

07/28/2009: Congratulations to Ariana Kukors, Sean Hutchison and the KING Aquatic Club! CONGRATULATIONS AND BEST WISHES to Ariana Kukors and her family at KING Aquatic Club for finishing first and becoming a World Champion in the 200 Individual Medley at the World Championships yesterday in Rome. However Ariana not only won the World Championship she set TWO World Records in the process! In the Semi-Finals Ariana swam a 2:07.3, lowering the previous WR by 1.42 seconds (!) and setting up a tremendously exciting Finals race. The previous World Record holder, Stephanie Rice of Australia, qualified second with a 2:08.68, and was in Lane 5 next to Ari in the finals. In the Finals Ariana responded with tremendous emotional strength and gave inspiration to all USA Team members competing at the Worlds, not to speak of untold number of Pacific Northwest Swimmers. Ariana did what every swimmer dreams of – she came back in the finals with a better swim – however this was better than improvement, this was terrific improvement. Ariana set another World Record in the Finals by lowering her time from 2:07.03 to 2:06.15 !!!!! Ariana did this while racing Stephanie Rice, holder of the WR that Ari broke in the Semis. In the Finals Ariana won the race with Stephanie in the second half of the race. The two swimmers were virtually tied at the 100 (Ariana 59.24 and Stephanie 59.27). Ariana came back with a 37.07 Breast split and a 29.84 Free split, while Stephanie swam a 37.43 Breast and a 30.33 Free. This is tough swimming at its best and the type of toughness that all PNS swimmer should aspire to !!!!! CONGRATULATIONS!!!!

Andy Hathaway
General Chair
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