



## MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

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### Northwest Narwhals at Prairie Winter International 2013

The Northwest Narwhal Swim Club under the direction of Head Coach David Iwanyszyn were at the Prairie Winter International 2013 November 28 – December 1 2013 with first time attendees Alyssa Bossio, Emma Covello, and Ilana Mironsky joining veterans Morgan LaBelle, Brittney Felix, Ellen Lafroy, Julie Hauth, and Lawson Mironsky . There were 441 swimmers in attendance with teams from Ontario, Alberta, Saskatchewan, Manitoba and the U.S. competing.

Emma (11) did exceptional in the 12 in under division placing 9<sup>th</sup> in the 100 IM, 10<sup>th</sup> 13<sup>th</sup> in the 50 Free achieving a Ontario Festival Time Standard, 11 in the 100 Free, 20<sup>th</sup> in the 100 Breast and 24<sup>th</sup> in the 200 Free. Alyssa also 11 was strong in the division with a 15<sup>th</sup> in the 50 Free, 17<sup>th</sup> in the 200 Back, 18<sup>th</sup> in the 50 Back, 21<sup>st</sup> in the 200 IM, 23<sup>rd</sup> in the 100 Back and 29<sup>th</sup> in the 100 Free. Ilana Mironsky 10 also competed in the 12 in under division with 17<sup>th</sup> in the 100 IM achieving a Ontario Festival Time Standard, 32<sup>nd</sup> in the 100 Back achieving a Ontario Festival Time Standard, 34<sup>th</sup> in the 200 Back, 37<sup>th</sup> in the 100 Free, 38<sup>th</sup> in the 50 Back, 44<sup>th</sup> in the 50 Free.

In the 13-14 year old division Ellen Lafroy (14) swam to a Bronze in 100 Fly, 4<sup>th</sup> in the 100 IM, 9<sup>th</sup> in the 50 Breast, 10<sup>th</sup> in the 100 Breast and 14<sup>th</sup> in the 200 Free. Her times in the 100 and 200 fly met the time standards for Eastern Canadian Championships, Ontario Junior Provincial. Brittney Felix (14) had a Silver in the 100 IM, 5<sup>th</sup> in the 50 Fly and 1500 Free, 6<sup>th</sup> in the 100 Fly achieving a Junior Provincial Time Standard, 8<sup>th</sup> in the 100 Breast, 13<sup>th</sup> in the 50 and 100 Free and 14<sup>th</sup> in the 100 Back. Julie Hauth (15) had Gold in the 50 Fly, 23<sup>rd</sup> in the 100 IM, 25<sup>th</sup> in the 50 Breast, 33<sup>rd</sup> in the 100 Breast, 51<sup>st</sup> in the 50 Free and 63<sup>rd</sup> in the 100 Free. Morgan LaBelle (15) finished 12<sup>th</sup> in the 800 Free, 15<sup>th</sup> in the 200 Breast, 18<sup>th</sup> in the 50 Breast, 23<sup>rd</sup> in the 200 and 400 Free and 36<sup>th</sup> in the 100 Free.

Lawson (13) swimming in the 13-14 division stayed in the top 10 for all events finishing with a Gold in the 200 Fly which met the Time Standard for Canadian Age Group and Junior Provincial, Silver in the 1500 Free and 100 Fly also a Canadian Age Group Time, Bronze in the 200 IM, 4<sup>th</sup> in the 400 IM, 5<sup>th</sup> in the 50 Fly, 6<sup>th</sup> in the 50 Free and 10<sup>th</sup> in the 100 Free.

Next up the team competes in their own event the Allstate Narwhal End of Year meet December 14<sup>th</sup> and 15<sup>th</sup> at the Lakehead University Pool.

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