



Jim Montgomery

Current Position: Co-founder of Dallas Aquatic Masters (DAM)
Dallas, Texas

Since 1981, Jim has developed the Masters swim concept and is currently co-owner of the Dallas Aquatic Masters Swim Club, one of the top adult fitness exercise programs in the country. From 1988 to 1990 Jim was responsible for the design and startup of the Baylor Aquatic Center located at the Baylor Tom Landry Fitness Center in Dallas, Texas. He has recently authored a book "Mastering Swimming - Faster Swimming for the Masters Athlete."

In 1976 Montreal Olympics Jim was the first man ever to break 50 seconds in the 100-meter freestyle. Jim won two more gold medals and a bronze in the 1976 Olympics. After his retirement from college and USA swimming Jim went on to win 14 Masters World Championships from 1986 to 2002. Jim began competing in ocean races in the 1980s and in 1986 won the 2.4-mile Waikiki Roughwater Swim.

Jim grew up in Madison, Wisconsin, and attended Madison East High School where he won six state championships in swimming. He went on to swim for James "Doc" Counsilman at Indiana University where he graduated with honors from the IU School of Business. Jim currently lives in Dallas, Texas, with wife Diane and is father to five children.