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SWIMMING WORLD

BIWEEKLY

JULY 2015 | VOL. 1 | ISSUE 11



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Arena has signed 2012 Olympic silver medalist Haley Anderson who is a top contender to clinch a spot on the U.S. Olympic Swim Team in the open water 10K.

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PIERRE LAFONTAINE RETURNS TO THE POOL DECK

by Matt Grillo

Pierre Lafontaine was looking for another challenge in his nearly 40-year coaching career.

As the newly appointed head coach of the Club de Natation Gatineau Lafontaine took over April 1, 2015, leaving his position as the CEO of the Canadian Interuniversity Sport.

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DANIEL DIAS CLOSES IPC PARALYMPIC WORLD SWIMMING CHAMPIONSHIPS WITH 7 GOLDS

Brazilian multiple world and Paralympic champion Daniel Dias won an incredible seventh gold medal at the 2015 IPC Swimming World Championships. The win in the men's 100m freestyle S5 was Dias' 24th World Championships gold.

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THE EFFECTS OF PROFESSIONAL SWIMMING: ARE MALE SWIMMERS STAYING IN THE SPORT TOO LONG?

By Patrick Murphy

As we approach the World Championships, we get to see a number of veterans compete in what's believed to be their last go-around. The World Championship roster includes three-time Olympian Ryan Lochte, multiple two-time Olympians, and countless swimmers over the age of 25. This roster doesn't even include a certain four-time Olympian due to suspension.

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CALIFORNIA'S ELIZABETH PELTON HAS SURGERY TO FIX BROKEN HAND

By Jason Marsteller

Elizabeth Pelton, entering her senior season at the University of California, underwent surgery for a broken bone in her hand according to California Athletics.

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ON THE COVER - MICHAEL KLUH BY ERICH SCHLEGEL/USA TODAY SPORTS IMAGES





custom



PAN AMERICAN GAMES: DAY 1 FINALS RECAP

by Jason Marsteller

WOMEN'S 100 FREE

In a huge upset, Canadian Chantal Van Landeghem drew a huge ovation from a home crowd at the 2015 Pan American Games in the women's 100-meter free.

Van Landeghem rocked to a Pan American Games record time of 53.83, that also set the Canadian record.

That swim pipped Natalie Coughlin's Games record of 53.85 set during prelims, and beat Erica Morningstar's Canadian record of 54.08 from the 2007 World Championships in Melbourne. Van Landeghem now owns the 50 free (24.69) and 100 free Canadian marks.

The swim also pushed Van Landeghem to 10th in the world.

USA's Natalie Coughlin picked up silver in 54.06, off her faster prelim time of 53.85 that now stands 11th in the world.

Bahamas' Arianna Vanderpool-Wallace snared bronze in 54.15 with Canada's Michelle Williams taking fourth in 54.55.

Brazil's Larissa Martins (54.61), Brazil's Graciele Herrmann (55.01), Puerto Rico's Vanessa Garcia (55.26) and USA's Amanda Weir (55.73) also swam in the championship heat.

Mexico's Liliana Ibanez nearly took down her Mexican record in the event with a 55.90 for the B final win. That's just off her national mark of 55.70 from the 2013 World Championships.

Colombia's Isabella Arcila snared second in the consolation heat with a 56.37, while Cuba's Elisbet Gamez posted a 56.84 for third in the B final.

MEN'S 100 FREE

Argentina's Federico Grabich held off hometown favorite Santo Condorelli of Canada for the men's 100-meter free title at the 2015 Pan American Games.

Grabich threw down a 48.26 to move to fifth in the world rankings.

That's an Argentinian record for Grabich, breaking his mark of 48.60 from prelims.

Condorelli finished with silver in 48.57 to move to 15th in the world rankings, while Brazil's Marcelo Chierighini took bronze with a 48.80.

Venezuela's Cristian Quintero (49.06), Trinidad and Tobago's Dylan Carter (49.10), Canada's Yuri Kisil (49.26), Brazil's Matheus Santana (49.58) and Suriname's Renzo Tjon-A-Joe (49.60) also vied for the gold medal.

Notably, for the first time in the history of the Pan American Games, the U.S. did not advance anyone to the championship final.

Cayman Islands' Brett Fraser led a trio of 49s at the top of the B final with a 49.56 for the consolation win.

Paraguay's Ben Hockin claimed second in the B final with a 49.88, while USA's Darian Townsend took third in 49.97.

Saint Lucia's Jordan Augier (50.83), Mexico's Luis Campos (51.70), Jamaica's Timothy Wynter (52.23), Honduras' Allan Gutierrez (52.59) and Nicaragua's Miguel Mena (52.59) also competed in the consolation heat.

WOMEN'S 200 FLY

Canada's Audrey Lacroix had way too much in the tank down the stretch to pull away from the field to win the women's 200-meter fly at the 2015 Pan American Games.

Lacroix cranked out a winning time of 2:07.68 to just miss Kathleen Hersey's 2007 Games record of 2:07.64. Lacroix just missed her seventh-ranked *continued on pg. 6*

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SWIMMING WORLD BIWEEKLY - 7

continued from pg. 5 season best of 2:07.63 from the Canet stop of the Mare Nostrum.

USA's Katharine Mills, who was neck-and-neck with Lacroix at the 150, just could not keep up the relentless pace as she settled for silver with a 2:09.31.

Brazil's Joanna Maranhao downed the South American record in the event with a bronze-winning 2:09.38. That swim clipped her own record of 2:09.41 from the 2009 Jose Finkel Trophy meet.

Venezuela's Andreina Pinto broke 2:10 for the first time with a fourth-place 2:09.51 to break her Venezuelan mark of 2:10.11 from the 2013 World Championships.

Argentina's Virginia Bardach (2:13.25), Venezuela's Isabella Paez (2:13.64), Mexico's Diana Luna (2:13.90) and Guatemala's Valerie Gruet (2:14.03) also participated in the A final.

Brazil's Manuella Lyrio threw down the hammer the final 50 meters to win the B final in 2:13.37.

Colombia's Jessica Camposano just missed her national record of 2:14.18 from the 2014 CAC Games with a second-place 2:14.22.

USA's Kylie Stewart placed third in the consolation heat in 2:14.64.

MEN'S 200 FLY

In one of the closest finishes of the night, Brazil's Leonardo De Deus edged Peru's Mauricio Fiol in the men's 200-meter fly at the 2015 Pan American Games.

De Deus threw down a winning time of 1:55.01, while Fiol picked up silver in a 1:55.15. Both times were under Kaio Almeida's Games record of 1:55.45 from 2007.

The swim shot De Deus to seventh in the world rankings, while Fiol moved up to eighth. That's another Peruvian record for Fiol after he demolished the previous mark of 1:58.29 with a 1:56.81 in prelims.

Canada's Zack Chetrat rounded out the podium with a third-place time of 1:56.90. That's a Canadian record, beating Stefan Hirniak's 1:57.01 from 2010.

Canada's Alec Page (1:58.01), Brazil's Almeida (1:58.51), Puerto Rico's Andrew Torres (1:59.37), Venezuela's Marcos Lavado (1:59.59) and USA's Bobby Bollier (1:59.89) closed out the rest of the championship field.

Mexico's Long Gutierrez won the consolation heat in a time of 2:00.09, while Colombia's Esnaider Reales (2:00.79) and Andres Montoya (2:00.93) finished second and third in the heat.

WOMEN'S 400 FREE RELAY

Canada remained on fire as the locals relegated Team USA to second for only the second time in Pan American Games history in the women's 400-meter free relay.

The foursome of Sandrine Mainville (54.43), Michelle Williams (54.42), Katerine Savard (54.53) and Chantal Van Landeghem (53.42) overcame a battle with the Stars and Stripes to win in a Pan American Games record time of 3:36.80.

That performance downed the preliminary mark of 3:37.28 set by Team USA this morning. It also broke the Canadian record of 3:37.09 from 2013.

USA's Allison Schmitt (54.46), Amanda Weir (54.79), Madison Kennedy (53.89) and Natalie Coughlin (53.87) settled for silver with a time of 3:37.01 just .21 seconds back, and under their prelim time.

MEN'S 400 FREE RELAY

Brazil won the men's 400-meter free relay for the fifth time in a row at the 2015 Pan American Games, while Canada out-dueled Team USA for silver with a scorching leadoff from Santo Condoirelli.

Brazil's Matheus Santana (49.28), Joao De Lucca (48.06), Bruno Fratus (48.56) and Marcelo Chierighini (47.76) unleashed a blistering time of 3:13.66 for the win. That swim blasted Brazil's previous mark of 3:14.65 from 2011.

Condoirelli kicked off Canada's silver-winning relay with a world-best-tying 47.98 in the 100-meter free. He's just the second swimmer to clear 48 seconds this year as he tied Vlad Morozov for the top time in the world this year.

Condoirelli (47.98), Karl Krug (49.14), Evan Van Moerkerke (49.04) and Yuri Kisil (48.16) finished with a silver in 3:14.32.

For the first time ever, Team USA took bronze as Josh Schneider (49.44), Darian Townsend (49.37), Cullen Jones (48.86) and Michael Weiss (48.54) capped a disappointing day for the Americans with a 3:16.21. ◀



[Photo Courtesy: Erich Schlegel/USA Today Sports Images]

PAN AMERICAN GAMES: DAY 2 FINALS RECAP

by Jason Marsteller

WOMEN'S 200 FREE

USA's Allison Schmitt obliterated Sippy Woodhead's 36-year-old Pan American Games record in the women's 200-meter free at the 2015 Pan American Games.

Schmitt clocked a time of 1:56.23 for the win. That swim blasted Woodhead's 1979 mark of 1:58.43 that had stood since she clocked it in San Juan, Puerto Rico.

Schmitt's time moved her up to eighth in the world rankings, bettering her season best of 1:57.24 from May.

Canada's Emily Overholt posted a lifetime best of 1:57.55 to take silver, her first time under 1:58, while Brazil's Manuella Lyrio took bronze in 1:58.03. That's a personal best for Lyrio, clipping her 1:58.74 that was the Brazilian national record.

Canada's Katerine Savard (1:58.70), Brazil's Larissa Martins (2:00.32), USA's Kiera Janzen (2:00.34), Venezuela's Andreina Pinto (2:00.62) and Cuba's Elisbet Gamez (2:01.84) also competed in the historic finale.

Colombia's Jessica Camposano tied her Colombian record in the women's 200-meter free with a 2:00.68 to win the B final. That swim matched her time from the 2014 CAC Games.

Teammate Maria Alvarez took second in the consolation heat with a 2:02.81, while Venezuela's Andrea Garrido turned in a third-place time of 2:03.33.

Mexico's Maria Richaud (2:03.69), Mexico's Natalia Jaspeado (2:03.69), Guatemala's Gabriela Santis (2:03.94), Peru's Andrea Cedron (2:04.11) and El Salvador's Rebeca Quinteros (2:06.19) also swam in the B final.

MEN'S 200 FREE

Brazil's Joao De Lucca unleashed a sizzling Pan American and South American record in the men's 200-meter free.

De Lucca overtook a blazing Federico Grabich at the 150 to win in 1:46.42. That effort beat the Pan Am Games record of 1:47.18 set by Brett Fraser back in 2011.

He also downed Thiago Pereira's South American and Brazilian record of 1:46.57 set at the 2009 World Championships. De Lucca also moved up to ninth in the world rankings.

Grabich took silver with a time of 1:47.62 to break his own Argentinian record of 1:47.78.

USA's Michael Weiss beat compatriot Michael Klueh to the wall for bronze, 1:47.63 to 1:47.73.

Brazil's Nicolas Oliveira (1:47.81), Venezuela's Cristian Quintero (1:47.88), Canada's Jeremy Bagshaw (1:47.92) and Paraguay's Ben Hockin (1:50.03) also competed in the A final with Quintero taking down his own Venezuelan record of 1:48.36.

Canada's Alec Page put up the top time of the consolation heat with a 1:49.86 to get the crowd revved up.

Colombia's Mateo De Angulo touched second in 1:50.01 with El Salvador's Marcelo Acosta finishing third in 1:50.95.

Ecuador's Tomas Peribonio (1:50.98), Venezuela's Marcos Lavado (1:51.08), Mexico's Luis Campos (1:51.37), Barbados' Alex Sobers (1:53.16) and Guatemala's Luis Martinez (1:53.39) also competed in the consolation heat.

WOMEN'S 200 BREAST

Team Canada dominated the women's 200-meter breast-stroke finale with Kierra Smith upended teammate Martha McCabe for a Pan American Games record.

Smith raced her way to a time of 2:24.38 to touchout McCabe's silver-winning 2:24.51. Both swimmers cleared Smith's preliminary Pan Am Games mark of 2:25.41. Neither are personal bests for Smith or McCabe.

Smith moved up to a 13th-ranked tie in the world rankings, while McCabe just clipped her 15th-ranked season best of 2:24.53.

USA's Annie Lazor grabbed bronze with a time of 2:26.23, just clearing her previous personal best of 2:26.37.

Jamaica's Alia Atkinson finished fourth in 2:27.15, while Mexico's Byanca Rodriguez snared fifth in 2:28.87.

Argentina's Julia Sebastian (2:29.45), Mexico's Esther Gonzalez (2:29.83) and Brazil's Pamela Souza (2:32.41) also competed for the Pan Am title.

Argentina's Macarena Ceballos topped the B final in a time of 2:30.76, while USA's Meghan Small turned in a second-place time of 2:31.35. Brazil's Beatriz Travalon touched third in 2:33.21.

Venezuela's Mercedes Toledo (2:33.57), Peru's Paula Tamashiro (2:41.94), Bahamas' Laura Morley (2:42.99) and Bermuda's Lisa Blackburn (2:46.32) rounded out the consolation heat.

MEN'S 200 BREAST

Brazil's Thiago Simon demolished the Pan American Games record in the men's 200-meter breast as no one could touch him in finals.

Simon won in 2:09.82, downing Sean Mahoney and Jorge Murillo's shared mark of 2:11.62 at the Pan Am Games. Simon broke his personal best of 2:10.58, and moved up to 15th in the world rankings.

Canada's Richard Funk kept on adding medals to the squad with a silver-winning time of 2:11.51.

Brazil's Thiago Pereira earned his record 20th career Pan American Games medal with a bronze-winning time of 2:11.93. That total broke a tie with Gustavo Borges for the most by a swimmer at the Games.

USA's BJ Johnson (2:12.19), Colombia's Murillo (2:12.71), Venezuela's Carlos Claverie (2:13.22), Mexico's Miguel De Lara (2:14.11) and Colombia's Carlos Mahecha (2:15.25) also battled in the A final.

USA's Brad Craig destroyed the B final down the stretch as he won with a 2:14.04 to win by more than a second.

Mexico's Miguel Chavez took second in the consolation heat with a 2:15.19, while Canada's James Dergousoff placed third in 2:15.31.

Venezuela's Juan Sequera (2:17.23), Argentina's Facundo Miguelena (2:17.65), Bahamas' Dustin Tynes (2:18.14), Argentina's Rodrigo Frutos (2:18.48) and Aruba's Jordy Groters (2:18.55) also participated in the B final.

WOMEN'S 200 BACK

Team Canada threw down another 1-2 finish by the women as Hilary Caldwell took down the women's 200-meter back Pan American Games record.

Caldwell surged her way to a swift time of 2:08.22. That time cleared the previous mark of 2:08.99 set by Elizabeth Pelton back in 2011. That's not close to Caldwell's personal best of 2:06.80, but it was good enough to move up to fifth in the world rankings.

Dominique Bouchard delivered Canada another medal with a silver-winning time of 2:09.74. That swim was short of her 11th-ranked season best of 2:08.99.

USA's Clara Smiddy touched out teammate Kylie Stewart, 2:11.47 to 2:11.92, for the bronze medal. *continued on pg. 10*

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continued from pg. 9 Brazil's Joanna Maranhao (2:12.05), Guatemala's Gisela Morales (2:13.18), Argentina's Andrea Berrino (2:14.38) and Mexico's Maria Gonzalez (2:16.79) finished fifth through eighth.

Maranhao lowered Natalia De Lucca's 2013 Brazilian record of 2:12.09 with the swim.

Colombia's Carolina Colorado dominated the B final with a time of 2:14.87. Mexico's Estela Davis took second in 2:16.61 with Peru's McKenna De Bever putting up a third-place 2:16.76.

Argentina's Florencia Perotti (2:17.55), Venezuela's Carla Gonzalez (2:18.77), Honduras' Karen Vilorio (2:19.42), Brazil's Luiza Vieira (2:21.17) and Uruguay's Ines Remersaro (2:21.33) picked up the rest of the B final finishes.

MEN'S 200 BACK

The American men finally got the shot in the arm they needed with a 1-2 finish in the men's 200-meter back at the 2015 Pan American Games.

Sean Lehane, who clocked a Pan American Games record in prelims with a 1:57.11, won the finale in 1:57.47. Teammate Carter Griffin raced his way through the pack to silver in 1:58.18 as he cleared his personal best of 1:58.54.

Brazil's Leonardo De Deus stole bronze away from Colombia's Omar Pinzon, 1:58.27 to 1:58.77. Pinzon had led the entire race before fading down the final 15 meters.

Canada's Russell Wood (1:59.91), Venezuela's Carlos Omana (2:00.02), Paraguay's Matias Lopez (2:00.91) and Cuba's Armando Barrera (2:01.24) finished fifth through eighth.

Lopez set a Paraguayan record, clearing his previous record of 2:01.05.

Colombia's David Cespedes clipped Mexico's Andy Song An, 2:01.95 to 2:02.20, for the B final win.

Puerto Rico's Yeziel Morales (2:02.26), Mexico's Ezequiel Trujillo (2:03.09), Argentina's Agustin Hernandez (2:03.37), Argentina's Felipe Vargas (2:03.98), Venezuela's Jesus Lopez (2:06.46) and Jamaica's Timothy Wynter (2:07.78) comprised the rest of the consolation final.

MEN'S 800 FREE RELAY

Controversy reigned in the men's 800-meter free relay as Team USA was disqualified behind Brazil's Pan American Games record at the 2015 Pan American Games.

Brazil's Luiz Melo (1:48.39), Joao De Lucca (1:47.79), Thiago Pereira (1:48.14) and Nicolas Oliveira (1:46.83) won the men's 800-meter free relay with a time of 7:11.15. That swim cleared Brazil's 2007 record of 7:12.27 to break the record and deliver Brazil another freestyle relay victory.

Team USA had initially won silver with a 7:12.20 from Michael Weiss, Michael Klueh, Gunnar Bentz and Darian Townsend. However, after the race, Team USA was disqualified because Weiss has taped his fingers together which is against the rules.



The medal ceremony was postponed pending an appeal from Team USA, so we will know later whether Team USA can litigate the controversy to its favor.

The rule in question is as follows:

“SW 10.8 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee. “

Canada's Jeremy Bagshaw (1:49.56), Alec Page (1:49.20), Stefan Milosevic (1:49.33) and Ryan Cochrane (1:49.24) took silver in 7:17.33.

Venezuela's Daniele Tirabassi (1:51.75), Marcos Lavado (1:50.04), Andres Doria (1:50.39) and Cristian Quintero (1:48.96) earned bronze in 7:21.14.

Mexico (7:22.12) and Argentina (7:22.82) also had clean times. ◀



[Photo Courtesy: Erich Schlegel/USA Today Sports Images]

PAN AMERICAN GAMES: DAY 3 FINALS RECAP

by Jason Marsteller

WOMEN'S 400 IM

Canada's Emily Overholt looked to have overcome a monster breaststroke split from USA's Caitlin Leverenz to capture the women's 400-meter IM before being disqualified for a non-simultaneous touch at the Pan American Games.

Overholt had clocked a smooth time of 4:35.33. That swim initially blasted Leverenz's preliminary Games record of 4:37.74, and would have broken Tanya Hunks' 2009 Canadian record of 4:35.84.

Leverenz kept her swim clean as she raced her way into gold medal. Her 4:35.46 now stands as the Pan American Games record to put her fourth in the world rankings.

Canada's Sydney Pickrem wound up taking silver in 4:38.03, a personal best. Brazil's Joanna Maranhao earned bronze in 4:38.07 to break her Brazilian record of 4:40.00 from 2004.

USA's Katie Mills (4:41.19), Argentina's Virginia Bardach (4:44.85), Mexico's Natalia Jaspeado (4:49.89) and Mexico's Moniika Gonzalez-Hermosillo (4:53.83) also competed in the finale.

Argentina's Florencia Perotti picked up the B final win in 4:50.52. Brazil's Gabrielle Goncalves placed second.

Peru's Andrea Cedron (5:05.81) and Panama's Maria Far

(5:06.36) also competed in the consolation heat.

MEN'S 400 IM

A major disqualification stunned the crowd at the 2015 Pan American Games for the second straight 400-meter IM in a row.

Brazil's Thiago Pereira initially looked to have threepeated in the men's 400-meter IM before he was disqualified as he had clocked a 4:14.08.

That swim would have given him a 22nd career medal, to tie him with Cuban gymnast Erick Lopez for the most medals ever at the Pan American Games.

That delivers the gold medal to Brazil's Brandonn Almeida with a 4:14.47 for the win. That time crushed him previous personal best of 4:15.82 to move to 15th in the world rankings.

Canada's Luke Reilly finished with silver in 4:16.16, while USA's Max Williamson snared bronze in 4:16.91. Williamson's time is his first under 4:17.

USA's Michael Weiss, still battling finger issues, took fourth in 4:17.05.

Canada's Alec Page (4:18.61), Venezuela's Carlos Omana (4:19.11) and Ecuador's Tomas Peribonio (4:22.67) closed

out the rest of the A final.

Venezuela's Juan Sequera earned the B final victory in 4:24.97, while Mexico's Juan Del Pino took second in 4:26.29.

Argentina's Esteban Paz (4:26.83), Puerto Rico's Christian Bayo (4:27.15), El Salvador's Rafael Alfaro (4:27.40), Paraguay's Matias Lopez (4:27.47), Cuba's Luis Vega (4:28.18) and Costa Rica's Esteban Araya (4:33.80) also swam in the consolation heat.

WOMEN'S 100 FLY

USA's Kelsi Worrell threw down an epic final 50 meters to capture the gold medal in the women's 100-meter fly at the Pan American Games.

Worrell, who turned in a personal best 57.24 this morning to set the Pan American Games record, took home gold with a sizzling time of 57.78.

Worrell turned third, but had enough to overtake a pair of Canadians for the win.

Canada's Noemie Thomas placed second in 58.00, just off her personal best of 57.96. Katherine Savard snared bronze in 58.05, well off her lifetime best of 57.27.

Brazil's Daynara De Paula placed fourth in 58.56, while teammate Daiene Dias finished fifth in 58.74.

USA's Gia Dalesandro claimed sixth in 59.24, while Costa Rica's Marie Meza placed seventh in 1:00.89. Colombia's Jessica Camposano wound up eighth in 1:01.18.

Venezuela's Isabella Paez topped the B final in 1:00.79 with Mexico's Ana Sofia Revilak taking second in 1:01.16.

Mexico's Diana Luna (1:01.49), Argentina's Belen Diaz (1:01.50), Colombia's Carolina Colorado (1:01.81), Puerto Rico's Tereysa Lehnertz (1:02.02) and Peru's McKenna De Bever (1:02.10) also participated.

MEN'S 100 FLY

USA's Giles Smith clipped the Pan American Games record in the men's 100-meter fly for the victory.

Smith, who has a 52.02 lifetime best to his credit, captured gold in 52.04. That swim downed Kaio Almeida's meet record of 52.05 from 2007 and moved Smith to 20th in the world this year.

Argentina's Santiago Grassi finished with a silver in 52.09,

just .05 seconds behind. Grassi's time is a new Argentinian record, breaking his previous mark of 52.34.

Canada's Santo Condorelli snared bronze in 52.42 to better his lifetime best of 52.50 and come up a bit short of Joe Bartoch's Canadian record of 52.28 from 2008.

Venezuela's Albert Subirats (52.52), Mexico's Long Gutierrez (52.58), USA's Eugene Godsoe (52.66), Brazil's Arthur Mendes (52.73) and Guatemala's Luis Martinez (52.75) finished fourth through eighth.

Peru's Mauricio Fiol had been in the A final before being booted from the Pan American Games for testing positive for a steroid.

The consolation heat proved to be the closest a 1-2-3 finish can happen.

Paraguay's Ben Hockin, who previously swam for Great Britain, snagged the B final in 53.45. Canada's Coleman Allen finished second in 53.46, with Argentina's Marcos Barale earning third in 53.47.

Colombia's Esnaider Reales (54.03), Puerto Rico's Andrew Torres (54.77), Honduras' Allan Gutierrez (55.21) and Bolivia's Aldo Castillo Sulca (56.97) also put up times in the B final.

WOMEN'S 800 FREE RELAY

At times, the women's 800-meter freestyle relay looked like it could be a close battle but a huge split by Olympic gold medalist Allison Schmitt and a swift final 50 by Gillian Ryan crushed the Pan American Games record in the event.

Kiera Janzen (1:59.61), Schmitt (1:55.98), Courtney Harnish (1:59.61) and Ryan (1:59.12) posted a time of 7:54.32 to demolish USA's 2011 Pan American Games record of 8:01.18.

Manuella Lyrio (1:58.98), Jessica Cavalheiro (1:59.03), Joanna Maranhao (1:59.31) and Larissa Martins (1:59.04) destroyed the Brazilian record with a silver-winning 7:56.36. That time blasted the 8:03.22 set at the Maria Lenk Trophy meet this year.

Canada's Emily Overholt (1:58.83), Katherine Savard (2:01.02), Alyson Ackman (2:00.31) and Brittany MacLean (1:59.20) claimed bronze in a time of 7:59.36.

Venezuela (8:13.10) and Peru (8:42.53) finished fourth and fifth with Mexico drawing a disqualification with an early takeoff. ◀



PAN AMERICAN GAMES: DAY 4 FINALS RECAP

by Jason Marsteller

WOMEN'S 100 BACK

Brazil's Etiene Medeiros became the first female to ever break 1:00 at the Pan American Games in the women's 100-meter back.

Medeiros threw down a sizzling time of 59.61 to break Olivia Smoliga's preliminary swim of 1:00.35. Medeiros' time broke the Brazilian record of 1:00.07 set by Fabiola Molina in 2009 as she moved to sixth in the world rankings.

Team USA went 2-3 as USA's Olivia Smoliga clocked a 1:00.06 to take silver and stand 13th in the world. Clara Smiddy earned bronze in 1:00.49 to break her personal best of 1:00.51.

Canada's Dominique Bouchard (1:00.54), Canada's Hilary Caldwell (1:01.01), Mexico's Maria Gonzalez (1:01.06), Guatemala's Gisela Morales (1:01.31) and Argentina's Andrea Berrino (1:01.76) also competed for the title.

Brazil's Natalia De Luccas touched out Colombia's Carolina Colorado by the slimmest of margins, 1:02.15 to 1:02.16, in the B final.

Colombia's Isabella Arcila (1:02.44), Mexico's Estela Davis (1:03.19), Venezuela's Carla Gonzalez (1:03.68), Honduras' Karen Vilorio (1:05.06), Argentina's Florencia Perotti (1:05.18) also swam in the B final.

MEN'S 100 BACK

USA's Nick Thoman held off Brazil's Guilherme Guido in the men's 100-meter back for the Pan American Games record.

Thoman surged to the win in 53.20 to take down Randall Bal's meet record of 53.66 from 2007. That swim moved him up to fifth in the world rankings.

Guido wound up taking silver in 53.35, just off his Brazilian record of 53.24, but enough to move to seventh in the world.

USA's Eugene Godsoe collected bronze in a time of 53.96, just off his personal best of 53.61.

Canada's Russell Wood (54.30), Argentina's Federico Grabich (54.61), Colombia's Omar Pinzon (55.22), Canada's Markus Thormeyer (55.52) and Venezuela's Albert Subirats (56.09) also put up times in finals.

Cuba's Armando Barrera topped the B final in 56.14. Mexico's Daniel Torres (56.91) and Paraguay's Charles Hockin (57.25) finished second and third.

Guatemala's Luis Martinez (57.30), Jamaica's Timothy Wynter (57.47), Venezuela's Robinson Molina (57.92), Barbados' Chris Courtis (57.93) and Virgin Islands' Matt Mays (59.14) also participated in the consolation heat.

WOMEN'S 400 FREE

Canada's Emily Overholt found redemption in the women's 400-meter freestyle as the 17-year-old shook off a gold-medal disqualification in the women's 400-meter IM to set a Pan American Games record in the freestyle.

Overholt, who was disqualified from a Pan American Games and Canadian record in the 400-meter IM last night due to a non-simultaneous touch, went out fast in lane 8 and just held on against a hard-charging Andreina Pinto of Venezuela for the 400 free victory in 4:08.42.

Overholt's time crushed the previous record of 4:10.48 set by Elizabeth Hill of the U.S. back in 2003 at the Santo Domingo edition. Overholt didn't need a lifetime best for the win, however, as she's posted a 4:07.93 before.

Pinto nearly overtook the field as she settled for silver with a 4:08.67. USA's Gillian Ryan grabbed bronze in 4:09.46.

Brazil's Manuella Lyrio (4:10.92), USA's Kiera Janzen (4:11.32), Bahamas' Joanna Evans (4:14.51), Brazil's Carolina Bilich (4:17.40) and Colombia's Maria Alvarez (4:17.80) also battled in the middle distance event.

Canada's Tabitha Baumann overhauled the field down the stretch to win the B final in 4:16.03.

Guatemala's Gabriela Santis also turned on the jets to take second in 4:16.79, while 300-meter leader Natalia Jaspeado of Mexico faded to third in 4:17.25. Santis dropped her personal best by about seven seconds.

Mexico's Allyson Macias (4:17.49), Cuba's Elisbet Gamez (4:18.23), Peru's Andrea Cedron (4:23.93), El Salvador's Rebeca Quinteros (4:27.89) and Aruba's Daniella Van Den Berg (4:30.14) finished fourth through eighth in the consolation heat.

MEN'S 400 FREE

Canada's Ryan Cochrane captured a Pan American Games record in the men's 400-meter free while being unshaven as he is focused on the World Championships next month.

Cochrane clocked a time of 3:48.29 to hold on for the gold medal and smash Matt Patton's 2007 meet mark of 3:49.77. Cochrane has been faster this year with a 13th-ranked 3:47.50.

USA's Ryan Feeley made a move but didn't have enough to overtake Cochrane as he settled for silver with a 3:49.69. That's nearly a personal best, just off his 3:49.21 lifetime best.

Brazil's Leonardo De Deus clipped USA's Michael Klueh for bronze, 3:50.30 to 3:50.53. De Deus just missed his Brazilian record of 3:49.62.

Canada's Jeremy Bagshaw (3:50.55), Colombia's Mateo De Angulo (3:51.38), Venezuela's Cristian Quintero (3:52.92) and Mexico's Ricardo Vargas (3:55.42) finished fifth through eighth.

De Angulo crushed his previous Colombian record of 3:53.01.

El Salvador's Marcelo Acosta raced his way to a win in the B final with a time of 3:51.12. That's a three-second drop from his lifetime best.

Brazil's Lucas Kanieski (3:52.73) and Venezuela's Rafael Davila (3:53.76) finished second and third.

Puerto Rico's Christian Bayo (3:54.11), Ecuador's Tomas Peribonio (3:57.49), Argentina's Juan Pereyra (3:59.65), Barbados' Alex Sobers (4:00.25) and Mexico's Arturo Perez (4:00.96) also competed in the consolation heat.

WOMEN'S 100 BREAST

USA's Katie Meili had just too much in the tank as she overtook Jamaica's Alia Atkinson down the stretch for the women's 100-meter breaststroke gold at the Pan American Games.

Meili, who threw down a Pan American Games record of 1:05.64 in prelims, won in 1:06.26 tonight. Meili's time in prelims put her second in the world rankings.

Atkinson wound up taking silver in 1:06.59 to break her Jamaican record of 1:06.79 and move to fifth in the world rankings.

Canada's Rachel Nicol took bronze overall in 1:07.91, while teammate Tera Van Beilen placed fourth in 1:08.22.

USA's Annie Lazor (1:08.72), Brazil's Beatriz Travalon (1:09.23) and Argentina's Julia Sebastian (1:09.83) finished fifth through seventh.

Brazil's Jhennifer Conceicao was disqualified.

Argentina's Macarena Ceballos won the B final going away with a time of 1:09.03. Mexico's Esther *continued on pg. 16* Gonzalez finished second in 1:10.54, while Venezuela's Mercedes Toledo took third in 1:10.90. *continued on pg. 16*



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continued from pg. 15 Mexico's Arantxa Medina (1:11.32), Bermuda's Lisa Blackburn (1:14.45), Peru's Paula Tamashiro (1:14.84), Bahamas' Laura Morley (1:15.20) and Suriname's Evita Leter (1:15.38) also swam in the B final.

MEN'S 100 BREAST

Brazil's Felipe Silva defended his men's 100-meter breast-stroke title with a Pan American Games record as he shot to third in the world rankings.

Silva uncorked a scintillating time of 59.21. That swim broke his Pan American Games record of 59.84 from prelims, and lowered his personal best of 59.63. He is tracking down Henrique Barbosa's Brazilian record of 59.03.

Brazil's Felipe Lima took silver with a time of 1:00.01, off his sixth-ranked 59.78 from earlier this year.

Canada's Richard Funk earned bronze in 1:00.29 to lower his own personal best of 1:00.36.

Colombia's Jorge Murillo (1:00.61), USA's Brad Craig (1:01.34), Mexico's Miguel De Lara (1:01.42), USA's BJ Johnson (1:01.77) and Panama's Edgar Crespo (1:01.88) also competed in the championship heat.

De Lara broke Alejandro Jacobo's Mexican record of 1:01.60 set in 2009.

The B final proved to be a close contest. Venezuela's Carlos Claverie won in 1:02.46 with Bahamas' Dustin Tynes taking second in 1:02.49. Canada's James Dergousoff snared third in 1:02.57.

Argentina's Facundo Miguelena (1:03.55), Bermuda's Julian Fletcher (1:03.60), Aruba's Jordy Groters (1:03.97), Paraguay's Renato Prono (1:04.57) and Uruguay's Martin Melconian (1:04.95) also participated in the consolation heat.

WOMEN'S 50 FREE

After throwing down a Pan American Games record in prelims with a 24.31, Bahamas' Arianna Vanderpool-Wallace managed to get her hand to the wall first in the women's 50-meter free finals at the 2015 Pan American Games.

Vanderpool-Wallace posted a time of 24.38 for the win, still among the top 10 times in the world after clocking in fourth in the world this morning.

Brazil's Etienne Medeiros, who already won the women's 100-meter back earlier in the night, grabbed silver in 24.55 to blast her Brazilian record of 24.74 from 2014. That 24.55

moved her up to eighth in the world.

The ageless wonder Natalie Coughlin of the U.S., fresh off an appearance in the ESPN The Magazine Body Issue, took bronze in 24.66 to move up to 10th in the world rankings.

Canada's Chantal Van Landeghem placed fourth in 24.70, just off her Canadian record of 24.69 from 2014.

USA's Madison Kennedy (24.80), Canada's Michelle Williams (24.91), Brazil's Graciele Herrmann (24.94) and Puerto Rico's Vanessa Garcia (25.21) finished fifth through eighth.

After a short delay to quiet a crying child at the start, Mexico's Liliana Ibanez raced her way to the B final win in 25.48.

Suriname's Chinyere Pigot and Venezuela's Arlene Semeco tied with 25.79s.

MEN'S 50 FREE

USA's Josh Schneider touched out Brazil's Bruno Fratus for the men's 50-meter freestyle crown at the 2015 Pan American Games.

Schneider blazed his way to a win in 21.86, just off his personal best of 21.78 but enough to move him up to fifth in the world rankings.

Fratus, already ranked third in the world with a 21.74, took silver in 21.91.

Trinidad and Tobago's George Bovell took home his sixth Pan American Games medal, but first since a bronze in 2007. He first stepped into the international limelight with two golds and two silvers at the 2003 Pan American Games in Santo Domingo.

Puerto Rico's Erik Risolvato finished fourth in 22.22 with USA's Cullen Jones taking fifth in 22.23.

Argentina's Federico Grabich (22.29), Suriname's Renzo Tjon-A-Joe (22.30) and Canada's Oleksandr Loginov (22.47) also competed in the finale.

Trinidad and Tobago's Dylan Carter claimed the B final win in 22.39.

Brazil's Nicholas Santos (22.55) and Canada's Karl Krug (22.59) finished second and third. ◀



PAN AMERICAN GAMES: DAY 5 FINALS RECAP

by Jason Marsteller

WOMEN'S 800 FREE

USA's Dancing Queen Sierra Schmidt blazed her way to a Pan American Games record in the women's 800-meter free.

Schmidt, who is well known for her pre-start antics of putting on a dancing performance, went out hard and kept on going as she won the 800 in a personal best time of 8:27.54. That swim cleared her lifetime best of 8:28.91 and crushed Kaitlin Sandeno's Pan Am Games mark of 8:34.65 from way back in 1999.

Schmidt's time pushed her to 12th in the world rankings.

Schmidt is looking to battle the likes of Leah Smith for the second spot in the U.S. behind living legend Katie Ledecky in the distance freestyle events heading into the 2016 U.S. Olympic Trials.

Kristel Kobrich of Chile, the defending champion, took silver with a time of 8:29.79.

Venezuela's Andreina Pinto rounded out the podium with a third-place time of 8:31.08.

Canada's Brittany MacLean (8:32.06), Bahamas' Joanna Evans (8:37.18), USA's Courtney Harnish (8:38.00), Brazil's Bruna Veronez (8:40.75) and Mexico's Monserrat Ortuno (8:45.81) rounded out the top eight in the timed final event with the final two coming from heat 1 this morning.

WOMEN'S 200 IM

USA's Caitlin Leverenz closed out an IM sweep with a Pan American Games record in the women's 200-meter IM.

Leverenz, who won a controversial victory in the 400-meter IM after local favorite Ellen Overholt drew a gold-medal disqualification, set her second Pan American Games record of the day with a 2:10.51 for the gold in the 200 IM tonight.

That swim beat her prelim record of 2:11.04, and pushed her closer to Melanie Margalis (2:10.26) for fourth in the world rankings.

USA's Meghan Small touched out Canada's Sydney Pickrem for silver, 2:11.26 to 2:11.29. That time cleared Small's personal best of 2:11.83 and moved her up to seventh in the world.

Pickrem had set the Canadian record in prelims with a sixth-ranked time of 2:11.16.

Brazil's Joanna Maranhao (2:12.39), Canada's Erika Seltenreich-Hodgson (2:14.06), Argentina's Virginia Bardach (2:15.45), Brazil's Gabriella Goncalves (2:17.02) and Jamaica's Alia Atkinson (2:18.02) finished fourth through eighth in the A final.

Argentina's Florencia Perotti topped the B final with a time of 2:17.65, while Peru's McKenna De Bever took second in 2:18.49.

Mexico's Arantxa Medina (2:18.82), Venezuela's Mercedes Toledo (2:22.06), Cayman Islands' Lara Butler (2:24.64) and Honduras' Karen Vilorio (2:24.72) also competed in the B final.

MEN'S 200 IM

Brazil's Henrique Rodrigues upset two-time defending champion Thiago Pereira for the men's 200-meter IM gold medal with a Pan American Games record.

Rodrigues clocked a personal-best time of 1:57.06 to beat his previous best of 1:57.37. That swim also lowered Pereira's Pan American Games mark of 1:57.79 set back in 2007.

Rodrigues moved up to third in the world rankings with that scorcher.

Pereira wound up taking silver in a sizzling 1:57.42 to

move to fifth in the world rankings.

That's Pereira's 22nd career Pan American Games medal overall, tying him with Cuban gymnast Erick Lopez for the most ever by an participant at the Pan American Games.

USA's Gunnar Bentz snared bronze in 2:00.04, while Canada's Evan White picked up fourth in 2:00.60.

USA's Ty Stewart (2:01.83), Canada's Luke Reilly (2:02.01), Colombia's Omar Pinzon (2:02.98) and Venezuela's Carlos Omana (2:03.02) finished fifth through eighth.

MEN'S 1500 FREE

Canada's Ryan Cochrane cruised his way to a Pan American Games record time in the men's 1500-meter free as he's definitely saving up some energy for the World Championships.

Cochrane, who is not shaved or tapered for this meet and already won the 400 free earlier, put in an easy speed time of 15:06.40 to win the metric mile. That swim crushed the Pan American Games mark of 15:12.33 set by Chip Peterson back in 2007, but is well short of Cochrane's 10th-ranked season best of 15:01.41 from Trials.

USA's Andrew Gemmell turned in a silver-winning time of 15:09.92, while Brazil's Brandon Almeida took home bronze in a time of 15:11.70. That's a personal best for Almeida, while Gemmell has been as low as a 14:52.19.

WOMEN'S 400 MEDLEY RELAY

Team USA duplicated the morning effort of a pair of Pan American Games records in the women's 400-meter medley relay as Natalie Coughlin unleashed a blistering time in the 100 back as well.

Coughlin broke her preliminary record of 59.20 with a sizzling effort of 59.05 to lead Team USA tonight. That's her fifth-fastest time ever behind her amazing run in 2008 with a trio of 58s and a 59.03 across Trials and the Olympics.

Her swim put her third in the world this year.

Coughlin, Katie Meili (1:06.06), Kelsi Worrell (57.34) and Allison Schmitt (54.08) combined for a Pan American Games record time of 3:56.53. That cleared their preliminary effort of 3:57.35.

Canada's Dominique Bouchard (1:00.85), Rachel Nicol (1:06.78), Noemie Thomas (57.58) and Chantal Van Landeghem (53.30) took silver in 3:58.51.

Brazil's Etienne Medeiros (1:00.65), Jhennifer Conceicao (1:08.50), Daynara De Paula (58.41) and Larissa Martins (54.96) earned bronze in 4:02.52.

MEN'S 400 MEDLEY RELAY

Brazil put together a blazing fast men's 400-meter medley relay en route to a Pan American Games record as well as a medal record for Thiago Pereira.

Brazil's Guilherme Guido (53.12), Felipe Silva (59.81), Arthur Mendes (52.14) and Marcelo Chierighini (47.61) unloaded a winning time of 3:32.68 to break Pan American Games record of 3:34.37 set by the U.S. in Rio in 2007.

Notably, Guido also broke Nick Thoman's short-lived meet record of 53.20 in the 100 back as he shot to fourth in the world rankings.

The win was monumental for a third reason as Pereira, who swam as the backstroke leadoff in prelims, also collected a gold medal. That gave Pereira his 23rd career Pan American Games medal, breaking a tie with Cuban gymnast Erick Lopez. Earlier in the week, Pereira surpassed Gustavo Borges (19) as the most decorated swimmer.

Brazil elected to swim Pereira on the relay after he was disqualified from his gold-medal winning 400-meter IM swim.

USA's Thoman (53.40), Brad Craig (1:00.37), Giles Smith (51.85) and Josh Schneider (48.01) finished with silver in 3:33.63.

Canada's Russell Wood (54.58), Richard Funk (59.32), Santo Condorelli (52.20) and Yuri Kisil (48.30) claimed bronze in 3:34.40. ◀



[Photo Courtesy: Angela Kiamco]

ARENA SIGNS OPEN WATER OLYMPIC MEDALIST HALEY ANDERSON

The following is a press release submitted to Swimming World

Three days before open water action kicks off at the 2015 FINA World Championships, swimwear leader Arena has signed 2012 Olympic silver medalist Haley Anderson. Anderson, who is training in Slovenia, is a top contender to clinch a spot on the U.S. Olympic Swim Team when she competes in the 10K open water World Championships in Kazan, Russia this week.

The 2014 Pan Pacific Champion in the Olympic distance, Anderson finished second in the 10K at the USA Swimming National Championships to punch her ticket to Kazan. The University of Southern California graduate also finished first in the 5K distance at Nationals, marking her third straight national title in that event.

“Haley is such a strong competitor in one of swimming’s most difficult disciplines,” said Tim McCool, General Manager of Arena North America. “She truly embodies Arena’s commitment to Water Instinct as an athlete who is adept at braving the elements and pushing to repeated victories. Further, she fits our Arena family mold as not only a great athlete, but a great role model and admirable individual as well.”

Anderson and her U.S. National Team teammates are currently in Slovenia preparing for the biggest World Championships of the quad. Anderson will compete in the open water 5K for Team USA on July 25th in Kazan, Russia. The women’s Olympic qualifying distance goes off on July 28th.

“This is obviously an incredibly important competition to all open water swimmers, and it was extremely important to me that I wear the best suit on the market with historical success,” said Anderson “I have always liked racing in Arena’s open water suit, and I am thrilled to have a company with such advanced technology standing behind me as I continue my Olympic journey – hopefully to Rio.”

Arena is proud to be the exclusive outfitter of the U.S. National Team as well as sponsor of swimming’s international governing body, FINA and the 2015 FINA World Championships. Follow Arena USA at www.facebook.com/arenausa or www.twitter.com/arenausa. Follow Haley’s journey to Slovenia, Kazan and Rio via the below social media sites. @SwimHaley- Twitter — SwimHaley- Instagram — <https://www.facebook.com/HaleyAndersonUSA> ◀

[Photo Courtesy: Darryl Dyck]

PIERRE LAFONTAINE RETURNS TO THE POOL DECK

By Matt Grillo, Swimming World College Intern

Pierre Lafontaine is looking for another challenge in his nearly 40-year coaching career.

As the newly appointed head coach of the Club de Natation Gatineau [CNG], Lafontaine took over April 1, 2015, leaving his position that he held for two years as the CEO of the Canadian Interuniversity Sport [CIS].

BUILDING A TEAM

"I think the potential for a great program here is in the books because we've got a beautiful facility," Lafontaine said. "I kept in touch with Michel for a long time. He started telling me that he was looking at maybe leaving the club and I said 'if it ever happens, I would love to be considered for the head coach job.'"

Lafontaine was the CEO of Swimming Canada from 2005 to 2013. Under his guidance, Canadian swimmers won four medals at the Beijing and London Olympic Games.

Lafontaine will be bringing his experience not only as a head coach, but will also provide CNG with a great sense of organization.

"The number one key is to create a great structure and a really good governance club," Lafontaine said of his plan. "To build on really good coaches and work on educating our coaches so they become some of the best."

MENTAL ENGAGEMENT

The final piece to the puzzle is keeping the swimmers of the club entertained and engaged in what they're doing.

"Offering really exciting practices, it's crucial to keep kids in the water. We have a problem with retention in some of my pools and so for us it's raising the level of retention from group to group, it's keeping kids really excited about swimming," Lafontaine said.

Having not been a coach for almost a decade, Lafontaine is confident he has come back a better coach than he's ever been. Even though as CEO of Swimming Canada he wasn't coaching swimmers one-on-one, Lafontaine was on deck and was able to learn from some of the best coaches in the world.

"I think I'm a better coach today because of all the work I did with all the coaches around the national team and around the world," Lafontaine said.

However, Lafontaine's return to club coaching won't come without its challenges. Lafontaine is looking to constantly create fresh workouts for his athletes, something that doesn't come easy in a sport where two practices per day is expected.

EXPANDING HORIZONS

Lafontaine plans on using this training and further developing other parts of the club to help the senior swimmers experience international competition.

"I think we need to build a booster club. That will help the senior swimmers travel internationally," Lafontaine said.

Lafontaine also plans on bringing international competition to Gatineau.

"We need to create memorable events in Gatineau. We need to bring the world to Gatineau, so for me to build an international swim meet every year is crucial. That might help with a bit of my contacts around the world," Lafontaine said.

Additionally, Lafontaine said he is looking to create an "exciting development program" for para swimmers, which would also help expand CNG.

With all these goals and projects in mind, Lafontaine remains excited to be back on the pool deck and coaching swimming once again.

"I can tell you this club has got a lot of potential," Lafontaine said. "With all the pools I have there's no reason why I can't have a really world-class program." ◀

[Photo Courtesy: Luc Percival]



DANIEL DIAS CLOSES IPC PARALYMPIC WORLD SWIMMING CHAMPIONSHIPS WITH 7 GOLDS

The following is a press release submitted to Swimming World

Brazilian multiple world and Paralympic champion Daniel Dias won an incredible seventh gold medal at the 2015 IPC Swimming World Championships on Sunday (19 July), completing a full-house of world titles across all seven days of competition.

The win in the men's 100m freestyle S5 was Dias' 24th World Championships gold. The 27-year-old looks in excellent shape with just over one year until he competes at his home Paralympic Games at Rio 2016, where he will defend six titles.

Dias remained modest even when faced with his mammoth achievement: "You are always getting better," he said.

As well as leaving Glasgow 2015 as the most decorated athlete, he also adds a Championships record with a time of 1:08.85. The USA's Roy Perkins (1:15.96) took silver and Great Britain's Andrew Mullen (1:16.68) was also pleased with bronze.

There were another four world records set on the final day of competition, to bring the total number to 38.

Belarusian world and Paralympic champion Ihar Boki (54.44) made it an incredible five world records and six golds from Glasgow 2015 in the men's 100m butterfly S13. The 21-year-old is now a 16-time world champion.

Russia's Roman Makarov (57.52) took silver, whilst Australian Timothy Antalfy (57.58) tied with Azerbaijan's Dzmitry Salei to take joint bronze.

Ukrainian newcomer Yelyzaveta Mereshko (1:12.21) sensationally broke the women's 100m freestyle S6 for the second time in one day, having already brought down the mark in the heats.

The win is Mereshko's third gold medal of the competition, with her teammate Viktoriia Savtsova (1:13.44) taking silver. Australian Tiffany Thomas Kane (1:15.05) set a new Oceania record, also for a second time in less than 12 hours, to take bronze.

In the men's 100m backstroke S14, Russian Viacheslav Emeliantsev (59.26) brought down the world record for the win set by South Korean silver medallist Inkook Lee (59.88) in the heats. Dutch world and Paralympic champion Marc Evers (1:00.42) sealed bronze.

The infamous 'Tollcross Roar' reached its peak when Great Britain's Tully Kearney (2:31.08) pulled away from the rest of the field to win gold in the women's 200m individual medley SM9 in a new European record time. The mark is the 18-year-old's second of the day, and brings her gold medal total to three.

China's Ping Lin (2:38.91) swam to a new Asian record for silver ahead of Ireland's bronze medallist Ellen Keane (2:40.31).

Delighting the home crowds once again was Jessica-Jane Applegate (1:06.75) who executed an incredible finish to win gold in the women's 100m backstroke S14.

“I didn’t even do my make-up!” Applegate gushed. “I wasn’t even meant to get onto the podium! I can’t believe this has happened – I’m not even a backstroke! It means everything to me.”

Russia’s Valeriia Shabalina (1:06.80) sealed silver and Australian Corry Taylor (1:09.52) got the bronze.

The Great British team of Alice Tai, Claire Cashmore, Tully Kearney and Susannah Rodgers (4:52.89) retained their world title in the women’s 4x100m medley relay 34 points. Australia (4:53.88) set an Oceania record for silver and Russia (4:56.66) took bronze.

Colombian world champion Nelson Crispin (1:06.60) set a new Americas record in the men’s 100m freestyle S6, to finally win gold after two second place finishes this week. Ukrainian Oleksandr Komarov (1:07.81) and Germany’s Sebastian Iwanow (1:09.18) finished second and third.

Canada’s Aurelie Rivard (4:34.06) took the gold from French 2013 world and Paralympic champion Elodie Lorandi (4:38.77) in the women’s 400m freestyle S10.

Roman Zhdanov (43.81) leaves Glasgow 2015 as a double world champion, beating Mexico’s world and Paralympic champion Juan Reyes (44.85) in a new Championships record time in the men’s 50m backstroke S4. Russia’s Aleksei Lyzhikhin (46.97) was third.

World champion Denis Tarasov (25.34) further contributed to Russia’s first place finish in the medals table with a win and Championships record in the men’s 50m freestyle S8. China’s Yinan Wang (26.66) and Tarasov’s teammate Konstantin Lisenkov (27.31) were second and third.

Dmitry Bartasinskiy (4:09.50) dominated the men’s 400m freestyle S10, establishing an unassailable lead to seal his first individual gold. Canada’s Benoit Huot (4:11.55) showed he is still amongst the best in the world in the classification, taking silver. Ukrainian Dmytro Vanzenko (4:13.03) was third.

Huot was pleased with his performance ahead of the Toronto 2015 Parapan American Games which start on 7 August: “It’s the first time I’ve swam in the 400 since London. I took it away from my programme because I always felt it was a difficult one for me, but I know it’s a race I could do well when I’m in it and it’s another very good example of how I could do.

“I’m happy, looking good for next year and I think this will

give me the motivation to stick around and try to do it again.” Sergey Sukharev (28.32) topped the podium in the men’s 50m freestyle S7. Ukrainian Yevheniy Bohodayko (28.55) was second whilst Australian Matthew Levy (28.71) picked up bronze.

Ani Palian (33.67), a bronze medallist from London 2012, beat the USA’s 2013 world champion Cortney Jordan (33.70) into first place in the women’s 50m freestyle S7. Germany’s Denise Grahl (34.72) was third.

Darya Stukalova (1:04.13) took her second gold of the Championships in the women’s 100m butterfly S13. The USA’s Rebecca Meyers (1:05.03) took more than one second off the nearly 20-year-old S12 world record to take silver.

“I’m thrilled with how I’ve done this meet,” Meyers, who has won two golds and set a total of three world records in Glasgow, said. I learnt a lot from this meet, so I’m going to back home work on what I need to and then build-up going into Rio.”

Alexander Agafonova (1:09.19) took the top spot in the women’s 50m backstroke S2. Ukraine’s Irya Sotska (1:13.36) and Norway’s Ingrid Thunem (1:15.14) completed the podium.

There was an Australian one-two in the women’s 50m freestyle S8, with returning world champion Maddison Elliott (30.52) taking her fourth gold of the Championships. Lakeisha Patterson (31.62) took silver and Russia’s Olesya Vladykina (31.65) bronze.

Elliott said: “I feel amazing to retain my world title again. It wasn’t the best race but I just wanted to go out and do my best. It wasn’t a PB [personal best] but I’m still happy with the result.”

Italy’s Federico Morlacchi (2:17.76) faced-off for gold with Russian Andrei Kalina (2:18.38) in the men’s 200m individual medley SM9, fighting it out until the wall. Hungary’s Toth Tamas (2:21.46) sealed bronze.

Arjola Trimi (51.87) won Italy’s latest gold medal of the Championships in the women’s 50m backstroke S4. Bai Juan (52.68) collected another silver for China, whilst Brazil’s Edenia Garcia (54.96) was third.

At the end of Glasgow 2015, Russia finish with 32 golds, 19 silver and 20 bronze. Ukraine take second with 21 golds, 27 silver and 15 bronze. The USA secured third place with 11 golds, 11 silver and eight bronze. ◀



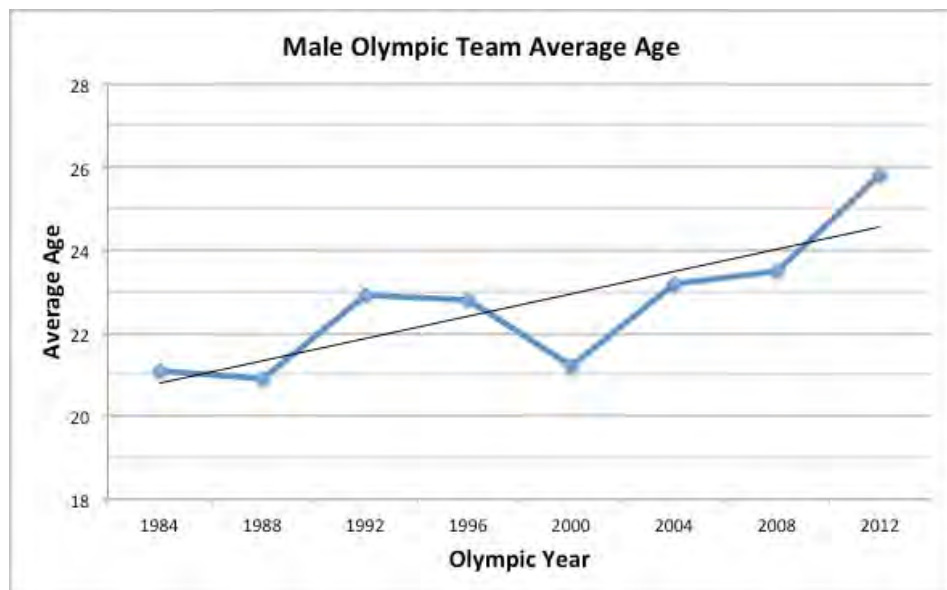
THE EFFECTS OF PROFESSIONAL SWIMMING: ARE MALE SWIMMERS STAYING IN THE SPORT TOO LONG?

By Patrick Murphy, Swimming World Intern

As we approach the World Championships heading into the Olympic year, we get to see a number of veterans compete in what's believed to be their last go-around. The World Championship roster includes three-time Olympian Ryan Lochte, multiple two-time Olympians, and countless swimmers over the age of 25. This roster doesn't even include a certain four-time Olympian due to suspension.

Surprisingly, even with all those veterans, this roster is not quite as "old" as some international meet rosters in the recent past. Ever since the Michael Phelps era began in 2000, the average age of the male Olympic team has trended upwards.

On a positive note, this shows how far swimming has come. Not too long ago, swimming was a sport consisting mainly of college athletes. Very few managed to swim past the age of 22. Now, swimming is a legitimate "professional sport."



courtesy of USA Swimming

USA Swimming provides a number of athlete services that allow swimmers to compete well into their 20s.

This is great for the sport of swimming. While not on the level of the NBA or NFL, young swimmers can still aspire to be "professional swimmers." As the "professional" aspect of the sport continues to grow, we see more and more swimmers competing into their 30s. Keep in mind this is not just perennial Olympians like Phelps, Lochte, and Matt Grevers, but other competitors like David Plummer, Nick Thoman, and Mike Alexandrov are successfully competing as professional swimmers. On one hand, this trend is only going to make careers longer and the sport faster and more competitive. But is there also a negative effect of these vet-

erans continuing to swim so long as professionals?

THE AGE GAP

The age gap for USA Men's swimming has been a topic of conversation for years now. As mentioned before, there are a number of late 20, early 30-year-olds on the World Championship team. We also have young stars on the World Championship team like Kevin Cordes, Ryan Murphy, Reed Malone, and Jordan Wilimovsky.



Take Ryan Murphy for example. He is the youngest on the World Championship roster, turning 20 just a few weeks ago. Michael Phelps turned 30 last month. As impressive as it is that Murphy is competing at the international level at age 20, remember that Phelps made his first Olympic team at age 15. This difference in age held by the youngest roster member shows how much times have changed.

Of course, Phelps was Phelps, and no one can compare to him, but still in 2000, the average age at the Olympics was 21.1. In 2012, that age was 26 and we can expect this average to only increase next summer.

While in all likelihood, these college kids are going to get their chance to shine, the real issue here is the lack of international experience held by those in between the youngsters and the veterans. These are the swimmers who have been overshadowed by the Phelps and Lochtes of the sport. These are the swimmers who have not gained Olympic experience.

Outside of Nathan Adrian, Tyler Clary, Conor Dwyer, and Conor Jaeger, no US swimmers in their mid-twenties have made an Olympic team. Yes, athletes like Tom Shields and Michael McBroom are on this year's Worlds team, but they still lack extensive international experience. When these swimmers are called upon for veteran leadership once the big-time veterans retire, will they have enough experience to provide it?

HURTING THE FUTURE?

Almost every elite swimmer's goal is to make the Olympic

team one day. Recently, two potential future US Olympians decided to swim for other countries. Shane Ryan, NCAA All-American in the 100 back and 100 free, now swims for Ireland. In addition, Santo Condoirelli recently posted the number one ranked 100 freestyle in the world while swimming for Canada.

I do not know what led these swimmers to swim for other countries, but I am sure a number of factors influenced their decisions. I do not doubt their competitiveness, but I will say that it would have been much tougher to decide against the United States if some of these veterans were not still standing in the way of an Olympic berth.

In addition to elite swimmers deciding to swim for other countries, there is also a chance of swimmers choosing alternate career goals over the Olympic dreams. Take the case of David Nolan. He is one of the most decorated college swimmers of all-time, currently is the only swimmer (for now) to break 1:40 in the 200 IM, and owns arguably the most impressive high school national record in history in that same event.

But, he has never qualified for a major international meet and he is a Stanford graduate. In addition, he swims the same event that Phelps and Lochte have dominated for more than a decade. If Nolan doesn't make the Olympic team in 2016, will he continue to swim? Only he knows the answer, and I expect that he will. But if he doesn't, I presume Phelps and Lochte sticking around past their primes influenced the decision.

IS THIS ALL BAD?

Now, this whole situation could play out perfectly for the US. We will find out next summer. If some of the young guys make the Olympic team and the veterans mentor them on how to lead and perform consistently, this links the old generation to the new one. If not, the US will compete internationally with a very inexperienced team after the 2016 Olympics. That lack of experience may very well hurt US performance in 2017.

Overall, professional swimming is great for the sport. I am not arguing that professional swimming is bad. It is fantastic that people are getting sponsorships and making money doing what they love.

Trust me, I started my first full-time job last Monday, and I would choose to put my body through hell if I could swim for a living instead of sitting at a desk all day. What I am arguing is that if these veterans shut out the young up-and-comers yet again, USA Swimming could be in trouble in 2017. Hopefully, it all works out next summer. ◀



[Photo Courtesy: Gwangju Summer Universiade Organizing Committee]

CALIFORNIA'S ELIZABETH PELTON HAS SURGERY TO FIX BROKEN HAND

by Jason Marsteller

Elizabeth Pelton, entering her senior season at the University of California, underwent surgery for a broken bone in her hand today according to California Athletics.

Pelton, just back from representing the United States at the 2015 World University Games, sustained the injury during a California practice, and doctors expect Pelton to return to the pool in 4-6 weeks.

Pelton finished her time at the World University Games with a silver in the women's 100-meter back and an eighth-place finish in the 50-meter backstroke. Pelton also helped the women's 400-meter medley relay to bronze.

Luckily, the injury comes at a good time during the season as making an NCAA cut should still be fairly pedestrian for the blazing fast backstroker prior to next semester's championship run as the California Golden Bears look to defend their team title. But, as is the case with many American athletes attending the World University Games, Pelton was likely back in training so quickly to be ready for the USA Swimming nationals next month in San Antonio. Now, she will have to settle with her 1:00.65 from her 100 back in South Korea as her best of 2015, and see if it gets her on the U.S. national team.

Pelton had an impressive 2014-15 season for the Golden Bears as a junior. She finished second behind teammate Missy Franklin in the 200-yard IM (1:52.80), took fifth in the 100-yard back (51.67) and seventh in the 200-yard back (1:52.08).

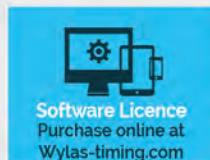
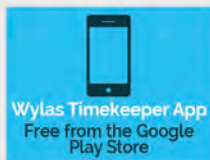
She also helped California to an NCAA title in the women's 800-yard freestyle relay.

With Franklin having turned professional Pelton will be looked to for senior leadership alongside classmate Rachel Bootsma. ◀



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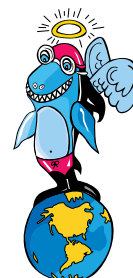
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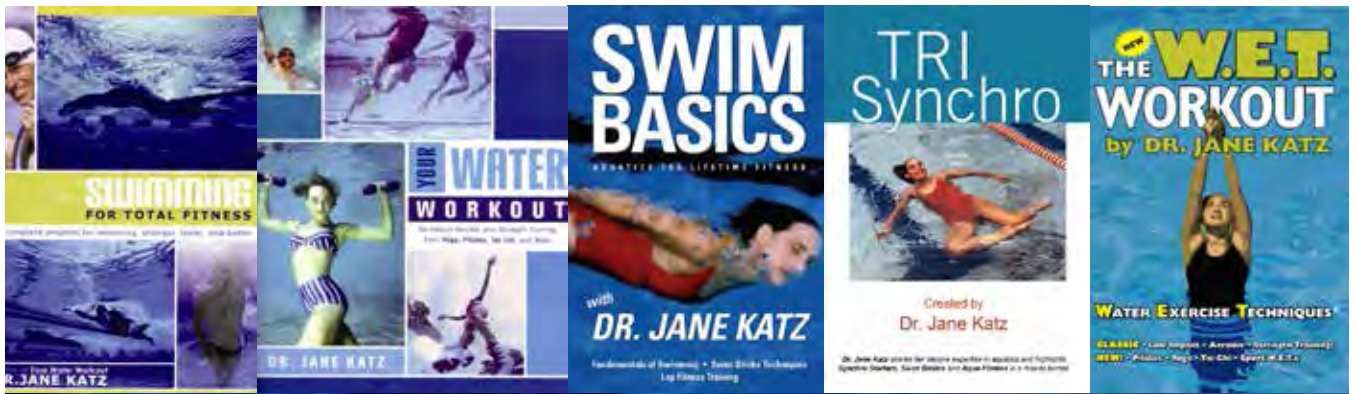
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