

Monday Evening Report January 21, 2008

Long Course Senior Provincial Championships

Over the weekend eight of our swimmers competed at the Long Course Senior Provincial Championships. The competition was very tough with not only top Ontario club and university swimmers, but also outside province club and university teams. With this being a first Senior Provincials for four of our swimmers, I think that the team really stepped up their game. The combined scores of our men and women placed us 20th.

Scott Farrow took bronze in the 100 fly in a very close race. Cynthia Pammett and Alex Brown both placed 7th in the 50 free and 100 breast respectively with personal bests. Cynthia also broke the club records in the 13-14 year old girls 50 free and 100 free. Our relays did an awesome job, with the 15-17 year old girls breaking the club and regional record in the 200 Medley Relay (Cynthia Pammett, Alex Brown, Jasmin Gow, Julia Gow) and the club records in the 400 Free Relay (Jasmin Gow, Cynthia Pammett, Julia Gow, Alex Brown) and the 400 Medley Relay (Cynthia Pammett, Alex Brown, Jasmin Gow, Julia Gow). Both the men's and women's relays improved by large enough margins that they jumped from being unranked to having 6 of the 8 relays score in the top 16!

Statistics

- 64.5% best times
- 0 DQs:
- 1 Bronze medal
- 5 Club Records – Cynthia Pammett 13-14 Girls 50 Free
- 1 Regional Record

Top 5 FINA Point Swims

1.	Scott Farrow	100 fly	738
2.	Cynthia Pammett	50 fr	700
3.	Alex Brown	100 br	658
4.	Julia Gow	100 br	624
5.	Jasmin Gow	100 fr	610

Qualifier Count

Olympic Trials: 3 (Scott Farrow, Ryan Gow, Jaquelyn Craft)

Senior Nationals: 3

Age Group Nationals: 6

Senior Provincials: 6

Junior Provincials: 8

Regionals: 39