

Local swimmers channel their heroes in Rio at the Nepean Aquatic Centre Carnival

■ NATHAN TAYLOR

While the Australian Olympic Swim Team were doing some amazing things in the pool in Rio, hundreds of swimmers from across the state were doing some wonders of their own back home.

Last week more than 350 swimmers from clubs all over NSW turned out for the annual Nepean Aquatic Centre Carnival, held at Sydney Olympic Park Aquatic Centre (SOPAC).

Over 80 events were contested throughout the day, which saw hundreds of youngsters channelling their Olympic heroes in Brazil.

15-year-old local swimmer Abbey Slaughter finished first in the 200m Freestyle event while Nepean Aquatic Centre Swim Club's (NACSC) Britanee Newman achieved a new Open Nationals qualifying time in the 400m Individual Medley.

Fellow NACSC product Teagan Hinds also did the local centre proud, achieving a new State Age Championships qualifying time for her 50m Backstroke swim.

Teagan is now the hot favourite in that event when she competes at the upcoming State Age Swimming Championships. In the multiclass events, NACSC



The Nepean Aquatic Centre Swim Club swimmers and coaches at Sydney Olympic Park Aquatic Centre last week

swimmer Sarah Keenahan achieved the personal milestone of 602 points in her 100m Backstroke event, a result she is hoping to duplicate at the Open State Age Championships in October to achieve selection for the State Development squad.

Spectators and swimmers were also thrilled to watch four-time Paralympian Prue Watt compete in the multiclass events.

The Nepean Aquatic Centre Carnival was Watt's final competitive swim before

jetting off to Rio for the 100m Butterfly at the Paralympic Games.

"Overall, the day was a huge success with team morale running high," NACSC spokesperson said.

"There was a fantastic energy at SOPAC with the children all very excited and inspired by the fact that they were swimming in the Sydney Olympic Pool, years on."

Next month the NACSC will contest popular Open Water Swim event, to be held at the Regatta Centre on October