor Dwyer for the men's 400-meter free title at the Arena Pro Swim Series Charlotte.

Jaeger turned in a time of 3:46.30 to move up to ninth in the world as he cleared his previous season-best of 3:47.58 from the Austin stop of the Arena Pro Swim Series.

Dwyer hit the wall second in 3:47.53 to move to 14th in the world rankings as he continued to extend his series lead.

Ahmed Akaram (3:50.61), Dion Dreesens (3:52.39), Michael Klueh (3:54.76), Michael Weiss (3:56.89) and Jonathan Roberts (4:00.59) placed fourth through eighth.

Zane Grothe picked up the B final win with a time of 3:53.48. ◀



2015 ARENA PRO SWIM SERIES CHARLOTTE: DAY 3 FINALS RECAP *by Jason Marsteller*

Women's 200 free

Hungary's Katinka Hosszu started the front end of a tough double with a strong win in the 200-meter free at the Arena Pro Swim Series Charlotte.

Hosszu hit the wall in 1:55.89 to take the title, and vault from 12th in the world to fourth.

Only Femke Heemskerk (1:54.68), Sarah Sjöström (1:55.75) and Emma McKeon (1:55.88) have been faster this year.

NBAC's Allison Schmitt raced her way to second overall in a time of 1:57.24 to move into the top 15 in the world.

Melanie Margalis claimed third overall in a time of 1:58.22.

Cavalier's Leah Smith (1:59.46), Bulldogs' Hali Flickinger (2:00.03), Bulldogs' Shannon Vreeland (2:00.32), Ontario's Kennedy Goss (2:00.91) and SwimMAC's Patricia Castro Ortega (2:01.02) also competed in the A final.

Cierra Runge took home the B final title in 2:00.58 with Becca Mann placing second in 2:00.90 in the consolation heat.

Men's 200 free

Trojan's Conor Dwyer claimed some ever-valuable podium points with a win in the men's 200-meter free at the Arena Pro Swim Series Charlotte.

Dwyer clocked a top time of 1:47.04 for the victory, moving to 13th in the world rankings with the swim.

Dion Dreesens overtook Marwan El Kamash, 1:47.47 to 1:47.73, as El Kamash had initially challenged Dwyer before Dreesens had just too much left in the tank down the stretch.

SwimMAC's Ryan Lochte missed the podium with a fourth-place 1:48.35, while Club Wolverine's Anders Lie Nielsen took fifth in 1:49.19.

Brazil's Joao De Lucca (1:49.72), Club Wolverine's Connor Jaeger (1:50.35) and Club Wolverine's Michael Wrynald (1:52.05) closed out the top eight.

In a rare B final swim, NBAC's Michael Phelps dominated the consolation heat with a time of 1:49.12. Tom Kremer took second in 1:50.19 with SwimMAC's Tyler Clary earning third in 1:50.27.

Women's 100 breast

SwimMAC's Katie Meili set yet another lifetime best in

the 100-meter breast with a win at the Arena Pro Swim Series Charlotte.

Meili, who broke 1:07 for the first time this morning with a fourth-ranked time of 1:06.79, blasted her way to a sizzling 1:06.50 this evening.

That swim broke a tie with Alia Atkinson for fourth in the world, and put her in sole possession of the spot. Only Yuliya Efimova (1:05.89), Ruta Meilutyte (1:05.99) and Kanako Watanabe (1:06.45) have been faster.

Trojan's Jessica Hardy turned up the heat with a time of 1:06.97 to claim second and stand sixth in the world rankings. SwimMAC's Micah Lawrence snared third in 1:07.42.

Atkinson wound up in fourth in 1:07.99.

Melanie Margalis (1:08.38), Newburgh's Lilly King (1:09.08), Tennessee's Molly Hannis (1:09.77) and BlueFish's Laura Sogar (1:10.03) put up the rest of the times in the finale.

Meanwhile, Breeja Larson held off a hard-charging Andee Cottrell, 1:08.72 to 1:09.17, for the B final win.

Men's 100 breast

Badgers' Cody Miller clipped Richard Funk for the men's 100-meter breaststroke title at the Arena Pro Swim Series Charlotte this evening.

Miller hit the wall in a time of 1:01.04 for the win, while Funk took second overall in 1:01.09.

Brazil's Felipe Lima, who is ranked fourth in the world with a 59.78 from the Maria Lenk Trophy meet, settled for a bronze in 1:01.34.

California's Josh Prenot (1:01.62), SoFlo's Jorge Murillo Valdes (1:02.02), Bulldogs' Nic Fink (1:02.12), Tennessee's Brad Craig (1:02.15) and Louisville's Carlos Claverie (1:02.18) comprised the rest of the championship field.

Penn Charter's Reece Whitley took a run at the 15-16 U.S. National Age Group record as the 15-year-old clocked a 1:01.86 to win the B final. That swim fell just

short of the 1:01.67 set by Michael Andrew earlier this year.

Women's 50 back

Olympic gold medalist Kirsty Coventry broke her own Zimbabwe record in the women's 50-meter back at the Arena Pro Swim Series Charlotte.

Coventry turned in a time of 28.23, crushing her previous mark of 28.86 set as a split during the semifinals of the 2008 Beijing Olympics. Her swim pushed her to 12th in the world rankings.

Ali Deloof took home second-place honors in the sprint back with a time of 28.57, while Olivia Smoliga wound up third in 28.64.

Kathleen Baker (28.92), Dominique Bouchard (28.94), Clara Smiddy (29.03), Hellen Moffitt (29.05) and Danielle Hanus (32.96) put up the rest of the top times in the A final.

Ontario's Emma Ball touched out teammate Kylie Masse, 28.85 to 28.86, for the B final win.

Men's 50 back

Junya Koga cranked out a win in the men's 50-meter back at the Arena Pro Swim Series Charlotte.

Koga, who moved to third in the world with a 24.74 this morning, posted a 24.75 to win this evening. That matches the 24.75 he clocked at the Japanese Nationals earlier this year in Tokyo.

NYAC's David Plummer tied Club Wolverine's Miguel Luis Ortiz for second with matching 25.31s.

NCAC's Nic Graesser finished fourth in 25.56 with Brazil's Guilherme Guido earning fifth in 25.82. Auburn's Kyle Darmody (25.96), Auburn's Joe Patching (25.96) and Ontario's Jeff Swanston (26.18) also competed in the finale.

Canada's Javier Acevedo posted a 25.82 to win the B final.

Women's 100 fly

Louisville's Kelsi Worrell used a monster backhalf to chase down Arianna Vanderpool-Wallace in the women's 100-meter fly finale.



Vanderpool-Wallace went out hard, but could not withstand Worrell's final charge as Worrell won, 58.86 to 58.87, in a close battle.

Western Kentucky's Claire Donahue placed third tonight with a time of 59.32, while NCAP's Cassidy Bayer took fourth in 59.41.

Kentucky's Christina Bechtel (59.41), Makos' Amanda Kendall (1:00.11), SwimMAC's Kate Mills (1:00.17) and NCAC's Hellen Moffitt (1:00.46) placed fifth through eighth.

SwimMAC's Cammile Adams cruised her way to victory in the B final with a time of 1:00.28.

Men's 100 fly

California's Tom Shields overcame a star-studded finale to win the men's 100-meter fly.

Shields, who has had to withdraw from some events throughout the past year intermittently due to some illnesses, looks to be back into healthy form as he claimed the A final in 52.12.

SwimMAC's Ryan Lochte touched out NBAC's Michael Phelps in a battle of the titans, 52.52. to 52.59.

NCAP's Andrew Seliskar finished fourth in 52.88.

SwimMAC's Matt Josa (53.00), Venezuela's Albert Subirats (53.18), Jack Conger (53.38) and Canada's Santo Condorelli (54.13) claimed fifth through eighth.

Arthur Mendes edged Eugene Godsoe, 53.50 to 53.54,

for the B final win, while Tim Phillips wound up third in 53.57.

Women's 400 IM

Iron Lady Katinka Hosszu doubled up with a triumph in the women's 400-meter IM at the Arena Pro Swim Series Charlotte.

Hosszu checked in with a time of 4:35.19 this evening, bettering her preliminary time of 4:35.76 as the third-best effort in the world.

Only Hannah Miley (4:32.15) and Aimee Willmott (4:33.66) have been faster this year across the globe.

California's Caitlin Leverenz raced her way to second-place points with a time of 4:39.46, while SwimMAC's Cammile Adams collected a paycheck with a third-place 4:43.38.

NBAC's Becca Mann (4:43.67), Canada's Emily Overholt (4:44.14), SwimMAC's Kate Mills (4:46.09), Bulldogs' Hali Flickinger (4:49.94) and Louisville's Tanja Kylliainen (4:51.84) rounded out the top eight.

Bulldogs' Emily Cameron managed to win the B final of the distance medley in a time of 4:46.83.

Men's 400 IM

NBAC's Chase Kalisz crushed the field in the men's 400-meter IM at the Arena Pro Swim Series.

Kalisz, who is headed to Tempe to train with Bob Bowman as part of an Olympic redshirt from Georgia, won in 4:14.56 tonight. That swim vaulted him to 12th in the world rankings.

Dynamo's Jay Litherland hit the wall second in 4:19.59 with California's Josh Prenot placing third in 4:19.63.

Ioannis Drymonakos (4:20.26), NCAP's Andrew Seliskar (4:21.92), Jonathan Roberts (4:22.32), SwimMAC's Tyler Clary (4:26.06) and Dynamo's Gunnar Bentz (4:26.58) placed fourth through eighth.

Michael Weiss of Wisconsin led wire-to-wire to top the B final in 4:23.72. ◀

CARBON: IT'S IN OUR DNA



INTRODUCING ARENA'S HOT NEW LINE OF
TRAINING PRINTS, CARBONITE AND POLYCARBONITE
AVAILABLE IN FIVE COLORS

ARENAWATERINSTINCT.COM
@ARENAUSA



SWIMMING WORLD BIW - KIV - 17



[photo courtesy: Jeremy Brevard - USA TODAY Sports Images]

2015 ARENA PRO SWIM SERIES CHARLOTTE: DAY 4 FINALS RECAP *by Jason Marsteller*

Women's 800 free

NBAC's Lotte Friis put together a super smooth and consistent women's 800-meter freestyle to win at the Arena Pro Swim Series Charlotte.

Friis cruised her way to an 8:25.07 to win the event, and move up to fifth in the world rankings.

Only Katie Ledecky (8:11.21), Jessica Ashwood (8:21.33), Jazmin Carlin (8:21.58) and Lauren Boyle (8:23.57) have been faster.

Friis' NBAC teammate Becca Mann took second to-night in 8:28.82, a few seconds off her sixth-ranked season best of 8:24.13 from the BHP Super Series. But, she demonstrated a warrior's heart by immediately jumping up to the starting blocks for the 200 IM B final.

Cavalier's Leah Smith took third out of the early heats with an 8:29.28 to move to 11th in the world rankings.

Ashley Twichell, in her first pool race in 18 months as she's focused on open water, placed fourth in 8:34.06 for a personal best.

Badgers' Lindsay Vrooman (8:34.89), NBAC's Cierra Runge (8:41.12), NCAC's Madison Homovich (8:47.74) and Tennessee's Maddy Tegner (8:48.82) rounded out the top eight.

Women's 200 IM

Hungary's Katinka Hosszu collected her fifth victory of the meet with a world best in the women's 200-meter IM at the Arena Pro Swim Series Charlotte.

Hosszu uncorked a sterling time of 2:08.66 to win the finale, vaulting her to the top of the world by nearly a second.

Siobhan-Marie O'Connor previously had the top time of the world this year with a 2:09.51 from British Nationals, but Hosszu's time demolished that effort.

That swim also broke the U.S. Open record of 2:09.34 set by Julia Smit of Stanford back in 2009.

Saint Petersburg's Melanie Margalis charged to a strong second-place time of 2:10.57. That swim skyrocketed her to fourth in the world. Only Hosszu, O'Connor

and Kanako Watanabe (2:09.81) have been faster. California's Caitlin Leverenz finished third with a time of 2:11.84, just off her season best of 2:11.40 from the Orlando stop of the Arena Pro Swim Series.

SwimMAC's Kathleen Baker (2:12.09), Hali Flickinger (2:14.16), Tanja Kylliainen (2:14.98), Katie Meili (2:15.86) and Kate Mills (2:16.33) closed out the rest of the top eight.

Canada's Emily Overholt put together a 2:15.68 to win the B final, while SwimMAC's Patricia Castro Ortega took second in 2:16.30.

Immediately after taking second in the 800 free, NBAC's Becca Mann placed third in the consolation heat in 2:16.32.

Men's 200 IM

SwimMAC's Ryan Lochte claimed his first title of the meet with a win in the men's 200-meter IM at the Arena Pro Swim Series Charlotte.

Lochte put up his best May time in the 200-meter IM with a time of 1:57.20 for the win. That swim put him third in the world behind only Kosuke Hagino (1:56.30) and Daiya Seto (1:56.82).

Lochte's previous best time in May came with a 1:57.63 from the 2012 Charlotte UltraSwim in the leadup to the 2012 London Olympics. So, he's in a good spot with this event heading into this summer.

California's Josh Prenot finished second in 1:58.98 to move to 14th in the world rankings, while Brazil's Thiago Pereira earned third in 1:59.51.

Trojan's Conor Dwyer just missed a paycheck with a fourth-place 1:59.80.

NCAP's Andrew Seliskar (1:59.93), Dynamo's Gunnar Bentz (2:01.27), NBAC's Chase Kalisz (2:01.97) and Club Wolverine's Kyle Whitaker (2:02.85) also competed in the finale.

After finishing a surprising ninth during prelims, NBAC's Michael Phelps cut three seconds from his prelim swim

of 2:03.06 to win the B final going away with a 2:00.25.

Women's 200 back

Just minutes after setting a world best in the women's 200-meter IM, Iron Lady Katinka Hosszu snared her sixth meet title with a personal best in the women's 200-meter back at the Arena Pro Swim Series Charlotte.

Hosszu raced her way to a 2:07.79, downing her previous personal best of 2:08.32 from prelims this morning.

That swim shot her to third in the world behind only Emily Seebohm (2:06.69) and Daria Ustinova (2:07.29) and moved her closer to yet another Hungarian record currently held by Krisztina Egerszegi with a 2:06.62 from 1991.

Canada's Dominique Bouchard took second in a time of 2:10.25, while Michigan's Clara Smiddy placed third in 2:12.27.

Hali Flickinger (2:12.42), Erin Voss (2:12.77), Allie Szekeley (2:13.36), Hannah Moore (2:13.84) and Carolina Colorado (2:15.99) closed out the top eight.

Kennedy Goss hit the wall in 2:12.17 to win the B final, while fellow Canadians Kylie Masse (2:12.96) and Barbara Jardin (2:14.97) went 2-3 in the consolation heat.

Men's 200 back

NYAC's Arkady Vyatchanin turned in a sizzling time to win the men's 200-meter back at the Arena Pro Swim Series Charlotte.

Vyatchanin, now a Serbian swimmer after defecting as a Russian Olympian, took home the title with a 1:56.31 for the victory. That effort moved him to fourth in the world behind Ryosuke Irie (1:54.62), Mitch Larkin (1:55.52) and Xu Jiayu (1:56.26).

Vyatchanin beat a pair of Olympic gold medalists as SwimMAC's Tyler Clary placed second in 1:58.43 and Ryan Lochte earned third in 1:58.56.

Canada's Markus Thormeyer won the B final in a time of 2:01.68 with Canadian teammate Javier Acevedo placing second in 2:02.41.

Women's 50 breast

SoFlo's Alia Atkinson touched out Trojan's Jessica Hardy for the women's 50-meter breaststroke title at the Arena Pro Swim Series Charlotte.

Atkinson picked up the win, 30.54 to 30.61, as the two moved into the top five in the world this year.

Yuliya Efimova is still at the top with a 30.39, while Ruta Meilutyte bumped down to third with a 30.58. Hardy now stands fourth, while Moniek Nijhuis is fifth with a 30.65.

Breeja Larson finished third tonight in 31.01, just off her 30.98 from the Canadian Trials in Toronto that puts her in the top 10.

SwimMAC's Katie Meili (31.37), Newburgh's Lilly King (31.55), SST's Et Roberts (32.49), Venezuela's Mercedes Toledo (32.60) and BlueFish's Laura Sogar (33.11) closed out the championship heat.

PCSC's Ashley McGregor earned the B final win in 32.69.

Men's 50 breast

Brazil's Felipe Lima cruised to victory in the men's 50-meter breast at the Arena Pro Swim Series Charlotte.

Lima turned in a time of 27.72 for the win, well off his 12th-ranked 27.39 from the Maria Lenk Trophy.

Cody Miller, already the winner in the 100-meter breast, took home second-place honors with a time of 27.95, while Brendan McHugh of GPAC snared third overall in 28.01.

Richard Funk (28.04), Rostyslav Fedyna (28.07), Zach Hayden (28.27), Jorge Murillo Valdes (28.47) and Youssef El Kamash (28.47) finished fourth through eighth.

Bulldogs' Nic Fink claimed the consolation heat title in a time of 28.43.

Women's 100 free

California's Natalie Coughlin, a living legend in the



sport at 32, topped the women's 100-meter free at the Arena Pro Swim Series Charlotte.

Coughlin, who had targeted the 50 and 100 free events to compete against Arianna Vanderpool-Wallace, managed to pick up a victory against the younger sprinter with a 54.24.

SwimMAC's Vanderpool-Wallace touched just behind with a time of 54.31 after winning the 50 free earlier in the meet.

Canada's Chantal Van Landeghem raced her way to third with a time of 54.65.

Canada's Sandrine Mainville (54.93), Bulldogs' Shannon Vreeland (55.37), Canada's Michelle Williams (55.43), Canada's Penny Oleksiak (55.44) and Makos' Amanda Kendall (56.10) placed fourth through eighth. NBAC's Allison Schmitt, who confirmed that she would



[photo courtesy: David Farr]

follow Bob Bowman and Michael Phelps to Tempe to train this summer, took the B final win in 55.37. Fellow Georgia Bulldog Olivia Smoliga took second in 55.96.

Men's 100 free

California's Nathan Adrian beat a loaded final to win the men's 100-meter free at the Arena Pro Swim Series Charlotte.

Adrian had a tremendous turn to be able to hold off the field with a 48.85.

Italy's Marco Orsi, who is ranked ninth in the world with a 48.50, took second tonight in 49.06. Brazil's Joao De Lucena turned in a 49.21 to finish third.

Luca Dotto (49.32), Marcelo Chierighini (49.38), Josh Schneider (49.81), Conor Dwyer (49.90) and Geoffrey Cheah (50.36) finished fourth through eighth in the final.

California's Tom Shields touched out teammate Anthony Ervin, 49.88 to 49.91, for the B final win. Ervin had led through the initial 99-meters before Shields picked up the win at the touch.

NBAC's Michael Phelps completed a B final double with a 49.96 to tie Michele Santucci for third in the consolation heat. Phelps could have scratched the two

B finals, but definitely put on a show for fans by still taking part this evening.

Men's 1500 free

Club Wolverine's Connor Jaeger blasted the field for the men's 1500-meter free title at the Arena Pro Swim Series Charlotte.

Jaeger hit the wall in 14:58.13 to move to third in the world. Only Gregorio Paltrinieri (14:43.87) and Mack Horton (14:44.09) have been faster this year.

Meanwhile, Ahmed Akram lowered his own Egyptian record with a second-place time of 15:07.84. That swim crushed the 15:10.99 set during the 2013 Belgian Championships in Antwerp.

Badger's Ryan Feeley earned third overall tonight in 15:38.09.

Zane Grothe placed fourth with a 15:40.76 from the earlier heats, while Dynamo's Kevin Litherland placed fifth in 15:42.68.

Marlins of Raleigh's Adam Linker (15:43.37), NBAC's Nezir Karap (15:45.40) and Club Wolverine's Cameron Stitt (15:46.18) rounded out the top eight in the timed final event. ◀



ERIK POSEGAY TO TAKE OVER NORTH BALTIMORE HEAD COACHING DUTIES IN AUGUST

by Jeff Commings

With Bob Bowman set to make the move to central Arizona this summer to start a new job as head swimming coach at Arizona State, many names were put into the hat to be his replacement at the North Baltimore aquatic Club. The team picked within its own ranks for Bowman's successor, as Erik Posegay will take over the reins this August.

Posegay has been with NBAC since 2011, serving as a de facto second-in-command to Bowman as the top age group coach and the man responsible for developing such talents as Sierra Schmidt and Gillian Ryan into senior-level stars.

Posegay will likely work with the elite swimmers who decide not to relocate with Bowman, Michael Phelps, Allison Schmitt and others to Tempe, in addition to keeping the strong tradition alive at NBAC.

The team press release follows:

The North Baltimore Aquatic Club board of directors is pleased to announce that Erik Posegay will become the team's new Head Coach as of August 1, 2015.

Coach Posegay follows Bob Bowman, who has been Head Coach since October of 2008 and will be moving to

Arizona State University in August. Posegay has served as a High Performance and Challenge level coach since coming to NBAC in August of 2011.

Prior to his time at NBAC, he was the Head Coach at Parkland Aquatic Club from 2005 until 2011. Additionally, Coach Posegay has served as a coach of the National Junior Team, the USA Swimming Duel in the Pool team and will coach the USA Work Championship Open Water team this summer.

"Over the past 4 years I have watched Erik Posegay grow as a coach in every aspect," remarked Coach Bowman. "He is truly one of the best coaches in this country and I am certain that he will lead NBAC to success at all levels its next era. Erik is a tireless worker, a detailed planner and a thoughtful leader. He embodies our ideal of the disciplined pursuit of excellence."

Coach Posegay stated, "I want to thank Bob for everything he has taught me the past 4 years. It has been an invaluable learning experience that I will carry with me the rest of my career. I'm excited for the opportunity Bob has in front of him at Arizona State and I know he will quickly turn them into a powerhouse. I'm excited for the opportunity in front of us here and look forward to continuing to add onto the storied history of NBAC."

A swimmer is shown from the chest up, moving through blue water. They are wearing a black swim cap, blue-tinted goggles, and a colorful patterned swimsuit. On their hands and feet are bright yellow FINIS Agility Paddles. The paddles have a convex shape with small pink dots on the fingers and toes. Water splashes around the swimmer's head and arms, creating a dynamic and energetic scene. The background is a blurred view of the pool and surrounding area.

no strings attached.

MASTER THE BASICS

The ergonomic, strapless design of the **Agility Paddles** provides instant feedback to swimmers to improve technique. The convex design promotes a proper catch and reminds swimmers to maintain an early vertical forearm position.

FINISinc.com

FINIS[®]



ELLA EASTIN CLAIMS FOUR FIRST PLACE FINISHES AT CALIFORNIA HIGH SCHOOL STATE CHAMPIONSHIPS

by Taylor Brien

It was a momentous weekend in California as the state hosted its first statewide high school championships at the Clovis Olympic Swim Complex in Fresno. Ella Eastin, Bryce Mefford and Kenisha Liu are among several swimmers who laid claim to multiple first-place finishes.

It was the girls of Jserra who took home the state title with 201 points for an impressive ten point lead over the second-place Crean Lutheran's 191 points. San Ramon Valley finished third with 176 points.

Crean Lutheran and Jserra began the meet with a bang racing for the top spot in the 200 medley relay. Crean Lutheran's Emily and Ella Eastin quickly grabbed the lead. While Jserra split faster times for the back half of the race, it was not quite enough to out-touch Crean Lutheran who finished with a 1:42.23. Jserra finished with a 1:42.74.

Ayalá's Kenisha Liu and Gunn's Jennifer Campbell kept a close race in the 200 free with each of their 50 splits no more than .15 away from each other. Despite a faster final 50 from Campbell, Liu claimed the win with a

1:46.14 while Campbell touched in 1:46.43.

Ella Eastin of Crean Lutheran grabbed her first win of the day in the 200 IM with a swift 1:54.31 missing the national high school record by half of a second. Jserra's Sonia Wang finished second with a 1:58.43, while teammate Karli Thuen was third with a 2:00.16.

Kaitlyn Albertoli of Jserra claimed the win in the 50 free with a 22.67. Palo Alto's Grace Zhao (22.79) and Crean Lutheran's Elise Garcia (23.15) finished close behind.

Madelyn Murphy of Carondelet finished first in the 100 fly with a 53.01. Acalanes' Brittany Usinger was close behind with a 53.56, while Beverly Hills' Amy Okada was third with a 53.84.

Liu and Albertoli raced to a close finish in the 100 free, finishing only .04 from each other. Liu out-touched Albertoli 49.22 to 29.26 while Izzi Henig of Castilleja claimed third with a 49.55.

Thuen and Sarah Nowaski of West Hills kept a close race in the 500 free finishing only .22 apart. Thuen touched in 4:48.06 while Nowaski finished with a 4:48.28.

Jserra's Sonia Wang dashed to victory in the 100 back with a 52.99, while Emily Eastin grabbed second with a 53.54.



Ella Eastin dashed to an impressive victory in the 100 breaststroke with a 1:00.33, dropping almost two seconds from her prelims time of 1:02.11. Amy Okada (1:01.67) and Grace Zhao (1:01.96) rounded out the top three.

The 400 free relay team from Crean Lutheran of Ella Eastin (49.19), Tianna Jorgenson (51.35), Emily Eastin (50.01) and Elise Garcia (49.48) dashed to a first place finish of 3:20.03. The relay teams of Jserra (3:22.45) and Carondelet (3:26.94) rounded out the top three.

On the men's side it was Northgate who swept the competition with 192 points. San Ramon Valley was second with 133 points, while Oak Ridge took third with 123 points.

The Northgate 200 medley relay team of Calvin Kirkpatrick (22.96), Stanley Wu (25.49), Mason Tittle (21.39) and Maxwell Bottene (20.61) claimed first with a time of 1:30.45. San Ramon was second with a 1:32.97, while Campolindo finished third with a 1:33.21.

Bryce Mefford of Oak Ridge claimed his first win of the day in the 200 free with a quick 1:37.08. Liam McCloskey (1:37.48) of LaCosta Canyon and Robert Guerra (1:37.75) of Fallbrook finished close behind.

Xiangfei Xie of Saratoga dashed to a 1:45.81 in the 200 IM to claim the win. Palo Alto's Alex Liang finished second with a 1:48.21, while Corona del Mar's Tyler Lin was third with a 1:49.05.

Junior Albert Gwo of Los Altos neared the 50 free national record of 19.43 set by Vladimir Morozov with a 19.90. Porterville's Kyle Grissom grabbed second with a time of 20.43, while Northgate's Mason Tittle was a close third with a 20.45.

Xie claimed his second win of the day in the 100 fly with a swift 46.75. Alex Valente of Dos Pueblos finished second with a 47.01 and McCluskey grabbed third with a 47.78.

Gwo grabbed a second win in the 100 free with a 44.60. De La Salles Domonic Dalpiaz finished second with a 44.88, while Bella Vista's Liam O'Haimhirgin touched close behind with a 44.90.

Robert Guerra of Fallbrook and Eric VanBrocklin of Northgate raced to a close finish in the 500 free. Guerra finished in 4:26.45 while VanBrocklin was close behind with a 4:26.68.

Mefford's second win of the day came in the 100 back with a 48.13. Benjamin Ho of St. Francis was second with a 48.75 while Angel Alcala of Cerritos claimed third with a 49.03.

Hank Poppe of San Ramon and Tyler Lin raced to an incredibly close finish in the 100 breaststroke, finishing only .03 seconds apart. Poppe managed to out-touch Lin with a 55.22, while Lin finished with a 55.25. Serra's Joe Kmak was a close third with a time of 55.27.

Mason Tittle (44.25), Calvin Kirkpatrick (46.37), Eric VanBrocklin (45.21) and Maxwell Bottene (44.75) of Northgate claimed gold in the 400 free relay with a time of 3:00.58. De La Salle (3:03.29) and Palo Alto (3:04.41) finished second and third respectively.

Colten Young of Crean Lutheran swept the diving competition with an astonishing 27 point lead to finish with a score of 581.45. Palo Alto's Reed Merritt scored 554.05 points to claim second, while Connor Cain of Buchanan was third with 529.90. ◀



CALIFORNIA HIGH SCHOOL SEASON OUT OF TOUCH; SWIMMERS JUMP BLOCKS BEFORE STATE MEET

by Jeff Commings

The inaugural California high school swimming and diving state championships is finally here after many years of discussion about the feasibility of having one championship meet for the country's most-populated state. But the meet will likely be remembered more for who is not there instead of the talent that will race at Clovis West High School.

Of the four swimmers who set national high school records last weekend in sectional meets in Southern California, only Ella Eastin will attend the state championship. She'll go after her national independent high school record in the 200 IM, and give Dagny Knutson's overall record a chase as well. With the major summer long course championships less than three months away, the others have already shifted their attention past high school competition.

With the exception of Colorado (for boys only), California is the only major swimming state in the Union where swimming is a spring sport. Nearly every other state holds their swimming and diving championships in November (for the fall season) or February (for the winter season), thus giving those athletes the opportunity to ramp up training again for the crucial summer season. A late-May California high school swimming championships gives athletes a very short window to get back into the intense training before starting another taper for either junior nationals or senior nationals. This year, the junior national championships begins July 30 in San Antonio, while the senior national meet kicks off August 6.

Those skipping the meet said they are happy that California finally has an official state championship and said it would be great to call themselves state champions. But the call of the summer is too loud to ignore.

Grant Shoults, one of the national record setters at the CIF Southern Section meet with an independent mark in the 200 free, is bypassing the state meet and getting back into training with the Mission Viejo Nadadores with the goal of having breakthrough swims at the USA Swimming nationals.

"We started long course (at Mission Viejo Nadadores) in January, so we're pretty deep into the season," Shoults said. "I felt it was in my best interest to put in an extra week of training. The extended period of taper (for the state championships) is too much going into the long course season."

Maxime Rooney, a junior at Granada High School, is participating in the state championships, but only on relays. Rooney had the opportunity to run away with state titles in practically any event he chose to swim. But, like Shoults, he wanted to return to hard training right after posting a near-lifetime best 1:34.58 in the 200 free at the North Coast Section championships.

Steve Pickell, the head coach for the USA Swimming team SOCAL Aquatics, is allowing his athletes to participate in the state meet, including Eastin, because it's a unique experience that cannot be replicated anywhere else. He said he has to adjust this summer's training and racing plans to allow his swimmers to compete in the state meet.

"I'm a huge proponent of high school swimming," Pickell said. "I left it up to the kids (to decide if they wanted to compete), and the kids really wanted to go. The timing's not good because it's late in the season, though. If it were in the fall, we wouldn't be having this conversation."

The U.S. Olympic swimming trials will force many to ponder this choice again for the 2016 state championships. Though no date has been set, the likelihood of it occurring in mid-May means there will be just six weeks between the California state meet and USA Olympic Trials. ◀



CUSTOM DYED SWIMWEAR



LIVE IN WATER



SUMMER 2015 TEAM PRINTS

AVAILABLE NOW!

TEAM SPONSORSHIP OPPORTUNITIES

www.dolphinswimwear.com





[photo courtesy: Peter H. Bick]

SUMMER OF TRUTH FOR 11 AMERICAN YOUNG GUNS

by Annie Grevers

Michael Phelps. Ryan Lochte. Matt Grevers. Nathan Adrian. Tyler Clary. Conor Dwyer. Anthony Ervin. Connor Jaeger. These are the faces of U.S. Men's swimming and along with Aaron Piersol, Brendan Hansen, Ian Crocker, and Peter Vanderkaay, these men have been the faces of men's swimming. When will these faces change? This summer should clarify the potential for this next generation.

Last summer, young college stars Reed Malone, Cody Miller, Ryan Murphy, Jacob Pebley, Josh Prenot, and Jordan Wilimovsky made their first major long course international meet. They swam Pan Pacs, but only Malone, Miller, and Murphy qualified for the World Championships team.

The World University Games roster consists of college studs ready to breakthrough, including standouts Jack Conger, Seth Stubblefield, and Clay Youngquist in addition to high school phenom Andrew Seliskar. Shockingly, these lists don't even include some of the best swimmers from NCAAAs like Caeleb Dressel, Will Licon, and David Nolan.

For these swimmers, this summer is their final chance

to gain the confidence to compete with the veterans in 2016. That is why this summer is so important for these up-and-comers. This is the summer of truth for them to prove not only to themselves but also to the swimming community that the next generation is ready.

Of the swimmers who swam at 2015 NCAAAs and had not made a major long course international meet until Pan Pacs last summer, who has the best chance to make the 2016 Olympic team?

**Note: This excludes class of 2014 graduated swimmers Cody Miller, Michael Wrynald and high school swimmers like Andrew Seliskar and Townley Haas in addition to 2015 collegiate swimmers who have already made major long course international meets like Kevin Cordes, Nic Fink, and Chase Kalisz.*

BEST CHANCES

1. Jack Conger– In January, Conger dropped a 51.64 in the 100 fly, which ranks 5th in the U.S. since London. Conger also set the American record in the 200 yard fly in February. His 1:55.48 in the 200 meter back from 2013 still ranks 3rd behind Lochte and Clary, but since then he has not been close to that time. He has been

49.28 in the 100 free (40.9 short course relay split), so he has an outside shot in that relay as well.



2. Caeleb Dressel– At 48.97 in the 100 free, Dressel ranks behind 7 veteran swimmers. With 6 relay spots, he has a legitimate shot to claim one if he can get into the final. Beating Cullen Jones, Anthony Ervin, or Nathan Adrian in the 50 will be very difficult.

3. Reed Malone– The development of Malone is very important for the future of the U.S. 800 freestyle relay. Following his 1:31.59 anchor split at NCAAs, Malone should get in the 1:45 range soon.

4. Ryan Murphy– Murphy finally broke through and made the Worlds team in the 200 back last summer but missed the 100 to Grevers and David Plummer after placing 3rd in both events in 2013. His 200 time still ranks behind Conger, but he has gone 1:55 three times and 53.2 four times, so he should be in for big time drops this summer and next summer.

5. Josh Prenot– To be honest, I originally had Prenot in the “Outside shot” category before his performance at Charlotte Grand Prix. Josh won the 200 breast in 2:09.3, a 1.1 second drop from last summer. That time ranks Prenot 3rd behind Nic Fink and Kevin Cordes. Prenot seems to make the most consistent improvement of anyone, dropping from 2:12.2 in 2013 to 2:10.4 last summer and now 2:09.3 in-season. If Josh goes 2:08 later this summer at WUGs, he will be a favorite next summer. Prenot has also gone 4:14 in the 400 IM, so he has a chance to upset in that event in Omaha.

6. Jordan Wilimovsky– Wilimovsky ranks third behind

Connor Jaeger and Michael McBroom with a 14:56 in the mile. He dropped over 30 seconds from the summer before and if he continues that improvement, he has a great chance to make the Olympic team.



OUTSIDE SHOTS

7. Will Licon– If Licon drops time like he did at NCAAs, his 2:11.6 breaststroke may become a 2:08 or 2:09, which puts him in striking range.

8. David Nolan– Nolan could be third and push Phelps and Lochte in the 200 IM. He has an outside shot at some relay spots with great swims.

9. Jacob Pebley– Pebley has been very consistent in the 200 back and with a great swim could be there at the end.

10. Seth Stubblefield– Stubblefield ranks behind Dressel in the 100 free and in front of him in the 50 free. He dropped from 49.3 to 49.0 last summer and is known for getting his hand on the wall, so if he makes the final, watch out.

11. Clay Youngquist– Youngquist made the National Team in the 200 free with a 1:47.9 last summer. He has been inconsistent the past 5 summers in this event, but if he is on, he should make the 800 free relay.

Of the names above, I believe Malone then Murphy, Prenot, and Wilimovsky have the best chances to make the Olympic team, with Conger, Dressel, Stubblefield, Licon, and Youngquist following close behind. What do you think? ◀



[Photo Courtesy: Gian Mattia Dalberto/Lapresse]

VLAD MOROZOV CHURNS OUT SUB-22 SECOND 50 FREE

by Jeff Commings

Vlad Morozov posted his third swim under 22 seconds in the 50 freestyle this year, winning the event at the Speedo Grand Challenge in Irvine as he prepares to swim for Russia in a home world championships. The meet features a four-person championship final that often produces some exciting races.

Morozov, currently ranked as the second-fastest man in the world with a 21.65 behind Florent Manaudou's 21.57, blazed to a 21.95 in the event today. Perhaps the swim was a response to Manaudou's 21.97 yesterday in France as the two set up for what could be a first long course individual world title for either of them. Nikita Lobintsev, Morozov's Russian teammate at the Trojan Swim Club, was second with a 22.22, while David Nolan was third in a 22.72 as he swims in his first meet as a postgraduate swimmer.

Nolan posted the fastest time in the men's 100 butterfly, but he did it in the B final with a 53.51. Carl Weigley officially won the event with a 53.56 in the championship final, beating out the 53.74 from Long Gutierrez.

Ryan Murphy continued his dominance in the 200 backstroke as he prepares for his first long course world championships, winning in Irvine with a 1:57.20. He's been just a bit faster this year, with a 1:56.91 to his credit from the Arena Pro Swim Series in Austin. The California Golden Bears went 1-2-3 in the four-man final,

as Jacob Pebley was second with a 1:59.40 and Connor Green was third with a 2:02.29. Thomas Smith of the Aquazots was fourth with a 2:02.95.

Kendyl Stewart, the reigning long course national champion in the 100 fly, won tonight with a 58.68, not that far off the winning time of 57.98 that she posted to win at nationals last summer. Kelly Naze and Felicia Lee also broke 1:00 in the championship final with times of 59.54 and 59.93, respectively. Eva Merrell made her second championship final of the meet, and the 15-year-old from Aquazots posted a 1:00.46 to get close to her lifetime best of 1:00.11 from last summer's nationals. Farida Osman also broke 1:00 tonight with a 59.31 to win the B final.

The women's 200 free was a great race between Elizabeth Pelton and Simone Manuel as the two swam stroke-for-stroke through the entire race. Pelton never relinquished the lead, winning with a 1:58.86 to Manuel's 1:59.11. Rachael Acker of Cal was third with a 2:01.85 while Roadrunner Aquatics' Stanzi Moseley was fourth with a 2:02.31. Lia Neal of Stanford won the B final with a 2:00.66.

Pelton got her first win of the meet with a 2:12.25 in the 200 back after posting a 2:11.59 in prelims. Pelton had to put in some work in the back half of the race to pass Hannah Weiss, who couldn't hold off Pelton and was second with a 2:13.55. Melanie Klaren was third with a 2:15.71 while Tara Halsted took fourth in 2:20.19. Ally Howe won the B final with a 2:15.58.

Max Williamson swept the IM events with a five-second victory in the 400 IM with a 4:21.19. Adam Hinshaw was second with a 4:26.19, while Curtis Ogren took third with a 4:32.21. Also winning both IM events was Maya DiRado, who claimed the longer IM with a 4:40.61 after tying with Caitlin Leverenz in yesterday's 200 IM final. With Leverenz skipping the 400 IM in Irvine, DiRado won by nearly 11 seconds over Celina Li's 4:51.27. Eryn Weldon was third with a 4:55.65 and Tara Halsted took fourth with a 4:55.72.

Cristian Quintero closed out the session with a 3:53.63 to win the 400 freestyle. He was just six tenths ahead of Lobintsev at 200 meters but kicked into another gear to win by four seconds over Lobintsev's 3:57.40. ◀



RACHEL BOOTSMA BREAKS INTO THE TOP 20 WORLD RANKINGS IN THE 100 BACK

by Taylor Brien

The final session of the Speedo Grand Challenge saw Rachel Bootsma posting a 1:00.39 in the women's 100 back, earning her a first place finish and a spot in the top 20 world rankings. Elizabeth Pelton finished with a 1:00.95 and Melanie Klaren took third with a 1:02.11.

Tristin Baxter kicked off the final session of the Speedo Grand Challenge with a win in the 800 freestyle with a time of 8:43.19. Madelyn Donohoe finished second with a time of 8:46.11, while Katy Campbell was third with an 8:49.16.

Justine Bowker edged out the competition in the women's 200 breaststroke with a 2:30.41. She was followed to the wall by Rami Dvariskyte and Kirsten Vose who posted 2:31.32 and 2:32.57 respectively.

BJ Johnson grabbed the title in the men's 200 breaststroke with a 2:15.30. Glenn Snyders took second with a 2:16.69, while Chuck Katis was third with a 2:17.12.

Ryan Murphy continued his dominance in the backstroke, winning the 100 back with a 54.76. Omar Pinzon and Jacob Pebley fought for second, finishing .10 seconds apart. Pinzon's 56.05 won out over Pebley's 56.15 for the second place finish.

Kier Maitland claimed gold in the men's 1500 free with 32 - SWIMMING WORLD BIWEEKLY

a time of 15:38.51. Jerald Kaskawal was second with a 15:40.10, and Jared Graham finished third with a 15:41.07.

Stanford's Maya DiRado took first in the women's 200 fly with a 2:10.96, dropping 4.32 seconds from her prelims time. Noelle Tarazona was second with a 2:12.56, also dropping a significant 4.00 seconds from her time in prelims. Tara Halsted finished third with a 2:15.55.

The men's 200 fly saw significant time drops, as well, with the top three finishers shedding a combined 6.17 seconds. Long Gutierrez was the top finisher with a time of 1:59.63. He was followed to the wall by Bobby Bollier (2:00.10) and Adam Henshaw (2:01.92).

The women's 100 free was a tight race with Simone Manuel and Lia Neal leading the pack. Manuel managed to keep the lead touching with a 54.84 compared to Neal's 54.90. Stanzi Moseley rounded out the top three with a 56.29.

Nikita Lobintsev won the men's 100 free with a 48.83, dropping .60 seconds from his prelims time. Cristian Quintero touched second with a 49.50. ◀



CAITLIN LEVERENZ AND MAYA DIRADO PRODUCE THRILLING 200 IM TIE AT SPEEDO GRAND CHALLENGE *by Jeff Commings*

The Speedo Grand Challenge features a unique championship final of only four swimmers, while the B final consists of swimmers ranked fifth through 12th in prelims. The format produced some thrilling swims tonight in Irvine, featuring a few athletes making preparations for the world championships from the Trojan Swim Club as well as those from Stanford University and the University of California.

Caitlin Leverenz and Maya DiRado had a very exciting race in the 200 IM, as the two tied with times of 2:11.57. Leverenz had a slight lead after butterfly, 28.70 to 28.98, but DiRado took over the lead by six tenths after the backstroke leg. Leverenz blazed through the breaststroke leg with a 37.98 to take a one-second lead going into freestyle. DiRado charged home and the two ended up sharing the victory in the event. The two have been just a shade faster, as Leverenz clocked a 2:11.40 at February's Arena Pro Swim Series in Orlando, while DiRado's 2:11.48 came at the BPH Super Series in Australia in January. Elizabeth Pelton finished third with a 2:13.46, while Cal teammate Celina Li took fourth with a 2:16.42.

DiRado earned an outright win later in the sessions with a 4:13.06 in the 400 freestyle. She had a three-tenths lead over Trojan's Tristin Baxter at the halfway mark, but pulled away to win by two seconds. Baxter was second with a 4:15.21, while Melanie Klaren of Cal was third with a 4:19.66. Maryssa McArthur, who just wrapped up her junior year at Utah, was fourth with a 4:22.19. Celina Li put up a 4:18.83 to win the B final,

with Sophia Saroukian just behind with a 4:19.31

Trojan Swim Club had a lot to celebrate in the men's 200 free. Not only did the team go 1-2-3 in the men's 200 free, led by a 1:47.91 from Nikita Lobintsev. It's just four tenths off the time he swam at the Russian nationals last month, where he placed third. Cristian Quintero, the reigning NCAA champion in the short course 200 free, was second with a 1:48.36. That breaks his own Venezuelan record of 1:48.44, which he swam last year at the LA Invite, and most importantly, gets him under the automatic qualification time for the world championships by one hundredth of a second. Jonathan Boffa, recently transitioning to the team after a stellar career at NC State, was third with a 1:49.63, just missing his lifetime best of 1:49.58 from last month.

Jessica Hardy had a battle on her hands with Sarah Haase in the 100 breast final. Hardy, the former world record holder who is prepping for the world championships, turned four tenths ahead of NCAA champion Haase at the 50 and held that advantage to the wall with a 1:08.55. Haase was second with a 1:08.91. Hardy was much faster last week at the Arena Pro Swim Series in Charlotte with a 1:06.91, but did what was needed to gain the victory in Irvine.

The top three in the men's 100 breast was close, with just two tenths of a second separating winner Glenn Snyders from third-place finisher Chuck Katis. Snyders, who will swim the event at worlds for New Zealand, won with a 1:02.11. Josh Prenot and Katis, both teammates at California, followed with times of 1:02.17 and 1:02.32, respectively. Jason Block of Trojan rounded out the four-man final with a 1:02.90. Notably, Steve West was attempting to qualify for his fifth trip to the U.S. Olympic Trials at 43 years old. After missing the Olympic Trials cut of 1:03.69 in prelims with a 1:03.82, he faltered in finals to place 11th overall with a 1:04.28.

In his first meet since breaking the 1:40 barrier in the 200-yard IM, David Nolan found himself in third place tonight in Irvine in the long course version with a 2:04.41. Stanford teammate Max Williamson got the win with a 2:02.35, while Omar Pinzon led through backstroke but fell to second with a 2:04.19. ◀

Missy Franklin Returning To Colorado For World Champs Preparation

by Jeff Commings

Missy Franklin is going back to her home state of Colorado for a couple of months to train with Todd Schmitz at the Colorado Stars as she looks ahead to this summer's world championships.

Franklin enjoyed immense success this past college season with Teri McKeever at the University of California-Berkeley, and could continue that trajectory as she returns to the coach that put her on the path of becoming an international sensation. The added bonus of training at altitude was likely a big draw, as was being at home with her parents in a comfortable and familiar environment. She's now a professional swimmer with much riding on her first big championship meet in that capacity.

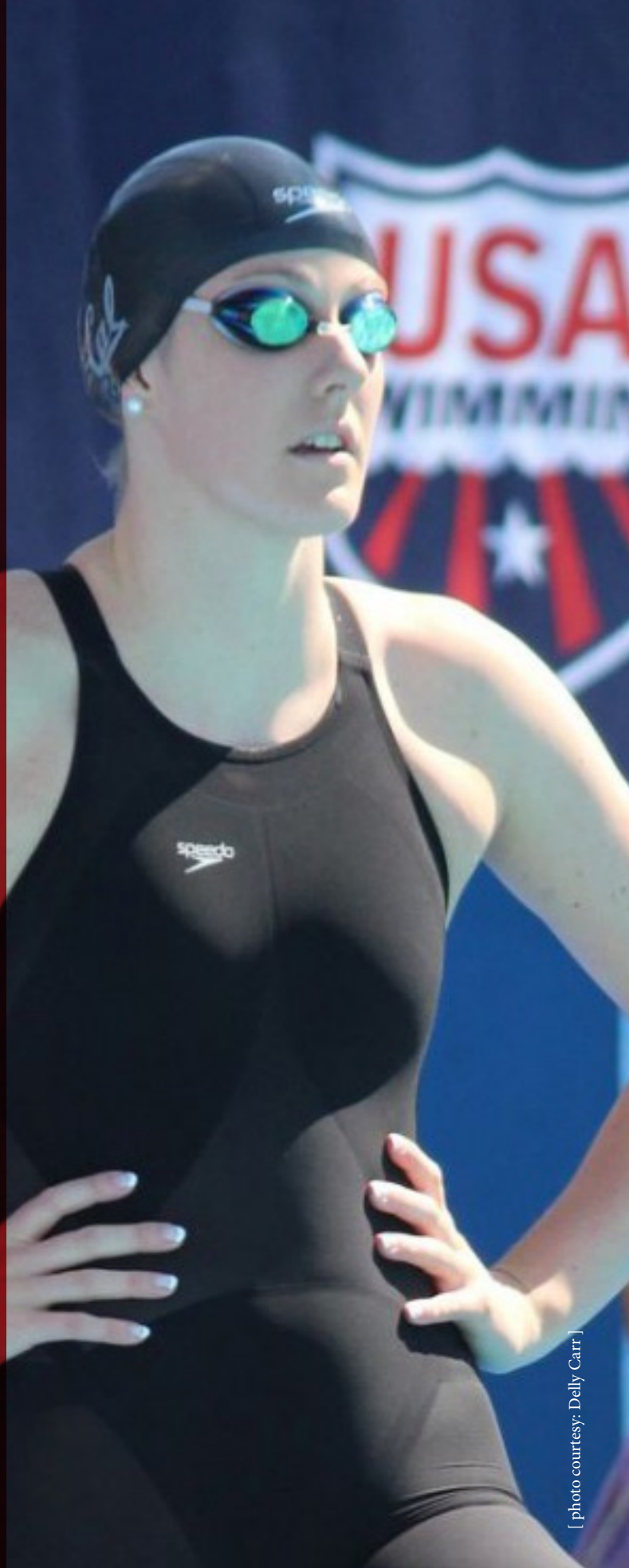
Franklin won six gold medals at the 2013 world championships (200 free, 100 and 200 back, all three relays), the most ever by a woman at one world championships.

Below, the full statement from Franklin:

I will be training for the summer in Colorado at high altitude. I'll be working with my former coach Todd Schmitz and trainer Loren Landow in the Denver area and will also plan to spend some time at the Olympic Training Center in Colorado Springs.

Changing my training location was an extremely tough decision to make as I will really miss swimming with the team at Cal and working with the coaching staff. They have all been very supportive of my decision, including Coach McKeever, who encouraged me to make the move so I could be closer my family in an environment that has always been a great fit for me.

Following World Championships, I will decide where I'll be training as I prepare for 2016 Olympic Trials. ◀



[photo courtesy: Delly Carr]

Your Meet has Met its Match

MEET & CENTRAL™
#weLOVEswimming



It's time to relax
and enjoy those summer
swim meets in **Less Time**, with
Less Paper and **Fewer Volunteers!**



RECOMMENDED BY: **Brendan Hansen** - 6 Time Olympic Medalist

Call us toll-free (855)-210-2736 Today!

Our Friends



Visit www.HydroXphere.com





JAMES MAGNUSSEN TO HAVE SHOULDER SURGERY, WILL MISS WORLD CHAMPIONSHIPS *by Jeff Commings*

James Magnussen's shoulder injury is so severe that it will require surgery, and means the 24-year-old will not defend his 100 freestyle title at the world championships.

Magnussen has withdrawn from a Grand Prix meet in Australia because he experienced extreme pain when swimming at a high intensity. His coach, Mitch Falvey, said the plan was to avoid surgery so Magnussen could attend the world championships in Russia this August. There, Magnussen would have attempted to become the first man to win the 100 free world title three consecutive times.

Magnussen will have surgery on the sub-scapular region of his left shoulder, and it's not immediately known how much time the Olympic silver medalist will be out of the water. A press release from Swimming Australia indicates that Magnussen is to go under the knife in a few weeks.

"I will now focus all my time and effort on preparing for the Olympics next year," Magnussen said. "I am looking forward to regaining full strength in my shoulder and getting back to my best performances."

The next step for Swimming Australia is picking Magnussen's replacement on the world championship team in the 50 and 100 freestyles, as well as the 400 free relay. Two athletes already on the team are likely choices. Tommaso D'Orsogna might move into the 100 free, since he was third in that event at the team selection meet. Matthew Abood, a veteran of the world championships, could step into the 50 free after finishing third in the splash-and-dash at nationals. Abood was selected for worlds as an alternate for the 400 free relay.

"All indications from our medical staff are that surgery is the best option," said Australia national team head coach Jacco Verhaeren. "If there are any further issues then they can be treated sooner rather than later. This will give James more time to have the operation and begin the necessary rehabilitation before starting the preparation for the Olympic cycle." ◀



MEHDY METELLA MAKES BIG STATEMENT IN 100 FREE AT FRENCH GOLDEN TOUR

by Jeff Commings

Mehdy Metella made a major statement on the final day of France's Golden Tour stop in Nancy, posting a very fast 100 freestyle that is now the fastest swum by a Frenchman in 2015. Meanwhile, Katinka Hosszu won five more races to assert her now-trademarked name "Iron Lady."

Metella was unable to put together a strong performance in the 100 free at the French nationals last month, finishing sixth with a 48.94 in a very close final. The younger brother of Olympic medalist Malia Metella, Mehdy won the event tonight with a 48.44, a time that would have won at last month's nationals. It's now given the French swimming federation reason to consider Metella for relay duty at world championships, where he'll already be swimming the 100 butterfly. The time puts Metella 10th in the world standings. Kristian Gkolomeev of Greece, the reigning 100 free NCAA champion, was second with a 48.85. Jeremy Stravius, who had won the national title last month in 48.50, was third with a 49.16.

As for Hosszu, she swam in all six women's finals tonight and started off very strong with a national record in the 50 backstroke. She won with a 28.30, lowering her own mark of 28.81 from last summer's European championships. It's not fast enough to get her close to the global top 10, but it was the first of many races for the Hungarian star, and she would show off her versatility as well.

She had no problem winning the 400 free, and though she had four more races to go (including the 200 fly

about 20 minutes later), she still put forth a strong effort with a 4:08.83 to win by seven seconds over the 4:15.95 by Lea Marchal. In that 200 fly final, Hosszu was ahead of Germany's Franziska Hentke going into the final 50 meters, but the aches from the 400 free affected her, and she fell off the pace. Hentke won with a 2:07.75 while Hosszu faded to post a 2:09.37. Hosszu was back with a vengeance in the 50 breaststroke, posting a 32.31 to beat Nolwenn Herve's 32.70.

Another dominating swim came in the 200 IM, where she beat Germany's Alexandra Wenk by five seconds. Hosszu's 2:11.69 is well off the 2:08.66 she swam last week to set the U.S. Open record, but a fine swim in her fifth race of the day. And to further show off her range, Hosszu claimed the 100 free with a 55.60, finishing strong in the second 50 meters to pull away from Paulina Schmiedel of Germany (second: 56.06) and Mathilde Cini of France (third: 56.20).

The men's 50 backstroke featured not only Florent Manaudou, the short course world record holder, but the gold and silver medalists from the 2013 world championships, Camille Lacourt and Stravius. Though Manaudou won't get the chance to swim the event in Russia at worlds, he showed that he's still a strong 50-meter swimmer in any stroke with a 24.98 for the win. Stravius was second with a 25.05 while Lacourt followed in third with a 25.51. Lacourt and Stravius still stand as the top two in the event globally with their swims from last month's nationals.

Germany's men's team earned three wins on the final night of the meet. Florian Vogel was untouchable in the 400 free, winning with a 3:50.48 over teammate Poul Zellmann's 3:56.03. Hendrik Feldwehr took the 50 breast in 27.78 to touch out France's Giacomo Perez Dortona (27.82) and Manaudou (27.91). Philip Heintz traded the lead with Hungary's David Verraszto through the 200 IM, but Heintz was ahead when it mattered most, winning with a 2:01.26 to Verraszto's 2:01.34.

Greece's Stefanos Dimitriadis also denied Verraszto a victory, holding off the Hungarian to take the 200 fly with a 1:58.19 over Verraszto's 1:58.34. Jordan Coelho of France also broke two minutes with a 1:59.66 for third. ◀

PARTING SHOT

Cyrille Oumedjkane of France dives from the 27.5 metre platform on the Saint Nicolas Tower during the second stop of the Red Bull Cliff Diving World Series, La Rochelle, France on May 17 2015.

Photo Courtesy: Tomislav Moze





www.adidasswim.com

- ▶ **the new official adidas shop**
- ▶ **wide range of products**
- ▶ **free delivery with every purchase above £69**

free delivery with every online order over £69 at www.adidasswim.com