

Tuesday Evening Report March 4, 2008

Short Course Junior Provincial Championships

Over the weekend the Trent Swim Club sent 10 members to the Ontario Short Course Swimming Championships. Trent placed 24 of 95 teams, beating some teams that brought far more swimmers than us.

This was one of our best Provincials in a couple years. On the women's side, Cynthia Pammett took Silver in the 14 year old girls 100 backstroke, setting a new club and regional record for 13-14 year old girls. Cynthia also qualified for finals in the 50 free, 100 free, 200 free, 200 back and 200 individual medley. Alex Brown qualified for the consolation final in the 100 breaststroke and the senior women's Medley Relay (Cynthia Pammett, Alex Brown, Jasmin Gow and Julia Gow) qualified for the final of the 200 Medley Relay where they placed 8th. The ladies also broke the club record in the 400 Medley Relay. Sarah Galvin had 100% best times and is on the move to some new Provincial standards.

On the men's side, Dustin Dwyer took the Bronze in the 15 year old boys 100 back, 200 back and 400 free. He also made the final of the 100 free. Kori Malakos took the Bronze in the 15 year old boys 200 butterfly, breaking the club record for 15-17 year old boys. Kori also made the final in the 50 fr, 100 fr, 100 fly and 100 breast. The 14-15 year old boy's 200 Free Relay (Kori Malakos, Dustin Dwyer, David Laing Ian Brown) and 200 Medley Relay (Dustin Dwyer, Kori Malakos, Ian Brown, David Laing) took Bronze medals at finals and the 400 Free Relay (Kori, Dustin, David, Ian) and 400 Medley Relay (Dustin, Ian, Kori, David) qualified for finals. The 400 Medley Relay was a new club record. Austin Pammett had some excellent swims, dropping lots of time and getting close to some new Provincial standards.

Statistics

- 61.2% best times
- 1 DQs: 2.0%
- 1 Silver medal
- 6 Bronze medals
- 2 Regional Records - Cynthia Pammett 13-14 Girls 50 back and 100 back
- 5 Individual Club Records – Cynthia Pammett 13-14 Girls 50 back, 100 back, Open Girls 50 back and 100 back, Kori Malakos 15-17 boys 200 butterfly
- 3 Relay Club Records – Girls 15-17 and Open 400 Medley Relay, Boys 15-17 400 Medley Relay

Top 5 FINA Point Swims

1. Cynthia Pammett	100 bk	749
2. Alex Brown	100 br	688
3. Dustin Dwyer	200 bk	652
4. Kori Malakos	100 free	644
5. Julia Gow	100 br	630

Qualifier Count

Olympic Trials: 4

1 New (Alex Brown 100 br)

Senior Nationals: 4

1 New (Alex Brown 100 br)

Age Group Nationals: 7

Senior Provincials: 6

Junior Provincials: 9