

## Monday Evening Report February 4, 2008

### Short Course Regional Championships

Over the weekend the Trent Swim Club sent 37 members to the Huronia Region Swimming Championships. Trent came second to the Barrie Trojans, fighting them all the way. One of the major highlights of the weekend was 14-year-old Cynthia Pammett qualifying for the Olympic Trials in the 50 free and 100 backstroke! Cynthia broke the Regional record in the 100 backstroke; she also broke the 13-14 girls club records in the 50 fr, 100 free, 100 back and the Open Women's record in the 100 back. Our boys also swam very well, with David Laing qualifying for his first Junior Provincial Championships in the 100 back! There were also some very exciting relays, many very close, one of which lead to the 15-17 Girls and Open Women's 200 Free Relay record being broken.

Swimmers from all groups were making big improvements in time, the largest came from Nick Maranduik taking just over 148 seconds off! The overall average for best times for the team was 74%; this is very significant considering that the season ending meets are still on the horizon!

Finally, a big thank you to all the chaperones. They did a wonderful job of managing the swimmers, feeding them, transporting them and getting them ready to race.

### Statistics

- 74.4% best times (73.6% including relay lead legs)
- 1 DQs: 0.4%
- 1 Olympic Trials Qualifier
- 1 Junior Provincial Qualifier
- 1 Regional Record - Cynthia Pammett 13-14 Girls 100 bk
- 6 Club Records – Cynthia Pammett 13-14 Girls 50 Free, 100 fr, 100 bk, Cynthia Pammett Open Girls 100 bk, (Julia Gow, Cynthia Pammett, Alex Brown, Jasmin Gow)15-17 Girls 200 Free Relay, Open Girls 200 Free Relay

### Top 10 Seconds Off

|                   |        |
|-------------------|--------|
| 1. Nick Maranduik | 148.18 |
| 2. Sarah Galvin   | 89.31  |
| 3. Eric Laing     | 72.63  |
| 4. Kate Keating   | 44.74  |
| 5. Austin Pammett | 44.41  |
| 6. Nikki Couchman | 43.22  |
| 7. Sara Vaughan   | 39.07  |

|                         |       |
|-------------------------|-------|
| 8. Cal Miede            | 36.80 |
| 9. Sarah Mitchell-Ewart | 30.96 |
| 10. Sarah Fader         | 30.81 |

### **Top 10 FINA Point Swims**

|                         |           |     |
|-------------------------|-----------|-----|
| 1. Cynthia Pammett      | 100 bk    | 743 |
| 2. Julia Gow            | 100 br    | 685 |
| 3. Alex Brown           | 200 IM    | 671 |
| 4. Jasmin Gow           | 200 fr    | 647 |
| 5. D'Arcy Bowker        | 100 fly   | 588 |
| 6. Kori Malakos         | 100 free  | 576 |
| 7. Dustin Dwyer         | 1500 free | 568 |
| 8. Sarah Mitchell-Ewart | 200 free  | 521 |
| 9. David Laing          | 50 free   | 517 |
| 10. Taylor Ostrander    | 200 free  | 514 |

### **Qualifier Count**

Olympic Trials: 4

1 New (Cynthia Pammett 50 free, 100 back)

Senior Nationals: 4

1 New (Cynthia Pammett 50 free, 100 back)

Age Group Nationals: 7

Senior Provincials: 6

Junior Provincials: 9

1 New: David Laing 100 back