

SWIFT SWIMMING MASTERS TO COMPETE AT THE 2011 US NATIONALS

Swift Swimming once again will have its Masters program represented at a major Masters Swimming Championship. For the last 5 years Swift has had swimmers at either the US Nationals or World Masters Swimming Championships. Our biggest group was 11 at the 2006 World Masters Championships in San Francisco, California.

Swift will be represented by Percy Knowles Sr. in the 80-84 year old age group, Andy Knowles in the 56-59 age group, and Nancy Knowles in the 50-54 age group at the 2011 Spring US Masters National Swimming Championships. The 2011 US Nationals will be held at the Kino Aquatic Center in Mesa, Arizona, USA. The Kino Aquatics Center is an outdoor complex with seating for 2,000 people. The venue includes two separate pools: a championship pool /diving well and a recreational pool. The championship pool is 70 meters by 25 yards, and will be divided into two 25 yard courses. Each course will have nine lanes measuring 7 feet wide, and a water depth ranging from 6 feet 9 inches to 8 feet. Seven warm-up lanes will also be available in the attached diving well. The recreational pool will have an additional six lanes available for warm-up and warm-down.

Swimmers coming to this years 2011 Short Course Masters Swimming Spring Nationals may discover themselves in the right place for a short course in natural history as well. The area around Mesa, Ariz. Is a paradise for geologists, botanists and zoologists, with spellbinding ancient geologic formations, beautiful flowering cacti and unique wildlife.

At this years Nationals, Percy will be swimming the 50, 100, and 200 Breaststrokes, 50 Fly, 100IM, and 200 Free. Andy will be swimming 50, 100, 200, 500, and 1,000 Free. Nancy will be swimming the 50 Fly and 50 and 100 Free. Masters swimming is as much about the friendships and having fun together as it is about the swimming. This year will be a real family affair as Yvonne and Sherry Knowles will be joining the team to cheer the swimmers on and of course take in the views and checkout the restaurants.

The next stop for the Swift Masters after Arizona is at Auburn University for the Summer Long Course US Masters Swimming Nationals in August. If you dread going to the doctor for those yearly checkups then get Involved in Masters swimming and improve your health and meet new friends.