



## AUS INVITATIONAL RESULTS

This past weekend the Memorial Sea-Hawks traveled to Dalhousie to compete at the AUS Invitational, their biggest fall varsity meet. At the meet the Sea-Hawks posted great times and raced well throughout the meet. The team was led by David Forbes who won the 100free with a 51.98, 100fly with a 57.18 and 50free with a 24.18. He also went 25.69 in 50fly and qualified for CIS Championships in 3 events. Nick Smith won 50brst with a 29.98, 100brst with a 1:05.95 and finished 2nd in 50fly (25.94) and 50free (24.67). He is now qualified in 2 events for CIS Championships. Tim Rusted qualified for the CIS Championships in the 1500free for the third consecutive season, swimming a 16:30.21 despite being sick and not swimming the first day of the meet. All three of the swimmers are racing again this weekend at the Canada Cup in Toronto against the fastest swimmers from across the country. To watch live results, go to [www.swimming.ca](http://www.swimming.ca).

The rest of the Sea-Hawks also swam really well with over 65% best times for the meet, great for varsity swimmers. This is a very strong sign for our Legends, as they are getting ready to swim at their focus meets. The Sea-Hawks swam with confidence and had a strong presence on deck, two main aspects that our Legends have been improving over the past two seasons. It is a great sign to see Newfoundland swimmers performing at a high level and we need to keep it up!

## HEAD COACH REPORT

Great results in our 5km swim! Almost everyone took off a lot of time from last year and we had more swimmer's complete the 5km swim than any other year. As results from across Canada are compiled, we will be able to see how our club stands up nationally. Our swimmer's endurance has really improved this season which will show in our racing at Mount Pearl and Pointe-Claire.

We have a few big events coming up besides the swim meets, our Christmas party and our 100 freestyle team racing night take place on Dec 9, the Little Legends have a Superskills competition on Dec 6 and everyone should check the schedule for December changes with xmas breaks and pool closures. Coach Brad

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Sea-Hawks at AUS Invitational

### UPCOMING MEETS:

- Mount Pearl Provincial Invite  
December 5-7th  
All Competitive Swimmers
- Super Skills Competition  
Saturday, December 6th  
7:15-9:30am at Aquarena  
All Pre-Competitive Swimmers
- Pointe-Claire Invitational  
December 11-14th  
Qualified Swimmers Only
- Time Trials—SJJL, CBS, MPM  
January 16-18th Info TBA  
All Competitive Swimmers
- Poseiden Satellite Meet—Carbonear  
February 6-8th Info TBA  
All Competitive Swimmers
- Eastern Nationals—Halifax  
February 12-15th  
Qualifiers Only—Nadine, Brandon

## THE LEDGER



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### Age Group Nationals

July 16-19, 2009 in Montreal

Qualified Legends Swimmers

Leah, Alex,  
Brandon, Reniel

### 2009 Canada Games in PEI

Newfoundland & Labrador will be selecting their Canada Games team at the Corner Brook Provincial Invite, May 1-3rd, 2009.

Swimmers born 1990 or later are eligible to make the team, interested swimmers should contact Brad regarding selection criteria.

### LEGENDS SEMI-ANNUAL AGM

7:30pm on Wednesday, November 26th. At the Dominion Memorial Market Community Room. It is important that every parent tries to attend.

### SCHEDULE UPDATES

Competitive swimmers - no practices Friday PM, Dec 5 or Saturday AM, Dec 6 due to the Mount Pearl Provincial Meet.

Tuesday, December 9th - all competitive swimmers at the Aquarena from 3:15-5:45pm. Everyone will be racing 100 freestyle to celebrate 100 years of Canadian swimming!

Wednesday, December 10th - all Pointe-Claire swimmers will swim from 6:15-7:30am and take the afternoon off (AGD, AGP, Top 3)

### LITTLE LEGENDS SUPERSKILLS

7:15-9:30am Saturday, December 6th at the Aquarena. All pre-competitive swimmers are encouraged to attend.

### MOUNT PEARL PROVINCIAL INVITATIONAL

December 5-7th. Warm-up information will be in next week's email.

The meet has heats Friday night with finals Saturday morning and heats Saturday night with finals Sunday morning. There will be relays as well.

### LEGENDS CHRISTMAS SOCIAL

Will take place on Tuesday, December 9th at 7:00pm at the Francophone School on Ridge Rd. All swimmers and their parents should try their best to attend!

### SQUAD POTLUCKS

AGY - Friday, November 28th at Cowley's house. Contact Jess for info.

### FUNDSCRIP

Fundscrip is an easy way for you to make money to put towards swim meets and socials. Interested parents should contact Helmién at [helmién@warp.nfld.net](mailto:helmién@warp.nfld.net) or check your weekly email.

### Legends 2008-2009 Off-Island Meet Schedule

Dec 11-14	Pointe-Claire Invitational - Quebec qualifying standards - 37 swimmers attending
Feb 12-15	Eastern Nationals - Halifax - Eastern qualifying standards - 2 swimmers currently eligible
Feb 26-Mar 1	Short Course East Coast Champs - PEI - EC Champs standards - 30-40 swimmers eligible
June 25-28	Fort Lauderdale International Meet - Qualifying standards TBA - 30-40 swimmers eligible
July 3-5	Long Course East Coast Champs - NB - EC Champs standards - 30-40 swimmers eligible
July 16-19	Age Group Nationals - Montreal - AGN standards - 4 swimmers currently eligible - aiming for 15
August 26-29	Canada Games - PEI - Qualify at Canada Games Selection Meet in Corner Brook May 1-3

We have great attendance for the Pointe-Claire meet. This will be a good opportunity for more swimmers to qualify for Easterns and Age Group Nationals. Fort Lauderdale information will be posted after Christmas. Swimmers with Easterns/ Age Group Nationals should be looking at those meets as their top priority. Any swimmers making the Canada Games Team are funded by the province. The next two important meets would be Pointe-Claire and Fort Lauderdale with swimmers also able to attend Short Course and Long Course East Coast Champs if they have the time standards. Our meet schedule can be found on the website. Any questions, please ask your coach.

# St John's Legends

## 5 km Timed Swim Results - Saturday, November 15th

Name		Gender	Age	5km Swim Time	Previous Best Time	Name		Gender	Age	5km Swim Time	Previous Best Time
First	Last					First	Last				
Brandon	McKay	M	16	1:05:02	1:10:35	Stefan	Innes	M	16	1:26:31	1:35:55
Nadine	Rockwood	F	16	1:05:55	1:10:35	Maria	Dobbin	F	13	1:26:53	1:38:00
Curtis	McKay	M	15	1:07:58	1:16:54	Sam	Primmer	M	13	1:27:04	1:31:54
Reniel	Engelbrecht	M	15	1:08:38	1:16:41	Amelia	Wheeler-Scott	F	12	1:27:25	1:36:09
Owen	Daly	M	13	1:08:39	1:27:03	Hannah	Albrechtsons	F	16	1:29:28	1:18:07
Peter	Gregory	M	15	1:08:58	1:15:07	Meg	MacKay	F	11	1:29:51	1:49:45
Billy	Mercer-Daley	M	14	1:09:34	1:30:24	Elizabeth	Baird	F	15	1:32:01	1:54:06
Leo	Froude	M	13	1:11:10		Jillian	Avis	F	15	1:32:41	
Sarah	Tremblett	F	14	1:11:15	1:19:49	Emily	Innes	F	16	1:32:50	1:18:11
Aileen	McAleese	F	15	1:11:28	1:16:56	Alexandria	Major	F	15	1:32:50	
Sam	Newhook	M	13	1:11:55	1:25:13	Logan	Slade	M	11	1:35:06	
Samantha	Tucker	F	14	1:12:25	1:21:44	Catherine	Silotch	F	10	1:35:12	
Martin	Whelan	M	14	1:12:53		Maggie	Whelan	F	11	1:38:02	1:59:35
Victoria	MacKay	F	13	1:13:25	1:30:25	Jack	Twells	M	11	1:38:22	1:53:40
Rebecca	O'Leary	F	14	1:14:50	1:24:40	Dawn	Curran	F	11	1:39:21	
Katie	Gillespie	F	12	1:14:55		Emma	Dornan	F	11	1:40:00	1:59:09
Nathan	Wilson	M	14	1:17:37	1:32:32	Iain	Cowley	M	13	1:41:48	
Roy	Leake	M	13	1:18:10	1:27:45	Darragh	Monaghan	M	12	1:42:20	
Jessica	Noseworthy	F	14	1:18:10	1:30:15	Kathleen	Daly	F	11	1:42:52	
Zame	Engelbrecht	F	16	1:19:15	1:24:33	Emily	Brown	F	11	1:43:50	
Peter	Innes	M	16	1:20:06	1:29:51	Olivia	Bungay	F	12	1:43:59	
Karen	Brodie	F	16	1:20:34	1:13:45	Liam	O'Leary	M	11	1:44:00	
Miya	Janes-Green	F	16	1:20:34	1:13:45	Gabe	Shortall	M	10	1:45:22	
Cori	Brown	F	15	1:20:38		Sophia	Adey	F	10	1:47:14	
Kate	Neveu	F	13	1:20:45	1:28:46	Kaitlyn	Smith	F	13	1:48:03	
Emily	North	F	15	1:20:45	1:28:00	Conor	Duffy	M	13	1:50:10	
Danielle	Bittner	F	14	1:21:03	1:30:25	Samantha	Major	F	13	1:54:50	
Amy	Flynn	F	13	1:21:47	1:30:25	Laura	Snow	F	11	1:54:55	
Amanda	Flynn	F	14	1:21:55	1:30:29	Brooke	Riggs	F	9	1:56:01	
Aaron	Buckingham	M	16	1:22:01	1:10:20	Felix	Marino	M	10	1:56:02	
Victoria	Tremblet	F	14	1:22:12	1:27:28	Mitchell	Burt	M	12	1:57:50	
Laura	Taylor	F	14	1:22:45	1:28:14	Chris	Dunn	M	13	1:57:58	
Louise	Twells	F	13	1:23:00		Erin	Wheeler-Scott	F	10	1:58:45	
Rachel	Neveu	F	12	1:23:46		Christophe	Marmouche	M	11	1:59:58	
Daniel	Fontaine	M	15	1:24:16	1:35:10	MaoMao	Zhang	M	11	2:00:29	
Kyle	Kennedy	M	17	1:25:07	1:17:31	James	O'Keefe-Dawe	M	12	2:02:25	
						Victoria	Power	F	12	2:03:18	