

Tuesday, July 26, 2005

Hello from the hot and sunny Maryland, where the heat index today is reported to be 115 degrees. Yikes!! But for those of us swimming, we have the luxury of jumping into the warm down pool any time. Well, it is my 4<sup>th</sup> summer back here at Nationals and I can't even begin to explain how excited I am to be here again. We flew in Sunday afternoon (a nice 42 minute plane ride) and came right to the pool to stretch out and swim. We were lucky enough to come during a "quiet time" and had an entire lane to ourselves. After that, we had lunch and went back to the hotel and rested. Monday was pretty much the same routine.

So, I guess that brings me to today, Tuesday! Warm-ups were a zoo as usual.. just imagine 1,300 swimmers trying to warm up in only one 8 lane long course pool and a warm down pool. Crazy, I know. But, I just came from watching Courtney swim the 100 Back and she went a best time by over a second. Not a bad way to start off the meet for LEHY! Today I swim the 50 Breaststroke and the 200 I.M. I am also doing the 50 Breaststroke in the 200 Medley relay. The 50 Breast is a new event for me this year, but I'm very confident that I will do well in this event. I am also interested in seeing who Mr. Heidi will cheer for in the 200 I.M. because me and Kelly are in the same heat ☺

Tonight is the opening ceremonies, but I won't tell you all our costumes until tomorrow just incase some sneaky people are reading my journal! Haha, I'm only kidding, but I just don't want to ruin the surprise.

Well, that's it for today. I'll be sure to keep you all updated on my adventures down here in Maryland!!!!

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"I never said it was going to be easy, I said it was going to be worth it!"