

CE:KB COLUMBIA — Imani Cobbs 773.891.6434 KB — NOTE: Canada's Olympics website has Darragh listed as a qualifier for the men's 4x100 medley — nothing about 200 fly. And I've seen from multiple sources that his 200m time didn't meet the Olympic qualifying standard of 1:56:97. He won his event in the Canada trials, though, so maybe that's how he qualified? COLUMBIA — "Wish we could turn back time to the good old days, when our mama sang us to sleep, but now we're stressed out." AC

Music by the band Twenty One Pilots plays through Mack Darragh's headphones before every race. AC

Former Missouri swimmer Darragh, 22, will represent Canada in the 2016 Rio + de Janeiro + Olympic Games, which will begin Aug. 5 th. Darragh will swim the 200 + - + m + eter + butterfly. CQ

This will be the first Olympic games for the Canada native. "I feel on top of the world," he said. "It's just amazing." AC

Darragh's qualifying time in the 200 + - + meter butterfly was 1:58.22 ,. a few seconds off of t The winning time from the London Olympics , which was 1:52.96. AC

Reporter said his qualification will not be official until he receives an invitation from the Olympic Committee

Darragh has been was + a part of on + the M U Missouri swimming and diving team for four years. He graduated from MU in December with a degree in marketing, but stayed in Columbia to continue his training. AC

"We were really pleased that he made it," M U Missouri swimming coach Greg Rhodenbaugh said. AC CQ

"He's been a hard worker since he got here."

Despite the fact that Darragh's NCAA eligibility ended a year ago, he thought it would be best to stay with his college coaches, rather than switching up. AC

As a part of his daily routine, Darragh slaps his chest until it turns red. Darragh recalled being told by someone that if he slapped his chest, he could lift more weight.

"I don't know if it's true but I started doing it and started swimming a little faster," he said. AC

Qualifying for the Olympics is something Darragh and his family have always dreamed of. He wasn't quite sure it would happen, but views it as the height of his career. AC

He will be training in Columbia for the next few months leading up to the Olympics. AC

"It's brutal," Darragh said. AC

He trains on Tuesdays and Thursdays for two hours a day in the pool, and spends an hour on weight training. On Mondays, Wednesdays and Fridays, training lasts two hours in the morning, and two hours in the afternoon.

On Saturdays, he trains for an additional two hours, for a weekly total of about 23 hours. AC

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Qualifying for the Olympics is one of Darragh's many accomplishments.

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He Darragh + was a bronze medalist at the 2011 FINA World Junior Swimming Championships in the 200m 200-meter + butterfly. He has also set Mizzou Missouri records in the 200-yard butterfly and 200-yard IM individual medley +. AC

Supervising editor is [Greg Bowers](#).