

SWIFT MASTERS SWIMMERS WIN 9 MEDALS AT XIII FINA WORLD'S

At the XIII FINA World Masters Championships 2010 in Sweden July 27th to August 7th Swift Swimming was represented by Percy Knowles, Andy Knowles, and Nancy Knowles in three different age groups, 80-84, 55-59, and 50-54 respectively. Considered the biggest swim meet in the world with 6,700 athletes this year's World Championships had lots of competition, and reinforced the values of friendship, understanding, and fitness. The Masters competed in age groups from 25 to 95 year olds. The swimming took place in the Swedish town of Gothenburg that used two 50 meter pools for the competition, the Valhalle Swimming Arena and the Lundby Swimming Arena. The women would swim in one pool and the men in the other and each day the venue would switch for both. With the size of the meet medals are presented for the top 10 performers in each event. Percy won 5 medals with a 5th in the 400 free in 9:41.82, a 8th in the 200 free in 4:27.21, a 8th in the 50 breast in 56.45, a 8th in the 100 breast in 2:19.04, and a 6th in the 200 breast in 5:06.70. Andy won 4 medals with a 4th in the 400 free in 5:00.28, a 8th in the 200 free in 2:21.93, and a 9th in the 50 free in 28.71, and a 10th in the 800 free in 10:45.56. Nancy improved her times as she competed in the 50 and 100 fly in 43.80 and 1:45.33, and the 100 free in 1:30.93. Andy and Nancy also competed in the 3K Open Water Swim finishing 9th and 32nd respectively in their age groups. The Open Water Swim was done in 69 degree water in a lake with over 900 swimmers competing.

Swift Swimming's Masters Program has now attended two World Championships and 4 US National Championships. Masters Swimming is still the best way to get into shape and to have fun with friends while doing it. The next World Masters Swimming Championships are in Italy in 2012 and the next short course and long course US Nationals are in Arizona and Auburn respectively in 2011. Swift plans to be represented at them all.