



SOUTH LAKE HOSPITAL

**FOR IMMEDIATE RELEASE**  
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**NTC track and field and swimming athletes well represented in prestigious events**

**Clermont, Fla.** – Several athletes that train at the National Training Center (NTC) in various sports recently competed in national and international events. Nine track and field athletes competed in Berlin, Germany in the 12<sup>th</sup> International Association of Athletics Federation (IAAF) World Championships in Athletics in August and four swimmers competed in the Speedo Junior Nationals swim meet in Seattle, also in August.

Drawing the most attention at the IAAF World Championships was the match up between Tyson Gay, United States and Usain Bolt, Jamaica, in the 100 meter dash. Gay, who resides in Clermont, Florida, has been training at the National Training Center for nearly two years. In the finals of the 100 meter, Gay ran 9.71, which is a new national record. However, it was not enough to win the gold as Bolt clocked a 9.58, breaking the current world record.

Other notable performances by NTC track and field athletes included Veronica Campbell-Brown's silver medal win in the 200 meter dash and Aleen Bailey's gold medal contribution in the 4 x 100 meter relay. Campbell-Brown, Jamaica, posted a 22.35 in the finals for second place. Campbell-Brown also competed in the 100 meter dash, where she finished fourth with a time of 10.95, which was a season best for her. Bailey, also from Jamaica, ran on the 4 x 100 meter relay team that posted a 42.06 to take the gold.

The other athletes that competed in the track and field championships that train at the NTC are:

Damu Cherry, USA, 100 meter hurdles – 12.76 in the semi-finals (did not advance)

Debbie Ferguson-McKenzie, Bahamas, 100 meter, 200 meter – 11.05 in the finals, sixth place, 22.41 in the 200 meter finals, bronze medal

Steve Mullings, Jamaica, 200 meter – 19.98 in the finals, fifth place and a personal best

Selim Nurudeen, Nigeria, 110 meter hurdles – 13.68 in the first round (did not advance)

Courtney Patterson, Virgin Islands, 100 meter – 11.88 in the first round (did not advance)

Dwhite Thomas, Jamaica, 110 meter hurdles – 13.56 in the finals, seventh place

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In the Speedo Junior Nationals swim meet, standout National Training Center Fast Lane Aquatics swim team member Lysistrati (Lysi) Halkides, finished second in the 400 meter individual medley (IM), with a time of 4:45.68. Halkides, 17 years old, is ranked 69<sup>th</sup> in the world in the 400 IM, an impressive ranking for a young swimmer.

“It was really an awesome sight,” commented NTC Fast Lane Aquatics Head Coach Alec Rukosuev, “She was swimming great and all the other teams from Florida got behind her lane and were cheering her on, it was quite an experience for her.”

Halkides also medaled in the 200 meter breaststroke, finishing third with a time of 2:30.42. In addition, she took fourth place in the 100 meter breaststroke and 200 meter IM with times of 1:10.62 and 2:16.19 respectively. The Speedo Junior Nationals is the national meet for United State Swimming (USS) athletes, ages 18 years of age and under.

The National Training Center, part of South Lake Hospital, is a state-of-the-art sports complex that includes a 400 meter outdoor track and field complex, 37,000 square foot fitness center, 70 meter x 25 yard heated outdoor pool, cross country course, human performance lab, group fitness classes, private Pilates studio, events department, sports performance and coaching, softball/baseball complex and massage. The NTC offers community fitness memberships and a wide variety of youth programming and is also open to visiting athletes and teams. For more information on the NTC, please visit [www.usantc.com](http://www.usantc.com) or call 352.241.7144.

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