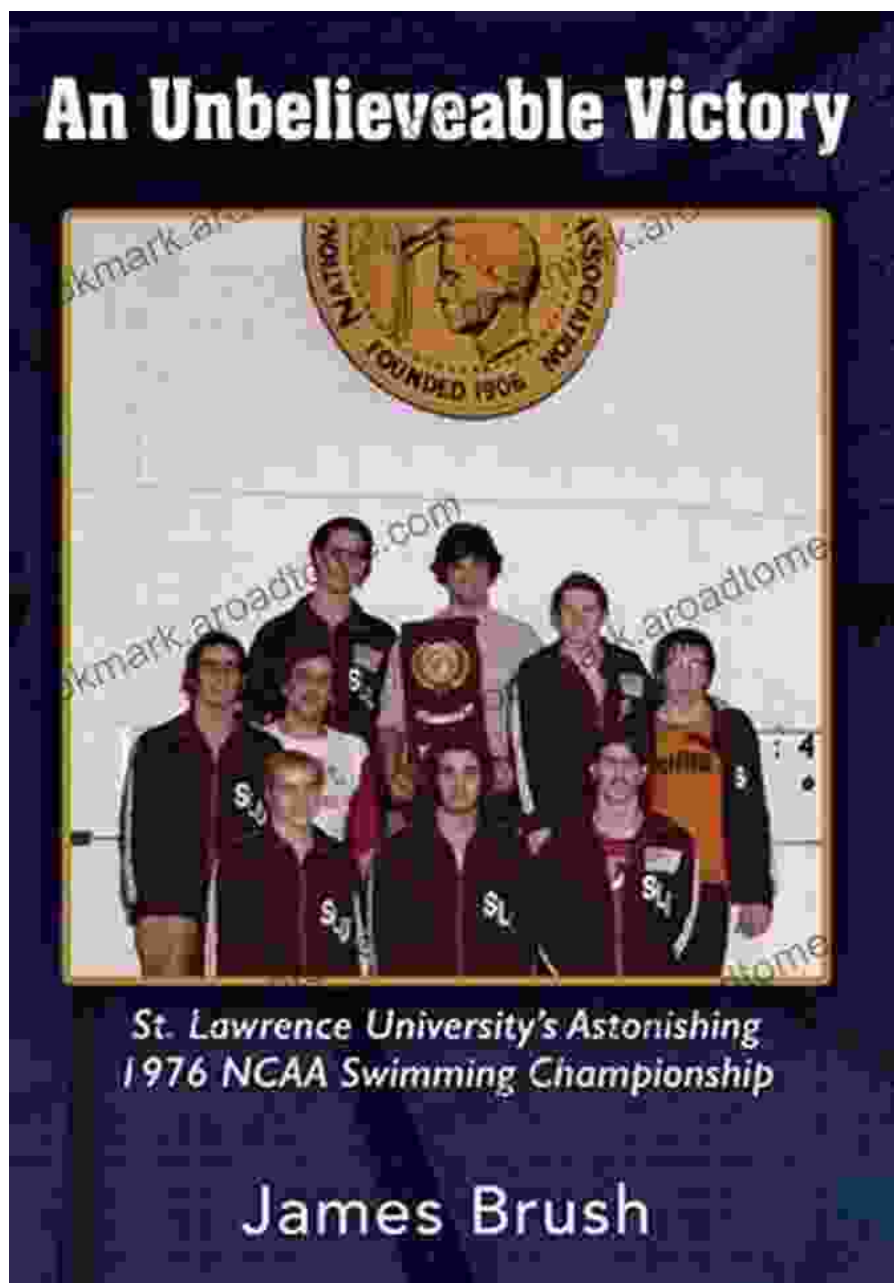


St. Lawrence University's Astonishing 1976 NCAA Swimming Championship: A Triumph of Heart and Determination



In the annals of college sports, the story of St. Lawrence University's 1976 NCAA Swimming Championship victory stands as a testament to the power

of heart, determination, and triumph over adversity.



An Unbelievable Victory: St Lawrence University's Astonishing 1976 NCAA Swimming Championship

by James Brush

★★★★★ 5 out of 5

Language : English
File size : 4050 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
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St. Lawrence, a small liberal arts school in upstate New York, was hardly a swimming powerhouse. The team had never won an NCAA title, and had only finished in the top 10 once before. But in 1976, led by legendary coach Dick Moriarty, the Saints embarked on a remarkable journey that would culminate in one of the most stunning upsets in college sports history.

Moriarty, a former Olympic swimmer, had taken over the St. Lawrence program in 1973. He immediately set about rebuilding the team, recruiting talented swimmers and instilling in them a belief that they could compete with anyone in the country.

The 1976 season began with the Saints ranked 15th in the nation. But Moriarty's team quickly proved that they were not to be underestimated.

They won their first six meets of the season, including a victory over defending national champion Indiana University.

As the season progressed, the Saints continued to impress. They won the Eastern Intercollegiate Swimming League (EISL) championship, and qualified for the NCAA Championships as the No. 6 seed.

At the NCAA Championships, the Saints faced long odds. They were the smallest school in the field, and they were up against some of the best swimming programs in the country, including Indiana, UCLA, and Michigan.

But the Saints refused to be intimidated. They swam with heart and determination, and they slowly began to climb the standings. By the final day of competition, the Saints were in contention for the championship.

In the final event of the meet, the 400-yard freestyle relay, the Saints needed to finish in the top three to win the championship. The team of John Hencken, Scott Spann, John Trembley, and Tim McKee swam the race of their lives, and they finished third, giving St. Lawrence the NCAA championship by just one point.

The victory was a stunning upset, and it sent shockwaves through the college sports world. St. Lawrence became the smallest school to ever win an NCAA Division I team championship, and Moriarty was hailed as a coaching genius.

The 1976 NCAA Swimming Championship victory is a story of heart, determination, and triumph over adversity. It is a story that continues to inspire people today.

The Legacy of the 1976 Championship

The 1976 NCAA Swimming Championship victory had a profound impact on St. Lawrence University and the sport of swimming. The victory helped to put St. Lawrence on the map as a major force in college swimming, and it inspired a generation of young swimmers to dream big.

Moriarty continued to coach at St. Lawrence for many years, and he led the Saints to several more NCAA Championship appearances. He retired from coaching in 2001, but his legacy continues to live on at St. Lawrence and in the sport of swimming.

In 2016, St. Lawrence University dedicated the Dick Moriarty Pool in honor of the legendary coach. The pool is a state-of-the-art facility that will help to ensure that the Saints continue to be a force in college swimming for many years to come.

The story of St. Lawrence University's 1976 NCAA Swimming Championship victory is one that will continue to be told for generations to come. It is a story of heart, determination, and triumph over adversity. It is a story that inspires us all to believe that anything is possible if we set our minds to it.



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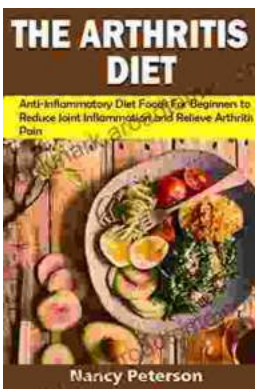
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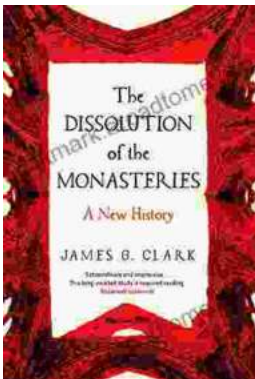
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