



**Name: Patrick Harrington**

**High School: Severna Park High School**

**Years on SPY: 6**

**College attending in the fall: Undecided, one of the senior military colleges.**

Hobbies when I'm not swimming: Like all the other Spies, I spend a lot of my time at the pool. Besides that, I spend most my free time working with my church's Parish Pastoral Council, working as a busboy/dishwasher at the Severna Park Elks, hanging out with friends, watching movies, or going to team events with the rest of the group.

Most memorable swim: I've had a good amount of memorable swims on Spy over the years. Although not necessarily my best swims, these two definitely stand out. At Capital Classic, I was getting up on the block for 50 freestyle. I was pretty excited, because this was my first year at this meet, so I was excited to get in and start swimming. The official called us up on the block and said take your mark. Here's the problem: there was a separate pool for the guys and the girls, and the buzzers to start the race went off at different times. So after the official said take your mark, I was kind of just listening for a buzzer. I heard the girl's one go off, so I started to move forward. Fortunately, I was watching the lane next to me for whatever reason, and I didn't see any movement. Unfortunately, I still jolted forward on the block. It was pretty noticeable. Like, really noticeable. So after that, I was trying to get back in my zone, and then the buzzer for the guys went off. I remember thinking "Seriously," and then just diving in. I added half a second, but it was still pretty funny. The other event was at Winterfest this past year. I was swimming the 100 backstroke. The buzzer went off and I started swimming. It was going pretty well, except for apparently while I was swimming, the Colorado system in my lane malfunctioned/wasn't working. So the timers and some other officials decided to pull it out during my race and try to get a new one in while I was coming back from my first 50. They couldn't get it all set in that time, so when I did my flip turn some of the timers tried to hold the Colorado system down with their hands. I remember flipping over for the turn, seeing the pad moving around in the water, and thinking "Uh... I guess I'll just go for it." Pretty much my feet slipped off while I was pushing off the floating pad, but it was still pretty funny and a one of a kind event.

Most memorable moments: There are too many good moments on Spy to put on this paper. Some of the best probably come from these. Lane 6: So many laughs from the guys in this lane. There's Teddy being Ted, saying the most random things and then constantly leaving on the wrong times, and then there is Luke who can do

the best impersonations and accents. Also, I have my carpool that I drive to and from practice, which is usually Sarah, Nicole, and Izzy. There are constant battles about who is sitting where, who gets the aux cord, and tons of funny stories that usually end up going nowhere. Also, I cannot forget about the prank wars with the girls; those were fun. However, one moment that was really memorable was when we got most of the guys to go to downtown Annapolis to eat at Chick & Ruth's. We decided as a group to do the 6 pound milkshake challenge, which together we finished in about 5 minutes. Then we all got individual meals to follow that up. I remember getting a burger and fries, and just barely being able to finish that. Once we all finally finished, we came up with the amazing idea that we hadn't had enough ice cream, so we went to Storm Bros. Ice Cream to get more. Needless to say, practice the next morning was more or less the slowest I have ever gone, but I had too much fun to care.

Favorite event: 50, 100, 200 Free.

Favorite set: It would have to be Spyopoly. But if we are not doing that, it would probably be the 50 freestyle race pace set.

Least favorite set: That's easy. Any kick set. I usually reserve last place on those sets.

Pre-swim ritual: It kind of depends on the day. Sometimes I'll go up and talk to my teammates and try to de-stress myself before getting in the pool. Other times I just go up there and stretch basically every muscle in my body. I usually listen to music to try and get in my zone. My go-to/favorite song is *'Till I Collapse* by Eminem: it helps me to zone out everything and just focus on what I have to do.

Favorite Meal before a big meet: Usually I just eat anything edible that I can find.

Advice for next year's graduation class: Appreciate it and take it all in, especially during your senior year. Make the most of every moment, you'll have great ones that you will look back on and be proud of. Sometimes there are moments that aren't so great but you just have to acknowledge them, learn from them, and move on. It's a tough year and you're going to be stressed out but make sure to take time out of your busy schedules to just relax and be yourself. Enjoy each of the meets as you swim for them for last time and make them as memorable as possible.

Quote: "The truth is you don't know what is going to happen tomorrow. Life is a crazy ride, and nothing is guaranteed." -Eminem