



## MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

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### **NWN sweeps the FFAST swim meet**

The Northwest Narwhals Swim Club attended this past weekend's Boston Fall Frolic Swim Meet hosted by FFAST in Fort Frances sending 8 swimmers. Brittney Felix and Lawson Mironsky received the second annual Jim Brow 200 metre Individual Medley Award for their 1<sup>st</sup> place finishes in the 11-12 age category for a full sweep of this year's award. Jim has volunteered for over 30 years in the swimming community this award is given in his honour each year at the Fort Frances swim meet.

Brittney also finished with Gold in 5 other events which were the 50, 400 and 800 Freestyle as well as the 400 I.M. and 200 Backstroke. She had Silver in the 200 Free and 200 Fly. Lawson finished with Gold in 3 other events including the 400, 800 Freestyle and 400 I.M. along with 4 Silver place finishes in the 50, 100 and 200 Freestyle in addition to the 50 Breaststroke.

Takara Martin secured Gold in all her event in the 15 and over female category. They were the 50, 100 and 200 Breaststroke, 50 and 100 Fly in the 15. In the same category Alyssa Iwanonkiw received Gold in the 400 Free, Silver in the 100 and 200 Breast as well as Bronze in the 50 Breast. Marie Wood also had 6 finishes in the top 8 for this division. Kaitlyn Massaro received Gold in the 800 Freestyle, 50 Backstroke and 400 I.M. in the 13-14 age category. Heather Eyben finished with a Bronze in the 100 I.M. in the 11 - 12 age category.

The littlest Narwhal, Ilana Mironsky, age 8 had 2<sup>nd</sup> place finish in the 100 I.M. for a Silver, Bronze in the 200 Breaststroke in addition to 4 other top 8 finishes in the 10 and under category. She is currently ranked 1<sup>st</sup> in Canada for her year of birth in the 200 Freestyle, 200 Breaststroke and 100 Individual Medley.

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