

Wednesday, July 30th, 2003

Today Lauren and Lissi had to wake up really early so that they could get here before the meet started and warmed up. Lauren swam 100 free and did well. She was glad she didn't come in last. Lissi swam 50 fly and got her best time, but her overall swim was really great! We're going to go to the Air and Space Museum after this.

Yesterday was the most fun day of all! We all did really well in our relay and then we went to Washington D.C. We saw the Capitol Building and the Washington Monument and the Lincoln Memorial! It was awesome! The White House was the best! Chris got in trouble with the Washington cops when he stood on the cement post in front of the White House when he was taking a picture. It was funny. We all took the Metro for the first time too. We had to switch trains a lot.

Well, today is our last night and we're very sad we're leaving. We wish we could stay longer because we love it here! Hopefully we do good tomorrow in the 200 free relay and make finals so that we don't have to go home!

P.S.

Corey had a McGriddle today from McDonalds and they're really good so go buy some!

Corey Kasten, Lauren Zillmer, Lissi LaSalle
Leaning Tower YMCA Sharks
Illinois