

Eastern North Carolina Long Course Splash



On June 25, 2011, after a hiatus of almost six years we had our first Masters LCM meet in North Carolina. The meet took place at the Goldsboro YMCA, which is conveniently located within a one and a half hour radius for NC East Coast and Triangle area swimmers. 43 swimmers from 10 teams participated.

Tammy Yates of the Goldsboro YMCA was the meet director. The meet was paced to allow time where needed to recover between events. Thanks Tammy for a job well done!!

TRYM of New Bern showed up with 13 swimmers, 3 of whom were new to Masters Swimming, which made the day extra exciting for this team. Pam, Shiana and Aimee had a great meet. East Carolina Masters of Greenville showed up with 10 swimmers. It was great to see several swimmers from RAM and a new Masters Swimmer, Valerie, from the Duke Aquatics team.



This meet provided a unique opportunity to participate in 400 and 800 meter relays. Usually there is no provision for these relays due to time constraints. Only two teams had enough participants to perform in these relays: TRYM from New Bern and East Carolina Masters from Greenville. In the age groups between 120 and 279 about 50 NC relay records were up for grabs. During the meet one existing record was broken and nine new records were swum, so there are plenty of opportunities left for next year. The Goldsboro YMCA is planning to make this an

annual event, and hopefully, we can get some NC relay teams together to go after some national records next year (the water will be cooler!!).

Six individual NC record were broken. Erika Braun from Raleigh Area Masters, who over the last couple of months has been breaking records left and right, broke two of her own records again. Erika, keep this up! Sara Kehe from East Carolina Masters and Patricia Hogan from North Carolina Aquatic Masters each broke one record.

Todd Torres, a two time Olympian (1992 and 1996 - representing Puerto Rico), broke NC records in the 50 and 100 breaststroke. Todd recently started master swimming and swims for Eastern Carolina Masters. This was only his second masters meet.

