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## Stingrays to compete in 5km channel swim

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Some Foothills Stingray swimmers have been channeling their energy for the national championships this week in Montreal and will let it all out once the big meet is over.



**Holly Johnson and Keely Greenfield practice at the Okotoks swimming pool Thursday for the age-group nationals this week in Montreal. They will both swim in the open water championships in Montreal. photo by Bruce Campbell**

Keely Greenfield, 16, Andy Osborne, 14 and Holly Johnson, 12 will compete in the Nationals in their age and group category before they go for a long-distance swim.

The National Open Water Swim will be held on July 20 in a channel used for dragon boat racing.

“It’s 2.5km down and then 2.5km back in open water,” said Greenfield, who participated in an open water race at Lake Chaparral last year.

However, before she does the 5km swim, Greenfield will swim in the 16-year-old girls 1,500m at the age-group championships in Montreal, July 16-19.

The open water championship is being held at the Olympic Rowing Channel, the same facility used for the 1976 Summer Olympics in Montreal.

“I do my 1,500 first and the 5km is something they do at the very last,” she said. “It’s something I will really enjoy, and I will just try and give it my all.”

Osborne has qualified for the nationals in the 100m and 200m 14-year-old boys breaststroke as well as the 1,500m freestyle.

He said he is also looking forward to the channel swim.

“This was something I really wanted to do even before my I got 1,500 national time,” Osborne said. “I will try and break an hour too.”

“We’ll race each other,” Greenfield said with a laugh. “The biggest thing about swimming in the open water is your actually going against the other competitors rather than worrying about the clock.

“It’s very much about where you are.”

She said when swimming at Lake Chaparral last year, she was practically on top of another competitor.

“We were looking at each other the whole way,” she said.

She said because it is a channel in Montreal, the swimmers just have to worry about swimming straight as opposed to making a turn around a buoy in a lake.

Holly Johnson, 12, said the 5km swim is something to enjoy after the National competition.

“I am more concerned about the 800 and 1,500 metres because those are the actual events I will be swimming in,” Johnson said. “I’m just going for distance in the five kilometers.”

The distance is nothing new for the swimmers. All three have swam that distance and more in practices during the year.

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