

2019 NEW YORK STATE YMCA SWIMMING CHAMPIONSHIPS

SATURDAY, MARCH 16TH, 2019

SENIOR CEREMONY

GUEST SPEAKERS

Lia Neal - 2012 - Bronze Medalist, 2016 - Silver Medalist 400 Free Relay

Ryan Held - 2016 - Gold Medalist 400 Free Relay

Lia Neal - A proud New Yorker, Lia was born and raised in Brooklyn. It was evident she was made for the water at an early age when she broke the 11-12 national age group record in the 100m free and qualified for the Olympic Trials in 2008. She went on to make the team in 2012 London where she won a bronze medal in the 4x100 free relay. Shortly thereafter Lia started her stellar collegiate career for Stanford University where she totaled over 10 NCAA records & American records in the relays. In 2017, she captained the team to a National Title. Now as a pro swimmer sponsored by FINIS and the BREAKOUT Swim Clinic Tour, Lia is training out of San Diego for her 3rd Olympics in Tokyo 2020. Lia's best times yards are: 50 free - 21.65, 100 free - :46.76, 200 free - 1:42.50



Ryan Held - Originally from Springfield, IL, Ryan had a steady progression in swimming. In 2014, he graduated the top swimmer in the state of Illinois and received a scholarship to North Carolina State. Just 2 short years later found himself on the podium winning a gold medal in the 4x100 free relay at the 2016 Rio Olympics. On that relay Ryan split 47.73 on the third leg to preserve Team USA's lead, winning the gold medal together with Caeleb Dressel, Michael Phelps, and Nathan Adrian. Held's emotional outpouring on the medal stand was widely broadcast and made him a social media darling. In December at the SCM World Champs in China, Ryan was part of several world record setting relays and broke the American Record in the 100scm free with a :45.8. Ryan is now training in Bloomington, IN with the pro squad there and is looking great for his 2nd Olympics in Tokyo 2020.

Ryan's best times: 50 free - :18.56, 100 free - :41.05, 200 free - 1:31.37, 100 fly :44.79

Available for autographs and pictures upstairs near the main entrance between 11:30 and 1:00 and 3:30 and 4:30

SATURDAY, MARCH 16, 2019

SENIOR WALK

5:45 P.M.