



NEWS

El Camino College | Public Relations & Marketing Department
16007 Crenshaw Blvd., Torrance, CA 90506
Contact: Ann M. Garten, Director, Community Relations
Telephone: (310) 660-3406 | E-Mail: agarten@elcamino.edu

For Immediate Release

July 7, 2009

El Camino College Swim Coach and Instructor Bests Her Own National Record

El Camino College instructor and swim coach Traci Granger recently beat her own record to hold on to the title of the nation's fastest swimmer in her division at the United States Masters Swimming (USMS) Short Course Yard Championships. Granger swam 26.77 for a national record in the 50-yard butterfly, beating her last year's time of 27.19. In the 100 butterfly, she broke another national record by swimming 1:00:28, besting the record time of 1:01:26.

Last spring, she set new records in her 45- to 50-year-old age division. Her time would have also won the three women's age divisions younger than hers.

"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.

This past December, Granger was 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.

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

###