



MEDIA RELEASE

Northwest Narwhals Swim Club

For Immediate Release

July 7, 2015

Northwest Narwhals at Long Course Manitoba/Saskatchewan Open Provincial Championships 2015

From July 2 – 5 fifteen swimmers from the Northwest Narwhals Swim Club endured hot and long sessions at the Pan Am Pool in Winnipeg at ManSask 2015 to slash 40 Club records finishing 11th out of 27 overall for the teams. First time attendees Rowan Sharp, Matthew Dafoe, Emma Cournoyer, Katie Meakin and Makenzie McCuaig joined some seasoned veterans at the last event of the year for the club.

In the girls 12 and under division, Katie Meakin (12), swam seven finals resulting in a pair of Silver in the 50 Free and Back that were Canadian Age Group qualifying times along with a pair of Bronze in the 100 Free and 200 Free. Katie also finished 6th in the 100 Back and 9th in the 200 Back ending up with 3 Ontario Festival Times at this meet. Ilana Mironsky (12), swam her way to a Gold in the 200 Back also achieving a Canadian Age Group qualifying time as well as set of Bronze medals in the 50 and 100 Back. She made 6 finals in total placing 6th in the 200 IM, 7th in the 100 Breast, 9th in the 200 Breast and 8th in the 800 Free. Ilana also achieved 3 new Festival Times for a total of 4. Rowan Sharp (10) had seven excellent swims and placings in this tough division with Personal Best Times (PB's) in 6 swims to achieve two Ontario Festival Times as a 10 year old. Emma Cournoyer (11) swam hard to achieve 100% PB's slashing 26.59 seconds off her 800 Free. Mackenzie McCuaig (11) also achieved 100% improvement on her times dropping a massive 31.35 seconds on her 100 Free and making first alternate on the 100 Breast. The girls 12 and under relay team broke two club records in their swims.

In the girls 14/15 division, Alyssa Bossio (13), swam two finals to finish 8th in the 100 Back and 14th in the 200 Back with a 16th in the 400 IM. She slashed 26.59 seconds off her 800 Free as well for 4 Festival Times bringing her total to 5. Emma Covello (13) made finals in the 100 Free with a 8th place finish taking almost 8 seconds in total along with a 13th in the 800 Free. She narrowly missed finals in the 100 Fly and kept all other swims in the top 20. Emma has achieved 6 Ontario Festival Times this year. Riley James (14) made finals in the 50 Fly with a 14th place finish to move up two spots along with some top 20 placings in her other swims. Madi Ross (14) had some strong swims with 100% PB's in all her swims keeping in the top 20 for many swims. The girls relay team finished with two club records.

In the very tough 16 and over division Morgan LaBelle (17) swam 2 finals to place 14th in the 200 Breast and 16th in the 200 Back. In her 1500 Free she slashed 18.51 seconds to place 11th overall. Britney Felix (16) narrowly missed finals in 50 and 100 Breast placing 19th along with top 20 placings in all other swims.

In the boys 14/15 division Lawson Mironsky (15) swam hard in the 100 Fly to achieve Silver and he was narrowly out touched in the 50 Fly missing Bronze by 17 100th of a second. Lawson swam 5 finals with a

6th in the 200 IM, 11 in the 50 Free, 12th in the 200 Fly and 10th in the 200 Free. He ends his season with 4 Ontario Provincial Qualifying Times. Tyler Trottier (14) swam 3 finals in his signature stroke, Breast, to finish 7th in the 50 and 200 along with 12 in the 100. He just missed another final in the 50 Fly. Eric Osala (14) from Nipigon made 50 Fly finals to place 12th overall just missing finals in the 100 Fly. All other swims placed him firmly in the top 20 swimmers for those events. Matthew Dafoe (15) placed 14th in the 800 Free and just missed the cut for the 100 Back and 50 Fly finals. The Boys swam two relays to break club records set in 200.

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