

2006 PAN PACIFIC CHAMPIONSHIPS

Victoria, British Columbia
August 17 - 21

Australian Telstra Dolphins Media Guide



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Photographs: Front cover – Jessicah Schipper 2006 Telstra Grand Prix in Brisbane (Sportshoot), Matt Welsh 2006 FINA World Short Course Championships, Shanghai (Patrick Kraemer) and Brendan Capell and Josh Santacaterina 10k Australian Open Water Championship, Manly (Sportshoot)

This publication is produced by Hanson Sports Media for and on behalf of Swimming Australia

ROOKIE DOLPHINS FACE PAN PAC TEST OF THE TOUGHEST

The 42-strong **Telstra Dolphins Australian Swim Team** bound for this month's **Pan Pacific Championships** in Victoria, Canada is preparing to "unleash some surprises" when competition gets underway on August 17.

The average age of the team is just 20.5 – with the average age of the men at 21 and the women at 20 – one of the youngest all-round teams Australia has ever sent to a major international meet.

With 2006 being a Commonwealth Games and World Short Course year and with the 2007 World Championships in March, many of Australia's bigger names declared their unavailability for this meet.

But Australian head coach **Alan Thompson** has already impressed upon his team the importance of "seizing the moment and making the most of an opportunity."

"There is no doubt we'll have some surprise packets tucked away in this team," said Thompson, on the eve of the team's departure for their Staging Camp in Seattle.

"I would not be at all surprised if someone jumps up and takes this chance with both hands and they all know that places in our team for the World Championships are wide open.

"They also know that Beijing is only two years away and there can be no better way of making a name for yourself than against the Americans, the Canadians and Japanese."

Three youngsters who have already answered a call are rookies **Stephanie Williams, Nick D'Arcy** and **Ashley Delaney**.

Thompson dangled the carrot in front of the Australian team in the lead up to the recent Oceania Championships in Cairns and declared that there would be two new additions to be added to the Australian squad for the Pan Pacs.

However, not two but three youngsters answered the call.

"We were delighted with the way the entire group embraced the call and we really saw some big improvements and kids were swimming personal best times," said Thompson.

"They will run into some of the best swimmers in the world – like **Michael Phelps, Natalie Coughlin, Aaron Peirsol, Brendan Hansen, Katie Hoff** and **Katie Ziegler** – so it is going to be a tough meet."

Swimmers like world champions **Jessica Schipper** and **Matt Welsh**, emerging Olympic sprinter **Eamon Sullivan**, Commonwealth Games breaststroke star **Brenton Rickard** and Games backstroking gold medallist **Jo Fergus** will take it to the opposition.

Schipper has emerged as one to watch in the lead up to the next Olympics and a 100-200m butterfly double against the might of the USA, Canada, Japan and China will again serve notice that the **Ken Wood** trained Schipper will be the one to beat in next year's World Championships.

She will carry the hopes of a women's team that will take on a whole new look without the likes of **Jodie Henry, Libby Lenton, Alice Mills, Jade Edmiston** and **Brooke Hanson**.

But it certainly give the likes of **Bronte Barratt, Ashleigh McCleery, Melanie Schlanger, Kylie Palmer** and **Stephanie Rice** a chance to shine.

Fargus has been training at the University of Southern California and returned home to Australia just two weeks ago to prepare to leave with the team.

She has been in great form and won the 200m backstroke at the Mission Viejo and swam a PB in the 100m – which is an exciting breakthrough.

Welsh has dropped the 200m from his repertoire, there is no 50 on the reduced Pan Pac program so all his eggs are in the 100m basket.

At his best he can win the 100m and his preparation has been on track for a solid performance.

Rickard has already claimed the prized scalp of star US breaststroker **Brendan Hansen** at the Santa Clara Meet this year and it has done his confidence the world of good, although Hansen has certainly rammed home the message who's Number One with his stunning world record swims at the US Nationals.

Sullivan had a great Mare Nostrum-West Coast tour in an impressive racing block and he will be in the mix in the 50 and 100m freestyle finals.

Throw in **Andrew Lauterstein** as Australia's next butterfly star and the team of Welsh, Rickard, Lauterstein and Sullivan could well emerge as the kind of surprise packet Thompson is talking about in a men's medley relay team that won gold at the Commonwealth Games.

Kenrick Monk, Nick Frost, Ephraim Hannant, Ky Hurst and **Trent Grimsey** are among those emerging men all searching for places on the Australian team for Beijing – their journey continues in earnest in Victoria – a happy hunting ground for Australian swimmers – who dominated the 1994 Commonwealth Games.

But this group know their mission into the picturesque surrounds of the Victoria will be a much tougher assignment.

The 2006 Pan Pacs will also see the introduction of the 10km open water event, added to the 2008 Olympic program in Beijing.

The Dolphins will field an experienced group with four-time Australian iron man champion Ky Hurst leading the men's group which will include Olympian and Perth-based surf swimmer Travis Nederpelt, open water newcomer David Browne and emerging 1500m swimmer Trent Grimsey.

The girls group will be led by World Open Water Championship bronze medallist from 2004, Lauren Arndt and WA open water specialist Melissa Benson joined by "poolies" 800 and 1500m swimmers Melissa Gorman and 2004 Olympian Sarah Paton. - **Ian Hanson (Media Director)**.

HISTORY OF THE PAN PACIFIC SWIMMING CHAMPIONSHIPS

The Pan Pacific Swimming Championships were first held in 1985 after discussions between Charter Nations Australia, the United States of America, Canada and Japan determined that an opportunity to come together for a world class competition would benefit the development of the Pan Pacific region and the Charter Nations themselves.

The inaugural Pan Pacs was held in 1985 in Tokyo, Japan and was then held every two years until 1999 when the event moved to four year cycles.

In addition to the Charter Nations, a number of guest swimming Federations are invited to send teams to each Championship.

The original objectives of the Pan Pacific Charter Nations have proven to be accurate with respect to the development of quality swimming in the region.

The swimming world has watched #1 and #2 ranked nations USA and Australia battling for top spot at major competitions across the globe, and Japan and Canada have been fast improving - Japan having finished 3rd overall in the swimming medal count at the Athens Olympics, and Canada playing a strong host at the recent World Aquatic Championships in Montreal.

PARTICIPATING NATIONS

There are four Charter Nations at the Pan Pacific Swimming Championships:

- Canada
- Japan
- United States of America
- Australia

The 2006 Pan Pacific Championships in Victoria will also feature guest nations:

China	Costa Rica	South Africa
New Zealand	Brazil	Chinese Taipei
Chile	Korea	Malaysia
Hong Kong	Papua New Guinea	Zimbabwe
Argentina	Singapore	Nigeria

AUSTRALIAN TELEVISION

FRIDAY AUGUST 18	SATURDAY AUGUST 19	SUNDAY AUGUST 20	MONDAY AUGUST 21	TUESDAY AUGUST 22	WEDNESDAY AUGUST 23
Fox 1 Sports 3:30pm	Fox 2 Sports 6:00pm	Fox 1 Sports 4:30pm	Fox 2 Sports 4:30pm	Fox 1 Sports 8:30pm	Fox 1 Sports 1:30pm

NOTE: All times are Australian Eastern Standard Time (AEST).

PROGRAM OF EVENTS

Day 1 - August 17

Heats Session
Warmup 8:00-9:45am Start 10:00am
Start 10:00 AM

3	200 Freestyle	4	9
5	100 Back	6	11
7	200 Fly	8	13
1	W 1500 Freestyle (slow heats)	15	
	M 800 Freestyle (slow heats)	2	

Day 2- August 18

Heats Session
Warmup 8:00-9:45am Start 10:00am
Start 10:00 AM

	100 Free	10	
	100 Breast	12	
	400 IM	14	
	800 Free Relay	16	

Finals Session

Warmup 4:00-5:45pm Start 6:15pm

	M 800 Freestyle (fast heat)	2	9
3	200 Freestyle	4	11
5	100 Back	6	13
7	200 Fly	8	15
1	W 1500 Free (fast heat)		

Finals Session

Warmup 4:00-5:45pm Start 6:00pm

	100 Free	10	
	100 Breast	12	
	400 IM	14	
	800 Free Relay	16	

Day 3 - August 19

Heats Session
Warmup 8:00-9:45am Start 10:00am

17	400 Free	18	25
19	100 Fly	20	27
21	200 Back	22	29
		31	

Day 4 - August 20

Heats Session
Warmup 8:00-9:45am Start 10:00am

	200 IM	26	
	50 Free	28	
	200 Breast	30	
	W 800 Free (slow heats)		
	1500 Free (slow heats)	32	

Finals Session

Warmup 4:00-5:45pm Start 6:00 PM

17	400 Free	18	31
19	100 Fly	20	25
21	200 Back	22	27
23	400 Freestyle Relay	24	29
		33	

Finals Session

Warmup 4:00-5:45pm Start 6:00 PM

	800 Free (fast heat)		
	200 IM	26	
	50 Free	28	
	200 Breast	30	
	1500 Free (fast heat)	32	
	400 Medley Relay	34	

Day 5 – August 21 – Open Water

8:30am - Men's Start / 8:45am Womens Start

35	Pan Pacific 10km Open Water Race	36
	Elk Lake	

TELSTRA DOLPHINS DAY BY DAY EVENT SUMMARY

NB: Only two swimmers per nation may contest the “A” final and one further swimmer per nation can contest the “B” final.

DAY 1 – AUGUST 17:	HEATS 10AM (3AM AUG 18 AEST)
	FINALS 6.15PM (11.15AM AUG 18 AEST)

Women’s 200m freestyle: Bronte Barratt, Linda MacKenzie, Ashleigh McCleery, Kylie Palmer, Sarah Paton, Shayne Reese, Jennifer Reilly, Melanie Schlanger, Kelly Stubbins, Stephanie Williams

Men’s 200m freestyle: Leith Brodie, Nick Ffrost, Trent Grimsey, Ephraim Hannant, Adam Lucas, Andrew Mewing, Kenrick Monk

Women’s 100m backstroke: Fran Adcock, Joanna Fargus, Karina Leane

Men’s 100m backstroke: Ashley Delaney, Andrew Lauterstein, Ethan Rolff, Hayden Stoeckel, Matt Welsh

Women’s 200m butterfly: Kylie Palmer, Stephanie Rice, Jessicah Schipper

Men’s 200m butterfly: Nick D’Arcy, Josh Krogh, Travis Nederpelt

Women’s 1500m freestyle: Lauren Arndt, Melissa Benson, Melissa Gorman, Sarah Paton

Men’s 800m freestyle: David Browne, Trent Grimsey, Ky Hurst, Kurtis MacGillivray, Cameron Smith

DAY 2 – AUGUST 18:	HEATS 10AM (3AM AUG 19 AEST)
	FINALS 6.00PM (11.00AM AUG 19 AEST)

Women’s 100m freestyle: Fran Adcock, Bronte Barratt, Michelle Engelsman, Karina Leane, Linda MacKenzie, Kylie Palmer, Sarah Paton, Shayne Reese, Melanie Schlanger, Kelly Stubbins

Men’s 100m freestyle: Nick Ffrost, Casey Flouch, Ephraim Hannant, Josh Krogh, Andrew Lauterstein, Andrew Mewing, Kenrick Monk, Ethan Rolff, Hayden Stoeckel, Eamon Sullivan

Women’s 100m breaststroke: Sarah Katsoulis

Men’s 100m breaststroke: Brenton Rickard

Women’s 400m individual medley: Ashleigh McCleery, Jennifer Reilly, Stephanie Rice

Men’s 400m individual medley: Leith Brodie, David Browne, Adam Lucas, Travis Nederpelt

Women’s 4x200m freestyle relay

Men’s 4x200m freestyle relay

DAY 3 – AUGUST 19:	HEATS 10AM (3AM AUG 20 AEST)
	FINALS 6.00PM (11.00AM AUG 20 AEST)

Women’s 400m freestyle: Lauren Arndt, Bronte Barratt, Melissa Gorman, Linda MacKenzie, Ashleigh McCleery, Kylie Palmer, Sarah Paton, Stephanie Williams

Men’s 400m freestyle: Nick Ffrost, Ky Hurst, Josh Krogh, Kurtis MacGillivray, Cameron Smith

Women’s 100m butterfly: Stephanie Rice, Jessicah Schipper

Men’s 100m butterfly: Nick D’Arcy, Andrew Lauterstein, Travis Nederpelt

Women’s 200m backstroke: Fran Adcock, Joanna Fargus, Karina Leane, Jennifer Reilly

Men’s 200m backstroke: Ashley Delaney, Ephraim Hannant, Ethan Rolff, Hayden Stoeckel

Women’s 4x100m freestyle relay

Men’s 4x100m freestyle relay

DAY 4 – AUGUST 20:	HEATS 10AM (3AM AUG 21 AEST)
	FINALS 6.00PM (11.00AM AUG 21 AEST)

Women’s 200m individual medley: Ashleigh McCleery, Shayne Reese, Jennifer Reilly, Stephanie Rice

Men’s 200m individual medley: Leith Brodie, Ephraim Hannant, Adam Lucas, Travis Nederpelt

Women’s 50m freestyle: Fran Adcock, Michelle Engelsman, Melanie Schlanger, Kelly Stubbins

Men’s 100m freestyle: Ashley Delaney, Nick Ffrost, Casey Flouch, Andrew Mewing, Kenrick Monk, Eamon Sullivan

Women’s 200m breaststroke: Sarah Katsoulis, Jennifer Reilly

Men’s 200m breaststroke: Brenton Rickard

Women’s 800m freestyle: Melissa Gorman, Linda MacKenzie, Kylie Palmer, Sarah Paton, Stephanie Williams

Men’s 1500m freestyle: Trent Grimsey, Kurtis MacGillivray, Cameron Smith

Women’s 4x100m medley relay

Men’s 4x100m medley relay

DAY 5 – AUGUST 21:	MEN’S 8.30AM (1.30AM AUG 22 AEST)
	WOMEN’S 8.45AM (1.45AM AUG 22 AEST)

Men’s 10km open water: David Browne, Trent Grimsey, Ky Hurst, Travis Nederpelt

Women’s 10km open water: Lauren Arndt, Melissa Benson, Melissa Gorman, Sarah Paton

2006 TELSTRA DOLPHINS AUSTRALIAN SWIM TEAM
PAN PACIFIC CHAMPIONSHIPS

MEN

Leith Brodie	20	(Albany Creek QLD)
Nick D'Arcy	19	(Maroochydore QLD)
David Browne	18	(St Peters Western QLD)
Ashley Delaney	20	(Nunawading VIC/AIS)
Nick Ffrost	20	(Southport Olympic QLD/AIS)
Casey Flouch	24	(Redcliffe Leagues Lawnton QLD)
Trent Grimsey	18	(Albany Creek QLD)
Ephraim Hannant	18	(Miami QLD)
Ky Hurst	25	(Miami QLD)
Josh Krogh	24	(Redcliffe Leagues QLD/AIS)
Andrew Lauterstein	19	(Southport Olympic QLD)
Adam Lucas	22	(West Coast WA)
Kurtis MacGillivray	21	(Miami QLD)
Andrew Mewing	24	(Yeronga Park QLD)
Kenrick Monk	18	(SAC Seals NSW)
Travis Nederpelt	21	(City of Perth WA)
Brenton Rickard	22	(Carey Aquatic VIC/AIS)
Ethan Rolff	24	(Kingscliff NSW)
Cameron Smith	20	(Redcliffe Leagues Lawnton QLD)
Hayden Stoeckel	22	(Kingscliff NSW)
Eamon Sullivan	20	(West Coast WA)
Matt Welsh	29	(Melbourne Vicentre VIC)



WOMEN

Lauren Arndt	21	(Miami QLD)
Fran Adcock	22	(Norwood SA)
Bronte Barratt	17	(Albany Creek QLD)
Melissa Benson	23	(City of Perth WA)
Michelle Englesman	26	(Manly Jetz NSW)
Jo Fergus	24	(Miami QLD)
Melissa Gorman	20	(Redcliffe Leagues Lawnton QLD)
Sarah Katsoulis	22	(Carey Aquatic VIC)
Karina Leane	20	(Melbourne Vicentre VIC)
Linda MacKenzie	22	(Mackay QLD/AIS)
Ashley McCleery	19	(Southport QLD)
Kylie Palmer	16	(Redcliffe Leagues Lawnton QLD)
Sarah Paton	19	(Telopea NSW)
Shayne Reese	23	(Carey Aquatic VIC)
Jennifer Reilly	23	(City of Perth WA)
Stephanie Rice	18	(St Peters Western QLD)
Jessicah Schipper	19	(Redcliffe Leagues Lawnton QLD)
Melanie Schlanger	19	(Commercial QLD)
Kelly Stubbins	22	(Haileybury Waterlions VIC)
Stephanie Williams	16	(Hunter, NSW/AIS)



HEAD COACH: Alan Thompson (NSW)

ASSISTANT COACHES:

Michael Bohl (QLD)
Doug Frost (ACT)
Ian Pope (VIC)
Vince Raleigh (ACT)
John Rodgers (QLD)
Grant Stoelwinder (WA)
Rohan Taylor (VIC)
Ken Wood (QLD)
Greg Towle (NSW) Head Coach Open Water
Glenn Baker (QLD)
Wayne Lawes (VIC)

STAFF:

Matt Sebbens	Team Operations Manager
Peter Sanderson	Assistant Manager
Raelene Ryan	Assistant Manager
Bernd Adolph	Massage Therapist
Matthew Burgin	Psychologist
David Pyne	Physiologist
Ian Hanson	Media Manager
Matt Hislop	Doctor
Tricia Jenkins	Massage Therapist
Brent Kirkbride	Massage Therapist
Lee Nicholson	Performance Analyst
Katie Pettifer	Massage Therapist
Corey Prout	Physiotherapist
Andrea Pruscino	Nutritionist
John Rhodes	Security
Bernard Savage	Performance Analyst
Matt Spencer	Sports Scientist

TELSTRA DOLPHINS ATHLETE PROFILES



LEITH BRODIE

NICKNAME: Brodes
D.O.B: 16/07/1986
AGE: 20
BORN: Kempsey, NSW
LIVES: Brisbane QLD
HGT: 189cm
WGT: 79kg
CLUB/INSTITUTE: Albany Creek/QAS
TRAINS (Pool): Albany Creek
COACH: John Rodgers



Individual Australian Long Course Titles: 1

1 – 200m I.M. (06)

CAREER HIGHLIGHTS Bronze medallist 4x100m free at 2005 FINA World Championship....fourth in 200m IM at 2006 Commonwealth Games....four-time finalist in IM at two FINA World Short Course Championships....claimed three gold, two bronze 2004 Oceania Championships.... prolific Aust Age Group medal winner.

IN 2006 Australian champion in the 200m IM at Telstra Commonwealth Games Trials in Melbourne.... finished 4th in 200m IM at Commonwealth Games, Melbourne....fourth 200m IM, seventh in 400m IM & tenth in 100m IM at FINA World Short Course Championships in Shanghai....won (Barcelona) and second (Canet) in the 200m IM on Mare Nostrum series

IN 2005 Bronze medallist in 4x100m free & 10th in 200m IM FINA World Championship in Montreal....grabbed silver in the 200m IM & bronze in the 400m IM Telstra Trials in Sydney.... broke own Australian Age record for the 200m IM posting a

2:01.70 at 2005 Fisher & Paykel Australian Age Championships in Brisbane....won 100, 200 and 400m IM at Telstra Australian Short Course Championships in Melb.

IN 2004 A finalist in the 200m IM and 100m back, Telstra Olympic Team Selection Trials in Sydney....member of the 2004 Oceania Championship team in Suva where he won 3 gold and 2 bronze....the winner of the 100,200m IM at the Telstra Australian Short Course Championships in Brisbane....placed eighth 200m IM & 10th in 100m IM at FINA World Short Course Championships in Indianapolis.

IN 2003 Dual silver medallist at the Australian Olympic Youth Festival in Sydney....a semi finalist in the 200m IM Telstra Australian Championships in Sydney....multiple gold medallist Fisher & Paykel Trans Tasman series....a finalist in the 100m IM at Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002...Gold medallist in the 200 and 400m IM at the Australian Age championships in Sydney....member of the Fisher and Paykel Trans Tasman team....semi finalist at the Telstra Australian Short Course Championships....**2001**....silver medallist in the 200m IM at the Tip Top Australian Age championships in Melbourne.... **2000**....silver medallist in the 100m breast at the Tip Top Australian Age Championships in Perth

AWAY FROM THE POOL

STUDIES/OCCUPATION: Engineering degree at the University of Queensland; **ULTIMATE RELAXATION:** Sleeping and watching TV; **FAVOURITE SPORTING TEAM:** All Blacks & Manly Sea Eagles; **PETS:** Dog; **FAMILY MEMBERS:** Mother – Robyn, Father – Andrew, Brother – Sam, Sister – Stephanie; **BIGGEST INFLUENCE IN LIFE:** My mother because she cooks at theme dinner; **AGE STARTED SWIMMING:** 8 so that I didn't drown.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	3 rd 4x100m free; 10 th 200m IM
Commonwealth Games	Melbourne, Australia	2006	4 th 200m IM
World Short Course	Indianapolis, USA	2004	8 th 200m IM; 10 th 100m IM
	Shanghai, China	2006	4 th 200m IM; 7 th 400m IM, 4x100m free (heat swim); 10 th 100m IM
Duel in the Pool	Irvine, USA	2005	4 th 200m IM; 5 th 100m fly; 6 th 50m free
Oceania Champs	Suva, Fiji	2004	1 st 100m, 4x50m, 4x100m free; 3 rd 200m back, 200m IM; 4 th 50m back; 6 th 50m free
Australian Youth Olympic Festival	Sydney, Australia	2003	2 nd 100m back, 200m IM; 3 rd 4x100m medley

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m IM	2:01.13	5th	2006 Aust. Champs
400m IM	4:24.43		2005 Aust Champs
100m freestyle	50.68		2005 Aust Age

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m IM	54.54	3rd	2004 Aust Champs
200m IM	1:57.33	3rd	2005 Aust Champs
400m IM	4:11.91	6th	2005 Aust Champs

DAVID BROWNE

NICKNAME: Brownie
D.O.B: 09/10/1987
AGE: 18
BORN: Johannesburg, RSA
LIVES: Brisbane, QLD
HGT: 180cm
WGT: 78kg
CLUB/INSTITUTE: St. Peters Western
TRAINS (Pool): St. Peters Lutheran College
COACH: Michael Bohl



CAREER HIGHLIGHTS: Has won four medals at Australian Age Championships....has won three gold and a bronze at Australian Age Open Water Championships....finalist in 400m IM at 2006 at Telstra Commonwealth Games Trials

IN 2006

Finished fifth in 400m IM at Telstra Commonwealth Games Trials in Melbourne....placed fourth in 5km and 10km at Swimming Australia Open Water Championships in Sydney....won gold in 400m IM and bronze in 200m IM at Fisher & Paykel Australian Age Championships in Sydney....was 5th in 400m IM at Santa Clara International....claimed bronze 10km at Qld Championships

IN 2005

Placed fourth in 10km at Australian Open Water Championships on the Gold Coast....won gold in the 5km at the Australian Age Open Water Championships on the Gold Coast....won silver in 400m IM at Fisher & Paykel Australian Age Championships in Brisbane

IN 2004

Won bronze in the 400m free at Fisher & Paykel Australian Age Championships in Perth...added gold in 5km at Australian Age Open Water Championships in Perth....won gold in 200m IM and 400m free at Qld Age Championships in Brisbane....was fifth in 1500m free and seventh in 800m free

at Telstra Australian Short Course Championships in Brisbane

IN 2003

Gold medallist in 5km at Australian Age Open Water Championships on the Gold Coast....finalist in 400m and 1500m free at Fisher & Paykel Australian Age Championships in Brisbane

IN 2002

Won bronze in 5km at Australian Age Open Water Championships in Sydney

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Cross country running, athletics, rugby;

ULTIMATE RELAXATION: Training; **FAVOURITE**

SPORTING TEAM: 2006 Telstra Dolphins Open Water

Team; FAVOURITE FOOD: Anything Mum cooks;

PETS: A three legged dog; **FAMILY MEMBERS:**

Brother, Sister and those responsible;

BIGGEST INFLUENCE IN LIFE: Jesus Christ; **AGE**

STARTED SWIMMING: 8yrs

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:58.54		2006 Aust. Champs
400m IM	4:26:15		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:56:78		2004 World Cup, Melbourne
1500m freestyle	15:22:79		2004 Aust. Champs
400m IM	4:21:22		

NICK D'ARCY

NICKNAME: Darcy
D.O.B: 23/07/1987
AGE: 19
BORN: Brisbane, QLD
LIVES: Kawana, QLD
HGT: 181cm
WGT: 80kg
CLUB/INSTITUTE: Maroochydoore Swimming Club
TRAINS (Pool): Kawana Aquatic Centre
COACH: Brian Stehr



CAREER HIGHLIGHTS

Won two gold medals at 2006 Mare Nostrum series...finished as ninth highest pointscorer at 2006 Mare Nostrum series...selected on Junior Pan Pacs 2005 but unable to compete due to injury...two time Australian Age champion in 200m fly...won a silver medal in 200m fly at 2006 Oceania Championships

IN 2006

Won two gold and one silver medal in 200m fly at Mare Nostrum series...ninth highest placed competitor of the Mare Nostrum series...bronze medallist 200m fly at FINA World Cup in Belo Hirozonte...claimed silver in 200m fly and was fourth in 100m fly at the Oceania Championships in Cairns...placed fourth in 200m fly at Telstra Commonwealth Games Trials in Melbourne

IN 2005

Finished fourth in 200m fly at Telstra Trials in Sydney...won gold in 200m fly and was third in 100m fly at Fisher & Paykel Australian Age Championships in Brisbane...selected on Australian Junior Pan Pac Team (although unable to compete due to injury)...won gold in 100 and 200m fly at Qld Age Championships in Brisbane

IN 2004

Won gold in 200m fly and was second in 100m fly at the Fisher & Paykel Australian Age Championships in Perth...won Qld Age Championships in Brisbane in 100 & 200m fly...sixth 200m fly Telstra Australian Short Course Championships in Brisbane

IN 2003

Won gold in 200m fly at Qld Age State Championships in Brisbane...was third in

200m fly at Fisher & Paykel Australian Age Championships in Brisbane

IN 2002

Gold medallist in 200m fly at Qld Age Championships in Brisbane

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND

SPORTS YOU PLAY NOW: Surf lifesaving, wakeboarding, surfing, snowboarding and tennis;

ULTIMATE RELAXATION:

Snowboarding;

FAVOURITE SPORTING

TEAM: Queensland State of Origin RL team;

FAVOURITE FOOD: Chocolate crepes;

PETS: Two dogs and lots of fish;

FAMILY MEMBERS: Mum, Dad and two brothers;

BIGGEST INFLUENCE IN LIFE: Parents;

AGE STARTED SWIMMING: 12

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Oceania Champs	Cairns, Australia	2006	2 nd 200m fly; 4 th 100m fly; 7 th 50m fly

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m butterfly	1.58.05	10th	2006 Mare Nostrum, Monaco

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m butterfly	1.56.58		2006 World Cup, Sydney

ASHLEY DELANEY

NICKNAME: Ash
D.O.B: 11/04/1986
AGE: 20
BORN: Sale, VIC
LIVES: Canberra, ACT
HGT: 184
WGT: 80kg
CLUB/INSTITUTE: AIS/Nunawading
TRAINS (Pool): AIS
COACH: Vince Raleigh



CAREER HIGHLIGHTS

Won bronze in 100m back at 2006 Telstra Commonwealth Games Trials....won 100m back at 2006 Swim Meet of Champions in Mission Viejo....added four gold at 2006 Oceania Championships

IN 2006

Finished third in 100m, sixth in 50m & eighth in 200m back at Telstra Commonwealth Games Trials in Melbourne....won gold in 50m, 100m and 200m back & 4x100m medley and was fifth in 50m free at Oceania Championships in Cairns....won 100m back at Swim Meet of Champions in

Mission Viejo....won 100m back at Telstra GP2 in Brisbane....moved to AIS in Canberra in July

IN 2005

Placed fourth in 100m, sixth in 50m and eighth in 200m back at Telstra Australian Short Course Championships in Melbourne

AWAY FROM THE POOL

ULTIMATE RELAXATION: Sleeping; **FAVOURITE SPORTING TEAM:** Brisbane Broncos; **FAVOURITE FOOD:** Ice Cream; **PETS:** Dog; **AGE STARTED SWIMMING:** 9

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Oceania Champs	Cairns, Australia	2006	1 st 50m, 100m, 200m back, 4x100m medley; 5 th 50m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	23.69		2006 Oceania Champs
50m backstroke	26.17		2006 Aust. Champs
100m backstroke	55.82	10th	2006 Oceania Champs
200m backstroke	2:03.43		2006 Santa Clara Int

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	25.17		2005 Aust. Champs
100m backstroke	53.72		2005 Aust. Champs
200m backstroke	1:59.46		2004 Aust. Champs

NICK FFROST

NICKNAME: Frosty
D.O.B: 14/8/1986
AGE: 20
BORN: Mackay, QLD
LIVES: Canberra, ACT
HGT: 174cm
WGT: 70kg
CLUB/INSTITUTE: Southport Olympic/AIS
TRAINS (Pool): AIS
COACH: Doug Frost



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS Won relay bronze at 2006 Commonwealth Games....claimed silver in 4x200m free & was eighth in 200m free at 2006 FINA World Short Course Championships....won two gold medals and four silver medals at the 2004 Commonwealth Youth Games in Bendigo....made two finals at the FINA World Cup event in Durban in 2005....finished second in 200 and 400m free at the 2006 Telstra Commonwealth Games Trials

IN 2006
 Claimed silver in 200m and 400m free at Telstra Commonwealth Games Trials in Melbourne....won bronze in the 4x200m free, finished 8th in the 200m free and 11th in 400m free at the Commonwealth Games in Melbourne.... claimed silver in 4x200m free & was eighth in 200m free at FINA World Short Course Championships in Shanghai....was second in 200m free at Swim Meet of Champions in Mission

IN 2005
 Grabbed bronze in 200m and was 8th in 400m free at Telstra Australian Short Course Championships in Melbourne....won silver in 200 & 400m free at Fisher & Paykel Australian Age Championships in Brisbane....was ninth in 200m free at Telstra Trials in Sydney....made finals of the 200m and 400m free at Durban & Sydney rounds of FINA World Cup

IN 2004
 Won two gold and four silver medals at Commonwealth Youth Games in Bendigo....was a finalist in 200 & 400m free at Telstra Australian Short Course Championships in Brisbane

IN 2003
 Claimed bronze in 200m free at Fisher & Paykel Australian Age Championships in Brisbane

Viemo and third in 200m free at Santa Clara International

IN 2005

Grabbed bronze in 200m and was 8th in 400m free at Telstra Australian Short Course Championships in Melbourne....won silver in 200 & 400m free at Fisher & Paykel Australian Age Championships in Brisbane....was ninth in 200m free at Telstra Trials in Sydney....made finals of the 200m and 400m free at Durban & Sydney rounds of FINA World Cup

IN 2004

Won two gold and four silver medals at Commonwealth Youth Games in Bendigo....was a finalist in 200 & 400m free at Telstra Australian Short Course Championships in Brisbane

IN 2003

Claimed bronze in 200m free at Fisher & Paykel Australian Age Championships in Brisbane

PREVIOUS YEARS

2002....finished fourth in 200m free at Australian Age Championships in Sydney....**2001**....won bronze in 100m fly at Tip Top Australian Age Championships in Melbourne

AWAY FROM THE POOL

STUDIES/OCCUPATION: Cert. IV in Massage;
SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW: Surf Lifesaving, Surfing; **ULTIMATE RELAXATION:** Get away to the beach for a wave, listen to music; **FAVOURITE SPORTING TEAM:** Brisbane Broncos; **PETS:** Nil, Brother has an Alexander Parrot; **FAMILY MEMBERS:** Mother: Gillian, Father: Peter, Brother: Tim (older); **BIGGEST INFLUENCE IN LIFE:** Friends and Family, Coach; **AGE STARTED SWIMMING:** 11

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	3 rd 4x200m free; 8 th 200m free; 11 th 400m free
World Short Course	Shanghai, China	2006	2 nd 4x200m free; 8 th 200m free; 25 th 400m free
Youth Commonwealth Games	Bendigo, Victoria	2004	1 st 4x100m, 4x200m free; 2 nd 100m, 200m, 1500m free; 4 th 400m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL TIME AUST RANKING	MEET
100m freestyle	50.72		2006 Swim Meet of Champs
200m freestyle	1:48.80	9th	2006 Aust Champs
400m freestyle	3:51.93		2006 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.98		2005 Aust Champs
200m freestyle	1:46.69		2005 Aust Champs
400m freestyle	3:49.93		2005 World Cup, Sydney

CASEY FLOUCH

NICKNAME: Flogger
D.O.B: 21/11/1981
AGE: 24
BORN: Tweed Heads, NSW
LIVES: Brisbane, QLD
HGT: 185cm
WGT: 81kg
CLUB/INSTITUTE: Redcliffe Leagues
TRAINS (Pool): Redcliffe City HPC
COACH: Ken Wood



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won a silver medal as a heat swimmer in the 4x100m medley (free leg) at the 2004 FINA World Short Course Championships....was fourth in the 4x100m free (as a heat swimmer) at the 2003 FINA World Championships....won 100m free at 2004 Telstra Australian Short Course Championships

IN 2006

Finished eighth in 100m free at Telstra Commonwealth Games Trials in Melbourne....claimed silver in 50m and 100m free at Telstra GP1 in Brisbane

IN 2004

Won gold in 100m free and was fifth in 50m free at Telstra Australian Short Course Championships in Brisbane....won silver as a heat swimmer in 4x100m medley and was fifth in 4x100m free at FINA World Short Course Championships in Indianapolis

IN 2003

Finished fourth in 100m free at Telstra Australian Championships in Sydney....was fourth in 50m free & fifth in 100m free at Telstra Australian Short Course Championships in Hobart....placed fourth (as a heat swimmer) in 4x100m free at FINA World Championships in Barcelona....won silver in 4x100m free at Duel in the Pool in Indianapolis

IN 2002

Was fourth in 100m free, seventh in 50m free & eighth in 200m free at Telstra Australian Short Course Championships in Melbourne

AWAY FROM THE POOL

STAR SIGN: Scorpio; **SPORTS BEFORE SWIMMING:** Soccer; **WHAT ATTRACTED YOU TO SWIMMING:** At a young age my parents made me know that when I am older it's for me to accomplish my goals and the feeling of success and satisfaction;

ULTIMATE RELAXATION: X Box and plenty of food; **IDEAL HOLIDAY DESTINATION:** New York; **SPECIALTY IN THE KITCHEN:** Bacon, eggs, sausages, mushrooms – it tastes so good; **ONE THING YOU CAN'T LIVE WITHOUT:** Food!; **WHAT DID YOU WANT TO BE GROWING UP:** Rich and Famous; **FAVOURITES - SPORTING TEAM:** NSW State of Origin team; **MOVIE:** Face Off; **TV SHOW:** Malcolm in the Middle; **FOOD:** Pizza; **WHAT'S YOUR GREATEST ASSET?** Living at home; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Susie O'Neill – taught me how to train and showed me what it takes to achieve; **WHERE DO YOU SEE YOURSELF IN 10 YEARS?** Hopefully settled down; **HOW WOULD YOU DESCRIBE YOURSELF?** Funny, humorous, easy to get along with; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Someone who always gave my best and who was a good sprinter

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	4 th 4x100m free (heat swim)
World Short Course	Indianapolis, USA	2004	2 nd 4x100m medley (heat swim); 5 th 4x100m free; 13 th 100m free; 18 th 50m free
Duel in the Pool	Indianapolis, USA	2003	2 nd 4x100m free; 6 th 50m, 100m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	23.24		2003 Aust. Champs
100m freestyle	50.20		2003 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.40		2004 Aust. Champs
100m freestyle	48.63		2004 Aust. Champs

TRENT GRIMSEY

NICKNAME: Trento
D.O.B: 04/05/1988
AGE: 18
BORN: Sunnybank, QLD
LIVES: Cashmere, QLD
HGT: 185cm
WGT: 70kg
CLUB/INSTITUTE: Albany Creek/QAS
TRAINS (Pool): Albany Creek Leisure Centre
COACH: John Rodgers



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Finished third in the 1500m at Sydney leg of 2005 FINA World Cup....double silver medallist at Australian Short Course Championships....has won five medals including two gold at Australian Age Championships....has won two gold and a silver at three Australian Age Open Water Championships....was named Male Swimmer of the Series at the 2005 Trans Tasman Series

IN 2006

Won silver in 800m free and was sixth in 1500m free at Telstra Commonwealth Games Trials in Melbourne....finished sixth in 1500m free at FINA World Cup in Bela Horizonte....won 1500m free at Fisher & Paykel Australian Age Championships in Sydney....won 1500m free at Telstra Grand Prix 2 in Brisbane

IN 2005

Won Male Swimmer of the Series award at the 2005 Fisher & Paykel Trans Tasman Series in Melbourne, Wagga Wagga and Canberra....was fourth in 1500 &

seventh in 800m free at Telstra Trials in Sydney....won silver in 800 & 1500m free at Telstra Australian Short Course Championships in Melbourne....picked up gold in 1500m and bronze in 400m free at Fisher & Paykel Australian Age Championships in Brisbane....added bronze in 1500m free at Telstra FINA World Cup in Sydney....took out Australian Age 5km Open Water Championship at Southport

IN 2004

Placed sixth in 800 & eighth in 1500m free at Telstra Australian Short Course Championships in Brisbane....broke arm in March and missed Telstra Olympic Team Selection Trials in Sydney and Fisher & Paykel Australian Age Championships in Perth

IN 2003

Claimed silver in the 400m and 1500m free at Fisher & Paykel Australian Age Championships in Brisbane.... took out Australian Age 5km Open Water Championship on the Gold Coast

PREVIOUS YEARS

2002....won silver in Australian Age 5km Open Water Championship in Sydney....was ninth in 400m free at Australian Age Championships in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Studying Year 12 at Genesis Christian College; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Soccer, Rugby, Judo (all before); **ULTIMATE RELAXATION:** Sleeping in; **FAVOURITE SPORTING TEAM:** Brisbane Broncos in the NRL; **PETS:** 2 dogs – Zac and Brandy and many budgies; **FAMILY MEMBERS:** Mum - Fay, Dad - Rob, Sister – Bianca, Brothers – Codie & Ridge; **BIGGEST INFLUENCE IN LIFE:** My Parents for their endless love and support
AGE STARTED SWIMMING AND WHY: I began swimming for fun and safety in the summers at six months then started serious squad training at 9

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:59.93		2006 Aust Champs
800m freestyle	8:04.02		2006 Aust Champs
1500m freestyle	15:25.63		2006 Grand Prix 2

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:53.03		2005 Aust Champs
800m freestyle	7:55.45	10th	2005 Aust Champs
1500m freestyle	14:56.35	8th	2005 World Cup, Sydney

EPHRAIM HANNANT

NICKNAME: Eph
D.O.B: 18/02/1988
AGE: 18
BORN: Gold Coast, QLD
LIVES: Gold Coast, QLD
HGT: 180cm
WGT: 76kg
CLUB/INSTITUTE: Miami Swimming Club
TRAINS (Pool): Pizzey Park
COACH: Denis Cotterell



Individual Australian Long Course Titles: - 1

1- 200m backstroke (06)

CAREER HIGHLIGHTS

IN 2006

Won gold in 200m back and bronze in 400m IM at Telstra Commonwealth Games Trials in Melbourne....added gold in 200m back and silver in 400m free at Swim Meet of Champions in Mission Viejo....won 200m back and silver in 400m free at Telstra GP2 in Brisbane....won 200m free and was second in 400m free at Telstra GP1 in Brisbane

IN 2005

Was third in 800m free, fifth in 400m IM and seventh in 200m back at Telstra Trials in Sydney....won bronze in 400m IM & was fourth

in 800m free at Telstra Australian Short Course Championships in Melbourne....won gold in 400m IM at Junior Pan Pacific Championships in Maui

IN 2004

Placed sixth in 400m IM at Telstra Olympic Team Selection Trials in Sydney....won silver in 1500m free and bronze in 400m IM at Telstra Australian Short Course Championships in Brisbane....won 4x200m free, was third in 200m free and fourth in 400m IM at Oceania Championships in Suva....won two gold, two silver and a bronze at Fisher & Paykel Australian Age Championships in Perth

IN 2003

Won 10 gold medals at Old Open & Age Championships....won Swimmer of the Meet at Old Age Championships

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS

YOU PLAY NOW: Rugby league, rugby union, and athletics. Now, touch footy; **ULTIMATE**

RELAXATION: Sleeping and playing the guitar;

FAVOURITE SPORTING TEAM: The Broncos;

FAVOURITE FOOD: Mums cooking; **FAMILY**

MEMBERS: Mum, Dad and 10 bothers and

sisters; **BIGGEST INFLUENCE IN LIFE:**

Family; **AGE STARTED SWIMMING:** 8

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Junior Pan Pac Champs	Maui, USA	2005	1 st 800m, 1500m, 4x200m free; 7 th 200m back
Oceania Champs	Suva, Fiji	2004	1 st 4x200m free; 3 rd 200m free; 4 th 400m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	56.98		2006 Santa Clara Int.
200m backstroke	1:59.74	5th	2006 Swim Meet of Champs
200m freestyle	1:50.87		2006 Grand Prix 1
400m freestyle	3:52.07		2006 Swim Meet of Champs
400m IM	4:23.65		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke			
200m backstroke			
200m freestyle			
400m freestyle	3:50.45		2004 Aust. Champs
400m IM	4:16.39		2005 Aust. Champs

KY HURST

NICKNAME: Killer
D.O.B: 11/3/1981
AGE: 25
BORN: Nambour, QLD
LIVES: Gold Coast, QLD
HGT: 182cm
WGT: 87kg
CLUB/INSTITUTE: Miami / QAS
TRAINS (Pool): Miami
COACH: Denis Cotterell

Individual Australian Long Course Titles: 0

Individual Australian Open Water Titles: 3
 3 – 5km (00, 05, 06)

CAREER HIGHLIGHTS: Has a silver medal and a tenth place in 5km at two FINA World Championships....was the Australian 5km champion in 2000, 2005 & 2006....regarded as the greatest surf swimmer of his generation, the winner of four Australian Ironman championships and five open surf race championships....finished seventh in the 5km event at the 2000 FINA World Open Water Championships in Hawaii....finished third in the 1500m free at the 2004 Telstra Olympic Trials

IN 2006 Was fourth in 1500m free and seventh in 400m free at Telstra Commonwealth Games Trials in Melbourne....won 5km and was third in 10km at Australian Open Water Championships

IN 2005 Finished fourth in the 800m free at the Telstra Trials in Sydney....won the 5km at the Telstra Australian Open Water Championships on the Gold Coast....placed tenth in the 5km at FINA World Championships in Montreal....was ninth in 400m free at the Telstra Australian Short Course Championships in Melbourne

IN 2004 Was third in the 1500m free and fifth in the 400m free at the Telstra Olympic Team Selection Trials in Sydney....claimed bronze in the 1500m free at the Telstra Australian Short Course Championships in Brisbane

IN 2003 Was a finalist in the 400 and 1500m free at the Telstra Australian Short Course Championships in Hobart....grabbed bronze in the 1500m free at the Telstra FINA World Cup in Melbourne

PREVIOUS YEARS

2002....grabbed a fifth placing in the 5km event at the Australian Open Water Championships on the Gold Coast**2001**....

2000....was a finalist in the 400 and 1500m free at the Telstra Olympic Trials in Sydney....won 5km at the Australian Open Water Championships in Melbourne....finished seventh in 5km at the FINA World Open Water Championships in Hawaii....**1998**....won silver in 5km at FINA World Championship in Perth

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:

Surf Lifesaving, Surfing; **ULTIMATE RELAXATION:** Surfing
FAVOURITE SPORTING TEAM: Brisbane Lions; **PETS:** Black Labrador – ‘Jet’; **FAMILY MEMBERS:** Mum – Kerry, Brother - Dane

BIGGEST INFLUENCE IN LIFE: My Mum; **AGE STARTED**

SWIMMING: Eight – Mum was a swim teacher and I was already surfing.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Perth, Australia	1998	2 nd 5km
	Montreal, Canada	2005	10 th 5km
World Open Water	Hawaii, USA	2000	7 th 5km

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:52.96		2004 Aust Champs
400m freestyle	3:53.08		2004 Aust Champs
800m freestyle	8:10.67		2005 Aust Champs
1500m freestyle	15:17.65		2004 Aust Champs

JOSH KROGH

NICKNAME: Kroghy
D.O.B: 3/4/1982
AGE: 24
BORN: Redcliffe, QLD
LIVES: Canberra, ACT
HGT: 186cm
WGT: 88kg
CLUB/INSTITUTE: Redcliffe Leagues Lawnton/AIS
TRAINS (Pool): AIS
COACH: Vince Raleigh



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won two bronze medals at 2006 Commonwealth Games....silver medallist in 4x200m free at 2004 & 2006 (heat swim) FINA World Short Course Championships....won eleven gold and a silver at two Oceania Championships....won two gold and a silver at 2001 Australian Youth Olympic Festival....has won five bronze medals at Australian Championships....has claimed 10 medals including one gold at Australian Short Course Championships

IN 2006

Finished second in 200m fly at Telstra Trials in Melbournebronze medallist in 200m fly and 4x200m free at Commonwealth Games....won silver as heat swimmer in 4x200m free, was 14th in 200m fly & 15th in 400m free at FINA World Short Course Championships in Shanghai....won 200m fly & was third in 200m free at Swim Meet of Champions in Mission Viejo....placed second in 200m fly at Santa Clara International

IN 2005

Was third in 200m fly at Telstra Trials in Sydney....finished third in 200m fly and fourth in 100m fly and 400m free at Telstra Australian Short Course Championships in Melbourne....was a finalist at Telstra FINA World Cup in Sydney

IN 2004

Won silver in 4x200m free, was eighth in 400m free and 11th in 200m fly at 2004 FINA World Short Course Championships in Indianapolis....won seven gold in 200, 400, 1500m free, 200m fly and all three relays at Oceania Championships in Suva....was third in 400m free and 200m fly at Telstra Olympic Team Selection Trials in Sydney....added silver in 400m free and 200m fly and bronze in 200m free at Telstra at Australian Short Course Championships in Brisbane

IN 2003

Third in 200m fly at Telstra Australian Championships in Sydney.... added silver in 200m

free and 200m fly and bronze in 400m free at Telstra at Australian Short Course Championships in Hobartwas a finalist at Telstra FINA World Cup in Melbourne

PREVIOUS YEARS

2002....won 400m & 4x200m free, 200m fly and 4x100m medley and was second in 100m fly at Oceania Championships in Noumea....won first ever National title in 200m fly and was second in 400m free at Telstra Australian Short Course Championships in Melbourne....**2001**....won gold in 200m free and 200m fly and was second in 100m fly at Australian Youth Olympic Festival in Sydney....won four gold and a silver at Tip Top Australian Age Championships in Melbourne....**2000**....was third in 400m free at Telstra Selection Trials in Sydney....claimed second in 400m free at Telstra Australian Short Course Championships in Melbourne

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	3 rd 200m fly, 4x200m free
World Short Course	Indianapolis, USA	2004	2 nd 4x200m free; 8 th 400m free; 11 th 200m fly
	Shanghai, China	2006	2 nd 4x200m free (heat swim); 14 th 200m fly; 15 th 400m free
Oceania Champs	Noumea, New Caledonia	2002	1 st 400m, 4x200m free, 200m fly; 4x100m medley; 2 nd 100m fly
	Suva, Fiji	2004	1 st 200m, 400m, 1500m, 4x100m, 4x200m free, 200m fly, 4x100m medley; 4 th 100m fly
Australian Youth Olympic Festival	Sydney, Australia	2001	1 st 200m free, 200m fly; 2 nd 100m fly; 11 th 200m IM; 15 th 400m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:49.91		2004 Aust Champs
400m freestyle	3:51.77		2004 Aust Champs
100m butterfly	54.18		2006 Aust Champs
200m butterfly	1:57.41	5th	2006 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:46.62		2004 Aust Champs
400m freestyle	3:45.06	9th	2004 Aust Champs
100m butterfly	53.48		2005 Aust Champs
200m butterfly	1:55.53	6th	2004 Aust Champs / 2005 Aust Champs

ANDREW LAUTERSTEIN

NICKNAME: Ando, Steiner, Lorda
D.O.B: 22/05/1987
AGE: 19
BORN: Melbourne, VIC
LIVES: Gold Coast, QLD
HGT: 189cm
WGT: 90kg
CLUB/INSTITUTE: Southport/OAS
TRAINS (Pool): Southport
COACH: Glenn Baker



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won a gold medal swimming back leg in the heats of the 4x100m medley at 2006 Commonwealth Games....also double back finalist at Commonwealth Games....was sixth as a member of the 4x100m medley and also a semi finalist in the 100m back at 2005 FINA World Championship....won two gold, a silver and a bronze at the 2005 Junior Pan Pacific Championships....won three gold and two silver at 2004 Oceania Championships

IN 2006

Won gold as a heat swimmer in the 4x100m medley, was sixth in both the 50 & 100m back at Commonwealth Games in Melbourne....qualified for his Commonwealth Games debut in Melbourne after finishing second in the 100m back at the Telstra Commonwealth Games Trials....won three gold and a silver at Fisher & Paykel Australian Age Championships in Sydney....won 100m fly and was third in 100m back at Swim Meet of Champions in Mission Viejo....was third in 100m back at Santa Clara International

IN 2005

Won gold medals in the 100m fly and 4x100m free relay, silver in medley relay and bronze in 100m back at the Junior Pan Pacs in Maui....finished second in

100m back and fourth in the 100m fly at the Telstra Trials in Sydney....finished 14th in the 100m back and swam the lead off leg in the medley relay that finished sixth on senior international debut at FINA World Championships in Montreal....added two gold at Fisher & Paykel Australian Age Championships in Brisbane....a finalist in the 100m fly and 100m back at the Telstra Australian Short Course Championships in Melbourne

IN 2004

Claimed 100m back at Victorian Championships....was third in 100m back and a finalist in the 50 and 100m fly at the Telstra Olympic Team Selection Trials in Sydney....claimed three gold and two silver at the Oceania Championship in Suva....member of the Fisher and Paykel Trans Tasman series....bronze medallist in the 100m fly and 50m back at the Telstra Australian Short Course Championships in Brisbane....a finalist in the 50 and 100m fly at the FINA World Cup in Melbourne.... claimed three gold and two silver at the Fisher & Paykel Australian Age Championships in Perth

IN 2003

Won three gold at the Fisher & Paykel Australian Age Championships in Brisbane....a multiple winner and member of the Fisher and Paykel Trans Tasman Series....a finalist in the 100m fly and 100m back at the Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002....came away with four gold, two silver and two Australian Age records from the Australian Age Championships in Sydney....2001.... grabbed silver in both the 100m back and 50m free and bronze in the 100m fly at the Tip Top Australian Age Championships in Melbourne

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: football, baseball, shot put, water polo;

ULTIMATE RELAXATION: round of golf with buggy;

FAVOURITE SPORTING TEAM: Melbourne Storm /

Kangaroos; **PETS:** Fish; **FAMILY MEMBERS:**

Mother – Anne, Father – George, Brother – Michael,

Sister – Sarah; **AGE STARTED SWIMMING:** At age

11, I made the State Primary Swimming Team

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	6 th 4x100m medley; 14 th 100m back; 19 th 50m back
Commonwealth Games	Melbourne, Australia	2006	1 st 4x100m medley (heat swim); 6 th 50m, 100m back
Duel in the Pool	Irvine, USA	2005	5 th 100m back
Junior Pan Pac Champs	Maui, USA	2005	1 st 100m fly, 4x100m free; 2 nd 4x100 medley; 3 rd 100m back
Oceania Champs	Suva, Fiji	2004	1 st 100m back, 4x100m medley, 4x100 free; 2 nd 100m fly, 100m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	24.33		2004 Aust Champs
100m butterfly	53.77		2005 Jnr Pan Pacs
50m backstroke	25.83	3 rd	2006 Aust Champs
100m backstroke	54.88	3 rd	2005 World Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly			
100m butterfly	52.74	9 th	2004 Aust Short Course
50m backstroke			
100m backstroke			

ADAM LUCAS

NICKNAME: Looky & P Hat
D.O.B: 27/10/1983
AGE: 22
BORN: Hobart
LIVES: Perth
HGT: 188cm
WGT: 79kg
CLUB/INSTITUTE: West Coast/WAIS
TRAINS (Pool): Challenge Stadium
COACH: Grant Stoelwinder



Individual Australian Long Course Titles: 2

1 – 200m individual medley (05); 1 – 400m individual medley (05)

CAREER HIGHLIGHTS

2004 Athens Olympian....2005 FINA World Championship bronze medallist as a heat swimmer in the 4x200m free....fifth in the 200m and 400m IM at the 2004 FINA World Short Course Championships....set the Australian Short Course record in the 100m IM in November 2005....multiple medallist in 2005 FINA World Cup Series....has won three Australian Short Course titles

IN 2006

Second in 200 & 400m IM at Telstra Commonwealth Games Trials in Melbourne....was third in 200m IM at Monaco leg of Mare Nostrum series

IN 2005

Won first ever Australian open long course titles in the 200 & 400m IM and was fourth in 200m free at the Telstra Trials in Sydney.... claimed bronze at the FINA World Championships in Montreal as a heat swimmer in the 4x200m free & was ninth in the 200m IM....added silver in the 400m free and bronze in both the 100m and 200m IM at FINA World Cup in

Sydney....finished second in 400m IM at FINA World Cup events in Berlin and Stockholm

IN 2004

Earned selection for his first Olympic Games with a silver medal in the 200m IM at the 2004 Telstra Olympic Team Selection Trials in Sydney....placed 17th in 200m IM at the Olympic Games in Athens.... claimed gold in the 400m IM, silver in the 200m IM and bronze in the 100m IM at the Telstra Australian Short Course Championships in Brisbane....finished fifth in both the 200 & 400m IM at the FINA World Short Course Championships in Indianapolis....won the Mystery Medley event at the Qantas Skins

IN 2003

Won 200 & 400m IM at Telstra Australian Short Course Championships in Hobart....was fourth in the 200m IM and fifth in the 400m IM at the 2003 Telstra Australian Championships in Sydney

PREVIOUS YEARS

2002....finalist in the 200m back, 200m and 400m IM at the Telstra Australian Championships in Brisbane....silver medallist in the 200m IM at the

Telstra Australian Short Course Championships in Melbourne....winner of bronze medals in the 200 and 400m IM at the FINA World Cup in Melbourne....2001....finalist in the 200m back at the Telstra Australian Championships in Hobart....member of the Australian Youth Olympic Festival team

AWAY FROM THE POOL

STUDIES/OCCUPATION: Bachelor of commerce at University of Western Australia; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** I

previously played: AFL, soccer and basketball. I currently play table tennis, tennis and NBA Live (play station); **ULTIMATE RELAXATION:** Chilling out in the spa; **FAVOURITE SPORTING TEAM:** Hawthorn; **PETS:** Jim's dog 'Jake'; **FAMILY MEMBERS:** Mother- Rozanne, Father- Ron, Brother - Matt, Sister – Amy; **BIGGEST INFLUENCE IN LIFE:** Coach Grant Stoelwinder because he is always keeping me enthused; **AGE STARTED SWIMMING:** At age of 7, because my brother was swimming

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	17 th 200m IM
World Champs	Montreal, Canada	2005	3 rd 4x200m free (heat swim); 9 th 200m IM; 17 th 400m IM
World Short Course	Indianapolis, USA	2004	5 th 200m, 400m IM
Duel in the Pool	Irvine, USA	2005	4 th 400m IM; DQ 200m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m individual medley	2:00.98	4th	2005 Aust. Champs
400m individual medley	4:18.02	5th	2004 Aust. Champs
200m freestyle	1:50.21		2005 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m individual medley	54.26	Australian Record	2005 World Cup, Sydney
200m individual medley	1:57.83	4th	2004 World Champs
400m individual medley	4:08.74	2nd	2005 World Cup, Berlin
400m freestyle	3:46.36		2005 World Cup, Sydney

KURTIS MACGILLIVARY

NICKNAME: K-mac
D.O.B: 01/12/1984
AGE: 21
BORN: Toronto, Canada
LIVES: Gold Coast
HGT: 184cm
WGT: 75kg
CLUB/INSTITUTE: Miami/QAS
TRAINS (Pool): Miami
COACH: Denis Cotterell



Individual Australian Long Course Titles: 1
 1 – 1500m freestyle (06)

CAREER HIGHLIGHTS

Member of Australia's 2005 FINA World Championship team in Montreal....represented Canada at both the 2001 Australian Youth Olympic Festival and the 2003 FINA World Championships in Barcelona where he was a finalist in the 800m free....a former Canadian national champion....won first Australian long course Championship in 2006

IN 2006

Won 1500m free, fifth in 400m free at Telstra Commonwealth Games Trials in Melbourne

IN 2005

Gained Australian citizenship....was second in 800 & 1500m free and was third in 400m free

at the Telstra Trials in Sydney....finished 16th in the 1500m and 26th in the 800m free at the FINA World Championships in Montreal....winner of both the 800 and 1500m free at the Telstra Australian Short Course Championships in Melbourne....finished fourth in the 1500m free, FINA World Cup in Sydney

IN 2004

Controversial omission from Canadian team for Athens Olympics after twice previously representing Canada at major international meets....

IN 2003

Sixth 800m free, ninth in 1500m free FINA World Championships, Barcelona....winner 1500m free, Telstra FINA World Cup, Melb.

PREVIOUS YEARS....made his senior debut for Canada at the 2002 Pan Pacs in Yokohama finishing sixth in the 800 & 1500m free

AWAY FROM THE POOL

ULTIMATE RELAXATION: listening to music; **FAMILY MEMBERS:** Mother- Velvet, Father- Gene, Sister- Chelsey

BIGGEST INFLUENCE IN LIFE: My parents because they moved from Canada to Australia to help my swimming goals

AGE STARTED SWIMMING: At age of 9, because my parents put me into swimming lessons

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	16 th 1500m free; 26 th 800m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3.51.83		2005 Aust. Champs
800m freestyle	7.58.97	8th	2005 Aust. Champs
1500m freestyle	15.08.48	8th	2005 Aust. Champs

ANDREW MEWING

NICKNAME: Mewso
D.O.B: 02/12/1981
AGE: 24
BORN: Brisbane
LIVES: Logan
HGT: 198cm
WGT: 92kg
CLUB/INSTITUTE: Yeronga Park/QAS
TRAINS (Pool): Yeronga Park
COACH: Ric Van Der Zant



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won bronze in 4x200m freestyle at 2006 Commonwealth Games....won bronze medals in 4x100m and 4x200m freestyle at 2005 FINA World Championships....has won three silver medals from two FINA World Short Course Championships....silver medallist as a member of the 4x100m freestyle relay at the World University Games in 2003

IN 2006

Third in 200m free as well as seventh in 100m free at Telstra Commonwealth Games Trials in Melbourne....won bronze in 4x200m free relay and also finished 13th in 200m free at 2006 Commonwealth Games in Melbourne....won silver in 4x200m free, was seventh in 4x100m free and ninth in 200m free at FINA World Short Course Championships in Shanghai

IN 2005

Placed second in the 100m free at Telstra Trials in Sydney....finished 20th in the 100m freestyle before claiming his first major long course international medals with bronze in both the 4x100m and 4x200m free relay events at the FINA World Championships in Montreal....silver medallist in the 200m free and

bronze in the 100m event at the Telstra Australian Short Course Championships in Melbourne

IN 2004

A finalist in both the 100 and 200m free at the Telstra Olympic Team Selection Trials, finishing seventh in both events....placed second in the 100 and 200m free at the Telstra Australian Short Course Championships in Brisbane....finished 11th in the 200m free, 16th in the 100m free and won silver medals as part of Australia's 4x100m medley and 4x200m free relays at the 2004 FINA World Short Course Championships in Indianapolis....finalist in the 100m and 200m free at the FINA World Cup in Melbourne

IN 2003

Finalist in the 100m free at the Telstra Australian Championships in Sydney finishing in seventh place....finished with a silver medal in the 4x100m free relay at the World University Games in Daegu, Korea....bronze medallist in the 200m free at the Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002....finalist in the 50m free at the Telstra Australian Championships in Brisbane....finalist in the 100 and 200m free at the Telstra Australian Short Course Championships in Melbourne....finalist in the 200m free at the FINA World Cup in Melbourne

AWAY FROM THE POOL

STUDIES/OCCUPATION: Solicitor at McInnis Wilson Lawyers; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Rugby Union; **ULTIMATE RELAXATION:** Listening to music; **FAVOURITE SPORTING TEAM:** Wallabies; **FAMILY MEMBERS:** Mother- Anne Maree, Father- Michael, Brothers- Stephen, Sean and Ben; **BIGGEST INFLUENCE IN LIFE:** My family and friends - they have helped me become the person I am today; **AGE STARTED SWIMMING:** I swam when I was at school. I returned to swimming at 19, because I wanted to strengthen my shoulders from all my rugby injuries

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	3 rd 4x100m free, 4x200m free; 20 th 100m free
Commonwealth Games	Melbourne, Australia	2006	3 rd 4x200m free; 13 th 200m free
World Short Course	Indianapolis, USA	2004	2 nd 4x200m free, 4x100m medley; 5 th 4x100m free; 11 th 200m free; 16 th 100m free
	Shanghai, China	2006	2 nd 4x200m free; 7 th 4x100m free; 9 th 200m free
World University Games	Daegu, Korea	2003	2 nd 4x100m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.72	7th	2005 Aust Champs
200m freestyle	1:49.07	-	2006 Aust Champs

PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	48.58	10th	2005 Aust Champs
200m freestyle	1:45.08	7th	1998 Mare Nostrum

KENRICK MONK

NICKNAME: Kenny
D.O.B: 1/1/988
AGE: 18
BORN: Blacktown, NSW
LIVES: Sydney, NSW
HGT: 197cm
CLUB/INSTITUTE: SAC Seals
TRAINS (Pool): Sydney Aquatic Centre
COACH: Tony Shaw



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS: Won gold (as a heat swimmer) in the 4x100m medley and bronze in the 4x200m free at the 2006 Commonwealth Games....won a gold, silver and two bronze at 2005 Junior Pan Pacs....has contested two Fisher & Paykel Trans Tasman Series'....has won nine Australian Age titles

IN 2006

Won gold (as a heat swimmer) in the 4x100m medley, bronze in the 4x200m free, was seventh in the 100m free and 9th in the 200m free at the 2006 Commonwealth Games in Melbourne....claimed fourth place in the 200m free and fifth in the 100m free at the Telstra Commonwealth Games Trials to qualify for his first major Australian team....won two gold and a bronze at Fisher & Paykel Australian Age Championships in Sydney....was a finalist in 100 & 200m free at Swim Meet of Champions in Mission

Viejo and Santa Clara International....won 100m free at Telstra GP 1 and 200m free at Telstra GP 2 in Brisbane

IN 2005

Semi finalist in the 200m free at the Telstra Trials in Sydney....the winner of the 200m free and silver medallist in the 100m event at the Fisher and Paykel Australian Age Championships in Brisbane....won gold in 4x100m free, silver in 4x200m free and bronze in both 100 & 200m free at Junior Pan Pacific Championships in Maui.... fifth in the 100m free at the Telstra Australian Short Course Championships in Melbourne....fourth placegetter in the 200m free at the Telstra FINA World Cup in Sydney

IN 2004

Semi finalist in the 200m free at the 2004 Telstra Olympic Team Selection Trials in Sydney....winner

of the 16 years 100, 200 and 400m free titles at the Fisher & Paykel Australian Age Championships in Perth....multiple winner on the Fisher and Paykel Trans Tasman Series....finalist in the 200m free at the Telstra Australian Short Course Championships in Brisbane

IN 2003

Gold medallist in the 15 years 100, 200 and 400m free at the Fisher and Paykel Australian Age Championships in Brisbane....member of the Fisher and Paykel Trans Tasman Series

PREVIOUS YEARS

2002....2nd 400m free & 3rd 200m free at Australian Age Championships in Sydney....2001....triple finalist at Tip Top Australian Age Championships in Melbourne

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 st 4x100m medley (heat swim); 3 rd 4x200m free; 7 th 100m free; 9 th 200m free
Junior Pan Pacs	Maui, USA	2005	1 st 4x100m free; 2 nd 4x200m free; 3 rd 100m, 200m free; 5 th 400m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.92		2006 Comm. Games
200m freestyle	1:49.25		2006 Aust Champs
400m freestyle	3:54.74		2004 Aust Age

PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.47		2005 Aust Champs
200m freestyle	1:45.49	8th	2005 World Cup, Sydney
400m freestyle	3:54.32		2004 Aust Champs

TRAVIS NEDERPELT

NICKNAME: Mr T
D.O.B: 10/06/1985
AGE: 21
BORN: Perth, WA
LIVES: Perth, WA
HGT: 184cm
WGT: 73kg
CLUB/INSTITUTE: City of Perth/WAIS
TRAINS (Pool): Beatty Park Challenge Stadium
COACH: Matt McGee



Individual Australian Long Course Titles: 4

1- 800m freestyle (02); 2 – 200m butterfly (05, 06); 1 – 400m individual medley (06)

CAREER HIGHLIGHTS: Olympic finalist 400IM in 2004....competed at two FINA World Championships....claimed silver and bronze at lone Commonwealth Games....won first National title at age 16 in 2002....has won 20 gold medals at Australian Age Championships....claimed seven gold at the 2003 Australian Youth Olympic Festival

IN 2006
 Won silver in 200m fly, bronze in 400m IM and was 7th in 1500m free at Commonwealth Games in Melbourne....took out the 200m fly and 400m IM, was second in 1500m free and 3rd in 200m IM at Telstra Commonwealth Games Trials in Melbourne

IN 2005
 Was ninth in the 200m fly and 14th in the 400m IM at FINA World Championships in Montreal....won the 200m fly, was second in the 400m IM & 3rd in the 1500m free at Telstra Trials in Sydney....was third in 200m fly and 400m IM at Duel in the Pool

IN 2004
 Was eighth in 400m IM in first ever Olympic appearance at Athens Games....was also 17th in 200m fly at Athens Olympics....was second in both 200m fly and 400m IM & fourth in 1500m free....won

4 gold, a silver and a bronze at Fisher & Paykel Australian Age Championships in Perth

IN 2003

Finished eighth in 200m fly at the FINA World Championships in Barcelona....made senior Australian Team debut at Duel in the Pool in Indianapolis....was second in 200m fly and fourth in 400m IM at the Telstra Australian Championships in Sydney....won seven gold at Australian Youth Olympic Festival in Sydney....claimed seven gold and a silver at Fisher & Paykel Australian Age Championships in Brisbane....was first in 17-18 years and third in Open 5k at Australian Open Water Championships

PREVIOUS YEARS

2002....won 800m free at Telstra Australian Championships in Brisbane....claimed silver in 800m and bronze in 400 & 1500m free at Telstra Australian Short Course Championships in Melbourne....added five gold and three silver at Fisher & Paykel Australian Age Championships in Sydney....represented Australia in Trans Tasman Series....won a gold, silver and bronze at Oceania Championships in Noumea.... won 16 years 5k at Australian Open Water Championships....**2001**....

claimed three gold, two silver and a bronze at Tip Top Australian Age Championships in Melbourne....was a finalist in three events at Telstra Australian Championships in Hobart.... won 15 years 5k at Australian Open Water Championships....**2000**....took home a gold, two silver and a bronze from Tip Top Australian Age Championships in Perth

AWAY FROM THE POOL

STUDIES/OCCUPATION: Bachelor of Marine Science at Murdoch University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:**

Watching TV; **ULTIMATE RELAXATION:** Sleep; **FAVOURITE SPORTING TEAM:** West Coast Eagles in the AFL

PETS: 1 dog, 2 cats and 100 fish; **FAMILY MEMBERS:** Father- Rudolf, Mother- Cheryl, Brothers- Duncan, Warren, Michael, Andrew, Jarrad, Sisters- Jocelyn, Katrina, Kimberly; **BIGGEST INFLUENCE IN LIFE:** My brother Jarrad because he has always swum with me, and supported me, along with being my best mate; **AGE STARTED SWIMMING AND WHY:** At 3 months so that I didn't drown

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	8 th 400m IM; 17 th 200m fly
World Champs	Barcelona, Spain	2003	8 th 200m butterfly
	Montreal, Canada	2005	9 th 200m fly; 14 th 400m IM
Commonwealth Games	Melbourne, Australia	2006	2 nd 200m fly; 3 rd 400m IM; 7 th 1500m free
Duel in the Pool	Indianapolis, USA	2003	5 th 200m fly; 6 th 100m fly, 400m IM
	Irvine, USA	2005	3 rd 200m fly, 400m IM
Oceania Champs	Noumea, New Caledonia	2002	1 st 1500m free; 2 nd 200m fly; 3 rd 400m free
Australian Youth Olympic Festival	Sydney, AUS	2003	1 st 400m, 800m, 1500m, 4x200m free, 200m, 400m IM, 200m fly

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
1500m freestyle	15:17.66		2005 WA Champs
200m butterfly	1:56.84	2nd	2006 Aust Champs
400m IM	4:16.46	3rd	2004 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:44.99	8th	2004 World Cup, Melbourne
1500m freestyle	14:57.83	9th	2004 World Cup, Melbourne
200m butterfly	1:58.29		2004 World Cup, Melbourne
400m IM	4:12.47	7th	2002 WA Champs

BRENTON RICKARD

NICKNAME: Rix
D.O.B: 14/10/1983
AGE: 22
BORN: Brisbane, QLD
LIVES: Canberra, ACT
HGT: 195cm
WGT: 91kg
CLUB/INSTITUTE: Carey Aquatic/AIS
TRAINS (Pool): AIS, Canberra
COACH: Vince Raleigh



Individual Australian Long Course Titles: 5
 3 – 50m breaststroke (04 - 06); 2 - 100m breaststroke (05, 06)

CAREER HIGHLIGHTS Claimed one gold, one silver and two bronze medals at 2006 Commonwealth Games...has won a gold and six silver medals from three FINA World Short Course Championships...first Australian under 1:01 for 100m breast...has swum at two FINA World Championships...has won five Australian Short Course titles...holds Australian record for 100m breast long course and short course

IN 2006

Gold medalist 50m and 100m breast as well as 2nd in 200m breast at Telstra Commonwealth Games Trials in Melbourne...won gold as part of 4x100m medley relay, won silver in the 200m breast and won bronze in 50m and 100m breast at 2006 Commonwealth Games in Melbourne...added gold in medley relay and silver in 100 & 200m breast at FINA World Short Course Championships in Shanghai...won 100m & was second in 200m breast at Swim Meet of Champions in Mission Viejo and Santa Clara International

IN 2005

Was a finalist in 50m breast at FINA World Championships in Montreal...won 50m and 100m breast at Telstra Trials in Sydney...broke National record in 50 and 100m breast at Telstra Trials...won breast treble and was second in 100m

IM at Telstra Australian Short Course Championships in Melbourne...was second in 100m breast at Duel in the Pool in Irvine

IN 2004

Won silver medals in 50, 100 and 200m breast and 4x100m medley at FINA World Short Course Championships in Indianapolis...won first ever Australian long course title in 50m breast at Telstra Olympic Team Selection Trials in Sydney...won 100m breast at Telstra Australian Short Course Championships in Brisbane...broke 50 and 100m breast National record at Telstra Australian Short Course Championships

IN 2003

Was tenth in both the 50 and 100m breast at the FINA World Championships in Barcelona...was second in both the 50 and 100m breast at Telstra Australian Championships in Sydney...won first ever National title in the 50m breast at Telstra Australian Short Course Championships in Hobart...missed Duel in the Pool after having his appendix removed...broke 50 and 100m breast National record at FINA World Cup in Melbourne

PREVIOUS YEARS

2002...qualified for first Australian Team after winning silver in 200m breast at Telstra Australian Short Course

Championships in Melbourne...was 17th in 200m breast at FINA World Short Course Championships in Moscow...won gold in 100m and silver in 200m breast at Fisher & Paykel Australian Age Championships in Brisbane...was second in 50m breast as Telstra Australian Championships in Brisbane...2001...was a finalist in breast events at Telstra FINA World Cup in Melbourne and Telstra Australian Short Course Championships in Perth...won gold in 200m and bronze in 100m breast at Tip Top Australian Age Championships in Melbourne...2000...won gold in 100m and silver in 200m breast at Tip Top Australian Age Championships in Perth

AWAY FROM THE POOL

STUDIES/OCCUPATION: Uni student; **ULTIMATE**

RELAXATION: Sitting on the beach, watching the waves roll in

FAVOURITE SPORTING TEAM: Brisbane Broncos in the NRL; **FAMILY MEMBERS:** Mother- Colette; Father- Mark; Brother- Nathan, Sister- Letitia; **BIGGEST INFLUENCE IN**

LIFE: My brother because he taught me so much about swimming and he is such an incredible brother to me; **AGE STARTED SWIMMING AND WHY:** Age 8 because my brother started to swim and I thought it was fun too

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	10 th 50m, 100m breast
	Montreal, Canada	2005	6 th 4x100m medley; 8 th 50m breast; 10 th 100m breast; 13 th 200m breast
Commonwealth Games	Melbourne, Australia	2006	1 st 4x100m medley; 2 nd 200m breast; 3 rd 50m, 100m breast
World Short Course	Moscow, Russia	2002	17 th 200m breast
	Indianapolis, USA	2004	2 nd 50m, 100m, 200m breast, 4x100m medley
	Shanghai, China	2006	1 st 4x100m medley; 2 nd 100m, 200m breast, 4 th 50m breast
Duel in the Pool	Irvine, USA	2005	2 nd 100m breast, 4x100m medley; 4 th 200m breast

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	0.28.02	Australian Record	2005 Aust Champs
100m breaststroke	1.00.64	Australian Record	2005 Aust Champs
200m breaststroke	2.12.24	3rd	2006 Comm. Games

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	27.09	2nd	2004 Aust Champs
100m breaststroke	58.53	= Australian Record	2004 Aust Champs
200m breaststroke	2:07.11	2nd	2004 World Cup, Melbourne
100m IM	54.91	8th	2004 World Cup, Durban

ETHAN ROLFF

NICKNAME: Rolyf
D.O.B: 11/04/1982
AGE: 24
BORN: Port Macquarie, NSW
LIVES: Kingscliff, NSW
HGT: 191cm
WGT: 86kg
CLUB/INSTITUTE: Kingscliff/NSWIS
TRAINS (Pool): Banora Point
COACH: Greg Salter



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Triple Commonwealth Games finalist....finalist at 2004 & 2006 FINA World Short Course Championships....finalist at 2002 Pan Pacs....has won five medals at Australian Championships (long course)....has claimed 10 medals at Australian Short Course Championships....made Australian Team debut aged 20 in 2002

IN 2006

Third in 200m back and fourth in 50m and 100m back at Telstra Commonwealth Games Trials in Melbourne....fifth in 200m back and seventh in 4x100m free at FINA World Short Course Championships in Shanghai....won 100m back and was second in 50 & 200m back at Telstra GP1 in Brisbane....

IN 2005

Finished third in 50 & 200m back and fourth in 100m back at Telstra Trials in Sydney....placed second in 200m back and third in 50 & 100m back at Telstra Australian Short Course Championships in Melbourne....won 200m back at NSW Championships (December)....won back treble at QLD Championships (December)....contested three back finals at Telstra FINA World Cup in Sydney

IN 2004

Was seventh in 200m & tenth in 100m back at FINA World Short Course Championships in Indianapolis....was fourth in 50 & 100m back at Telstra Olympic Team Selection Trials in Sydney....was second in 100 & 200m back at Telstra Australian Short Course Championships in Brisbane....finished fourth in 50 & 200m back at Telstra FINA World Cup in Melbourne

IN 2003

Won silver in 50m and was fourth in 100m back at the Telstra Australian Championships in Sydney....added silver in 200 & bronze in 50m back at Telstra Australian Short Course Championships in Hobart....finished third in 50m back at Telstra FINA World Cup in Melbourne

PREVIOUS YEARS

2002....was fifth in 200m, sixth in 100m and seventh in 50m back on Australian Team debut at Manchester Commonwealth Games....finished seventh in a 100m back at the Pan Pacs in Yokohama....won silver in 50m back at Telstra Australian Championships in Brisbane....added silver in 200m back and bronze in 50 & 100m back

at Telstra Australian Short Course Championships in Melbourne....2001....was a finalist in 50 & 200m back at Telstra Australian Championships in Hobart....2000....contested Telstra Olympic Selection Trials....swam in three back finals at Telstra Australian Short Course Championships in Melbourne....won bronze in 200m back at Tip Top Australian Age Championships in Perth

AWAY FROM THE POOL

STUDIES/OCCUPATION: Bachelor of Criminology (Criminal Justice) at Griffith University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I played Rugby League and Soccer, and now I play Touch Football and I surf **ULTIMATE RELAXATION:** Reading a good book then sleeping; **FAVOURITE SPORTING TEAM:** Manly Sea Eagles in the NRL

FAMILY MEMBERS: Mother- Alexis, Father- Rick, Brothers Reagan and Courtney; **BIGGEST**

INFLUENCE IN LIFE: My family because they are supportive, encouraging and proud; **AGE STARTED SWIMMING AND WHY:** Age 10 because I loved racing

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Manchester, England	2002	5 th 200m back; 6 th 100m back; 7 th 50m back
World Short Course	Indianapolis, USA	2004	7 th 200m back; 10 th 100m back
	Shanghai, China	2006	5 th 200m back; 7 th 4x100m free
Pan Pacific Champs	Yokohama, Japan	2002	7 th 100m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	26.00	6 th	2006 Aust. Champs
100m backstroke	55.51	5 th	2005 NSW Champs
200m backstroke	2:01.00	10 th	2005 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	24.55	4 th	2005 Aust. Champs
100m backstroke	52.57	4 th	2005 Aust. Champs
200m backstroke	1:52.83	2 nd	2005 Aust. Champs
100m freestyle	49:44		2005 Aust. Champs

CAMERON SMITH

NICKNAME: Cam/Cammo/Smithy
D.O.B: 17/06/1986
AGE: 20
BORN: Toowoomba, QLD
LIVES: Redcliffe, QLD
HGT: 177cm
WGT: 68kg
CLUB/INSTITUTE: Redcliffe Leagues
TRAINS (Pool): Redcliffe City HPC
COACH: Ken Wood



Individual Australian Long Course Titles: - 1 800m Freestyle (06)

CAREER HIGHLIGHTS

IN 2006

Won gold in the 800m free and bronze in the 1500m free at Telstra Commonwealth Games Trials in Melbourne....added gold in the 1500m free at Telstra GP1

IN 2005

Won bronze in 400m, 1500m free at Telstra Australian Short Course Championships in Melbourne....claimed gold in 400m and silver in

1500m free at FINA World Cup in Daejon....added gold in 400 and 1500m free at QLD State Championships....picked up bronze 400m and 1500m free at Fisher & Paykel Australian Age Championships in Brisbane

IN 2004

Finished fifth in 800m free at Telstra Olympic Team Selection Trials in Sydney....won bronze in 800m and was fourth in 1500m free at Telstra Australian Short Course Championships in Brisbane

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Played Soccer, cricket and athletics;

ULTIMATE RELAXATION: Listening to music, sleeping, movies;

FAVOURITE SPORTING TEAM: Brisbane Broncos; **FAVOURITE FOOD:** Baskin Robins Ice Cream – World Class Chocolate;

FAMILY MEMBERS: Mum - Donna, Dad - Bruce, Older Brother – Lachlan, Younger Sister – Heidi;

BIGGEST INFLUENCE IN LIFE: Parents; **AGE**

STARTED SWIMMING: Learn to swim as a youngster, Squads at age 11

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1.51.65		2006 Aust. Champs
400m freestyle	3.53.21		2006 Qld Championships
800m freestyle	8:03.94		2006 Aust. Champs
1500m freestyle	15.27.37		2006 Qld Championships

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3.46.25		2005 Aust. Champs
800m freestyle	7.58.97		2005 Aust. Champs
1500m freestyle	15.05.30		2006 World Cup, Daejon

HAYDEN STOECKEL

NICKNAME: Stoeckie
D.O.B: 10/08/1984
AGE: 22
BORN: Renmark S.A.
LIVES: Kingscliff, NSW
HGT: 197cm
WGT: 95kg
CLUB/INSTITUTE: Kingscliff/NSWIS
TRAINS (Pool): Kingscliff
COACH: Greg Salter



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won silver in 200m back at 2006 Telstra Commonwealth Games Trials....claimed silver in 50m back at Chinese Nationals in 2004

IN 2006

Won silver in 200m back, was sixth in 100m back and seventh in 50m back at Telstra Commonwealth Games Trials in Melbourne

IN 2005

Was sixth in 50m & 100m back and eighth in 200m back at Telstra Trials in Sydney....placed sixth in 200m back, seventh in 50m back and eighth in 100m back at

Telstra Australian Short Course Championships in Melbourne

IN 2004

Claimed silver in 50m back at Chinese Nationals in Tong Shan....was sixth in 50m back and eighth in 100 & 200m back at Telstra Olympic Team Selection Trials in Sydney....placed fourth in 200m back and fifth in 50m back at Telstra Australian Short Course Championships in Brisbane

IN 2003

Sixth in 50m back Telstra Australian Championships in Sydney

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND

SPORTS YOU PLAY NOW:

Football – Aussie Rules; **ULTIMATE RELAXATION:** Watching movies; **FAVOURITE SPORTING TEAM:** Sydney Swans; **FAVOURITE FOOD:** Farmers Union Iced Coffee; **PETS:** Blue Heeler 'Morris'; **FAMILY MEMBERS:** Dad – Chris, Mum – Carolyn, Sister – Lindsey; **BIGGEST INFLUENCE IN LIFE:** Mum – 'Cazza'; **AGE STARTED SWIMMING:** 10yrs

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	26.32		2006 Aust. Champs
100m backstroke	56.04		2006 Aust. Champs
200m backstroke	2:01.14		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	25.13		2004 Aust. Champs
100m backstroke	53.14	7th	2004 Aust. Champs
200m backstroke	1:56.02	10th	2004 Aust. Champs

EAMON SULLIVAN

NICKNAME: Sullo and Mad Dog
D.O.B: 30/08/1985
AGE: 20
BORN: Australia
LIVES: Subiaco, WA
HGT: 189cm
WGT: 82kg
CLUB/INSTITUTE: West Coast/WAIS
TRAINS (Pool): Challenge Stadium
COACH: Grant Stoelwinder



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Relay gold and silver medallist 2006 Commonwealth Games....Olympic relay finalist in Athens in 2004....won gold as a heat swimmer in 4x100m medley at 2006 FINA World Short Course Championships....won first National Open title 2005 Telstra Australian Short Course Championships....won a relay bronze medal at 2003 Australian Youth Olympic Festival....has won three gold and three silver at Australian Age Championships....represented Australia in 2002 Trans Tasman Series

IN 2006

Second in 50m free, third in 100m frees and finished seventh in 50m fly at Telstra Commonwealth Games Trials in Melbourne....won gold in 4x100m medley and silver in 4x100m free and was fifth in 50 & 100m free Commonwealth Games in Melbourne....won gold as a heat swimmer in 4x100m medley and was seventh in 4x100m free at FINA World Short Course Championships in Shanghai....won 100m free twice (Barcelona & Monaco) and another silver and two bronze in Mare Nostrum series....won gold in 100m free and silver in 50m free at Swim Meet of

Champions in Mission Viejo....added gold in 50m free and silver in 100m free at Santa Clara International....won 50 & 100m free at Telstra GP2 in Brisbane

IN 2005

Finished third in 100m & fourth in 50m free and eighth in 50m fly at Telstra Trials in Sydney....claimed first ever National Open title when equal first in the 100m free at Telstra Australian Short Course Championships in Melbourne....also finished third in 50m free at Telstra Australian Short Course Championships

IN 2004

Was sixth in 4x100m free on senior Australian Team debut at Athens Olympics....claimed fourth in 100 & eighth in 50m free at Telstra Olympic Team Selection Trials in Sydney....won gold in 100 & silver in 50m free at Fisher & Paykel Australian Championships in Perth....was fourth in 100m free at Telstra Australian Short Course Championships in Brisbane

IN 2003

Claimed gold in the 100 and silver in the 50m free at Fisher & Paykel Australian Championships in Brisbane....won bronze in 4x100m free, was fourth in 50m and twelfth in 100m free at Australian Youth Olympic Festival in Sydney

PREVIOUS YEARS

2002....won gold in 50m free and a silver in 100m free at Australian Age Championships in Sydney....represented Australia in Trans Tasman Series

AWAY FROM THE POOL

STUDIES/OCCUPATION: Swimmer; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I played hockey; **ULTIMATE RELAXATION:** Sleep; **FAVOURITE SPORTING TEAM:** West Coast Eagles in the AFL; **PETS:** Dog- 'Heidi'; **FAMILY MEMBERS:** Mum - Pam, Dad - John, older sister Pia; **BIGGEST INFLUENCE IN LIFE:** My dad because he is the hardest working person I know; **AGE STARTED SWIMMING AND WHY:** Age 12 to help with my asthma

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	6 th 4x100m free
Commonwealth Games	Melbourne, Australia	2006	1 st 4x100m medley; 2 nd 4x100m free; 5 th 50m, 100m free
World Short Course	Shanghai, China	2006	1 st 4x100m medley (heat swim); 7 th 4x100m free; 15 th 100m free; 25 th 50m free
Australian Youth Olympic Festival	Sydney, Australia	2003	3 rd 4x100m free; 4 th 50m free; 12 th 100m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.33	3 rd	2006 Aust Champs
100m freestyle	49.30	5 th	2006 Grand Prix 2
50m butterfly	24.35		2006 WA Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.09	9 th	2005 Aust Champs
100m freestyle	47.91	5 th	2005 Aust Champs
50m butterfly	24.17		2005 WA Champs

MATT WELSH

NICKNAME: Welsh
D.O.B: 18/11/1976
AGE: 29
BORN: Melbourne, VIC
LIVES: Melbourne, VIC
HGT: 189cm
WGT: 83Kg
CLUB/INSTITUTE: Melbourne Vicentre/VIS
TRAINS (Pool): MSAC
COACH: Ian Pope



Individual Australian Long Course Titles: 21

8 – 50m backstroke (97, 99, 00, 02, 03, 04, 05, 06); 8 - 100m backstroke (97, 00, 01, 02, 03, 04, 05, 06); 5 – 200m backstroke (00, 01, 03, 04, 05)

CAREER HIGHLIGHTS Australia's most prolific backstroker...Triple Olympic medallist...won two silver and a bronze at 2000 Olympics...is a dual Olympian...has won 4 gold, 3 silver and a bronze at four FINA World Championships...has won World titles in both fly and back...has won 7 gold, 5 silver and 2 bronze at four FINA World Short Course Championships...has won 4 Commonwealth Games gold medals...is a former world record holder in fly (long course) and back (short course)...has won 21 long course titles and a record 24 Australian Short Course titles

IN 2006 Won gold in 4x100m medley relay and silver in 50m fly and 100m back, as well as a finalist in 50m back at Commonwealth Games in Melbourne...claimed gold in 50 & 100m back, as well as 2nd in 50m fly at Telstra Commonwealth Games Trials in Melbourne...picked up gold in 50 & 100m back, 50m fly, 4x100m medley and bronze in 200m back at FINA World Short Course Championships in Shanghai

IN 2005 Broke Commonwealth record on the way to winning the silver medal in the 50m back at FINA World Championships in Montreal...won all three back events at Telstra Trials in Sydney...won all three back events and 50m fly at the Telstra Australian Short Course

Championships in Melbourne to give him a record 24 National Short Course titles

IN 2004 Finished fifth in the 100m back at Athens Olympics... won all three back events at Telstra Olympic Team Selection Trials in Sydney...broke Commonwealth 100m back record leading off a medley relay time trial at Telstra Olympic Team Selection Trials...won silver medals in the 50, 100 & 200m back and 4x100m medley at the FINA World Short Course Championships in Indianapolis... won all three back events at Telstra Australian Short Course Championships in Brisbane

IN 2003 Claimed gold in the 50m fly and silver in the 50 and 100m (tied second) back at the FINA World Championships in Barcelona...broke world record in 50m fly at the FINA World Championships... broke the Commonwealth 100m back record at the Duel in the Pool in Indianapolis...won all three back events at the Telstra Australian Championships in Sydney... won all three back events plus the 50m fly and 100m IM at Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002...won three gold at Manchester Commonwealth Games...added two silver at the Pan Pacs in Yokohama...won two gold at FINA World Short Course

Championships in Moscow...**2001**...won 100m back and 4x100m medley and was third in 50m back at FINA World Championships in Fukuoka...**2000**...took home silver in 100m back and 4x100m medley and bronze in 200m back from the Sydney Olympics...**1999**...won a silver at Pan Pacs in Sydney...snared a gold, a silver and a bronze at FINA World Short Course Championships in Hong Kong...**1998**...won first ever world title in medley relay at FINA World Championships in Perth...**1997**...made Australian team debut at Pan Pacs in Fukuoka

AWAY FROM THE POOL

STUDIES/OCCUPATION: Full time professional athlete;
SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW: Soccer, Athletics, Taekwondo, Tennis, Volleyball, Rowing and Water Polo; **ULTIMATE RELAXATION:**

Sleeping on the beach on a sunny day; **FAVOURITE SPORTING TEAM:** Essendon in the AFL; **PETS:** Dog- 'Louis'; **FAMILY MEMBERS:** Mother- Tricia, Father- David, Brother- Cameron 35, Sister- Caroline 37; **BIGGEST INFLUENCE IN LIFE:** My father; **AGE STARTED SWIMMING AND WHY:** 18 after a successful school competition, although in water all my life (within reason)

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	2 nd 100m back, 4x100 medley; 3 rd 200m back
	Athens, Greece	2004	5 th 100m back; 9 th 4x100m medley; 19 th 200m back
World Champs	Perth, Australia	1998	1 st 4x100 medley; 6 th 100m back
	Fukuoka, Japan	2001	1 st 100m back, 4x100 medley; 3 rd 50m back; 4 th 200m back
	Barcelona, Spain	2003	1 st 50m fly; 2 nd 50m back, =2 nd 100m back; 5 th 200m back
	Montreal, Canada	2005	2 nd 50m back; 9 th 100m back; 18 th 200m back
Commonwealth Games	Manchester, England	2002	1 st 50m, 100m back, 4x100m medley
	Melbourne, Australia	2006	1 st 4x100m medley; 2 nd 100m back, 50m fly; 4 th 50m back
World Short Course	Hong Kong, China	1999	1 st 4x100 medley; 2 nd 100m back; 3 rd 50m back
	Moscow, Russia	2002	1 st 50m, 100m back
	Indianapolis, USA	2004	2 nd 50m, 100m, 200m back, 4x100m medley
	Shanghai, China	2006	1 st 50m, 100m back, 50m fly, 4x100m medley; 3 rd 200m back
Pan Pacific Champs	Fukuoka, Japan	1997	
	Sydney, Australia	1999	2 nd 100m back
	Yokohama, Japan	2002	2 nd 200m back, 4x100 medley
Goodwill Games	Brisbane, Australia	2001	1 st 100m back, overall team; 2 nd 50m, 200m back
Duel in the Pool	Indianapolis, USA	2003	1 st 100m back; 2 nd 200m back
	Irvine, USA	2005	2 nd 4x100m medley; 3 rd 200m back; 4 th 100m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	AUST. RANKING	MEET
50m butterfly	23.43	Australian Record	2003 World Champs
50m backstroke	24.99	Commonwealth Record	2005 World Champs
100m backstroke	53.78	Commonwealth Record	2004 Aust Champs
200m backstroke	1:57.59	Australian Record	2000 Olympic Games

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	22.82	2 nd	2003 Aust Champs
50m backstroke	23.31	Commonwealth Record	2002 Aust Champs
100m backstroke	50.95	Commonwealth Record	2002 Aust Champs
200m backstroke	1:51.62	Commonwealth Record	2000 Aust Champs

FRAN ADCOCK

NICKNAME: Franni
D.O.B: 09/08/1984
AGE: 22
BORN: England, UK
LIVES: Canberra, ACT
HGT: 178cm
WGT: 65kg
CLUB/INSTITUTE: Norwood/AIS
TRAINS (Pool): AIS
COACH: Shannon Rollason



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Semi finalist at 2004 Olympic Games....semi finalist at 2003 FINA World Championships....finalist at 2002 FINA World Short Course Championships....has won two silver and one bronze at Australian Championships (long course)

IN 2006

Third 200m back and sixth 100m back at Telstra Commonwealth Games Trials in Melbourne....finished second in 200m back at Monaco & Barcelona legs of Mare Nostrum series

IN 2005

at the Telstra Trials in Sydney....was second in the 100m & 200m back and third in the 50m free and

back at the 2005 Telstra Australian Short Course Championships in Melbourne

IN 2004

Finished 16th in 200m back at Athens Olympics....was second in 200m back and eighth in 100m back at the Telstra Olympic Team Selection Trials in Sydney

IN 2003

Finished 2nd in the 200m back and 4th in the 100m back at the Telstra Australian Championships in Sydney....was 16th in the 200m back at the FINA World Championships in Barcelona....fourth in 200m back at FINA World Cup in Melbourne....was fifth in

200m and sixth in 100m back at Duel in the Pool in Indianapolis

PREVIOUS YEARS

2002....was third in 100m back at the Telstra Australian Championships in Brisbane....placed fourth in the medley relay (heat swim) and seventh in the 100m back at the FINA World Short Course Championships in Moscow.... 2001....sixth in the 100m back at East Asian Games in Osaka, Japan

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Dancing, Basketball and Triathlon;

FAVOURITE SPORTING TEAM: Leeds United (Soccer), Telstra Dolphins

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	16 th 200m back
World Champs	Barcelona, Spain	2003	16 th 200m back
World Short Course	Moscow, Russia	2002	4 th 4x100m medley (heat swim); 7 th 100m back
Pan Pacific Champs	Yokohama, Japan	2002	22 nd 100m back
East Asian Games	Osaka, Japan	2001	6 th 100m back
Duel in the Pool	Indianapolis, USA	2003	5 th 200m back; 6 th 100m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT ENT	PERSONAL BEST ST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	1:02.40		2006 LC Champs
200m backstroke	2:12.78		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	1:00.42		
100m backstroke	2:09.80		

LAUREN ARNDT

NICKNAME: Lozza
D.O.B: 31/01/1985
AGE: 21
BORN: Brisbane, QLD
LIVES: Gold Coast, QLD
HGT: 175cm
WGT: 64kg
CLUB/INSTITU Miami Swimming
TE: Club
TRAINS (Pool): Pizzey Park
COACH: Denis Cotterell



Individual Australian Open Water Titles: 1

1 – 25km (05)

CAREER HIGHLIGHTS: Won bronze in the 10km at the 2004 FINA World Open Water Championships....claimed bronze in the 10km at the 2002 Oceania Championships....won the Australian 25km title in 2005

IN 2006

Won bronze in the 5km and was 4th in the 10km at the Swimming Australia Open Water Championships in Sydney

IN 2005

Won first ever national title with gold in the 25km at the Australian Open Water

Championships on the Gold Coast....was also 4th in the 5km at the Australian Open Water Championships....did not finish the 25km at the FINA World Championships in Montreal

IN 2004

Won silver in the 5km and was fourth in the 10km at the Australian Open Water Championships in Perth.... won bronze over 10km and was eighth in the 5km at the FINA World Open Water Championships in Dubai

IN 2003 Finished fourth in the 10km and 25km events at the Australian Open Water Championships on the Gold Coast

PREVIOUS YEARS

2002 Won bronze in the 10km at the Australian Open Water Championships on the Gold Coast....placed fourth in the 5km at the Australian Age Open Water Championships in Sydney....won bronze in the 10km at the Oceania Championships in Noumea

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	DNF
World Open Water	Dubai, UAE	2004	3 rd 10km; 8 th 5 km
Oceania Champs	Noumea, New Caledonia	2002	3 rd 10km

STUDIES/OCCUPATION: Receptionist / Swim teacher at Jan's Story Time Learn to Swim;

SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW: Netball, surf life saving (nippers);

DO YOU HAVE ANY SUPERSTITIONS? I lift my feet up over train tracks and never walk under ladders because of bad luck;

ULTIMATE RELAXATION: Walking along the beach and sunbaking;

SPECIALTY IN THE KITCHEN: Soy chicken and salad (quick and easy);

ONE THING YOU CAN'T LIVE WITHOUT: My hair straightener;

FAVOURITE SPORTING TEAM: Wallabies, Brisbane Lions; **MOVIES:** Old School – funny movie;

TV SHOW: The O.C;

BANDS/MUSIC: Jack Johnson / The Killers; **CD'S:** On and On by Jack and In Between Dreams by Jack;

DRINK: Traditional Schweppes Lemon, Lime and Bitters;

SWIM MEET: World Champs 2004; **HOBBIES:** Reading, Shopping, surf life saving;

PETS: Dog named Tootsie; **BEST MATES:** Melissa Kenna, Natalie Bernard; **LAST BOOK READ:** Jemima; **WHAT'S YOUR GREATEST ASSET?**

My Family – I couldn't live without them;

FAMILY MEMBERS: Mum - Janice, Dad - Tony, Sisters – Cassie, Melanie, Brother – Michael;

HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT NATIONAL LEVEL?

My uncle is Steven Holland. He swam the 1500m freestyle for Australia;

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?

Probably my Uncle Steven cause he has been through it all and knows what it feels like. Also my pop because he is a wise man with lots of little secrets;

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS? Easy going, quiet, enjoys life;

HOW WOULD YOU LIKE TO BE REMEMBERED? Someone who was caring, laid back, easy going and good to have a laugh with;

SWIMMING CAREER ULTIMATE GOAL: Win a world championship gold medal.

Also to swim for Australia at the Olympics;

PERSONAL AMBITIONS: To enjoy the ride; not to get caught up in all the silly stuff; just to do the best I can and push myself to the limit;

HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOURSWIMMING CAREER? Shoulder problems;

WHAT AGE DID YOU START SWIMMING AND WHY? Age two because my family is a swimming family;

FAVOURITE SWIMMER AND WHY?

Petria Thomas – she was amazing going through what she went though with all her injuries. Also she did it all without very much support from sponsors. She just loved the sport cause she loved it not for what you can get out of it material wise;

NOTABLE QUOTE: "Pain Lasts a Moment but Glory Lasts Forever"

BRONTE BARRATT

NICKNAME: B, Bront, Baz.
D.O.B: 8/2/1989
AGE: 17
BORN: Brisbane, QLD
LIVES: Brisbane, QLD
HGT: 171 cm
WGT: 56kg
CLUB/INSTITUTE: Albany Creek/QAS
TRAINS (Pool): Albany Creek
COACH: John Rodgers



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won gold and bronze at 2006 Commonwealth Games....silver medallist in 4x200m free at 2005 FINA World Championship on her maiden Australian team....winner of five gold medals at the Junior Pan Pacific Championships in Maui....won gold and silver at 2006 FINA World Short Course Championships....has won two Australian Short Course titles....has won 18 individual Australian Age titles

IN 2006

Second in the 400m free, third in the 200m free at Telstra Commonwealth Games Trials in Melbourne....won gold in 4x200m, claimed bronze in 400m free and was fourth in 200m free at Commonwealth Games in Melbourne....won gold in 4x200m, silver in 400m free and was tenth in 200m free at FINA World Short Course Championships in Shanghai....added four gold and a silver at Fisher & Paykel Australian Age Championships in Sydney

IN 2005

Won silver in 4x200m free on senior Australian team debut at FINA World Championships in Montreal....finished fifth in 200m free at Telstra Trials in Sydney....won five gold medals at the Junior Pan Pacs in Maui.... swam five personal bests to win five gold medals at the Fisher & Paykel Australian Age Championships in Brisbane....claimed gold in both the 200 and 400m free at the Telstra Australian Short Course Championships in Melbourne....won 400m free at FINA World Cup in Sydney

IN 2004

A semi finalist in both the 100 and 200m free at the Telstra Olympic Team Selection Trials in Sydney....was a member of the Trans Tasman series against New Zealand....won five gold medals at the Fisher & Paykel Australian Age Championships in Perth

IN 2003

A member of the Australian Age and Trans Tasman team....won the 50, 100m free and 200m IM at the

Fisher & Paykel Australian Age Championships in Brisbane

PREVIOUS YEARS

2002....won her first ever individual gold medal at an Australian Age Championships, claiming the 50m free in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Year 12 St Margaret's Anglican Girls School QLD;

SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:

Before: Netball and Hockey Now: School representative in cross country and athletics;

ULTIMATE RELAXATION: Sleeping;

FAVOURITE SPORTING TEAM: Brisbane Lions/Broncos;

PETS: 'Buddy' the dog;

FAMILY MEMBERS: Brothers – Ashley 21 and Cameron 19;

BIGGEST INFLUENCE IN LIFE: Family and friends because they have given me so much support;

AGE STARTED SWIMMING: 3 years old. My brothers swam and I went to club nights and joined in

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	2 nd 4x200m
Commonwealth Games	Melbourne, Australia	2006	1 st 4x200m; 3 rd 400m free; 4 th 200m free
World Short Course	Shanghai, China	2006	1 st 4x200m; 2 nd 400m free; 10 th 200m free
Junior Pan Pac Champs	Maui, USA	2005	1 st 50m,100m,200m, 4x100m, 4x200m free; 2 nd 400 free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:59.33	9th	2006 Comm. Games
400m freestyle	4:08.65	4th	2006 Comm. Games
200m individual medley	2:15.72	9th	2005 Aust Age Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:56.87	7th	2005 Aust. Champs
400m freestyle	4:03.29	2 nd	2006 World Champs

MELISSA BENSON

NICKNAME: Mel
D.O.B: 26/05/1983
AGE: 23
BORN: Perth, WA
LIVES: Perth
HGT: 166cm
WGT: 60kg
CLUB/INSTITUTE: City of Perth
TRAINS (Pool): Beatty Park
COACH: Matt Magee



Individual Australian Open Water Titles: 1
 1 – 25km (04)

CAREER HIGHLIGHTS: Represented Australia at FINA World Championships and FINA World Open Water Championships....finished sixth in the 5km at the 2000 Oceania Championships.... won the Australian 25km title in 2004

IN 2006

Finished fifth in the 10km at the Swimming Australia Open Water Championships in Sydney

IN 2005

Won bronze in the 25km at the Australian Open Water Championships on the Gold Coast

IN 2004

Won first ever national title with gold in the 25km at the Australian Open Water Championships in Perth....finished 15th in 25km at the FINA World Open Water Championships in Dubai

IN 2003

Claimed silver in the 25km at the Australian Open Water Championships on the Gold Coast....placed 20th in the 25km at the FINA World Championships in Barcelona

PREVIOUS YEARS

2000....Was sixth in the 5km at the Oceania Championships in Christchurch

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW: Surf life saving; **ULTIMATE RELAXATION:** Listening to music; **FAVOURITE SPORTING TEAM:** Australian Cricket Team; **FAVOURITE FOOD:** Pasta; **PETS:** Dog and cat; **FAMILY MEMBERS:** Mum, Dad, Sister; **BIGGEST INFLUENCE IN LIFE:** Sister; **AGE STARTED SWIMMING:** 5

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	20 th 25km
World Open Water	Dubai, UAE	2004	15 th 25km
Oceania	Christchurch, NZ	2000	6 th 5km

MICHELLE ENGELSMAN

NICKNAME: Chelle
D.O.B: 9/12/1979
AGE: 26
BORN: Rio de Janeiro, Brazil
LIVES: Sydney, NSW
HGT: 177kg
WGT: 69kg
CLUB/INSTITUTE: Manly Jetz
TRAINS (Pool): Sydney University
COACH: Andy Derchert



Individual Australian Long Course Titles: 1 50m freestyle (01)

CAREER HIGHLIGHTS

Finished sixth in 50m free at 2004 Olympic Games....2001 FINA World Championship semi finalist in the 50m free....won silver as a heat swimmer in 4x100m free and was tenth in 50m free at 2006 FINA World Short Course Championships....former Australian champion in the 50m free at both long and short course....former Australian long course 50m free record holder

IN 2006

Finished fourth in 50m free at Telstra Commonwealth Games Trials in Melbourne....won silver as a heat swimmer in 4x100m free and was tenth in 50m free at FINA World Short Course Championships in Shanghai

IN 2005

Placed fourth in the 50m free at Telstra Trials in Sydney....silver medallist in the 50m free and also finished seventh in the 100m event at Telstra Australian Short Course Championships in Melbourne....finalist in the 50m free at the FINA World Cup in Sydney

IN 2004

Finished second in 50m free at Telstra Olympic Team Selection Trials in Sydney....set Australian record of 24.83 in heats at Olympic Trials....finished sixth in 50m free at Olympic Games in Athens....claimed silver in the 50m free at the Telstra Australian Short Course Championships in Brisbane....finished 3rd in the 50m free at the FINA World Cup in Melbourne

IN 2003

A finalist in the 50m free at the Telstra Australian Championships in Sydney....bronze medallist in the 50m freestyle at the Telstra Australian Short Course Championships in Hobart....third placegetter in the 50m free at the FINA World Cup in Melbourne

PREVIOUS YEARS

2002....finalist in the 50m free at the Telstra Australian Championships in Brisbane....gold medallist in the 50m free at the Telstra Australian Short Course Championships in Melbourne....tenth in the 50m free at the FINA World Short Course

Championships in Moscow.... second in the 50m free at the FINA World Cup in Melbourne....2001....claimed her first Australian long course championship in the 50m free at the Telstra Australian Swimming Championships in Hobart....finished 13th in the 50m free on her international debut at FINA World Championships in Fukuoka....finished second in the 50m free at the Telstra Australian Short Course Championships in Perth....2000....finished fifth in the 50m free at the Telstra Olympic Selection Trials in Sydney....claimed her maiden Australian title in the 50m free at the Telstra Australian Short Course Championships in Melbourne

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Soccer, track & field, tennis;

ULTIMATE RELAXATION: Reading, Watching

movies; **FAMILY MEMBERS:** Mother – Virginia,

Father – Tom, Sister – Stephanie; **BIGGEST**

INFLUENCE IN LIFE: My mother

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	6 th 50m freestyle
World Champs	Fukuoka, Japan	2001	13 th 50m freestyle
World Short Course	Moscow, Russia	2002	10 th 50m freestyle
	Shanghai, China	2006	2 nd 4x100m free (heat swim); 10 th 50m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m free	24.80	4th	2004 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m free	24.59	2nd	2005 Aust. Champs

JOANNA FARGUS

NICKNAME: Jo
 D.O.B: 01/03/1982
 AGE: 24
 BORN: Hong Kong
 LIVES: Gold Coast, QLD
 HGT: 176.5cm
 WGT:
 CLUB/INSTITUTE: Miami, QLD
 TRAINS (Pool): Miami/USC
 COACH: Denis Cotterell/Dave Salo



Individual Australian Long Course Titles: 1
 1 - 200m backstroke (06)

CAREER HIGHLIGHTS

2001 FINA World Championship bronze medallist in the 200m back...has switched her international representation from Britain to Australia... finished ninth in the 200m back at the 2000 Sydney Olympic Games...won gold medal in 200m back at 2006 Commonwealth Games...in 2002 won Commonwealth silver in the 200m back and was a

member of the victorious English 4x200m free relay squad in Manchester....had a highly successful NCAA career with the University of Southern California (USC) Trojans before a fall led to a broken ankle in 2002

IN 2006:

Won gold in 200m back at Commonwealth Games in Melbourne....at her Australian Championship debut

won her maiden national title in the 200m back at Telstra Commonwealth Games Trials in Melbourne to qualify for her second consecutive Commonwealth Games appearance...was third in 200m back at Swim Meet of Champions in Mission Viejo...won 200m back and was second in 100m back at Janet Evans Invitational

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 st 200m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m backstroke	2:10.36	2nd	2006 Comm. Games

MELISSA GORMAN

NICKNAME: Mel
D.O.B: 11/12/1985
AGE: 20
BORN: Sydney, NSW
LIVES: Brisbane, QLD
HGT: 180cm
WGT: 67kg
CLUB/INSTITUTE: Redcliffe leagues Lawnton / QAS
TRAINS (Pool): Redcliffe City HPC
COACH: Ken Wood



Individual Australian Long Course Titles: 2
 1 – 800m freestyle (06); 1 – 1500m freestyle (06)

CAREER HIGHLIGHTS

Silver medallist 2006 Commonwealth Games....2004 FINA World Short Course Championships bronze medallist in the 800m free....a finalist at the Australian Championships since 2002....member of the 2003 Australian Youth Olympic Festival....2005 Australian Championship bronze medallist in the 400m and 1500m freestyle

IN 2006

Won gold medals in 800m and 1500m free at Telstra Commonwealth Games Trials in

Melbourne....claimed a silver medal in the 800m free at the 2006 Commonwealth Games....ninth 800m & 11th 400m free at FINA World Short Course Championships in Shanghai

IN 2005

Finished third in the 400m and 1500m free and fourth in the 800m event at Telstra Trials in Sydney....gold medallist in the 800m free and silver medallist in the 1500m free at the Telstra Australian Short Course Championships in Melbourne....bronze medallist in the 800m free at the FINA World Cup in Sydney

IN 2004

Finished fourth in the 400m and seventh in the 800m free at the Telstra Olympic Team Selection Trials in Sydney....silver medallist in the 400m free at the Fisher and Paykel Australian Age Championships in Perth....was second in the 400m and 800m free at the Telstra Australian Short Course Championships in Brisbane....claimed bronze in the 800m free & was ninth in 400m free in her senior international debut at FINA World Short Course Championships in Indianapolis

IN 2003

Dual finalist at the Australian Youth Olympic Festival in Sydney....finalist in the 800 and 1500m free at the Telstra Australian Championships in Sydney....400 and 800m free gold medallist at the Fisher and Paykel Australian Age Championships in Brisbane....silver medallist in the 800 and 1500m free and bronze medallist in the 400m free at the Telstra Australian Short Course Championships in Hobart....bronze medallist in the 800m free at the FINA World Cup in Melbourne

PREVIOUS YEARS

2002....finalist in the 1500m free at the Telstra Australian Championships in Brisbane....won bronze

in 400m free at Australian Age Championships in Sydney....won gold in 5km at Australian Age Open Water Championships in Sydney....finished fifth in 800m free at both Telstra Australian Short Course Championships and Telstra FINA World Cup in Melbourne

AWAY FROM THE POOL

STUDIES/OCCUPATION: Bachelor of Behavioural Science at QUT; **SPORTS BEFORE SWIMMING**

AND SPORTS YOU PLAY NOW: Surf Life Saving and Cross Country **ULTIMATE RELAXATION:**

Shopping, Sleeping and going to the beach (Caloundra) **FAVOURITE SPORTING TEAM:**

Brisbane Lions and Brisbane Broncos **FAMILY MEMBERS:** Mother – Kerrie, Father – Robert,

Brother – Tim, Foster-brothers – Matt & Josh

BIGGEST INFLUENCE IN LIFE: My Mum because she's always been there to guide me. **AGE**

STARTED SWIMMING: When I was 3 in Boondall because of my asthma.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	2 nd 800m free
World Short Course	Indianapolis, USA	2004	3 rd 800m free; 9 th 400m free
	Shanghai, China	2006	9 th 800m free; 11 th 400m free
Australian Youth Olympic Festival	Sydney, Australia	2003	6 th 1500m free; 8 th 800m free; 9 th 400m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:13.06		2005 Aust. Champs
800m freestyle	8:30.79	8th	2006 Comm. Games
1500m freestyle	16:17.74	9th	2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:07.65		2005 Aust. Champs
800m freestyle	8:23.93	6th	2005 Aust. Champs
1500m freestyle	16:13.83	8th	2005 Aust. Champs

SARAH KATSOULIS

NICKNAME: Kat
D.O.B: 10/5/1984
AGE: 22
BORN: Milton, NSW
LIVES: Melbourne, VIC
HGT: 174cm
WGT: 70kg
CLUB/INSTITUTE: Carey Aquatic / VIS
TRAINS (Pool): Carey Sports Complex
COACH: Rohan Taylor



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

200m breast bronze medallist at 2004 FINA World Short Course Championships....finalist at 2002 Commonwealth Games....five time medallist at Australian Championships....has claimed one Australian Short Course title....nine time medallist at Australian Short Course Championships....nine time medallist at Australian Age Championships....multiple medallist at FINA World Cup

IN 2006

Finalist in 50m, 100m and 200m breast at Telstra Commonwealth Games Trials in Melbourne....withdrew from FINA World Short Course Championships after emergency appendectomy....won 100m and was fifth in 200m breast at Swim meet of Champions in Mission Viejo....was third in 200m & fourth 100m breast at Santa Clara International....won 200m breast at Telstra GP2 in Brisbane

IN 2005

Finished second in 200m, fifth in 50m and 100m breast at Telstra Trials in Sydney....third in 50m and 200m, fourth in 100m breast at Telstra Australian Short Course Championships in Melbourne....won a silver and three bronze at FINA World Cup meets in Durban and Sydney

IN 2004

Won bronze in 200m breast at FINA World Short Course Championships in Indianapolis.... was third in 200m, fourth in 100m and fifth in 50m breast at Telstra Olympic Team Selection Trials in Sydney....added bronze in 50m & 100m breast to first ever National title when victorious in 200m breast at Telstra Australian Short Course Championships in Brisbane....claimed silver in 100 & 200m and bronze in 50m breast at FINA World Cup in Melbourne

IN 2003

17th in 200m breast at the FINA World Championships in Barcelona.... second in 200m & third in 100m breast at the Telstra Australian Championships in Sydney.... third in both 100 & 200m breast at Telstra Australian Short Course Championships in Hobart....won silver and bronze at Fisher & Paykel Australian Age Championships in Brisbane

PREVIOUS YEARS

2002....won silver in 50m breast at Telstra Australian Championships in Brisbane....won a gold and a silver at Australian Age Championships in Sydney....**2001**.... won bronze in 50m & 100m breast at Telstra Australian Short Course Championships in Perth....won a gold, silver and a bronze at Tip Top Australian Age Championships in Melbourne....**2000**...finalist in 50m breast Telstra Olympic Selection Trials....won silver and bronze at Tip Top Australian Age Championships in Perth

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	17 th 200m breast
Commonwealth Games	Manchester, England	2002	7 th 50m breast
World Short Course	Indianapolis, USA	2004	3 rd 200m breast
Duel in the Pool	Indianapolis, USA	2003	4 th 100m, 200m breast

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breast	31.78	= 5th	2004 Aust Champs
100m breast	1:08.22	6th	2004 VIC Champs
200m breast	2:28.21	7th	2004 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breast	30.99	5th	2005 Aust Champs
100m breast	1:05.71	5th	2004 Aust Champs
200m breast	2:22.43	4th	2004 Aust Champs

KARINA LEANE

NICKNAME: Beanie
D.O.B: 01/09/1985
AGE: 20
BORN: Adelaide
LIVES: Melbourne
HGT: 181cm
WGT: 63kg
CLUB/INSTITUTE: Melbourne Vicentre
TRAINS (Pool): Melbourne SAC
COACH: Ian Pope



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Has won five gold and four silver medals at two Oceania Championships...was fourth in 200m back at 2003 Australian Youth Olympic Festival...has won two bronze medals at Australian Championships...has won a bronze and a silver at Australian Short Course Championships

IN 2006

Placed fifth in 200m back and eighth in 100m back at Telstra Commonwealth Games Trials in Melbourne...was third in the 100 and fourth in the 200m back at Swim Meet of Champions in Mission Viejo...finished second in the 200m and third in the 100m back at Santa Clara International

IN 2005

Was a finalist in the 100 and 200m back at the Telstra Australian Short Course Championships in Melbourne

IN 2004

Claimed bronze in 200m back and was sixth in 100m back at Telstra Olympic Team Selection Trials in Sydney...was a finalist in 50, 100 & 200m back at Telstra Australian Short Course Championships in Brisbane...won two gold and two silver at Oceania Championships in Suva

IN 2003

Won bronze in 200m back and was seventh in 100m back at Telstra Australian Championships in Sydney...added silver in 200m back & was sixth in 100m back at Telstra Australian Short Course Championships in Hobart...was fourth in 200m back at Australian Youth Olympic Festival in Sydney

IN 2002

Placed fourth in 200m back and sixth in 100m back at Telstra Australian Championships in Brisbane...won bronze in 200m back and was

fourth in 100m back at Telstra Australian Short Course Championships in Melbourne...won three gold and two silver at Oceania Championships in Noumea

AWAY FROM THE POOL SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:

Used to play soccer & volleyball, now play social netball and soccer;
ULTIMATE RELAXATION: The beach;
FAVOURITE SPORTING TEAM: Socceroos;
FAVOURITE FOOD: Strawberries!; **PETS:** 2 dogs and 1 cat in Adelaide; **FAMILY MEMBERS:** Mum, dad and sisters - Melanie, Vicki & Tammy, brother - Andrew, 2 step brothers - Brad and Aaron;
BIGGEST INFLUENCE IN LIFE: Past experiences and my coaches; **AGE STARTED SWIMMING:** 3 started, started racing at 6

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Oceania Champs	Noumea, New Caledonia	2002	1 st 50m, 100m back, 4x100m medley; 2 nd 200m back, 200m IM
	Suva, Fiji	2004	1 st 100m back, 4x100m medley; 2 nd 50m, 200m back
Australian Youth Olympic Festival	Sydney, Australia	2003	4 th 200m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	29.80		2006 Grand Prix 2
100m backstroke	1.02.93		2006 Victorian Champs
200m backstroke	2.13.43		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS – SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	28.99		2006 Victorian Champs
100m backstroke	1.00.95		2002 Aust. Champs
200m backstroke	2.08.88	9th	2003 Aust. Champs

LINDA MACKENZIE

NICKNAME: Macka
D.O.B: 14/12/1983
AGE: 22
BORN: Mackay, QLD
LIVES: Canberra, ACT
HGT: 161cm
WGT: 53kg
CLUB/INSTITUTE: Mackay/AIS
TRAINS (Pool): AIS
COACH: Vince Raleigh



Individual Australian Long Course Titles: 7 - 200m freestyle (04, 05, 06) 400m freestyle (04, 05, 06) 800m freestyle (04)

CAREER HIGHLIGHTS

Two-time FINA World Championship silver medalist as a member of the 4x200m free relay team in 2005 and 2003....2004 Athens Olympic Games finalist in the 400m freestyle....2005 FINA World Championship finalist in the 200 and 400m free in Montreal....Commonwealth Games relay gold medalist....the first woman since Anna McVann in 1984 to win the 200-400-800 metre freestyle treble at an Australian championship in 2004

IN 2006

Won gold in the 4x200m free, was fourth in the 400m and fifth in 200m free at Commonwealth Games in Melbourne....won the 200 and 400m free to take out her third consecutive national titles in both and qualify for her maiden Commonwealth Games team at the Telstra Commonwealth Games Trials....won gold in 200m and bronze in 400m (Monaco) plus silver in 400m (Barcelona) in Mare Nostrum series

IN 2005

Won the 200/ 400m free double and was second in the 800m free at the Telstra Trials to earn herself a berth on her third consecutive FINA World Championship team....the winner of a silver medal as a member of the 4x200m free relay team, and was also a finalist in the 200 and 400m free in Montreal....bronze medalist in the 400m free at the Telstra FINA World Cup in Sydney

IN 2004

Became the first woman since Anna McVann in 1984 to win the 200-400-800 metre freestyle treble at an Australian championship, and consequently qualifying for her first Olympics at the Telstra Olympic Team Selection Trials in Sydney....was seventh in 400m free, tenth in 800m and 19th in the 200m free as well as swimming the heats of the fourth placegetting 4x200m free team at the Athens Olympics....winner of the 400m free, silver in the 200m and third in the 800m event at the Telstra Australian Short Course Championships in Brisbane....winner of the Qantas Skins middle distance free event in Sydney....bronze medalist in the 800m free at the FINA World Cup in Melbourne

IN 2003

At the Telstra Australian Championships in Sydney, finished second in both the 400 & 800 metre free....won silver in the 4x200m free and was 16th in the 800m and 17th in the 400m free at FINA World Championships in Barcelona....finalist in the 400m free at Australian Short Course Championships in Hobart....silver medalist 800m free at the FINA World Cup in Melbourne

PREVIOUS YEARS

2002...finalist in the 200m fly at the Telstra Australian Championships in Brisbane....gold medalist in the 400m free at the Australian Age Championships in Sydney....finalist in the 200m fly at the FINA World Cup in Melbourne....2001....finished fifth in the final of the 200m

free to qualify for her first Australian team, was also a finalist in the 200m fly and 400m free....was a member of the disqualified 4x200m winning free relay team for the FINA World Championships in Fukuoka....member of the overall women's team victory at the Goodwill Games in Brisbane....finalist in the 200 and 400m free at the Telstra Australian Short Course Championships in Perth....
 2000...winner of gold in both the 200 and 400m free at the Australian Age Championships in Perth....a finalist in the 100m fly at the Telstra Selection Trials....third place getter at the Qantas Skins in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Canberra institute of TAFE-Business Administration; Currently I work at the Australian Sport Commission; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Swimming; **ULTIMATE RELAXATION:** Listening to music, oil burning and watching a funny movie; **FAVOURITE SPORTING TEAM:** Australian Swim Team; Nth QLD Cowboys
PETS: Fish; **FAMILY MEMBERS:** Mother- Judy, Father-Gordon, Brothers- Geoffrey, Michael and Paul; **BIGGEST INFLUENCE IN LIFE:** My family and friends because they are there for me all the time and they help me through life; **AGE STARTED SWIMMING:** I started competing at the age of 6 because my brothers swam at the time- coming from up north my parents wanted us to have pool safety

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	4 th 4x200m free (heat swim); 7 th 400m free; 10 th 800m free; 19 th 200m free
World Champs	Fukuoka, Japan	2001	DQ 4x200m free final
	Barcelona, Spain	2003	2 nd 4x200m free; 16 th 800m free; 17 th 400m free
	Montreal, Canada	2005	2 nd 4x200m free; 6 th 400m free, 8 th 200m free, 11 th 800m free
Commonwealth Games	Melbourne, Australia	2006	1 st 4x200m free; 4 th 400m free; 5 th 200m free
Goodwill Games	Brisbane, Australia	2001	Overall women's team victory
Dual In The Pool	Indianapolis, USA	2003	5 th 800m free; 6 th 200m free
	Irvine, USA	2005	3 rd 400m free; 6 th 200m free

PERSONAL BEST TIMES AND RANKINGS – SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	56.13		2005 Grand Prix, Canberra
200m freestyle	1.58.25		2004 Aust. Champs
400m freestyle	4.06.19	9 th	2005 World Cup, Sydney
800m freestyle	8.28.89		2004 World Cup, Melbourne

ASHLEIGH MCCLEERY

NICKNAME: Ash
D.O.B: 27/07/1987
AGE: 19
BORN: Sunshine Coast, NSW
LIVES: Gold Coast, QLD
HGT: 174cm
WGT: 62kg
CLUB/INSTITUTE: Southport Olympic/QAS
TRAINS (Pool): Gold Coast Aquatic Centre
COACH: Glenn Baker



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won bronze in 400m IM at 2006 Telstra Commonwealth Games Trials....claimed a gold and four silver from two legs of the 2005/06 FINA World Cup....won Female High Point Score Champion Trophy at 2006 Santa Clara International

IN 2006

Won bronze in 400m IM, was fourth in 400m free, fifth in 200m IM & sixth 200m free at Telstra Commonwealth Games Trials in Melbourne.... claimed four gold, one silver and three bronze at Swim Meet of Champions in Mission Viejo....added

a gold, three silver, two bronze and Female High Point Score Champion Trophy at Santa Clara International....won 200m IM at Telstra GP2 in Brisbane

IN 2005

Finished seventh in 400m IM at Telstra Trials in Sydney....placed third in 400m IM and fifth in 200m, 400m free & 200m IM at Telstra Australian Short Course Championships in Melbourne....won silver in 400m free at FINA World Cup in Sydney...added gold in 400m free, and silver in 200m free, 200m IM & 400m IM at FINA World Cup in, Daejon

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Surf Life Saving; **ULTIMATE**

RELAXATION: Going to the beach, sleeping;

FAVOURITE SPORTING TEAM: North Queensland Cowboys (NRL); **FAVOURITE FOOD:** Pasta;

FAMILY MEMBERS: Dad - Morris, Mum – Jan, Brother - Matthew, Sisters - Katie & Beth; **BIGGEST**

INFLUENCE IN LIFE: My father Morris & Mr Hugh

Simson (my longtime coach & mentor); **AGE**

STARTED SWIMMING: 9

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	56:89		2006 Aust. Champs
200m freestyle	1:59:80		2006 Aust. Champs
400m freestyle	4:10:81		2006 Aust. Champs
800m freestyle	8:44:19		2006 Aust. Champs
200m IM	2:16:34		2006 Grand Prix 2
400m IM	4:45:95		2006 Santa Clara Int.

KYLIE PALMER

D.O.B: 25/2/1990
AGE: 16
BORN: Brisbane, QLD
LIVES: Brisbane, QLD
HGT: 171cm
WGT: 62kg
CLUB/INSTITUTE: Redcliffe Leagues Lawnton
TRAINS (Pool): Redcliffe Pool
COACH: Ken Wood



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Selected for the 2006 Australian Commonwealth Games Swim Team at age 15...was fifth in 400m free at 2006 Commonwealth Games...was sixth in 800m free at 2006 FINA World Short Course Championships...won a gold, two silver and a bronze at 2005 FINA World Cup...double bronze medallist at Australian Short Course Championships...has won thirteen medals including eight gold at Australian Age Championships...represented Australia at 2005 Australian Youth Olympic Festival...represented Australia at three Trans Tasman Series'

IN 2006

Placed sixth in 800m free, 11th in 200m fly and 16th 400m IM at FINA World Short Course Championships in Shanghai...was fifth in 400m free at Commonwealth Games in Melbourne...finished fourth in 200m fly and won first ever National open long course medal when third in 400m free at Telstra Commonwealth Games Trials in Melbourne...won three gold and two silver at Fisher & Paykel Australian Age Championships in Sydney...was a finalist at Mare Nostrum series...won 200m and was second in 400m free at Telstra GP1 in Brisbane

IN 2005

Won gold in 800m free, silver in 400m free & 200m fly and was fifth in 200m free & 100m fly at FINA World Cup in Daejeon...added bronze in 200m fly at Telstra FINA World Cup in Sydney...won bronze in 200m fly & 400m free at Telstra Australian Short Course Championships in Melbourne...picked up gold in 200, 400m free & 100, 200m fly and silver in 400m IM at Fisher & Paykel Australian Age Championships in Brisbane...contested four finals including winning silver in 400m free at Australian Youth Olympic Festival in Sydney...was fifth in 200m fly at Telstra Trials in Sydney...represented Australian in Trans Tasman Series

IN 2004

Claimed gold in 100 & 200m fly and bronze in 100m free at Fisher & Paykel Australian Age Championships in Perth...finished twelfth in 200m fly at Telstra Australian Short Course Championships in Brisbane...competed in Telstra Olympic Team Selection Trials in Sydney...represented Australian in Trans Tasman Series

IN 2003

Took home gold in 100 & 200m fly and bronze in 100, 200 & 400m free at Fisher & Paykel Australian Age Championships in Brisbane... represented Australian in Trans Tasman Series

PREVIOUS YEARS

2002...competed at Australian Age Championships in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Studying Year 11 at Grace Lutheran College; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball, Tennis (both before); **ULTIMATE RELAXATION:** Sleeping; **PETS:** 2 Border Collies; **FAMILY MEMBERS:** Mum - Lyn, Dad - Wes, Brothers - Luke; **BIGGEST INFLUENCE IN LIFE:** Mum and Dad because they have supported and encouraged me all my life; **AGE STARTED SWIMMING AND WHY:** I began swimming at age 2 1/2 because we had a pool at home and Mum and Dad wanted us to learn to swim

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	5 th 400m free
World Short Course	Shanghai, China	2006	6 th 800m free; 11 th 200m fly; 16 th 400m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:10.66		2006 Aust Champs
800m freestyle	8:55.31		2005 Aust Yth Oly Fest.
100m butterfly	1:00.51		2005 Aust Age
200m butterfly	2:12.06		2005 Aust Age
400m IM	4:56.08		2005 Aust Age

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:07.61		2005 Aust Champs
800m freestyle	8:29.01		2006 World Champs
100m butterfly	1:01.12		2005 Aust Champs
200m butterfly	2:09.01	7th	2005 Aust Champs

SARAH PATON

NICKNAME: Sezza
D.O.B: 28/10/1986
AGE: 19
BORN: Nowra, NSW
LIVES: Canberra, ACT
HGT: 177cm
WGT: 64kg
CLUB/INSTITUTE: Telopea, ACT
TRAINS (Pool): Telopea, ACT
COACH: Les Barclay



Individual Australian Long Course Titles: 1

1 – 1500m freestyle (05)

CAREER HIGHLIGHTS

Represented Australia at 2004 Athens Olympics....has competed at two FINA World Championships....finalist at 2006 Commonwealth Games....was a dual finalist at 2004 FINA World Short Course Championships....has won four Australian Short Course titles....claimed 800m free at Sydney leg of 2005/06 FINA World Cup....has won three Australian Age titles

IN 2006

Was sixth in 800m free at Commonwealth Games in Melbourne....finished second in 800 and 1500m free, fifth in 200m fly and 7th in 400m free at Telstra Commonwealth Games Trials in Melbourne

IN 2005

Was tenth in 1500m free and 24th in 400m IM at FINA World Championships in Melbourne....won first ever National Open long course title when victorious in 1500m free at Telstra Trials in Sydney....was also third in 400m IM and fifth in 800m free at Telstra Trials....added gold in 1500m, silver in 400 & 800m free at Telstra Australian Short Course

Championships in Melbourne....won 800m free at FINA World Cup in Sydney

IN 2004

Finished 9th in 800m free at Athens Olympics....was second in 800m and third in 400m at Telstra Olympic Team Selection Trials in Sydney....was fourth in 800m and seventh in 400m free at FINA World Short Course Championships in Indianapolis....won 800m & 1500m free double at Telstra Australian Short Course Championships in Brisbane....added silver in 400m & 800m at FINA World Cup in Melbourne

IN 2003

Won first ever National Open title when claimed gold in 1500m & bronze in 800m free at Telstra Australian Short Course Championships in Hobart....picked up bronze in 1500m and was fourth in 800m at Telstra Australian Championships in Sydney

PREVIOUS YEARS

2002....won a gold and two bronze at Australian Age Championships in Sydney....was a finalist in 200m back at Telstra Australian Championships and

Telstra Australian Short Course Championships....represented Australia in Trans Tasman Series....2001.... won a gold and two silver at Tip Top Australian Age Championships in Melbourne2000.... won a gold and silver at Tip Top Australian Age Championships in Perth....competed at Telstra Selection Trials in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Diploma in Children's Services at CIT; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I participated in Artistic Roller Skating and Athletics; **ULTIMATE RELAXATION:** Going to the movies and eating frozen coke; **PETS:** 3 dogs, 1 cat, 1 fish ('Honey', 'Bella', 'Buster' and 'Misty'); **FAMILY MEMBERS:** Mum, Nan and sister Siobhan ; **BIGGEST INFLUENCE IN LIFE:** My mum because she has always supported me; **AGE STARTED SWIMMING AND WHY:** At the age of 5 because I have a connective tissue disorder

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	9 th 800m free
World Champs	Barcelona, Spain	2003	19 th 1500m free
	Montreal, Canada	2005	10 th 1500m free; 24 th 400m IM
Commonwealth Games	Melbourne, Australia	2006	6 th 800m free
World Short Course	Indianapolis, USA	2004	4 th 800m free; 7 th 400m free
Duel in the Pool	Irvine, USA	2005	5 th 200m fly, 400m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:13.63		2004 Aust Champs
800m freestyle	8:33.78		2006 Aust Champs
1500m freestyle	16:17.20	8th	2005 Aust Champs
400m IM	4:51.94		2005 NSW Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:06.66		2005 Aust Champs
800m freestyle	8:25.95	9th	2004 Aust Champs
1500m freestyle	16:11.01	6th	2004 Aust Champs
200m butterfly	2:09.40	10th	2005 Aust Champs

SHAYNE REESE

NICKNAME: Reese or Reesey
D.O.B: 15/09/1982
AGE: 23
BORN: Ballarat, VIC
LIVES: Melbourne, VIC
HGT: 170cm
WGT: 64kg
CLUB/INSTITUTE: Carey Aquatic/VIS
TRAINS (Pool): Carey Sports Complex
COACH: Rohan Taylor



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Finished fourth in 4x200m free at the 2004 Athens Olympics....won gold and silver relay medals at the 2005 FINA World Championships....won relay gold at 2006 Commonwealth Games....has won two gold, three silver and a bronze at two FINA World Short Course Championships....won one National Short Course title

IN 2006

Fourth in 100m free and fifth in 200m free at Telstra Commonwealth Games Trials in Melbourne....part of Australia's gold medal winning 4x100m free relay at Commonwealth Games in Melbourne....won gold in 4x200m free & 4x100m medley (heat swim), silver in 4x100m free and was fourth in 100m IM at FINA World Short Course Championships in Shanghai....won bronze in 100m free at Santa Clara International

IN 2005

Won gold in 4x100m free and silver in 4x200m free at FINA World Championships in Montreal....was also 17th in 200m free at FINA World Championships....was second in 200m free, third in 200m IM and fourth in 100m free at Telstra Trials in Sydney....won silver in 100m, 200m free, 100m IM

at Telstra Australian Short Course Championships in Melbourne....won bronze in 100m IM at FINA World Cup in Sydney

IN 2004

Was fourth in 4x200m at Athens Olympics on international debut....won silver in 100m IM & 4x200m, bronze in 4x100m free and was fourth in 200m free at FINA World Short Course Championships in Indianapolis....was fourth in 200m and sixth in 100m free at Telstra Olympic Team Selection Trials in Sydney.... added silver in 100m free and 100m IM to first ever National title when victorious in 200m free at Telstra Australian Short Course Championships in Brisbane....claimed three medals at FINA World Cup in Melbourne

IN 2003

Picked up silver in 100m IM and bronze in 200m IM at Telstra Australian Short Course Championships in Hobart....was a double finalist at Telstra Australian Championships in Sydney and triple finalist at FINA World Cup in Melbourne

PREVIOUS YEARS

2002....won first ever National medals when claimed bronze in 100m free and 100m IM at Telstra Australian Short Course Championships in

Melbourne....2001....contested three finals at Tip Top Australian Age Championships in Melbourne and one at Telstra Australian Short Course Championships in Perth....2000....swam in two finals at Tip Top Australian Age Championships in Perth.... competed at Telstra Selection Trials in Sydney

AWAY FROM THE POOL

STUDIES/OCCUPATION: Swimmer; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball and tennis

ULTIMATE RELAXATION: Sleeping; **FAVOURITE SPORTING TEAM:** Hawthorn in the AFL

PETS: 2 dogs- Bell and Pugsley; **FAMILY MEMBERS:** Mother- Chris, Father- Graeme, Sister- Stacy

BIGGEST INFLUENCE IN LIFE: My family- they have supported me all throughout my life; they have been there for me and always will; **AGE STARTED SWIMMING AND WHY:** I participated in 'Learn To Swim' in primary school and didn't start properly

training until I was 10 years old

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	4 th 4x200m
World Champs	Montreal, Canada	2005	1 st 4x100m free; 2 nd 4x200m; 17 th 200m free
Commonwealth Games	Melbourne, Australia	2006	1 st 4x100m free
World Short Course	Indianapolis, USA	2004	2 nd 100m IM, 4x200m free; 3 rd 4x100m free; 4 th 200m
	Shanghai, China	2006	1 st 4x200m, 4x100m medley (heat swim); 2 nd 4x100m free; 4 th 100m IM; 11 th 100m free; 26 th 200m free
Duel in the Pool	Irvine, USA	2005	1 st 4x100m free; 6 th 200m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.90		2005 Aust Champs
100m freestyle	55.10	8th	2006 Aust Champs
200m freestyle	1.59.28	8th	2005 Aust Champs
200m IM	2.15.73	10th	2005 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	53.68	4th	2004 Aust Champs
200m freestyle	1:57.16	9th	2004 Aust Champs
100m IM	1:00.71	2nd	2004 Aust Champs
200m IM	2:13.52		2004 Aust Champs

JENNIFER REILLY

NICKNAME: Jen
D.O.B: 6/7/1983
AGE: 23
BORN: Geraldton, WA
LIVES: Riverton, WA
HGT: 174cm
WGT: 79kg
CLUB/INSTITUTE: City of Perth/WAIS
TRAINS (Pool): Aquajetty, Rockingham
COACH: Roger Bruce



Individual Australian Long Course Titles: 8

1 – 200m individual medley (02); 7 – 400m individual medley (99, 00, 01, 02, 03, 04, 06)

CAREER HIGHLIGHTS

Dual Olympian....Olympic finalist at Sydney 2000....has swum at two FINA World Championships....has won a gold, a silver and two bronze medals at three Commonwealth Games....won first Commonwealth Games medal at age 15....has been a finalist at two FINA World Short Course Championship....won six consecutive Australian 400m IM titles (99-04)

IN 2006

Claimed the bronze medal in 400m IM at Commonwealth Games in Melbourne....won 400m IM, was fourth in 200m IM and seventh in 200m breast at Telstra Trials in Melbourne

IN 2005

Qualified fastest after heats of 400m IM before withdrawing from final at Telstra Trials in Sydney....grabbed silver in 400m IM at Telstra Australian Short Course Championships in Melbourne

IN 2004

Finished 19th in 400m IM at Athens Olympics....won 400m IM, was fourth in 800m free and seventh in 200m IM at

Telstra Trials in Sydney...broke Australian record for 400m IM at Telstra Olympic Team Selection Trials

IN 2003

Was eighth in 400m IM at the FINA World Championships in Barcelona....won 400m IM and was fifth in 200m IM at the Telstra Australian Championships in Sydney....won 400m IM at FINA World Cup in Melbourne....finished second in 200 & 400m IM at Telstra Australian Short Course Championships in Hobart....added silver in 400m IM at Duel in the Pool in Indianapolis

PREVIOUS YEARS

2002....won 400m IM, was second in 200m IM and fourth in 800m free at Manchester Commonwealth Games....was a finalist in 200 & 400m IM at the FINA World Short Course Championships in Moscow....claimed gold in 400m IM at the Pan Pacs in Yokohama....won 200/ 400m IM double at Telstra Australian Championships in Brisbane....2001....placed ninth in 400m IM and 11th in 200m IM at FINA World Championships in Fukuoka....won 400m IM at Telstra Australian Championships in Hobart....added four gold and two silver medals at Tip Top

Australian Age Championships in Melbourne....2000....finished eighth in 400m IM at the Sydney Olympics....won 400m IM at Telstra Selection Trials....picked up three gold and two silver at Tip Top Australian Age Championships in Perth....1999....was fifth in 400m IM at Pan Pacs in Sydney....finished fourth in 400m IM at FINA World Short Course Championships in Hong Kong....won first national title....1998....won first ever international medal with bronze in 400m IM at Commonwealth Games in Kuala Lumpur....finished second in 400m IM at Telstra Australian Championships in Melbourne....won four gold at Tip Top Australian Age Championships

AWAY FROM THE POOL

STUDIES/OCCUPATION: Student; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Tee-ball, calisthenics; **ULTIMATE RELAXATION:** A good girlie movie, comfy seat and a frozen coke; **FAVOURITE SPORTING TEAM:** The Aussie Swim Team; **BIGGEST INFLUENCE IN LIFE:** My parents

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	8 th 400m IM
	Athens, Greece	2004	19 th 400m IM
World Champs	Fukuoka, Japan	2001	9 th 400m IM; 11 th 200m IM
	Barcelona, Spain	2003	8 th 400m IM
Commonwealth Games	Kuala Lumpur, Malaysia	1998	3 rd 400m IM
	Manchester, England	2002	1 st 400m IM; 2 nd 200m IM; 4 th 800m free
	Melbourne, Australia	2006	3 rd 400m IM
World Short Course	Hong Kong, China	1999	4 th 400m IM
	Moscow, Russia	2002	5 th 400m IM; 8 th 200m IM; 15 th 800m free
Pan Pacific Champs	Sydney, Australia	1999	5 th 400m IM
	Yokohama, Japan	2002	1 st 400m IM; 7 th 200m IM, 800m free
Goodwill Games	Brisbane, Australia	2001	1 st overall women's team; 3 rd 400m IM
Duel in the Pool	Indianapolis, USA	2003	2 nd 400m IM

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m IM	2:14.99	7th	2002 Comm. Games
400m IM	4:40.71	Australian Record	2004 Aust Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m IM	2:11.38	6th	2001 World Cup, Berlin
400m IM	4:36.11	4th	2001 World Cup, Sheffield
800m freestyle	8:43.83		2002 World Champs

STEPHANIE RICE

NICKNAME: Ricey
D.O.B: 17/06/1988
AGE: 18
BORN: QLD
LIVES: Brisbane, QLD
HGT: 175 cm
WGT: 64kg
CLUB/INSTITUTE: St Peters Western/QAS
TRAINS (Pool): St Peters College
COACH: Michael Bohl



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won gold in 200 & 400m IM at 2006 Commonwealth Games....selected on 2006 Australian Commonwealth Games Swim Team aged 17....won two gold and 'Female High Pointscore Award' at the 2005 Junior Pan Pacs....won a gold, two silver and two bronze at 2004 Oceania Championships....has won ten gold, seven silver and three bronze at three Fisher & Paykel Australian Age Championships....has won two medals at Australian Championships

IN 2006

Won gold in 200 & 400m IM on senior international debut at Commonwealth Games in Melbourne....finished with bronze in 200m IM and 200m fly, was fourth in 400m IM and fifth in 100m back and 100m fly at Telstra Commonwealth Games Trials in Melbourne

IN 2005

Won 100m fly and 200m IM and was fourth in 200m fly, 400m IM & 4x100m medley at Junior Pan Pacs in Maui....awarded 'Female High Pointscore Award' at the Junior Pan Pacs....was second in 400m IM, third in 200m fly and fourth in 100m fly and 200m IM at Telstra Trials in Sydney....finished fourth in 100 & 200m fly at Telstra Australian Short Course Championships in Melbourne....won three gold, four silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane

IN 2004

Won 4x100m medley, was second in 100m fly & 400m IM and third in 200m IM and 100m back at Oceania Championships in Suva....finished fourth in 400m IM and sixth in 200m IM at Telstra Olympic Team Selection Trials in Sydney....won first ever

Open National medal when third in 400m IM at Telstra Australian Short Course Championships in Brisbane....picked up four gold, two silver and a bronze at Fisher & Paykel Australian Age Championships in Perth....claimed second in 200m IM at Qantas Skins

IN 2003

Claimed three gold, one silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane....represented Australia in Trans Tasman Series....competed in Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002.... competed in Australian Age Championships in Sydney

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 st 200m, 400m IM
Junior Pan Pac Champs	Maui, USA	2005	1 st 100m Fly, 200m IM; 4 th 200m fly, 400m IM, 4x100m medley
Oceania Championships	Suva, Fiji	2004	1 st 4x100m medley; 2 nd 100m Fly, 400m IM; 3 rd 200m IM, 100m Back; 4 th 50m Fly

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	1:02.68		2006 Aust Champs
100m butterfly	59.18	7th	2005 Aust Champs
200m butterfly	2:09.71	5th	2005 Aust Champs
200m IM	2:12.90	2nd	2006 Comm. Games
400m IM	4:41.91	4th	2006 Comm. Games

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	1:02.15		2004 World Cup, Melbourne
100m butterfly	1.00.34		2005 Aust Champs
200m butterfly	2:09.06	8th	2005 Aust Champs
200m IM	2:16.29		2004 Aust Age Champs
400m IM	4:42.04		2004 Aust Champs

JESSICAH SCHIPPER

NICKNAME: Sparrow
D.O.B: 19/11/1986
AGE: 19
BORN: Brisbane, QLD
LIVES: Brisbane, QLD
HGT: 171.5cm
WGT: 62kg
CLUB/INSTITUTE: Redcliffe Leagues Lawnton/QAS
TRAINS (Pool): Redcliffe HPC
COACH: Ken Wood



Individual Australian Long Course Titles: 4
 2 – 100m butterfly (05, 06); 2 - 200m butterfly (05, 06)

CAREER HIGHLIGHTS

Won a gold medal as a heat swimmer in 4x100m medley at Athens Olympics...was fourth in 100m butterfly at Athens Olympics...has won two gold, one silver and one bronze at two FINA World Championships...won first world titles at age 18...won three gold medals and silver at 2006 Commonwealth Games...has won three gold and a bronze at two FINA World Short Course Championships...Commonwealth record holder for 100 and 200m fly long course and 100m fly short course

IN 2006

Won gold medal in 100 & 200m fly and 4x100m medley relay, as well claiming silver in 50m fly at Commonwealth Games in Melbourne...claimed gold medals in 100m and 200m fly and silver in 50m fly at Telstra Commonwealth Games Trials in Melbourne...won 200m fly and 4x100m medley (in world record) and was third in 100m fly at FINA World Short Course Championships in Shanghai

IN 2005

Won 100m fly and 4x100m medley and was second in 200m fly at FINA World Championships in Montreal...broke Commonwealth record in 100 and 200m fly at FINA World Championships... won first ever National long course titles in 100 and 200m fly at Telstra Trials in

Sydney...won 100 and 200m fly at the Telstra Australian Short Course Championships in Melbourne...broke Commonwealth record in 100m fly at the Telstra Australian Short Course Championships...qualified for 2006 FINA World SC Champs...named Female Butterfly Swimmer of the Year...nominated for the Telstra Swimmer of the Year Award

IN 2004

Swam the fly leg in the heats of the 4x100m medley at Athens Olympics...was fourth in the 100m fly at the Athens Olympics...was second in the 100m fly and third in the 200m fly at Telstra Olympic Team Selection Trials in Sydney...won 4x100m medley in world record time at the FINA World Short Course Championships in Indianapolis... won first ever Australian title at Telstra Australian Short Course Championships in Brisbane

IN 2003

Claimed bronze in the 4x100m medley and was tenth in both the 100 and 200m fly at the FINA World Championships in Barcelona...was second in both the 100 and 200m fly at the Telstra Australian Championships in Sydney...won four gold and a silver at the Australian Youth Olympic Festival in Sydney

PREVIOUS YEARS

2002...won three gold and a silver at the Oceania Championships in Noumea...added three gold at the Australian Age Championships in Sydney...2001... won three gold at the Tip Top Australian Age Championships in Melbourne ...2000...claimed a gold and a silver at the Tip Top Australian Age Championships in Perth

AWAY FROM THE POOL

STUDIES/OCCUPATION: Completed year 12 ; currently working at Swimming QLD; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I played soccer and ran cross country; **ULTIMATE RELAXATION:** Watching movies; **FAVOURITE SPORTING TEAM:** Australian Swim Team; **PETS:** 3 golden cocker spaniels: 'Tia', 'Meg' and 'Lexy'
FAMILY MEMBERS: Mother- Jenny, Father- Wolf Gang, Sister- Rebecca 25, Brothers- Stephan, Nicholas and Benjamin all 17

BIGGEST INFLUENCE IN LIFE: My parents and coach for pushing and believing in me; **AGE STARTED SWIMMING AND WHY:** I could swim by the time I was 3; My doctor encouraged me to swim because I had serious asthma

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	1 st 4x100m medley (heat swim); 4 th 100m fly
World Champs	Barcelona, Spain	2003	3 rd 4x100m medley; 10 th 100m, 200m fly
	Montreal, Canada	2005	1 st 100m fly, 4x100m medley; 2 nd 200m fly
Commonwealth Games	Melbourne, Australia	2006	1 st 100m, 200m fly, 4x100m medley; 2 nd 50m fly
World Short Course	Indianapolis, USA	2004	1 st 4x100m medley; 4 th 200m fly; 5 th 100m fly
	Shanghai, China	2006	1 st 200m fly, 4x100m medley; 3 rd 100m fly
Duel in the Pool	Indianapolis, USA	2003	1 st 4x100m medley; 3 rd 100m fly; 5 th 200m fly
	Irvine, USA	2005	1 st 100m, 200m fly, 4x100m medley
Oceania Champs	Noumea, New Caledonia	2002	1 st 100m, 200m fly, 4x100m medley; 2 nd 4x100m free
Australian Youth Olympic Festival	Sydney, AUS	2003	1 st 100m, 200m fly, 4x100m free, 4x100m medley; 2 nd 4x200m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	26.55	3rd	2006 Comm Games
100m butterfly	57.15	Commonwealth Record	2006 Aust Champs
200m butterfly	2:05.65	Commonwealth Record	2005 World Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	26.34	5th	2005 Aust Champs
100m butterfly	56.56	Commonwealth Record	2005 Aust Champs
200m butterfly	2:04.68	2nd	2005 Aust Champs

MELANIE SCHLANGER

NICKNAME: Mel
D.O.B: 31/08/1986
AGE: 19
BORN: Nambour, QLD
LIVES: Brisbane, QLD
HGT: 176cm
WGT: 67kg
CLUB/INSTITUTE: Commercial/QAS
TRAINS (Pool): Valley Pool
COACH: Stephan Widmer



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Finished fifth in 50m and 100m free at the 2006 Telstra Commonwealth Games Trials....won a silver medal at the 2006 Mare Nostrum series....has won four bronze medals at Australian Age Championships

IN 2006

Finished fifth in 50m, 100m free and was seventh in 200m free at the Telstra Commonwealth Games Trials in Melbourne....won silver in 200m free at Monaco leg of Mare Nostrum series....five time finalist at Mare Nostrum series....claimed gold in 100m free and silver in 50m and 200m free at Telstra GP1 in Brisbane....won gold in 50 & 100m free and was fifth in 200m free at Telstra GP2 in Brisbane

IN 2005

Finalist in 50m and 100m free at Telstra GP in Canberra....won bronze in the 50m free at the Fisher & Paykel Australian Age Championships in Brisbane....competed for University of Hawaii

IN 2004

Won bronze in the 50m and 100m free at the Fisher & Paykel Australian Age Championships in Perth

IN 2003

Claimed bronze in 50m free at the Fisher & Paykel Australian Age Championships in Brisbane

AWAY FROM THE POOL

SPORTS BEFORE SWIMMING AND SPORTS YOU

PLAY NOW: Before - athletics, tennis; Now – swimming; **ULTIMATE RELAXATION:** Laying on Waikiki Beach with my best mate Cass or hanging out at home on my computers (I'm a geek ☺!); **FAVOURITE SPORTING TEAM:** Brisbane Lions; **FAVOURITE FOOD:** Chicken Schnitzel & Finger Buns; **PETS:** Cat – Coco; **FAMILY MEMBERS:** Mum – Linda, Dad – Paul, Sister – Nikki, Brother – Adam; **BIGGEST INFLUENCE IN LIFE:** My Family, who have made it possible for me to follow my dreams, and all of my past and current coaches who believe in me and have allowed me to get to where I am and beyond; **AGE STARTED SWIMMING:** 15

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Pan Pacific Championships	Victoria, British Columbia	2006	

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.60	= 6th	2006 Aust. Champs
100m freestyle	54.94	= 6th	2006 Aust. Champs
200m freestyle	2.00.01		2006 Aust. Champs

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle			
100m freestyle			
200m freestyle			

KELLY STUBBINS

NICKNAME: Stubbo
D.O.B: 24/03/1984
AGE: 22
BORN: Melbourne
LIVES: Melbourne, VIC
HGT: 179cm
WGT: 72kg
CLUB/INSTITUTE: Haileybury Waterlions/VIS
TRAINS (Pool): Haileybury College
COACH: Wayne Lawes



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won gold in the 4x200m free relay at 2006 Commonwealth Games...was second in 200m free at the FINA World Cup in Sydney in late 2005...a member of the 2004 Oceania Games team

IN 2006

Swam second leg in Australia's winning 4x200m free relay team at Commonwealth Games in Melbourne...was fourth in 200m free and eighth in 100m free at Telstra Commonwealth Games Trials to earn selection on maiden senior Australian Team...third in 200m free at Monaco leg of Mare Nostrum series

IN 2005

Seventh in the 200m free and eighth in 100m back at the Telstra Trials in Sydney...was third in 100m

back, 5th in 50m back and eighth in 100m free at Telstra Australian Short Course Championships in Melbourne...failed to make the 200m free final, but won 'B' final in a time that would have won her the Australian Championship...won silver in 200m free and was seventh in 100m free at the FINA World Cup in Sydney

IN 2004

Semi finalist in the 50 and 200m free as well as the 100 and 200m back at the Telstra Olympic Team Selection Trials...was part of winning 4x100m medley team and was fourth in 100m free at the Oceania Championships in Suva, Fiji...fourth placegetter in the 200m free and finalist in the 50, 100 and 200m back at the Telstra Australian Short Course Championships in Brisbane...bronze

medallist in the 200m free and finalist in the 100m back at the Telstra FINA World Cup in Melbourne

IN 2003

100m back semi finalist at the Telstra Australian Championships in Sydney...multiple semi finalist, placing second in the 'B' final of the 200m free at the Telstra Australian Short Course Championships in Hobart

PREVIOUS YEARS

2002...placed 8th in 200m back at Telstra Australian Short Course Championships in Melbourne...dual finalist Australian Age Championships Sydney...2001... finished 8th in 100m back at Telstra Australian Short Course Championships in Perth...multiple finalist Tip Top Australian Age Championships Melbourne

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 st 4x200m free
Oceania Championships	Suva, Fiji	2004	1 st 4x100m medley; 4 th 100m free

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	56.03	-	2006 Aust Champs
200m freestyle	1:59.61	-	2006 Aust Champs
100m backstroke	1:03.45	-	2005 Aust Champs

PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	54.71	-	2005 Aust Champs
200m freestyle	1:56.06	6 th	2005 World Cup, Sydney
100m backstroke	59.68	-	2005 Aust Champs

STEPHANIE WILLIAMS

NICKNAME: Steph
D.O.B: 28/09/89
AGE: 16
BORN: Singleton, NSW
LIVES: Canberra, ACT
HGT: 165cm
WGT: 55kg
CLUB/INSTITUTE: Hunter/AIS
TRAINS (Pool): AIS, Canberra
COACH: Doug Frost



Individual Australian Long Course Titles: 0

CAREER HIGHLIGHTS

Won three gold at 2005 Junior Pan Pacs....has collected five gold and two silver from two Oceania Championships....won first National Open title at Australian Short Course Championships aged 13....has won two events at FINA World Cup....has won 13 gold at Australian Age Championships

IN 2006

Was fourth in 800m free at Telstra Commonwealth Games Trials....collected three gold, a silver and a bronze at Fisher & Paykel Australian Age Championships in Sydney....won the 400m free at Telstra Grand Prix 1 & 800m free at Telstra Grand Prix 2 in Brisbane....won the 400m, 800m and 4x200m free at Oceania Championships in Cairns....claimed five medals including gold in 800m free at Swim Meet of Champions in Mission Viejo....was third in 800m free at Santa Clara International

IN 2005

Claimed gold in 800, 1500 and 4x200m free and was seventh in 200m back at the Junior Pan Pacs in Maui....finished second in 1500, third in the 800 and fourth in 400m free at the Telstra Trials in Sydney....was also third in 800m free and fourth in 100m back at Telstra Australian Short Course Championships in Melbourne.... was fifth in 200m back at FINA World Cup in Sydney

IN 2004

Won 400 & 800m free at FINA World Cup in Melbourne....won 200m back and 4x200m free and was second in 100m back and 400m free at Oceania Championships in Suva....finished seventh in 200m back at Telstra Olympic Team Selection Trials in Sydney.... won five gold in 200, 400, 800m free and 100 & 200m back at Fisher & Paykel Australian Age Championships in Perth....claimed silver in 200m back & 1500m free at Telstra Australian Short Course Championships in Brisbane....represented Australia in Trans Tasman Series

IN 2003

Won first National Open title in 200m back at Australian Short Course Championships in Hobart....added five gold in 200, 400, 800m free and 100 & 200m back at Fisher & Paykel Australian Age Championships in Brisbane....represented Australia in the Trans Tasman Series

PREVIOUS YEARS

2002.... won silver in 200m back at Australian Age Championships in Sydney

AWAY FROM THE POOL

PETS: Cat named Nala, dog named Shania;
BIGGEST INFLUENCE IN LIFE: Coach Bob Lawson because he inspired me to be the best I can be and believes in me; **AGE STARTED SWIMMING**
AND WHY: When I was 10 because my sister had asthma and I swam with her to help her want to do it so that she'd be healthier

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Junior Pan Pac Champs	Maui, USA	2005	1 st 800m, 1500m, 4x200m free; 7 th 200m back
Oceania Champs	Suva, Fiji	2004	1 st 200m back, 4x200m free; 2 nd 100m back, 400m free
	Cairns, Australia	2006	1 st 400m, 800m, 4x200m free; 4 th 200m free; 5 th 200m back; 7 th 100m back

PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:12.93		2006 Grand Prix 1
800m freestyle	8:34.75		2006 Swim Meet of Champs
1500m freestyle	16:18.12	10 th	2004 Jnr Pan Pacs
200m backstroke	2:14.60		2005 Canberra TT

PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	4:06.22	10 th	2004 World Cup, Melbourne
800m freestyle	8:19.06	3 rd	2004 World Cup, Melbourne
1500m freestyle	16:14.89	9 th	2004 Aust. Champs
100m backstroke	1:00.45	= 10 th	2005 Aust. Champs
200m backstroke	2:08.40	7 th	2003 Aust. Champs

SWIMMING RESULTS

2002 PAN PACIFIC CHAMPIONSHIPS YOKOHAMA, JAPAN AUGUST 24 - 29

MEN

50m freestyle

1. Jason Lezak	USA	22.22
2. Anthony Ervin	USA	22.28
3. Brett Hawke	AUS	22.40
4. Ashley Callus	AUS	22.56
5. Yannick Lupien	CAN	22.81
6. Issei Nakanishi	JPN	23.00
7. Renato Guerardi	BRA	23.05
8. Naoki Nagura	JPN	23.29

100m freestyle

1. Ian Thorpe	AUS	48.84
2. Ashley Callus	AUS	49.26
3. Nate Dusing	USA	49.47
4. Brent Hayden	CAN	49.53
5. Scott Tucker	USA	49.56
6. Yannick Lupien	CAN	49.99
7. Daisuke Hosokawa	JPN	50.71
8. Yoshihiro Okumura	JPN	50.73

200m freestyle

1. Ian Thorpe	AUS	1:44.75 CR
2. Grant Hackett	AUS	1:45.84
3. Nate Dusing	USA	1:48.11
4. Richard Say	CAN	1:48.26
5. Klete Keller	USA	1:48.42
6. Mark Johnston	CAN	1:49.48
7. Daisuke Hosokawa	JPN	1:49.74
8. Yoshihiro Okumura	JPN	1:49.97

400m freestyle

1. Ian Thorpe	AUS	3:45.28
2. Grant Hackett	AUS	3:45.99
3. Klete Keller	USA	3:48.40
4. Erik Vendt	USA	3:49.75
5. Shunichi Fujita	JPN	3:51.40
6. Mark Johnston	CAN	3:52.29
7. Naoya Sonoda	JPN	3:55.98
8. Bruno Bonfim	BRA	4:00.20

800m freestyle

1. Grant Hackett	AUS	7:44.78 CR
2. Larsen Jensen	USA	7:52.05
3. Chris Thompson	USA	7:56.69
4. Craig Stevens	AUS	7:56.86
5. Shunichi Fujita	JPN	8:01.97
6. Takeshi Matsuda	JPN	8:11.22
7. Kurtis Macgillivray	CAN	8:12.27
8. Kwok Leung Chung	HKG	8:36.77

1500m freestyle

1. Grant Hackett	AUS	14:41.65 CR
2. Erik Vendt	USA	15:02.24
3. Larsen Jensen	USA	15:05.17
4. Craig Stevens	AUS	15:20.76
5. Shunichi Fujita	JPN	15:21.19
6. Kurtis Macgillivray	CAN	15:36.12
7. Bruno Bonfim	BRA	15:41.80
8. Takeshi Matsuda	JPN	15:53.75

100m backstroke

1. Aaron Peirsol	USA	54.22
2. Randall Bal	USA	54.45
3. Tomomi Morita	JPN	55.29
4. Atsushi Nishikori	JPN	55.30
5. Riley Janes	CAN	55.63
6. Leigh McBean	AUS	55.71
7. Ethan Roloff	AUS	56.51
8. Rui Yu	CHN	56.55

200m backstroke

1. Aaron Peirsol	USA	1:56.88
2. Matthew Welsh	AUS	1:57.69
3. Keith Beavers	CAN	1:59.35
4. Takashi Nakano	JPN	2:00.08
5. Leigh McBean	AUS	2:00.50
6. Raymond Hunt	USA	2:00.79
7. Naoya Sonoda	JPN	2:00.93
8. Rui Yu	CHN	2:01.56

100m breaststroke

1. Kosuke Kitajima	JPN	1:00.36
2. Brendan Hansen	USA	1:00.84
3. Jim Piper	AUS	1:01.68
4. Mark Gangloff	USA	1:02.02
5. Mike Brown	CAN	1:02.21
6. Morgan Knabe	CAN	1:02.28
7. Regan Harrison	AUS	1:02.53
8. Yoshihisa Yamaguchi	JPN	1:02.93

200m breaststroke

1. Brendan Hansen	USA	2:11.80
2. Jin Piper	AUS	2:12.53
3. Daisuke Kimura	JPN	2:12.71

4. Mike Brown	CAN	2:12.87
5. David Denniston	USA	2:13.10
6. Regan Harrison	AUS	2:15.69
7. John Stamhuis	CAN	2:16.42
8. Marcelo Tomazini	BRA	2:17.25

100m butterfly

1. Ian Crocker	USA	52.45
2. Geoff Huegill	AUS	52.48
3. Michael Mintenko	CAN	52.69
4. Takashi Yamamoto	JPN	52.88
5. Adam Pine	AUS	52.97
6. Thomas Hannan	USA	53.00
7. Kohei Kawamoto	JPN	53.79
8. Hao Jin	CHN	54.43

200m butterfly

1. Thomas Malchow	USA	1:55.21 CR
2. Michael Phelps	USA	1:55.41
3. Takashi Yamamoto	JPN	1:55.57
4. Takeshi Matsuda	JPN	1:56.64
5. Justin Norris	AUS	1:58.40
6. Juan Valdivieso	PER	2:00.18
7. Andrew Livingston	PUR	2:00.41
8. Pedro Monteiro	BRA	2:00.64

200m individual medley

1. Michael Phelps	USA	1:59.70 CR
2. Takahiro Mori	JPN	2:00.61
3. Thomas Wilkens	USA	2:01.17
4. Brian Johns	CAN	2:01.25
5. Jiro Miki	JPN	2:01.67
6. Dean Kent	NZL	2:02.88
7. Justin Norris	AUS	2:03.03
8. Robert van der Zant	AUS	2:04.91

400m individual medley

1. Michael Phelps	USA	4:12.48 CR
2. Erik Vendt	USA	4:13.15
3. Takahiro Mori	JPN	4:16.35
4. Brian Johns	CAN	4:16.44
5. Shinya Taniguchi	JPN	4:17.62
6. Justin Norris	AUS	4:20.19
7. Dean Kent	NZL	4:20.79
8. Trent Steed	AUS	4:21.45

4x100m medley relay

1. United States	3:33.48 WR
2. Australia	3:34.84
3. Canada	3:38.17
4. Japan	3:39.06
5. Brazil	3:48.00
6. New Zealand	3:49.53
7.	
8.	

4x100m freestyle relay

1. Australia	3:15.15
2. United States	3:15.41
3. Canada	3:17.69
4. Brazil	3:22.89
5. New Zealand	3:29.13
6. Singapore	3:33.03
7. Hong Kong	3:33.49
8. Japan	DQ

4x200m freestyle relay

1. Australia	7:09.00
2. United States	7:11.81
3. Canada	7:17.30
4. Japan	7:22.32
5. Brazil	7:41.66
6. Hong Kong	7:48.45
7. Singapore	DNS

WOMEN

50m freestyle

1. Jennifer Thompson	USA	25.13
2. Jodie Henry	AUS	25.32
3. Tammie Stone	USA	25.42
4. Alice Mills	AUS	25.66
5. Laura Nicholls	CAN	25.78
6. Toni Jeffs	NZL	25.97
7. Kaori Yamada	JPN	26.09
8. Tomoko Nagai	JPN	26.10

100m freestyle

1. Natalie Coughlin	USA	53.99 CR
2. Jodie Henry	AUS	54.55
3. Jennifer Thompson	USA	54.75
4. Tomoko Nagai	JPN	55.64
5. Sarah Ryan	AUS	55.78
6. Laura Nicholls	CAN	56.41
7. Kaori Yamada	JPN	56.56
8. Alison Fitch	NZL	56.91

200m freestyle

1. Lindsay Benko	USA	1:58.74
2. Elka Graham	AUS	1:59.72
3. Giaan Rooney	AUS	1:59.82
4. Tomoko Hagiwara	JPN	2:00.26
5. Diana Munz	USA	2:00.95
6. Jiaying Pang	CHN	2:01.65
7. Sachiko Yamada	JPN	2:01.94
8. Mariana Brochado	BRA	2:02.68

400m freestyle

1. Diana Munz	USA	4:09.50
2. Lindsay Benko	USA	4:10.28
3. Sachiko Yamada	JPN	4:10.79
4. Elka Graham	AUS	4:12.42
5. Amanda Pascoe	AUS	4:13.33
6. Ai Shibata	JPN	4:13.34
7. Monique Ferreira	BRA	4:13.48
8. Jessica Deglau	CAN	4:19.36

800m freestyle

1. Diana Munz	USA	8:30.45
2. Sachiko Yamada	JPN	8:31.89
3. Hayley Peirsol	USA	8:32.27
4. Ai Shibata (unseeded)	JPN	8:38.30
5. Amanda Pascoe	AUS	8:39.89
6. Nayara Ribeiro	BRA	8:43.53
7. Jennifer Reilly	AUS	8:44.92
8. Taryn Lencoe	CAN	8:51.00

1500m freestyle

1. Diana Munz	USA	16:07.86
2. Sachiko Yamada	JPN	16:16.28
3. Claire Hentzen	USA	16:29.25
4. Nayara Ribeiro	BRA	16:33.82
5. Ai Shibata	JPN	16:33.86
6. Taryn Lencoe	CAN	16:42.82
7. Amanda Pascoe	AUS	16:46.84
8. Rebecca Linton	NZL	17:18.92

100m backstroke

1. Natalie Coughlin	USA	59.72 CR
2. Dyana Calub	AUS	1:01.49
3. Haley Cope	USA	1:01.74
4. Noriko Inada	JPN	1:01.98
5. Aya Terakawa	JPN	1:02.16
6. Erin Gammel	CAN	1:02.43
7. Giaan Rooney	AUS	1:02.75
8. Hannah McLean	NZL	1:03.78

200m backstroke

1. Margaret Hoelzer	USA	2:11.00
2. Aya Terakawa	JPN	2:12.28
3. Jennifer Fratesi	CAN	2:12.71
4. Diana MacManus	USA	2:14.01
5. Elizabeth Warden	CAN	2:14.15
6. Clementine Stoney	AUS	2:14.37
7. Hannah McLean	NZL	2:14.74
8. Melissa Morgan	AUS	2:16.36

100m breaststroke

1. Amanda Beard	USA	1:08.22
2. Tara Kirk	USA	1:08.66
3. Xuejuan Luo	CHN	1:08.70
4. Leisel Jones	AUS	1:08.76
5. Brooke Hanson	AUS	1:09.56
6. Rhiannon Leier	CAN	1:09.84
7. Fumiko Kawanabe	JPN	1:10.15
8. Junko Isoda	JPN	1:10.44

200m breaststroke

1. Amanda Beard	USA	2:26.31
2. Leisel Jones	AUS	2:26.42
3. Kristy Kowal	USA	2:27.59
4. Xuejuan Luo	CHN	2:28.23
5. Junko Isoda	JPN	2:29.30
6. Fumiko Kawanabe	JPN	2:30.80

7. Brooke Hanson	AUS	2:31.22
8. Rhiannon Leier	CAN	2:32.64

100m butterfly

1. Natalie Coughlin	USA	57.88 CR
2. Petria Thomas	AUS	58.11
3. Jennifer Thompson	USA	58.64
4. Jennifer Button	CAN	59.68
5. Yuko Nakanishi	JPN	59.77
6. Audrey Lacroix	CAN	1:00.31
7. Rachel Coffee	AUS	1:00.71
8. Maki Mita	JPN	1:00.89

200m butterfly

1. Petria Thomas	AUS	2:08.31
2. Mary Descenza	USA	2:09.56
3. Emily Mason	USA	2:10.59
4. Felicity Galvez	AUS	2:11.27
5. Yuko Nakanishi	JPN	2:11.97
6. Audrey Lacroix	CAN	2:12.45
7. Jennifer Button	CAN	2:12.64
8. Yurie Yano	JPN	2:14.10

200m individual medley

1. Tomoko Hagiwara	JPN	2:13.42
2. Gabrielle Rose	USA	2:13.93
3. Martha Bowen	USA	2:14.28
4. Yafei Zhou	CHN	2:16.23
5. Alice Mills	AUS	2:16.51
6. Elizabeth Warden	CAN	2:16.99
7. Jennifer Reilly	AUS	2:18.70
8. Kristy Cameron	CAN	2:18.72

400m individual medley

1. Jennifer Reilly	AUS	4:40.84 NR
2. Martha Bowen	USA	4:44.39
3. Maiko Fujino	JPN	4:45.79
4. Elizabeth Warden	CAN	4:45.80
5. Sawami Fujita	JPN	4:48.40
6. Elizabeth Van Welie	NZL	4:49.95
7. Madeleine Crippen	USA	4:50.49
8. Jessica Abbott	AUS	4:51.59

4x100m medley relay

1. Australia	4:00.50 CR
2. United States	4:01.15
3. Canada	4:05.69
4. Japan	4:06.91
5. New Zealand	4:16.97
6. Hong Kong	4:22.25
7.	
8.	

4x100m freestyle relay

1. Australia	3:39.78 CR
2. United States	3:40.23
3. Japan	3:42.23
4. Canada	3:47.18
5. New Zealand	3:49.75
6. Brazil	3:53.81
7. Hong Kong	3:55.70
8. Singapore	3:58.93

4x200m freestyle relay

1. United States	7:56.96 CR
2. Australia	7:59.25
3. Japan	8:04.01
4. Canada	8:11.16
5. Brazil	8:15.80
6. New Zealand	8:17.39
7. Hong Kong	8:43.10
8. Singapore	DNS

WR – World Record

CR – Championship Record

NR – National Record

MEDIA GUIDE - PAN PACIFIC CHAMPIONSHIPS – VICTORIA, BRITISH COLUMBIA – AUGUST 17 – 21, 2006

2005 Xth FINA WORLD SWIMMING CHAMPIONSHIPS MONTREAL, JULY 24-31 MEN				4. Oleg Lisogor	UKR	1:00.36	2. Malia Metella	FRA	54.74	1. Danni Miatke	AUS	26.11		
50m freestyle				5. Dmitry Komomikov	RUS	1:00.66	2. Natalie Coughlin	USA	54.74	2. Anna-Karin Kammerling	SWE	26.36		
100m freestyle				6. Chris Cook	GBR	1:00.99	4. Amanda Weir	USA	54.77	3. Therese Alshammar	SWE	26.39		
200m freestyle				7. Alexander Dale Oen	NOR	1:01.29	5. Marleen Veldhuis	NED	54.90	4. Fabienne Nadarajah	AUT	26.50		
50m breaststroke				8. Emil Tahirovic	SLO	1:01.33	6. Alice Mills	AUS	54.92	5. Antje Buschschulte	GER	26.55		
100m breaststroke				1. Roland Schoeman	RSA	2:09.85	7. Nery-Mantey Niangkouara	GRE	54.93	6. Natalie Coughlin	USA	26.63		
200m breaststroke				2. Mike Brown	CAN	2:11.22	8. Daniela Gotz	GER	55.27	7. Inge Dekker	NED	26.93		
50m butterfly				3. Genki Imamura	JPN	2:11.54	200m butterfly							
100m butterfly				4. Jim Piper	AUS	2:12.42	1. Solenne Figueas	FRA	1:58.60	100m butterfly				
200m butterfly				5. Slawomir Kuczko	POL	2:12.44	2. Federica Pellegrini	ITA	1:58.73	1. Jessica Schipper	AUS	57.23 CR		
50m individual medley				6. Grigory Falko	RUS	2:12.51	3. Yu Yang	CHN	1:59.08	2. Lisbeth Lenton	AUS	57.37		
100m individual medley				7. Loris Facci	ITA	2:12.62	3. Josefín Lillhage	SWE	1:59.08	3. Otylia Jedrzejczak	POL	58.57		
200m individual medley				8. Vladislav Polyakov	KAZ	2:12.72	5. Sara Isakovici	SLO	1:59.23	4. Rachel Komisarz	USA	58.80		
400m individual medley				1. Roland Schoeman	RSA	22.96 WR	6. Paulina Barzycka	POL	1:59.34	5. Mary Descenza	USA	58.87		
800m individual medley				2. Ian Crocker	USA	23.12	7. Melanie Marshall	GBR	1:59.36	6. Inge Dekker	NED	59.01		
1500m individual medley				3. Sergiy Breus	UKR	23.38	8. Linda Mackenzie	AUS	2:00.02	7. Martina Moravcova	SVK	59.25		
50m backstroke				4. Ryk Neethling	RSA	23.48	400m freestyle							
100m backstroke				5. Fernando Scherer	BRA	23.74	1. Laure Manaudou	FRA	4:06.44	200m butterfly				
200m backstroke				6. Evgeny Korotyshkin	RUS	23.84	2. Ai Shibata	JPN	4:06.74	1. Otylia Jedrzejczak	POL	2:05.61 WR		
50m freestyle				7. Dujie Draganja	CRO	23.96	3. Caitlin McClatchey	GBR	4:07.25	2. Jessica Schipper	AUS	2:05.65		
100m freestyle				8. Mike Mintenko	CAN	23.99	4. Brittany Reimer	CAN	4:07.32	3. Yuko Nakanishi	JPN	2:09.40		
200m freestyle				1. Ian Crocker	USA	50.40 WR	5. Camelia Potec	ROM	4:08.06	4. Caterina Giacchetti	ITA	2:10.03		
400m freestyle				2. Michael Phelps	USA	51.65	6. Linda Mackenzie	AUS	4:08.75	5. Felicity Galvez	AUS	2:10.35		
800m freestyle				3. Andriy Serdinov	UKR	52.08	7. Joanne Jackson	GBR	4:08.88	6. Mary Descenza	USA	2:10.44		
1500m freestyle				4. Igor Marchenko	RUS	52.35	8. Claudia Poll	CRC	4:10.02	7. Annika Mehlhorn	GER	2:10.61		
50m breaststroke				5. Evgeny Korotyshkin	RUS	52.87	800m freestyle							
100m breaststroke				6. Mike Mintenko	CAN	52.87	1. Kate Ziegler	USA	8:25.31	200m individual medley				
200m breaststroke				7. Kaio Almeida	BRA	53.13	2. Brittany Reimer	CAN	8:27.59	1. Katie Hoff	USA	2:10.41 CR		
50m individual medley				8. Ryo Takayasu	JPN	53.28	3. Ai Shibata	JPN	8:27.86	2. Kirsty Coventry	ZIM	2:11.13		
100m individual medley				1. Pawel Korzeniowski	POL	1:55.02	4. Flavia Rigamonti	SUI	8:28.74	3. Lara Carroll	USA	2:13.32		
200m individual medley				2. Takeshi Matsuda	JPN	1:55.62	5. Camelia Potec	ROM	8:34.40	4. Whitney Myers	USA	2:13.90		
400m individual medley				3. Peng Wu	CHN	1:56.50	6. Erika Villacajca	ESP	8:36.34	5. Katarzyna Baranowska	POL	2:14.39		
800m individual medley				4. Davis Tarwater	USA	1:56.74	7. Rebecca Cooke	GBR	8:37.98	6. Brooke Hanson	AUS	2:14.70		
1500m individual medley				5. Nikolay Skvortsov	RUS	1:57.04	8. Jana Henke	GER	8:38.23	7. Maiko Fujino	JPN	2:15.27		
50m backstroke				6. Ryuichi Shibata	JPN	1:57.04	1500m freestyle							
100m backstroke				7. Helge Meeuw	GER	1:57.67	1. Kate Ziegler	USA	16:00.41	400m individual medley				
200m backstroke				8. Ioannis Drymonakos	GRE	1:57.71	2. Flavia Rigamonti	SUI	16:04.34	1. Katie Hoff	USA	4:36.07 CR		
50m freestyle				1. Michael Phelps	USA	1:56.68	3. Brittany Reimer	CAN	16:07.73	2. Kirsty Coventry	ZIM	4:39.72		
100m freestyle				2. Laszlo Cseh	HUN	1:57.61	4. Laura Conway	USA	16:17.17	3. Kaitlin Sandeno	USA	4:40.85		
200m freestyle				3. Ryan Lochte	USA	1:57.79	5. Jana Henke	GER	16:17.89	4. Lara Carroll	AUS	4:42.25		
400m freestyle				4. Alessio Boggiatto	ITA	2:00.28	6. Erika Villacajca	ESP	16:17.92	5. Maiko Fujino	JPN	4:42.68		
800m freestyle				5. Hidemasa Sano	LTU	2:00.78	7. Rebecca Cooke	GBR	16:23.25	6. Georgina Bardach	ARG	4:43.60		
1500m freestyle				6. Vytautas Janusaitis	LTA	2:00.78	8. Yumi Kida	JPN	16:23.89	7. Eva Risztov	HUN	4:43.68		
50m breaststroke				7. Igor Berezutsky	RUS	2:01.43	800m freestyle							
100m breaststroke				8. Dean Kent	NZL	2:01.81	1. Giaan Rooney	AUS	28.63	8. Zsuzsanna Jakabos	HUN	4:44.65		
200m breaststroke				1. Laszlo Cseh	HUN	4:09.63	2. Chang Gao	CHN	28.69	4x100m freestyle relay				
50m individual medley				2. Luca Marin	ITA	4:11.67	3. Antje Buschschulte	GER	28.72	1. Australia	3:37.32 CR			
100m individual medley				3. Oussama Mellouli	TUN	4:13.47	4. Mai Nakamura	JPN	28.86	2. Germany	3:38.24			
200m individual medley				4. Alessio Boggiatto	ITA	4:13.48	5. Sophie Edgington	AUS	28.87	3. United States	3:38.31			
400m individual medley				5. Ryan Lochte	USA	4:13.67	6. Janine Pietsch	GER	28.88	4. Netherlands	3:39.37			
800m individual medley				6. Hidemasa Sano	JPN	4:17.72	7. Hannah Mc Lean	NZL	28.88	5. France	3:39.45			
1500m individual medley				7. Robert Margalis	USA	4:17.93	8. Nam-Eun Lee	KOR	29.35	6. China	3:42.10			
50m backstroke				8. Ioannis Drymonakos	GRE	4:19.12	800m freestyle							
100m backstroke				1. United States	3:13.77 CR		1. Giaan Rooney	AUS	28.63	7. Sweden	3:42.93			
200m backstroke				2. Canada	3:16.44		2. Chang Gao	CHN	28.69	8. New Zealand	3:44.84			
50m freestyle				3. Australia	3:17.56		3. Antje Buschschulte	GER	28.72	4x200m freestyle relay				
100m freestyle				4. Lithuania	3:17.89		4. Mai Nakamura	JPN	28.86	1. United States	7:53.70 CR			
200m freestyle				5. Sweden	3:17.95		5. Sophie Edgington	AUS	28.87	2. Australia	7:54.06			
400m freestyle				6. Germany	3:18.12		6. Janine Pietsch	GER	28.88	3. China	7:57.29			
800m freestyle				7. Russia	3:18.44		7. Hannah Mc Lean	NZL	1:01.16	4. Great Britain	7:59.04			
1500m freestyle				8. Netherlands	3:19.34		8. Nam-Eun Lee	KOR	1:01.25	5. France	8:01.43			
50m breaststroke				1. United States	7:06.58		9. Louise Ormstedt	DEN	1:01.36	6. Japan	8:04.20			
100m breaststroke				2. Canada	7:09.73		8. Sophie Edgington	AUS	1:01.97	7. Canada	8:07.56			
200m breaststroke				3. Australia	7:10.59		200m backstroke							
400m breaststroke				4. Italy	7:12.81		1. Kirsty Coventry	ZIM	2:08.52	4x100m medley relay				
800m breaststroke				5. Japan	7:13.60		2. Margaret Hoelzer	USA	2:09.94	1. Australia	3:57.47 CR			
1500m breaststroke				6. Russia	7:17.09		3. Reiko Nakamura	JPN	2:10.41	2. United States	3:59.92			
50m individual medley				7. Germany	7:17.52		4. Hanae Ito	JPN	2:10.98	3. Germany	4:02.51			
100m individual medley				8. Greece	7:20.04		5. Alessia Filippi	ITA	2:11.44	4. China	4:02.80			
200m individual medley				1. United States	3:31.85		6. Stanislava Komarova	RUS	2:12.03	5. Italy	4:04.90			
400m individual medley				2. Russia	3:35.08		7. Louise Ormstedt	DEN	2:12.93	6. Poland	4:05.08			
800m individual medley				3. Japan	3:35.40		8. Jing Zhao	CHN	2:13.10	7. Japan	4:06.85			
1500m individual medley				4. Germany	3:37.32		50m breaststroke							
50m backstroke				5. France	3:37.60		1. Jade Edmistone	AUS	30.45 WR	WR – World Record				
100m backstroke				6. Australia	3:38.13		2. Jessica Hardy	USA	30.85	CR – Championship Record				
200m backstroke				7. Slovenia	DSQ		3. Brooke Hanson	AUS	30.89	WR – World Record				
400m backstroke				8. New Zealand	DSQ		4. Tara Kirk	USA	31.38	CR – Championship Record				
800m backstroke				1. United States	3:31.85		5. Zoe Baker	NZL	31.43	WR – World Record				
1500m backstroke				2. Russia	3:35.08		6. Kate Haywood	GBR	31.49	CR – Championship Record				
50m freestyle				3. Japan	3:35.40		7. Xuejuan Luo	CHN	31.50	WR – World Record				
100m freestyle				4. Germany	3:37.32		8. Janne Schaefer	GER	32.45	CR – Championship Record				
200m freestyle				5. France	3:37.60		100m breaststroke							
400m freestyle				6. Australia	3:38.13		1. Leisel Jones	AUS	1:06.25	WR – World Record				
800m freestyle				7. Slovenia	DSQ		2. Jessica Hardy	USA	1:06.62	CR – Championship Record				
1500m freestyle				8. New Zealand	DSQ		3. Tara Kirk	USA	1:07.43	WR – World Record				
50m breaststroke				1. Lisbeth Lenton	AUS	24.59	4. Xuejuan Luo	CHN	1:07.60	CR – Championship Record				
100m breaststroke				2. Marleen Veldhuis	NED	24.83	5. Brooke Hanson	AUS	1:08.07	WR – World Record				
200m breaststroke				3. Yingwen Zhu	CHN	24.91	6. Suzaan Van Biljon	RSA	1:08.38	CR – Championship Record				
400m breaststroke				4. Therese Alshammar	SWE	24.96	7. Sarah Poewe	GER	1:08.47	WR – World Record				
800m breaststroke				5. Alice Mills	AUS	25.02	8. Chiara Boggiatto	ITA	1:08.98	CR – Championship Record				
1500m breaststroke				6. Svitlana Khakhlova	BLR	25.17	200m breaststroke							
50m individual medley				7. Kara Lynn Joyce	USA	25.36	1. Leisel Jones	AUS	2:21.72 WR	WR – World Record				
100m individual medley				8. Jana Kolukanova	EST	25.56	2. Anne Poleska	GER	2:25.84	CR – Championship Record				
200m individual medley				1. Jodie Henry	AUS	54.18	3. Mirna Jukic	AUT	2:27.11	WR – World Record				
400m individual medley									4. Megumi Taneda	JPN	2:27.65	CR – Championship Record		
800m individual medley									5. Katarzyna Dulian	POL	2:27.85	WR – World Record		
1500m individual medley									6. Tara Kirk	USA	2:28.60	CR – Championship Record		
50m backstroke									6. Kristen Caverly	USA	2:28.60	WR – World Record		
100m backstroke									8. Suzaan Van Biljon	RSA	2:29.44	CR – Championship Record		
200m backstroke									50m butterfly					
400m backstroke														
800m backstroke														
1500m backstroke														

MEDIA GUIDE - PAN PACIFIC CHAMPIONSHIPS – VICTORIA, BRITISH COLUMBIA – AUGUST 17 – 21, 2006

2006 TELSTRA COMMONWEALTH GAMES TRIALS MELBOURNE, JAN 30 - FEB 4 MEN		4. James Beasley	1:03.11	3. Alice Mills	54.21	4. Felicity Galvez	26.85
		5. Kieran O'Regan	1:03.30	4. Shayne Reese	55.47	5. Lauren Winter	27.37
		6. Robert McDonald	1:03.96	5. Melanie Schlanger	55.54	6. Eliese Zalewski	27.37
		7. Mark Riley	1:03.99	6. Elka Graham	55.91	7. Amy Smith	27.91
		8. Rory Comerford	1:04.24	7. Linda MacKenzie	56.22	8. Marieke Guehrer	28.02
50m freestyle		200m breaststroke		8. Kelly Stubbins	56.32	100m butterfly	
1. Brett Hawke	22.29	1. Jim Piper	2:10.51	200m freestyle		1. Jessicah Schipper	57.15 CR
2. Eamon Sullivan	22.39	2. Brenton Rickard	2:13.92	1. Linda MacKenzie	1:58.49	2. Lisbeth Lenton	57.35
3. Ashley Callus	22.68	3. Rory Comerford	2:17.55	2. Lisbeth Lenton	1:58.53	3. Alice Mills	58.16
4. Matt Targett	23.03	4. James Beasley	2:18.07	3. Bronte Barratt	1:59.38	4. Felicity Galvez	58.87
5. Jonathon Newton	22.82	5. Robert McDonald	2:18.07	4. Kelly Stubbins	1:59.61	5. Stephanie Rice	59.19
6. Tim LaForest	23.03	6. Luke Trickett	2:18.89	5. Shayne Reese	1:59.80	6. Danni Miatke	59.99
6. Steve Neuwert	23.03	7. Bryan Luca	2:19.35	6. Ashleigh McCleery	1:59.87	7. Lauren Winter	1:01.31
8. Sean Piper	23.09	8. Craig Calder	2:20.03	7. Melanie Schlanger	2:00.01	8. Samantha Hamill	1:01.71
100m freestyle		50m butterfly		8. Elka Graham	2:00.30	200m butterfly	
1. Ian Thorpe	49.28	1. Michael Klim	23.90	400m freestyle		1. Jessicah Schipper	2:06.25
2. Michael Klim	49.38	2. Matt Welsh	23.91	1. Linda MacKenzie	4:09.33	2. Felicity Galvez	2:08.27
3. Eamon Sullivan	49.54	3. Matt Targett	24.00	2. Bronte Barratt	4:09.52	3. Stephanie Rice	2:09.75
4. Ashley Callus	49.56	4. Geoff Huegill	24.10	3. Kylie Palmer	4:10.66	4. Kylie Palmer	2:13.07
5. Kenrick Monk	50.08	5. Adam Pine	24.17	4. Ashleigh McCleery	4:10.81	5. Sarah Paton	2:13.19
6. Brett Hawke	50.23	6. Jason Cohen	24.43	5. Melissa Gorman	4:15.97	6. Samantha Hamill	2:13.51
7. Andrew Mewing	50.35	7. Eamon Sullivan	24.61	6. Elka Graham	4:16.25	7. Amy Smith	2:14.46
8. Casey Flouch	50.92	8. Brett Hawke	24.78	7. Sarah Paton	4:17.25	8. Nicole Hunter	2:16.99
200m freestyle		100m butterfly		8. Kelly Boxwell	4:22.70	200m individual medley	
1. Ian Thorpe	1:46.42	1. Adam Pine	52.71	800m freestyle		1. Brooke Hanson	2:13.09
2. Nick Ffrost	1:48.80	2. Michael Klim	53.06	1. Melissa Gorman	8:32.39	2. Lara Carroll	2:14.06
3. Andrew Mewing	1:49.07	3. Andrew Richards	53.40	2. Sarah Paton	8:33.78	3. Stephanie Rice	2:14.09
4. Kenrick Monk	1:49.25	4. Tim Dodd	53.79	3. Caroline South	8:40.78	4. Jennifer Reilly	2:16.92
5. Josh Krogh	1:49.94	5. Jason Cohen	53.84	4. Stephanie Williams	8:44.30	5. Ashleigh McCleery	2:17.22
6. Andrew Thompson	1:50.05	6. Joshua Taylor	54.16	5. Haylee Reddaway	8:45.51	6. Talia Goddard	2:18.71
7. Patrick Murphy	1:50.26	7. Josh Krogh	54.18	6. Lorren Sellwood	8:50.23	7. Katie Bird	2:19.30
8. Adam Lucas	1:50.43	200m butterfly		7. Kelly Boxwell	8:50.24	8. Kristy Morrison	2:19.81
400m freestyle		1. Travis Nederpelt	1:56.84	8. Briody Murphy	8:57.48	400m individual medley	
1. Craig Stevens	3:50.33	2. Josh Krogh	1:57.41	1500m freestyle		1. Jennifer Reilly	4:43.72
2. Nick Ffrost	3:51.93	3. Andrew Richards	1:57.52	1. Melissa Gorman	16:17.74	2. Lara Carroll	4:45.33
3. Brendon Hughes	3:53.59	4. Nick D'Arcy	1:58.08	2. Sarah Paton	16:30.32	3. Ashleigh McCleery	4:46.20
4. Ephraim Hannant	3:53.97	5. Josh Minogue	2:00.52	3. Caroline South	16:37.04	4. Stephanie Rice	4:46.98
5. Kurtis MacGillivray	3:54.83	6. Nic Donald	2:00.95	4. Nicole Hunter	17:03.87	5. Angie Bainbridge	4:53.19
6. Hayden Jackson	3:56.34	7. Nick Cordner	2:01.39	5. Zoe Osterloh	17:25.92	6. Talia Goddard	4:56.23
7. Ky Hurst	3:58.06	8. Mitchell Lawless	2:04.09	6. Ming Ong	17:32.35	7. Yvette Rodier	4:57.29
8. Andrew Thompson	4:00.29	200m individual medley		50m backstroke		8. Kristy Morrison	5:00.31
800m freestyle		1. Leith Brodie,	2:01.13	1. Giaan Rooney	28.42	4x100m freestyle relay	
1. Cameron Smith	8:03.94	2. Adam Lucas	2:02.65	2. Sophie Edington	28.65	1. Carey Aquatic	3:47.70
2. Trent Grimsey	8:04.02	3. Travis Nederpelt	2:04.36	3. Tayliah Zimmer	28.98	2. Melbourne Vicentre	3:51.51
3. Andrew Beato	8:17.98	4. Stephen Parkes	2:04.97	4. Belinda Nevell	29.32	3. Haileybury Waterlions	3:51.75
4. Alexandra McNeill	8:19.99	5. Mitchell Bacon	2:05.05	5. Melissa Morgan	29.95	4. Miami	3:52.22
5. Liam Auer	8:20.89	6. Louis Paul	2:05.53	6. Meagan Nay	30.00	5. Redcliffe Leagues Lawnton	3:52.42
6. Mitchell Thomson	8:29.88	7. Sam Ashby	2:07.02	7. Katie Bird	30.22	6. Nunawading	3:52.54
7. Andrew Davis	8:30.76	8. Nick Cordner	2:08.75	8. Belinda Hocking	30.49	7. West Coast	3:59.80
8. Dean MacKay	8:31.65	400m individual medley		100m backstroke		8. River City	3:59.86
1500m freestyle		1. Travis Nederpelt	4:20.47	1. Tayliah Zimmer	1:01.03 AR	4x200m freestyle relay	
1. Kurtis MacGillivray	15:22.68	2. Adam Lucas	4:22.56	2. Sophie Edington	1:01.38	1. Redcliffe Leagues Lawnton	8:13.39
2. Travis Nederpelt	15:28.65	3. Ephraim Hannant	4:23.65	3. Giaan Rooney	1:01.86	2. Haileybury Waterlions	8:14.34
3. Cameron Smith	15:30.38	4. Nick Cordner	4:24.34	4. Joanna Fergus	1:02.50	3. Miami	8:23.11
4. Ky Hurst	15:31.95	5. David Browne	4:26.15	5. Stephanie Rice	1:02.68	4. St Peters Western	8:28.26
5. Andrew Thompson	15:32.19	6. Mitchell Bacon	4:27.45	6. Frances Adcock	1:02.73	5. West Coast	8:29.29
6. Trent Grimsey	15:43.32	7. Stephen Parkes	4:27.60	7. Belinda Nevell	1:02.73	6. River City	8:41.97
7. Liam Auer	15:58.52	8. Michael Hardy	4:32.02	8. Karina Leane	1:02.96	7. Melbourne Vicentre	8:51.91
8. Andrew Beato	16:01.85	4x100m freestyle relay		200m backstroke		8. Nunawading	8:51.92
50m backstroke		1. Nunawading	3:23.66	1. Joanna Fergus	2:11.99	4x100m medley relay	
1. Matt Welsh	25.58	2. West Coast	3:23.75	2. Sophie Edington	2:12.68	1. Commercial	4:05.62
2. Andrew Lauterstein	25.83	3. Commercial	3:24.22	3. Frances Adcock	2:12.83	2. Carey Aquatic	4:09.52
3. Josh Watson	25.97	4. Melbourne Vicentre	3:24.78	4. Tayliah Zimmer	2:12.85	3. Nunawading	4:14.55
4. Ethan Rolff	26.00	5. Yeronga Park	3:24.80	5. Karina Leane	2:13.43	4. St Peters Western	4:20.43
5. Daniel Arnannart	26.09	6. Barker	3:29.13	6. Lara Carroll	2:13.92	5. West Coast	4:23.60
6. Ashley Delaney	26.25	7. West Coast	3:36.25	7. Melissa Morgan	2:14.87	6. Redcliffe Leagues Lawnton	4:24.26
7. Hayden Stoeckel	26.36	8. Mlc Aquatic	3:38.18	8. Meagan Nay	2:16.19	7. Carey Aquatic	4:24.67
8. Grant Brits	26.41	4x200m freestyle relay		50m breaststroke		WR – World Record	
100m backstroke		1. Miami	7:34.45	1. Jade Edmiston	30.54	CR – Commonwealth Record	
1. Matt Welsh	55.21	2. Melbourne Vicentre	7:46.04	2. Leisel Jones	30.87	AR – Australian Record	
2. Andrew Lauterstein	55.47	3. City Of Perth	7:47.96	3. Tarnee White	31.02		
3. Ashley Delaney	56.08	4. West Coast	7:51.98	4. Brooke Hanson	31.04		
4. Ethan Rolff	56.09	5. Carlile	7:53.21	5. Sally Foster	31.78		
5. Daniel Arnannart	56.18	6. Yeronga Park	7:58.25	6. Sarah Katsoulis	32.28		
6. Hayden Stoeckel	56.41	7. Nunawading	7:59.10	7. Lisa Hartman	32.94		
7. Josh Watson	56.55	8. Mlc Aquatic	8:10.55	8. Natasha Waitzer	33.02		
8. Michael Jackson	56.61	4x100m medley relay		100m breaststroke			
200m backstroke		1. West Coast	3:41.26	1. Leisel Jones	1:05.71 WR		
1. Ephraim Hannant	2:00.46	2. Nunawading	3:45.27	2. Jade Edmiston	1:07.03		
2. Hayden Stoeckel	2:01.14	3. City Of Perth	3:49.60	3. Tarnee White	1:08.25		
3. Ethan Rolff	2:01.41	4. Melbourne Vicentre B	3:50.82	4. Brooke Hanson	1:08.33		
4. Michael Jackson	2:01.66	4. Melbourne Vicentre A	3:50.82	5. Sarah Katsoulis	1:09.46		
5. Grant Brits	2:02.14	6. Barker	3:51.67	6. Sally Foster	1:09.52		
6. Matt Welsh	2:04.71	7. Tattersall's Aquatic	3:56.17	7. Lisa Hartmann	1:11.60		
7. Nick Cordner	2:05.09	8. Carey Aquatic	3:58.51	8. Natasha Waitzer	1:12.93		
8. Ashley Delaney	2:06.60	WOMEN		200m breaststroke			
50m breaststroke		50m freestyle		1. Leisel Jones	2:20.54 WR		
1. Brenton Rickard	28.22	1. Lisbeth Lenton	24.58	2. Sally Foster	2:27.71		
2. Mark Riley	28.27	2. Alice Mills	24.92	3. Brooke Hanson	2:27.88		
3. Christian Sprenger	28.30	3. Jodie Henry	24.96	4. Sarah Katsoulis	2:28.60		
4. Nathan Crook	28.96	4. Michelle Englesman	25.30	5. Rebecca Jones	2:33.47		
5. James Stacey	29.00	5. Melanie Schlanger	25.60	6. Lara Carroll	2:33.72		
6. Rene Paccagnan	29.14	6. Melissa Mitchell	25.86	7. Jennifer Reilly	2:35.02		
7. Kieran O'Regan	29.40	7. Sally Foster	25.89	8. Brooke Martin	2:37.88		
8. Bryan Luca	29.84	100m freestyle		50m butterfly			
100m breaststroke		1. Lisbeth Lenton	53.67	1. Danni Miatke	26.23		
1. Brenton Rickard	1:00.97	2. Jodie Henry	53.85	2. Jessicah Schipper	26.63		
2. Christian Sprenger	1:01.32			3. Alice Mills	26.64		
3. Jim Piper	1:01.75						

SWIMMING RECORDS AND AUSTRALIAN TOP 10

MEN

50M FREESTYLE- WORLD RECORD 0:21.64

World	0:21.64	Alexander Popov		RUS	Moscow	16.06.00
Commonwealth	0:21.69	Roland Schoeman		RSA	Montreal	30.07.05
Australian	0:22.07	Brett Hawke	Melb. Vicentre	VIC	Athens	19.08.04
All Comers	0:21.98	Anthony Ervin		USA	Sydney	22.09.00
	0:21.98=	Gary Hall jnr		USA	Sydney	22.09.00

AUSTRALIAN TOP 10

	0:22.07	Brett Hawke			Athens	19.08.04
	0:22.31	Michael Klim OAM			Canberra	13.11.99
	0:22.33	Eamon Sullivan			Melbourne	04.02.06
	0:22.37	Ashley Callus OAM			Brisbane	09.01.02
	0:22.41	Chris Fydler OAM			Sydney	21.09.00
	0:22.50	Nathan Rickard			Messina	31.08.97
	0:22.54	Andrew Baildon			Tokyo	20.08.89
	0:22.62	Jeff English 1978			Brisbane	26.03.99
	0:22.63	Jonathon Newton			Sydney	02.04.04
	0:22.67	David Carter 1975			Sydney	02.04.04

100M FREESTYLE- WORLD RECORD 0:47.84 (0:23.16)

World	0:47.84	Pieter van den Hoogenband		NED	Sydney	19.09.00
Commonwealth	0:48.17	Roland Schoeman		RSA	Athens	15.08.04
Australian	0:48.18	Michael Klim	Southern Bay	VIC	Sydney	16.09.00
All Comers	0:47.84	Pieter van den Hoogenband		NED	Sydney	19.09.00

AUSTRALIAN TOP 10

	0:48.18	Michael Klim OAM			Sydney	16.09.00
	0:48.56	Ian Thorpe OAM			Athens	18.08.04
	0:48.85	Chris Fydler OAM			Sydney	16.05.00
	0:48.92r	Ashley Callus OAM			Brisbane	15.01.03
	0:49.33	Eamon Sullivan			Melbourne	02.02.06
	0:49.48r	Todd Pearson OAM			Barcelona	20.07.03
	0:49.60	Andrew Mewing			Perth	03.01.06
	0:49.80	Andrew Baildon			Auckland	27.01.90
	0:49.80	Brett Hawke 1975			Melbourne	01.02.06
	0:49.88	David Jenkins			Sydney	16.05.00

200M FREESTYLE - WORLD RECORD 1:44.06 (0:24.81, 0:51.43, 1:18.26)

World	1:44.06	Ian Thorpe		AUS	Fukuoka	25.07.01
Commonwealth	1:44.06	Ian Thorpe		AUS	Fukuoka	25.07.01
Australian	1:44.06	Ian Thorpe	SLC Aquadot	NSW	Fukuoka	25.07.01
All Comers	1:44.69	Ian Thorpe	SLC Aquadot	NSW	Hobart	27.03.01

AUSTRALIAN TOP 10

	1:44.06	Ian Thorpe OAM			Hobart	27.03.01
	1:45.61	Grant Hackett OAM			Sydney	29.03.04
	1:46.82	Michael Klim OAM			Sydney	23.08.99
	1:47.09	Nicholas Sprenger			Montreal	26.07.05
	1:47.25	Duncan Armstrong OAM			Seoul	19.09.88
	1:48.05	William Kirby OAM			Sydney	15.05.00
	1:48.13	Daniel Kowalski OAM			Sydney	15.05.00
	1:48.15	Todd Pearson OAM			Sydney	15.05.00
	1:48.80	Nick Ffrost			Melbourne	31.01.06
	1:48.92	Kieren Perkins OAM			Canberra	04.04.92

400M FREESTYLE - WORLD RECORD 3:40.08 (0:53.02, 1:49.57, 2:45.43)

World	3:40.08	Ian Thorpe		AUS	Manchester	30.07.02
Commonwealth	3:40.08	Ian Thorpe		AUS	Manchester	30.07.02
Australian	3:40.08	Ian Thorpe	SLC Aquadot	NSW	Manchester	30.07.02
All Comers	3:40.54	Ian Thorpe	SLC Aquadot	NSW	Brisbane	18.03.02

AUSTRALIAN TOP 10

	3:40.08	Ian Thorpe OAM			Manchester	30.07.02
	3:42.51	Grant Hackett OAM			Fukuoka	22.07.01

	3:43.80	Kieren Perkins OAM		Rome	09.09.94
	3:47.15	Duncan Armstrong OAM		Seoul	23.09.88
	3:47.99	Craig Stevens		Sydney	22.03.03
	3:48.79	Ian Brown		Barcelona	29.07.92
	3:48.86	Daniel Kowalski OAM		Brisbane	20.03.99
	3:49.55	Nicholas Sprenger		Montreal	24.07.05
	3:50.02	Glen Housman		Canberra	03.04.92
	3:51.60	Malcolm Allen		Sydney	24.04.96

800M FREESTYLE - WORLD RECORD 7:38.65 (0:54.38, 1:51.89, 2:49.49, 3:47.17, 4:45.03, 5:43.55 6:42.11)

World	7:38.65	Grant Hackett	AUS	Montreal	27.07.05
Commonwealth	7:38.65	Grant Hackett	AUS	Montreal	27.07.05
Australian	7:38.65	Grant Hackett Miami	AUS	Montreal	27.07.05
All Comers	7:41.59	Ian ThorpeSLC	Aquadot NSW	Hobart	26.03.01

AUSTRALIAN TOP 10

	7:38.65	Grant Hackett OAM		Montreal	27.07.05
	7:39.16	Ian Thorpe OAM		Fukuoka	24.07.01
	7:46.00	Kieren Perkins OAM		Victoria	24.08.94
	7:50.28	Daniel Kowalski		Atlanta	10.08.95
	7:54.47	Craig Stevens		California	12.06.04
	7:54.66	Glen Housman		Atlanta	10.08.95
	7:58.97	Kurtis MacGillivray		Sydney	15.03.05
	7:58.99	Michael McKenzie		Tokyo	18.08.89
	8:01.97	Stephen Penfold		Sydney	12.01.01
	8:02.91	Stephen Holland OAM		Sydney	29.02.76

1500M FREESTYLE - WORLD RECORD 14:34.56 (0:54.19, 1:52.45, 2:51.29, 3:50.18, 4:48.82, 5:47.45, 6:45.96, 7:44.47, 8:43.05, 9:41.78, 10:40.56, 11:39.51, 12:38.51, 13:37.89)

World	14:34.56	Grant Hackett	AUS	Fukuoka	29.07.01	
Commonwealth	14:34.56	Grant Hackett	AUS	Fukuoka	29.07.01	
Australian	14:34.56	Grant Hackett	Miami	QLD	Fukuoka	29.07.01
All Comers	14:44.94	Grant Hackett	Miami	QLD	Sydney	19.03.05

AUSTRALIAN TOP 10

	14:34.56	Grant Hackett OAM		Fukuoka	29.07.01
	14:41.66	Kieren Perkins OAM		Victoria	24.08.94
	14:53.42	Daniel Kowalski OAM		Rome	09.09.94
	14:53.59	Glen Housman		Adelaide	13.12.89
	15:01.64	Craig Stevens		Sydney	03.04.04
	15:04.66	Stephen Holland OAM		Montreal	20.07.76
	15:08.08	Michael McKenzie		Brisbane	16.08.87
	15:08.48	Kurtis MacGillivray		Sydney	19.03.05
	15:12.62	Jason Plummer		Edinburgh	30.07.86
	15:14.49	Max Metzker		Moscow	22.07.80

50M BACKSTROKE - WORLD RECORD 0:24.80

World	0:24.80	Thomas Rupprath	GER	Barcelona	27.07.03	
Commonwealth	0:24.84	Liam Tancock	ENG	Melbourne	16.03.06	
Australian	0:24.99	Matthew Welsh	Melb. Vicentre	VIC	Montreal	31.07.05
All Comers	0:24.84	Liam Tancock	ENG	Melbourne	16.03.06	

AUSTRALIAN TOP 10

	0:24.99	Matt Welsh		Montreal	31.07.05
	0:25.50	Josh Watson		Barcelona	26.07.03
	0:25.83	Andrew Lauterstein		Melbourne	31.01.06
	0:25.92	Beau Mannix		Hobart	26.03.01
	0:25.93	Steven Dewick		Melbourne	02.05.98
	0:26.00	Ethan Rolff		Melbourne	31.01.06
	0:26.04	Adrian Radley		Melbourne	02.05.98
	0:26.05	Robert Wyllie		Sydney	19.05.00
	0:26.06	Grant Brits		Sydney	18.03.05
	0:26.09	Daniel Arnamnart		Melbourne	31.01.06

100M BACKSTROKE - WORLD RECORD 0:53.60 (0:25.97)

World	0:53.17	Aaron Peirsol	USA	Indianapolis	03.04.05	
Commonwealth	0:53.78	Matt Welsh	AUS	Sydney	03.04.04	
Australian	0:53.78	Matt Welsh	Melb. Vicentre	VIC	Sydney	03.04.04

All Comers	0:53.60	Lenny Krayzelburg		USA	Sydney	24.08.99
AUSTRALIAN TOP 10						
	0:53.78	Matt Welsh			Sydney	03.04.04
	0:54.77	Josh Watson			Sydney	24.03.03
	0:54.88	Andrew Lauterstein			Montreal	25.07.05
	0:55.38	Ian Thorpe			Manchester	03.08.02
	0:55.51	Ethan Rolff			Sydney	25.02.05
	0:55.58	Steven Dewick			Victoria	24.08.94
	0:55.69	Michael Jackson			Sydney	14.03.05
	0:55.71	Leigh McBean			Yokohama	26.08.02
	0:55.74	Raymond Hass			Brisbane	22.03.99
	0:55.82	Ashley Delaney			Cairns	11.07.06
200M BACKSTROKE - WORLD RECORD 1:54.74 (0:27.18, 0:55.98, 0:1:25.29)						
World	1:54.66	Aaron Piersol		USA	Montreal	29.07.05
Commonwealth	1:57.25	James Goddard		GBR	Athens	18.08.04
Australian	1:57.59	Matt Welsh	Surrey Park	VIC	Sydney	21.09.00
All Comers	1:55.87	Lenny Krayzelberg		USA	Sydney	27.08.99
AUSTRALIAN TOP 10						
	1:57.59	Matt Welsh			Sydney	21.09.00
	1:58.59	Ray Hass			Brisbane	20.03.02
	1:59.45	Andrew Burns			Sydney	31.03.04
	1:59.61	Cameron Delaney			Sydney	20.09.00
	1:59.79	Scott Miller			Brisbane	17.03.94
	2:00.12	Leigh McBean			Yokohama	27.08.02
	2:00.13	Patrick Murphy			Sydney	31.03.04
	2:00.16	Ephraim Hannant			Santa Clara	25.06.06
	2:00.65	Joshua Watson			Sydney	02.01.00
	2:01.00	Ethan Rolff			Sydney	17.03.05
50M BREASTSTROKE - WORLD RECORD 0:27.18						
World	0:27.18	Oleg Lisogor		UKR	Berlin	02.08.02
Commonwealth	0:27.46	James Gibson		ENG	Barcelona	21.07.03
Australian	0:28.02	Brenton Rickard	Carey Aquatic	VIC	Sydney	15.03.05
All Comers	0:27.93	Darren Mew		ENG	Brisbane	07.02.04
AUSTRALIAN TOP 10						
	0:28.02	Brenton Rickard			Sydney	15.03.05
	0:28.06	Christian Sprenger			Monaco	04.06.06
	0:28.08	Mark Riley			Sydney	15.03.05
	0:28.40	Philip Rogers OAM			Sydney	23.04.96
	0:28.43	Nathan Crook			Sydney	02.04.04
	0:28.45	Jim Piper			Sydney	02.04.04
	0:28.49	Jade Winter			Monte Carlo	03.06.98
	0:28.74	Simon Cowley			Brisbane	29.08.01
	0:28.81	Rene Paccagnan			Melbourne	01.02.06
	0:28.86	Kieran O'Regan			Sydney	14.03.05
100M BREASTSTROKE - WORLD RECORD 0:59.13 (0:27.66)						
World	0:59.13	Brendan Hansen		USA	Irvine	01.08.06
Commonwealth	1:00.02	Darren Mew		ENG	Sheffield	11.04.04
Australian	1:00.64	Brenton Rickard	Carey Aquatic	VIC	Sydney	13.03.05
All Comers	1:00.46	Domenico Fioravanti		ITA	Sydney	17.09.00
AUSTRALIAN TOP 10						
	1:00.64	Brenton Rickard			Sydney	13.03.05
	1:01.32	Christian Sprenger			Melbourne	01.02.06
	1:01.38	Jim Piper			Sydney	28.03.04
	1:01.56	Philip Rogers OAM			Kobe/Perth	3.08.93/31.03.95
	1:01.60	Simon Cowley			Sydney	22.08.99
	1:01.93	Regan Harrison			Sydney	28.03.04
	1:02.05	Mark Riley			Sydney/Suva	28.03.04/15.05.04
	1:02.16	Ryan Mitchell			Melbourne	27.04.98
	1:02.45	Justin Norris			Brisbane	20.03.02
	1:02.66	Robert McDonald			Sydney	13.03.05
200M BREASTSTROKE - WORLD RECORD 2:08.74 (0:28.87 1:01.58 1:34.84)						

World	2:08.74	Brendan Hansen		USA	Irvine	05.08.06
Commonwealth	2:10.51	Jim Piper		AUS	Melbourne	04.02.06
Australian	2:10.51	Jim Piper	West Coast	WA	Melbourne	04.02.06
All Comers	2:10.51	Jim Piper	West Coast	WA	Melbourne	04.02.06

AUSTRALIAN TOP 10

	2:10.51	Jim Piper			Melbourne	04.02.06
	2:11.51	Regan Harrison			Fukuoka	26.07.01
	2:12.24	Brenton Rickard			Melbourne	21.03.06
	2:12.98	Simon Cowley			Sydney	26.08.99
	2:13.20	Ryan Mitchell			Kuala Lumpur	15.09.98
	2:13.50	Philip Rogers OAM			Kobe	15.08.93
	2:13.69	Justin Norris			Brisbane	23.03.02
	2:14.98	Robert McDonald			Sydney	17.03.05
	2:15.45	Mark Riley			Sydney	26.03.03
	2:15.50	Rodney Lawson			Barcelona	29.07.92

50M BUTTERFLY - WORLD RECORD 0:23.43

World	0:22.96	Roland Schoeman		RSA	Montreal	25.07.05
Commonwealth	0:22.96	Roland Schoeman		RSA	Montreal	25.07.05
Australian	0:23.43	Matthew Welsh	Melbourne VicentreVIC	Barcelona		21.07.03
All Comers	0:23.34	Roland Schoeman		RSA	Melbourne	18.03.06

AUSTRALIAN TOP 10

	0:23.43	Matt Welsh			Barcelona	21.07.03
	0:23.44	Geoff Huegill			Fukuoka	27.07.01
	0:23.74	Michael Klim OAM			Melbourne	18.03.06
	0:23.86	Matt Targett			Melbourne	17.03.06
	0:23.87	Brett Hawke			Sydney	13.03.05
	0:24.02	Burl Reid			Hobart	30.03.01
	0:24.11	Adam Pine OAM			Manchester	31.07.02
	0:24.15	David Carter			Sydney	28.03.04
	0:24.21	Robert Sharp			Sydney	23.03.03
	0:24.25	Scott Miller			Sydney	21.04.96

100M BUTTERFLY - WORLD RECORD 0:50.76 (0:23.62)

World	0:50.40	Ian Crocker		USA	Montreal	30.07.05
Commonwealth	0:51.81	Michael Klim		AUS	Canberra	12.12.99
Australian	0:51.81	Michael Klim	Southern Bay	VIC	Canberra	12.12.99
All Comers	0:51.81	Michael Klim	Southern Bay	VIC	Canberra	12.12.99

AUSTRALIAN TOP 10

	0:51.81	Michael Klim OAM			Canberra	12.12.99
	0:51.96	Geoff Huegill			Sydney	21.09.00
	0:52.53	Scott Miller			Atlanta	24.07.96
	0:52.71	Adam Pine OAM			Melbourne	03.02.06
	0:53.12	Burl Reid			Osaka	22.05.01
	0:53.28	Scott Goodman			Brisbane	09.10.97
	0:53.33	Jon Sieben OAM			Seoul	21.09.88
	0:53.40	Andrew Richards			Melbourne	03.02.06
	0:53.44	Justin Norris			Sydney	02.04.04
	0:53.52	Jason Cohen			Sydney	02.04.04

200M BUTTERFLY- WORLD RECORD 1:53.93 (0:25.95, 0:54.89, 1:24.28)

World	1:53.93	Michael Phelps			Barcelona	22.07.03
Commonwealth	1:55.52	Stephen Parry			Athens	17.08.04
Australian	1:56.17	Justin Norris	BHP Hunter		Sydney	19.09.00
All Comers	1:55.27	Tom Malchow			Brisbane	29.08.01

AUSTRALIAN TOP 10

	1:56.17	Justin Norris			Sydney	19.09.00
	1:56.84	Travis Nederpelt			Melbourne	30.01.06
	1:56.86	Scott Goodman			Adelaide	13.03.97
	1:57.04	Jon Sieben OAM			Los Angeles	03.08.84
	1:57.41	Josh Krogh			Melbourne	30.01.06
	1:57.48	Andrew Richards			Sydney	15.03.05
	1:57.49	Heath Ramsay			Sydney	16.05.00
	1:57.71	William Kirby OAM			Sydney	16.05.00

	1:57.86	Scott Miller		Atlanta	10.08.95
	1:58.05	Michael Klim OAM		Brisbane	29.08.01
	1:58.05=	Nick D'Arcy		Monaco	03.06.06
200M INDIVIDUAL MEDLEY - WORLD RECORD 1:55.94 (0:25.15, 0:54.03, 1:28.35)					
World	1:55.94	Michael Phelps	USA	College Park	10.08.03
Commonwealth	1:58.80	George Bovell	TRI	Athens	18.08.04
Australian	1:59.66	Ian Thorpe	SLC Aquadot NSW	Barcelona	25.07.03
All Comers	1:58.98	Massimiliano Rosolino	ITA	Sydney	21.09.00
AUSTRALIAN TOP 10					
	1:59.66	Ian Thorpe		Barcelona	25.07.03
	2:00.26	Matthew Dunn		Kuala Lumpur	17.09.98
	2:00.41	Justin Norris		Sydney	01.04.04
	2:00.98	Adam Lucas		Sydney	16.03.05
	2:01.13	Leith Brodie		Melbourne	03.02.06
	2:01.47	Robert Van der Zant		Sydney	18.05.00
	2:01.54	Grant McGregor		Hobart	28.03.01
	2:01.81	Simon Coombs		Sydney	26.04.96
	2:03.24	Mitchell Bacon		Sydney	27.03.03
	2:03.43	Stephen Parkes		Cairns	11.07.06
400M INDIVIDUAL MEDLEY - WORLD RECORD 4:08.26 (0:26.42, 0:55.57, 1:57.10, 3:10.36)					
World	4:08.26	Michael Phelps		Athens	14.08.04
Commonwealth	4:15.20	Justin Norris		Sydney	27.03.04
Australian	4:15.20	Justin Norris Hunter		Sydney	27.03.04
All Comers	4:11.76	Tom Dolan		Sydney	17.09.00
AUSTRALIAN TOP 10					
	4:15.20	Justin Norris		Sydney	27.03.04
	4:16.11	Matthew Dunn		Fukuoka	11.08.97
	4:16.46	Travis Nederpelt		Sydney	27.03.04
	4:17.29	Grant McGregor		Sydney	14.05.00
	4:18.02	Adam Lucas		Sydney	27.03.04
	4:18.05	Rob Woodhouse		Brisbane	14:08.87
	4:18.93	Trent Steed		Sydney	14.05.00
	4:20.26	Robert Bruce		Auckland	26.01.90
	4:20.96	Philip Bryant		Perth	31.03.95
	4:22.18	Mitchell Bacon		Sydney	27.03.04
4 X 100M FREESTYLE RELAY					
World	3:13.17	Republic of South Africa		Athens	15.08.04
		Roland Schoeman	0:48.17		
		Lyndon Ferns	0:48.13		
		Darian Townsend	0:48.96		
		Ryk Neethling	0:47.91		
Commonwealth	3:13.17	Republic of South Africa		Athens	15.08.04
		Roland Schoeman	0:48.17		
		Lyndon Ferns	0:48.13		
		Darian Townsend	0:48.96		
		Ryk Neethling	0:47.91		
Australian	3:13.67	Australian Team		Sydney	16.09.00
		Michael Klim	0:48.18		
		Chris Fydler	0:48.48		
		Ashley Callus	0:48.71		
		Ian Thorpe	0:48.30		
All Comers	3:13.67	Australian Team		Sydney	16.09.00
		Michael Klim	0:48.18		
		Chris Fydler	0:48.48		
		Ashley Callus	0:48.71		
		Ian Thorpe	0:48.30		
Australian Club	3:21.24	Yeronga Park		Sydney	28.03.04
		Robert Van der Zant	0:51.41		
		Adam Pine	0:49.76		
		Leon Dunne	0:50.95		

		Andrew Mewing	0:49.12		
4 X 200M FREESTYLE RELAY					
World	7:04.66	Australian Team		Fukuoka	27.07.01
		Grant Hackett	1:46.11		
		Michael Klim	1:46.49		
		William Kirby	1:47.92		
		Ian Thorpe	1:44.14		
Commonwealth	7:04.66	Australian Team		Fukuoka	27.07.01
		Grant Hackett	1:46.11		
		Michael Klim	1:46.49		
		William Kirby	1:47.92		
		Ian Thorpe	1:44.14		
Australian	7:04.66	Australian Team		Fukuoka	27.07.01
		Grant Hackett	1:46.11		
		Michael Klim	1:46.49		
		William Kirby	1:47.92		
		Ian Thorpe	1:44.14		
All Comers	7:07.05	Australian Team		Sydney	19.09.00
		Ian Thorpe	1:46.03		
		Michael Klim	1:46.40		
		Todd Pearson	1:47.36		
		William Kirby	1:47.26		
Australian Club	7:19.70	Miami		Sydney	16.05.00
		Grant Hackett	1:47.98		
		Rene Faulkner	1:51.01		
		Stephen Penfold	1:51.44		
		Daniel Kowalski	1:49.27		
4 X 100M MEDLEY RELAY					
World	3:30.68	United States		Athens	21.08.04
		Aaron Piersol	0:53.45		
		Brendan Hansen	0:59.37		
		Ian Crocker	0:50.28		
		Jason Lezak	0:47.58		
Commonwealth	3:34.37	Australia		Melbourne	21.03.06
		Matt Welsh	0:54.84		
		Brenton Rickard	0:59.51		
		Michael Klim	0:51.87		
		Eamon Sullivan	0:48.15		
Australian	3:34.37	Australia		Melbourne	21.03.06
		Matt Welsh	0:54.84		
		Brenton Rickard	0:59.51		
		Michael Klim	0:51.87		
		Eamon Sullivan	0:48.15		
All Comers	3:33.73	United States		Sydney	23.09.00
		Lenny Krayzelburg	0:53.87		
		Ed Moses	0:59.84		
		Ian Crocker	0:52.10		
		Gary Hall jr	0:47.92		
Australian Club	3:41.26	West Coast WA		Melbourne	04.02.06
		Adam Lucas	0:56.10		
		Jim Piper	1:01.25		
		Garth Kates	0:54.09		
		Eamon Sullivan	0:49.22		

WOMEN

50M FREESTYLE - WORLD RECORD 0:24.13

World	0:24.13	Inge de Bruijn	NED	Sydney	22.09.00
Commonwealth	0:24.49	Alice Mills	AUS	Sydney	19.03.05
Australian	0:24.49	Alice MillsChandler	QLD	Sydney	19.03.05
All Comers	0:24.13	Inge de Bruijn	NED	Sydney	22.09.00

AUSTRALIAN TOP 10

0:24.49	Alice Mills		Sydney	19.03.05
0:24.58	Lisbeth Lenton		Melbourne	03.02.06
0:24.72	Jodie Henry		Melbourne	20.03.06
0:24.80	Michelle Engelsman		Sydney	03.04.04
0:25.43	Sophie Edington		Sydney	29.03.03
0:25.60	Melanie Schlanger		Melbourne	03.02.06
0:25.62	Sarah Ryan		Hobart	30.03.01
0:25.66	Cassie Hunt		Cairns	25.05.02
0:25.66=	Marieke Guehrer		Sydney	03.04.04
0:25.71	Ellese Zalewski		Sydney	19.04.06

100M FREESTYLE – WORLD RECORD 0:53.30 (0:25.84)

World	0:53.30	Britta Steffen	GER	Budapest	02.08.06	
Commonwealth	0:53.42	Lisbeth Lenton	AUS	Melbourne	31.01.06	
Australian	0:53.42	Lisbeth Lenton	Commercial	AUS	Melbourne	31.01.06
All Comers	0:53.42	Lisbeth Lenton	Commercial	AUS	Melbourne	31.01.06

AUSTRALIAN TOP 10

0:53.42	Lisbeth Lenton		Melbourne	31.01.06
0:53.52	Jodie Henry		Athens	18.08.04
0:53.96	Alice Mills		Sydney	17.03.05
0:54.79	Susan O'Neill OAM		Sydney	16.09.00
0:54.92	Petria Thomas		Sydney	31.03.04
0:54.94	Sarah Ryan 1977		Brisbane	20.03.02
0:54.94	Melanie Schlanger		Melbourne	01.02.06
0:55.10r	Shayne Reese		Melbourne	03.02.06
0:55.63	Elka Graham		Sydney	31.03.04
0:55.71	Sophie Edington		Sydney	16.03.05

200M FREESTYLE - WORLD RECORD 1:56.64 (0:27.14, 0:56.27, 1:26.33)

World	1:56.64	Franziska Van Almsick	GER	Berlin	03.08.02	
Commonwealth	1:57.06r	Lisbeth Lenton	AUS	Montreal	28.07.05	
Australian	1:57.06r	Lisbeth Lenton	Commercial	QLD	Montreal	28.07.05
All Comers	1:57.25	Caitlin McClatchey	SCO	Melbourne	16.03.06	

AUSTRALIAN TOP 10

1:57.06	Lisbeth Lenton		Montreal	28.07.05
1:57.47	Susan O'Neill OAM		Sydney	15.05.00
1:58.20	Petria Thomas		Sydney	29.03.04
1:58.49	Linda MacKenzie		Melbourne	30.01.06
1:58.54	Elka Graham		Fukuoka	26.07.01
1:58.57	Giaan Rooney		Fukuoka	27.07.01
1:59.23	Jodie Henry		Sydney	29.03.04
1:59.28	Shayne Reese		Sydney	15.03.05
1:59.33	Bronte Barratt		Melbourne	16.03.06
1:59.49	Lara Davenport		Sydney	15.03.05

400M FREESTYLE - WORLD RECORD 4:02.13 (0:27.82, 0:57.81, 1:28.18, 1:59.11, 2:30.13, 3:01.16, 3:32.03)

World	4:02.13	Laure Manaudou	FRA	Budapest	06.08.06	
Commonwealth	4:06.28	Tracey Wickham MBE	AUS	W.Berlin	24.08.78	
Australian	4:06.28	Tracey Wickham MBE	Commercial	QLD	Berlin	24.08.78
All Comers	4:05.80	Brooke Bennett	USA	Sydney	17.09.00	

AUSTRALIAN TOP 10

4:06.28	Tracey Wickham MBE		West Berlin	24.08.78
4:08.46	Linda MacKenzie		Athens	15.08.04
4:08.60	Elka Graham		Barcelona	20.07.03
4:08.65	Bronte Barratt		Melbourne	20.03.06
4:08.86	Sheridan Burge-Lopez		Boca Raton	28.05.88
4:08.89	Hayley Lewis		Auckland	27.01.90
4:09.38	Janelle Elford		Sydney	13.05.88
4:09.56	Haylee Reddaway		Sydney	12.03.05
4:09.72	Julie McDonald		Auckland	27.01.90
4:10.25	Michelle Ford MBE		Edmonton	09.08.78

800M FREESTYLE - WORLD RECORD 8:16.22 (1:00.20, 2:02.53, 3:05.12, 4:07.92, 5:10.27, 6:12.82, 7:15.44)

World	8:16.22	Janet Evans		USA	Tokyo	20.08.89
Commonwealth	8:22.93	Julie McDonald		AUS	Seoul	25.09.88
Australian	8:22.93	Julie McDonald	Lawrence	QLD	Seoul	25.09.88
All Comers	8:19.67	Brooke Bennett		USA	Sydney	22.09.00

AUSTRALIAN TOP 10

	8:22.93	Julie McDonald			Seoul	25.09.88
	8:24.15	Janelle Elford			Boca Raton	30.05.88
	8:24.62	Tracey Wickham MBE			Edmonton	05.08.78
	8:25.78	Michelle Ford MBE			Edmonton	05.08.78
	8:26.37	Sheridan Burge-Lopez			Boca Raton	30.05.88
	8:26.86	Hayley Lewis			Kobe	15.08.93
	8:30.18	Stacey Gartrell			Victoria	23.08.94
	8:30.79	Melissa Gorman			Melbourne	19.03.06
	8:32.13	Linda MacKenzie			Sydney	02.04.04
	8:32.51	Donna Procter			Melbourne	29.04.91

1500M FREESTYLE - WORLD RECORD 15:52.10 (1:01.17, 2:04.46, 3:08.04, 4:11.70, 5:15.37, 6:19.09, 7:22.72, 8:26.52, 9:30.26, 10:34.25, 11:38.09, 12:42.00, 13:45.95, 14:49.76)

World	15:52.10	Janet Evans		USA	Orlando	26.03.88
Commonwealth	16:04.84	Hayley Lewis		AUS	Kobe	12.08.93
Australian	16:04.84	Hayley Lewis	MLC Leander	QLD	Kobe	12.08.93
All Comers	16:06.63	Tracey Wickham MBE	Commercial	QLD	Perth	25.02.79

AUSTRALIAN TOP 10

	16:04.84	Hayley Lewis			Kobe	12.08.93
	16:06.63	Tracey Wickham MBE			Perth	25.02.79
	16:10.11	Janelle Elford			Perth	28.02.87
	16:10.42	Stacey Gartrell			Kobe	12.08.93
	16:11.15	Michelle Ford MBE			Sydney	19.12.80
	16:15.37	Julie McDonald			Perth	04.08.89
	16:16.80	Amanda Pascoe			Fukuoka	28.07.01
	16:17.20	Sarah Paton			Sydney	14.03.05
	16:17.74	Melissa Gorman			Melbourne	04.02.06
	16:18.12	Stephanie Williams			Hawaii	06.01.05

50M BACKSTROKE - WORLD RECORD 0:28.19

World	0:28.19	Janine Pietsch		GER	Berlin	25.05.05
Commonwealth	0:28.42	Giaan Rooney		AUS	Melbourne	19.03.06
Commonwealth=	0:28.42	Sophie Edington		AUS	Melbourne	20.03.06
Australian	0:28.42	Giaan Rooney	Melb. Vicentre	VIC	Melbourne	19.03.06
Australian=	0:28.42	Sophie Edington	Kingscliff	NSW	Melbourne	20.03.06
All Comers	0:28.42	Giaan Rooney	Melb. Vicentre	VIC	Melbourne	03.02.06
All Comers=	0:28.42	Sophie Edington	Kingscliff	NSW	Melbourne	20.03.06

AUSTRALIAN TOP 10

	0:28.42	Giaan Rooney			Melbourne	03.02.06/19/03/06
	0:28.42=	Sophie Edington			Melbourne	20.03.06
	0:28.60	Tayliah Zimmer			Canet	08.06.06
	0:28.68	Dyana Calub		Hobart/Manchester	26.03.01/03.08.02	
	0:29.23	Marieke Guehrer			Sydney	27.03.04
	0:29.28	Belinda Nevell			Sydney	27.03.04
	0:29.44	Meredith Smith			Sydney	26.01.97
	0:29.48	Rachel Goh			Melbourne	06.01.05
	0:29.57	Petria Thomas			Brisbane	22.03.02
	0:29.57=	Nicole Seah			Sydney	16.03.05

100M BACKSTROKE - WORLD RECORD 0:59.58 (0:28.86)

World	0:59.58	Natalie Coughlin		USA	Ft. Lauderdale	13.08.02
Commonwealth	1:00.49	Katy Sexton		ENG	Sheffield	20.03.03
Australian	1:00.93	Sophie Edington	Kingscliff	NSW	Melbourne	18.03.06
All Comers	1:00.21	Diana Mocanu		ROM	Sydney	18.09.00

AUSTRALIAN TOP 10

	1:00.93	Sophie Edington			Melbourne	18.03.06
	1:01.03	Tayliah Zimmer			Melbourne	01.02.06
	1:01.14	Giaan Rooney			Sydney	14.03.05
	1:01.49	Dyana Calub			Yokohama	26.08.02

	1:01.78	Nicole Stevenson		Barcelona	28.07.92	
	1:02.07	Joanne Meehan		Barcelona	28.07.92	
	1:02.14	Clementine Stoney		Brisbane	03.09.01	
	1:02.24	Elli Overton		Rome	07.09.94	
	1:02.25	Marieke Guehrer		Perth	14.04.04	
	1:02.40	Meredith Smith		Brisbane	07.10.97	
200M BACKSTROKE - WORLD RECORD 2:06.62 (0:30.55, 1:02.34, 1:34.79)						
World	2:06.62	Kristina Egerszegi	HUN	Athens	25.08.91	
Commonwealth	2:08.74	Katy Sexton	ENG	Barcelona	26.07.03	
Australian	2:10.20	Nicole Stevenson	Mel Vicentre	VIC	Barcelona	31.07.92
All Comers	2:08.16	Diana Mocanu		ROM	Sydney	22.09.00
AUSTRALIAN TOP 10						
	2:10.20	Nicole Stevenson		Barcelona	31.07.92	
	2:10.36	Joanna Fargus		Melbourne	20.03.06	
	2:11.58	Clementine Stoney		Fukuoka	26.07.01	
	2:12.36	Melissa Morgan		Brisbane	27.04.03	
	2:12.58	Sophie Edington		Melbourne	20.03.06	
	2:12.83	Frances Adcock		Melbourne	03.02.06	
	2:12.85	Tayliah Zimmer		Melbourne	03.02.06	
	2:13.04	Meredith Smith		Perth	01.04.95	
	2:13.35	Dyana Calub		Sydney	19.05.00	
	2:13.37	Elli Overton		Brisbane	20.03.94	
50M BREASTSTROKE - WORLD RECORD 0:34.31						
World	0:30.31	Jade Edmestone		AUS	Melbourne	30.01.06
Commonwealth	0:30.31	Jade Edmestone		AUS	Melbourne	30.01.06
Australian	0:30.31	Jade Edmestone	Redlands	AUS	Melbourne	30.01.06
All Comers	0:30.31	Jade Edmestone	Redlands	QLD	Melbourne	30.01.06
AUSTRALIAN TOP 10						
	0:30.31	Jade Edmestone		Melbourne	30.01.06	
	0:30.55	Leisel Jones		Melbourne	17.03.06	
	0:30.89	Brooke Hanson		Montreal	31.07.05	
	0:31.02	Tarnee White		Melbourne	31.01.06	
	0:31.78	Samantha Riley OAM		Monte Carlo	04.06.98	
	0:31.78	Sarah Kasoulis		Sydney	02.04.04	
	0:31.78	Sally Foster		Melbourne	31.01.06	
	0:31.82	Helen Denman		Sydney	23.04.96	
	0:31.98	Shayne Reese		Melbourne	04.01.06	
	0:32.06	Rebecca Brown		Brisbane	08.03.94	
100M BREASTSTROKE - WORLD RECORD 1:05.09 (30.83)						
World	1:05.09	Leisel Jones		AUS	Melbourne	20.03.06
Commonwealth	1:05.09	Leisel Jones		AUS	Melbourne	20.03.06
Australian	1:05.09	Leisel Jones	Commercial	AUS	Melbourne	20.03.06
All Comers	1:05.09	Leisel Jones	Commercial	AUS	Melbourne	20.03.06
AUSTRALIAN TOP 10						
	1:05.09	Leisel Jones		Melbourne	20.03.06	
	1:07.03	Jade Edmestone		Melbourne	03.02.06	
	1:07.15	Brooke Hanson		Athens	16.08.04	
	1:07.66	Samantha Riley OAM		Brisbane	06.10.97	
	1:07.95	Tarnee White		Melbourne	20.03.06	
	1:08.22	Sarah Kasoulis		Melbourne	05.01.04	
	1:08.45	Rebecca Brown		Brisbane	16.03.94	
	1:08.51	Helen Denman		Perth	13.01.98	
	1:08.65	Sally Foster		Barcelona	11.06.06	
	1:08.81	Linley Frame		Perth	11.01.91	
200M BREASTSTROKE - WORLD RECORD 2:20.54 (0:32.19, 1:08.52, 1:45.02)						
World	2:20.54	Leisel Jones		AUS	Melbourne	01.02.06
Commonwealth	2:20.54	Leisel Jones		AUS	Melbourne	01.02.06
Australian	2:20.54	Leisel Jones	Commercial	AUS	Melbourne	01.02.06
All Comers	2:20.54	Leisel Jones	Commercial	AUS	Melbourne	01.02.06
AUSTRALIAN TOP 10						
	2:20.54	Leisel Jones		Melbourne	01.02.06	

2:24.76	Rebecca Brown	Brisbane	16.03.94
2:24.81	Samantha Riley OAM	Atlanta	13.08.95
2:25.95	Brooke Hanson	Sydney	01.04.04
2:27.60	Caroline Hildreth	Sydney	20.09.00
2:27.71	Sally Foster	Melbourne	01.02.06
2:28.21	Sarah Kasoulis	Sydney	01.04.04
2:28.34	Nadine Neumann	Atlanta	23.07.96
2:28.35	Kelli Waite	Sydney	12.01.01
2:28.44	Kristy Ellem	Los Angeles	05.07.97

50M BUTTERFLY - WORLD RECORD 0:25.57

World	0:25.57	Anna-Karin Kammerling	SWE	Berlin	30.07.02	
Commonwealth	0:26.11	Danni Miatke	AUS	Montreal	30.07.05	
Australian	0:26.11	Danni Miatke	Carey Aquatic	VIC	Montreal	30.07.05
All Comers	0:26.29	Petria Thomas	Ginninderra	NSW	Sydney	02.04.04

AUSTRALIAN TOP 10

0:26.11	Danni Miatke	Montreal	30.07.05
0:26.29	Petria Thomas	Sydney	02.04.04
0:26.45	Lisbeth Lenton	Canet	07.06.06
0:26.55	Jessicah Schipper	Melbourne	16.03.06
0:26.64	Alice Mills	Melbourne	31.01.06
0:26.85	Felicity Galvez	Melbourne	31.01.06
0:26.92	Ellese Zalewski	Cairns	11.07.06
0:27.13	Nicole Irving	Manchester	31.07.02
0:27.27	Jordana Webb	Sydney	28.03.03
0:27.35	Lauren Winter	Melbourne	31.01.06

100M BUTTERFLY - WORLD RECORD 0:56.61 (0:26.37)

World	0:56.61	Inge de Bruijn	NED	Sydney	17.09.00	
Commonwealth	0:57.15	Jessicah Schipper	AUS	Melbourne	02.02.06	
Australian	0:57.15	Jessicah Schipper	Redcliffe L/L	QLD	Melbourne	02.02.06
All Comers	0:56.61	Inge de Bruijn	NED	Sydney	17.09.00	

AUSTRALIAN TOP 10

0:57.15	Jessicah Schipper	Melbourne	02.02.06
0:57.35	Lisbeth Lenton	Melbourne	02.02.06
0:57.36	Petria Thomas	Sydney	28.03.04
0:58.16	Alice Mills	Melbourne	02.02.06
0:58.71	Susan O'Neill OAM	Sydney	14.05.00
0:58.87	Felicity Galvez	Melbourne	02.02.06
0:59.18	Stephanie Rice	Sydney	13.03.05
0:59.98	Danni Miatke	Melbourne	20.12.04
1:00.14	Kate Godfrey	Kuala Lumpur	15.09.98
1:00.19	Ellese Zalewski	Sydney	19.04.06

200M BUTTERFLY- WORLD RECORD 2:05.61 (0:28.90, 1:01.19, 1:33.07)

World	2:05.61	Otylia Jedrzejczak	POL	Montreal	28.07.05	
Commonwealth	2:05.65	Jessicah Schipper	AUS	Montreal	28.07.05	
Australian	2:05.65	Jessicah Schipper	Redcliffe L/L	AUS	Montreal	28.07.05
All Comers	2:05.81	Susan O'Neill Commercial	QLD	Sydney	17.05.00	

AUSTRALIAN TOP 10

2:05.65	Jessicah Schipper	Montreal	28.07.05
2:05.81	Susan O'Neill OAM	Sydney	17.05.00
2:06.01	Petria Thomas	Sydney	29.03.04
2:08.16	Felicity Galvez	Melbourne	21.03.06
2:09.71	Stephanie Rice	Sydney	16.03.05
2:10.56	Karen Phillips	Los Angeles	03.08.84
2:10.84	Helen Morris	Edmonton	22.08.91
2:11.09	Hayley Lewis	Perth	13.01.91
2:11.29	Michelle Ford MBE	Edmonton	08.08.78
2:11.44	Lara Davenport	Sydney	26.03.03

200M INDIVIDUAL MEDLEY - WORLD RECORD 2:09.72 (28.81, 1:01.91, 1:39.44)

World	2:09.72	Yan Yan Wu	CHN	Shanghai	17.10.97	
Commonwealth	2:12.47	Alice Mills	AUS	Sydney	29.03.04	
Australian	2:12.47	Alice Mills	Chandler	QLD	Sydney	29.03.04

All Comers	2:10.68	Yana Klochkova		UKR	Sydney	19.09.00
AUSTRALIAN TOP 10						
	2:12.47	Alice Mills			Sydney	29.03.04
	2:12.90	Stephanie Rice			Melbourne	16.03.06
	2:13.09	Brooke Hanson			Melbourne	30.01.06
	2:13.32	Lara Carroll			Montreal	25.07.05
	2:14.21	Leisel Jones			Sydney	23.03.03
	2:14.51	Elli Overton			Sydney	25.08.99
	2:14.99	Jennifer Reilly			Manchester	30.07.02
	2:15.07	Lori Munz			Fukuoka	26.07.01
	2:15.72	Bronte Barratt			Brisbane	15.04.05
	2:15.73	Shayne Reese			Sydney	12.03.05
400M INDIVIDUAL MEDLEY - WORLD RECORD 4:33.59 (1:01.62, 2:11.30, 3:30.63)						
World	4:33.59	Yana Klochkova		UKR	Sydney	16.09.00
Commonwealth	4:38.46	Joanne Malar	Uni of Calgary	CAN	Winnipeg	02.08.99
Australian	4:40.71	Jennifer Reilly	Victoria Park	WA	Sydney	27.03.04
All Comers	4:33.59	Yana Klochkova		UKR	Sydney	16.09.00
AUSTRALIAN TOP 10						
	4:40.71	Jennifer Reilly			Sydney	27.03.04
	4:41.46	Hayley Lewis			Perth	07.01.91
	4:41.54	Lara Carroll			Irvine	02.08.05
	4:41.91	Stephanie Rice			Melbourne	21.03.06
	4:43.45	Emma Johnson			Atlanta	20.07.96
	4:44.01	Elli Overton			Victoria	19.08.94
	4:44.26	Jodie Clatworthy			Seoul	18.09.88
	4:44.88	Donna Procter			Perth	03.08.89
	4:45.25	Julie Majer			Kobe	13.08.93
	4:45.82	Suzanne Landells OAM			Edinburgh	25.07.86
4 x 100M FREESTYLE RELAY						
World	3:35.22	Germany			Budapest	31.07.06
		Petra Dallmann	54.53			
		Daniela Goetz	53.87			
		Britta Steffen	52.66			
		Annika Liebs	54.16			
Commonwealth	3:35.94	Australian Team			Athens	14.08.04
		Alice Mills	0:54.75			
		Lisbeth Lenton	0:53.57			
		Petria Thomas	0:54.67			
		Jodie Henry	0:52.95			
Australian	3:35.94	Australian Team			Athens	14.08.04
		Alice Mills	0:54.75			
		Lisbeth Lenton	0:53.57			
		Petria Thomas	0:54.67			
		Jodie Henry	0:52.95			
All Comers	3:36.49	Australian Team			Melbourne	20.03.06
		Lisbeth Lenton	0:53.74			
		Jodie Henry	0:53.30			
		Alice Mills	0:54.42			
		Shayne Reese	0:55.03			
Australian Club	3:45.55	Chandler Swimming Club			Brisbane	22.03.02
		Nadine Loof	0:57.82			
		Jodie Henry	0:55.24			
		Cassie Hunt	0:56.39			
		Alice Mills	0:56.10			
4 x 200M FREESTYLE RELAY						
World	7:50.82	Germany			Budapest	03.08.06
		Petra Dallmann	1:59.14			
		Daniela Samulski	1:58.27			
		Britta Steffen	1:57.77			
		Annika Liebs	1:55.64			
Commonwealth	7:54.06	Australian Team			Montreal	28.07.05

		Lisbeth Lenton	1:57.06		
		Shayne Reese	2:00.00		
		Bronte Barratt	1:58.58		
		Linda Mackenzie	1:58.42		
Australian	7:54.06	Australian Team		Montreal	28.07.05
		Lisbeth Lenton	1:57.06		
		Shayne Reese	2:00.00		
		Bronte Barratt	1:58.58		
		Linda Mackenzie	1:58.42		
All Comers	7:56.68	Australian Team		Melbourne	18.03.06
		Lisbeth Lenton	2:00.04		
		Bronte Barratt	1:59.14		
		Kelly Stubbins	1:58.16		
		Linda Mackenzie	1:58.52		
Australian Club	8:13.39	Redcliffe Leagues/Lawnton		Melbourne	01.02.06
		Melissa Gorman	2:02.01		
		Kylie Palmer	2:03.99		
		Jessicah Schipper	2:01.50		
		Astrid Wonka	2:05.89		
4 x 100M MEDLEY RELAY					
World	3:56.30	Australian Team		Melbourne	21.03.06
		Sophie Edington	1:01.06		
		Leisel Jones	1:05.51		
		Jessicah Schipper	0:56.86		
		Lisbeth Lenton	0:52.87		
Commonwealth	3:56.30	Australian Team		Melbourne	21.03.06
		Sophie Edington	1:01.06		
		Leisel Jones	1:05.51		
		Jessicah Schipper	0:56.86		
		Lisbeth Lenton	0:52.87		
Australian	3:56.30	Australian Team		Melbourne	21.03.06
		Sophie Edington	1:01.06		
		Leisel Jones	1:05.51		
		Jessicah Schipper	0:56.86		
		Lisbeth Lenton	0:52.87		
All Comers	3:56.30	Australian Team		Melbourne	21.03.06
		Sophie Edington	1:01.06		
		Leisel Jones	1:05.51		
		Jessicah Schipper	0:56.86		
		Lisbeth Lenton	0:52.87		
Australian Club	4:05.62	Commercial		Melbourne	04.02.06
		Marieke Guehrer	1:04.84		
		Leisel Jones	1:06.73		
		Lisbeth Lenton	0:58.08		
		Louise Tomlinson	0:55.97		