



## Class of 1978

### Swimming and Track

In 1975, Gary DeRoos began an impressive career as an Albert Lea swimmer. At Big Nine, he finished third and fifth in the 100-yard back stroke and 200-yard medley relay. He was named to the All-Big Nine team and became the school's record holder in the 100-yard back stroke.

His second year of high school, DeRoos became a Big Nine champion, finishing first in the 100-yard back stroke and 200-yard medley relay. He also finished third in the 100-yard freestyle. He qualified for the state meet in the backstroke and medley relay and was an All-State swimmer. He broke school records in the backstroke, medley relay and the 100 and 50-yard freestyle.

His junior year, DeRoos continued his impressive swimming career. He again won the Big Nine championship in the 100-yard backstroke, 200-yard medley relay and the 50-yard freestyle for the first time. He finished second at state in the backstroke and freestyle and fourth in the medley relay.

During his senior year, DeRoos was conference champion in three events and state champion in two. He was again Big Nine champion in the backstroke, medley relay and freestyle, breaking conference records in each event in the process. He was state champion in the 100-yard backstroke and 200-yard medley relay and recorded a second fastest time in Minnesota history in both events. DeRoos was named an All-American, All-State and broke seven school records.

During his junior and senior years of track, DeRoos was two time All-Conference, two time finalist in the 110-yard high hurdles and 300-yard intermediate hurdles and broke the school record in the intermediate.