



MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

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Northwest Narwhals at ManSask 2013

Members of the Northwest Narwhal Swim Club were in Winnipeg this past weekend to attend the Manitoba/Saskatchewan Provincial Long Course Championships at the Pan Am Pool.

Lawson Mironsky, in the male 13 year old age group achieved Gold in the 50 free, 50 fly, 100 fly and 200 fly along with a pair of silver in the 1500 free and the 400 IM achieving two Age Group times in the 50 and 100 fly. Jesse Massaro, also 13 swam to 3 Bronze in the 100 back, 200 free and 50 back.

Leading the medals for the girls 14 year old group was Brittney Felix with a Silver in the 50 fly and Bronze in 1500 free, 200 fly, 100 fly. Ellen Lafroy also 14 swam to Gold in the 100 fly and Silver in the 50 fly.

Also attending was Kaitlyn Massaro, Alyssa Bossio, Emma Covello, Morgan LaBelle and Fred Serratore.

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