

July 28, 2003

Today is the first day of my last YMCA Nationals. This meet is my eighth Y Nationals and I still love every minute of it. I just swam my first race today- the 400 meter freestyle. For the past two years, I have placed 17<sup>th</sup> in the 400, which means I was first alternate for the consolation finals. Every year, the 400 has gotten faster. Fortunately, this year I placed 16<sup>th</sup> and got a season best time! I think my coach expected it, so I guess I was a little more excited than he was. I also have a relay this afternoon (200 medley), and I swim the butterfly in the relay. I will let you know how I do in the 400 free later.

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