



MEDIA RELEASE

Northwest Narwhals Swim Club

For Immediate Release

February 2, 2014

TBT NWO Regional Championships

The Northwest Narwhal Swim Club under the direction of Head Coach David Iwanyszyn had 20 swimmers in the water at the Regional Championship this past weekend held at the Canada Games Complex. Overall the team finished 3rd overall in Team Points collecting 48 Individual medals overall.

Ellen Lafroy (14) won the 13-14 Female High Points Trophy in addition to leading the medals for the team by achieving Gold in the 200 IM, 200 Breast, 100 Fly, 100 Back, 50 Back; Silver in the 50 Free and 400 IM and Bronze in the 200 Free

Lawson Mironsky (13) as well had an outstanding weekend tying for Male High Points in the same age division swimming to Gold in the 50 Breast, 50 Free, 800 Free, 200 Free, 400 IM and 100 Free along with a Bronze in the 50 Back.

The team had many multiple medal winners including:

- Alyssa Bossio (11) swam to 3 Bronze in 50 Free, 100 Back and 200 Back,
- Emma Covello (11) had Gold in 50 Breast and Silver in 50 Free,
- Mathew Dafoe (14) with matching Silver in the 800 Free and 200 Fly,
- Brittney Felix (15) with Gold in 50 Fly, 100 Fly; Silver in 50 Free, 100 Free; Bronze in 100 Back and 100 Breast,
- Justin Felix (13) achieved a couple of Bronze in the 50 Fly and 200 Breast,
- Jesse Massaro (14) with a Gold in the 100 Breast, Silver in the 50 Breast, 100 Free, 50 Fly, 50 Back along with a Bronze in the 50 Free and 100 Back,
- Ilana Mironsky (10) with Gold in 100 Back, 200 Back and 800 Free; Silver in the 400 IM and 100 Free along with Bronze in the 50 Breast and 200 Free.

Stuart Closs (11) swam to a Silver in the 50 Fly, Julie Hauth (15) won a Silver Medal in the 200 Breaststroke, Morgan Labelle (16) won bronze in the 1500 Freestyle and Kaitlyn Massaro (16) won a Gold in the 50 Back.

Also gaining points for the team and all attaining personal bests were Diego Barcena-Martinez, Lucia Closs, Heather Eyben, Abbie Hauth, Donovan Moore, Aleah Perry-Cerilli, and Rachel Perzan.

Next up the Narwhals are off to the Swim Ontario Age Group Championships in London Ontario at the end of the month then the team will swim at the Manitoba Saskatchewan Provincial Championship in mid March in Winnipeg.

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