



**YMCA National Swimming & Diving Championships
Hall of Fame Aquatic Complex
Fort Lauderdale, Florida**

**HIGHLIGHTS
Wednesday, April 16, 2003**

ASHLEY CARUSONE

Ashley Carusone.....age 18...swims for the North Central YMCA of Gainesville, Florida....set a new YMCA National record in the Women's 400-yard Individual Medley with a time of 4:13.35 eclipsing the 1994 record of 4:15.90.... Carusone will swim for the University of Florida this fall.

MICHAEL ALEXANDROV

Michael Alexandrov....sets second YMCA National record in two days....set a new YMCA National record in the Men's 400-yard Individual Medley with a time of 3:48.79, shattering the previous record from 1999 of 3:52.90....age 18....Alexandrov swims for the Champaign County YMCA of Champaign, Illinois....On Tuesday, April 15, Alexandrov defended his national title and set a new YMCA National mark in the Men's 200-yard Breaststroke with a time of 1:58.28 (old record, 1:58.43, 1992)...will swim for Northwestern this fall.

WOMEN'S 800 FREESTYLE RELAY

The Women' 800 Freestyle Relay team from M.E. Lyons YMCA...Cincinnati, OH, set a new YMCA National Record with a time of 7:24.42...the team consisted of Ellie Miller...age 16, Katie Ball...age 17, Margy Keefe...age 17, and Megan Tomes...age 17...The women of M.E. Lyons shattered the old record (7:25.64), that belonged to the Sarasota YMCA which had been on the record books since 1988.