



## MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

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### Northwest Narwhals at NYAC Cup at Toronto Pan Am

Emma Cournoyer (11), Makenzie McCuaig (11) and Rowan Sharp (10) coached by Barry Massaro attended the Toronto Pan Am pool November 6 - 8, 2015 with outstanding results.

Rowan lead the results breaking 6 club records achieving 3 rankings in the top 10 in Canada as a 10 year old and 3 top 50 rankings. In the girls 10 and under division she finished 1<sup>st</sup> in the 50 Fly, 100 Free, 50 Free and 50 Back; 2<sup>nd</sup> in the 100 IM and 3<sup>rd</sup> in the 200 IM, 200 Free and 100 Breast.

Makenzie, in the 11 year old girls division had 100% personal best times. She swam to a 4<sup>th</sup> in the 50 Breast, 6<sup>th</sup> in the 100 Breast, 7<sup>th</sup> in the 200 Breast, 13<sup>th</sup> in the 200 IM, 14<sup>th</sup> in the 100 Free, 17<sup>th</sup> in the 50 Free, 18<sup>th</sup> in the 200 Free and 50 Back along with 22<sup>nd</sup> in the 100 Back. Makenzie achieved 3 top 50 rankings as an 11 year old in Canada.

Emma, also in the 11 year old girls division had 100% personal best times, also achieving 3 top 50 rankings as an 11 year old in Canada. She achieved a 4<sup>th</sup> in the 800 Free, 13<sup>th</sup> in the 50 Breast, a pair of 14<sup>th</sup> finishes in the 200 Back and 100 Back, 17<sup>th</sup> in the 400 Free, 18<sup>th</sup> in the 100 Free, 19<sup>th</sup> in the 100 Breast, 23<sup>rd</sup> in the 50 Back and 26<sup>th</sup> in the 50 Free.

Next up the team competes at their home meet the 2015 NWN Allstate Invitational on November 28 and 29<sup>th</sup> at LU Pool.

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