

### 3000-yard National USMS Postal Championship Swim

by Greta van Meeteren

On November 5, 2011, twelve swimmers of the Twin Rivers YMCA Masters (TRYM) from New Bern got together to participate in the 3,000 yard Postal Championship. Our team enjoys participating in postal events as a group: we had the use of six lanes, and per lane swimmer 2 timed and counted for swimmer 1 and then the roles were reversed. Brunch afterwards was especially rewarding. We'll be ready in January to participate in the one-hour postal championships - you should give it a try!!

