

## Wednesday Evening Report April 23, 2008

### Region of Waterloo Spring Turbocharge

On April 13<sup>th</sup>, 27 members of the Trent Swim Club traveled to Waterloo to compete in the Spring Turbocharge meet. It was great experience for those who have never swam long course before and a good warm up meet for those to see where they are at in terms of performing in a long course pool. The meet was set up as a pentathlon, which meant that most swimmers competed in 100m of each stroke as well as a 200IM. This led to a fast paced day with lots of interesting racing.

The swimmers stepped up to the challenge of having so many races with little time in between races to rest. The swimmers had to receive feedback for their races, and prepare for the next race sometimes in a matter of 10 minutes. This was done very well for most of the swimmers. Overall the swims were very good. Most of the swimmers had best times, and some had some very large improvements in their times.

### Statistics

- 78% best times
- 3.2% disqualifications
- second place overall with 27 swimmers vs ROW's 118 swimmers

### Top Ten Seconds Off

1. Scott Lanctot	114.66
2. Sarah Galvin	43.45
3. Nikki Couchman	33.01
4. Jordan Lanctot	31.27
5. Austin Pammett	28.68
6. James Sutherland	25.48
7. Sara Vaughan	24.20
8. Cynthia Pammett	21.01
9. Nick Maranduik	15.87
10. Mary Coughlin	12.80