

## Swim Meet Report

# ES Meet at ASIJ Saturday 3rd November



Seventeen BST swimmers who are all 11 years old and under participated in the swim meet on Saturday 3rd November at the American School in Japan.

The meet started with the medley relay. In the 8 & under girls team were Lulu, Madeline, Milena and Lola. In the 11 years old girls team were Kren, Maisha, Carla and Sienna with Aemi, Koh, Taisuke and Marta in the 11 years old mixed relay team. It was great to have these exciting races at the start of the day with all three teams achieving first place in their age group. Well done everyone.

In the 50m Freestyle, Lulu (Y4) swam very well with a nice tumble turn at the wall finishing in third place. Marta (Y7) looked a bit tired from her previous event but tried her best and finished in second place in the 100m Freestyle. Lola (Y4) swam through strongly in the 25m Butterfly, with Carla (Y6) and Karen (Y7) showing us their excellent technique and achieving first place in the 50m Butterfly. In the Backstroke event, Leo (Y4) drove his arms fast to the wall and took five seconds off his own PB. Emile (Y6) and Aemi (Y7) also achieved their own PB's and first place in their age group. It was the first time Rayna (Y6) and Maisha (Y5) had attended a swim meet as a BST swimmer. They swam their favourite event, 50m Breaststroke, showing us lots of effort and great technique. Koh (Y6) also swam 50m Breaststroke and achieved second place. I think Luna (Y4) felt she has improved a lot by taking three seconds off her PB in the 25m Freestyle.

At the end of the day, we had the freestyle relays with all of our three BST relay teams finishing in first place in their age group. I was delighted to see how much their swimming has improved. Well done.

Our next swim meet will be at Yokosuka naval base in December. It will be our last event of 2018. Let's prepare for it and train hard in the pool.

Nice work everyone!

BST Swim coach  
Yumiko Uehara

