

## NAG Record SETTERS



ABOVE » (From left): Kemy Lin, Sarah Feil, Amy Wiley and Karen Turner

### [ statistics ]

#### • Team:

Lake Oswego Swim Club  
Lake Oswego, Oregon

#### • National Age Group Record Holders:

13-14 Girls  
200 Yard Medley Relay

#### • Birthdates:

**Kemy Lin:** June 1993  
**Sarah Feil:** September 1993  
**Amy Wiley:** September 1993  
**Karen Turner:** February 1994

#### • Height:

**Kemy:** 5-5  
**Sarah:** 5-4  
**Amy:** 5-6  
**Karen:** 5-4

#### • Coach:

Coley Stickels

## Lake Oswego 13-14 Girls 200 Yard Medley Relay

In our May issue, we featured the Lake Oswego 11-12 girls NAG record-setting effort in the 200 yard free relay from January. Just a month later—during the weekend of Feb. 21-24—another Lake Oswego quartet broke a NAG standard, this time at the Oregon 11-14 Short Course State Championships in Corvallis.

The team of Karen Turner, Amy Wiley, Sarah Feil and Kemy Lin smashed the 13-14 girls 200 yard medley relay record by more than a second-and-a-half, clocking 1:45.11 to beat King Aquatics' (Seattle, Wash.) mark of 1:46.74 from 2004. The girls also set Oregon Swimming relay records in the 200 free (1:35.32) and 400 free (3:33.35), and completed the sweep with wins in the 400 medley (3:54.38) and 800 free (7:54.40, with Cassidy Robinson swimming in place of Amy).

All four girls competed individually at the state championships in the 14-year-old age group. Karen placed first in the 100 yard back (56.20), 100 fly (56.95) and 200 IM (2:05.46); second in the 100 free (50.53); and third in the 200 free (1:57.00) and 100 breast (1:06.38).

Amy came in first in the 200 breast (2:25.81), second in the 100 breast (1:05.76), third in the 50 free (24.48) and eighth in the 100 free (55.20). Sara won the 100 breast (1:05.46) and placed second in the 100 fly (58.18) and 400 IM (4:36.11). She also was third in the 200 breast (2:26.86) and 200 IM (2:11.05) and fourth in the 100 free (53.51). Kemy placed fifth in the 50 free (25.31).

### HANG TIME:

- Kemy:** Play violin, draw, listen to music and spend time with friends  
**Sarah:** Go shopping, read, on the computer, listen to music, hang out with friends  
**Amy:** Hanging out in Lake Oswego with friends, running  
**Karen:** Hanging with my swim buddies, going to movies

### FAVORITE THING ABOUT SWIMMING:

- Kemy:** The one moment when you touch the wall and see your screaming teammates  
**Sarah:** Being with friends and racing at meets  
**Amy:** Winning  
**Karen:** Mostly being with my friends and trying to achieve best times when racing

### SHORT-TERM GOALS:

- Kemy:** Participate in extracurricular activities such as swimming, and maintain a high academic standing  
**Sarah:** Grand Prix and junior national cuts  
**Amy:** Olympic Trials cut  
**Karen:** Olympic Trials cut

### LONG-TERM GOALS:

- Kemy:** Pursue a successful career in design or medicine  
**Sarah:** Earn a scholarship to swim at a Division I college  
**Amy:** Swim at a Division I college  
**Karen:** Make the Olympic team and swim for a great college ♦