



SSMAC Senior Team takes first place for small team at Long Course A Championships

This past weekend a small but mighty SSMAC team of swimmers headed to Sudbury for the Dr. Jenő Tihanyi Memorial Long Course Regional Championships. A total 29 swimmers, 13 swimming the "A" meet and 16 swimming the "B" meet. The "A" meet was for swimmers meeting certain qualification times. In connection with the "A" was a senior swimmers' meet which the top 16 swimmers aged 13 and older competed head to head again in the evening of Saturday and Sunday for the Senior Championship. These swimmers combined as a team to earn first place in small team points in the Senior competition. Combining their swims in the morning and the results of the swimmers in the B meet, SSMAC achieved an overall placing of second falling behind the host club of Sudbury Laurentian. Every swimmer helped the cause by achieving points for the team. The Alumni Coaching staff is very proud of their team spirit and dedication.

In the "A" meet, Erin Lee (10) led the group with 5 GOLD medals (100 & 400 free, 100 & 200 back, 100 breast) and a Bronze in her 200m I.M. which won her the High Point Trophy for girls 10 and under. Brother, Brian Lee (15) also won High Point Trophy for boy's 14-15 age group by winning 5 GOLD medals (100, 200, 400 & 800 free, 400m I.M.). Brian was also awarded the Fred Rams award for best overall male swimmer in the North Eastern Ontario Region.

Julia Turgeon (14) came second for High Point Trophy by giving it her all and swimming to 2 GOLD (800 free & 200m I.M), 3 SILVER (100 back, 100 & 400 Free) and a BRONZE in her 200 back.

Shane Rock (13) also came second the High Point Trophy missing by just 2 points but still managed 3 GOLD (50, 400, & 800 free), 2 SILVER (100 & 200 free) and a 4th in his 100 breast.

Marina Fournier (14) swam her way to 1 GOLD (1500 free), 1 SILVER (400m I.M.) and 2 BRONZE (100 & 200 Fly) with a 4th and 5th place finish as well.

Steven Lee (12) achieved 2 GOLD (100 & 200 breast) as well as a 4th, 5th, 6th and 8th place finishes.

Kyle Matthews (16) also received 2 GOLD (50 & 100 free) for his efforts. He also had a 4th, 5th, 7th and 8th place finishes.

Joshua Lawrence (16) received 1 GOLD (100 back), 1 SILVER (50 free) and a BRONZE (100 free) as well as a 4th, 5th and 6th place finish in a very competitive field of swimmers.

Michael Lawrence (14) raced whole heartedly and scored personal best times to win a Gold (1500 free), a SILVER (200 breast), as well as a 4th and 5th place.

Sarah Theodossiou (15) in her first 1500 meter free in long course achieved a SILVER medal. Sarah also received a SILVER in her 400m I.M. She also had a 4th, 5th, and two 7th place finishes.

Brendan Wilton (13) won himself 3 BRONZE (200 breast, 100 & 200 back) as well as a 5th, 7th and 10th place result.

Kalen Critchley (12) finished the weekend with three 4th, 5th and two 6th place results by achieving personal best time in her 200 free.

Christopher Carlyle (13) had personal best times in his 50 & 100 free to place 5th in both. He also finished with a 4th, 6th, 7th and 9th place in his remaining events.

The boys relay team (12-13) consisting of Shane, Brendan, Christopher and Steven, combined to bring home GOLD in both the 200m free and medley relays. The boys relay team (14-15) consisting of Brian, Michael, Brendan and Steven came first in the 200m-medley relay. In a very strong 16 year old and over division, the boys 16 and old relay team consisting of Klye, Joshua, Brian and Shane swam their fastest only to lose the 200 free relay by just 2/100th of a second coming in 2nd to a very strong Sudbury team. The relay team also managed to swim to a 3rd place finish in the 200m-medley relay.

The girls relay team (13-14) consisting of Kalen, Marina, Erin and Julia swam to a 3rd in the 200m free relay and 5th in the 200m medley relay contributing to the SSMAC overall team total.

As a result of their individual morning swims, the top 16 fastest swimmers over the age of 13 were invited back for a Senior Swim Championships on both Saturday and Sunday evenings. All of the age appropriate swimmers in this group over the age of 13 qualified for the Senior Championships which added points to the overall standings for the team. Brain Lee swam to 1st (100 free) and three 2nds (400m I.M., 200 & 400 free) in the senior meet. Marina Fournier swam hard ending up with two 2nds (200 fly & 400m I.M) and a 3rd (200 back). Marina also achieved a provincial qualifying time in her 200m fly. Kyle Matthews swam to a 1st in his 50 free while Joshua Lawrence got a 3rd in his 100m free. Julia Turgeon also got a 3rd in her 200m I.M. and a 4th in her 200 back. Shane Rock improved his overall placing by moving from 12th to 7th in both his 100 & 200 free. Sarah Theodossiou had 4 top 10 finishes in her 5 events. Brendan Wilton swam to two top 10 out of his four events. Michael Lawrence had an 8th and 11th place in his two events. Christopher Carlyle placed 14th in his single event he swam. Congratulations to all the swimmers for their work in acquiring points for the Senior Championships.

The Alumni Coaching Staff would to congratulate all the swimmers for their hard work and dedication to their sport and for helping to keep the **tradition of excellence** strong on the SSMAC swim club. They would also like to congratulate the many swimmers who swam Provincial and Age Group National Time Standards. They and the club extend best wishes to those swimmers who are going to the Provincial Champions being held July 3-6 at the Canada Games complex in Thunder Bay. Thanks for a great year and have a good summer. See you in September.