

## The Third Annual ENC Summer Splash LCM meet

By Greta van Meeteren

On June 8, 39 swimmers gathered at the Goldsboro Family YMCA for what turned out to be an absolutely wonderful swim meet. This is the only meet our LMSC has in the Eastern part of North Carolina, and it is my fervent hope more swimmers will attend next year.



Meet Director Tammy Yates and a small army of very friendly volunteers ran a great event. Because the number of swimmers was small, a 5-minute break was scheduled after each men's event, so there was plenty of recovery time for all.

The meet hosts provided great hospitality: there were bagels, fruits of all kinds and water and other soft drinks for everyone, a really nice touch.

The water temperature was perfect, and doors were wide open to let fresh air in. The atmosphere was great.



TRYM had 10 swimmers in attendance, and everyone swam well. (Yours truly swam a PB in the 400 free, which really made my day!).

Tammy and the Goldsboro YMCA are determined to host this meet again next year. The tentative date is: **June 7, 2014.**

