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News Release

Triangle Sports Commission CEO Hill Carrow Receives 2014 Ransom Arthur Award from U.S. Masters Swimming

Cary, N.C. - United States Masters Swimming has presented its highest annual award, the 2014 Ransom Arthur Award, to Hill Carrow, CEO of the Triangle Sports Commission. The Ransom Arthur Award is named for the founder of U.S. Masters Swimming, Ransom Arthur, who started the national governing body for adult swimming in the early 1970's. Carrow becomes the first person ever from the Carolinas to be named a Ransom Arthur Award winner.

The Ransom Arthur Award recognizes outstanding volunteer services that have benefited the development of Masters swimming. The Award was presented to Carrow by Nadine Day, President of U.S. Masters Swimming, and Jon Blank, Chairman of North Carolina Masters Swimming.

Carrow has been an active Masters swimmer and competitor for over 30 years. He founded the Raleigh Area Masters (RAM) Swim Team, one of the oldest and largest Masters teams in North Carolina. Carrow served as the first Head Coach of RAM and later served on the team's Board of Directors. During his tenure as Head Coach, Carrow coached a number of RAM swimmers who became national champions and coached the RAM team to multiple state championships.

In 1980-81 Carrow helped lead the launch of the Local Masters Swim Committee for North Carolina, the organization that oversees the sport throughout the state. In 1984 he served as Meet Director for, coached a combined North Carolina team at, and competed in, the US Masters Swimming Long Course National Championships. He later served as Meet Director for the 1992 USMS National Short Course Championships in Chapel Hill and for the 2012 USMS Spring National Championships in Greensboro.

On a national basis, Carrow has served in leadership positions with USMS for several decades, including participation on the International, Legislation, and Championship Committees, among others. He served as Chairman of the Marketing Committee, and Vice Chairman of the Recognition and Awards Committee. He has also been an active participant in the US Masters Swimming Annual Convention for 32 straight years, a longevity record matched by less than a handful of other Masters swimmers.

During his Masters career Hill has been a state champion, state record holder, and nationally Top-Ten ranked. He continues to train with the Raleigh Area Masters.

Hill currently serves on the US Masters Swimming Board of Directors Compensation and Benefits Committee, and heads the annual U.S. Masters Swimming High Performance Camp in Greensboro.

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About the Triangle Sports Commission

Incorporated in 2001 and based in Cary, NC, the Triangle Sports Commission is a North Carolina charitable non-profit organization and an all-volunteer sports commission serving the Triangle region. The TSC seeks to host events and carry out projects that involve collaboration and cooperation among Triangle communities and build the Triangle brand. The TSC led the Triangle's recruitment effort for the relocation of USA Baseball from Arizona that resulted in USA Baseball's new headquarters at Durham Bulls Athletic Park and their National Training Complex at Thomas Brooks Park in Cary. With its strong focus on Olympic and amateur sports, the TSC is one of only 10 US Olympic Community Partners. In recent years the Triangle Sports Commission has hosted multiple Olympic Trials for Table Tennis, national soccer tournaments, Olympic Day activities, the Women's Basketball Tip-Off, the North Carolina Sports Summit, and the US Masters Swimming High Performance Camp, among others. For more information on the Triangle Sports Commission, visit www.trianglesportscommission.com.



Hill Carrow (center) receives the Ransom Arthur Award from Jon Blank, Chairman of NC Masters Swimming, and Nadine Day, President of US Masters Swimming.

