



MEDIA RELEASE

Northwest Narwhals Swim Club

For Immediate Release

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Northwest Narwhals make a splash at Ontario Provincial Championships over weekend

Takara Martin and Kaitlyn Massaro attended the Ontario Provincial Championships in Nepean, Ontario. Kaitlyn had fantastic swims making best times on most swims. She finished 9th in the 800 freestyle cutting 7 seconds off her best time this year. She also 16th in the 200 free and 18th in the 100 Back. Martin was strong placing 4th in the 100 Breast making her the top 16 year old in the event along with 9th in the 200 Breast and took 3 seconds off her 200 free time.

Next Massaro, Ellen Lafroy, Morgan LaBelle, Lawson Mironsky and Brittney Felix head off for the Manitoba Saskatchewan Provincial Championships on March break. Martin will be taking a break to prepare for the Olympic Trials at the end of March in Montreal.

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