

RUSSIAN SWIMMING ON THE WAY TO 2012 & BEYOND

state of affairs: problems and solutions



**Head Coach/Performance Director
Andrei VORONTSOV**

OLYMPIC GAMES

Year	Venue	Gold	Silver	Bronze	Total	Team Place
1992	Barcelona	6	3	1	10	Unified Team
1996	Atlanta	4	2	2	8	
2000	Sydney	0	1	1	2	11--12
2004	Athens	0	1	0	1	16 - 17
2008	Beijing	0	1	2	3	15

World LC Swimming Championships

1994	Rome	4	0	0	4	7
1998	Perth	1	1	1	3	7
2001	Fukuoka	1	2	3	6	10
2003	Barcelona	3	2	2	7	4
2005	Montreal	0	2	1	3	13
2007	Melbourn	0	2	2	4	15
2009	Rome	1	5	1	7	10 (6)

Success of the Soviet & Russian swim sport until 2000 was based on a solid grounds of age group and junior sport:
Specialized Swim schools, Schools of Olympic Reserve & National Training Centers
Training methodic was based on The Program of MYT-LTAD

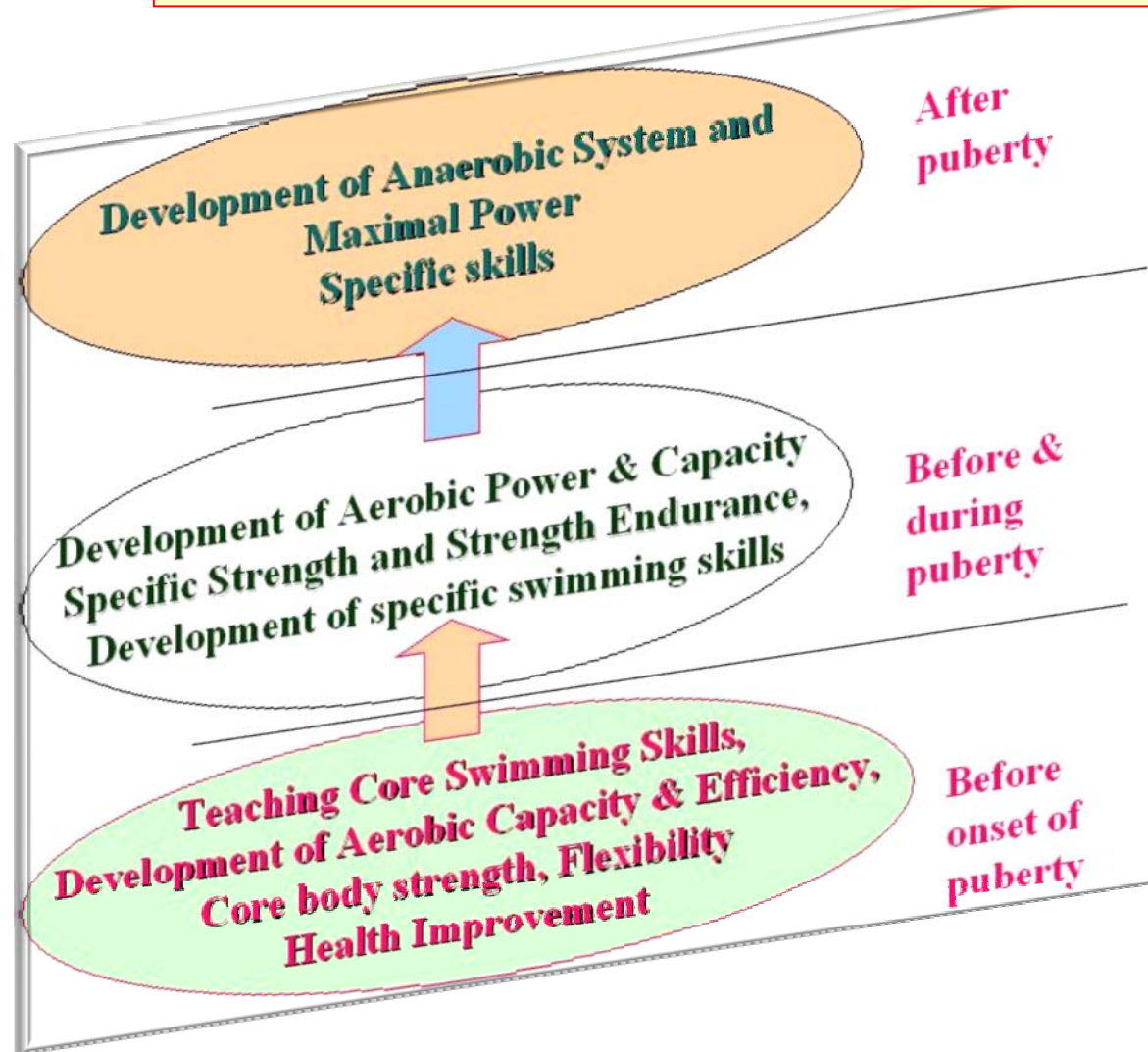
	Stages of MYT/Long Term Athletic Development				
Categories of Swimmers	Preliminary Preparation	Basic Training	Profound Specialisation	Towards Sport Excellence	Peak Performance
Females	1-2 year	3-4 years	3-4 years	2-3 years	3-5+ years
Sprinters	7-9/8-10	9-10/12-14	12-14/15-17	15-17/17-20	20+
Distance	7-9/8-10	9-10/12-13	12-13/14-16	14-16/16-18	18+
Males	1-2 years	3-4 years	3-4 years	2-3 years	2-5+ years
Sprinters	8-9/9-11	10-11/13-15	13-15/16-18	16-18/19-21	21+
Distance	8-9/9-11	10-11/13-14	13-14/16-17	16-17/18-19	19+
	Periods of the Growth and Development				
	Late Childhood	Pre-Pubescent	Pubescent	Post-Pubescent	Full Maturity

Age Groupers and Juniors

MYT -- LTAD

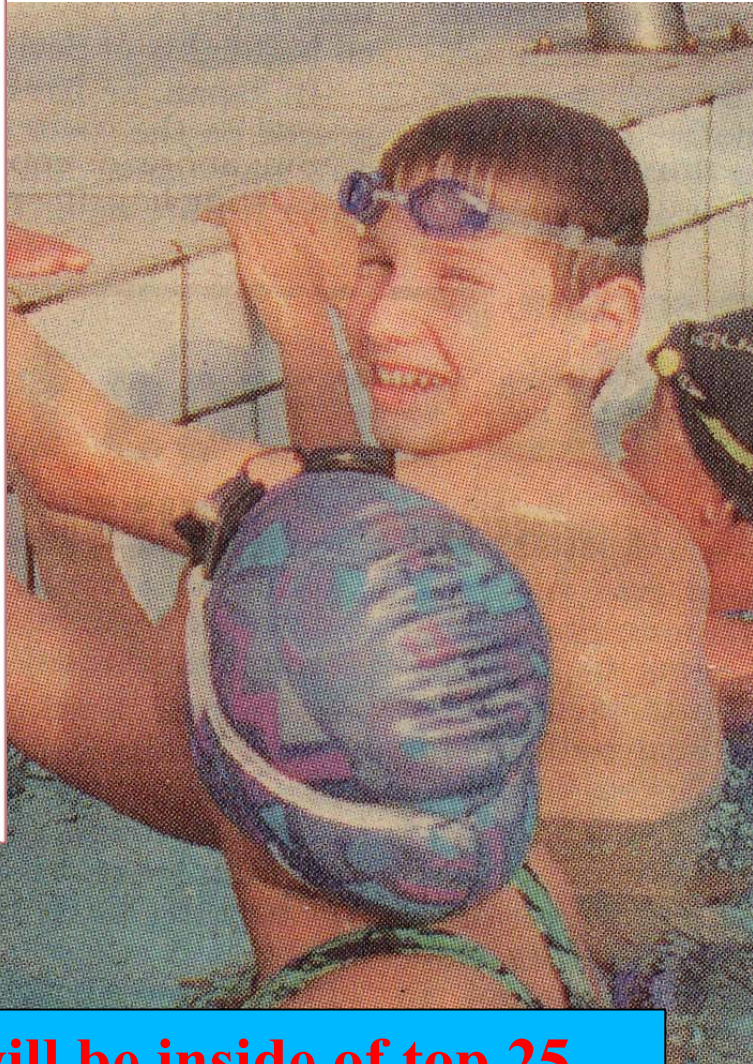
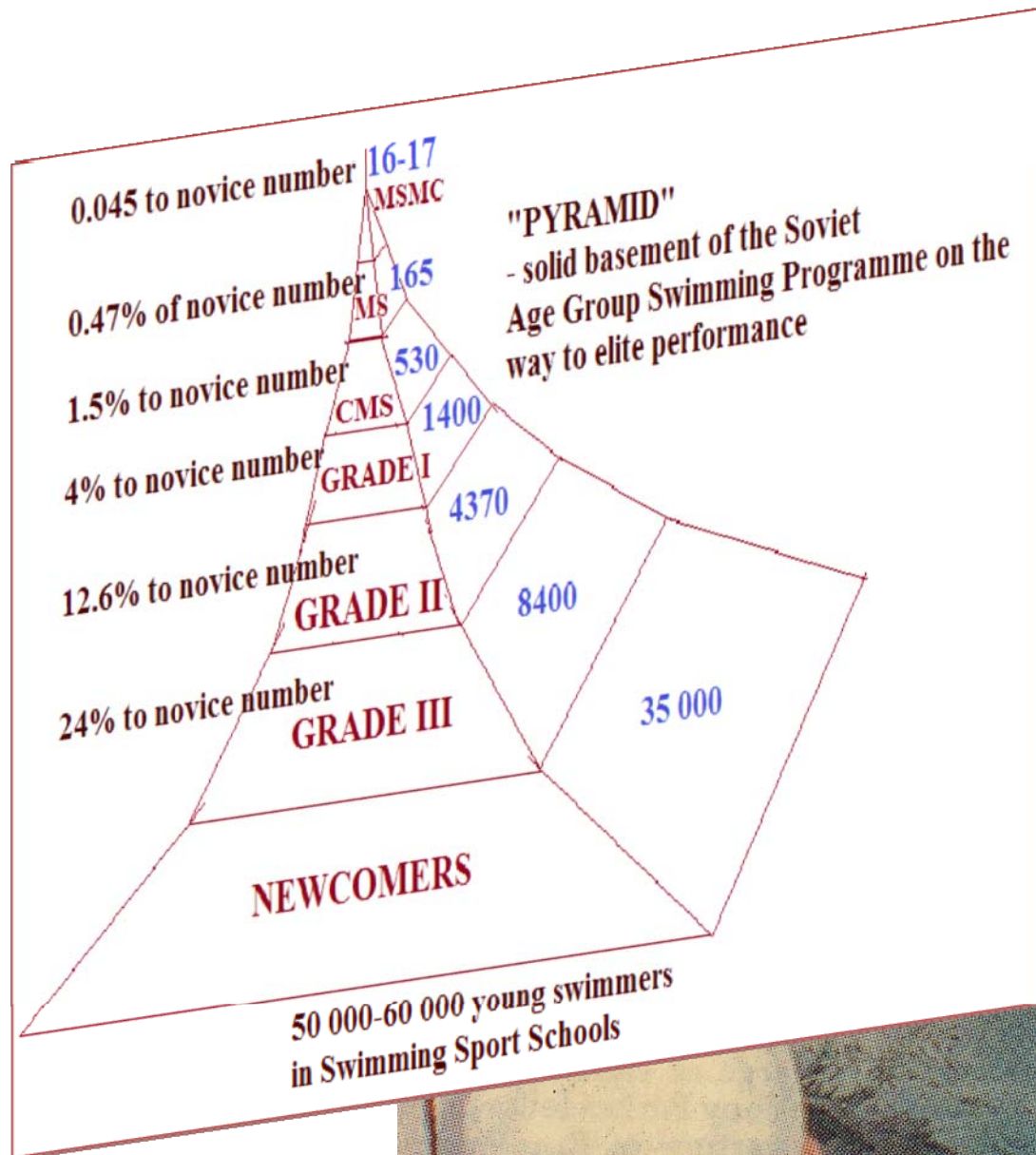
STRUCTURE OF MYT/LTAD

MYT is sub-divided into stages in accordance with particularities of growth and development. Each stage has specific objectives and content



Higher stages of MYT aim to develop specific abilities and functions, limiting the level of achievements in elite athletes, develop specialized technical skills to the highest level of perfection, create strong and stable sport motivation

* Lower stages of MYT aim to build functional foundation of aerobic endurance and basic sport skills, assist to health improvement and develop in young athletes an interest and commitment to the sport swimming



Only 16-17 individuals out of 35000 will be inside of top 25 FINA rank after 8-12 years of training

RECENT STATE OF AFFAIRS

collapse of the Soviet system of Sport & Physical Education

- **1200 swimming pools in the country**
- **Out of every 100 pools 95 have not a single children sport group**
- **In many pools training practice time reduced from 120 to 90 min**
- **In many pools morning trainings sessions are canceled**

Feeding system is decaying!!!

RECENT STATE OF AFFAIRS

swan song of the Soviet system of Sport & Physical Education

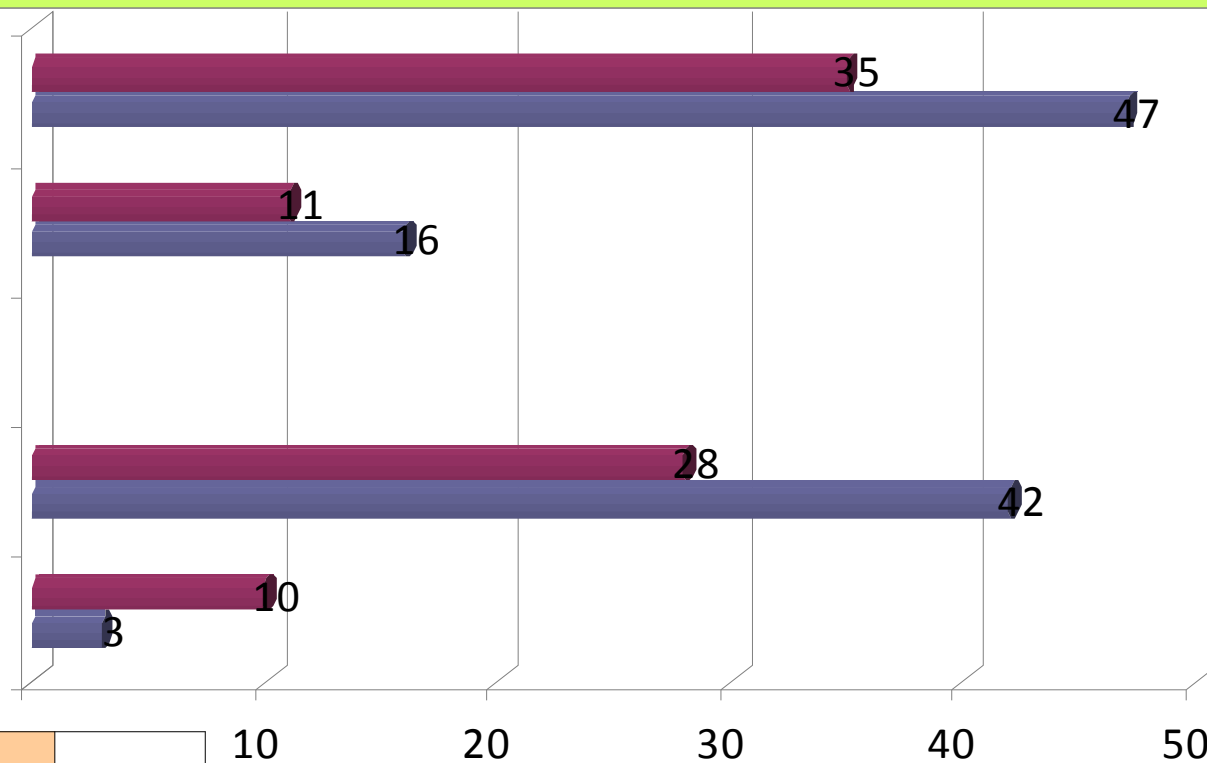
- **Moscow – most successful story – 127 swimming pools, only 17 swim schools still operate**
- **In 100 pools there are not a single children's group – all work for business**
- **Sankt-Peterbourg – in 1992 has 17 swimming schools. In 2009 only 4 left!!!**

DEMOGRAPHIC CATASTROPHE AFTER “1991 REVOLUTION”

LOW BIRTH RATE IN 1992, 1993, 1994 & 1995

**IN 2010 THE NUMBER OF SCHOOL
GRADUATES IN RUSSIA = 44% TO
THE NUMBER OF SCHOOL GRADUATES
IN 2000**

**In 2008 birth rate in Russia overcame death
rate 1st time since 1993**



Team	Males	Fe-males	Total
National	47	35	82
Reserve	16	11	27
			109
Junior	42	28	70
Reserve	3	10	13
			83
Total	108	84	192

The structure of the National Swimming Team

In 2009 Main Team got only 3 girls & 4 boys from Junior Team

Medal standing at European Junior Championships 2009

JUNIOR NATIONAL TEAM PERFORMANCE

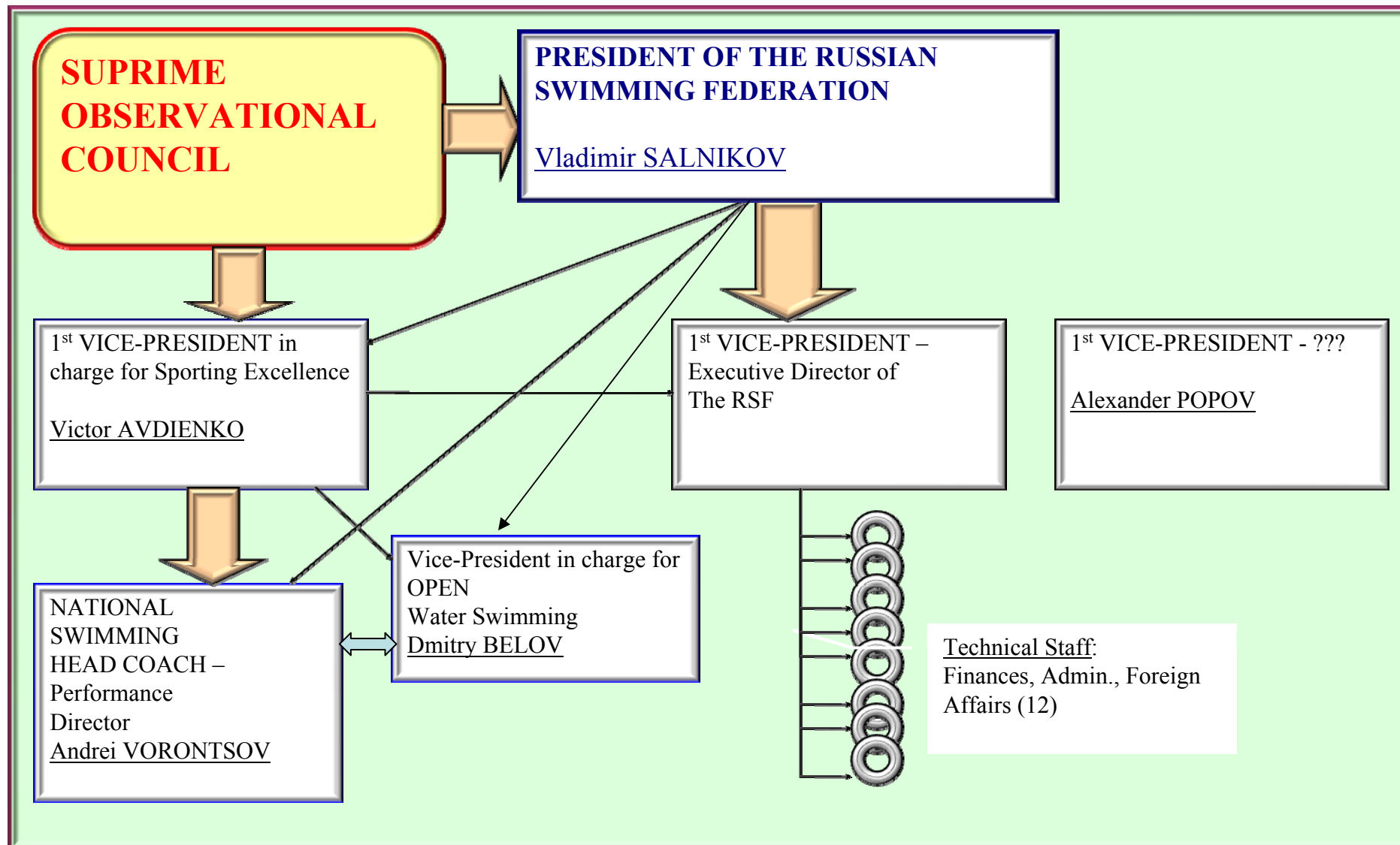
Medal standing at European Junior Championships 2010

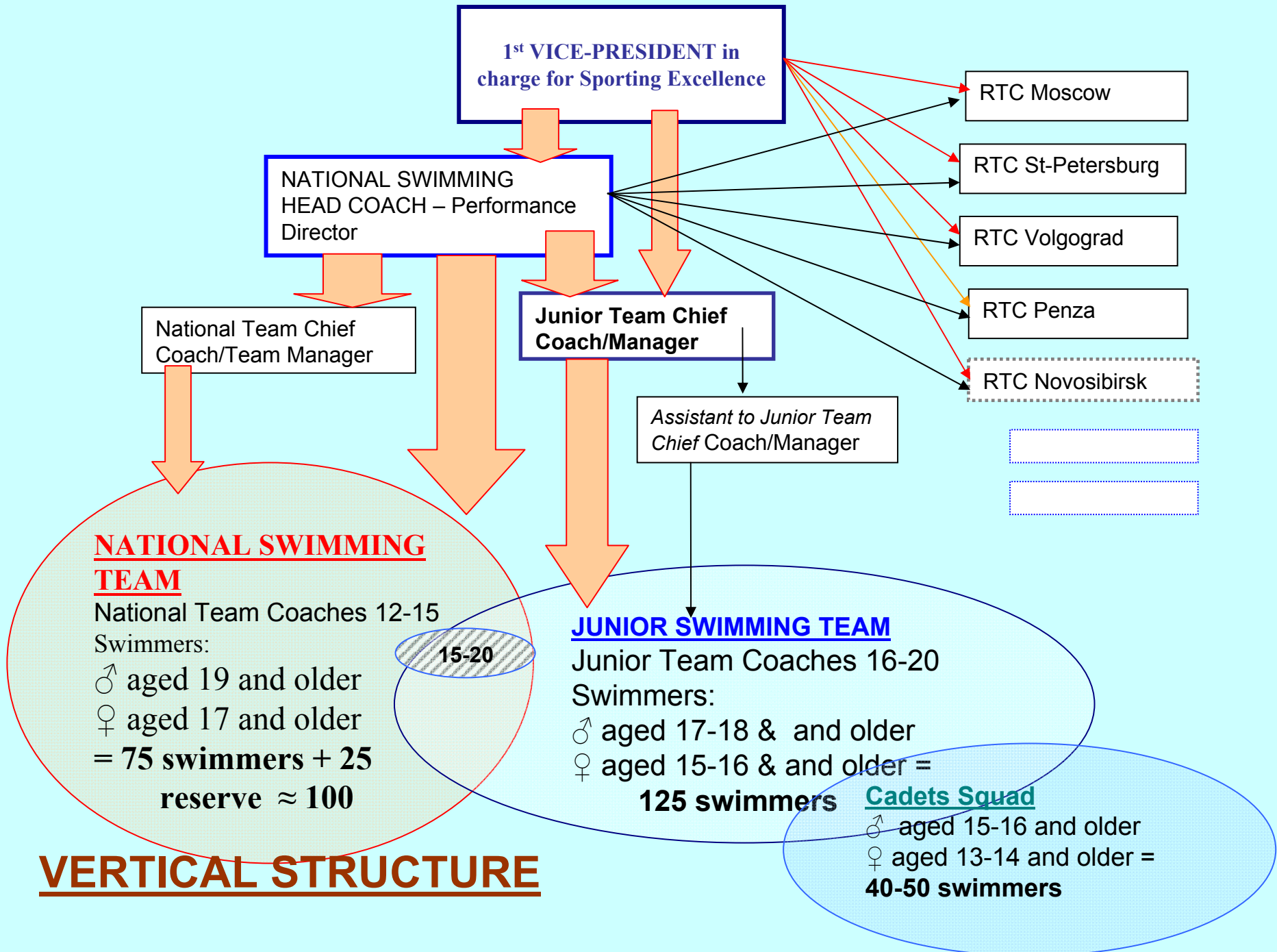
Rank	Country	Gold	Silver	Bronze	Total
1	Ukraine	7	5	1	13
2	Germany	7	3	4	14
3	Great Britain	5	7	3	15
4	France	5	4	8	17
5	Spain	4	4	0	8
6	Russia	3	2	5	10
7	Hungary	2	2	2	6
8	Italy	1	2	4	7
9	Poland	1	2	2	5
10	Sweden	1	1	1	3

What should we do?

- **New management**
- **Vertical & horizontal structure – training & learning environments**
- **Mobilization of Resources:**
 - coaches**
 - swimmers**
 - facilities, training methods, equipment**
 - support structure**

GOVERNING STRUCTURE OF THE RUSSIAN SWIMMING FEDERATION





BUDGET 2011

	<i>RUBLES</i>	<i>USD</i>	<i>Total in USD</i>	<i>Total in Euros</i>
PRIME TEAM	39 500 000	542 500	1 747 250	1 275 365
JUNIORS	26 000 000	90 000	883 000	644 526
Total	65 500 000	632 500	2 630 250	1 919 891

Training Camps

National Camps Accommodation full board facilities

Overseas Camp Accommodation full board facilities travel cost visas insurance

Int.Competitions Accommodation full board travel cost visas insurance

loss of income
for staff

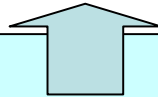
REGIONAL SWIMMING CENTRE

Head Coach + 2- 4 staff

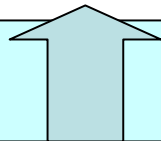
50 m pool, gym, hostel (30-50 beds), café, physio, sport science, study rooms

HIGH PERFORMANCE (NATIONAL SQUAD)

10-15 swimmers



JUNIOR SQUAD = 20-25 swimmers (College of Olympic Reserve)



HEAD Junior COACH
+ 4-6 staff

SPECIALISED SWIMMING SPORT SCHOOL: 250-400 swimmers

2-3 Sport Excellence Groups x 5-6 swimmers – Girls 13-16/ Boys 15-17 years of age

5-8 Performance Groups x 10-12 swimmers – Girls 11-14/ Boys 13-16 years of age

Learning & Training Groups:

10-12 Groups x 15-20 swimmers – Girls 8-11/ Boys 9-13 years of age

HEAD COACH +
10-20 staff

RSC development plan:

2009: 3 x 300+ = 900+

2010: 5 x 300+ = 1500+

2011: 7 x 300+ = 2100+

2012: 9 x 300+ = 2700+

PLAN of RESTORATION of the VERTICAL STRUCTURE

**Available to all members of the
National Team through advance
booking
21 days training camps**

**FEDERAL TRAINING
SWIMMING CENTRE
“Lake Krugloe” (near Moscow)**

**FEDERAL TRAINING
SWIMMING CENTRE
“Anapa” (at Black Sea)
– should start to work 11.2010
DELAYED UNTIL 09.2011**

REQUIREMENTS:

**50 m pool,
gyms,
Hotel****, canteen (restaurant or/& café),
medical service, sport science support,
physiotherapy service, saunas, swimming
flume (“Krugloe” only), power racks, towing
system,
Huttel-Mertens machines,
Vasa-Ergometers,
“Kinesys” machines**

Resources



COACHES:

- Abilities of professional coaches – knowledge, coaching skills, communication
- Obligations – to athletes, to the team, to the federation
- Leadership – ability to lead, to motivate, to inspire
- Motivation – ability to motivate, to inspire
- Personality – ability to work under pressure, to handle stress
- Attitudes – ability to work as a team member, to cooperate with support staff
- Behavior – self-control, self-discipline, resilience under pressure
- Ability to work as a team member – cooperation and support of colleagues and athletes of other coaches

**Charisma & Luck
+ CPD**

Resources



Swimmers – Team of Professionals:

- Professional Lifestyle
- Drive to excellence
- Independence & responsibility
- Motivation and self-control
- Mental strength & stability
- Ability to act efficiently & deliver under pressure

Resources

CONSTANT SELECTION WORK: Selection and support of talent swimmers at every level

- Attendance of the major cadets' and junior's events by the Performance Director & Chief Coaches
- Club visits
- Invitation of youngsters to the National Senior & Junior Camps
- Training in senior squad: Fast Track = Smart Track
- Balance between stability of the team & constant inflow of a new athletes & coaches
- Hard life for "fat cats" ("star" coaches & athletes)
- International Cooperation – ability to train overseas for selected athletes (Korotyshkin, Alexeeva)

We have to do what we do best

- **Training:**
structuring & planning (*periodisation*)
altitude training
specialization of strength training
quality training at race pace
- **Sport Science support of the National Team**
- **Coaches education**

TRAINING PROCESS IN THE NATIONAL SWIMMING TEAM



- **Season = 4 x 12-14 weeks Macrocycles**
- **Meso (Mezzo)-Cycles:**
 - 1. Introductory/transitional**
 - 2. Slows Aerobic + Functional Strength**
 - 3. Fast Aerobic + Specific Strength**
 - 4. Race Build Up (Quality Training)**
 - 5. Taper**

TRAINING PROCESS IN NATIONAL SWIMMING TEAM

- **Altitude Training within every MC: venues of choice**
Tsakhkadzor – 1850 m Sierra-Nevada – 2300 m
- **Early selection of candidates based on blood screening (reticulocytes, Hb, Ht, Fe)**
- **Training methodics, based of the phases of adaptation to altitude**
- **Nutrition & Re-hydration**
- **Blood screening during the camps, control of body composition, Hb, Ht, ALT, AST, blood urea, CFK, ECG**
- **Evaluation of working capability**
- **Supplementary strength training (to maintain muscle mass)**

Use of the experience of altitude training (USSR-Russia, Germany-DDR and others)



Blood screening at altitude camp

04 марта 2010		Hb	Ht	Glucose	Fe	Ca	Mg	Phosph.	ALT	ACT	KFK	Bl. Urea	Cortisol	Testoster
<i>Norms</i>	<i>Дата</i>	125-175		3.3-5.5	11.6-	2.02-	0.65-	0.81-			25-200	2.5-6.3	150-770	9.0-42.0
<i>Swimmer</i>	<i>рождения</i>	g/l	32-45%	mM/l	31.3	2.65	1.05	1.60	<40 E/l	<40 E/l	E/l	up to	nmol/l	nmol/l
Деева Дарья	02.09.1990	137	43	4,1	19,1	2,54	0,92	1,15	10	10	111	4,8	664	1,9
Бочарникова А.	24.02.1991	129	41	4,0	16,7	2,62	0,94	0,99	16	10	95	5,2	772	2,8
Володина К.	14.03.1986	144	45	4,8	18,4	2,65	0,95	1,05	24	21	109	4,9	998	4,1
Иваненко А.	24.02.1989	133	43	5,2	16,7	2,68	0,86	1,15	19	12	94	6,4	652	3,1
Андреева Е.	18.03.1993	141	42	5,4	15,4	2,64	0,87	1,36	24	15	97	4,7	527	2,1
Андреева В.	21.06.1992	147	45	5,2	15,1	2,61	0,90	1,50	19	15	84	4,2	611	2,0
Баклакова Е.	19.03.1992	149	44	5,7	15,6	2,65	0,95	1,24	24	16	116	5,1	559	2,1
Зуева А.	08.05.1990	152	47	4,7	19,9	2,72	0,88	1,67	20	25	128	5,4	561	2,7
Мартынова Я.	23.02.1988	141	44	4,7	21,6	2,60	0,89	0,97	27	47	129	5,8	472	2,65
Малютина В.	30.04.1990	134	43	4,5	19,1	2,58	0,89	1,57	26	32	118	4,88	874	2,5
Аксенова А.	05.03.1990	124	38	4,8	xxx	2,56	0,91	1,35	20	31	81	4,9	601	2,1
Белякина Д.	16.11.1986	131	44	4,5	21,4	2,69	0,91	0,88	24	41	175	9,2	972	2,3
Москвина К.	29.05.1989	131	43	5,1	22,0	2,70	0,89	1,19	25	33	149	5,8	657	2,0
Тризов А.	02.04.1991	163	49	4,8	23,1	2,75	0,88	1,24	21	35	228	8,2	442	23,3
Брюхов В.	24.04.1990	159	48	5,4	16,1	2,71	0,99	1,05	21	17	165	7,2	671	26,6
Фалько Г.	09.05.1987	151	47	5,0	14,1	2,60	0,86	1,16	30	18	67	8,2	490	22,2
Серый В.	22.10.1989	167	53	4,8	23,1	2,70	0,90	1,04	21	20	192	5,9	591	32,5
Донец С.	07.07.1983	147	47	4,9	14,1	2,63	0,90	1,22	19	14	181	6,2	904	27,3
Изотов Д.	02.10.1991	154	51	5,1	17,0	2,66	0,86	1,27	24	17	138	7,8	999	32,1
Сухоруков А.	22.08.1988	147	48	5,2	18,7	2,49	0,78	1,23	21	34	331	6,0	684	45,0
Полищук М.	10.01.1989	161	52	5,1	31,2	2,60	0,87	1,36	28	30	146	5,1	661	22,7

TRAINING PROCESS IN NATIONAL SWIMMING TEAM

LAND PROGRAMME:

- **Maximal strength & Power Training**
- **Development of core body strength**
- **Development of joint stability (*injury preventing strength*)**
- **Development of active and passive flexibility/mobility**
- **Elimination of muscle disbalance, posture correction**
- **Special attention to strength development & optimal body composition in female swimmers**

TRAINING PROCESS IN NATIONAL SWIMMING TEAM



SPECIFIC STRENGTH TRAINING:

- Development of new methods of specific strength training & evaluation considering swimming stroke and competitive distance

Polispast = power rack S-cords & other towing devices, additional resistance, etc

PLANNING OF THE TAPER:

Goals:

- Optimization of neuro-muscular, hematological & hormonal regulation & psychological status of the athlete
- Minimization of fatigue without loss of fitness and specific working ability
- Maintenance of the high level of specific working ability & power
- Maintenance of the feel of water and skill control
- Psychological preparation to the race

Means:

- Controlled progressive reduction of the training volume
phase 1) keeping frequency of training
phase 2) gradually reducing number of work-outs
- Skills at maximal intensity = small volume of Race Pace training + lots of Recovery and drill swims (Team Time Trials over the last 3 weeks)
- Maintenance of the core strength & specific strength (pulling force)
- Rehabilitation

PLANNING OF THE TAPER:

WORK-OUTS PLAN FOR TAPER Training Camp of the Russian National Swimming Team.

_____ c 23 November _____ по 7 December _____

2009 г.

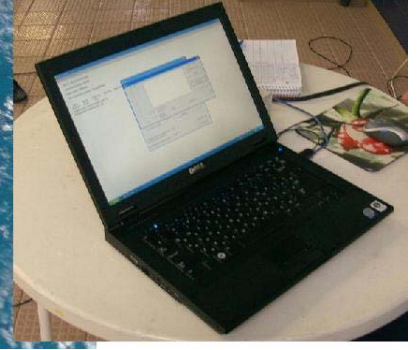
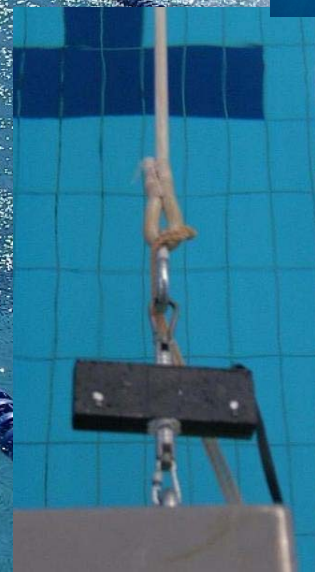
COACH: VORONTSOV A.R.

Swimmers: Geybel S., Gerasimov S., Deeva D., Chaun A.

DAY	Mon – 23.11.2009		Tue – 24.11.2009		Wed – 25.11.2009		Thur – 26.11.2009		Fri – 27.11.2009		Sat – 28.11.2009		Sun – 29.11.2009		TOTAL
	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	
1 session			A2 + kick set	4,400-4,800	Video session (Skills)	2,000	A2+ starts, turns	4,000-5,500	Speed SP3 + technique	4.0	Time Trial 100 IM + 2x50 №1	3,500	VIDEO	2200	<u>40,250 км.</u> Land <u>4,5</u> h
Gym (min)			Power + Flexibility	30 min	Circuit	30 min	Flexibility Agility	30 min	Flexibility Agility	30 min	Flexibility	30 min	REST		
2 session	A1 + Skills & Drills	4200	SP2	4,250	Anaerobic Threshold	4,500-4700	Race Pace front end speed	4,000-5,000	SP2	4,000-4,200	Sauna, Rest				
Gym (min)	Core Body Strength	30 min	Strength maintenance	30 min	Core Body Strength	30 min	Flexibility	30 min	Core Body Strength	30 min					

DAY	Mon – 30.11.2009		Tue – 01.12.2009		Wed – 02.12.2009		Thur – 03.12.2009		Fri – 04.12.2009		Sat – 05.12.2009		Sun – 06.12.2009		Отчёт за неделю
	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	Type of session	Volume (m)	
1 session	A2+ starts, turns	4000	A2 + kick set E-2	4,000	REST		<i>Team Meeting</i>		Speed SP3 + technique	3,500	A2 + kick set E-2	3,300	Video		<u>34,550 км.</u> ОПФ _____ чг СПФ _____ чг
Gym (min)	Power + Flexibility	30 min	Strength maintenance	30 min			Flexibility Agility	30 min	Flexibility Agility	30 min	Strength maintenance	30 min			
2 session	Race Pace SP2 return speed	4,000	Anaerobic Threshold	4,000	Time Trial 3x50 №1 / 2x50 №1	3,200	Race Pace front end speed	3,500	ПАНО (поддержание)	3,500	Strength maintenance	2,200	Speed SP3 + technique	2400	
Gym (min)	Pilates	60 min	Core Body Strength	30 min	Flexibility	30 min	Flexibility	30 min	Core Body Strength	30 min	Strength maintenance	30 min			

Science Support – Complex Scientific Group



Science Support – Complex Scientific Group

Biomechanical Analysis of swimming technique (video)

Race Analysis

Evaluation of power output and mechanical efficiency

Measurements of Hydrodynamic Resistance

Nutritional advices

Farmacological support of training and competitions

Blood screening

Control of body weight & composition

Development of after-race recovery methods

Analysis of training workloads

Science Support – Complex Scientific Group

SWIMPLANYZER

20 national swimming coaches were given laptops with installed program and a key

They were taught how to use the program

They are obliged to send training info to the CSG

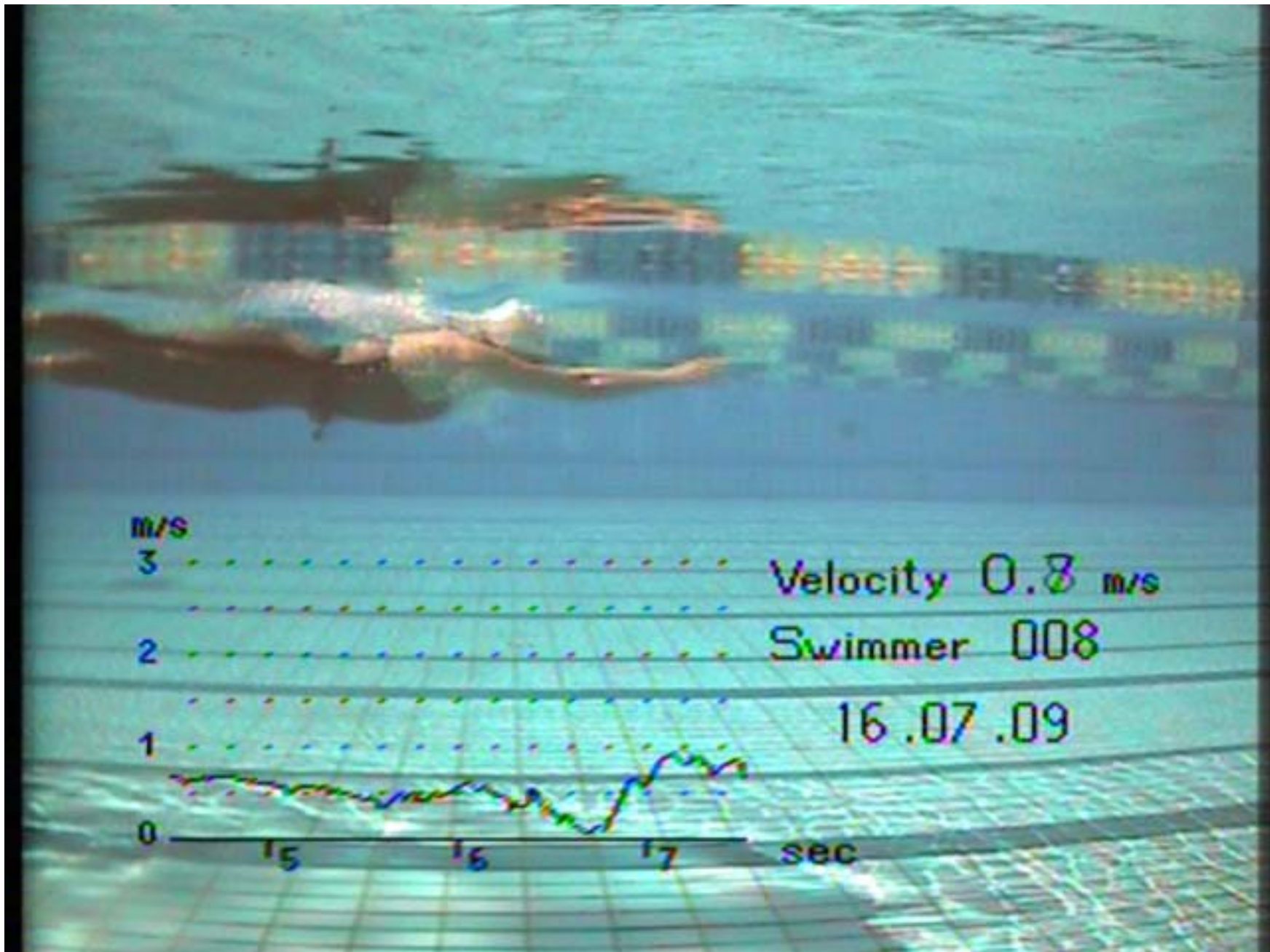
- **MONITORING OF TRAINING PROCESS**
- **EVALUATION (swift delivery of testing results)**
- **ANALYSIS OF TRAINING PROGRAMMES**
- **ASSISTANCE TO COACH IN PLANNING OF TRAINING**
- **INDIVIDUALISATION OF TRAINING WORKLOADS**

SWIMPLANYZER

20 national swimming coaches were given laptops with installed program and a key

**They were taught how to use the program
They are obliged to send training info to the
CSG [SwimPlanyzer.pdf](#)**

[SwimPlanyzer3.pdf](#)



Оценка соревновательной деятельности пловцов

Чемпионат России СПб 7-11.02.2010

50 брасс

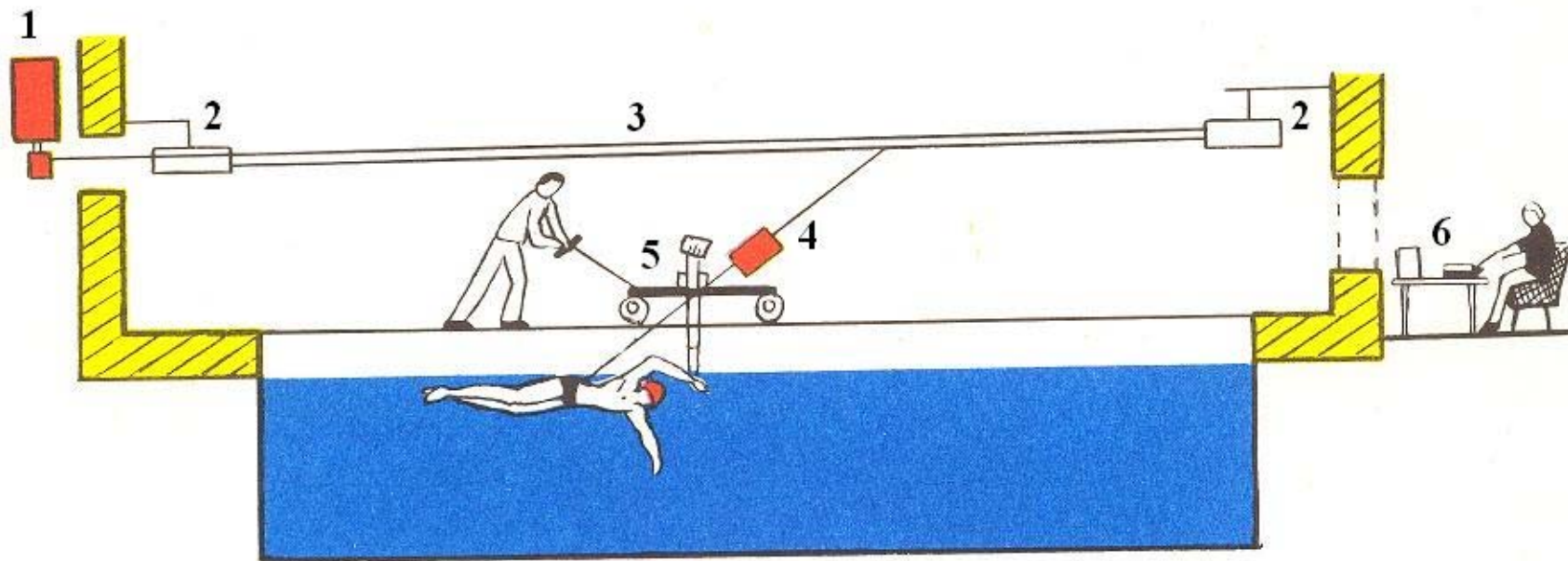
08.02.2010

Показатели	Зафиксированные		Победителя
	Ефимова Юлия	Модельные	
Результат	30,45	29,36	30,45
SB	0,74	0,66	0,74
Старт 15 м, сек	7,76	7,44	7,76
Время 20 м, сек	11,00	10,64	11,00
Время 25 м, сек	14,15	13,59	14,15
Время 35 м, сек	20,52	19,87	20,52
Время 40 м, сек	23,88	23,12	23,88
Время 45 м, сек	27,20	26,40	27,20
Время 10 м после поворота, сек	6,37	6,28	6,37
Время 15 м после поворота, сек	9,73	9,53	9,73
Время 20 м после поворота, сек	13,05	12,81	13,05
Вторые 25 м, сек	16,30	15,77	16,30
Финиш (5 м), сек	3,25	2,96	3,25
Дистанционный 1 (15-20 м), сек	3,24	3,20	3,24
Дистанционный 2 (35-45 м), сек	6,68	6,53	6,68
Темп на первых 25 м	60,19	56,25	60,19
Шаг на первых 25 м	1,54	1,67	1,54
Циклов на первых 25 м	10,00	9,00	10,00
Темп на вторых 25 м	62,87	55,13	62,87
Шаг на вторых 25 м	1,43	1,67	1,43
Циклов на вторых 25 м	14,00	10,00	14,00
Поворот вход (5 м), сек	3,15	2,95	3,15
Поворот выход (10 м), сек	6,37	6,28	6,37
Общее время поворота, сек	9,52	9,23	9,52
Средний темп на дистанции	61,53	55,69	61,53
Средняя длина гребка (м)	1,48	1,67	1,48
Скорость на стартовом отрезке(м/с)	1,93	2,02	1,93
Ср.дистанционная скорость (м/с)	1,52	1,55	1,52
Дист.скорость первых 25 м, м/с	1,54	1,56	1,54
Дист.скорость вторых 25 м, м/с	1,50	1,53	1,50
Средняя скорость поворота, м/с	1,58	1,63	1,58
Скорость на финише, м/с	1,54	1,69	1,54

**Race analysis & composition
of
individual race models**



ФИО	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5	Setting 5
	F1 left arm	P left	SL1 left	F1 right	P1 right	SL1 right arm	F1 double	P1 double	SL1 double	F10 double arm pull	P10 double	SR10 double	SL10дву мя
Королев Алексей	143	292	1,35	138	298	1,41	105	577	1,33	103	571	60	1,39
Тризов Алексей	119	262	1,26	158	340	1,27	120	635	1,23	107	677	60	1,29
Брюхов Владимир	139	320	1,47	151	319	1,51	93	490	1,39	106	630	60	1,31
Володина Кира	86	150	1,14	65	127	1,17	71	341	1,08	68	299	60	1,05
Изотов Данила	133	299	1,42	120	244	1,43	77	438	1,26	93	496	50	1,43
Донец Станислав	77	131	1,54	79	143	1,49	67	335	1,49	64	300	46	1,47
Коновалов Никита	134	268	1,41	132	284	1,41	110	667	1,27	99	579	66	1,27
Шумайлов Александр	134	291	1,3	127	298	1,31	96	487	1,26	99	550	66	1,17
Карпеева Светлана	90	163	1,17	94	177	1,17	65	298	1,14	73	348	60	1,19
Дубовской Артем	141	317	1,32	135	300	1,35	102	567	1,32	93	469	60	1,3
Комаров Павел	113	230	1,3	96	186	1,29	78	383	1,26	84	388	60	1,2
Тарасов Марк	135	295	1,38	147	301	1,37	109	555	1,43	95	487	60	1,37
Бутымов Антон	116	241	1,42	107	237	1,4	93	450	1,36	93	481	66	1,36



**Testing and training with the use of device creating an added towing force:
1 - electric engine; 2 - pulleys; 3 - cable; 4 - force unit with wireless transmitter;
5 - trolley with underwater video camera; 6 - receiver and computer desk.**

EURO 2010		Points	Points	Total
Place	Country	men	women	Points
1	FRANCE	380	236	616
2	RUSSIA	387	203	590
3	GREAT BRITAIN	197	381	578
4	GERMANY	228	261	489
5	ITALY	336	141	477
6	HUNGARY	243	231	474
7	SWEDEN	98	295	393
8	NIEDERLAND	195	133	328
9	SPANE	70	177	247
10	DANMARK	29	176	205

COMPARISON OF RESULTS OF THE MEDAL-WINNERS AT EURO 2010 & PAN PAC 2010

RUSSIAN	EUROPEAN CHAMPS 2010			FREESTYLE	PAN PACIFIC 2010		
21.98	21.49	21.69	21.76	50 M	21.55	21.57	21.89
48.23 r1	48.59	48.52	48.56	100 M	48.15	48.19	48.48
	1.46.06	1.46.51	1.46.91	200 M	1.45.30	1.46.29	1.46.65
3.48.46	3.46.17	3.46.30	3.48.14	400 M	3.44.73	3.46.78	3.46.91
8.04.90	7.48.27	7.49.12	7.49.94	800 M	7.48.71	7.51.62	7.51.87
15.24.79	14.55.17	14.56.90	14.59.76	1500 M	14.49.47	14.54.48	14.58.90
BREASTSTROKE							
28.01	27.38	27.47	27.51	50 M	27.26	27.52	27.63
1.01.25	59.20	1.00.15	1.00.41	100 M	59.35	1.00.18	1.00.24
2.11.70	2.08.95	2.09.68	2.11.03	200 M	2.08.36	2.09.97	2.10.13
BACKSTROKE							
25.49	24.07	24.7	25.04	50 M	24.86	24.98	25.02
54.10	52.21	53.44	53.86	100 M	53.31.	53.63	53.67
	1.57.18	1.57.31	1.57.37	200 M	1.54.12	1.54.90	1.55.21
BUTTERFLY							
	23.17	23.41	23.43	50 M	23.03	23.33	23.39
	51.73	51.82	52.16	100 M	50.86	51.85	52.12
	1.55.00	1.56.13	1.57.10	200 M	1.54.11	1.54.73	1.54.81
IM							
2.01.29	1.57.73	1.58.03	1.59.46	200 M	1.54.43	1.57.61	1.57.83
4.17.36	4.10.95	4.12.96	4.15.10	400 M	4.07.59	4.09.55	4.12.09
RELAYS							
	3.12.46	3.13.29	3.15.07	4x100 M FREE	3.11.74	3.14.30	3.15.93
	7.06.71	7.08.13	7.09.70	4x200 M FREE	7.03.84	7.11.01	7.11.05
	3.31.32	3.33.29	3.33.99	4x100 MEDLEY	3.32.48	3.33.90	3.35.55

RUSSIAN	EUROPEAN CHAMPS 2010			FREESTYLE	PAN PACIFIC 2010		
25.35	24.45	24.66	24.67	50 M	24.63	24.70	24.76
54.94	53.58	53.82	54.12	100 M	53.67	53.96	53.96
2.00.17	1.55.45	1.56.98	1.57.12	200 M	1.56.10	1.57.13	1.57.27
4.18.26	4.04.55	4.05.40	4.07.10	400 M	4.05.19	4.05.84	4.06.36
8.40.53	8.23.27	8.24.00	8.24.99	800 M	8.21.59	8.24.51	8.26.38
16.45.40	15.59.13	16.02.20	16.05.08	1500 M	16.01.53	16.03.26	16.06.57
BREASTSTROKE							
	30.29	31.12	31.24	50 M	30.03	30.75	30.78
	1.06.32	1.07.36	1.07.36	100 M	1.04.03	1.05.66	1.07.04
	2.23.50	2.24.42	2.24.99	200 M	2.20.69	2.23.23	2.23.65
BACKSTROKE							
29.33	27.64	27.99	28.01	50 M	27.83	28.04	28.44
1.02.27	59.80	1.00.19	1.00.72	100 M	59.45	59.59	59.70
2.14.19	2.07.04	2.08.25	2.10.46	200 M	2.07.83	2.08.10	2.08.60
BUTTERFLY							
27.47	25.53	25.69	26.09	50 M	25.99	26.08	26.33
59.30	57.36	57.55	57.94	100 M	57.56	57.95	57.99
2.13.56	2.06.71	2.07.06	2.07.54	200 M	2.06.90	2.06.93	2.07.27
IM							
2.15.64	2.10.09	2.10.10	2.10.89	200 M	2.09.93	2.10.25	2.11.21
4.42.50	4.33.09	4.36.43	4.37.92	400 M	4.34.69	4.37.84	4.38.03
RELAYS							
3.39.06	3.37.72	3.38.57	3.38.81	4x100 M FREE	3.35.11	3.38.06	3.38.14
7.59.11	7.52.49	7.52.69	7.55.29	4x200 M FREE	7.51.21	7.52.64	7.54.32
3.59.33 dk	3.59.72	4.01.18	4.03.22	4x100 MEDLEY	3.55.23	3.56.96	3.57.75



01/11/2010	FINA Top 5	FINA Top 10	FINA Top 16	FINA Top 20
MALES	4	8	17	20
FEMALES	2	3	4	9
Total	6	11	21	29 entries/ 23 swimmers

*Necessary to have in the end of 2010
12-15 swimmers FINA's Top 25 ranks*

(as 2 per country)

*In 2011 – 15-20 in Top 20 + 6-8 in Top 10
All relays – Top 6-7 in the World*





Thank YOU!
QUESTIONS?
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*Crazy Girls*SM

NO "IFS" "ANDS" OR...
Riviera Hotel & Casino