Name: Shay Sullivan

High School: Severna Park

Years on SPY: 3

College: Undecided

Hobbies: I love to hang out with my family and friends, jewelry making, and hanging with my dogs

Most memorable swim: Making the national relay cut in the 200 freestyle relay at cap classic in 2019

Most memorable moment: playing poker with the team at nationals in summer of 2021

Best event: 50 free, 100 free, 100 back

Favorite set: Distance Freestyle

Least Favorite set: IM

Pre swim rituals: talking to as many people as I can before I get on the block so that it distracts me from my nerves

Favorite meal before meet: Pasta

Advice: Have fun and focus on being in the moment because senior year flies by