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LEFT: Rachael Below pulls for a first place finish in the 200 IM.



LEFT: Stephanie Scruggs does tongue exercises before a meet.



ABOVE: After a big win Mea Albiston savors the victory.



BELOW: Lindsay Harper breaststrokes hard to the finish.



LEFT: Jennifer Harlan grins after a hard day of practice.

ABOVE: Nikki Finchum gives an outstanding performance in the 500 free-style.