



LEGENDS LEDGER

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Our Fall Classic Was A Great Performance!

Our club put on a great meet this past weekend and the swimmers rose to the occasion. We had 133 Legends swimmers participate in the meet and we've never broken 100 swimmers at a meet before! We had a huge amount of young swimmers participating in their first Fall Classic and they did a great job of racing throughout the weekend! There were several highlights from the weekend: Our 10&under Boys 4x200m Freestyle Relay team of Josh B, Max B, Cameron H and Lucas S broke a 22 year old Provincial Record! Emma D after qualifying for the Age Group Championships at the last possible time trial last season qualified nine months in advance with an amazing time of 1:02.06 in the 100m Freestyle. Leo F only missed qualifying for Canadian Age Group Championships by 1.5 seconds. Clare A, Josh B, Grace C, Emma H and Jennifer M all qualified for NL Championships for the first time at the meet! Jenny G raced to qualify for Trois Rivieres at the meet and another eight swimmers made one of their two qualifying times for the meet. We had a great amount of best times, with 30 swimmers racing to 100% best times ever and another 55 just missing 100% in one event. For many of our swimmers it was a new experience attending a meet without marshaling and they did an outstanding job getting to the blocks on time!

Our parents really stepped up to run a great meet. A big thanks to our Meet Manager Deb Noseworthy who did a fantastic job running the meet. We also had countless parents help with officiating, meet set up, cleaning up and keeping everyone happy throughout the weekend. It was a big meet with 330+ swimmers attending and it ran smoothly thanks to your efforts.

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Upcoming Events:

- Legends Time Trial - Aquarena - Nov 13th
All competitive swimmers 6:30-10:00am
- Gander Invitational - Dec 3-5th - competitive swimmers
- Megophias Invitational - Trois Rivieres - Dec 3-5th
Qualified P1 / P2 swimmers only
- Pre-Competitive Super-Skills Competition - Dec 11th
All pre-competitive swimmers 8:30-10:00am
- Legends Time Trial - Aquarena - Dec 18th
All competitive and pre-competitive swimmers 6:30-10:00am

Fall Classic Meet Review



New Provincial Record!

10&under Boys 4x200m Freestyle Relay
New Record of 12:40.86
Josh Battcock,
Max Breen,
Cameron Hickman,
Lucas Shortall

Smashed the old record of 12:54.33 from NAAC (old SJL) set in 1988!

Top Distance Swims- Awarded at the Meet
 based on points awarded from placing in 200m free for 10&under and either the 400/800/1500m free for 11&over from the meet

- 10&U Boys 1st Josh Battcock
 2nd Will Leake
 3rd David MacKay
- 11 Girls 2nd Jenny Gillespie
 3rd Victoria Greening
- 11 Boys 1st Ben Dornan
 2nd Ben Diamond
- 12 Girls 2nd Erin Wheeler Scott
- 12 Boys 1st Gabe Shortall
 2nd Colin Smith
- 13 Girls 1st Emma Dornan
 3rd Meg MacKay
- 13 Boys 1st Logan Slade
 2nd Davin Brown
 3rd Stefan Hiscock
- 14 Girls 2nd Katie Gillespie
- 15&over Girls 1st Victoria MacKay
- 15&over Boys 2nd Owen Daly



Fall Classic Meet Review

New Qualifying Standards

Canadian Age Group Championships

Emma D 100free 1:02.06

Megophias 2010 - Trois Rivieres

Elizabeth B 800free 11:50.30

Kathleen D 100im 1:25.64

Michael Da 200free 2:51.48

Owen D 200brst 2:52.97

Sarah D 200free 2:51.69

100im 1:31.19

Chris D 100free 1:05.72

100back 1:18.25

100im 1:14.38

Walter FO 200im 2:46.33

Amy F 50back 38.79

200back 2:54.83

200im 2:54.00

Allison F 400im 6:36.34

Jenny G 400free 6:21.05

100im 1:32.08

Sarah J 200free 2:45.71

Roy L 50free 30.49

50back 36.05

400free 5:14.67

Liam L 200free 3:03.33

Chris M 100im 1:19.96

Tim M 400free 5:40.01

100im 1:25.65

Jennifer M 200free 3:04.85

Amelia T 100im 1:32.43

Louise T 800free 11:45.93

East Coast Championships

Dawn C 400im 5:33.12

Michael Da 200free 2:51.48

200im 3:13.75

Owen D 200brst 2:52.97

Walter FO 200im 2:46.33

Leo F 100fly 1:05.67

50brst 35.23

Laura S 400free 5:29.88

Maggie W 200im 2:43.74

Marty W 50back 31.68

NL Provincial Championships

Clare A 200brst 3:49.71

Josh B 200brst 3:45.03

Grace C 200im 3:22.89

Ben Do 400free 6:10.06

Cameron H 200brst 3:37.59

Sarah J 200free 2:45.71

Liam L 200free 3:03.33

Jennifer M 200brst 3:41.15

200free 3:04.85

Eve O 200brst 3:43.78



Legends Fall Classic Swimmer of the Session

Peter, Chris D, Emma D, Sarah J, Ryan R, Jennifer M, Sarah W, Hannah M, Clare A, Victoria M, Marty W, Maggie W, Michaela R, Beth T, Hannah H, Morgan O, Abby E, Josh B, Leo F, Amy F, Elissa B, Michael Da, Gabe S, Cameron H, Emily F, Rochelle M, Erica M



Fall Classic Meet Review



100% Best Times

Clare A, Sarah D, Katherine D, Ben Do, Chris D, Victoria G, Hannah H, Stefan H, Roy L, Hannah M, David M, Christina M, Chris M, Jennifer M, Darragh M, Kathleen N, Kendall N, Liam O, Victoria P, Jane R, Kelly R, Danielle S, Abby S, Logan S, Colin S, Michael T, Erin WS, Maggie W, Marcella W, Abby W

75+% Best Times

Fintan A, McCrae B, Nathan B, Elissa B, Max B, Davin B, Sophia B, Grace C, Iain C, Allison C, Michael Da, Emily D, Ben Di, Emma D, Abby E, Walter FO, Grace F, Amy F, Emily F, Olivia G, Nicole H, Kali H, Simon H, Sean H, Cameron H, Caroline H, Will L, Ellen L, Sarah L, Katie M, Meg M, Deidre M, Erin M, Nadia M, Isabel M, Owen M, Tim M, Andrew M, Sam N, Haleigh N, Emily N, Eve O, Alyson P, Shane R, Ryan R, Matthew R, Michaela R, Kathleen S, Gabe S, Laura S, Beth T, Jonathan W, Martin W, Molly W, Nathan W

Legends 200 Freestyle Standards

Age	Gold	Silver	Bronze
10	2:45	2:55	3:10
11	2:35	2:45	2:55
12	2:27	2:35	2:45
13	2:20	2:27	2:35
14	2:15	2:20	2:27
15	2:11	2:15	2:20
16	2:07	2:11	2:15
17	2:03	2:07	2:11
18	2:00	2:03	2:07

2010-2011 Season Results

GOLD	Colin S (12) Logan S (13) Owen D (15)
SILVER	Caroline H (12) Maggie W (13) Stefan H (13) Leo F (15)
BRONZE	Josh B (10) Beth T (11) Michael Do (12) Meg M (13) Liam O (13) Jack T (13) Katie G (14)

NL Provincial Championships Qualified Swimmers

(Qualified to swim at SC Champs March 12-14th in Deer Lake)

- 12&under** Clare A, Josh B, Max B, Grace C, Michael D, Sarah D, Ben Di, Ben Do, Jenny G, Olivia G, Cameron H, Liam L, Jennifer M, Benjamin N, Eve O, Catherine S, Colin S, Beth T, Amelia T, Molly W
- 13&14** Elissa B, Davin B, Dawn C, Declan D, Kathleen D, Emma D, Michael Do, Walter FO, Allison F, Katie G, Jenna G, Nicole H, Caroline H, Stefan H, Sarah J, Meg M, Felix M, Chris M, Tim M, Darragh M, Liam O, Gabe S, Logan S, Laura S, Jack T, Erin WS, Maggie W
- 15&over** Jillian A, Owen D, Chris D, Reniel E, Amy F, Dan F, Leo F, Peter G, Roy L, Victoria M, Curtis M, Sam N, Jessica N, Rebecca O, Kaitlyn S, Laura T, Sarah T, Victoria T, Samantha T, Louise T, Martin W, Nathan W

East Coast Championships Qualified Swimmers

(Qualified to swim at SC ECC March 5-7th in Saint John, NB)

- 12&under** Michael D, Catherine S, Colin S, Molly W
- 13&14** Davin B, Dawn C, Emma D, Walter FO, Katie G, Caroline H, Stefan H, Meg M, Darragh M, Gabe S, Logan S, Maggie W
- 15&over** Owen D, Chris D, Reniel E, Leo F, Peter G, Victoria M, Curtis M, Sam N, Jessica N, Rebecca O, Laura T, Sarah T, Victoria T, Samantha T, Louise T, Martin W, Nathan W



**St John's Legends
2010-2011
Under 30 Club**

Curtis M	17	25.58
Leo F	15	27.32
Martin W	15	27.37
Peter G	17	27.96
Emma D	13	28.49
Logan S	13	28.58
Davin B	13	29.12
Daniel F	17	29.20
Stefan H	13	29.42
Chris D	15	29.58

Swimmers who have broken 30 seconds in the 50m freestyle.



Contact Information
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Eastern Nationals 2011
London, ON - February 17-20

Owen Daly
Catherine Silotch

Age Group Championships 2011
Montreal, QC - July 27-31

Owen Daly Curtis McKay
Logan Slade Catherine Silotch
Emma Dornan

Megophias Invitational 2010
Trois Rivieres - Dec 3-5

P1 99-98 Jenny, Beth, Caroline, Molly, Colin, Michael Da,
 Sarah D, Liam L
 97-96 Dawn, Katie, Laura S, Maggie, Neria, Meg, Erin WS,
 Darragh, Davin, Declan, Gabe, Jack, Liam O, Chris M,
 Logan, Stefan, Tim M, Walter
 95-94 Amy, Kaitlyn, Louise, Michaela, Rebecca, Laura T
 Samantha, Chris D, Iain, Roy, Sam N. Marty
 93-before Elizabeth, Jessica, Victoria T, Daniel, Nathan, Peter

P2 99-98 Catherine
 95-94 Victoria M, Leo, Owen D
 93-before Sarah T, Curtis, Reniel

Swimmers that are close to qualifying:

99-98 Amelia, Emma H, Ben Di, Ben Do, Shane R, Grace C
97-96 Sarah J, Nicole, Kathleen D, Allison F, Michael Do
95-94 Sonja HQ

Megophias Invitational 2010 - Registration Deadline Thursday, November 11th
Pre-registration has passed, we would like any swimmers who qualify at Fall Classic or are decide to attend to let us know by Thursday, November 11th!

Reminders...

- **Upcoming Schedule Changes**
No morning practices on Thursday, November 11th
National Group to train 9:30-11:30am at the Aquarena on Thursday, November 11th
- **Megophias Invitational - December 3-5 - Trois Rivieres**
We have 42 swimmers attending the meet and looking for more to qualify this weekend at our Time Trial. If you are still interested in attending and not on the list please contact us!
- **Legends SC Time Trial - Saturday, November 13th 6:30-10:00am Aquarena**
For all competitive swimmers with the Legends. Registration form on our website.
- **Citrus Order - Individual Fundraiser**
Citrus Order information is on our website, if you're interested in participating please contact Kerri Wareham at markwareham@nf.sympatico.ca. Order Deadline - November 11th.
- **Fundscrip**
Buy Gift Certificates for the stores you already shop at and money goes into your swimmer account to pay for meets, etc. For more information visit: www.fundscrip.com or if you have questions email Helmiem Engelbrecht helmiem@warp.nfld.net or call 754-3204.
- **Sea-Hawks Competitive Stroke Technique Clinics - Registration on our website.**
4:00-6:00pm Saturdays at the MUN Pool. Focus on developing new skills for each stroke.
Nov 13 - Freestyle Dec 11 - Butterfly Jan 15 - Breaststroke Jan 29 - Backstroke