

Wednesday, April 06, 2005- Day 2 of the competition

A 5 AM wake-up call started my day today. I had no events to swim today, so I had to wake up early along with Trace, Anna, and Andrew. Steve had already been at the gate to the pool for some time before we walked over to the pool with our pillows and towels. After half an hour somebody came, unlocked the door, and the race for the best seating upstairs began. As Julie put it – ‘your heart rate had to be over 24 by the time you got to the bleachers’. After the race was over we just lay there and waited until we were allowed to go back to the hotel and eat breakfast, and sleep for another hour or so.

Adriane swam a best time and dropped 4 seconds in her 200 Breast today to start out the meet. Steph Shupe then made it back in the 100 Fly where she placed 13th and swam a personal best time of :57.01. Both the girls and the guys 400 Free Relay made it back in consuls that night. At night, the Wilton Family YMCA broke the 16-year-old record in the 400 Free relay. The guys relay ended up getting 10th place and the girls got 12th place.

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