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HOUSE RESOLUTION

2           WHEREAS, The members of the Illinois House of  
3 Representatives are pleased to congratulate Springfield native  
4 Ryan Held on winning the Gold Medal for Team USA in the Men's  
5 4x100 relay at the 2016 Summer Olympics in Rio; and

6           WHEREAS, Ryan Held is a 2014 graduate of Sacred Heart  
7 Griffin High School (SHG) in Springfield and attends North  
8 Carolina State University; and

9           WHEREAS, Ryan Held swam the third leg for the U.S. Men's  
10 4x100 freestyle relay, holding onto the lead handed to him by  
11 teammate Michael Phelps before giving way for Nathan Adrian,  
12 America's best sprinter; and

13           WHEREAS, Ryan Held just finished his sophomore year at  
14 North Carolina State University, where he helped N.C. State win  
15 its first NCAA relay championship in the 400 freestyle; and

16           WHEREAS, Ryan Held is the ACC champion in the 50 and 100  
17 freestyle, leading the Wolfpack to their second straight title;  
18 and

19           WHEREAS, The State Journal-Register named Ryan Held the  
20 Central State Eight Conference Swimmer of the Year for four

1 straight seasons; and

2 WHEREAS, During his senior year at SHG, Ryan Held broke the  
3 Illinois High School Association State meet record in the 50  
4 yard freestyle, and repeated as the 100 freestyle champion; he  
5 was named the Illinois Swimmer of the Year in 2014; therefore,  
6 be it

7 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE  
8 HUNDREDTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we  
9 congratulate Ryan Held on winning the Gold Medal at the 2016  
10 Summer Olympics in Rio de Janeiro, and we express our pride in  
11 his accomplishments in Rio; and be it further

12 RESOLVED, That a suitable copy of this resolution be  
13 presented to Ryan Held as an expression of our esteem and  
14 respect.