



Shane “Rocks” the Waters in Sudbury.

Fifteen teams from ten Northern Ontario Cities met in Sudbury February 5th, 6th and 7th to compete in the annual Dave Kensit Northeastern Ontario Regional “A” Swimming Championships. Bringing a contingent of sixteen swimmers, the Sault Ste. Marie Aquatic Club had an impressive overall performance, **finishing second overall** in the age-group portion of the competition and third overall in the open senior category. All swimmers who participated posted improved times and are to be commended for such a strong performance. Well done SSMAC!

Leading the team with an impressive **10 gold medals** and bringing home his age group’s trophy, **Shane Rock** won all eight of his individual events (50 free, 100 free, 200 free, 400 free, 1500 free, 100 fly, 200 fly, and 200 IM) and also added two more relay gold’s as part of the winning 200 Medley Relay and 200 Free Relays for the Boys 14&15 age group.

In 15 & over girls, **Julia Turgeon** came in as high point runner-up while establishing wins in the 100 free & 200 IM, silver medals in 50 fly & 400 IM and bronze in the 50 free, 100 breast, 100 & 200 fly events.

Likewise, in the 11 & 12 girls age group, **Erin Lee** was high-point runner-up with an individual silver medal in the 100 breaststroke, and bronze medals in the 400 free, 800 free, 100 back, 200 back & 200 IM, and adding an additional gold as part of the winning girls 200 Free Relay.

In boys 11 & under age group, a third High Point Runner up, **Dante Severini** brought home gold in the 50 Breast, silver in the 100 and 200 Breast and bronze in the 50 Back and capped it off as part of the winning 200 Medley relay team.

Other medal winning performances were turned in by the following:

Kalen Critchley, 13&14 girls, silver in the 50 free, bronze in 100 free, 800 free, 100 back and 200 back plus a gold in the 200 Free Relay.

Mike Lawrence, 14&15 boys, gold in 400Im, silver for 1500 free, 200 fly and 200 back, bronze in the 400 free plus additional golds in both relays.

Matthew Budau, 12&13 boys, gold in 50 breast, bronze in 100 breast and 200 breast plus two relay gold medals.

Paul Widgett, 12&13 boys, gold in 200 Free, silver for 50 free & 200 IM, and bronze in 200 back plus and additional gold in the Free Relay.

Colin MacQuarrie, 16 & over boys, gold in the 50 fly and bronze in the 50 free.

Aron Mohammadi, 12&13 boys, gold in 400 free, and silver in the 1500 free plus two relay golds.

Chris Carlyle, 14&15 boys, bronze in 50 breast and 100 fly plus two relay golds.

Chenoa Naylor, 13&14 girls, silver in 50 fly, bronze in the 100 fly plus a Free Relay gold.

Steven Lee, 14&15 boys, bronze in the 200 breast and two relay golds.

Matteo Reich (11 and under Boys) and **Carrie-Lynne Smale** (13&14 girls) added relay golds in their respective age groups.

The Dave Kensit Memorial meet was also a qualifying opportunity for the upcoming Short Course (25m pool) Age Group Provincial Championships and SSMAC swimmers added personal bests and qualifying times to many of their swims. Qualifying for the Provincial competition were Mike Lawrence (1500 free), Shane Rock (1500 free & 200IM), Julia Turgeon (100 free & 200 IM), Paul Widgett (50 free & 200IM), Chenoa Naylor (100 fly) and Colin MacQuarrie (50 free).

Next action will see SSMAC swimmers in Elliot Lake on February 20th and 21st for the season's fourth Northeastern Regional Development Meet while SSMAC's Age Group Provincial qualifiers will be in Etobicoke February 25th to 28th.