**CCY Level 1 & 2 Meet Report**

On Saturday 19th of August, North Shore Swimming Club sent a 40 strong team of athletes to WestWave Pool, to partake in the Level 1 & 2 meet ran by TBSS Central Swimming Club. The meet was made up of two sessions, targeting the 100m and 200m races. It was a great opportunity for our swimmers to showcase their skills in a 25m pool at the end of the short course season. A huge positive from the meet is that the athletes are starting to better understand the race plan for these longer races – they are not just a one length sprint! As a club we had 135 entries, 71 of these resulting with personal best times (52.6%). Such as every meet, there were some fast swims, and some swims over personal best times, but as long as you take something from every race, and implement it in training and the next time you compete, every race is a success. Graham, Monique and myself loved the team spirit, and the energy NSS brought to the meet, we were definitely the most notable team.

**100% Personal Best Times**Congratulations to the following athletes who achieved personal best times in all the events they competed in:

* Mikah Roberts
* Amelia Rose-Searle
* Teja van der Westhuizen
* Henry Wang
* Charlotte Welsh
* Rachel Xi
* Jonathan Yang

As every meet, we couldn’t have competed without the help of parent volunteers. From the entire North Shore team, thank you very much.

Great work everyone, train hard and onto the next!

Jack Ward
Development Coach
North Shore Swimming Club