

2018 YMCA SHORT COURSE NATIONAL CHAMPIONSHIP



**GREENSBORO
AQUATIC CENTER**

**Greensboro,
North Carolina**

April 3-7, 2018

GENERIC COVER SHEET

Coaches, Officials, Spectators Version



Wednesday Prelims: Men compete in the pool nearest to the Dive-Well Pool. Women compete in the pool nearest to the Scoreboard.

Thursday Prelims: Women compete in the pool nearest to the Dive-Well Pool. Men compete in the pool nearest to the Scoreboard.

Friday Prelims: Men compete in the pool nearest to the Dive-Well Pool. Women compete in the pool nearest to the Scoreboard. Top 2 heats in Men and Women 800 Free relay will be swum as Last events in Friday Finals.

Saturday Prelims: Women compete in the pool nearest to the Dive-Well Pool. Men compete in the pool nearest to the Scoreboard. Top heat in Men and Women 1650 free will be swum as first events in Saturday Finals

All Finals (except 1000 Free): Swimmers compete in the pool nearest to the Dive-Well Pool.

2018 YMCA SHORT COURSE NATIONALS TEAM LISTING

Alamance County Community YMCA	Greater Flint YMCA	Regional YMCA of Western Connecticut
Anchorage Alaska YMCA	Greater Montgomery YMCA	Ridgewood Branch OH YMCA
Anderson Area YMCA	Greater Spartanburg YMCA	Ridgewood NJ YMCA
Ankeny Family YMCA	Greater Susquehanna Valley YMCA	Ridley Area YMCA
Ashland Area YMCA	Green Bay YMCA Metro	Rock Hill Aquatics Center YMCA
Auburn YMCA	Greensboro YMCA	Rocky Mount Family YMCA
Auglaize Mercer Counties YMCA	Greenwich YMCA	Rocky Run YMCA
Bangor YMCA	Grove City YMCA-PA	Sage YMCA
Bath Area Family YMCA	Hagerstown Maryland YMCA	Saginaw YMCA
Bayside Branch YMCA	Hamilton Area NJ YMCA	Salem Family YMCA
Beaumont Centre Family YMCA	Harrison Area YMCA	Sampson Family YMCA
Benbrook Community Center YMCA	Hatboro Area YMCA	Sarasota Family YMCA
Bethlehem YMCA	Hickory Foundation YMCA	Schroeder YMCA
Birmingham Family YMCA	Hilliard YMCA	Schuykill YMCA
Birmingham Metropolitan YMCA	Holidaysburg Area YMCA	Sidney and Shelby County YMCA
Bloomsburg Area YMCA	Huntington YMCA	Skagit Valley Family YMCA
Blue Ash YMCA	Indiana County YMCA	Skaneateles YMCA
Boise Family YMCA	Jackson Community YMCA	Somerset Hills YMCA
Bovertown Area YMCA	Jennersville YMCA	Somerset Valley YMCA
BR Ryall NW Dupage YMCA	Jerry L Garver YMCA	South County Family YMCA - FL
Bradford Family YMCA	Joliet YMCA	South County RI YMCA
Brandywine DE YMCA	Kennebec Valley YMCA	South Family YMCA
Bremerton YMCA	Kennett Area YMCA	South Florida YMCA
Burbank Branch YMCA	Kishwaukee Family YMCA	South Shore MA YMCA
Burlington Camden County YMCA	Kleptz YMCA	Southeast Family Branch YMCA
Carlisle Family YMCA	La Crosse Area Family YMCA	Spencer Family YMCA
Cecil County YMCA	Lake County East End YMCA	Springfield Family YMCA
Central Bucks Family YMCA	Lakeland Hills Family YMCA	Springfield IL YMCA
Central Florida Metro YMCA	Lakota Family YMCA	SPY Greater Annapolis YMCA
Chambersburg Memorial YMCA	Lancaster and Fairfield YMCA	State College Family YMCA
Champaign County YMCA	Lansdowne YMCA	Stevens Point Area YMCA
Cheshire YMCA	Laurel East Hartford YMCA	Summerville Family YMCA
Clearfield YMCA	Lebanon Valley Family YMCA	Summit Branch YMCA
Clifton Springs Area YMCA	Liberty Township Powell YMCA	Sussex County Branch YMCA
Coffman Family YMCA	Lionville Community YMCA	Talbot County YMCA
Cole Center Family YMCA	Lowes YMCA	The Greater Morristown YMCA
Columbia Northwest Family YMCA	Lynchburg YMCA	Tiffin Community YMCA
Corry YMCA	Macomb Family YMCA	Titusville YMCA
Countryside Ralph Stolle YMCA	Malden YMCA	Tri City Area IL YMCA
Cross Island YMCA	Manitowoc Two Rivers Area YMCA	Tri County YMCA Inc
Decatur Family YMCA	Martinsville and Henry Co YMCA	Tri Hampton Family YMCA
Delaware Community Center YMCA	ME Lyons Anderson YMCA	Triangle Area YMCA
Delta County YMCA	Metuchen Edison YMCA	Twin Rivers NC YMCA
Door County YMCA	Meyers Lake YMCA	Union County Family YMCA
Down East Family YMCA	Michiana YMCA	Uniontown Area YMCA
Duanesburg YMCA	New Bedford YMCA	Upper Main Line YMCA
Dubuque Iowa YMCA	New Canaan Community YMCA	Upper Perkiomen Valley YMCA
East Hampton RECenter YMCA	New Castle Community YMCA	Vermilion Family YMCA
Eastern Lycoming YMCA	Newport County YMCA	Waldo County YMCA
Eau Claire Wisconsin YMCA	North Canton Community YMCA	Walnut Creek Family YMCA
Edwardsville YMCA	North Oakland Family YMCA	Wapakoneta Family YMCA
Fairfax County YMCA in Reston	North Shore Sterling MA YMCA	Watertown Family YMCA
Fanwood Scotch Plains YMCA	Northern York County YMCA	Waterville Area YMCA
Farmington Family YMCA	Northwest North Carolina YMCA	Waynesboro Family YMCA
Farmington Valley Branch YMCA	Ocean County YMCA	West Chester Area YMCA
Florida First Coast	Old Town Orono YMCA	West Shore YMCA
Flushing YMCA	Oshkosh Community YMCA	Western Branch YMCA
Four Rivers Area Branch YMCA	Parkersburg YMCA	Western North Carolina YMCA
Fox Cities YMCA	Phoenixville Branch YMCA	Westfield YMCA
Franklin YMCA	Piedmont Family YMCA	Westport Weston CT YMCA
Frederick County YMCA	Pocono Family YMCA	Wheeling YMCA
Freeland YMCA	Powel Crosley Jr YMCA	Wilkes Barre Family YMCA
Gahanna YMCA	Prattville YMCA	Wilmington YMCA NC
Geauga Branch YMCA	Randolph YMCA	Wilton Family YMCA
Glens Falls YMCA	Rapid Area YMCA	Wyckoff Family YMCA Inc
Goldsboro Family YMCA	RC Durr Family YMCA	YMCA in Central Maryland
Greater Burlington YMCA	Reading and Berks County YMCA	York And York County YMCA
Greater Canandaigua YMCA	Red Bank Branch YMCA	Youngstown OH YMCA



SCHEDULE OF ACTIVITIES

YMCA NATIONAL SWIMMING CHAMPIONSHIP

TUESDAY: START OF DAY 1 - CHECK-IN DAY

Day's Event 101 Women's 200 Medley Relay (Prelims - Finals swim Wednesday Evening)

Day's Event 102 Men's 200 Medley Relay (Prelims - Finals swim Wednesday Evening)

Day's Event 103 Women's 1,000 Yard Freestyle (fastest to slowest)

Day's Event 104 Men's 1,000 Yard Freestyle (fastest to slowest)

6:00AM-4:00PM	Pool open exclusively for Meet Swimmers and Coaches
7:30AM-2:30PM	Completion of Facilitation Skills and Swim Officials Trainer Training - Pool - Room 1
9:00AM-2:00PM	Scratch Table Open for 1000 Freestyle and 200 Medley Relay (Day 1 events) - Events Center - Coaches Check-in (Rm 3)
9:00AM-2:00PM	Scratch Table Open (Day 2 Events) - Events Center - Coaches Check-in (Rm 3)
9:00AM-3:00PM	Parking Pass Sales - Events Center
9:00AM-3:00PM	Spectator Ticket Sales & Pre-order Ticket Pick-up - Events Center
9:00AM-2:00PM	Team & Coaches Meet Check-in - Events Center - Rm 3
9:00AM-2:00PM	Officials Meet Check-in - Events Center - Rm 3
9:00AM	Athlete Village Open for Team Move-in - Events Center
9:30AM-1:30PM	Level I Officials Training - Pool - Room 1
9:30AM-1:30PM	Level II Officials Training - Pool - Room 1
2:15PM	New Coaches Meeting - Events Center - Rm 4
2:15PM-2:45PM	New Officials Meeting - Hall of Champs - Board Rm
2:45PM-4:15PM	College Coaches Seminar for Parents/Athletes - Location: TBD
2:45PM-3:45PM	Mandatory Meeting for All Officials - Hall of Champs - Board Rm
3:00PM	All Coaches Meeting - Events Center - Rm 1
4:00PM	Pool Opens for Finals Warm-up
4:00PM	Spectators Stands Open
4:00PM-6:00PM	Spectator Ticket Sales & Pre-order Ticket Pick-up - Pool Entrance
4:00PM-5:00PM	Scratch Table Open (Day 2 Events) - Room Off Pool Deck
4:00PM	Relay Table Open
4:30PM-5:15PM	Athletes and Parents Welcome Event - Spectator stands
4:30PM	Officials and Timers Meeting - Events Center - Rm 1
5:00PM-6:00PM	Team & Coaches Meet Check-in - Events Center - Rm 4
5:00PM	Officials Check-in until end of session - Events Center - Rm 1
5:20PM	Competition Pool Closes
5:20PM	Devotion and National Anthem
5:30PM	Start of Competition
7:15PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

YMCA NATIONAL SWIMMING CHAMPIONSHIP

WEDNESDAY: START OF DAY 2

Day's Event 201 Women's 200 Yard Backstroke
Day's Event 202 Men's 200 Yard Backstroke
Day's Event 203 Women's 100 Yard Butterfly
Day's Event 204 Men's 100 Yard Butterfly
Day's Event 205 Women's 200 Yard Breaststroke
Day's Event 206 Men's 200 Yard Breaststroke
Day's Event 207 Women's 400 Yard Free Relay
Day's Event 208 Men's 400 Yard Free Relay

6:00AM	Pool Opens Prelims Warm-up
6:00AM-11:00AM	Team & Coaches Meet Check-in - Events Center - Rm 4
6:30AM-11:00AM	Spectator Ticket Sales & Pre-order Ticket Pick-up
7:00AM-10:00AM	Time Trial Table Open
7:00AM	Spectators Stands Open
7:00AM-12:00PM	Scratch & Relay Table Open
7:00AM	Officials and Timers Meeting - Events Center - Rm 1
8:40AM	Competition Pool Closes
8:40AM	Devotion and National Anthem
8:40AM	2018 Joseph G. Rogers Award Announcement
9:00AM	Prelims Start
4:00PM-7:00PM	Spectator Ticket Sales & Pre-order Ticket Pick-up
4:00PM	Pool Opens for Finals Warm-up
4:00PM	Spectators Stands Open
4:00PM	Officials and Timers Meeting - Events Center - Rm 1
4:00PM-5:00PM	Scratch Table Open for Day 3
4:00PM	Relay table Open
4:45PM-6:00PM	Team & Coaches Meet Check-in - Events Center - Rm 4
4:45PM	Assembly of Athletes for Opening Ceremonies - Events Center
5:00PM	Competition Pool Closes
5:00PM	Opening Ceremonies - Parade of Athletes
5:15PM	Devotion and National Anthem
5:30PM	Finals Start with C, B, A Heats
5:30PM	Swim Finals for 200 Medley Relay - Women then Men
5:30PM	1000 Freestyle Awards-Women after Women relay awards, Men after Men relay awards
8:30PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

YMCA NATIONAL SWIMMING CHAMPIONSHIP

THURSDAY: START OF DAY 3

Day's Event 301 Women's 100 Yard Backstroke
Day's Event 302 Men's 100 Yard Backstroke
Day's Event 303 Women's 400 Yard I.M.
Day's Event 304 Men's 400 Yard I.M.
Day's Event 305 Women's 200 Yard Freestyle
Day's Event 306 Men's 200 Yard Freestyle
Day's Event 307 Women's 200 Yard Free Relay
Day's Event 308 Men's 200 Yard Free Relay

6:00AM	Pool Opens Prelims Warm-up
6:00AM-11:00AM	Team & Coaches Meet Check-in - Events Center - Rm 4
7:00AM-11:00AM	Spectator Ticket Sales
7:00AM-10:00AM	Time Trial Table Open
7:00AM	Spectators Stands Open
7:00AM-12:00PM	Scratch & Relay Table Open
7:00AM	Officials Picture - Spectator Stands
7:15AM	Officials and Timers Meeting - Events Center - Rm 1
8:40AM	Competition Pool Closes
8:40AM	Senior Recognition
8:40AM	Outstanding Athletes Scholarship Award
8:40AM	Devotion and National Anthem
9:00AM	Prelims Start
4:00PM	Pool Opens for Finals Warm-up
4:00PM	Spectators Stands Open
4:00PM-7:00PM	Spectator Ticket Sales
4:00PM	Officials and Timers Meeting - Events Center - Rm 1
4:00PM-5:00PM	Scratch Table Open for Day 4
4:00PM	Relay table Open
5:00PM-6:00PM	Team & Coaches Meet Check-in - Events Center - Rm 4
5:00PM	Competition Pool Closes
5:00PM	Devotion and National Anthem
5:15PM	Finals Start with C, B, A Heats
7:45PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

YMCA NATIONAL SWIMMING CHAMPIONSHIP

FRIDAY: START OF DAY 4

- Day's Event 401 Women's 500 Yard Freestyle
- Day's Event 402 Men's 500 Yard Freestyle
- Day's Event 403 Women's 200 Yard IM
- Day's Event 404 Men's 200 Yard IM
- Day's Event 405 Women's 50 Yard Freestyle
- Day's Event 406 Men's 50 Yard Freestyle
- Day's Event 407 Women's 800 Yard Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)
- Day's Event 408 Men's 800 Yard Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)

6:00AM	Pool Opens Prelims Warm-up
6:00AM-11:00AM	Team & Coaches Meet Check-in - Events Center - Rm 4
7:00AM-11:00AM	Spectator Ticket Sales
7:00AM-10:00AM	Time Trial Table Open
7:00AM	Spectators Stands Open
7:00AM-12:00PM	Scratch & Relay Table Open
7:15AM	Officials and Timers Meeting - Events Center - Rm 1
8:40AM	Competition Pool Closes
8:40AM	Moment of Remembrance
8:40AM	Conrad Carroll Award
8:40AM	Devotion and National Anthem
9:00AM	Prelims Start
4:00PM	Pool Opens for Finals Warm-up
4:00PM	Spectators Stands open
4:00PM-7:00PM	Spectator Ticket Sales
4:00PM	Officials and Timers Meeting - Events Center - Rm 1
4:00PM-5:00PM	Scratch Table Open for Day 5
4:00PM	Relay table Open
5:00PM-6:00PM	Team & Coaches Meet Check-in - Events Center - Rm 4
5:00PM	Competition Pool Closes
5:00PM	Devotion and National Anthem
5:15PM	Finals Start with C, B, A Heats
8:15PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

YMCA NATIONAL SWIMMING CHAMPIONSHIP

SATURDAY START OF DAY 5

- Day's Event 501 Women's 200 Yard Butterfly
- Day's Event 502 Men's 200 Yard Butterfly
- Day's Event 503 Women's 100 Yard Freestyle
- Day's Event 504 Men's 100 Yard Freestyle
- Day's Event 505 Women's 100 Yard Breaststroke
- Day's Event 506 Men's 100 Yard Breaststroke
- Day's Event 507 Women's 400 Yard Medley Relay
- Day's Event 508 Men's 400 Yard Medley Relay
- Day's Event 509 Women's 1,650 Yard Freestyle (Prelims fastest to slowest - Top seeded heat swim first event at Finals)
- Day's Event 510 Men's 1,650 Yard Freestyle (Prelims fastest to slowest - Top seeded heat swim first event at Finals)

- 6:00AM Pool Opens Prelims Warm-up
- 6:00AM-11:00AM Team & Coaches Meet Check-in - Events Center - Rm 4
- 7:00AM-11:00AM Spectator Ticket Sales
- 7:00AM-10:00AM Time Trial Table Open
- 7:00AM Spectators Stands Open
- 7:00AM Relay table Open
- 7:15AM Officials and Timers Meeting - Events Center - Rm 1
- 8:40AM Competition Pool Closes
- 8:40AM Devotion and National Anthem
- 8:40AM 2019 Joseph G. Rogers Award Announced**
- 8:40AM Coach of the Year Award**
- 9:00AM Prelims Start**
- 4:00PM Pool Opens for Finals Warm-up
- 4:00PM Spectators Stands Open
- 4:00PM-7:00PM Spectator Ticket Sales
- 4:00PM Officials and Timers Meeting - Events Center - Rm 1
- 4:00PM Relay table Open
- 5:00PM Competition Pool Closes
- 5:00PM Devotion and National Anthem
- 5:00PM Coach of the Meet Award**
- 5:15PM Finals Start with C, B, A Heats**
- 8:40PM Estimated Session End Time**

2018 YMCA SHORT COURSE NATIONALS MEET COMMITTEE



John Richards
Assistant Meet Director



John Mendell
Meet Director



Jim Ryan
Assistant Meet Director
Eligibility Committee



Shannon Culbert
Athlete Representative



Jamie Bloom
Chair, Coach Association



Susan Braman
Manager, GAC



Bruce Griffin
Announcer



David Hoover
GAC Event Manager



Eddie Hughes
Meet Referee



Susie Isenmann
Athlete Representative



Tom Janszen
Time Trials Referee



Bob Menck
Officials Coordinator



Ed Miller
Deck Referee



Claudia Multer
Chair, Meet Operations



Carolyn Ryan
Admissions



Susan Smith
Late Check-in



Bob Turner
Help Desk



Donna Turner
Awards



Tom Warrick
Chair, Entries & Check-in



Lindsay Mondick
YUSA Aquatic Sports

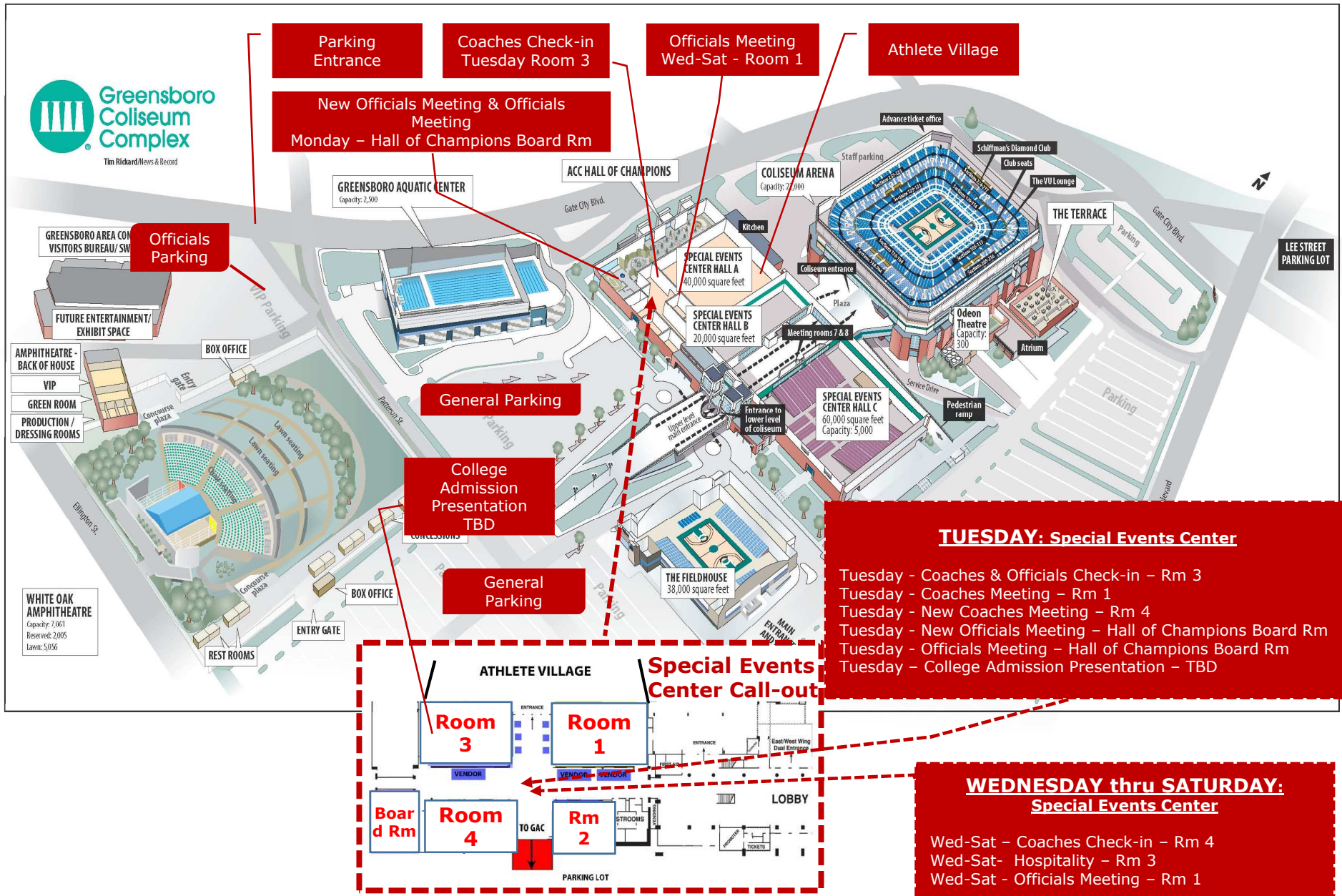


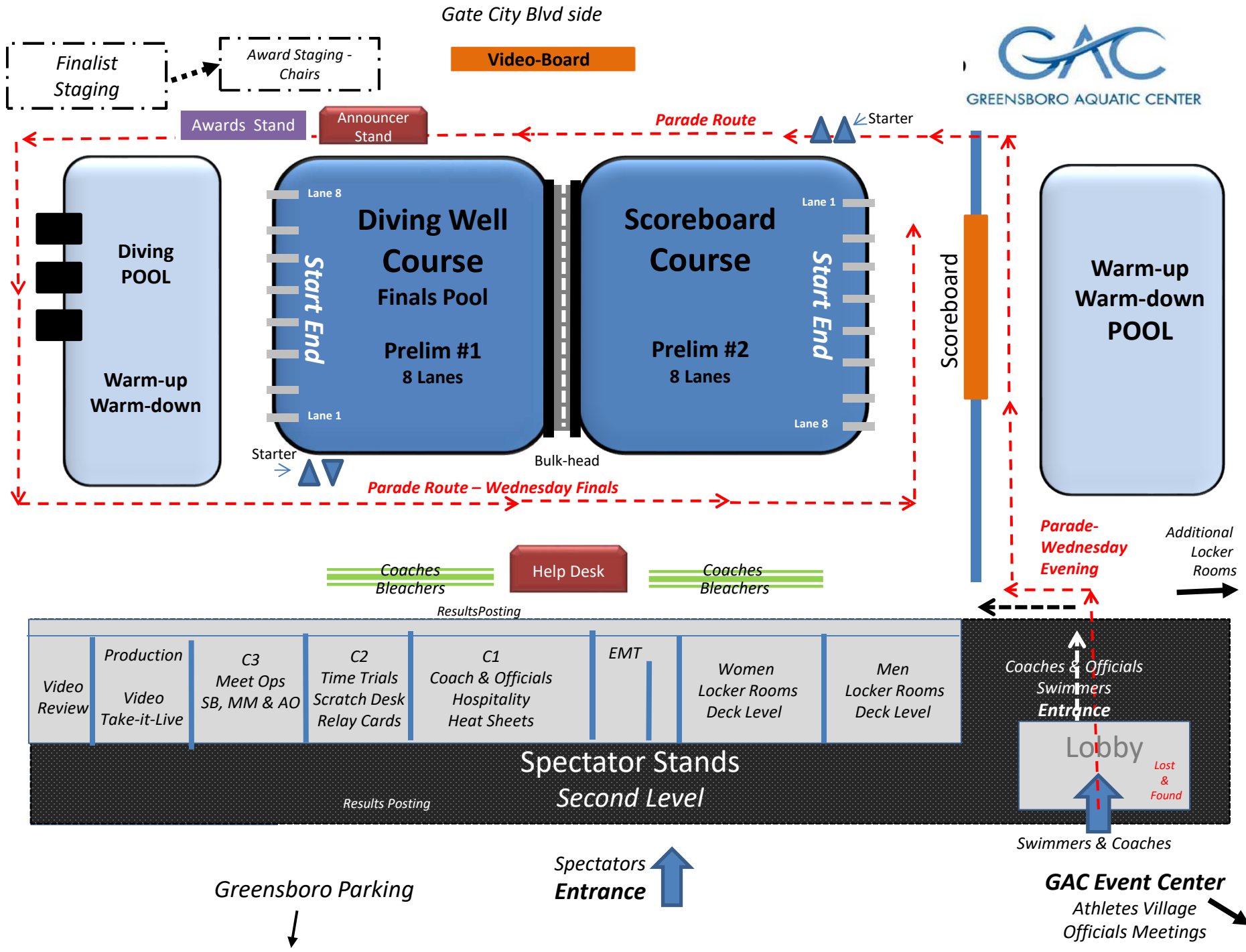
Robin Lee
YUSA Sports Program



Meredith Griffin
YUSA Sports Coordinator

2018 YMCA SHORT COURSE NATIONALS





INDIVIDUAL SPONSORS

2018 YMCA Short Course National Championship



- Anonymous
- Elizabeth Armstrong
- Kim and Toby Boedeker
- The Branfords
- Jane Brierley & Family
- The Chmielewski Family
- G. Michael Gobrecht
- YMCA of Greenwich
- Greensboro Community YMCA
- Bruce & Meredith Griffin
- Haschemeyer Family
- The Hensley Family
- The Jackson/Glass Family
- Good Luck to the Community YMCA of Eastern Delaware County Swim Teams (Lansdowne & Ridley Area)
- Mike & Susie Leonard
- Linda and John Mendell
- Charles and Claudia Multer
- New Canaan YMCA
- In Memory of Jim O'Neill
- John Pascale
- Red Bank YMCA
- David and Debby Rogers
- The Sargent Family
- Donna and Bob Turner
- Judith Wise

VOLUNTEER OFFICIALS AND TIMERS

2018 YMCA Short Course Nationals

THANK YOU FOR YOUR TIME AND EXPERTISE

Lynn Alexy	William Foight	Vicki Marsh	Michael Sickels
Sharon Anderson	Jon Fox	Vicki Marsh	Jim Slaughter
Barbara Andruskiewicz	Lori Fravel	Lori Jo McCullough	Derek Speerschneider
Cindy Becker	Laurie Fromm	Roberta McDevitt	Charlene Stevenson
Jeff Bell	Mark Geleskie	Michael McGowan	Shari Summers
John Bernauer	Val Gibson	Bob Menck	Benjamin Sun
Pam Birnbrich	Val Gibson	Ed Miller	Ralph Sutherlin
Pam Birnbrich	Eric Harnish	Wendy Moyer-Drabick	Edward Syron
Joel Black	Chad Hawkins	Wendy Moyer-Drabick	Kershun Tan
Diederik Blanken	Suzanne Heath	Chuck Northrup	Jim Temple
John Bota	Bert Hewitt	Donovan Oliver	Dave Travers
Kevin Bottomly	Jody Hohm	Hugh O'Neill	Bill Tucker
Rob Bowe	Paula Horne	Dana Owen	Barbara Tucker
Allen Brown	Bill Houk	David Pack	Brian Uhlin
Bill Carkhuff	Amy Houtz	Scott Palfreyman	Gretchen Van de Walle
Sirena Carnevale	Derek Houtz	Robert Piasecki	Jack VerHelst
Walter Carroll	Gail Howell	Nancy Pressly	Craid Walker
Walter Carroll	Eddie Hughes	Cyndy Raatz	Jennifer Ward
Toni Chase	Shelly Hunt	Ted Rauth	Marie Weferling
Charles Chenot	Sherene Imran-Lall	Michael Rave	Susan Wenzell
Greg Christian	Shiangling Jang	Kevin Rice	John Wilson
Bill Clifford	Tom Janszen	Sandra Rushevics	Betsy Wisniewski
Jule Consiglio	Christine Johnson	Jeff Sargent	
Jerry Cunningham	Ed Johnson	Margaret Sargent	
Priscilla Davis	Bob Johnson	Roni Sawin	
Chuck Dougherty	Chris Jung	Steve Sawin	
Gary Dunchus	Sean Lane	Mike Schellenboom	
Ed Eckels	Bach Lequang	Jeff Seifert	
Christopher Fako	Cathie Lohse	Frank Senese	
Kathy Fish	Kathy Londergon	Judy Sharkey	
William Foight	Sean Maher	Debra Shell	





THANK YOU

GREENSBORO YMCA

Sixty one volunteers supporting
the 2018 YMCA Short Course
National Championship



Bakhita Aboeid
Randall Ariail
Karen Baker
Naomi Ballen
Patrick Ballen
Alivia Barrow
Kevin Bottomley
Nate Bottomley
Rachel Bottomley
Mica Bulliox
Thomas Clodfelter
Karen Core
Clastine Covington
Faye Crawford
Stephanie Demetrelis
Yvonne Florence
James Fryer
Alexis Green
Cara Grogan

Linda Guy
Rowaida Hamdan
Cindy Helms
Pam Hersh
Renee Hicks
Samantha Holder
Cheri Hughes
Jordan Hughes
Amelia Irwin
Kelly Irwin
Laverne Jewell
Debbie Kinney
Crystal Lloyd
Crystal Lloyd
Timpani Lopp
Brenda Martell
Kendall McCluney
Tom McGowan
Kim McKone
Kerry Miller
Joanne Miller
Elizabeth Minehart

Asha Mohamed
Kaila Monk
Teresa Neal
Nia Nickerson
Alexandra Robinson
Kaila Rone
Sherri Self
Brittini Sharpe
Tom Skaar
Barry Smith
Nicole Tarver
Bethany Williard
Janice Wrenn
Jonatan Zelada
Barrea Jacob
Deonne Williams
Jacke Coates
Kevin Grey
Brandon Baldwin
Katie Wyatt



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATHLETE WELCOME PARTY

2018 YMCA NATIONALS
Tuesday, April 3 – 4:30 to 5:15 pm
GREENSBORO AQUATIC CENTER

Come get psyched up for Y Nationals! Feel the energy and be part of the exciting build-up to the start of the meet on Tuesday evening, April 3.



Olympians Rowdy Gaines & Elizabeth Beisel

Hear Rowdy Gaines, Olympic Gold Medalist and the "Voice of Swimming" interview 3-Time Olympian and 14-Time National Champion Elizabeth Beisel. Learn from these champions in and out of the pool. Let them get you ready to be your best!

Team Cap Exchange

Bring a team cap to exchange with a swimmer from another team.

Fun with the Gate Guys

Can you hang with the Gate Guys.? Participate in games and challenges with the world-famous Gate Guys.



THANK YOU FOR YOUR SUPPORT OF YMCA SWIMMING

ATTENDING COLLEGE/UNIVERSITY COACHES 2018 YMCA Short Course Nationals

Albright College	Pomona College
Army West Point	Providence College
Bard College	Randolph College
Bates College	Randolph-Macon College
Bowdoin College	SMU Men's Swimming and Diving
Catawba College	Springfield College
Colby College	Sacred Heart University
College of William & Mary	St. Francis College
Connecticut College	St. Andrews University
Converse College	Susquehanna University
Cornell University	Swarthmore College
Dartmouth College	The College of New Jersey
Davidson College	The University of Kentucky
Denison University	The University of North Carolina at Chapel Hill
Duke University	UNC Asheville
East Carolina University	United States Naval Academy
Emory University	University of Florida
Fordham university	University of Louisville
Franklin & Marshall College	University of Minnesota.
Gardner-Webb University	University of North Carolina Wilmington
James Madison University	University of Notre Dame
Kenyon College	University of Pennsylvania
Lehigh University	University of Pittsburgh
Louisiana State University	Ursinus College
Millersville University	Vassar College
Misericordia University.	Washington and Lee University
NAVY	Washington College Swimming
North Carolina State	Washington University in St. Louis
Notre Dame	Weaton College
Nova Southeastern University	Wesleyan University
Ohio State University	Worcester Polytechnic Institute
Olivet Nazarene University	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the USA Competitive Swimming & Diving 2018 Adolph Kiefer Youth Character Award

As part of the Y's commitment to strengthen community through youth development, healthy living and social responsibility, YMCA of the USA and the Adolph Kiefer family will select from submitted candidates two individuals as the Adolph Kiefer YMCA Youth Character Award recipients for 2018. The 2018 Adolph Kiefer YMCA Youth Character Award recognizes one male and one female for their excellence in academic achievement and commitment to healthy living and social responsibility through YMCA competitive swimming. The selected individuals will be granted \$2,500 each to be issued directly to the athlete's institute for higher learning.

Applicants Should Meet the Following Criteria

- Be a 2018 graduating senior and be a YMCA swimmer for five years.
- Maintain a grade point average of 3.5 or higher on a 4.0 or equivalent scale during senior year in high school.
- Have plans to continue education at an accredited university or junior college.
- Compete at the YMCA Short Course National Championship in his/her senior year and be present to accept the award.

Application Procedure

1. Interested individuals must return the completed application along with three letters of recommendation and a two-page reflection essay on how the YMCA has impacted your youth development and social responsibility.
2. Include three letters of recommendation from a coach, clergy, teacher or YMCA staff person. Letters of recommendation are **not** to exceed one page and should reflect the individual's display of the YMCA core values of caring, honesty, respect and responsibility.
3. Include a two-page, double spaced, reflection essay on how participation in YMCA programming has impacted your youth development and social responsibility.
4. Application must be received by **March 21, 2018**, and should be addressed to: Lindsay Mondick, YMCA of the USA, 101 N. Wacker Drive, Chicago, IL 60606 or emailed to aquatics@ymca.net.
5. Applications will be reviewed and the final selection is made by a panel of individuals appointed by the YMCA of the USA Competitive Swimming & Diving Operations Council. One male and one female will be chosen to receive the award.
6. The recipients will be announced at the 2018 YMCA Short Course National Championship in Greensboro, NC.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**YMCA of the USA Competitive Swimming & Diving
Application for 2018 Adolph Kiefer Youth Character Award**

Name _____ Address _____

City _____ State _____ Zip _____

Phone (____) _____

YMCA Affiliation _____ Address _____

City _____ State _____ Zip _____

Phone (____) _____

Name of Swimming Coach _____

Phone (____) _____

Number of Years Participating in YMCA Competitive Swimming _____

Number of Years Competing in the YMCA Short Course National Championships _____

Name of High School _____ Date of Graduation _____

Grade Point Average Senior Year _____ (enclose unofficial transcript)

Volunteer activities: On a separate sheet please list your volunteer activities. Applicants are encouraged to name the organization with which they have volunteered and provide a short description of each organization's work and their contribution to that work.

Applicant's Signature _____

Parent's/Guardian's Signature _____

Please return your **completed** application, three letters of recommendation, and your two page reflection essay. **Incomplete applications will not be considered.**

Application must be received by **March 21, 2018** and should be addressed to:

- Electronically: aquatics@ymca.net
- Hard copy: **YMCA of the USA
Lindsay Mondick
YMCA of the USA
101 N. Wacker Drive
Chicago, IL 60606**

2018 Short Course Warm Up Schedule

- Warm-Ups will begin at **6:00 AM AND 4:00 PM.**
- **“Three-Point Entry” ONLY** (*no diving except in designated sprint lanes*).
- Pace lanes and General Warm-Up lanes – in water, **“Push Start”** only.
- No training equipment after 8:00 AM and 4:00 PM (includes, but not limited to paddles, fins, boards, buoys, and snorkels)

COMPETITION POOLS

Tuesday, April 3 – Saturday, April 7, 2018

PRELIMINARIES

6:00 AM – 8:00 AM	General Warm-Up	
<u>SCORE BOARD COURSE</u> 8:00 AM – 8:45 AM	(Men – Tues,Thur,Sat	Women -Wed. Friday.) One Way Sprint Circle Pace General Warm Up
	Lanes 2,7	
	Lanes 1,8	
	Lanes 3,4,5,6	
<u>DIVING WELL COURSE</u> 8:00 AM – 8:45 AM	(Women - Tues,Thur,Sat	Men -Wed. Friday.) One Way Sprint Circle Pace General Warm Up
	Lanes 2,7	
	Lanes 1,8	
	Lanes 3,4,5,6	
8:45 AM	Clear Pools	Devotion – National Anthem
9:00 AM	Start of Competition	

FINALS

Note: Competition Pool Closes at 5:00 PM every evening before Finals

<u>DIVING WELL COURSE</u> 4:00 PM – 4:30 PM	General Warm-Up	
4:30 PM – 5:00 PM	Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	One Way Sprint Circle Pace General Warm Up
5:00 PM	Clear Pool	Devotion – National Anthem and
5:15 PM	Start of Finals Competition	Opening ceremonies on Wednesday
(5:30 on Tues.& Wed.)		
<u>SCORE BOARD COURSE</u> 4:00 PM – End of Finals	General Warm-Up (During FINALS certain lanes will be closed)	

WARM – UP POOLS (DIVING WELL AND THERAPY POOL)

- General warm-up and warm-down is permitted during all sessions
- Coaches must monitor swimmers
- No ‘SPRINT STARTS’ permitted, **“Three Point Entry”** only at all times

Warm Up Schedule is subject to change



A MOMENT OF REMEMBRANCE

2018 YMCA National Short Course Swimming Championships

During this past year we have lost the following members of OUR YMCA Swimming Community. Our thoughts and prayers continue to go out to their families and loved ones. Each individual has a unique life story and had positively impacted those that they came in touch with, and we are thankful to have had them as part of OUR Swimming Family!

Rob Quel

Previous Head Coach of the Lynchburg YMCA

Dennis Rodney

Volunteer Official
Wilton YMCA, Connecticut

Alison Fox

Team Mom/Volunteer
YMCA of Michiana
South Bend, Indiana

Judy Quigley

Volunteer/ Official and Officials Trainer
West Shore YMCA and Hatboro YMCA, PA

Susan Dean

Volunteer/Parent
Red Bank YMCA, NJ

**May each of your spirits inspire us to care more about each other
and the community that we serve and live in.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the USA Competitive Swimming & Diving 2018 Adolph Kiefer Youth Character Award



In 2017, the YMCA Swimming community lost a giant in the history of the sport, Adolph Kiefer. Adolph first fell in love with the water at the Chicago's Wilson YMCA, where he learned to swim. The 1936 Olympic gold medalist in the 100 meter backstroke lost only one time in over 2,000 races, making him one of the most successful swimmers of all time. Some of his most enduring gifts to swimming came in the form of technological advancements; he is the owner of 14 U.S. patents, including the first kickboard, non-turbulent racing lane lines and the nylon swimsuit!

Starting in 2018, the centennial of Adolph Kiefer's birth, the **Adolph Kiefer Youth Character Award** will be made to one male and one female swimmer who displays excellence in academic achievement and commitment to healthy living and social responsibility through YMCA competitive swimming at the YMCA Short Course National Championship. The selected individuals will be granted \$2,500 each to be issued directly to the athlete's institute for higher learning.

In honor of Adolph, the YMCA announced the establishment of the **Adolph Kiefer Memorial Fund**. Gifts made in memory of Adolph Kiefer, to celebrate his contributions to swimming safety and instruction, will go towards financial assistance to local YMCAs and provide learn-to-swim lessons for children and families unable to afford them. Go to https://yusa.formstack.com/forms/adolph_kiefer_memorial_fund to donate to this fund and honor Adolph while supporting Adolph's and the YMCA's commitment to water safety for all.

Special ASCA membership offer for teams at the 2018 YMCA Short Course Nationals

Special membership offer for teams at the 2018 YMCA Short Course National Championships from the American Swimming Coaches Association:

register 1 coach at the regular one-year US membership price (\$88),
and sign-up the rest of the coaches on your Y staff for just \$55 per coach.

ASCA strives to strengthen and improve the coaching profession, American swimming and World swimming. We do this through our initiatives like our publications (*American Swimming* magazine, published 6 times a year; the ASCA Newsletter, published 12 times a year; the *Journal of Swimming Research*), our Certification program, and more.

Join today via the form below or by phone at 1-800-356-2722.

Coach information

(please complete coach information for each coach signing up)

Name: _____

Team: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Amount: _____ Method of payment: check / American Express / Discover / MasterCard / Visa

If paying by credit card, complete the following:

Card number: _____ Expiration Date: _____

Card holder signature: _____

Send completed form to:



American Swimming Coaches Association

5101 NW 21st Avenue, Suite 530 • Fort Lauderdale, FL 33309
tel: 1-800-356-2722 / (954) 563-4930 • fax: (954) 563-9813 • web: www.swimmingcoach.org

Offer not valid with any other offer. Offer available through May 30, 2018.



DR. JOEL A. BLACK, JR.

The 2018 recipient of the Joseph G. Rogers Award is Dr. Joel A. Black, Jr., recognized for his long and impactful volunteer service to YMCA Competitive Swimming. For over 35 years, Joel has served the sport at many levels, leading to his most recent service as the Officials Chair for the YMCA Competitive Swimming and Diving Program. A student of the rules, a trainer to officials at all levels and a constant resource, Joel is best known as a patient and humble official committed to creating a fair and supportive atmosphere in all meets, from a local YMCA Dual Meet to our YMCA National Championships.

Born in Anderson and raised in Honea Path, South Carolina, Joel attended Clemson University, and later completed his Doctor of Dental Surgery and achieved his Certificate in Pediatric Dentistry from Emory University. He was recognized as the Outstanding Graduate of his class from the American Society of Dentistry for Children. Two days prior to their graduation, Joel married Louise Wauford. Following Military Service in the U.S. Army, he began his Pediatric Dentistry practice. Both are going strong today at 45 and 42 years, respectively. His love and commitment for the sport of swimming is truly a family affair. His wife, Louise, was an active volunteer serving multiple roles with their local Y. Joel and Louise are the proud parents of two former YMCA, and YMCA National swimmers who continued their involvement with swimming as swim coaches. Alex coaches with the YMCA of Northwest North Carolina and Suzanne, a former National YMCA Champion in the 1650 Yard Freestyle served as a coach with the YMCA of Northwest North Carolina, and later with Birmingham Swim League.

Joel began officiating local high school football in 1977, which he continued for 24 years. He became a certified swimming official in 1981 as a volunteer with the Winston-Salem YMCA. His swim official roles extended to North Carolina Swimming, USA Swimming and the NCAA, and reached local, state, regional, national and international levels. He has served on the USA Swimming Officials Committee since 1994, on the Rules Committee, and as a member of the National Board of Review. On deck, Joel has served as an official and deck referee at numerous USA Swimming National Championships, Olympic Trials and even internationally at three Pan Pacific Swimming Championships. In 2005, USA Swimming honored Joel with their Ken Pettigrew Award as an outstanding official. His joint service to YMCA Swimming and USA Swimming was one of several key elements to drive the decision for adoption of USA Swimming rules as our YMCA technical rules.

As a YMCA Official, his service extended to his role as an instructor of Officials, Regional Chairman of Officials Trainers, a YMCA National Faculty Trainer, a member of the YMCA Competitive Swimming and Diving Advisory Committee and later as the National YMCA Officials Chair. He has served as a starter, deck referee and later, meet referee for multiple YMCA National Short and Long Course Championships. In 2009, he was honored with the Connie Carroll Award for officiating.

His article, *The Swimming Official- 10 Points of Self-Evaluation* is the standard resource used by many local, statewide and regional swimming organizations as a guide for improving the quality of swimming officials through a self-reflective activity. His article stressed "by understanding yourself and identifying your strengths and weaknesses as an official, you open the door for improvement every meet". Joel never ceased his efforts to perfect his craft. He stated "there are always areas in need of improvement. Officials who are satisfied with all past performances are either lazy, disinterested or simply haven't had their weaknesses exploited (they will eventually). You should always work under the assumption that you are only as good as your next call and should make every effort to ensure a good one"

His relationship with his fellow officials is best represented by his referral to each as his "cousins." Most importantly, Joel enjoys teaching, training others and presenting around the topic of officiating. He serves as a shining example of an experienced rules authority with a compassionate temperament and a commitment to creating a positive experience for the athlete, coaches, his fellow officials, meet volunteers and spectators. He is unceasingly humble while striving to leave everyone and everything a little better than he found them.



2018 YMCA COACH OF THE YEAR



YMCA coaches play a critical role in the cognitive, physical and social-emotional development of young athletes. By using swimming as a vehicle by which to promote achievement, relationships and a sense of belonging, coaches take a holistic approach to youth development. The lessons learned through swimming help an individual to thrive well beyond the pool.

The YMCA Swimming Coach of the Year Award is presented annually to the person who best exemplifies this approach to his or her role as a coach. The recipient intentionally strengthens the foundations of his or her community and actively promotes youth development, healthy living and social responsibility. He or she maintains high standards for the YMCA's core values of honesty, caring, respect and responsibility.

2018 NOMINATIONS

Brent Arckey - Sarasota YMCA, FL
Boston Berry - West Philadelphia YMCA, PA
Kelly Burk - Kennett Area YMCA, PA
Dan Carter - Southern Saratoga, NY
Michael Casper - Northeast Family YMCA, KY
Tina Cecala - Greater Morristown YMCA, NJ
James Cornforth - Skagit Valley Family YMCA, WA
Denise Duitscher - Anchorage Community YMCA, AK
Linda Fetter - Maplewood YMCA, NY
Craig Fox - YMCA of Michiana, South Bend, IN
Michal Hawker - Elk River YMCA, MN
Robert Heebner - Tri Valley YMCA, PA
Brad Herndon - Greensboro Community YMCA, NC
Kristin Hicks - YMCA of the Greater Tri-Valley, NY

George Higley - Easton Family YMCA, MD
Mark Kiely - South County YMCA, RI
Dr James Krull - Upper Main Line YMCA, PA
Lauren Langford - Anchorage Community YMCA, AK
Christina McCann - Greater Lowell YMCA, MA
Anita Murphy - New Castle YMCA, PA
Tom Plemons - Harrison County YMCA of WV
Edmund Steinnagel - East Hartford YMCA, CT
Dennie Swan Scott - Glens Falls YMCA, NY
Mark Taffe - Burbank Y- YMCA Greater Boston, MA
Lynnae Touchette - Warren County YMCA, IL
Jan Wasowicz - YMCA in West St. Paul, MN
Melissa Williams - Richard Henson YMCA, MD
Ryan Woodruff - Lynchburg YMCA, VA

**Coach Of Year Recipient Announced At 2018 Short Course Nationals
Saturday Morning Before Start Of Preliminaries**



YMCA SWIMMING COACH OF THE YEAR

Dr. James (Jamie) Krull
Upper Main Line YMCA
Pennsylvania



Jamie Krull grew up swimming at the Upper Main Line YMCA and for the last 30 years, he has been a volunteer coach with the program. Over the course of his time at UMLY, he has coached every level of the program and has led the 13/14 training group for several years. In 2013, one of his swimmers, Emily Cornell, won a YMCA National title.

This year he stepped in to lead the 11/12s as well, coaching seven days a week plus every UMLY meet. He is also a fundraiser and former YMCA board member.

What is more impressive about his commitment to YMCA Swimming and the UMLY program is that he does all of this as a volunteer, while working full time as a family physician.

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Former UMLY head coach, Glenn Neufeld, calls Jamie the “rock upon which the UMLY program is built. He has been instrumental in developing the program design at UMLY and gives countless hours off the deck.”

Current head coach, Lou Petto, refers to Jamie as “the center of UMLY culture.” He has been a role model for UMLY’s culture of service to others and has been a mentor to countless swimmers and coaches over the years.

Jamie’s holistic approach toward each swimmer has been a cornerstone for the developmental progression of UMLY athletes. He truly values the whole person and not just the athlete. He is passionate about helping each UMLY swimmer to reach his or her full potential, both in and out of the pool.

Jamie Krull has been, and continues to be, a shining example of the YMCA’s core values in action. His commitment to engagement and empowerment through YMCA Swimming sets the standard for other coaches.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

MULTIPLE COLLEGES AND UNIVERSITIES HAVE HISTORICALLY HAD CONNECTIONS TO THE YMCA.

Springfield College, of Springfield, Massachusetts, was founded in 1885 as an international training school for YMCA Professionals. In 1891 James Naismith, a Canadian American, invented basketball while studying at the YMCA International Training School in Springfield, Massachusetts (later to be named Springfield College). Naismith had been asked to invent a new game in an attempt to interest pupils in physical exercise. The game had to be interesting, easy to learn, and easy to play indoors in winter. Such an activity was needed both by the Training School and by YMCAs across the country.



Concordia University started from night courses offered at the Montreal YMCA.

Northeastern University (Boston, Massachusetts) began out of a YMCA in Boston, and Franklin University began as the YMCA School of Commerce. San Francisco's Golden Gate University traces its roots to the founding of the YMCA Night School on 1 November 1881.



**MICHIGAN STATE
UNIVERSITY
COLLEGE OF LAW**

Detroit College of Law, now the Michigan State University College of Law, was founded with a strong connection to the Detroit, Michigan YMCA. It had a 99-year lease on the site, and it was only when it expired did the college move to East

Lansing, Michigan.

Youngstown State University traces its roots to the establishment of a law school by the local YMCA in 1908. The Nashville School of Law was the YMCA Night Law School until November 1986, having offered law classes since 1911 and the degree of Jurist Doctor since January 1927.

YMCA pioneered the concept of night school, providing educational opportunities for people with full-time employment. Many YMCAs offer ESL programs, alternative high school, day care, and summer camp programs. In the India, YMCA University of Science and Technology Faridabad was founded in 1969. It offers various program related to science and engineering.





FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

FAMOUS YMCA PEOPLE



LINDSAY BENKO won three medals in '00 and '04 Olympics and was a member of Elkhart Y swim team.

IAN CROCKER learned to swim at Portland YMCA in Maine and has won 4 medals in '00 and '04 Olympics.

One of the most decorated Olympic swimmers, **JENNY THOMPSON**, has earned 12 medals in the '92, '96, '00, and '04 Olympics and was a Y kid at the Merrimack Valley Y.



JANET EVANS, who won three gold medals in the '88 Olympics, was an amateur athlete of the year for '89.

Mark Spitz learned to swim at the Sacramento YMCA in 1958.



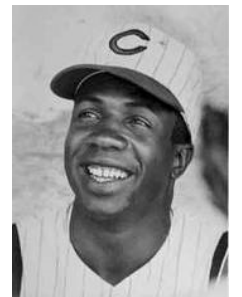
GREG LOUGANIS learned at the Y.

RONALD REAGAN learned lifesaving and played the drum in the band at the Dixon (III.) YMCA.

WILT CHAMBERLAIN, when he was 16, was on the national YMCA champion men's team.

When bad weather forced him off the baseball diamond, **FRANK ROBINSON** was in the YMCA playing basketball.

GEORGE BUSH played basketball at the YMCA as a young man and later helped start the YMCA in Midland, Texas.



CHRISTIAN LAETTNER of Duke, the Dream Team, and the Atlanta Hawks, and **CLIFF ROBINSON** of the Portland Trailblazers were on the same YMCA basketball team.

CURLY NEAL of Harlem Globetrotter fame learned to play basketball at the YMCA.

AARON SPELLING, TV producer, said the YMCA was his one escape from the streets; the chance to be part of something—the family of the Y.

BOB NEWHART said the YMCA was a "very important part of my childhood."

SENATOR BOB KERREY'S Y youth program leader said Kerrey was a "YMCA rat" growing up.

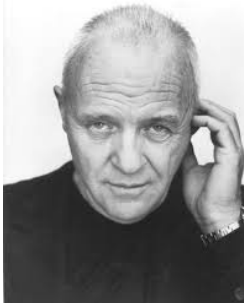
VIC MITCHELL, world-class bridge player, was taken to the Brooklyn YMCA by a policeman.

Supreme Court Justice **STEPHEN BREYER** said that the San Francisco YMCA's Youth and Government program was an important influence in his life.

DARRYL STINGLY, NFL player was a "self-described 'product of the YMCA system'"

Award-winning author, **FREDERICK EXLEY'S** autobiographical novels include the Y

ANTHONY HOPKINS played one of his first parts in "Othello" at his local YMCA





FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

YMCA CENTURY OF GROUP SWIMMING HISTORICAL TIMELINE

- 1885** Brooklyn YMCA built first YMCA swimming pool, then known as “the swimming bath.”
- 1904** First YMCA lifesaving corps was organized at Camp Dudley in upstate New York.
- 1906** Detroit YMCA launched group swimming instruction, a radical departure from the one-on-one instruction common at the time.
- YMCA and Red Cross join together to promote first aid and develop lifesaving corps at the YMCA in Baltimore.
- 1909** The YMCA in Kansas City, Mo., built a pool with roll-out rims and a water recirculation system (filtration system was added in 1910). The new filtration systems created a healthier atmosphere for swimmers and, in turn, made pools more appealing to the public.
- 1910** YMCA Teaching America to Swim campaign was launched, “to teach every boy and young man in North America, who does not know how, to swim.”
- 1912** National YMCA Lifesaving Service organized.
- 1916** Army camps offered swimming instruction using YMCA techniques during World War I.
- 1923** First YMCA swimming championships held at Brooklyn YMCA.
- 1938** New YMCA aquatics program launched. Swimmers at varying abilities identified as Minnows, Fish and Sharks.
- 1959** YMCA Scuba program developed.
- 1964** YMCA launched Springboard Diving programs.
- 1973** YMCA began its first national emphasis on aquatic activities for the disabled.
- 1975** National YMCA Swimming and Diving Championship became the largest swimming championship in the world with more than 1,500 participants; it continues to this day.
- 1982** YMCA launched aquatics programs in partnership with National Physical Fitness through Water Exercise and Arthritis Foundation.
- 1992** YMCA reached milestones: more than 1,700 pools in operation; more than 25,000 lifeguards and instructors trained.
- 1994** On the Guard II: The YMCA Lifeguard Program introduced.
- YMCA Synchronized Swimming and YMCA Wetball (Water Polo) introduced through the cooperation of the U.S. Olympic Committee and the national governing bodies of the sports.
- 1996** YMCA Splash, a community-based learn-to-swim program, is launched to help people of all ages, especially children and families, learn basic swimming skills and water safety practices.
- 2006** The nation’s 2,594 YMCAs celebrate 100 years of group swimming instruction.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

HISTORY OF THE YMCA LOGO



In 1878, the Eighth Conference of the World Alliance of YMCAs met in Geneva, Switzerland, and had on its agenda the creation of a distinctive international badge of the Associations. The matter was turned over to a committee, and three years later at the Ninth Conference in London, the alliance approved the following:

A circle, depicting the oneness of mankind, divided at its outside edge into five segments bearing the names of five parts of the world as they were described at the time Europe, Asia, Oceania, Africa and America separated by small decorative scrolls called cartouches upon which can be read in many languages the initials of our title, YMCA.

Inside the circle are the first two letters of the word Christ. The Greek letters Chi and Rho (XP) form the ancient symbol that early Christians painted on the walls of the catacombs. It was used by the Y to remind all that Christ was at the center of the movement.

Finally an open Bible was added both because this divine book is the weapon of warfare which St. John gives to young men, and because it's the distinguishing mark of the great Reformation. The Bible opens on the Savior's High Priestly prayer, from which we have especially chosen the 21st verse: That they all may be one...as We are one'—John 17:21."

Behind the book and symbols was an aura of golden rays. The action on the badge was noteworthy, wrote one YMCA historian, because the phrase "that they all may be one" became the supreme expression of the ecumenical purposes of the World Alliance, pulling together those of many sects.



Luther H. Gulick, who revolutionized sports and physical fitness at the YMCA, proposed a red equilateral triangle as a symbol in 1891. It was adopted immediately by Springfield College. The sides of the triangle, Gulick said, stood for an essential unity—spirit, mind, and body—each being necessary and eternal part of man, being neither one alone but all three," a "wonderful combination of dust of the earth and the breath of God."

Gulick wanted something that would "stick right out" and not be confused with the Red Cross symbol "yet be just as simple and strong. The red triangle was just that, and it swept the movement, carried around the world by U.S. foreign secretaries.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

HISTORY OF THE YMCA LOGO (CONTINUED)



In 1895, the annual convention of the U.S. and Canadian YMCAs authorized adding the triangle to the old World Alliance insignia. "The cumbersome design that resulted—a superimposition of the triangle upon the circle, open Bible, and Christian monogram of the World Alliance—was largely reserved for official use, for Gulick's triangle had long since become the unofficial emblem on the jerseys of athletic teams, over the doors of local associations, and on lapel pins," another historian wrote. The resulting design of the official emblem dropped the continents, aura and cartouches along the way, though it's not clear when that took place. They are not shown on the so-called Gulick design.



The superimposed logo, first used in 1896, was registered by the National Board of YMCAs in 1965 with the U.S. Patent and Trademark Office. In the intervening 69 years, Gulick's version was revised, with a second ring added inside the rest during the 1950s. It was said that the second ring represented friendship and love without end among individuals. This remains the YMCA's official emblem. The everyday logo from 1897 to 1967 was the red triangle. About the time of World War I, a blue bar was placed over it reading "YMCA." The use of the triangle and bar logo accelerated during the war, when it marked the 26,000 men and women from the U.S. Y who served in the United States and France.



After 70 years of using symbols in various combinations and styles, some felt the need for a change. "We had shaped and reshaped, used and abused our symbol so much that no strong, single corporate identity came through," said John Root, Chicago's general executive at the time. He asked a Chicago designer to produce a new logo. The result was the triangle and bent bar that looks like the letter Y. It was a combination of modern design and Gulick's traditional triangle. When the National Board met in November 1967, it approved Root's new logo for use throughout the movement. It was registered that same year and remains the official logo.



The new brand strategy – the result of more than two years of analysis and research – was introduced July 2010. The YMCA unveiled a new, more forward-looking logo that reflects the vibrancy and diversity of the organization, and a framework that focuses resources on three core areas: youth development, healthy living and social responsibility. In another major change, the nonprofit will be called "the Y" to align with how people most commonly refer to the organization.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

YMCA SWIMMING – MORE THAN LEARNING TO BE SAFE AROUND WATER

Most people may not associate elite swimming programs with YMCAs, but many of America's Olympians got their start at their local Y, while some swam with Y's throughout their entire pre-college careers.

When most people think of YMCAs, the first thing that comes to mind are the core values that YMCAs stress: honesty, integrity, respect-and the idea that everyone can participate.

Elite level competition isn't always associated with this image. Regardless of the sport, YMCAs aren't usually where people expect to find the country's elite competitors.

But swimmers over the decades have proved that sportsmanship and inclusiveness can go hand in hand with elite performance-in fact, the two often complement each other.

Throughout the history of competitive swimming, there have been numerous Olympians who started their careers at YMCAs, including many who were swimming for Y's at the time they made the Olympics. More recently, the overall level of performance by Y swimmers has risen significantly; making the annual short course YMCA Nationals one of the country's fastest meets.

Perhaps the first swimming Olympian to come out of a YMCA team was **Walter Laufer**, who won the silver medal in the 100 back and bronze in the 100 free at the 1928 Olympics in Amsterdam.

The list includes some of the most famous names in swimming history - the legendary **Mark Spitz**, who won seven golds at the 1972 Olympics in Munich; **Donna De Varona**, who competed in the 1960 and 1964 Olympics and won gold in the 400 IM in 1964; and **Debbie Meyer**, who won the 200,400 and 800 free at the Mexico City Olympics in 1968.

More recently, Olympians who swam for YMCAs include backstroke **Betsy Mitchell**, flyer **Janel Jorgensen**, backstroke **Steve Bigelow**, IMer **Eric Namesnik**, breaststrokers **Anita Nail** and **Jeremy Linn**, diver **Mary Ellen Clark** and freestyler **Joe Hudepohl**. Though not all these swimmers were representing Y teams at the peak of their career, Y's can be said to have played an important role in their development as athletes and individuals.

And many Olympic stars swam with Y's throughout their entire pre-college careers. **Kim Linehan** and **Tripp Schwenk**, both two-time Olympians, spent basically their whole careers with the Sarasota Y Sharks. Linehan qualified for multiple freestyle events on the 1980 team when the U.S. boycotted the Games in Moscow, then also made the 1984 team. Backstroke Schwenk swam at the 1992 and 1996 Olympic Games, winning gold in '96.

YMCA coaches note that when it comes down to it, YMCA teams aren't all that different from other USA teams in terms of training intensity, resources, and facilities.

While the top-level training programs at YMCAs are probably undistinguishable from other USA teams, YMCA coaches and swimmers say there is a noticeable emphasis on the traditional Y values, including a huge emphasis on the importance of the team and teamwork.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

I'LL MEET YOU AT THE Y—ORGANIZATIONS STARTED AT YMCA'S

YMCAs have long been places where things happened. Here are some of the organizations and events that first took place at a YMCA.

TOASTMASTERS INTERNATIONAL was invented in 1903 as an older youth public speaking program by Ralph C. Smedley, education director of the Bloomington (Ill.) YMCA. Smedley realized that older boys visiting the Y needed training in communication skills. He arrived at the name The Toastmasters Club because meetings resembled a series of banquet toasts. At each YMCA Smedley transferred to, he would start a new club. Viewed as a personal idiosyncrasy of Smedley by other YMCA secretaries, the Toastmasters Clubs he started were by and large not successful until he began working at the Santa Ana (Calif.) YMCA. After the first Toastmasters Club meeting there on October 22, 1924, the idea took hold and spread, and a federation of Toastmasters Clubs was soon created. The federation of clubs incorporated in 1932, and by 1941 Toastmasters needed Smedley's full attention, so he resigned from the YMCA to devote himself to his creation.

NEGRO NATIONAL LEAGUE, the first black baseball league to last a full season, was formed at a meeting at the Paseo YMCA in Kansas City, Mo., in 1920.

GIDEONS INTERNATIONAL was formed on July 1, 1899, at the YMCA in Janesville, Wis., by three men (Nicholson, Hill and Knights) who had come up with the idea a few months earlier. The Gideons were a group of Christian commercial travelers who were to evangelize as they went around the country on business. To that end, Gideons would leave Bibles in the rooms in which they had stayed. While their meeting was at the YMCA, they were not Y staff or volunteers or members. Nor were they taking part in a YMCA program.

JAZZERCISE, a famous aerobic exercise program for women, was started in 1969 in Evanston, Ill., by a dancer, Judi Missett. Missett began teaching Jazzercise® in 1972 at the La Jolla, (Cal.) YMCA. Jacki Sorensen, by the way, who is frequently but erroneously associated with Jazzercise®, has no connection with the YMCA. She has popularized aerobic exercise, however, and YMCAs have benefited greatly from her efforts in the field.

FATHER'S DAY in its present form was created at a meeting at the Spokane, Wash., YMCA in 1909 by Louise Smart Dodd. The Y and the Spokane Minister's Alliance swiftly endorsed the idea and helped it spread, holding the first Father's Day celebration on June 10, 1910. President Wilson officially recognized Father's Day in 1916, President Coolidge recommended it in 1924, and in 1971 President Nixon and Congress issued proclamations and endorsements of Father's Day as a national tradition.

CAMP FIRE GIRLS were founded in 1910. (Now Camp Fire Boys and Girls)

BOY SCOUTS YMCA leaders played a key role in the development of the Boy Scouts in the United States. YMCA and Scout leaders realized that Scouting in the United States needed to be a separate movement. In June 1910, a temporary national headquarters was housed in the YMCA office in New York City.

USO (UNITED SERVICE ORGANIZATION) was created in October 1940, as a joint effort between many organizations including the YMCA, helping servicemen and noncombatants in the nation's war.

PEACE CORPS was founded in 1961 by President Kennedy and was patterned after the YMCA's program of World Service Workers, which had started in the 1880's.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

THE STORY OF OUR FOUNDING



*George Williams
founded the YMCA in 1844.*

In 1844, industrialized London was a place of great turmoil and despair. For the young men who migrated to the city from rural areas to find jobs, London offered a bleak landscape of tenement housing and dangerous influences.

Twenty-two-year-old George Williams, a farmer-turned-department store worker, was troubled by what he saw. He joined 11 friends to organize the first Young Men's Christian Association (YMCA), a refuge of Bible study and prayer for young men seeking escape from the hazards of life on the streets.

Although an association of young men meeting around a common purpose was nothing new, the Y offered something unique for its time. The organization's drive to meet social need in the community was compelling, and its openness to members crossed the rigid lines separating English social classes.

Years later, retired Boston sea captain Thomas Valentine Sullivan, working as a marine missionary, noticed a similar need to create a safe "home away from home" for sailors and merchants. Inspired by the stories of the Y in England, he led the formation of the first U.S. YMCA at the Old South Church in Boston on December 29, 1851.





FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

YMCA QUIZ

1. What does YMCA stand for?

- a. You & Me Can Act
- b. Youth Means Canny Art
- c. Young Men's Christian Association
- d. Young Men's Common Association

2. In how many countries does it operate worldwide?

- a. 145
- b. 122
- c. 98
- d. 51

3. Where was the YMCA movement founded?

- a. London
- b. New York
- c. Paris
- d. Toronto

4. Who sang about the YMCA in 1978?

- a. The Country Bumpkins
- b. The City Dwellers
- c. The Village People
- d. The Townsfolk

5. Where was the first YMCA in U.S.?

- a. Boston, Massachusetts
- b. Las Vegas, Nevada
- c. Boulder, Colorado
- d. Nashville, Tennessee

6. When did the YMCA become co-ed?

- a. Mid 1850's
- b. Mid 1960's
- c. Mid 1970's
- d. Mid 1980's

7. What concept did the YMCA pioneer?

- a. Voluntary work
- b. Internships
- c. Summer camp
- d. Night school

8. During World War I who wrote a song called "I can always find a little sunshine in the YMCA"?

- a. Sammy Cahn
- b. Irving Berlin
- c. Noel Coward
- d. George Gershwin

9. Who did the YMCA support in the internment camps during World War II?

- a. Japanese-Americans
- b. Germans
- c. Jews
- d. British

10. Which popular cartoon referenced the YMCA in one episode by making Barney (a leading character) let the local YMCA use his swimming pool?

- a. The Simpsons
- b. Boss Cat
- c. The Flintstones
- d. King of the Hill

11. What is the initiative of the YMCA called that supports those who want to lead a healthy lifestyle but struggle to do so?

- a. YMCA Always Active
- b. YMCA Activate America
- c. YMCA Acutely Aware
- d. YMCA Arousing Awareness

Answers: c, b, a, c, a, a, d, b, a, c, b

1467 SWIMMERS



**779 Women
688 Men**

Ratio

1.16 Women to Men

Swimmers per Team

- 48 from Somerset Valley, NJ
- 45 from Red Bank, NJ
- 38 from Sarasota, FL
- 37 from Lakeland Hills, NJ
- 37 from Triangle Area, NC



353 COACHES

**VOLUNTEER OFFICIALS
107**



77 COLLEGE/ UNIVERSITY COACHES



**AGE : Avg=16.2;
Median=16**

- 12 Swimmers 12 years old
- 45 Swimmers 13 years old
- 122 Swimmers 14 years old
- 238 Swimmers 15 years old
- 345 Swimmers 16 years old
- 442 Swimmers 17 years old
- 253 Swimmers 18 years old

2018 YMCA SHORT COURSE NATIONALS MEET STATISTICS

**ESTIMATED SPECTATORS
1,400**



**ENTRIES
4248**

**TEAMS
204**



Team Size:

Avg size= 7; Median Size= 4

- 55 teams with 1 swimmer
- 24 teams with 2 swimmers
- 10 teams with 3 swimmers
- 13 teams with 4 swimmers
- 20 Teams with 5 swimmers
- 12 Teams with 6 swimmers
- 9 Teams with 7 swimmers
- 4 Teams with 8 swimmers



6 BROKEN RECORDS

- 3673 Individuals
- 575 Relays
- 1941 Pre-entered Time Trials
- 2338 Total Time Trials

- 41 from PA
- 28 from OH
- 16 from NJ
- 12 from NY
- 11 from NC
- 9 from IL
- 9 from WI

**TEAMS FROM
28 STATES**



- AK, AL, CT, DE, FL, IA, ID, IL, IN, KY, MA, MD, ME, MI, MO, NC, NJ, NY, OH, PA, RI, SC, TX, VA, VT, WA, WI, WV

Averages

- 2.5 Entries per swimmer
- 1.6 Time Trials per swimmer
- 2.4 Time Trials by TT entered swimmers

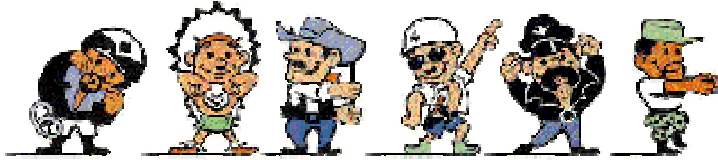




FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

THE VILLAGE PEOPLE AND THE YMCA SONG



The Village People, one of the most successful disco groups from the late 1970s, was created in 1977 by French record producer and composer, Jacques Morali. The group was named after New

York's gay district in Greenwich Village. It is believed that the group was designed to attract gay audiences while parodying some of the stereotypes found in the gay community. As everyone knows by now, the group was made up of "macho men," including a cop, a construction worker, a cowboy, a biker, a Native American and a soldier.

- The group rode the disco wave in the late 1970s with several big hits, including the YMCA song, which was released in 1978 and reached number two on the pop charts. The song has remained a favorite for more than 20 years and was recently remixed for the millennium. The YMCA song remains a staple for all kind of events, including weddings, bar mitzvahs and baseball games.
- Originally considered an anthem for the gay community, the song has long been popular with people from all walks of life. It's become the most frequently performed song at sporting events in the U.S. The Village People themselves think of it as a song for everyone to enjoy and dance to using the well-known arm movements that spell out the letters Y-M-C-A. In 1999, Ray Simpson, the group's original lead singer, said that he saw "children and housewives and everyone enjoying that song. We don't want to exclude anybody . . . we want to include everybody." If you haven't danced to the song yourself, you probably know someone who has, that's how popular the song is and how widely it's played.
- The Village People got back together in the 1990s and performed in venues around the world. Their 20th anniversary tour took them to Madison Square Garden and Radio City Music Hall in New York City. In 1999, they visited the London Central YMCA and signed a guitar that's shaped like the YMCA triangle. Other signers of the guitar? Phil Collins, BB King, and Elton John—pretty good company for a disco group.

Some people still believe that YMCA of the USA sued the Village People on January 13, 1979, because the song violated trademark. This just isn't true, but the rumor still gets play in radio station trivia contests and is floating around the Internet. BMI (the American performing rights organization that represents more than 250,000 songwriters, composers, and music publishers) holds the licensing rights to the song.



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

YMCA SPORTS HISTORY

Everybody plays, everybody wins—sports at YMCAs

Millions of people have been introduced to sports at YMCAs. Many of the sports people play were introduced at YMCAs.

VOLLEYBALL was invented at the Holyoke (Mass.) YMCA in 1895, by William Morgan, an instructor at the Y who felt that basketball was too strenuous for businessmen. Morgan blended elements of basketball, tennis and handball into the game and called it mintonette. The name "volleyball" was first used in 1896 during an exhibition at the International YMCA Training School in Springfield, Mass., to better describe how the ball went back and forth over the net. In 1922, YMCAs held their first national championship in the game. This became the U.S. Open in 1924, when non-YMCA teams were permitted to compete.

RACQUETBALL was invented in 1950 at the Greenwich (Conn.) YMCA by Joe Sobek, a member who couldn't find other squash players of his caliber and who did not care for handball. He tried paddleball and platform tennis and came up with the idea of using a strung racquet similar to a platform tennis paddle (not a sawed-off tennis racquet, as some say) to allow a greater variety of shots. After drawing up rules for the game, Sobek went to nearby Ys for approval by other players, and at the same time formed them into the Paddle Rackets Association to promote the sport. The original balls Sobek used were half blue and half red. When he needed replacements, Sobek asked Spalding, the original manufacturer, to make the balls all blue, so they wouldn't mark the Y's courts.

SOFTBALL was given its name by motion of Walter Hakanson of the Denver YMCA in 1926 at a meeting of the Colorado Amateur Softball Association (CASA), itself a result of YMCA staff efforts. Softball had been played for many years prior to 1926, under such names as kittenball, softball and even sissyball. In 1926, however, the YMCA state secretary, Homer Hoisington, noticed both the sport's popularity and its need for standardized rules. After a gathering of interested parties, the CASA was formed and Hakanson moved to settle on the name softball for the game. The motion carried, and the name softball became accepted nationwide. Shortly thereafter, the Denver YMCA adopted a declaration of principles for softball, adhering to noncommercialized recreation open to all ages and races and demanding good sportsmanship. When the Amateur Softball Association of America was formed in 1933, the Denver YMCA team represented Colorado in its first national tournament, held in Chicago.

PROFESSIONAL FOOTBALL began at a YMCA. In 1895, in Latrobe, Pa., John Brailer was paid \$10 plus expenses by the local YMCA to replace the injured quarterback on their team. Years later, however, Pudge Heffelfinger claimed that he was secretly paid to play for the Allegheny Athletic Association in 1892. The NFL elected to go with Pudge's version of events.

BASKETBALL Yes, it was at the International YMCA Training School that in December 1891, James Naismith invented the game of Basketball, doing so at the demand of Luther Gulick, the director of the school. Gulick needed a game to occupy a class of incorrigibles—18 future YMCA directors who, more interested in rugby and football, didn't care for leapfrog, tumbling and other activities they were forced to do during the winter. Gulick, obviously out of patience with the group, gave Naismith two weeks to come up with a game to occupy them.

Naismith decided that the new game had to be physically active and simple to understand. It could not be rough, so no contact could be allowed. The ball could be passed but not carried. Goals at each end of the court would lend a degree of difficulty and give skill and science a role. Elevating the goal would eliminate rushes that could injure players, a problem in football and rugby.

Introducing the game of basketball at the next gym class (Naismith did meet Gulick's deadline), Naismith posted 13 rules on the wall and taught the game to the incorrigibles. The men loved it and proceeded to introduce basketball to their home towns over Christmas break. Naismith's invention spread like wildfire.

Not only was basketball invented by a YMCA institution, but the game's first professional team came from a Y. The Trenton (N.J.) YMCA had fielded a basketball team since 1892 and in 1896 its team claimed to be the national champions after beating various other YMCA and college teams. The team then severed its ties with the Y. It played the 1896-97 season out of a local Masonic temple, charging for admission and keeping the proceeds.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MODELING HEALTHY HABITS CHANGING LIFESTYLES

Healthy Eating & Physical Activity (HEPA)

A GENERATION IN NEED

80% of U.S. children

do not meet the minimum dosage of physical activity – 60 minutes each day.

Source: CDC



Children on average spend **7 hours a day** in front of some type of screen.

The current generation of children may be the first in 200 years to have a **shorter lifespan than their parents.**

The main culprit: obesity, caused by lack of physical activity and poor nutrition.

Source: New England Journal of Medicine

OUR COMMITMENT TO HEALTH

With more than **7 million**

With more than 7 million children participating in our out-of-school time programs, **the Y has a responsibility to the families and communities it serves to address health concerns among children.** In 2011, Y-USA made a commitment to educate kids about healthy lifestyles, model healthy behaviors and cultivate environments that make healthy choices the easy choices.

CHOICES WITHIN LIMITS

HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) STANDARDS

The Y has expanded its longtime commitment to supporting healthy living by adopting the **HEPA standards**, a guide to implementing healthy eating and physical activity habits within Y early learning and afterschool programs.



Beverages



Family Engagement



Food



Screentime



Infant Feeding



Physical Activity

By implementing the HEPA standards, we're providing the foundation for a healthier future by supporting kids, staff and families.

AS A CAUSE-DRIVEN ORGANIZATION

the Y seeks to improve the health of youth in every community we serve. By implementing the HEPA standards in more than 2,700 Ys across the country, the Y is actively developing healthy habits in youth that participate in out-of-school time programs. More than 90 percent of Y early learning and afterschool programs are formally committed to implementing HEPA.



Developing healthy habits at more than **2,700 Ys.**

LEARN MORE

Visit www.ymca.net/HEPA, or call 1-800-872-9622 to speak with a HEPA representative.

Discover **#HEPACHampions.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOURISHING THE DEVELOPMENT OF CHILDREN

Hunger



1 in 6 U.S. children doesn't know where their next meal will come from.



Kids who are hungry don't do as well in school, can't focus and are more likely to have behavior problems.

LACK OF ACCESS TO MEALS IN THE SUMMER

More than 22 million kids during the school year  **Only 3.8 million kids in the summer**

An estimated 12.7 percent of American households are food insecure – which means over 13 million children are living in food insecure households.

When school is out during the summer months, many of the children who receive free/reduced meals at school lose access.

(Source: U.S. Department of Agriculture)

ALL CHILDREN DESERVE THE OPPORTUNITY TO LEARN, GROW & THRIVE

Our collaboration with the Walmart Foundation and hundreds of other partners helps us serve **22 million healthy meals** and snacks paired with enriching activities year-round to **476,000 kids** who typically participate in the National School Lunch Program.

22+ MILLION MEALS YEARLY 

476,000 KIDS IN 2017 

Other partners include:



Food Banks



Housing Authorities



Schools



Faith-based Institutions

FEEDING THE SPIRIT, MIND AND BODY

In addition to receiving nutritious meals and snacks, youth ages 18 and under are provided recreational and learning activities to support their holistic development.

MORE THAN 3,500 SITES in communities large & small

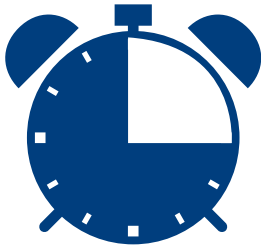


LEARN MORE

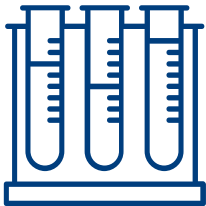
ymca.net/summer-food-program

DID YOU KNOW?

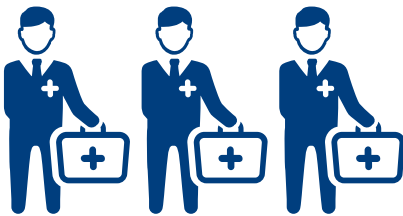
2018 will mark the 31st year of Swim Across America. During that time, we've grown from a single event in Nantucket, MA, to the 18 open water benefit swims across the country and 100 annual pool swims.



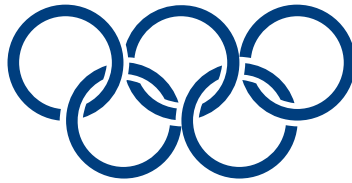
Every **15 minutes**,
50 Americans are
diagnosed with cancer



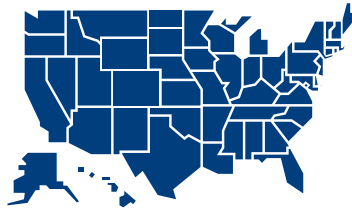
100% of each SAA grant
must be applied to the approved
clinical trial or research project



For every **dollar** we grant, our
beneficiaries have been able to
secure **three** or more dollars in
new funding they might otherwise
have not received



Michael Phelps and
over **120 Olympians**
support SAA

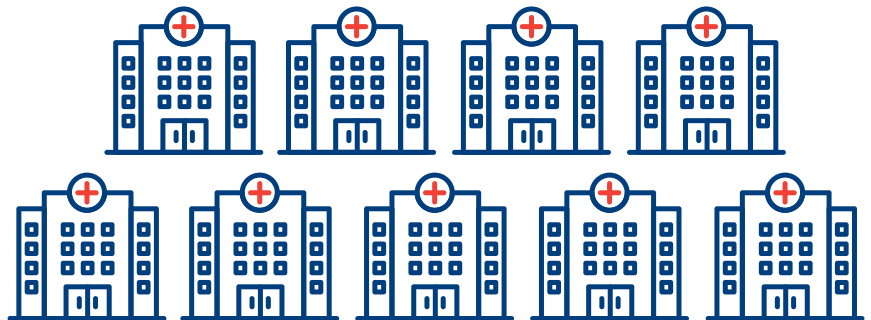


18 Open Water Swims
across the country



\$75 MILLION

Since 1987, SAA has raised
over \$75 million through
18 experiential open water
swimming fundraising events
and over 100 pool swim
fundraisers



There are **nine** named Swim Across America research labs
demonstrating the commitment and partnership of the beneficiary and
Swim Across America, including Memorial Sloan Kettering Cancer
Center and Johns Hopkins Medicine

   @SAASWIM

LEARN MORE AND JOIN SAA AT:
WWW.SWIMACROSSAMERICA.ORG


SWIM
ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING SKILLS THAT SAVE LIVES

IN SAFETY AROUND WATER
PROGRAM PILOTS, IMPROVEMENT
WAS SEEN IN EVERY SKILL TESTED⁵



The Y teaches safety around water.
Find your Y at ymca.net/watersafety
and get started today.

2 KIDS DIE EVERY DAY
FROM DROWNING¹

DROWNING IS THE
2ND-LEADING
CAUSE OF DEATH
FOR KIDS AGES 5-14²



88%
OF KIDS WHO DROWN
DO SO UNDER ADULT
SUPERVISION³

60%
OF KIDS WHO
DROWN ARE WITHIN
10 FEET OF SAFETY⁴



MORE THAN **1** MILLION
KIDS TAKE SWIM LESSONS AT
THE Y EVERY YEAR

THE Y ENGAGES
9 MILLION
KIDS EACH YEAR

DROWNING IS PREVENTABLE



THE Y IS IN
10,000
NEIGHBORHOODS

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Web-based Injury Statistics Query and Reporting System (WISQARS®).
Retrieved from www.cdc.gov/injury/wisqars

² U.S. Consumer Product Safety Commission. (2012). Safety barrier guidelines for residential pools. Retrieved from www.cpsc.gov/cpscpub/pubs/pool.pdf

³ Safe Kids Worldwide. (2007). Safe Kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007

⁴ Safe Kids Worldwide. (2007). Safe Kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007

⁵ Contact: aquatics@ymca.net for more detailed information on pilot results.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARING ALL YOUTH FOR SUCCESS THROUGH STEM

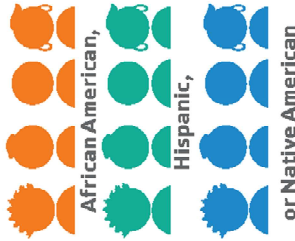
STEM JOBS
WILL GROW

**1.5x
FASTER
THAN OTHER JOBS**



AND, ethnic disparities exist in STEM careers:

**ONLY 12%
OF SCIENTISTS
& ENGINEERS^{ARE}**



**MANY CHILDREN FROM
LOW-INCOME ZIP CODES DO
NOT PURSUE STEM CAREERS
BECAUSE OF EXTERNAL
FACTORS SUCH AS:**

- lack of exposure
- poorly equipped schools
- lack of role models from STEM backgrounds



Source 1

OUR EFFORTS ARE MAKING A DIFFERENCE.

After surveying youth*, we heard:



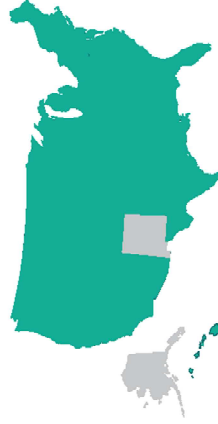
More Opportunities for under-represented youth



- White & Asian
- Hispanic, Black, Two or more, American Indian/Alaska native

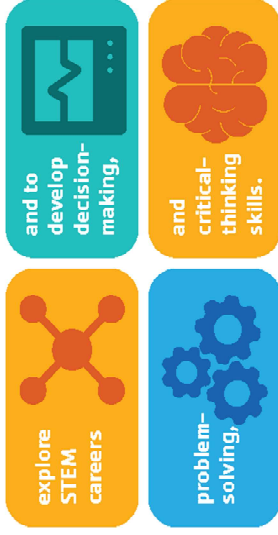
Source 2

**THE Y'S
EFFORTS TO
CLOSE THE
STEM
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**IN RESPONSE,
THE Y IS HOLISTICALLY
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STEM PROGRAMMING.**

We believe in creating experiences that give all youth STEM opportunities to:



Learn more at ymca.net/youth-development
or email youthdevelopment@ymca.net

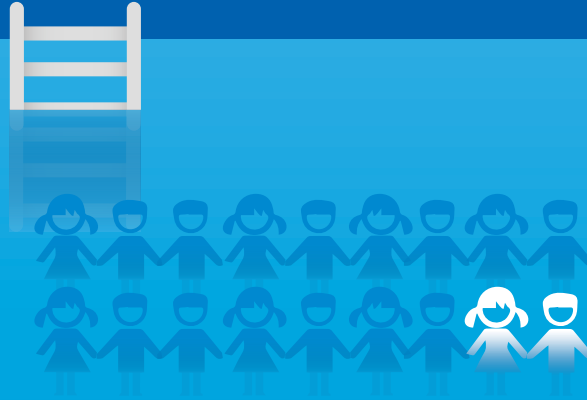
1. Afterschool Alliance; 2. National Science Board, 2014a, p. Science and Engineering Indicators 2014; Arlington VA: National Science Foundation (NSB 14-01), P. 7 *967 youth



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOW THE Y HELPS KEEP KIDS SAFE IN AND AROUND WATER

2 children die
every day
because of
drowning ¹



Two Programs, Three Goals: Have Fun, Be Confident, Stay Safe

Safety Around Water

This program teaches children of all ages and from all backgrounds that **water should be fun, not feared, as long as you know how to stay safe in and around water.**

In Safety Around Water, kids learn what to do if they find themselves in the water unexpectedly.

Children learn fundamental water safety skills that include what to look for in a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

Y Swim Lessons

The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

Each year, the Y teaches more than a million children how to swim.

The latest evolution of Y Swim Lessons accommodates students of varying abilities to help foster a sense of achievement as swimmers progress between stages.



Source

1. USA Swimming Foundation and the University of Memphis



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING SKILLS THAT SAVE LIVES

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¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS™).

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⁵ Contact aquatics@ymca.net for more detailed information on pilot results.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRAIG BEARDSLEY

Come meet Craig at his Swim Across America booth throughout the event
Craig will also be assisting with Athlete Awards during Tuesday's Finals

- **World Record, US Open, American record holder 200 butterfly 1980-1983**
- **1980 Olympic Team Member**
- **Pan American Champion 1979 & 1983**



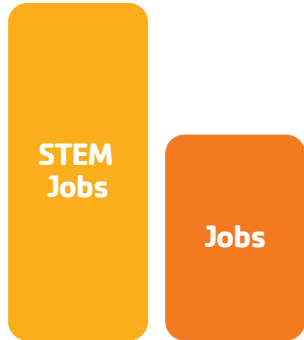


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARING ALL YOUTH FOR SUCCESS THROUGH STEM

STEM JOBS WILL GROW

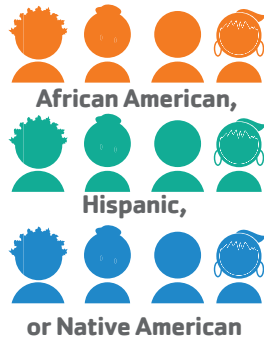
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Source 2

IN RESPONSE, THE Y IS HOLISTICALLY NURTURING YOUTH THROUGH STEM PROGRAMMING.

We believe in creating experiences that give all youth STEM opportunities to:

- explore STEM careers
- and to develop decision-making
- problem-solving
- and critical-thinking skills.

OUR EFFORTS ARE MAKING A DIFFERENCE.

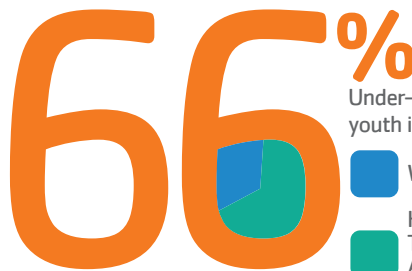
After surveying youth*, we heard:

86% say
"I can test my designs to see if they work."

81% say
"I can design and build things and solve problems."

81% say
"I can do an experiment to answer a question."

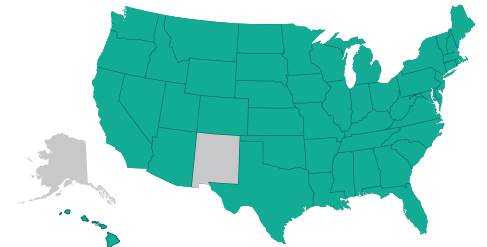
More Opportunities for under-represented youth



Under-represented youth in STEM

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THE Y'S EFFORTS TO CLOSE THE STEM OPPORTUNITY GAP ARE AT WORK IN 48 STATES.



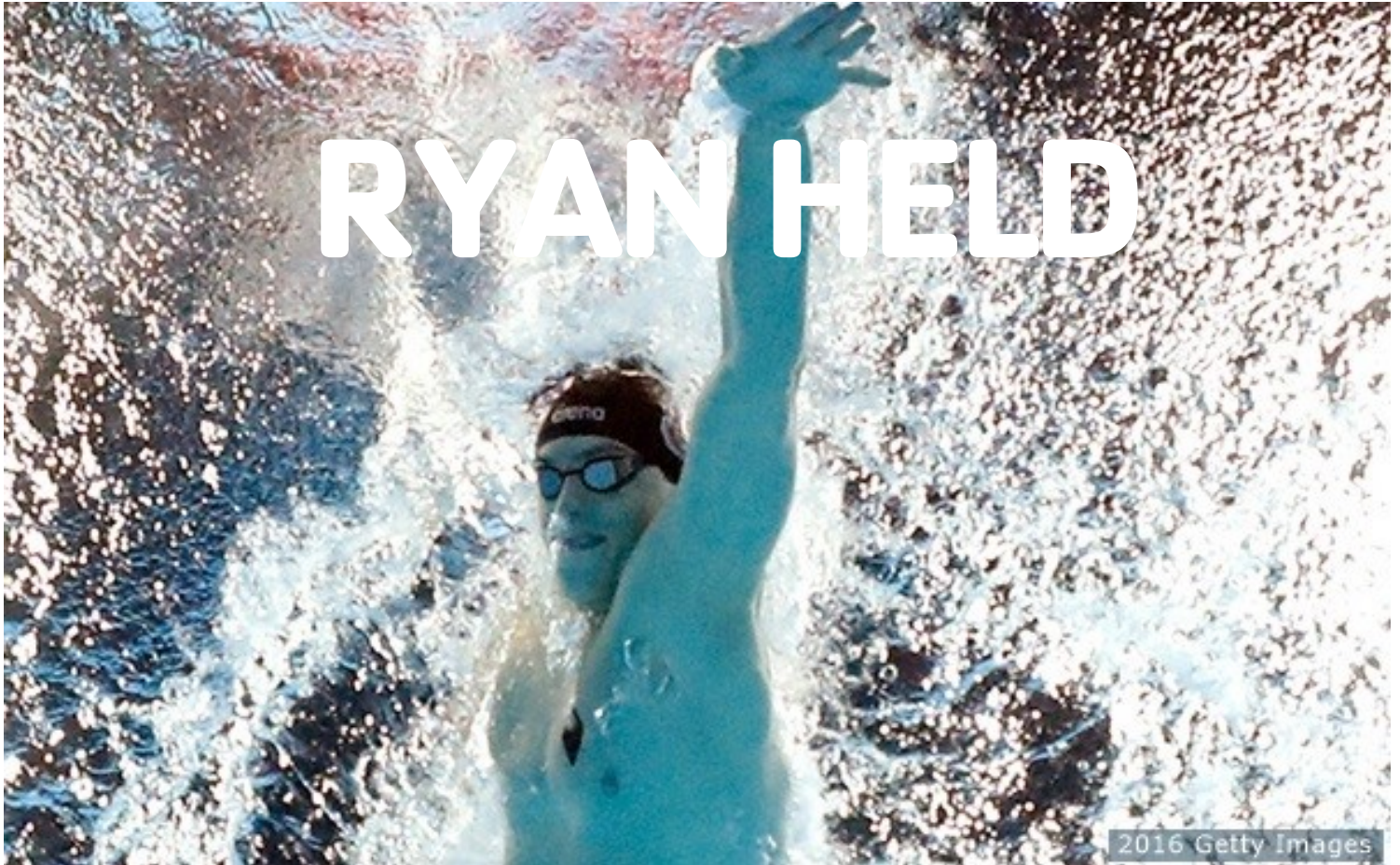
Learn more at ymca.net/youth-development or email youthdevelopment@ymca.net

1. Afterschool Alliance; 2. National Science Board, 2014a. p. Science and Engineering Indicators 2014. Arlington VA: National Science Foundation (NSB 14-01). P. 7 *967 youth



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Photo credit: Getty Images



Autograph Session

- **Olympic gold medalist**
- **NCAA All-American**
- **NCAA Champion**



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



- **Three-time Olympian (2000, 2012, 2016)**
- **Four-time Olympic medalist (3 gold, 1 silver)**
- **Rio 2016 Olympic Games, gold (4x100m free, 50m free)**

ANTHONY ERVIN

AUTOGRAPH SESSION

Wednesday 12 pm—2 pm

Special Events Center

Photo credit: Mike Lewis / Ola Vista Photography



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BREEJA LARSON

- **NCAA Division 1
Champion in
Breaststroke**
- **Olympic Gold
medalist**

AUTOGRAPH SESSION

WEDNESDAY 3-4:30 pm

Special Events Center

LEADER

Parade of Athletes

Wednesday Finals



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

AUTOGRAPH SESSION

Tuesday 3-4:15 pm

Special Events Center

**4:45 pm Appearance at
Athlete Welcome Event at
Aquatic Center prior to
Finals**



ELIZABETH BEISEL

- **3 time Olympian**
- **2016 Olympic team captain**
- **2 time Olympic medalist**
- **World Champion**
- **14 time National Champion**

Which Fan are you?



The Seat Saver

I know I am saving the good seats, but I have friends who like to show up after the start of the session



The Screamer

I don't just cheer. I yell, screech, scream, and holler when my son swim. I'm very emotional. I have to be the loudest person in the stands or he won't hear me



The Sign Holder

Without a large sign, how will my daughter see me in the stands as she swims



The Photographer

I have an expensive camera, so I need to stand at the railing and take flash pictures at the start of my daughter's races

CHEER
CELEBRATE
INSPIRE
ENCOURAGE
RESPECT
ENJOY



The Noise Maker

I bought a horn so my son can hear my support even when his head is under water



The Respectful Spectator

I enjoy sitting with my friends but we all try to get to the stands well before the start of the session. I cheer for all the swimmers ... even swimmers from other teams who are on pace to break a record. I try to respect all the people who have volunteered to make this event a life long experience while also making sure my actions don't negatively impact the experience for other parents



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THANK YOU!

YMCA of the USA is grateful to all involved in making the 2018 YMCA National Short Course Championship a special celebration of achievement for our athletes, coaches and families.

In addition to the Championship Committee, officials and volunteers who have given their time and talents, we would also like to thank the following supporters:

EVENT SPONSORS

**HOWARD JOHNSON
SPEEDO**

THE GREENSBORO COMMUNITY

The City of Greensboro	Mayor Nancy Vaughan
The Greensboro Coliseum Complex	Matt Brown, Scott Johnson, Mike Perdue & Staff
Greensboro Aquatic Center	Susan Braman, David Hoover, Kate Walker, Kate McIntosh, Alan Moffitt & Staff
The Greensboro Area Convention & Visitors Bureau	Henri Fourrier, Amy Scott, Ava Pope & Brian Ambuehl
The Sheraton Koury Convention Center	Mo Milani & Kelly Harrill
The Greensboro Sports Commission	Kim Strable, Katherine Parsons & Leslie Johnson and Michelle Withrow
YMCA of Greensboro	Greg Jones, Kim McKone, Karen Jeffries, Brenda Willis & Staff/Volunteers

CHAMPIONSHIP VENUE SUPPORT

USA Swimming	Jim Sheehan, President, & Staff: Dean Ekeren, Tom Avischious, Jeff Allen, Jeff Chambers, Scott Colby and Mark Hesse
Take it Live	Chris Lundie & Team
SPECTRA Food Services	Mike Frost & Patty Hannan
Metro Swim	Xuming Wang, Pam Pulley, Shudong Shong Vernon Taylor, Jeff Parris, Yifan Li and Henry Rueda
ProSwim Visuals	Mike Comer & Team
Y-USA National Swimming Partner Team Unify	Tim LaRoche
Sho Pro Entertainment Staff	

COLLEGE COACHES ADMISSION PROCESS PANEL

Glenn Neufeld - Mercersburg Academy, Moderator

**Priscilla Barletta, West Point
Matt Crispino, William and Mary
Chip Kline, University of Kentucky
Bob Rueppel, Middlebury College**

USA OLYMPIANS –

Rowdy Gaines • Elizabeth Beisel; • Breeja Larson • Anthony Ervin • Ryan Held • Craig Beardsley



ATHLETE TRAVEL ASSISTANCE

2018 YMCA Short Course Nationals

The YMCA of the USA travel assistance committee was again able to help YMCA National Qualifiers realize their goal of competing at the national level by providing funding for their transportation and lodging costs.

The committee granted \$12,500 to 30 YMCA Swimmer athletes for the 2018 YMCA Short Course National Championships.

These personal testimonials reflect the positive impact of the travel assistance program, and the commitment of the YMCA to youth development, healthy living, and social responsibility.

"Thank you for allowing me to be a part of such an amazing program and for me to be able to have such a memorable experience that has changed my life."

"Thank you so much for helping a young deserving swimmer! We are so excited to have him represent our branch at Y Nationals."

"We really appreciate these funds! It will help us a lot."

Travel Assistance is available for both Short Course and Long Course National Championships.

Coaches are encouraged to submit applications for swimmers who are currently receiving financial support under their Local YMCA's official program or if there are extenuating circumstances that are financial barriers for the meet participation.

The information is posted on the YMCA National Aquatic Events web site at <http://ymca.ymcaswimminganddiving.org> . The deadline for 2018 Long Course National Championship application is July 14.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING EVENTS!

YMCA of the USA is grateful to all involved in making these upcoming events special celebrations for our athletes, coaches and families.

2018 YMCA NATIONAL DIVING CHAMPIONSHIP

Dates April 19-22, 2018
Location Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida

2018 YMCA MASTERS NATIONAL MEET

Dates April 19-22, 2018
Location Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida

2018 YMCA LONG COURSE NATIONAL CHAMPIONSHIP

Dates July 30- August 3, 2018
Location University of Maryland
College Park, Maryland

2018 YMCA LEADERSHIP DEVELOPMENT CAMP

Dates October 11-14, 2018
Location YMCA of Central Florida
Orlando, Florida
Information Coach's application to nominate a swimmer(s) is due June 1

2018 10th ANNUAL YMCA VIRTUAL INVITATIONAL

Primary Competition Dates October 20-28th
Location Swim Locally, Compete Nationally

2019 YMCA SHORT COURSE NATIONAL CHAMPIONSHIP

Dates April 1-5, 2019
Location Greensboro Aquatic Complex
Greensboro, NC



***“USA SWIMMING FOUNDATION
raises funds to support
programs that save lives and
build champions - in the pool
and in life.”***

The USA Swimming Foundation has awarded \$436,515 to 78, including 30 YMCAs, learn-to-swim programs across the country through its 2018 Make a Splash grant fund. The grants are going towards swim lesson programs, providing over 16,000 children the opportunity to learn how to swim in underprivileged communities.

Since 2007, the USA Swimming Foundation has awarded more than \$5 million dollars to help fund learn-to-swim programs across the country.

MAKE A SPLASH YMCA GRANT RECIPIENTS

Akron Area YMCA (Akron, Ohio)
Cecil County Family YMCA (Elkton, Md.)
Cumberland Cape Atlantic YMCA (Vineland, N.J.)
Downtown Y of the YMCA of the Pikes Peak Region (Colorado Springs, Colo.)
Duluth Area Family YMCA (Duluth, Minn.)
Everett Family YMCA (Everett, Wash.)
Hunterdon County YMCA (Flemington, N.J.)
Jordan YMCA (Indianapolis, Ind.)
Lower Shore Family YMCA (Pocomoke City, Md.)
McGaw YMCA (Evanston, Ill.)
Merrimack Valley YMCA (Lawrence, Mass.)
Metro YMCA's of the Oranges (Livingston, N.J.)
Monroe Sky Valley YMCA (Monroe, Wash.)
Mukilteo Family YMCA (Mukilteo, Wash.)
Muskegon YMCA (Muskegon, Mich.)
The Gateway Family YMCA - Rahway Branch (Rahway, N.J.)
Volusia Flagler YMCA (Ormond Beach, Fla.)
West Cook YMCA (Oak Park, Ill.)
Westfield Area YMCA (Westfield, N.J.)
YMCA of Broome County - Binghamton Branch (Binghamton, N.Y.)
YMCA of Broome County - West Family Branch (Johnson City, N.Y.)

YMCA of Burlington and Camden Counties (Mount Laurel, N.J.)
YMCA of Greater Boston (Boston, Mass.)
YMCA of Greater Flint (Flint, Mich.)
YMCA of Greater Houston (Houston, Texas)
YMCA of Greater Kansas City (Atchison, Kan.)
YMCA of Greater San Antonio (San Antonio, Texas)
YMCA of Harrison County (Corydon, Ind.)
YMCA of the Greater Twin Cities (Saint Paul, Minn.)
YWCA of Minneapolis (Minneapolis, Minn.)

DID YOU KNOW...?

1. No child is ever water safe. The goal of swim lessons is to make children SAFER in, on, and around water.
2. 79% of children in households with incomes less than \$50,000 have little-to-no swimming ability.
3. Research shows 64% of African-American, 45% of Hispanic/Latino, and 40% of Caucasian children have little to no swimming ability.
4. 10 people drown each day in the United States.
5. Formal swimming lessons reduces the likelihood of childhood drowning by 88%.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 2, 2018

Welcome!

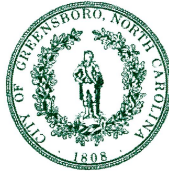
Thank you for joining us for the 2018 YMCA National Short Course Championship. This week's events are more than a swimming competition; they are the culmination of journey for many of these young athletes.

In pools across the country, participants have put in countless hours of practice and dedication to achieve their goals. And with the great support of Y coaches and staff, families and volunteers, these young athletes are also developing the confidence and positive relationships needed to reach their full potential. Today and throughout Short Course, I encourage you to celebrate these great accomplishments, to be inspired and share your favorite moments with others.

On behalf of my colleagues at YMCA of the USA, and the many devoted volunteers who have worked tirelessly to bring this great event to life, it's my great honor to welcome all of you – athletes, coaches, and families– to Greensboro. I also wish to congratulate you for everything you have done to get here, and to thank you for championing our shared cause of strengthening community.

With gratitude,

Jonathan Lever
Executive Vice President, Chief Membership & Programs
Officer YMCA of the USA



WELCOME!

On behalf of the citizens of Greensboro and the Greensboro City Council, it is my pleasure to extend a warm and cordial welcome to those attending the YMCA Short Course National Swimming Championships being held April 3-7, 2018 at the Aquatic Facility at the Greensboro Coliseum Complex.

While you are staying in Greensboro, we hope that you will have a chance to enjoy the many amenities that our City has to offer. We believe our modern and conveniently located conference facilities are second to none in quality, service and comfort. From hotels, restaurants, and shopping to historical and cultural attractions, I am certain Greensboro will have something for everyone. Our residents are known for their fine southern hospitality and appreciate your visit.

Again, we welcome you to our City! We hope your stay in Greensboro will be a pleasant one and we encourage your return.

Sincerely,

A handwritten signature in black ink that reads "Nancy Vaughan". The signature is written in a cursive, flowing style.

Nancy Vaughan
Mayor



Howard Johnson[®]

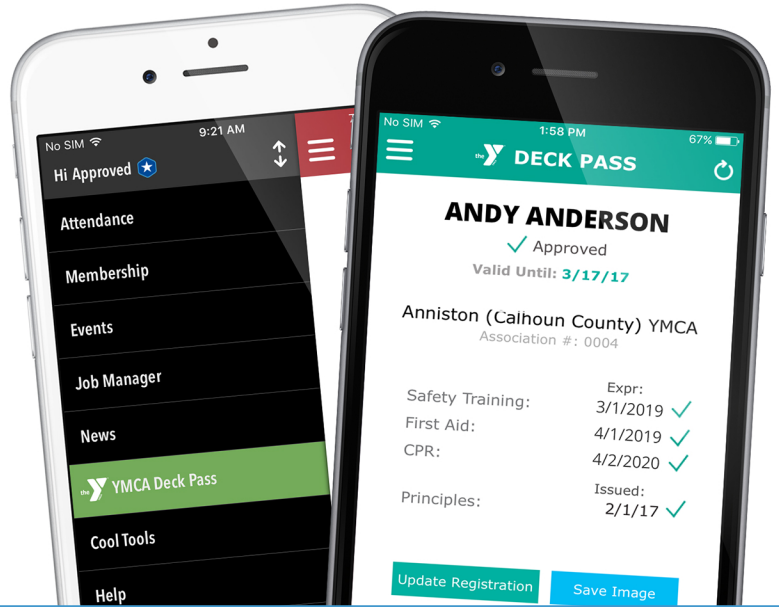
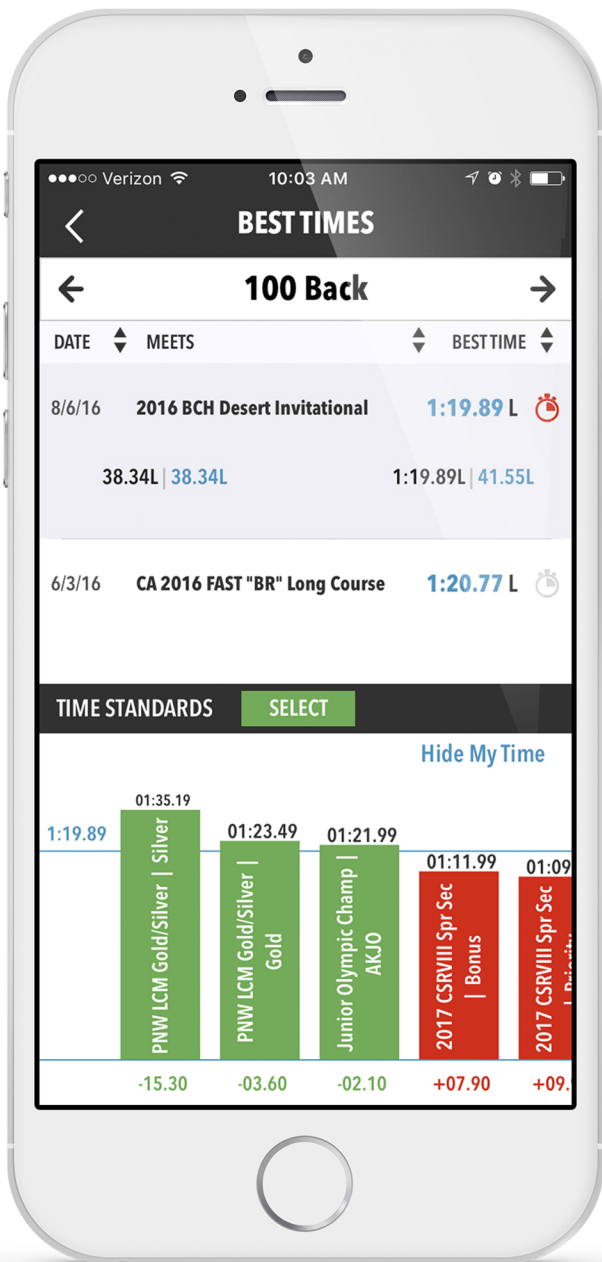
**Proud sponsor of the 2018
YMCA Short Course
National Swimming
Championship**



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Mobile Swim Team Management Made Better
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Access Your Swimmer's Best Times and Meet Results, Your YMCA Deck Pass, and Even Time a Race, All in OnDeck!



For Parents, Coaches & Admins!

- YMCA Deck Pass
- Account Information
- Race Timing
- Meet Results & Best Times
- Volunteer Job Sign Ups
- Attendance Tracking
- Team News
- And Much More!



2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 101

Women's 200 Yard Medley Relay

Qualifying Time - 1:50.99

National Record - 1:41.21 Fanwood Scotch, N J
at Greensboro, NC 2017



Defending Champion
Fanwood Scotch Plains, NJ 1:41.21

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Fanwood Scotch Plains, NJ	**1:41.21
2016	York, PA	1:41.70
2015	Middle Tyger, SC	1:42.29
2014	Middle Tyger, SC	1:41.29
2013	York, PA	1:42.27
2012	Middle Tyger, SC	1:43.49
2011	Middle Tyger, SC	1:44.56
2010	Cheshire, CT	1:44.22
2009	Middle Tyger, SC	1:44.35
2008	Cheshire, CT	1:44.25
2007	Farmington Family YMCA	1:45.77
2006	Triangle Area, NC	1:43.94
2005	Lakeland Hills, NJ	1:46.56
2004	Plymouth, MI	1:45.03
2003	Rappahannock, VA	1:47.41
2002	Somerset Hills, NJ	1:47.01
2001	Gamble-Nippert, OH YMCA	1:46.61
2000	Gamble-Nippert, OH YMCA	1:46.61
1999	Schroeder, WI	1:46.35
1998	Aquatic Center, FL	1:45.54
1997	Wilton, CT	1:46.95
1996	Bloomsburg, PA	1:46.24

EVENT 102

Men's 200 Yard Medley Relay

Qualifying Time - 1:39.99

National Record - 1:29.86 Somerset Valley, NJ
at Greensboro, NC 2013



Defending Champion
Birmingham, MI 1:31.33

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Birmingham, MI	1:31.33
2016	Red Bank, NJ	1:31.96
2015	Somerset Valley, NJ	1:31.33
2014	Somerset Valley, NJ	1:31.73
2013	Somerset Valley, NJ	**1:29.86
2012	Upper Main Line, PA	1:32.34
2011	Middle Tyger, SC	1:32.16
2010	Middle Tyger, SC	1:31.19
2009	Schroeder, WI	1:30.91
2008	Schroeder, WI	1:33.27
2007	Birmingham Family YMCA	1:34.67
2006	Franklin County, VA	1:32.19
2005	Wilton, CT	1:33.95
2004	Harrisburg West Shore, PA	1:35.87
2003	Lakeland Hills, NJ	1:34.08
2002	Upper Main Line, PA	1:32.89
2001	M.E. Lyons, OH	1:31.74
2000	M.E. Lyons, OH	1:32.80
1999	M.E. Lyons, OH	1:32.51
1998	Upper Main Line, PA	1:33.50
1997	Upper Main Line, PA	1:34.50
1996	Lakeland Hill, NJ	1:33.53

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 103

Women's 1000 Yard Freestyle

Qualifying Time - 10:27.99
National Record - 9:27.19 Danielle Valley
Sarasota, FL at Greensboro, NC, 2013



Defending Champion – Courtney Harnish
9:39.92 – York, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Courtney Harnish	York PA	9:39.92
2016	Leah Braswell	York, PA	9:35.71
2015	Courtney Harnish	York, PA	9:33.93
2014	Courtney Harnish	York, PA	9:35.39
2013	Danielle Valley	Sarasota, FL	**9:27.19
2012	Danielle Valley	Sarasota, FL	9:43.62
2011	Danielle Valley	Sarasota, FL	9:43.01
2010	Kelly Ann Baird	Northwest, NC	9:44.59
2009	Corinne Showalter	Sarasota, FL	9:41.24
2008	Kelly Ann Baird	Winston Salem, NC	9:49.37
2007	Corinne Showalter	Sarasota, FL	9:39.09
2006	Kata Fodor	Sarasota, FL	9:57.33
2005	Corinne Showalter	Sarasota, FL	9:49.65
2004	Leah Gingrich	West Shore, PA	9:56.70
2003	Katie Nelson	San Pedro, CA	9:46.23
2002	Katie Nelson	San Pedro, CA	9:55.64

EVENT 104

Men's 1000 Yard Freestyle

Qualifying Time - 9:48.29
National Record - 8:55.55 Nicholas Caldwell
Sarasota, FL at Fort Lauderdale, FL, 2011



Defending Champion – Ross Dant
8:57.64 – Hickory, NC

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Ross Dant	Hickory, NC	8:57.64
2016	Drew Clark	Sarasota, FL	8:58.22
2015	Drew Clark	Sarasota, FL	9:00.14
2014	Ian Rainey	Wilton, CT	9:05.31
2013	Alexander Katz	Sarasota, FL	8:57.80
2012	Noah Martin	York, PA	9:03.39
2011	Nicholas Caldwell	Sarasota, FL	**8:55.55
2010	Nicholas Caldwell	Sarasota, FL	9:00.17
2009	John Orban	Sarasota, FL	9:04.75
2008	Luke Bushman	Green Bay, WI	9:12.17
2007	Austin Detra	Sarasota, FL	9:09.91
2006	Charlie Houchin	Triangle Area, NC	9:02.94
2005	Charlie Houchin	Triangle Area, NC	9:10.78
2004	Hank Browning	M.E. Lyons, OH	9:15.98
2003	Kevin Nead	M.E. Lyons, OH	9:08.73
2002	Kevin Nead	M.E. Lyons, OH	9:18.51

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 201

Women's 200 Yard Backstroke

Qualifying Time - 2:07.99
National Record - 1:51.56 Meghan Small
York, PA at Greensboro, NC, 2016



Defending Champion – Courtney Harnish
1:54.40 – York, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Courtney Harnish	York, PA	1:54.40
2016	Meghan Small	York, PA	**1:51.56
2015	Meghan Small	York, PA	1:51.74
2014	Meghan Small	York, PA	1:54.01
2013	Meghan Small	York, PA	1:54.76
2012	Ashlee Linn	Sarasota, FL	1:55.62
2011	Ashlee Linn	Sarasota, FL	1:56.40
2010	Annie Gillig	Middle Tyger, SC	1:56.32
2009	Annie Gillig	Middle Tyger, SC	1:55.45
2008	Sabrina Benson	Triangle Area, NC	2:00.57
2007	Blair Collins	Sarasota, FL	1:59.52
2006	Tricia Weaner	Harrisburg West Shore, PA	1:58.66
2005	Ashley Jones	Joliet, IL	1:58.35
2004	Tricia Weaner	Harrisburg West Shore, PA	1:58.13
2003	Tricia Weaner	Harrisburg West Shore, PA	1:58.94
2002	Rikki Covey	Spokane, WA	2:01.96
2001	Cassie Novak	Cheshire, OH	2:02.17
2000	Elizabeth Hetherington	Chapel Hill, NC	1:59.45
1999	Sara Johnson	Birmingham, MI	2:01.32
1998	Lindsey Highstrom	Schroeder YMCA, WI	2:01.62
1997	Melissa Olson	Huntington, WV	2:02.00
1996	Kristen Roorbach	Westport/Weston	2:00.22

EVENT 202

Men's 200 Yard Backstroke

Qualifying Time - 1:56.99
National Record - 1:41.48 Austin Katz
Sarasota, FL at Greensboro, NC 2016



Defending Champion – Austin Katz
1:41.74- Sarasota, FL

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Austin Katz	Sarasota, FL	1:41.74
2016	Austin Katz	Sarasota, FL	**1:41.48
2015	Austin Katz	Sarasota, FL	1:43.70
2014	Brad Oberg	Middle Tyger, SC	1:46.02
2013	Alexander Katz	Sarasota, FL	1:45.49
2012	Alexander Katz	Sarasota, FL	1:45.17
2011	Steven Zimmerman	Countryside, OH	1:43.07
2010	Steven Zimmerman	Countryside, OH	1:44.79
2009	James Wells	Bath Area, ME	1:46.94
2008	Luke Bushman	Green Bay, WI	1:49.77
2007	Justin Farra	Countryside, OH	1:50.03
2006	Clint McClendon	Montgomery, AL	1:50.41
2005	Patrick Schirk	Pottstown, PA	1:44.25
2004	Patrick Schirk	Pottstown, PA	1:45.10
2003	Sam Masson	Boise, ID	1:46.09
2002	Sam Masson	Boise, ID	1:47.95
2001	Jayne Cramer	M.E. Lyons, OH	1:46.62
2000	Jayne Cramer	M.E. Lyons, OH	1:44.38
1999	Joey Faltraco	Spartanburg, SC	1:47.19
1998	Daniel Shevchik	Wilton Y, CT	1:46.60
1997	Reid Gustin	M.E. Lyons, OH	1:48.94
1996	Brian Elko	Lakeland, NJ	1:49.26

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 203

Women's 100 Yard Butterfly

Qualifying Time - 59.09

National Record - 52.43 Caitlin Tycz
Bath Area, ME at Greensboro, NC 2016



Defending Champion – Caitlin Tycz
52.76 – Bath Area, ME

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Caitlin Tycz	Bath Area, ME	52.76
2016	Caitlin Tycz	Bath Area, ME	**52.43
2015	Remedy Rule	Waynesboro, VA	52.94
2014	Courtney Weaver	GR. Flint, MI	52.51
2013	Courtney Weaver	GR. Flint, MI	53.30
2012	Courtney Weaver	GR. Flint, MI	53.26
2011	Haley Lips	Middle Tyger, SC	54.42
2010	Jenni Roberts	Sanford, ME	54.23
2009	Haley Lips	Middle Tyger, SC	53.28
2008	Haley Lips	Middle Tyger, SC	55.01
2007	Dagny Knutson	Minot, ND	54.47
2006	Dagny Knutson	Minot, ND	55.74
2005	Payton Johnson	Champaign, IL	55.45
2004	Payton Johnson	Champaign, IL	55.46
2003	Annie Babicz	Sarasota, FL	56.04
2002	Annie Babicz	Sarasota, FL	55.80
2001	Christy Olin	N.W. DuPage, IL	55.54
2000	Corrie Clark	Upper Main Line, PA	56.16
1999	Corrie Clark	Upper Main Line, PA	56.00
1998	Lindsey Highstrom	Schroeder., WI	56.15
1997	Lindsey Highstrom	Schroeder., WI	55.54
1996	McCall Dorr	Boise, ID	55.20

EVENT 204

Men's 100 Yard Butterfly

Qualifying Time - 53.19

National Record - 46.96 Tim Phillips
Marietta, OH at Fort Lauderdale, FL, 2009



Defending Champion – Brendan Burns
47.62 – Upper Main Line, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Brendan Burns	Upper Main Line, PA	47.62
2016	Daniel Hein	Kishwaukee, IL	47.53
2015	Zachary Piedt	Rock Hill, SC	48.30
2014	Nick Peterson	Schroeder, WI	48.12
2013	Sam Lynch	Red Bank, NJ	47.40
2012	Sam Lynch	Red Bank, NJ	48.94
2011	Nicholas Lowe	Orlando, FL	49.07
2010	Mitchell Friedmann	Schroeder, WI	48.66
2009	Tim Phillips	Marietta, OH	**46.96
2008	Tim Phillips	Marietta, OH	48.32
2007	Matt Donch	Triangle Area, NC	48.81
2006	Matt Donch	Triangle Area, NC	48.95
2005	Brian Wilson	Summit Area, NJ	49.76
2004	Andrew Langenfeld	Mount Vernon, IL	49.38
2003	Sam Masson	Boise, ID	48.37
2002	Gary Grant	Lakeland Hills, NJ	48.73
2001	Jayne Cramer	M.E. Lyons, OH	47.54
2000	Jayne Cramer	M.E. Lyons, OH	47.46
1999	Jayne Cramer	M.E. Lyons, OH	48.64
1998	Jayne Cramer	M.E. Lyons, OH	49.72
1997	Mike Mesenbourg	Schroeder Br., WI	50.42
1996	Craig Wales	M.E. Lyons, OH	50.39

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 205

Women's 200 Yard Breaststroke

Qualifying Time - 2:27.99

National Record - 2:11.08 Savanna Faulconer
Middle Tyger, SC at Greensboro, NC 2015



Defending Champion – Brooke Perrotta
2:12.50 – Cheshire, CT

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Brooke Perrotta	Cheshire, CT	2:12.50
2016	SydneynBaker	Middle Tyger, SC	2:13.12
2015	Savanna Faluconer	Middle Tyger, SC	**2:11.08
2014	Bethany Leap	Sarasota, FL	2:11.35
2013	Abby Fisher	Lakeland Hills, NJ	2:12.16
2012	Bethany Leap	Sarasota, FL	2:15.73
2011	Abby Fisher	Lakeland Hills, NJ	2:13.55
2010	KC Moss	Wilton, CT	2:12.78
2009	Laura Gorinski	Greensburg, PA	2:15.90
2008	Laura Johnson	Montgomery East, AL	2:16.09
2007	Keri Sink	Taylor Family, IL	2:17.78
2006	Keri Sink	Taylor Family, IL	2:16.88
2005	Ann Cipoletti	Franklin Co., VA	2:16.21
2004	Jessica Botzum	Triangle Area, NC	2:17.27
2003	Jessica Stephens	Bloomsburg, PA	2:18.16
2002	Amy Wheatley	Montgomery, AL	2:12.47
2001	Courtney Stanchock	Bloomsburg YMCA, PA	2:16.72
2000	Courtney Stanchock	Bloomsburg YMCA, PA	2:14.76
1999	Kelly Jones	South Comm. Family, OH	2:14.83
1998	Kelly Jones	South Comm. Family, OH	2:15.16
1997	Kelly Jones	Kettering, OH	2:16.05
1996	Shannon Suddarth	Topeka, KS	2:15.17

EVENT 206

Men's 200 Yard Breaststroke

Qualifying Time - 2:13.39

National Record - 1:55.46 Max McHugh
Door County, WI at Fort Greensboro, NC, 2016



Defending Champion – Max McHugh
1:56.51 – Door County, WI

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Max McHugh	Door County, WI	1:56.51
2016	Max McHugh	Door County, WI	**1:55.46
2015	Paul DeLakis	Eau Claire, WI	1:58.58
2014	Zack Warner	Somerset Valley, NJ	1:56.61
2013	Eric Ronda	Wilton, CT	1:56.91
2012	Eric Ronda	Wilton, CT	1:58.82
2011	Christian Higgins	Wilton, CT	1:55.81
2010	Christian Higgins	Wilton, CT	1:58.42
2009	Christian Higgins	New Canaan, CT	2:00.63
2008	Scott Marino	Fanwood, NJ	2:03.13
2007	Leo MacGregor	New Canaan, CT	2:03.14
2006	Scott Thacker	Franklin County, VA	2:03.64
2005	Luke Boutwell	East Branch YMCA, AL	2:05.45
2004	CJ Neuss	Spokane, WA	2:02.25
2003	Mike Alexandrov	Champaign, IL	1:58.28
2002	Mike Alexandrov	Champaign, IL	2:01.41
2001	Mike Alexandrov	Champaign, IL	2:04.22
2000	David Szabo	Roanoke Central	
1999	Christopher Maurer	Reading/Berks, PA	2:01.42
1998	Justin Rhine	Aquatic Center, FL	2:00.47
1997	Justin Rhine	Orlando, FL	2:02.71
1996	Matt Haup	Kettering, OH	2:05.53

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 207

Women's 400 Yard Freestyle Relay

Qualifying Time - 3:35.59
National Record - 3:19.78 - York, PA
at Greensboro, NC, 2013



Defending Champion - 3:22.30
York, PA

<u>Year</u>	<u>Association</u>	<u>Time</u>
2107	York, PA	3:22.30
2016	York, PA	3:20.96
2015	York, PA	3:20.40
2014	York, PA	3:20.39
2013	York, PA	**3:19.78
2012	Middle Tyger, SC	3:23.10
2011	Middle Tyger, SC	3:22.15
2010	Middle Tyger, SC	3:24.27
2009	Middle Tyger, SC	3:24.21
2008	Sarasota, FL	3:24.31
2007	Triangle Area, NC	3:25.63
2006	Triangle Area, NC	3:24.53
2005	Triangle Area, NC	3:29.15
2004	Plymouth, MI	3:27.10
2003	Plymouth, MI	3:26.30
2002	Bloomsburg Area, PA	3:30.88
2001	Wilton, CT	3:30.64
2000	Winston-Salem Central Branch, NC	3:29.04
1999	Schroeder, WI	3:27.45
1998	Aquatic Center, FL	3:25.86
1997	Wilton, CT	3:28.06
1996	Wilton, CT	3:28.95

EVENT 208

Men's 400 Yard Freestyle Relay

Qualifying Time - 3:13.89
National Record - 3:00.63 - Triangle Area, NC
at Greensboro, NC, 2014



Defending Champion - 3:01.44
Sarasota, FL

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Sarasota, FL	3:01.44
2016	Countryside, OH	3:01.36
2015	Countryside, OH	3:00.96
2014	Triangle Area, NC	**3:00.63
2013	Triangle Area, NC	3:02.29
2012	Triangle Area, NC	3:03.95
2011	Triangle Area, NC	3:01.23
2010	Upper Main Line, PA	3:04.83
2009	Schroeder, WI	3:01.34
2008	Middle Tyger YMCA, SC	3:05.62
2007	Schroeder, WI	3:04.76
2006	Triangle Area, NC	3:03.38
2005	Wilton, CT	3:03.14
2004	Wilton, CT	3:04.93
2003	Roanoke Central, VA	3:06.66
2002	Upper Main Line, PA	3:07.68
2001	M.E. Lyons, OH	3:05.17
2000	M.E. Lyons, OH	3:05.17
1999	Champaign County, IL	3:06.26
1998	Upper Main Line, PA	3:06.56
1997	Upper Main Line, PA	3:06.35
1996	N.W. DuPage, IL	3:07.35

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 301

Women's 100 Yard Backstroke

Qualifying Time - 59.49
National Record - 52.19 Meghan Small
York, PA at Greensboro, NC 2015



Defending Champion – Heather Sigmon
53.82 – Greensboro, NC

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Heather Sigmon	Greensboro, NC	53.82
2016	Kaitlin Harty	North Shore, MA	52.40
2015	Meghan Small	York, PA	**52.19
2014	Emily Slabe	Countryside, OH	53.48
2013	Marie Chamberlain	Cape Cod, MA	53.56
2012	Sarah Reynolds	Montgomery, AL	53.86
2011	Kendall Crawford	Middle Tyger, SC	53.98
2010	Margo Geer	Springfield, OH	54.04
2009	Margo Geer	Springfield, OH	54.19
2008	Candace Cooper	Triangle Area, NC	54.90
2007	Carlyn Lungmus	Sarasota, FL	56.60
2006	Candace Cooper	Triangle Area, NC	55.57
2005	Ashley Jones	Joliet, IL	55.28
2004	Lauren English	Montclair, NJ	55.13
2003	Tricia Weaner	West Shore, PA	55.12
2002	Megan Tomes	M.E. Lyons, OH	57.11
2001	Sarah Haupt	Carlisle, PA	55.96
2000	Elizabeth Hetherington	Chapel Hill, NC	53.16
1999	Sara Johnson	Birmingham, MI	56.77
1998	Christy Watkins	Aquatic Center, FL	55.46
1997	Christine Keller	Champaign, IL	55.65
1996	Christine Keller	Champaign, IL	56.37

EVENT 302

Men's 100 Yard Backstroke

Qualifying Time - 54.29
National Record - 47.06 Austin Katz
Sarasota, FL at Greensboro, NC 2017



Defending Champion – Austin Katz
47.06 – Sarasota, FL

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Austin Katz	Sarasota, FL	**47.06
2016	Daniel Hein	Kishwaukee, IL	47.08
2015	Daniel Hein	Kishwaukee, IL	47.79
2014	Nick Peterson	Schroeder, WI	47.66
2013	Andrew Appleby	Cuyahoga, OH	48.23
2012	Nic Graesser	Upper Main Line, PA	48.36
2011	Steven Zimmerman	Countryside, OH	48.37
2010	Mitchell Friedmann	Schroeder, WI	47.61
2009	James Wells	Bath Area, ME	47.70
2008	Morgan Priestly	Birmingham, MI	49.33
2007	Jim Barbieri	Countryside, OH	50.93
2006	Clint McClendon	Montgomery, AL	50.47
2005	Patrick Schirk	Pottstown, PA	49.11
2004	Patrick Schirk	Pottstown, PA	49.28
2003	Sam Masson	Boise, ID	49.43
2002	Sam Masson	Boise, ID	49.28
2001	Jayme Cramer	M.E. Lyons, OH	47.97
2000	Jayme Cramer	M.E. Lyons, OH	47.34
1999	Vito Chiaravalloti	Red Bank, NJ	50.32
1998	William Sargent	Birmingham Family, MI	50.40
1997	Michael Gross	Lakeland Hill, NJ	51.73
1996	Brian Elko	Lakeland Hill, NJ	50.17

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 303

Women's 400 Yard Individual Medley

Qualifying Time - 4:37.29
National Record - 4:03.96 Meghan Small
York, PA at Ft. Lauderdale, FL, 2015



Defending Champion – Mary O'Soule
4:15.86 – W. North Carolina

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Mary O'Soule	W. North Carolina	4:15.86
2016	Meghan Small	York PA	4:07.29
2015	Meghan Small	York, PA	**4:03.96
2014	Courtney Harnish	York, PA	4:11.93
2013	Danielle Valley	Sarasota, FL	4:10.00
2012	Hali Flickinger	York, PA	4:13.54
2011	Hali Flickinger	York, PA	4:09.30
2010	Hali Flickinger	York, PA	4:12.51
2009	Corinne Showalter	Sarasota, FL	4:12.76
2008	Leah Gingrich	Harrisburg West Shore, PA	4:13.00
2007	Leah Gingrich	Harrisburg West Shore, PA	4:17.85
2006	Leah Gingrich	Harrisburg West Shore, PA	4:15.45
2005	Ashley Jones	Joliet, IL	4:16.68
2004	Ashley Jones	Joliet, IL	4:14.61
2003	Ashley Carusone	North Central, FL	4:13.35
2002	Ashley Carusone	North Central, FL	4:15.98
2001	Brittany Johnson	Winston-Salem Central, NC	4:17.76
2000	Brittany Johnson	Winston-Salem Central, NC	4:19.72
1999	Virginia Pate	Winston-Salem, NC	4:19.31
1998	Mirjana Bosevska	Aquatic Center, FL	4:17.03
1997	Mirjana Bosevska	Orlando, FL	4:19.27
1996	Melissa Olson	Huntington, WV	4:21.18

EVENT 304

Men's 400 Yard Individual Medley

Qualifying Time - 4:14.99
National Record - 3:46.81 Maxwell Dolan
Wilton, CT at Greensboro, NC, 2014



Defending Champion – Paul DeLakis
3:49.02 – Eau Claire, WI

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Paul DeLakis	Eau Claire, WI	3:49.02
2016	Paul DeLakis	Eau Claire, WI	3:48.35
2015	Mark Andrew	Gr Miami Valley, OH	3:47.94
2014	Maxwell Dolan	Wilton, CT	*3:46.81
2013	Brandon Flynn	York, PA	3:51.76
2012	John Bushman	Green Bay, WI	3:51.31
2011	John Bushman	Green Bay, WI	3:52.08
2010	David Ingraham	Middle Tyger, SC	3:53.00
2009	Woody Joye	Montgomery, AL	3:50.33
2008	Woody Joye	Montgomery, AL	3:52.89
2007	Jesse Cohen	Lakeland Hills Family	3:56.69
2006	Charlie Houchin	Triangle Area, NC	3:54.63
2005	Charlie Houchin	Triangle Area, NC	3:57.15
2004	Kevin Nead	M.E. Lyons, OH	3:53.05
2003	Michael Alexandrov	Champaign, IL	3:48.79
2002	Michael Alexandrov	Champaign, IL	3:53.76
2001	Dan Turpin	Champaign, IL	3:53.43
2000	Dan Turpin	Champaign, IL	3:54.99
1999	Dan Shevchik	Wilton, CT	3:52.90
1998	Shaun Crossman	Aquatic Center, FL	3:55.31
1997	Adam Messner	Ann Arbor, MI	3:58.04
1996	Brian Cadman	Hamden, CT	4:00.92

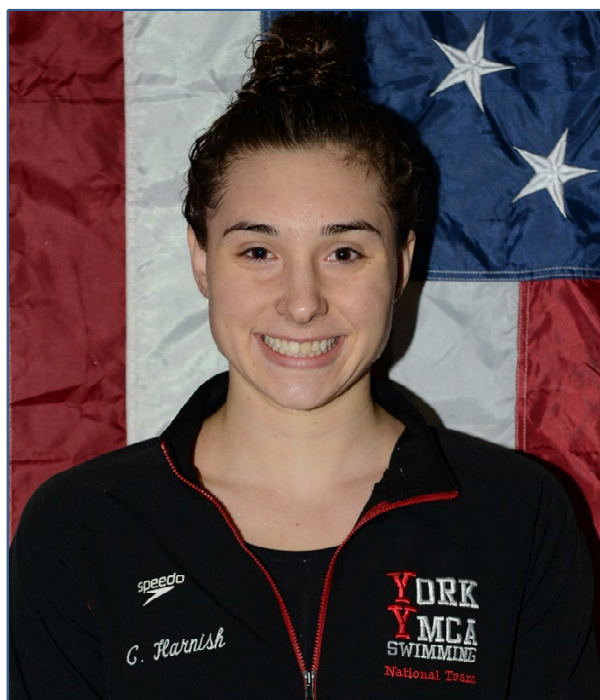
2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 305

Women's 200 Yard Freestyle

Qualifying Time - 1:56.49

National Record - 1:45.14 Courtney Harnish
York, PA at Greensboro, NC, 2017



Defending Champion – Courtney Harnish
1:45.14 – York, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Courtney Harnish	York, PA	**1:45.14
2016	Courtney Harnish	York, PA	1:46.12
2015	Courtney Harnish	York, PA	1:45.62
2014	Meghan Small	York, PA	1:47.15
2013	Meghan Small	York, PA	1:46.58
2012	Alexandra Meyers	Schroeder, WI	1:46.98
2011	Haley Lips	Middle Tyger, SC	1:47.24
2010	Margo Geer	Springfield, OH	1:46.20
2009	Margo Geer	Springfield, OH	1:47.21
2008	Corinne Showalter	Sarasota, FL	1:48.55
2007	Corinne Showalter	Sarasota, FL	1:49.83
2006	Leah Gingrich	Harrisburg West Shore, PA	1:49.01
2005	Mattea Perrotta	San Pedro & Peninsula, CA	1:49.50
2004	Emily Lanteigne	DuPage, IL	1:50.79
2003	Brittany Johnson	Winston-Salem, NC	1:47.84
2002	Ashley Carusone	North Central, FL	1:49.32
2001	Brittany Johnson	Winston-Salem, NC	1:49.55
2000	Jessi Perruquet	Bloomsburg, PA	1:49.30
1999	Jessi Perruquet	Bloomsburg, PA	1:49.00
1998	Stefanie Williams	Bloomsburg, PA	1:46.33

1997	Stefanie Williams	Bloomsburg, PA	1:47.07
1996	Stefanie Williams	Bloomsburg, PA	1:49.15

EVENT 306

Men's 200 Yard Freestyle

Qualifying Time - 1:45.39

National Record - 1:34.52 Grant House
Countryside, OH at Greensboro, NC 2017



Defending Champion – Grant House
1:34.52 – Countryside, OH

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Grant House	Countryside, OH	**1:34.52
2016	Grant House	Countryside, OH	1:36.48
2015	Brad Zdroik	Somerset Valley, NJ	1:36.58
2014	Zachary Molloy	Ocean County, NJ	1:35.66
2013	Ben Creekmere	Brandywine, DE	1:36.86
2012	Josh Fleagle	Auglaize Mercer, OH	1:37.91
2011	Nicholas Caldwell	Sarasota, FL	1:35.26
2010	John Hauser	Pottstown, PA	1:38.99
2009	Woody Joye	Montgomery East, AL	1:36.65
2008	Morgan Priestley	Birmingham, MI	1:36.54
2007	Morgan Priestley	Birmingham, MI	1:38.18
2006	Morgan Priestley	Birmingham, MI	1:39.20
2005	Andrew Trepp	Wilton, CT	1:38.06
2004	Bobby Savulich	Metuchen-Edison, NJ	1:37.67
2003	Gustavo Calido	Roanoke Central, VA	1:39.28
2002	Gustavo Calido	Roanoke Central, VA	1:40.16
2001	Dan Turpin	Champaign, IL	1:36.42
2000	Dan Turpin	Champaign, IL	1:38.19
1999	Matt Haupt	Carlisle Family, PA	1:39.09
1998	Nathan Rebeck -GTR	Johnstown, PA	1:40.95
1998	Mark Siebert	Upper Main Line, PA	1:40.95
1997	Adam Messner	Ann Arbor, MI	1:37.85
1996	Mario Scussel	N. Oakland Co., MI	1:40.47

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 307

Women's 200 Yard Freestyle Relay

Qualifying Time - 1:39.69
National Record - 1:31.90 – York, PA
at Greensboro, NC, 2016



Defending Champion - 1:32.85
Bath Area, ME

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Bath Area, ME	1:32.85
2016	York, PA	**1:31.90
2015	Middle Tyger, SC	1:32.47
2014	Middle Tyger, SC	1:31.98
2013	York, PA	1:32.05
2012	Middle Tyger, SC	1:33.64
2011	Birmingham, MI	1:33.83
2010	Birmingham, MI	1:35.50
2009	Sarasota, FL	1:34.68
2008	Triangle Area, NC	1:34.07
2007	Triangle Area, NC	1:34.00
2006	Triangle Area, NC	1:33.26
2005	Triangle Area, NC	1:36.10
2004	Plymouth, MI	1:35.10
2003	Plymouth, MI	1:35.32
2002	Roanoke Central, VA	1:35.74
2001	Roanoke Central, VA	1:35.90
2000	Schroeder, WI	1:35.47
1999	Schroeder, WI	1:35.64
1998	Bloomsburg Area, PA	1:35.27
1997	Wilton, CT	1:34.89
1996	Westport, CT	1:36.31

EVENT 308

Men's 200 Yard Freestyle Relay

Qualifying Time - 1:29.49
National Record - 1:21.71 – Springfield, IL
at Greensboro, NC, 2014



Defending Champion - 1:23.48
Sarasota, FL

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Sarasota, FL	1:23.48
2016	Countryside, OH	1:23.33
2015	Somerset Hills, NJ	1:22.21
2015	Springfield, IL	**1:21.71
2013	Triangle Area YMCA, NC	1:22.68
2012	Triangle Area YMCA, NC	1:23.20
2011	Triangle Area YMCA, NC	1:22.58
2010	Triangle Area YMCA, NC	1:23.17
2009	Schroeder, WI	1:23.03
2008	Schroeder, WI	1:24.62
2007	Schroeder, WI	1:23.72
2006	Schroeder, WI	1:23.59
2005	Wilton, CT	1:22.64
2004	Wilton, CT	1:23.89
2003	Lakeland Hills, NJ	1:24.50
2002	Upper Main Line, PA	1:25.01
2001	M.E. Lyons, OH	1:24.14
2000	Boise Family YMCA, ID	1:25.38
1999	Red Bank, NJ	1:24.09
1998	M.E. Lyons YMCA, OH	1:25.03
1997	Upper Main Line, PA	1:25.32
1996	N.W. DuPage, IL	1:24.07

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 401

Women's 500 Yard Freestyle

Qualifying Time - 5:07.69

National Record - 4:39.13 Courtney Harnish
York, PA at Greensboro, NC, 2014



Defending Champion – Courtney Harnish
4:40.27 – York, PA

EVENT 402

Men's 500 Yard Freestyle

Qualifying Time - 4:45.49

National Record - 4:18.01 Nicholas Caldwell
Sarasota, FL, 2011



Defending Champion – Ross Dant
4:21.33 – Hickory, NC

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Courtney Harnish	York, PA	4:40.27
2016	Courtney Harnish	York, PA	4:42.51
2015	Courtney Harnish	York, PA	4:40.11
2014	Courtney Harnish	York, PA	**4:39.13
2013	Danielle Valley	Sarasota, FL	4:42.36
2012	Danielle Valley	Sarasota, FL	4:43.58
2011	Taylor Katz	Sarasota, FL	4:43.64
2010	Haley Lips	Middle Tyger, SC	4:44.14
2009	Haley Lips	Middle Tyger, SC	4:45.73
2008	Leah Gingrich	Harrisburg West Shore, PA	4:43.98
2007	Corinne Showalter	Sarasota, FL	4:41.91
2006	Leah Gingrich	Harrisburg West Shore, PA	4:46.20
2005	Corinne Showalter	Sarasota, FL	4:45.95
2004	Leah Gingrich	Harrisburg West Shore, PA	4:51.03
2003	Margy Keefe	M.E. Lyons, OH	4:45.69
2002	Ashley Carusone	North Central, FL	4:49.30
2001	Katie Nelsen	San Pedro, CA	4:51.94
2000	Jessi Perruquet	Bloomsburg, PA	4:49.02
1999	Jessi Perruquet	Bloomsburg, PA	4:49.84
1998	Mirjana Bosevska	Aquatic Center, FL	4:47.50
1997	Mirjana Bosevska	Orlando, FL	4:49.95
1996	Suzanne Black	Winston-Salem, NC	4:48.37

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Ross Dant	Hickory, NC	4:21.33
2016	Grant House	Countryside, OH	4:22.96
2015	Grant House	Countryside, OH	4:23.57
2014	Ian Rainey	Wilton, CT	4:25.85
2013	Brandon Flynn	York, PA	4:26.60
2012	Naoh Martin	York, PA	4:22.69
2011	Nicholas Caldwell	Sarasota, FL	**4:18.01
2010	Nicholas Caldwell	Sarasota, FL	4:20.28
2009	Patrick Ceddia	Sarasota, FL	4:24.73
2008	Morgan Priestly	Birmingham, MI	4:21.74
2007	Austin Detra	Sarasota, FL	4:26.71
2006	Charlie Houchin	Triangle Area, NC	4:23.71
2005	Hank Browning	M.E. Lyons, OH	4:25.99
2004	Hank Browning	M.E. Lyons, OH	4:25.76
2003	Kevin Nead	M.E. Lyons, OH	4:22.95
2002	Kevin Nead	M.E. Lyons, OH	4:30.19
2001	Matthew Figh	Montgomery, AL	4:33.36
2000	Tim Wera	M.E. Lyons, OH	4:32.09
1999	Scott Armstrong	Somerset Hills, NJ	4:32.90
1998	Shawn Crossman	Aquatic Center, FL	4:31.53
1997	Adam Messner	Ann Arbor, MI	4:23.21
1996	Tim Barry	Oak Park, IL	4:30.70

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 403

Women's 200 Yard Individual Medley

Qualifying Time - 2:10.59
National Record - 1:54.25 Meghan Small
York, PA at Greensboro, NC, 2015



Defending Champion – Abigail Doss
2:00.35 – Sunbury, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Abigail Doss	Sunbury, PA	2:00.35
2016	Meghan Small	York, PA	1:55.86
2015	Meghan Small	York, PA	**1:54.25
2014	Meghan Small	York, PA	1:56.16
2013	Meghan Small	York, PA	1:58.85
2012	Ashlee Linn	Sarasota, FL	2:00.16
2011	Susanna White	Lynchburg, VA	1:58.90
2010	Sada Stewart	York, PA	2:01.15
2009	Corinne Showalter	Sarasota, FL	2:00.26
2008	Corinne Showalter	Sarasota, FL	2:00.58
2007	Dagny Knutson	Minot YMCA	2:01.03
2006	Ashley Jones	Joliet, IL	2:03.22
2005	Ashley Jones	Joliet, IL	2:02.39
2004	Ashley Jones	Joliet, IL	2:01.00
2003	Brittany Johnson	Winston-Salem, NC	2:00.23
2002	Brittany Johnson	Winston-Salem, NC	2:02.10
2001	Brittany Johnson	Winston-Salem, NC	2:01.75
2000	Corrie Clark	Upper Main Line, PA	2:02.21
1999	Sara Johnson	Birmingham, MI	2:02.87
1998	Corrie Clark	Upper Main Line, PA	2:03.41
1997	Melissa Olson	Huntington, WV	2:03.38
1996	Ericka Acuff	Upper Main Line, PA	2:03.25

EVENT 404

Men's 200 Yard Individual Medley

Qualifying Time - 1:58.89
National Record - 1:45.76 Paul DeLakis
Eau Claire, WI at Greensboro, NC 2017



Defending Champion – Paul DeLakis
1:45.76 – Eau Claire, WI

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Paul DeLakis	Eau Claire, WI	**1:45.76
2016	Paul DeLakis	Eau Claire, WI	1:46.36
2015	Bryce Keblish	Westport/Westin, CT	1:47.33
2014	Colin Ellington	Triangle Area, NC	1:47.32
2013	Colin Ellington	Triangle Area, NC	1:50.81
2012	John Bshman	Green Bay, WI	1:48.98
2011	Dominick Glavich	Triangle Area, NC	1:48.28
2010	Dominick Glavich	Triangle Area, NC	1:48.77
2009	Woody Joye	Montgomery East, AL	1:47.09
2008	Woody Joye	Montgomery East, AL	1:50.84
2007	Scott Marino	Fanwood, NJ	1:50.55
2006	Marshel Renz	Spokane, WA	1:51.35
2005	Dan Priestley	Birmingham, MI	1:50.17
2004	CJ Nuess	Spokane, WA	1:51.00
2003	Michael Alexandrov	Champaign County, IL	1:48.72
2002	Scott Weir	Grand Rapids, MI	1:49.87
2001	Dan Turpin	Champaign County, IL	1:47.10
2000	Dan Turpin	Champaign County, IL	1:49.45
1999	Jaffrey Clark	Upper Main Line, PA	1:50.27
1998	Tim Carlson	N.W. DuPage, IL	1:50.47
1997	Tim Carlson	N.W. DuPage, IL	1:53.08
1996	Matt Braun	South Oakland, MI	1:52.60

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 405

Women's 50 Yard Freestyle

Qualifying Time - 24.69
National Record - 22.19 Katrina Konopka
Middle Tyger, SC at Greensboro, NC 2015



Defending Champion – Bailey Grinter
22.75 – Edwardsville, IL

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Bailey Grinter	Edwardsville, IL	22.75
2016	Ky-Lee Perry	Wilton, CT	22.27
2015	Katrina Konopka	Middle Tyger, SC	**22.19
2014	Katrina Konopka	Middle Tyger, SC	22.46
2013	Katrina Konopka	Middle Tyger, SC	22.55
2012	Katrina Konopka	Middle Tyger, SC	22.69
2011	Nicki Barczak	Birmingham, MI	23.21
2010	Margo Geer	Springfield, OH	22.67
2009	Margo Geer	Springfield, OH	22.68
2008	Emily Lloyd	Anne Arundel, MD	23.40
2007	Emily Lloyd	Anne Arundel, MD	23.57
2007	Teresa Long	YMCA of Triangle	23.57
2006	Teresa Long	Triangle Area, NC	23.23
2005	Payton Johnson	Champaign Co., IL	23.56
2004	Abbie King	Bath, ME	23.51
2003	Claire Woodall-Gainey	Roanoke Central, VA	23.37
2002	Christie Raleigh	Ocean County, NJ	23.33
2001	Sara Petric	Schroeder, WI	23.67
2000	Jessi Perruquet	Bloomsburg, PA	23.86
1999	Cortnee Adams	Schroeder, WI	23.32
1998	Stefanie Williams	Bloomsburg Area, PA	23.08
1997	Lauren Moore	Wilton, CT	23.46
1996	Lauren Moore	Wilton, CT	23.21

EVENT 406

Men's 50 Yard Freestyle

Qualifying Time - 22.09
National Record - 19.58 Ryan Held
Springfield, IL at Greensboro, NC 2014



Defending Champion – Henry Schutte
20.19 – Rapid Area, MI

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Henry Schutte	Rapid Area, MI	20.19
2016	Hugo Sykes	Wilton, CT	20.33
2015	Sebastian Lutz	Somerset Hills, NJ	20.08
2014	Ryan Held	Springfield, IL	**19.58
2013	Ryan Held	Springfield, IL	19.92
2012	Josh Fleagle	Auglaize Mercer, OH	20.19
2011	Joe Bonk	Triangle Area, NC	20.49
2010	Mitchell Friedmann	Schroeder, WI	20.33
2009	James Wells	Bath Area, ME	20.50
2008	Peter Geissinger	YMCA of Darien Co.	20.40
2006	Matt Donch	Triangle Area, NC	20.59
2007	Peter Geissinger	YMCA of Darien Co.	20.59
2005	Dan Priestley	Birmingham, MI	20.48
2004	Andrew Langenfeld	Mount Vernon, IL	20.62
2003	Gary Grant	Lakeland Hills, NJ	20.34
2002	Christopher Hagedorn	Harrison County, WV	20.44
2001	Scott Weir	Grand Rapids, MI	20.82
2001	Christopher Hagedorn	Harrison County, WV	20.82
2000	Jon Haag	Mansfield, Ohio	20.43
1999	Jon Haag	Mansfield, Ohio	20.78
1998	William Sargent	Birmingham Family, MI	20.89
1997	Nick Cheney	Lima, OH	20.96
1996	Jamie Holder	M.E. Lyons, OH	20.80

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 407

Women's 800 Yard Freestyle Relay

Qualifying Time - 7:48.99
National Record - 7:10.06 - York, PA
at Greensboro, NC, 2015



Defending Champion - 7:16.91
York, PA

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	York, PA	7:16.91
2016	York, PA	7:12.16
2015	York, PA	**7:10.06
2014	York, PA	7:10.38
2013	York, PA	7:14.17
2012	Sarasota, FL	7:17.82
2011	Sarasota, FL	7:16.25
2010	Sarasota, FL	7:20.85
2009	Middle Tyger, SC	7:18.09
2008	Sarasota, FL	7:25.86
2007	Sarasota, FL	7:23.46
2006	Sarasota, FL	7:26.77
2005	Sarasota, FL	7:28.16
2004	Plymouth, MI	7:32.67
2003	M.E. Lyons, OH	7:24.42
2002	M.E. Lyons, OH	7:30.94
2001	Winston-Salem Central Branch, NC	7:33.28
2000	Winston-Salem Central Branch, NC	7:36.06
1999	Schroeder, WI	7:34.23
1998	Aquatic Center, FL	7:26.67
1997	Bloomsburg, PA	7:31.09
1996	Wilton, CT	7:31.68

EVENT 408

Men's 800 Yard Freestyle Relay

Qualifying Time -89:09.99
National Record - 6:34.21 Sarasota, FL
at Greensboro, NC 2017



Defending Champion - 6:34.89
Sarasota, FL

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Sarasota, FL	**6:34.89
2016	Sarasota, FL	6:35.21
2015	Sarasota, FL	6:37.01
2014	Triangle Area YMCA	6:37.11
2013	Sarasota, FL	6:41.36
2012	Sarasota, FL	6:38.41
2011	Triangle Area YMCA	6:37.17
2010	Upper Main Line, PA	6:42.01
2009	Sarasota, FL	6:38.95
2008	Sarasota, FL	6:43.98
2007	Sarasota, FL	6:48.94
2006	Triangle Area, NC	6:43.47
2005	M.E. Lyons YMCA, OH	6:46.50
2004	M.E. Lyons YMCA, OH	6:43.02
2003	M.E. Lyons YMCA, OH	6:45.52
2002	M.E. Lyons YMCA, OH	6:49.52
2001	M.E. Lyons YMCA, OH	6:44.79
2000	M.E. Lyons YMCA, OH	6:44.77
1999	M.E. Lyons YMCA, OH	6:49.62
1998	M.E. Lyons YMCA, OH	6:50.15
1997	Ann Arbor, MI	6:52.48
1996	N. Oakland Co., MI	6:52.62

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 501

Women's 200 Yard Butterfly

Qualifying Time - 2:11.99
National Record - 1:54.37 Courtney Harnish
York, PA at Greensboro, NC 2015



Defending Champion – Caitlin Tycz
1:56.65 – Bath Area, ME

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Caitlin Tycz	Bath Area, ME	1:56.65
2016	Courtney Harnish	York, PA	1:56.92
2015	Courtney Harnish	York, PA	**1:54.37
2014	Courtney Weaver	Greater Flint, MI	1:56.51
2013	Courtney Weaver	Greater Flint, MI	1:57.24
2012	Hali Flickinger	York, PA,	1:56.52
2011	Hali Flickinger	York, PA,	1:56.70
2010	Haley Lips	Middle Tyger, SC	1:58.97
2009	Haley Lips	Middle Tyger, SC	1:58.41
2008	Leah Gingrich	West Shore, PA	1:56.75
2007	Leah Gingrich	West Shore, PA	1:59.01
2006	Yumi So	Crescenta-Canada, CA	2:00.76
2005	Emily Christy	Boyertown, PA	2:00.45
2004	Ashley Jones	Joliet, IL	2:00.98
2003	Ashley Carusone	North Central, FL	1:57.91
2002	Ashley Carusone	North Central, FL	2:00.61
2001	Christy Olin	N.W. DuPage, IL	2:02.18
2000	Christy Olin	N.W. DuPage, IL	2:02.40
1999	Rachel Johnson	Champaign County, IL	2:01.76
1998	Kristen Sissener	N.W. DuPage, IL	2:02.32
1997	JoEllen Scheirman	Huntington, WV	2:03.69
1996	McCall Dorr	Boise, ID	2:01.08

EVENT 502

Men's 200 Yard Butterfly

Qualifying Time - 1:58.99
National Record - 1:44.76 Corey Gambardella
Soundview, CT at Greensboro, NC, 2017



Defending Champion – Corey Gambardella
1:44.76 – Soundview, CT

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Corey Gambardella	Soundview, CT	**1:44.76
2016	Daniel Hein	Kishwaukee, WI	1:46.40
2015	Daniel Hein	Kishwaukee, WI	1:46.33
2014	Ben Creekmore	Upper Main Line, PA	1:47.63
2013	Ben Creekmore	Brandywine, DE	1:47.55
2012	Leo Lim	Wycoff, NJ	1:46.93
2011	Dominick Glavich	Triangle Area, NC	1:47.13
2010	Nathan Hart	W. North Carolina	1:46.61
2009	Luke Bushman	Green Bay Metro, WI	1:46.07
2008	Tim Phillips	Marrietta, OH	1:48.44
2007	Matt Donch	Triangle Area, NC	1:49.36
2006	Matt Donch	Triangle Area, NC	1:49.32
2005	Brian Wilson	Summit Area, NJ	1:48.87
2004	Pat Reams	South Shores, MA	1:50.10
2003	Sam Masson	Boise, ID	1:46.66
2002	Michael Alexandrov	Champaign County, IL	1:50.77
2001	Jayme Cramer	M.E. Lyons, OH	1:45.58
2000	Jayme Cramer	M.E. Lyons, OH	1:46.33
1999	Jayme Cramer	M.E. Lyons, OH	1:49.11
1998	Shaun Crossman	Aquatic Center, FL	1:49.59
1997	Tim Barry	Oak Park, IL	1:50.93
1996	Brian Marsh	Roanoke Central, VA	1:51.04

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 503

Women's 100 Yard Freestyle

Qualifying Time - 53.59
National Record - 48.50 Katrina Konopka
Middle Tyger, SC at Greensboro, NC, 2015



Defending Champion – Sara Grinalds
48.85 – Westport/Weston, CT

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Sara Grinalds	Westport/Weston, CT	48.85
2016	Ky-Lee Perry	Wilton, CT	48.79
2016	Katrin a Konopka	Middle Tyger, SC	**48.50
2014	Alexandra Meyers	Schroeder, WI	49.89
2013	Adriana Grabski	Sunbury, PA	49.75
2012	Jenna Immorino	Somerset Hills, NJ	50.12
2011	Nickki Barczak	Birmingham, MI	50.23
2010	Margo Geer	Springfield, OH	48.89
2009	Margo Geer	Springfield, OH	49.02
Tie	Emily Lloyd	Anne Arudel, MD	49.02
2008	Margo Geer	Springfield, OH	50.20
2007	Dagny Knutson	Minot YMCA	50.22
2006	Teresa Long	Triangle Area, NC	50.29
2005	Kayla Andrews	Kennett, PA	51.33
2004	Noelle Martin	Winston-Salem, NC	51.45
2003	Lindsey Smith	Plymouth, MI	50.92
2002	Claire Woodall-Gainey	Roanoke Central, VA	51.03
2001	Rebecca Helwig	Somerset Hills, NJ	51.42
2000	Jessi Perruquett	Bloomsburg, PA	51.26
1999	Cortnee Adams	Schroeder, WI	50.43
1998	Stefanie Williams	Bloomsburg, PA	49.23
1997	Stefanie Williams	Bloomsburg, PA	50.10
1996	Stefanie Williams	Bloomsburg, PA	50.32

EVENT 504

Men's 100 Yard Freestyle

Qualifying Time - 48.19
National Record - 43.31 Ryan Held
Springfield, IL at Greensboro, NC 2014



Defending Champion – Thomas Roark
44.36 – Boise, ID

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Thomas Roark	Boise, ID	44.36
2016	John Whiteside	Westport/Weston, CT	44.17
2015	Sebastian Lutz	Somerset Hills, NJ	43.65
2014	Ryan Held	Springfield, IL	**43.31
2013	Ryan Held	Springfield, IL	43.91
2012	Josh Fleagle	Auglaize Mercer, OH	43.41
2011	Josh Fleagle	Auglaize Mercer, OH	44.63
2010	Mitchell Friedmann	Schroeder, WI	44.24
2009	Tim Phillips	Marietta, OH	44.11
--			
2008	Evan Reed	Upper Main Line, PA	44.51
2007	Matt Donch	Triangle Area, NC	44.97
2006	John Lytle	Clearfield, PA	45.16
2005	Dan Priestley	Birmingham, MI	45.42
2004	Dan Priestley	Birmingham, MI	45.47
2003	Gary Grant	Lakeland Hills, NJ	45.17
2002	Scott Weir	Grand Rapids, MI	45.24
2001	Max Lessner	Blue Ash, OH	45.25
2000	Jon Haag	Mansfield, OH	44.93
1999	Jon Haag	Mansfield, OH	44.98
1998	William Sargent	Birmingham Family, MI	46.08
1997	Mario Scussel	N. Oakland Co., MI	45.61
1996	Chad Gaden	N.W. DuPage, IL	45.63

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 505

Women's 100 Yard Breaststroke

Qualifying Time - 1:08.19
National Record - 1:00.24 Meghan Small
York, PA at Greensboro, 2016



Defending Champion – Brooke Perrotta
1:00.73 – Cheshire, CT

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Brooke Perrotta	Cheshire, CT	1:00.73
2016	Meghan Small	York, PA	**1:00.24
2015	Alyssa Arwood	Western North Carolina, NC	1:01.40
2014	Alyssa Arwood	Western North Carolina, NC	1:01.44
2013	Bethany Leap	Sarasota, FL	1:01.71
2012	K.C. Moss	New Canaan, CT	1:02.97
2011	Leah Pronschinske	Eau Claire, WI	1:01.95
2010	Leah Pronschinske	Eau Claire, WI	1:01.43
2009	Emily Weir	Greenwich, CT	1:03.15
2008	Laura Johnson	Montgomery, AL	1:03.00
2007	Lindsey Graessle	Countryside, OH	1:04.24
2006	Lindsey Graessle	Countryside, OH	1:03.05
2005	Lindsey Graessle	Countryside, OH	1:04.14
2004	Lindsey Graessle	Countryside, OH	1:04.05
2003	Lauren Brick	Rappahannock, VA	1:03.19
2002	Amy Wheatley	Montgomery, AL	1:02.98
2001	Annie Babicz	Sarasota, FL	1:03.05
2000	Corrie Clark	Upper Main Line, PA	1:02.68
1999	Corrie Clark	Upper Main Line, PA	1:02.25
1998	Corrie Clark	Upper Main Line, PA	1:03.67
1997	Kelly Jones	Kettering, OH	1:03.04
1996	Shannon Suddarth	Topeka, KS	1:03.55

EVENT 506

Men's 100 Yard Breaststroke

Qualifying Time - 1:01.09
National Record - 53.16 Max McHugh
Door County, WI at Greensboro, NC, 2016



Defending Champion – Max McHugh
53.44 - Door County, WI

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Max McHugh	Door County, WI	53.44
2016	Max McHugh	Door County, WI	**53.16
2015	Max McHugh	Door County, WI	54.89
2014	Conner McHugh	Door County, WI	53.47
2013	Conner McHugh	Door County, WI	54.03
2012	Conner McHugh	Door County, WI	55.40
2011	Christian Higgins	Wilton, CT	53.69
2010	Christian Higgins	Wilton, CT	55.73
2009	William Colbert	Schroeder, WI	54.27
2008	Mitchell Scherer	Pottstown, PA	56.86
2007	Mitchell Scherer	Pottstown, PA	57.63
2006	Luke Boutwell	Montgomery, AL	56.61
2005	Jeffrey Sudbury	Wilton, CT	56.99
2004	CJ Nuess	Spokane, WA	57.18
2003	Matt Lowe	Minot, ND	54.84
2002	Chris Ippoliti	Upper Main Line, PA	56.62
2001	Rob Kauscher	M.E. Lyons, OH	56.82
2000	Aaron McCracken	Schroeder YMCA, WI	56.79
1999	Christopher Maurer	Reading/Berks, PA	56.94
1998	Justin Rhine	Aquatic Center, FL	56.95
1997	Matt Ihlenfeld	N.W. DuPage, IL	56.49
1996	Rob Henikman	Mansfield, OH	57.18

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 507

Women's 400 Yard Medley Relay

Qualifying Time - 4:00.39

National Record - 3:37.81 – Middle Tyger, SC at Greensboro, NC, 2015



Defending Champion - 3:43.18
Cheshire, CT

<u>Year</u>	<u>Association</u>	<u>Time</u>
2017	Cheshire, CT	3:43.18
2016	York, PA	3:38.69
2015	Middle Tyger, SC	**3:37.81
2014	Middle Tyger, SC	3:39.34
2013	York, PA	3:40.60
2012	York, PA	3:43.47
2011	Middle Tyger, SC	3:43.09
2010	Middle Tyger, SC	3:44.98
2009	Middle Tyger, SC	3:44.38
2008	Triangle Area, NC	3:46.94
2007	West Shore YMCA, PA	3:49.11
2006	Triangle Area, NC	3:50.36
2005	West Shore, PA	3:49.84
2004	Plymouth, MI	3:47.08
2003	Plymouth, MI	3:51.75
2002	Bloomsburg, PA	3:55.32
2001	Cheshire, OH	3:52.57
2000	Schroeder, WI	3:50.93
1999	Schroeder, WI	3:51.52
1998	Aquatic Center, FL	3:47.04
1997	Bloomsburg, PA	3:52.04
1996	Bloomsburg, PA	3:53.00

EVENT 508

Men's 400 Yard Medley Relay

Qualifying Time - 3:37.19

National Record - 3:17.93 – Sarasota, FL at Greensboro, NC, 2017



Defending Champion - 3:17.93
Sarasota, FL

<u>Year</u>	<u>Association</u>	<u>Time</u>
2107	Sarasota, FL	**3:17.93
2016	Sarasota, FL	3:19.73
2015	Somerset Valley, NJ	3:20.09
2014	Somerset Valley, NJ	3:18.94
2013	Somerset Valley, NJ	3:18.14
2012	Upper Main Line, PA	3:22.05
2011	Triangle Area YMCA, NC	3:20.14
2010	Middle Tyger, SC	3:21.17
2009	Schroeder, WI	3:18.89
2008	Schroeder, WI	3:24.00
2007	Schroeder, WI	3:28.32
2006	Franklin County, VA	3:23.30
2005	Wilton, CT	3:25.11
2004	Wilton, CT	3:29.25
2003	Lakeland Hills, NJ	3:25.51
2002	Upper Main Line, PA	3:26.20
2001	M.E. Lyons, OH	3:21.05
2000	M.E. Lyons, OH	3:23.71
1999	M.E. Lyons, OH	3:25.52
1998	M.E. Lyons, OH	3:24.34
1997	M.E. Lyons, OH	3:25.05
1996	Lakeland Hill, NJ	3:25.00

2018 YMCA SHORT COURSE DEFENDING CHAMPIONS

EVENT 509

Women's 1650 Yard Freestyle

Qualifying Time - 17:32.99

National Record - 16:04.69 Danielle Valley
Sarasota, FL at Greensboro, NC, 2013



Defending Champion – Leah Braswell
16:17.01 – York, PA

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Leah Braswell	York, PA	16:17.01
2016	Cassy Jernberg	Schroeder, WI	16:10.76
2015	Cassy Jernberg	Schroeder, WI	16:12.89
2014	Courtney Harnish	York, PA	16:09.77
2013	Danielle Valley	Sarasota, FL	**16:04.69
2012	Danielle Valley	Sarasota, FL	16:19.10
2011	Danielle Valley	Sarasota, FL	16:10.19
2010	Danielle Valley	Sarasota, FL	16:22.88
2009	Laura Simon	Middle Tyger, SC	16:21.77
2008	Leah Gingrich	Harrisburg West Shore, PA	16:25.85
2007	Leah Gingrich	Harrisburg West Shore, PA	16:04.96
2006	Leah Gingrich	Harrisburg West Shore, PA	16:17.34
2005	Corinne Showalter	Sarasota, FL	16:28.02
2004	Kaitline O'Brien	Montclair, NJ	16:43.97
2003	Katie Nelson	San Pedro, CA	16:21.56
2002	Katie Nelson	San Pedro, CA	16:27.76
2001	Katie Nelson	San Pedro, CA	16:37.06
2000	Sara Fiden	S. Community, OH	16:29.41
1999	Emily Fenn	Westport/Weston, CT	16:39.22
1998	MirJana Bosevska	Aquatic Center, FL	16:24.27
1997	MirJana Bosevska	Orlando, FL	16:29.92
1996	Amy Lindblom	Wilton, CT	16:19.05

EVENT 510

Men's 1650 Yard Freestyle

Qualifying Time - 16:27.29

National Record - 14:57.03 Ross Dant
Hickory, NC at Greensboro, NC, 2017



Defending Champion – Ross Dant
14:57.03 – Hickory, NC

<u>Year</u>	<u>Name</u>	<u>Association</u>	<u>Time</u>
2017	Ross Dant	Hickory, NC	**14:57.03
2016	Drew Clark	Sarasota, FL	15:09.24
2015	Drew Clark	Sarasota, FL	15:07.83
2014	Drew Clark	Sarasota, FL	15:10.39
2013	Brandon Flynn	York County, PA	15:25.64
2012	Noah Martin	York County, PA	15:12.12
2011	Nicholas Caldwell	Sarasota, FL	15:10.10
2010	Alex Miller	ME Lyons, OH	15:19.90
2009	Chris Kramer	York County, PA	15:20.72
2008	Travis McNamara	Cheshire, CT	15:23.62
2007	Austin Detra	Sarasota, FL	15:23.79
2006	Charlie Houchin	Triangle Area, NC	15:10.41
2005	Charlie Houchin	Triangle Area, NC	15:20.00
2004	Hank Browning	M.E. Lyons, OH	15:21.88
2003	Kevin Nead	M.E. Lyons, OH	15:20.51
2002	Kevin Nead	M.E. Lyons, OH	15:35.85
2001	Ma Zayd	Plymouth, MI	15:32.30
2000	Ma Zayd	Plymouth, MI	15:43.90
1999	Matthew Yacco	Westport/Weston, CT	15:38.54
1998	Jeff May	Sarasota, FL	15:28.69
1997	Jeff May	Sarasota, FL	15:15.84
1996	Garrett Mangieri	Ridgewood, NJ	16:28.13



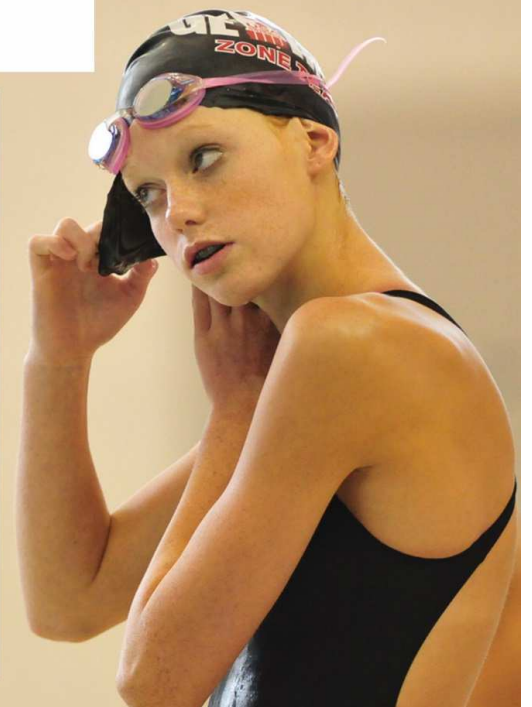
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CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Alamance County Community YMCA - NC

Anchorage Alaska YMCA - AK

- Camille Dayton - University of Alaska Fairbanks

Anderson Area YMCA - SC

- Auburn Dantice - Clemson University

Ankeny Family YMCA - IA

Ashland Area YMCA - KY

Auburn YMCA - NY

- Margaret Angotti - Undecided
- Claire Rejman - Undecided
- Kennedy Wilson - Undecided

Auglaize Mercer Counties YMCA - OH

- Ezra Ferguson- Malone University

Bangor YMCA - ME

Bath Area Family YMCA - ME

- Brian Hess-Undecided

Bayside Branch YMCA - RI

- Aidan Lane -Dennison College
- Andrew Mungovan

Beaumont Centre Family YMCA - KY

- Uzezi Oddo - undecided

Benbrook Community Center YMCA - TX

- Schuyler(Klifford) Morgan - undecided

Bethlehem YMCA - PA

- Chris Chambers - Lehigh U
- Kendra Smith Penn State U
- Jase Smith
- Anna Lehr
- Sabrina Krotzer - Susquehanna U
- Robert Negron

Birmingham Family YMCA - MI

- Katie Minnich- University of Michigan
- Haley Dolan- Boston College
- Alex Margherio- University of Texas
- Timmy Page- William & Mary
- Camille Rochaix- NYU
- Allen Diao- Undecided
- Kaden Schwaiger- Undecided
- Lucas Misra- Undecided
- Michael Aprasi- Denison University

Birmingham Metropolitan YMCA - AL

Bloomsburg Area YMCA - PA

- Hanna Everhart - Duquesne
- Jenna Madden - undecided

Blue Ash YMCA - OH

- Chet Dobson - undecided

Boise Family YMCA - ID

- Michael Chang- Whitman College-WA
- Sydney Christensen- BYU
- Jackson Cunningham-U of Utah
- Gage Dewsbury- Morningside College-Iowa
- Sammie Eyolfson- Notre Dame
- Sam Miller -undecided
- Ciera Nasso-California State U -East Bay
- Thomas Roark-LSU
- Nikita Rubocki-unde

Boyertown Area YMCA - PA

BR Ryall NW Dupage YMCA - IL

Bradford Family YMCA - PA

Brandywine DE YMCA - DE

Bremerton YMCA - WA

Burbank Branch YMCA - MA

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Burlington Camden County YMCA - NJ

- Tommy Schurer - University of Connecticut
- Reid Greer - Lehigh University
- Kyle Worrell - Louisville University
- Anna Mecca - University of Connecticut
- Abby Wilson - Washington Univ of St. Louis
- Nicole Harms - Rider University

Carlisle Family YMCA - PA

- Devon Chenot - Penn State University
- Sam Nonemaker - Undecided

Cecil County YMCA - MD

Central Bucks Family YMCA - PA

Central Florida Metro YMCA - FL

- Meredith Ginn - Carson Newman University
- Rose Olivares - Pontifical Catholic Univ of Puerto Rico

Chambersburg Memorial YMCA - PA

- Annabelle McCullough - Saint Francis

Champaign County YMCA - IL

Cheshire YMCA - CT

- Elizabeth Boyer - Harvard University
- Ben Brewer - Boston University
- Jordyn Deubel - Marist College
- Dia Gawronski - US Air Force Academy
- Brian Goggin - South Western Oregon
- Mia Leko - Dartmouth College
- Jenna Molnar - Ithaca College
- Maddie Mowad - Fa

Clearfield YMCA - PA

Clifton Springs Area YMCA - NY

Coffman Family YMCA - OH

Cole Center Family YMCA - IN

- Griffen Dafforn Koebler -Trine Univeristy

Columbia Northwest Family YMCA - SC

Corry YMCA - PA

- Allison Ahl - Gannon University

Countryside Ralph Stolle YMCA - OH

- Shannon Jelley - Rice University
- J.C. Prugh - Davidson
- Corinne Baber - Eastern Michigan
- Mckenzie Rice - University of Akron
- Ally Carlin - US Air Force Academy
- Alyson Wilson -Youngstown State University
- Emilee Carlin -Undecided
- Sophie Carlin - Undecided

Cross Island YMCA - NY

Decatur Family YMCA - IL

Delaware Community Center YMCA - OH

Delta County YMCA - MI

Door County YMCA - WI

- Max McHugh University of Minnesota

Down East Family YMCA - ME

- Ava Sealander - Scripps College
- Richie Matthews - Wheaton college

Duanesburg YMCA - NY

Dubuque Iowa YMCA - IA

East Hampton RECenter YMCA - NY

Eastern Lycoming YMCA - PA

Eau Claire Wisconsin YMCA - WI

- Carissa Henderson - UW Green Bay
- Whitney Fuse - St. Cloud State University
- Haley Jones- Dixie State Utah

Edwardsville YMCA - IL

- Jonny Olson - Texas A&M
- Emily Webb - Indiana State University
- Sahar Rabiei - Ohio State University

Fairfax County YMCA in Reston - VA

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Fanwood Scotch Plains YMCA - NJ

- Monika Burzynski - University of Pennsylvania
- Rachel Maizes - University of Pennsylvania
- Danielle Maizes - Cornell University
- Marlise Moesch - Yale University
- Erika Frazier - University of Miami
- Anna Dunchus - University of Virginia
- John Piccinic -

Farmington Family YMCA - MI

- Aubrey East - Saginaw Valley State
- Hailey Stewart - Saginaw Valley State

Farmington Valley Branch YMCA - CT

Florida First Coast - FL

- Jesse Hagy-Bates College

Flushing YMCA - NY

- Daniel Hadary - Iona College

Four Rivers Area Branch YMCA - MO

Fox Cities YMCA - WI

Franklin YMCA - PA

Frederick County YMCA - MD

- Collin Mood- UMBC
- Christian Tolino -Gettysburg College

Freeland YMCA - PA

Gahanna YMCA - OH

- Hannah Snedden - University of Cincinnati
- Payton Vogelgesang - University of Kentucky

Geauga Branch YMCA - OH

- Jayne Sopenski
- Katarina Valentic

Glens Falls YMCA - NY

- Zoe Gavin - Niagara University

Goldsboro Family YMCA - NC

Greater Burlington YMCA - VT

Greater Canandaigua YMCA - NY

Greater Flint YMCA - MI

Greater Montgomery YMCA - AL

Greater Spartanburg YMCA - SC

- Jacob Hammond-Unclassified
- Rachel Peden-Unclassified
- Rachel Reistroffer-NYU
- Madeline Reilly-Michigan State
- Makenzie Blaakman-University of North Florida
- Jake Prewette-Unclassified

Greater Susquehanna Valley YMCA - PA

Green Bay YMCA Metro - WI

- John Gahnz - St. Thomas
- Alec Jeffers - Unclassified

Greensboro YMCA - NC

- Virginia Gilliland - Davidson College
- Alaina Joyce - University of Indianapolis
- Ethan Knorr - East Carolina University

Greenwich YMCA - CT

- Thacher Scannell - Davidson College
- Paula Scanlan - University of Pennsylvania
- Hannah Subramaniam - University of Chicago

Grove City YMCA-PA - PA

Hagerstown Maryland YMCA - MD

Hamilton Area NJ YMCA - NJ

- Marc Consiglio - Cabrini University
- Matt Chan - New York University

Harrison Area YMCA - WV

- Kelsey Drennen and she plans to go to University of California P.A.

Hatboro Area YMCA - PA

- Ian Palau - Penn State University

Hickory Foundation YMCA - NC

- Anna Durak - Princeton
- Ruth Hulleter - Carson-Newman

Hilliard YMCA - OH

Hollidaysburg Area YMCA - PA

- Shani Evans

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Huntington YMCA - NY

Indiana County YMCA - PA

- Kara Gibbon
- Lindsey Griffith
- Lauren Krecota

Jackson Community YMCA - OH

Jennersville YMCA - PA

- Alexandra Savory
- Wyatt Urbine

Jerry L Garver YMCA - OH

Joliet YMCA - IL

- Rayna Harter
- Worcester Polytech Institute

Kennebec Valley YMCA - ME

Kennett Area YMCA - PA

Kishwaukee Family YMCA - IL

- Sarah Hein - Illinois State
- Mallory Pitstick - Youngstown State
- Elissa Roose - LIU Post
- Riley Lohse - IUPUI
- Wade Lyles - Kentucky
- Cole Moon - Stevens Point

Kleptz YMCA - OH

- Justin DeLano - Ohio Northern
- Justin Parrett

La Crosse Area Family YMCA - WI

- Anja Enervold- Minnesota State Univ- Mankato
- Garrett Wise- Arizona State

Lake County East End YMCA - OH

Lakeland Hills Family YMCA - NJ

- Kate Bernauer - Misericordia U
- Alexis Faria - Bucknell U
- Katie Kiely - U Penn
- Chloe Rippey - Liberty U
- Sarah Scelsa - Fairfield U
- Joe Om - Undecided
- Gary Sun - Amherst College
- Sean Tan - Williams College
- Justin Yang - Bowdoin College
- Will Zhang

Lakota Family YMCA - OH

Lancaster and Fairfield YMCA - OH

- Michael Lewis - Baldwin Wallace College
- Taci Miller - Youngstown State University
- Hannah Parkman - Undecided
- Olivia Schmelzer - University of Cincinnati
- Catherine Shook - Central Ohio Technical College

Lansdowne YMCA - PA

Laurel East Hartford YMCA - CT

- Cian Beaulieu - UCONN
- Blake Fulton - Undecided
- Chris Walker - Undecided
- Matthew Titterton - Undecided

Lebanon Valley Family YMCA - PA

Liberty Township Powell YMCA - OH

Lionville Community YMCA - PA

Lowes YMCA - NC

Lynchburg YMCA - VA

- Carrington Erquiaga - Liberty University
- Ashley Sennett - Liberty University
- Emma Kate Russell - Randolph-Macon College
- Brian Grimmett - Roanoke College
- Brendan Murray - undecided
- Sutton Schonfelder - Roanoke College

Macomb Family YMCA - MI

- Emily Sawyer- William Jewell College

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Malden YMCA - MA

Manitowoc Two Rivers Area YMCA - WI

Martinsville and Henry Co YMCA - VA

- Connor Kinkema- Naval Academy

ME Lyons Anderson YMCA - OH

Metuchen Edison YMCA - NJ

Meyers Lake YMCA - OH

Michiana YMCA - IN

- Madison Blakesley - University of Arizona

New Bedford YMCA - MA

New Canaan Community YMCA - CT

- Peter Sloan - Fairfield University
- Amanda Conte
- Erika Ehret - Washington and Lee University
- Caroline Sweeney - Bates College
- Lizzy Colwell - Vanderbilt University

New Castle Community YMCA - PA

Newport County YMCA - RI

North Canton Community YMCA - OH

- Seth Brown - Case Western Reserve
- Regan Maxwell - Miami U
- Derek Mckinney - Bowling Green University

North Oakland Family YMCA - MI

North Shore Sterling MA YMCA - MA

- Austin Halstead - Wheaton College
- Meagan Hathaway - Bucknell University
- Coleman Komishane - Bowdoin College
- Max Martin - Undecided
- Olivia Piacentini - Bates College
- Nicole Welch - Villanova University
- Oliver Zmetrovich - University of Pennsylvania

Northern York County YMCA - ME

Northwest North Carolina YMCA - NC

- Josh Lenchick -
- Jacob Greene - Undecided
- John Day - Undecided

Ocean County YMCA - NJ

Old Town Orono YMCA - ME

- Colby Prouty- University Of Connecticut

Oshkosh Community YMCA - WI

- Gabby Mullally - University of Minnesota
- Ann Van Hout - St. Thomas University

Parkersburg YMCA - WV

Phoenixville Branch YMCA - PA

- Kira Buchler- undecided
- Taylor Ament - Loyola (Md.)

Piedmont Family YMCA - VA

- John David Cramer-PVCC
- Parker Devilier - Roanoke College
- Maren Weathersby - University of Maryland Baltimore County
- Noah Holstege - Calvin College

Pocono Family YMCA - PA

- Liam Naturale - Maine Maritime Academy
- Diego Mendieta - Undecided
- Zachary Wolbert - Undecided

Powel Crosley Jr YMCA - OH

- Grayce Akers - The Ohio State University
- Philip Bocker - The Ohio State University
- Lucy Callard - Duke University
- Dan Cashell - US Naval Academy
- Sabrina Chu - Eastern Illinois University
- Nick Denson - Undecided
- Ben Enderle - Undecided
- Will Jordan

Prattville YMCA - AL

Randolph YMCA - NJ

- Jessica Spitzer - Denison University

Rapid Area YMCA - MI

- Ben Puglessi - Seton Hall
- Felicity Buchmaier - North Carolina State
- Matthew Wilson - Depauw University
- Maddie Breay - Hillsdale College

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

RC Durr Family YMCA - KY

Reading and Berks County YMCA - PA

- Colin Gwiazdowski - University of Arizona
- Rachel Johnson - Indiana Univ of Pennsylvania
- Corinne McCurley - Drexel

Red Bank Branch YMCA - NJ

- Matt Chang - Cornell University
- Dimitri Maldonado - Rider University
- Megan Schienvar - Florida Gulf Coast
- Marie Schobel - Penn State University
- Max Walther - Princeton University
- Connor Wright - Fordham University

Regional YMCA of Western Connecticut - CT

- Mary Hufziger - Tufts University

Ridgewood Branch YMCA - OH

- Anna Martin - Miami University
- Anna Weber - Calvin College
- Colton Phelps - Oakland University
- Mason Romstadt - Cleveland State University

Ridgewood YMCA - NJ

- Zoe Chan - TCNJ
- Addie Paige - Colby College
- Justin Song - Colgate University

Ridley Area YMCA - PA

Rock Hill Aquatics Center YMCA - SC

- Owen Corkery-Undecided
- Tanner Debus-Rowan University

Rocky Mount Family YMCA - NC

Rocky Run YMCA - PA

Sage YMCA - IL

- Connor Dolezal - undecided
- Nick Gerstbrein - University of Nebraska

Saginaw YMCA - MI

Salem Family YMCA - VA

Sampson Family YMCA - PA

Sarasota Family YMCA - FL

- Hunter Scott- Miami of Ohio
- Martin Baffico- University of Chicago
- JJ Corrigan- FSU
- Chris Pelton- Air Force
- Daniel Bastawros- University of North Carolina
- Brendan Firlie- Princeton
- Nico Hernandex-Tome- Alabama
- Brett Riley- Purdue
- Aye Chan San-Tun- Undecide

Schroeder YMCA - WI

- Jade Knuepeel - Purdue
- Lindsey Bjornstad - MIT
- Gabby Barnes - UW LaCrosse
- Sydnie Horne - Kansas
- Clara Huskin - UW Madison
- Isaac Jiardini - UW Milwaukee

Schuylkill YMCA - PA

- Joey Antolick-undecided

Sidney and Shelby County YMCA - OH

Skagit Valley Family YMCA - WA

Skaneateles YMCA - NY

Somerset Hills YMCA - NJ

- Tommy Cromie - Davidson
- Billy Fallon - University of Pennsylvania
- Jonathan Hua - Carnegie Mellon
- Victor Vollbrechthausen - Tufts University
- Dylan Wachenfeld - Johns Hopkins University

Somerset Valley YMCA - NJ

- John Battikha-New Jersey Institute of Technology
- Katie Cooper-Gettysburg College
- Ryan Bugianesi-U of Maryland-Baltimore Co
- Josh Franco-New Jersey Institute of Technology
- Jimmy Hampson-undecided
- CJ Hewitt-Gettysburg College
- Audrey Hsi-Middlebury College

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

South County Family YMCA - FL

- Matthew Argulowicz, Undecided
- Evan Weber, Undecided

South County RI YMCA - RI

- Ean Kiely - undeclared

South Family YMCA - OH

- Claire Leibold - Anderson University
- Dawson Warner - undecided

South Florida YMCA - FL

South Shore MA YMCA - MA

- Conor Hughes
- BK Jeong

Southeast Family Branch YMCA - NY

Spencer Family YMCA - PA

- Cody Stewart-Townson University

Springfield Family YMCA - OH

- Eili Wright- Denison University
- Meredith Richters-Ohio Wesleyan University
- Laramie Reed-Western Illinois University

Springfield IL YMCA - IL

- Maddie Haschemeyer - Ohio U
- Spencer Hohm - Nova Southeastern U
- Jude Kneller - US Navy SEALs
- Josie Preski - Youngstown State U
- Sydney Radloff - Missouri State U
- Haley Rivera - Illinois State U
- Ashleigh Sinks - Indiana State U

SPY Greater Annapolis YMCA - MD

- Reid Hussey - Loyola University Maryland

State College Family YMCA - PA

Stevens Point Area YMCA - WI

- Julia Stupar - University of Wisconsin - Madison

Summerville Family YMCA - SC

- Connor Campbell- University of Alabama

Summit Branch YMCA - NJ

- Jordan Goldberg - Undecided
- Kaityln Hersch - Washington Univ, St. Louis
- Dylan Ingerman - University of Pennsylvania
- Chloe Markey - Undecided
- Campbell Rankine - Undecided
- Nicole Tingley - Sacred Heart University

Sussex County Branch YMCA - NJ

Talbot County YMCA - MD

- Jordan Friedman - Mount St. Mary's, MD

The Greater Morristown YMCA - NJ

Tiffin Community YMCA - OH

Titusville YMCA - PA

Tri City Area IL YMCA - IL

- Matthew Daniel - Undeclared
- Cole Akal-Missouri Univ of Science & Technology

Tri County YMCA Inc - WV

Tri Hampton Family YMCA - PA

Triangle Area YMCA - NC

- Adam Batson - undecided
- Grace Bergstrom - Sacred Heart University
- Zack Forgrave - undecided
- Hannah Kota - Nova Southeastern University
- Nick Lawton - University of Illinois - Chicago
- Anthony Maxwell - undecided
- Lauren Soleo - James Madison University

Twin Rivers NC YMCA - NC

Union County Family YMCA - OH

Uniontown Area YMCA - PA

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

Upper Main Line YMCA - PA

- Oliver Brown - Undecided
- Nick Cave - Indiana Univ Pennsylvania
- Madi Grenoble - West Chester Univ
- Carson Huff - Drexel
- Maddie Mckean - Middlebury
- Owen Neuman - Undecided
- Ajun Roa - Duke
- Kevin Ryle - George Washington
- Evan Zhou - Undecided

Upper Perkiomen Valley YMCA - PA

- Kaylee Heimes- U of Illinois

Vermilion Family YMCA - OH

Waldo County YMCA - ME

- Rudi Schnetzer- Undecided

Walnut Creek Family YMCA - IA

- Angela Cary

Wapakoneta Family YMCA - OH

- Michael Johnston - BGSU or OSU

Watertown Family YMCA - NY

- Edward Gaus - Cornell University
- David Saunders - Great Lakes Maritime Academy
- Connor Way - Ithaca or Canisius College

Waterville Area YMCA - ME

- Mackenzie Burton- Hamilton

Waynesboro Family YMCA - VA

West Chester Area YMCA - PA

West Shore YMCA - PA

- Jack Dengler - Amherst College

Western Branch YMCA - DE

- Bryan Byrd - Montclair State University
- Matt Zwiilmeyer - Undecided

Western North Carolina YMCA - NC

- Reid Arwood- Brown University
- Rebekah Littauer-
- Ashleigh Lechner- University of Indiana
- Anna Newnam- University of Pennsylvania

Westfield YMCA - NJ

- Eric Bebel - Bryant University
- Ryan Bebel -The College of William & Mary
- Emma Colon - Undecided
- Colin Daniel - Undecided
- Teddy Diamantopoulos - University of Maryland
- Muriel Maloney - Monmouth University
- Steven Warren - Washington & Lee University

Westport Weston CT YMCA - CT

Wheeling YMCA - WV

Wilkes Barre Family YMCA - PA

Wilmington YMCA NC - NC

Wilton Family YMCA - CT

- Emily Walden- undecided
- Noah Cheruk- Savannah College of Art & Design
- Katherine Saladin- Holy Cross
- Catherine Buroker-PENN

Wyckoff Family YMCA Inc - NJ

- Abby Choi - University of Chicago
- Sarah Horne - Lehigh University
- Brandon Kim - University of Rochester
- Cleo Lim - Columbia University
- Tommy Scrivanich - Boston University
- Kate Sheridan - Penn State

CONGRATULATIONS TO OUR GRADUATING SENIORS

2018 YMCA Short Course Nationals

YMCA in Central Maryland – MD

York And York County YMCA – PA

- Abby Choi – University of Chicago
- Alec Peckmann – Penn State University
- Leah Braswell – University of Florida
- Callie Paff – Queens University
- Logan Brockway – West Chester University
- Bella Wise – Undecided
- Marget Shelly – Penn State University
- Madison Nalls – University of Pittsburgh
- Ted Gunn – United States Military Academy

Youngstown OH YMCA – OH