

SWIFT MASTERS - U.S. NATIONAL MASTERS SWIMMING CHAMPIONSHIPS.

Swift Swimming's Masters Program made a big splash at the recent 2007 U.S. Masters Swimming Championships in Seattle, Washington. The National Championships took place from May 16th to 20th at the Weyerhaeuser King County Aquatic Center with over 1,000 swimmers competing.

Swift was represented at the Nationals by Percy Knowles, Andy Knowles, David Morley, and Jerome Fitzgerald. Percy swam in the 75-79 age group, Andy in the 50-54 age group, and David and Jerome in the 40-44 age group. All swimmers won a medal and the team finished 50th out of over 115 teams in the men's category. Medals were awarded for the top 10 finishes in each event. David led the way with 6 medals scoring in all six races he swam. Percy won 3 medals, Jerome 2 medals, and Andy 1 medal for a total of 12 medals won at the Championships.

On the first day of competition David had a 5th place medal in the 100 Backstroke in 56.72, followed by Percy with a 4th place medal in the 50 Breaststroke in 42.62, Jerome with a 7th place medal also in the 50 Breaststroke in 30.69 and then David with a 10th place medal in the 100 Butterfly in 56.46. Andy swam the 200 free in 2:01.19 but missed out on a medal. The foursome swam the 4 x 50 free relay finishing 13th overall. Most of the swims were personal best times and a good start for the group of four men.

Each day got better with the second day producing with higher finishes. Leading the charge was D (for dad to the rest of the team or Percy to others) and David. D got a 3rd place medal in the 200 Breast in 3:33.45 and David picked up a 4th place medal in the 50 Back in 26.38 and a 7th place medal in the 100 IM in 58.43. The four swimmers also swam in the 4 x 50 medley relay with David swimming Back, Percy breast, Andy fly, and Jerome free. The relay had to swim down several age groups to compete in the 35 year age group as that was the age closes to the youngest swimmer on the team. The relay finished 6th in their heat beating out two other teams.

The final day was even better with 5 medals being won including a second place by Percy in the 100 breast. The day got started with David swimming to a 7th place medal in the 200 Back in 2:07.69, followed by a 5th place medal in the 200 IM in 2:08.80. Then the Percy and Jerome stepped up to the blocks in the 100 breast and came away with two medals, Percy with the 2nd and Jerome with a 6 second drop to win a 6th place medal in 1:06.92. Andy finished off the day with a 9th place medal in the longer free event, the 500 free in 5:41.23.

The big medal haul by the four swimmers is a confidence booster and good motivator for the world Masters Championships that takes place in Australia next year.

Masters swimming is a great sport as it allows for great exercise and fun competition (for those who want it) and an opportunity to meet old friends and make new ones. There is fellowship at the practices and at meets and you have the privilege of meeting people from all different backgrounds and of all ages and sizes.

Come join the fun before your doctor tells you to. You can become a Swift Swimmer.