



MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

March 19, 2012

The Northwest Narwhal Swim Club sent 5 swimmers Manitoba/Saskatchewan Provincial Short Course Championship this past weekend in Winnipeg, Manitoba. The team was comprised of first time attendees Morgan LaBelle, Ellen Lafroy, Lawson Mironsky along with veterans Kaitlyn Massaro and Brittney Felix.

Massaro had a strong meet with a 4th in the 50 Back, 200 Free and 400 Free, a 5th in the 800 Free, 6th in the 200 Back. Lafroy swam to a 4th in the 100 Back, 6th in the 50 Fly, 7th in the 100 Fly and 8th in the 50 Back and 200 Back with personal bests in 6 out of 7 events. Mironsky achieved a 5th in the 400 IM, 6th in the 400 Free and 7th in the 800 Free with personal bests in 6 out of 7 events. Felix had a 7th in the 100 Free and 100 Fly. LaBelle had a number of Best Times narrowly missing Finals in the 50 and 200 Breast.

Northwestern Ontario was well represented at these Championships with the Kenora Swimming Sharks placing 9th, Thunder Bay Thunderbolts placing 10th, Thunder Bay's Northwest Narwhals 15th, Fort Frances Aquanauts 17th and Dryden Dolphins placing 23rd out 38 teams. Local club Manta won the meet.

The next competition for the Narwhals will be Olympic Trials in Montreal with Takara Martin swimming 100, 200 Breaststroke, 100 Fly and 50 Free held Mar 27-April 1.

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