

## Tuesday Evening Report November 13, 2007

### Barrie Aquafest

Over the weekend Trent swimmers traveled to Barrie to compete in their November Aquafest. This meet brings in some strong teams (Pickering, Brampton, Uxbridge) and they all show up ready to race, so the competition was fierce. I thought that our swimmers really rose to the occasion. For the most part our swimmers were either doing best times or coming very close to them. I'm pretty excited to see results like this after only nine weeks of training.

Some of our swimmers had some real breakthrough swims. Cynthia Pammett who has just turned 14 dropped 10 seconds from her 200 backstroke and is now less than 3 seconds from the Olympic Trials standard. Dustin Dwyer took off almost 30 seconds from his 1500 free and qualified for Senior Provincials and then qualified for Senior Provincials in the 200 backstroke. We also had a few swimmers come very close to making their first Junior Provincial standard. That list includes David Laing, Sarah Galvin and Sara Vaughan.

### Statistics

- 64.4% best times (63.6% if you include relay lead legs)
- 2 DQs: 0.8% (better but not quite there)
- Our women placed 6<sup>th</sup> with 208 points and our men placed 4<sup>th</sup> with 153 points
- The top FINA point scoring swim was Cynthia Pammett's 200 backstroke: 675 points

### Top 10 Seconds Off

1. David Laing 139.0
2. James Sutherland 63.35
3. Cynthia Pammett 53.18
4. Dustin Dwyer 48.13
5. Sarah Mitchell-Ewart 44.89
6. Kori Malakos 34.67
7. Sara Vaughan 29.99
8. Madison Monahan 27.76
9. Hailley Guthrie 23.62
10. Nick Maranduik 23.24

## **Qualifier Count**

Senior Nationals: 1

Senior Provincials: 6

1 New: Dustin Dwyer 1500 fr, 200 bk

Junior Provincials: 7

1 New: Ian Brown 200 fly