

**HILL CARROW, FROM NORTH CAROLINA LMSC, HAS BEEN SELECTED AS THE 2014 RECIPIENT OF UNITED STATES MASTERS SWIMMING'S RANSOM ARTHUR AWARD.**

***By Jon Blank***



USMS President Nadine Day publicly announced the award on May 2nd at short course nationals in Santa Clara California, after a private presentation one week earlier in Cary NC. The Ransom Arthur award is the highest volunteer honor in United States Masters Swimming. Carrow is the first recipient from NC to have earned this honor.

Carrow's resume on behalf of USMS is comprehensive. He was one of the originators of the North Carolina LMSC. In addition, he founded two NC workout groups, one in Raleigh and one in Winston-Salem. Carrow, serving on multiple committees, has attended 32 consecutive USMS conventions. (Among his annual duties, Carrow is the emcee for the Dorothy Donnelly awards at the USMS Convention, where he announces the

award winners in rhyme). Carrow is a strong promoter of North Carolina's presence at national events within USMS. He has served as meet director at each of the three USMS nationals held in NC. He also directs the USMS high-performance camp, held in Greensboro.

Carrow serves the cause of US Amateur sports on many levels. Though it is not specifically germane to his Ransom Arthur award, Carrow has also staffed the US Olympic Committee in Colorado Springs, even acting at one time as a board member on the USOC's bobsled national federation. The 1987 US Olympic Festival, spearheaded by Carrow and held in the Research Triangle, remains the largest and most successful of those events ever held by the USOC. His leadership of US Figure Skating's nationals in 2011 at Greensboro was so well received that the event will return in 2015.

Carrow, a Kinston native, swam competitively for the McCallie School and the University of North Carolina, before earning a law degree. (It should be no surprise to learn of Carolina Swimming's annual Hill Carrow Spirit Award). He, wife Sheri-Lyn, and daughter Casey live in Morrisville, where Hill is CEO of entertainment and sports marketing company Sports & Properties. North Carolina's LMSC is proud of Tar Heel native, Hill Carrow, and gratified his many years of dedication earned this lofty national recognition from USMS.