

SWIFT SETS THE PACE FOR MASTERS SWIMMING

For the past 5 years Swift Swimming has had it's Masters swimmers attend and win medals at either the US Masters National Swimming Championships or the World Masters Swimming Championships. This past week once again saw Swift's Masters win 7 medals at the 2011 U.S. Short Course Spring National Masters Swimming Championships. The Swift team of Percy Knowles, Andy Knowles, and Nancy Knowles traveled to Mesa, Arizona U.S.A. to compete along with some 1,800 swimmers from around the world. Each swimmer had personal best swimmers in their new age groups. Medals are awarded for the top ten finishes in each age group which compete in 5 year divisions. Percy Knowles competes in the 80 to 84 age group, Andy in the 56 to 59 age group, and Nancy in the 50 to 54 age group. The meet took place over four days from Thursday, April 28th to Sunday, May 1st, 2011. Percy won 5 medals with a 3rd place finish in the 50 Butterfly in 1:02.40, a 4th place finish in the 200 Breaststroke with a 4:25.63, a 6th place finish in the 100 Breast in 2:05.74 , a fifth place finish in the 50 breast in 53.70 ,and a 7th place finish in the 200 free in 4:13.45 . Andy won a medal with a 5th place finish in the 500 free in 5:38.30 and a 10th place finish in the 200 free in 2:04.20. Nancy swam a personal best time in the 50 free in 34.00 with a 31st place finish. The team plans to take a bigger group to the Long Course Masters Nationals in Auburn in August.