



2010 LONG COURSE CHAMPIONSHIPS  
**SWIMMING & DIVING**

July 26 - 30, 2010  
University of Maryland  
Eppley Recreation Center  
College Park, Maryland



**Heat Sheet**

**Tuesday Prelims**

# 2010 YMCA Long Course National Swimming Championship

## Schedule of Activities

### MONDAY

- 9:00 Pre-meet registration (closed 12-1:00)  
**3:00 Registration & Scratch Box Closes**  
**3:15 New Coaches Meeting – multi purpose Rm**  
4:00 Pre-meet Coaches Meeting-Multi-purpose Rm  
4:00 Pre-meet Officials Meeting – pool deck classroom  
5:15 General Warm-up – No Diving  
5:45 Devotions and National Anthem  
**6:00 Finals Begin**  
1500 free (men & women) – Alt fast to slow,  
7:30 Registration (closes 8:30)

### TUESDAY PRELIMS

- 6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool Devotions and National Anthem  
**8:00 Prelims Begin**  
12:00 Scratch Box Closes

### TUESDAY FINALS

- 4:00 General Warm-up – No Diving  
4:45 Clear Pool for Finals  
5:00 Parade of Swimmers and Officials  
*\*\*Women/Men 1500Free top 16 finishers to Awards Rm*  
Devotions and National Anthem  
Special Olympics Swim  
**Parade Awards Women & Men 1500 Free**  
**5:45 Finals Begin with C, B, A Heats**  
Swim Women & Men 100 Back  
Swim Women 400 Free  
*\*\*Women 100 Back top 16 finishers to Awards Rm*  
Swim Men 400 Free  
*\*\*Men 100 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Back**  
**Parade Awards Men 100 Back**  
Swim Women 50 Breast  
*\*\*Women 400 Free top 16 finishers to Awards Rm*  
Swim Men 50 Breast  
*\*\*Men 400 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 400 Free**  
**Parade Awards Men 400 Free**  
Swim Women 200 IM  
*\*\*Women 50 Breast top 16 finishers to Awards Rm*  
Swim Men 200 IM  
*\*\*Men 50 breast top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Breast**  
**Parade Awards Men 50 Breast**  
Swim Women 50 Free  
*\*\*Women 200 IM top 16 finishers to Awards Rm*  
Swim Men 50 Free  
*\*\*Men 200 IM top 16 finishers to Awards Rm*  
**Parade Awards Women 200 IM**  
*\*\*Women 50 free top 16 finishers to Awards Rm*  
**Parade Awards Men 200 IM**  
*\*\*Men 50 Free top 16 finishers to Awards Rm*  
**Parade Awards Women & Men 50 Free**  
Swim Women & Men 200 Medley Relay

### WEDNESDAY PRELIMS

- 6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**8:00 Prelims Begin**  
12:00 Scratch Box Closes

### WEDNESDAY FINALS

- 4:00 General Warm-up – No Diving  
5:15 Clear Pool for Finals  
*\*\*Women/Men 200 MR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 200 Medley Relay**  
**Parade Awards Men 200 Medley Relay**  
**5:30 Finals Begin with C, B, A Heats**  
Swim Women 800 Free Final Heat  
Swim Women 100 Fly  
*\*\*Women 800 Free top 16 finishers to Awards Rm*  
Swim Men 100 Fly  
**Parade Awards Women 800 Free**  
Swim Women 200 Breast  
*\*\*Women 100 Fly top 16 finishers to Awards Rm*  
Swim Men 200 Breast  
*\*\*Men 100 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Fly**  
**Parade Awards Men 100 Fly**  
Swim Women 200 Free  
*\*\*Women 200 Breast top 16 finishers to Awards Rm*  
Swim Men 200 Free  
*\*\*Men 200 Breast top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Breast**  
*\*\*Women 200 Free top 16 finishers to Awards Rm*  
**Parade Awards Men 200 Breast**  
*\*\*Men 200 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Free**  
**Parade Awards Men 200 Free**  
Swim Women 400 Free Relay  
Swim Men 400 Free Relay

# 2010 YMCA Long Course National Swimming Championship

## Schedule of Activities

### THURSDAY PRELIMS

6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**Senior Recognition**  
8:00 **Prelims Begin**  
12:00 Scratch Box Closes

### FRIDAY PRELIMS

6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**Coach of the Meet Award**  
8:00 **Prelims Begin**  
12:00 Scratch Box Closes

### THURSDAY FINALS

4:00 General Warm-up – No Diving  
5:15 Clear Pool for Finals  
*\*\*Women/Men 400 FR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 400 Free Relay**  
**Parade Awards Men 400 Free Relay**  
5:30 **Finals Begin with C, B, A Heats**  
Swim Women 400 IM  
Swim Men 400 IM  
Swim Women 100 Free  
*\*\*Women 400 IM top 16 finishers to Awards Rm*  
Swim Men 100 Free  
*\*\*Men 400 IM top 16 finishers to Awards Rm*  
**Parade Awards Women 400 IM**  
**Parade Awards Men 400 IM**  
Swim Women 200 Back  
*\*\*Women 100 Free top 16 finishers to Awards Rm*  
Swim Men 200 Back  
*\*\*Men 100 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Free**  
**Parade Awards Men 100 Free**  
Swim Women 50 Fly  
*Women 200 Back top 16 finishers to Awards Rm*  
Swim Men 50 Fly  
*\*\*Men 200 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Back**  
*\*\*Women 50 Fly top 16 finishers to Awards Rm*  
**Parade Awards Men 200 Back**  
*\*\*Men 50 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Fly**  
**Parade Awards Men 50 Fly**  
Swim Women 800 Free Relay  
Swim Men 800 Free Relay  
  
9:00 Volunteer Dinner – Invitation Only  
The Inn & Conference Center, U of Maryland

### FRIDAY FINALS

4:00 General Warm-up – No Diving  
5:15 **Clear Pool for Finals**  
*\*\*Women/Men 800 FR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 800 Free Relay**  
**Parade Awards Men 800 Free Relay**  
5:30 **Finals Begin with C, B, A Heats**  
Swim Men 800 Free Final Heat  
Swim Women 200 Free Relay  
*\*\*Men 800 Free top 16 finishers to Awards Rm*  
Swim Men 200 Free Relay  
**Parade Awards Men 800 Free**  
Swim Women 200 Fly  
*\*\*Women 200 FR top 16 finishers to Awards Rm*  
Swim Women 200 Fly  
*\*\*Men 200 FR top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Free Relay**  
**Parade Awards Men 200 Free Relay**  
Swim Women 50 Back  
*\*\*Women 200 Fly top 16 finishers to Awards Rm*  
Swim Men 50 Back  
*\*\*Men 200 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Fly**  
**Parade Awards Men 200 Fly**  
Swim Women 100 Breast  
*\*\*Women 50 Back top 16 finishers to Awards Rm*  
Swim Men 100 Breast  
*\*\*Men 50 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Back**  
*\*\*Women 100 Breast top 16 finishers to Awards Rm*  
**Parade Awards Men 50 Back**  
*\*\*Men 100 Breast top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Breast**  
**Parade Awards Men 100 Breast**  
Swim Women 400 Medley Relay  
*\*\*Women 400 MR top 16 finishers to Awards Rm*  
Swim Men 400 Medley Relay  
*\*\*Men 400 MR top 16 finishers to Awards Rm*  
**Parade Awards Women 400 Medley Relay**  
**Parade Awards Men 400 Medley Relay**  
**Parade Women's Team Award**  
**Parade Men's Team Award**  
**Parade Combined Team Award**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## About the Y

**The Y's Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**The Y's Cause:** At the Y, strengthening community is their cause. Every day, the Y works side by side with its neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

**The Y** is one of the nation's leading nonprofits, committed to strengthening communities in the areas of youth development, healthy living and social responsibility:

- **Youth Development: Nurturing the potential of every child and teen.**  
The Y believes that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are taking a greater interest in learning; making smarter life choices; and cultivating the values, skills and relationships that lead to positive behaviors, the pursuit of higher education and goal achievement.
- **Healthy Living: Improving the nation's health and well-being.**  
In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.
- **Social Responsibility: Giving back and providing support to our neighbors.**  
Across the country, the Y helps people give back and assist their neighbors by offering them opportunities to volunteer, advocate and support programs that strengthen community.

**Involvement at the Y:** The Y hopes to engage more people in the communities it serves whether it is as a member, volunteer, supporter or advocate. To learn more visit [ymca.net](http://ymca.net). Each YMCA association is an independent, autonomous organization with its own governing board, professional staff and assets.

### The Y By the Numbers:

- There are more than 2,600 locations in 10,000 communities across the country.
- 21 million people (12 million adults and 9 million youth) of all ages, incomes, backgrounds and abilities come to the Y to learn, grow and thrive.
- Kids, parents, individuals, and business and community leaders make up the Y's 500,000 volunteers
- 20,000 full time staff

*To learn more about the Y, visit [YMCA.net](http://YMCA.net)*

# 2010 Long Course YMCA Nationals Swimmer

## PRELIMINARIES

	Mon, July 2	Tue, July 27	Wed, July 28	Thu, July 29	Fri, July 30
<b>Devotion</b>		<b>John Baxter</b> Tri-Hampton YMCA <i>Pennsylvania</i>	YMCA of Western North Carolina <i>North Carolina</i>	<b>Nina Lisella</b> Boyertown YMCA <i>Pennsylvania</i>	<i>UMLY</i>
<b>National Anthem</b>		<b>William Moore</b> Columbia Northwest YMCA <i>South Carolina</i>		<b>Veronica Faller</b> <i>Andover/ North Andover</i>	<b>Brady Stevens</b> Western Family YMCA <i>Maryland</i>

## FINALS

	Mon, July 26	Tue, July 27	Wed July 28	Thu, July 29	Fri, July 30
<b>Devotion</b>	<b>Tom McKee &amp; Samantha Shelley</b> <i>Brandywine, DE</i>	<b>Emily Lloyd</b> Severna Park YMCA <i>Maryland</i>	<b>Kylie McKenzie</b> Tri-Hampton YMCA <i>Pennsylvania</i>	<b>Sarah D'Antoni</b> Ridgewood YMCA <i>New Jersey</i>	<b>Emily Weaner, Luke Trimmer, Austin Bohn, Carly Munchel</b> West Shore YMCA <i>Pennsylvania</i>
<b>National Anthem</b>		<b>Kirsten Rissover</b> Blue Ash YMCA <i>Ohio</i>	<b>Noelle Klockner</b> YMCA of Western Monmouth County <i>New Jersey</i>	<b>Jordan Grossman &amp; Megan Lattimer</b> Wilton YMCA <i>CT</i>	<b>Marissa Hand, Hannah Huber, and Dylan Davis</b> Severna Park YMCA <i>Maryland</i>
<b>Water Banner</b>		Flushing YMCA <i>Flushing, NY</i>	Chapel Hill YMCA <i>North Carolina</i>	Tri-Hampton YMCA <i>Pennsylvania</i>	Severna Park YMCA <i>Maryland</i>
<b>Color Guard</b>		Westfield, NJ	<i>Red Bank, NJ</i>	<i>Montclair, NJ</i>	<i>Middle Tyger, SC</i>

# 2010 YMCA Long Course National Swimming Championship

## Graduating Seniors – Congratulations

(List will be updated as new information becomes available)

### Andover/North Andover YMCA

- Paul Hunter - Brown
- Conor McAuliffe - Amherst College

### Anne Arundel County YMCA

- Kendall Farnham - Dartmouth College
- Emily Lloyd - University of Virginia
- Mike Cooke - Ithaca College
- Chip Helferstay - Salisbury University
- Hannah Huber - Duquesne University

### Auglaize-Mercer Counties YMCA

- Sean Anthony - Ohio Wesleyan University
- Jason Fleagle - Mount Vernon Nazarene College
- Corbin Hellwarth - Wilmington College

### B.R. Ryall (Northwestern Dupage) YMCA

- Susan Peinsipp-Carthage College

### Bath Area Family YMCA

- James Wells Indiana U
- Abigail Ridge – Connecticut Collebe

### Beaumont Centre Family YMCA

- Sarah Fletcher - Transylvania University

### Blue Ash Branch YMCA

- Patrick Foos - University of Charleston
- Kirsten Rissover - University of Cincinnati

### Blue Water Area YMCA

### Boyetown Area YMCA

- Alec Francis-East Carolina U
- Wesley Trumbauer-West Point
- Jordan Hartman-U.of Louisville
- Matt Duffy-U.of Pittsburg
- Marshall Lambert-Bucknell U
- Carlene Ostromecki-Ithaca U
- Christina Lisella – U of Pitt

### Brandywine -DE YMCA

### Brandywine YMCA -PA

- None

### Buehler YMCA

### Burbank Branch YMCA

### Cambridge Area Ohio YMCA

- Paige Carpenetti - Wheeling Jesuit University

### Cape Cod YMCA

- Erica Smrcina-University of Maine

### Catonsville MD YMCA

- Brendan Kerins-Loyola University
- Patrick Hagar-University of Maryland College Park

### Central Delaware YMCA

- Bryan Brown - WVU

### Chambersburg Memorial YMCA

### Chapel Hill-Carrboro YMCA

### Cheshire YMCA

- Julia Courtney - Florida Southern
- Justyn Alexandre - University of Connecticut

### Coffman Family YMCA

### Columbia Northwest Family YMCA

### Cortland County Family YMCA

### Countryside Ralph Stolle YMCA.

- Carlo Biedenharn MIT
- Lynn Brotherton - Xavier University
- Aaron Lawson - Eastern Michigan
- Breann McDowell - University of Louisville
- Kim Recinella - Marshall University
- Therese Stevens - Youngstown State

### Dancel Family YMCA

### Door County YMCA

### Down East Family YMCA

### East Hampton RECenter YMCA

### East Suburban Branch YMCA

- Derek Shirley – Indiana U of PA
- Brian Wilson – Edinboro U
- Brad Myser – Ohio State U
- James Castiglione – U of Pitt

### Eastern Community Branch YMCA

### Elkins West Virginia YMCA

- Tim Squires, West Virginia University

### Fanwood-Scotch Plains YMCA

- Stephanie Baliko - Loyola University
- Kelly Gadjisz - Loyola University
- Rebecca Dunn - Stevens Institute of Technology
- Tim Foster - Towson University

### Farmington Family YMCA

- Aaren Marecki - Grand Valley State

### Fayetteville YMCA

### Flushing YMCA

- Keara Leong - Stony Brook
- Kellyn McCarthy - Lehigh
- Julia Sung - Baruch
- Ryan Bacci - Iona
- Allen Chu - Stony Brook
- Daniel Donis - Baruch
- Lucas Knight - Trinity

### Fox Cities YMCA

### Genesee Area Family YMCA

### Glens Falls YMCA

- Andrew Guinther - Boston University

### Greater Flint YMCA

- Heather Saule – Eastern Michigan
- Kenton Shaw – Grand Valley State
- Tyler Greene – Michigan State
- Jordan Guttrich - UMASS

### Greater Holyoke YMCA

- Daniel Oliveira - Keene State

### Greater Johnstown Community

### Greater Peoria Family YMCA

### Greater Richmond YMCA

### Greater Waterbury YMCA

- Joseph Polaco - Post University

### Greater Westfield YMCA

### Greensburg YMCA

- Anna Gibas - East Carolina

### Greenwich YMCA

### Hamilton Area NJ YMCA

- Erik Dixon-Anderson - Grinnell College
- Gabrielle Giambagno - Catholic University
- Kevin Hom - Rochester Institute of Technology
- Meredith Ketchmark - Wagner College

### Hickory Foundation YMCA

### Hilliard YMCA

### Hilliker YMCA

### Hilltop YMCA

- GUS BAILEY CASE WESTEREN OHIO
- SARA REIDLER ASHLAND OHIO
- BRITTANY FINLAY ASHLAND OHIO
- GRACE RINEHART ST.LAWRENCE UNIVERSITY NEW YORK

### Hockomock Area YMCA

### Hunterdon County YMCA

# 2010 YMCA Long Course National Swimming Championship

## Graduating Seniors – Congratulations

(List will be updated as new information becomes available)

### Huntington WV YMCA

- Lydia Kidd- Wheeling Jesuit University
- Joseph AbuRahma- West University
- Evan Walker- Wheeling Jesuit University

### Illinois Valley YMCA

### Indiana County YMCA

### J.B. Chambers Branch YMCA

### Kennett Area YMCA

- Nick Dello Buono - University of Pennsylvania, Indiana

### Kishwaukee Family YMCA

- Casey Jepsen - Truman State University
- Chad Thompson - Xavier University

### Lancaster & Fairfield YMCA

- Ryan Blankenship - Cleveland State University
- Addison Miller - Ohio Wesleyan University

### Laurel East Hartford YMCA

- Zach Auclair - Stony Brook University
- Connor Beaulieu - Amherst College
- Kelsey Boucher - South Dakota State University
- Catriona Coppler - Mount St. Mary College Maryland
- Alex Garneau - Wheaton College
- Joey Lacus -Seton Hall University
- Erin McVeigh - Sacred Heart University Connecticut

### Laurel Highlands Regional YMCA

- Matt Ramey - Bucknell

### Leaning Tower YMCA

- Loren Dutca - Lake Forest College

### Lionville Community YMCA

### Marinette-Menominee YMCA

### Marshfield Area YMCA

### Metuchen Edison YMCA

- Joseph Berry- Montclair State University
- Timothy Koch- Boston College
- John Wieczorek- Ursinus College

### Mid-Delmarva Family YMCA

- Jonathan Keim Baylor University
- Adam Grant UNC Wilmington

### Middle Tyger YMCA

- Jay Warner - University of South Carolina
- Caroline Fore - Georgia Tech
- Jamie Osborn - University of South Carolina
- Lauren Raczkowski - University of South Carolina
- Elizabeth Simon - East Caroline University

### Middletown Area YMCA

### Mon Valley YMCA

- Sarah Weeks - Edinboro University

### Montclair YMCA

- Matt Navata - University of South Carolina
- Jan Yburan - Holy Cross
- Maggie Regan - Swarthmore

### New Canaan Community YMCA

### Newberry County Family YMCA

### North Shore (Sterling) MA YMCA

- James Black-Keene State
- Tim Bouvier-Boston University
- Brian Brennan-Bryant College
- Kaitlyn Kidney- Bryant College
- Colleen McCormack- Northeastern University

### Northern York County YMCA

- Chris Giordano - Colby-Sawyer College

### Northwest Family Branch YMCA - NY

### Northwest North Carolina YMCA

- Kelly Ann Baird-Ohio State University
- Taylor Adams-North Carolina State U
- Jessica Frazelle-Radford University
- Christian Jones-Tufts University

### Northwestern Connecticut YMCA

- Eric Traub - Columbia University

### Ocean County YMCA

- Ashley Conroy- The College of New Jersey
- John Ernst- East Carolina

### Oshkosh Community YMCA

- Hilary Woldt - University of Buffalo
- Abbey Tuchscherer - University of Iowa
- Jennifer Rothe - Saint Cloud State
- Luke Harrison - Oberlin College
- Heidi Klein - University of Wisconsin - Stevens Point
- Scott Haskins - University of Wisconsin - Milwaukee

### Piedmont Family YMCA Inc.

- Katherine Nicholson - U. of Miami, FL
- Ryan McGhee - U. Mary Washington

### Portsmouth YMCA

- Ali Erickson- ODU
- Conner Barnes- VA Tech
- Andrea Beale- Princeton

### Pottstown YMCA

- John Hauser-U of Maryland

### Powel Crosley Jr. YMCA

- Michael Murphy - The Ohio State University
- Jonathan Proffitt - Miami University
- Wes Schmidt - University of Tennessee
- Shane Smith - The Ohio State University

### Rapid Area YMCA - MI

- Nate Baker - Grand Valley State University
- Marissa Murphy - University of Buffalo

### Rappahannock Area YMCA

- Dani Fletcher - Liberty University
- Molly Slattery - Ohio University
- Tommy Hunt - Germanna CC

### Red Bank Branch

### Ridgewood Branch OH YMCA

### Ridgewood NJ YMCA

- Sarah d'Antoni-Indian River Jr. College

### Ridley Area YMCA

### Rock Hill Aquatics Center

- SETH GREENE-MARS HILL

### Rowan County YMCA

### Sanford-Springvale YMCA

# 2010 YMCA Long Course National Swimming Championship

## Graduating Seniors – Congratulations

(List will be updated as new information becomes available)

### Somerset Hills YMCA

- Kenneth Savage-Providence
- Brittany Guinee-Loyola
- Kim Kaller-Marist
- Calvin Jones-Yale

### Somerset Valley YMCA

- Kara Millaci-Rutgers
- Stephen Schappert-Lafayette
- Nick Warner-Ithaca

### South Family YMCA-Kettering

- Ty Perkins - The Ohio State University
- David Ireland - Washington and Lee University
- Christy Bianco - Rollins College

### South Shore MA YMCA

- Bernadette Byrne- UNH

### Springfield IL YMCA

### State College Area Family YMCA

### Stevens Point Area YMCA

### Suncoast YMCA

- Blake Freeman - University of Kentucky

### Tampa Metro YMCA

- Patrick Gilbreath - University of Connecticut

### The Licking County Family YMCA

- Kayte Postle – Ball State

### The West Cook YMCAs

- Eric Hallman - University of Chicago

### Tri-County YMCA Inc.

### Tri-Hampton Family Branch YMCA

- Courtney Beidler - Michigan
- John Baxter - Canisius
- Caitlin Jokubaitis - Columbia
- Kylie McKenzie - Emory
- Caitlin Wilson - Baldwin Wallace
- John Stanton - Edinboro
- Jeff Sloan - U. Chicago

### Twin Rivers NC YMCA

- Sam Wilson - Gardner-Webb University NC

### Upper Main Line YMCA

- Emily Schon Duke
- John Keough Lehigh
- Maruti Kollaru RPI
- Tom Mershon Penn State
- Matt Salig Penn State
- Will Schlosser Drexel

### Wallingford Family YMCA

### West County Branch YMCA

### West Morris YMCA

### West Shore YMCA – PA

- Carly Murchel – Louisville
- Emily Weaner – LSU
- Austin Bohn – Carnegie Mellon
- Luke Trimmer - Purdue

### West Side Branch YMCA

### Western Branch YMCA

- Scott Taylor - West Chester University
- Adam Sosnowik - University of the Sciences in Philadelphia

### Western Connecticut YMCA

### Western Monmouth Co. YMCA

- Amelia Buckley, West Chester University
- Eva Wimberley, University of Vermont
- Joe Gallen, UNCW
- Connor Murphy, West Chester University

### Western North Carolina YMCA

- Zach Conviser- Limestone College
- Nathan Hart- University of Virginia
- J Key- Nova Southeastern University
- Eric Shuman- Washington and Lee
- Rachael Whittemore-University of North Carolina

### Westfield YMCA

- Michael Oster - Middlebury College, Suzanne Lemberg - Emory University
- Meredith Smith - College of Charleston

### Wilmington YMCA - NC

### Wilton Family YMCA

- Shelby Fortin - University of Pennsylvania
- Caroline Higgins - Bucknell University
- Emily Weir - UCLA
- Edward Becker - Yale University
- Ryan Cahalane - Boston College
- Jordan Grossman - College of New Jersey
- Adam Lebovitz - Princeton University
- Spencer Scarth - St. Olaf College

### Wyckoff Family YMCA Inc

- Sean Murphy-Boston College
- Austin Taylor-Cornell
- Chloe Conjares-Villanova
- Ellie Huelbig-Connecticut College

### YMCA of Long Island

## History of the Y Logo

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**1881** – The Ninth Conference in London approves the first Y logo, which highlights Y values by featuring a reference to John 17:21: “That they may all be one...as we are one.”



**1891** – Luther H. Gulick, M.D., proposes a red triangle as the Y symbol. The equal sides of the triangle stand for “man’s essential unity, body, mind and spirit, each being a necessary and eternal part of man, he being neither one alone...”



**1895** – The annual convention of the U.S. and Canadian Ys authorizes adding the triangle to the old World Alliance insignia.



**1896** – The logo is simplified and a second ring is added. It is said the second ring represents friendship and love without end among individuals. This remains the Y’s official emblem.



**1897** – The everyday logo from 1897 to 1967 is the red triangle.



**1967** – The Y creates and trademarks the logo with the triangle and bent bar.

## Inside our New Logo

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The Y's new visual system reflects our true identity: a caring, people-oriented organization that is devoted to the cause of strengthening communities. Our refreshed logo, for instance, is bold, active and welcoming, suggesting our determined commitment to social progress. Plus, the many colors reflect the vibrancy and diversity of our communities and activities.



Bringing it to Life...



**Please note:** To request images of the Y logo, please contact [media@ymca.net](mailto:media@ymca.net).

To learn more about the Y, visit [YMCA.net](http://YMCA.net)

# Fun Facts

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- 3752 The Number of individual entries entered into the meet**
- 1175 The Number of Registered Swimmers**
- 1374 The Number of Registered Swimmers in 2009 Nationals Long Course Champs**
- 604 The Number of Registered Women Swimmers**
- 671 The Number of Registered Men Swimmers**
- 548 The Number of Relays entries**
- 219 The Number of Coaches Attending**
- 226 The Number of Pre-ordered all-sessions Admission Tickets**
- 127 The Number of YMCA's Participating**
- 127 The Number of YMCA/USA-S Swim Officials and Timers working**
- 40 The Largest Number of Swimmers from a Single Team: Upper Main Line, PA**
- 38 The second largest number of swimmers from a single team – Somerset Valley - NJ**
- 18 The Number of Teams from Pennsylvania**
- 19 The Number of States Represented by Teams**
- 21 The Number of Women Swimmers competing for Middle Tyger YMCA, SC**
- 8 The Number of Teams from New York**
- 5 The Number of Teams from Wisconsin**
- 2 The Number of Teams from Florida**
- 1 The Number of Teams from Kentucky**

# **YMCA Virtual National Invitational Meet**

## **Oct 16-24, 2010**

**Become part of YMCA history. Join  
the thousands of YMCA  
swimmers to participate**

**During Oct 16-24, the local YMCA competitive swimming  
community will come together in the  
world's largest  
YMCA Swimming Invitational Meet**

**“Swim Locally – Compete Nationally”**

**Teams will swim locally while competing against other YMCA  
teams and YMCA swimmers from across the country**

**More Information**

**[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)  
[www.ymcacompetitiveswim.org](http://www.ymcacompetitiveswim.org)**



Take the YMCA Long Course National  
Championship Survey.

**LISTENING  
LEARNING  
IMPROVING**

[www.YMCASwimmingAndDiving.org](http://www.YMCASwimmingAndDiving.org)

Thank you for your valuable feedback

The 2010 LC National Meet Committee



# CARING

TO DEMONSTRATE A SINCERE CONCERN FOR OTHERS FOR THEIR NEEDS & WELL BEING.

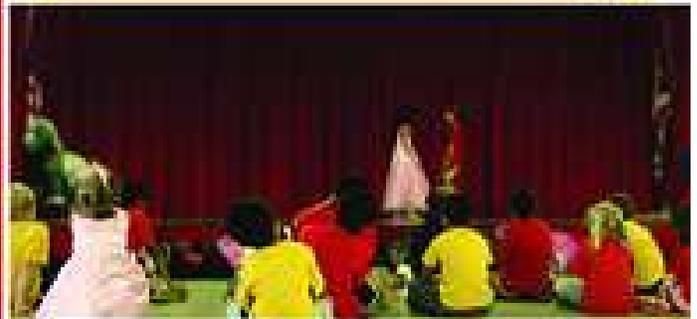


**\*Being there when a friend needs help**

*"Where there is love, there is life." Gandhi*

# RESPECT

TREAT OTHERS AS YOU WOULD WANT THEM TO TREAT ME  
VALUE THE MOTIVATIONS OF EVERY PERSON INCLUDING MYSELF



**\*Remain quiet when my classmates are on stage**

*"You don't have to be handicapped to be different. Everyone is different." Ken Peck*

# HONESTY

TO TELL THE TRUTH TO DEMONSTRATE RELIABILITY AND TRUSTWORTHINESS THROUGH ACTIONS THAT ARE IN KEEPING WITH MY STATED POSITIONS, BELIEFS



**\*Dont lie, always be honest**

*"Honesty is the first chapter in the book of wisdom." Thomas Jefferson*

# RESPONSIBILITY

TO DO WHAT IS RIGHT TO DO TO BE ACCOUNTABLE FOR MY CHOICES OF BEHAVIOR AND ACTIONS AND MY PROMISES.



**\*Preparing to perform a dance**

*"The time is always right to do what is right." Martin Luther King, Jr.*

# **YMCA of the USA**

## **National Long Course Swimming Championships**

**University of Maryland, MD**  
**July 26 - 30, 2010**

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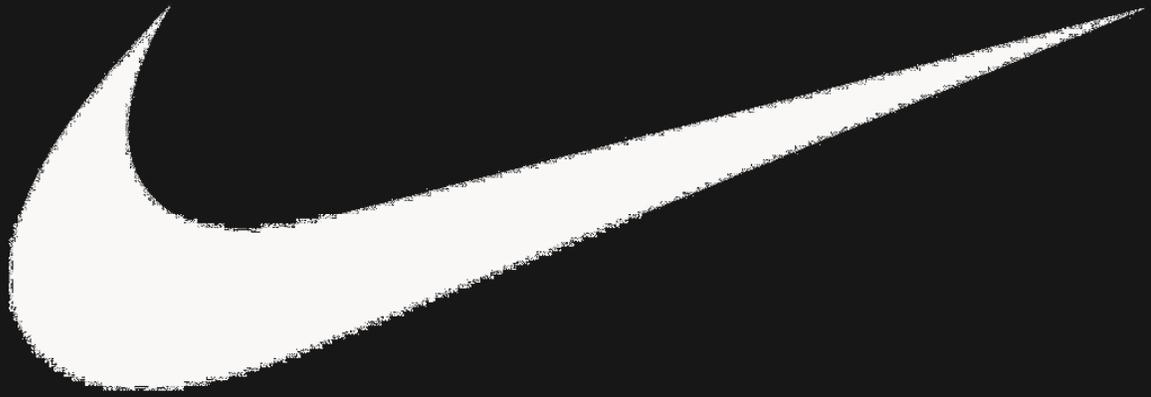


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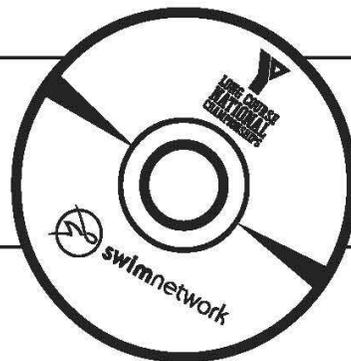


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