

Day 4, Friday July 29, 2005

Hi it's Kirsten. Today I swam the 200 butterfly and 200 relay. I did all right but not too good. This wasn't my meet. But now we are at finals because our team is bringing out the national flag into the middle of the pool. The suits that we got to do this were a little bit too small, but I guess we'll have to deal with it. It's our last night here and we are going to go duckpin-bowling....whatever that is. It should be fun.

Hey it's Caitlin again. Today I swam the mile and did not do as good as I had hoped; apparently it was not my meet either. Tonight for closing ceremonies my team is basically doing the whole thing. My friends are doing the flag including Kirsten and my friend Jane and I are doing the national anthem. I am singing and Jane is playing the clarinet. I hope we sound good.

It's been really nice to talk to you about our Nationals experience. It has been an experience we will never forget. I hope you enjoyed our entries and that this encourages the swimmers out there to make nationals.