



MEDIA RELEASE

Northwest Narwhals Swim Club

For Immediate Release

Feb 17, 2013

Northwest Narwhals attend the Speedo Eastern Canadian Swimming Championships

Congratulations to Takara Martin and Kaitlyn Massaro who are returning from the Eastern Canadian Swimming Championships with outstanding performances in the pool this past weekend which were held in Montreal.

Takara made finals in all her events in the girls 16 and over category. In the 200 Breaststroke she finished 11th making a Senior Nationals time which qualifies her to swim at the Canadian World Trials this April in Victoria BC. In the 50 Breast she finished 9th and the 100 Breast 11th overall.

Kaitlyn was competing in the girls 15 and under category in the 200 Freestyle, 800 Freestyle and 100 Backstroke. She improved her ranking in all her swims holding her own against the stiff competition of Eastern Canada.

The Narwhals are coached by David Iwanyszyn and swim out of the Lakehead University Pool.

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