

THE LEDGER



VOLUME 10, ISSUE 12

MARCH 17, 2010

UPCOMING MEETS:

- Little Legends Super Skills Competition - Aquarena
March 27 - 8:15-10:00am
- Spring Splash - Aquarena
April 9-11 All Competitive Swimmers
- Edmonton Keyano - Provincial Team
Owen Aaron, Victoria, Victoria, Sarah
April 29-May 2
- Provincial Invitational - Gander
May 7-9 All Competitive Swimmers
- Legends Time Trial - Aquarena
May 15 All Competitive Swimmers
- LC Championships - Aquarena
May 28-30 Qualified Swimmers Only

SC CHAMPS REVIEW



We had another incredible showing at the NL Short Course Championships in Deer Lake this weekend! Our team of 61 swimmers won the meet and had some tremendous results along the way! Logan (12&under Boys) and Owen (13&14 Boys) won Top Achiever Awards for their age groups. Leo qualified for his fourth event at Age Group Nationals (800m Freestyle - 9:08.23). Katie, Catherine, Emma and more continue to close in on Age Group National standards. Our club broke 5 more provincial records, Owen broke the 13-14 400m IM and 100m Backstroke records, our 12&under Girls broke the 4x50m Medley Relay and 4x100m Medley Relay records and our 12&under Boys broke the 4x100m Medley Relay record! In the past month, our team has raced to 16 individual provincial records and 10 relay records, amazing team statistics! Congratulations to Owen, Aaron, Victoria M, Victoria T and Sarah who qualified for the Provincial Travel Team to Edmonton at the end of April! Our club now looks forward to the long course season, after our most successful short course racing!

Legends SC Champs Medalists

Neria A 3rd 50back, 3rd 100back Davin B 3rd 50fly
Aaron B 1st 50free, 1st 50back, 2nd 50fly, 3rd 100free
Dawn C 1st 100brst, 1st 100im, 2nd 200im, 2nd 200brst, 3rd 100fly
Declan D 2nd 50fly, 3rd 50free Iain C 3rd 100back
Owen D 1st 100free, 1st 50fly, 1st 100fly, 1st 50free, 1st 400im
Michael D 3rd 200im, 3rd 50back
Emma D 1st 100free, 1st 400fr, 2nd 100fly, 2nd 50fr, 2nd 200fr, 2nd 800fr
Chris D 3rd 200brst, 3rd 100brst Reniel E 3rd 50fly, 3rd 100fly
Walter FO 1st 200brst, 2nd 50brst, 3rd 200free, 3rd 400free
Amy F 2nd 50fly, 3rd 100fly Allison F 3rd 200back
Leo F 1st 200im, 1st 200back, 1st 50back, 1st 200fly, 2nd 400im, 2nd 800fr
Katie G 2nd 100brst, 2nd 50brst, 3rd 50fly
Peter G 3rd 200back, 3rd 800free
Caroline H 2nd 50brst, 3rd 100brst, 3rd 100im
Meg M 1st 1500free, 3rd 100free, 3rd 400free
Victoria M 1st 1500free, 1st 800free Tim M 1st 200im, 2nd 50back
Aileen M 2nd 200im, 2nd 200brst, 3rd 100im, 3rd 50brst
Brandon M 1st 100fly, 2nd 200im, 2nd 50br, 2nd 100br, 3rd 50bk, 3rd 200fr
Curtis M 1st 50fly, 2nd 100fly, 3rd 200im, 3rd 50free, 3rd 200fly
Sam N 3rd 200im, 3rd 100fly, 3rd 50free, 3rd 50brst
Emily N 2nd 200back, 3rd 100back Jessica Ns 2nd 100brst
Gabe S 1st 100fly, 2nd 400free, 2nd 50free, 3rd 100free
Catherine S 1st 50free, 1st 100back, 1st 200free, 3rd 400im
Logan S 1st 100free, 1st 200back, 1st 400im, 1st 100bk, 1st 200fr, 1st 800fr
Colin S 3rd 200back, 3rd 100im Laura S 3rd 200brst, 3rd 50brst
Sarah T 2nd 1500free, 3rd 200free Samantha T 2nd 100fly, 3rd 400im
Victoria T 2nd 100free, 2nd 200free, 3rd 800free
Jack T 2nd 100free, 2nd 100brst, 2nd 1500free, 3rd 200brst, 3rd 50brst
Erin WS 2nd 200back, 3rd 50back
Maggie W 2nd 400free, 2nd 1500free, 3rd 100back, 3rd 200free, 3rd 200im



100% Best Times

Michael D, Chris D, Walter FO,
Amy F, Jenny G, Liam L,
Felix M, Logan S, Colin S,
Erin WS, Molly W



75+% Best Times

Jill A, Neria A, Dawn C,
Kathleen D, Sarah D, Emma D,
Amanda F, Allison F, Caroline H,
Tim M, Billy MD, Darragh M,
Kaitlyn S, Laura S





A huge **THANK YOU** to our chaperones during the meet! Jim, Leigh Anne, Alex and Lesley were tremendous feeding, organizing and helping all of our swimmers! Thanks so much!



SC Champs Top Achiever Awards

12&under Girls

1st - tie - Kristen Denine/Kaitlyn Denine MPM

3rd - **Emma Dornan SJL**

12&under Boys

1st - **Logan Slade SJL**

2nd - tie Andrew Stone CBR / Matt Rose CBS

13&14 Girls

1st - Becca Dyer MPM

2nd - Darci Tucker MPM

3rd - Leah Vardy MPM

13&14 Boys

1st - **Owen Daly SJL**

2nd - tie **Leo Froude SJL** / Gavin Dyke MPM

15&over Girls

1st - Kelsie Rogers MUSC

2nd - Lindsay Denine MPM

3rd - Dayna Hogan MUSC

15&over Boys

1st - Nick Hogan CBR

2nd - Theoren Goosney CBR

3rd - tie **Brandon McKay SJL** / **Aaron Buckingham SJL** / Ryan Adams MPM



New Provincial Records from SC Championships!

Owen Males 13-14 100m Backstroke 1:02.55 old record - 1:03.94 J.Fowler 1993

Owen Males 13-14 400m Individual Medley 4:51.95, 4:50.25 old record - 4:54.97 G.Dyke SC East Coast '10

Female 11-12 4x100m Medley Relay - Catherine, Caroline, Dawn, Emma 4:11.54 old record - SJL '09 5:18.00

Male 11-12 4x100m Medley Relay - Logan, Walter, Gabe, Jack 5:24.43 old record - NAAC '87 5:25.30

Female 11-12 4x50m Medley Relay - Catherine, Caroline, Dawn, Emma 2:17.20 old record - same team 2:17.42



SC Champs Relay Medal Winners

4x50m Freestyle Relay

- 1st - 12&under Girls - Emma, Catherine, Dawn, Maggie
- 2nd - 13-14 Girls - Neria, Kaite, Amy, Louise
- 1st - 15&over Girls - Sarah, Aileen, Victoria T, Victoria M
- 1st - 12&under Boys - Logan, Walter, Jack, Gabe
- 1st - 13-14 Boys - Owen, Iain, Leo, Sam
- 1st - 15&over Boys - Aaron, Reniel, Brandon, Curtis

4x100m Medley Relay

- 1st - 12&under Girls - Catherine, Caroline, Dawn, Emma
- 2nd - 13-14 Girls - Neria, Katie, Amy, Louise
- 1st - 15&over Girls - Victoria M, Aileen, Sarah, Victoria T
- 1st - 12&under Boys - Logan, Walter, Gabe, Jack
- 1st - 13-14 Boys - Leo, Chris, Sam, Iain
- 1st - 15&over Boys - Owen, Brandon, Curtis, Aaron

4x50m Medley Relay

- 1st - 12&under Girls - Catherine, Caroline, Dawn, Emma
- 2nd - 13-14 Girls - Neria, Katie, Amy, Louise
- 1st - 15&over Girls - Victoria M, Aileen, Samantha, Victoria T
- 1st - 12&under Boys - Logan, Walter, Gabe, Jack
- 1st - 13-14 Boys - Owen, Leo, Sam, Iain
- 1st - 15&over Boys - Aaron, Brandon, Reniel, Curtis

