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El Camino College Swim Coach and Instructor Sets World Swim Record

El Camino College instructor and swim coach Traci Granger was recently named the world's fastest masters swimmer in her division. Granger set a world record in the 50-54 age group while competing in the Southern Pacific Masters Association (SPMA) Regional Short Course Meters Championships in Long Beach.

Granger swam the 50-meter butterfly in 30.60 seconds, besting the previous record of 31.16.

"I never look at the records because I don't want to put any pressure on myself," said Granger, who is a lifelong competitive swimmer and trains year-round, three to five mornings a week at the Torrance Plunge with a motivated group of swimmers from all over the South Bay.

"I enjoy training with a great group of individuals – we enjoy challenging ourselves, we have great camaraderie, and a great coach. I have never been the type of athlete who puts specific goals out there, and my coaches never have either. I think it is better for me to try and have a smart swim. "

Granger's world record follows two national records set this past spring in the 50-54 age group of the USMS Short Course Yard Championships. Granger set records in the 50-yard butterfly (27.19) and 50-yard freestyle (24.92). She also won the 100- and 200-yard butterfly and the 100-yard individual medley. Last year she also excelled in her age division where she earned two national swimming titles. Her time would have also won the three women's age divisions younger than hers.

Granger has been an assistant coach at El Camino College since 1992. Before coming to El Camino College, Traci was the head swim coach at California Polytechnic University at San Luis Obispo. At Cal Poly SLO, Traci developed several All-American and national qualifying athletes. As an athlete, Traci was an All-American sprinter and an NCAA Division II Championship finalist.

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