



SSMAC solid at Dave Kensit Memorial Regional A Championships

This past weekend saw about 200 swimmers from across the North-Eastern Ontario Region (NEOR) converge on the John Rhodes pool as the Sault Ste Marie Aquatic Club hosted the annual Dave Kensit Memorial A Championships. Swimmers had to qualify by achieving “A” level times in order to participate at this meet. Along with receiving medals for the top three positions and ribbons up to 8th place, swimmers received points determined by the placing toward a team and individual totals. But in order to place or get points for your team, your swim must meet the meet’s qualifying standard.

Thirteen year-old Shane Rock was solid for SSMAC winning GOLD in all 7 of his individual events and two more GOLD medals with the 16 & older relay team. Shane had a busy weekend racing in the 50, 100, 200, 400 and 1500m-freestyle as well as the 200m-backstroke and 400m IM. Shane’s hard work did not go un-rewarded as he won high point trophy for the 13-year-old boys.

Brian Lee won the 15-year-old high point trophy for his successes in the pool. Brian won six GOLD medals (50m back, fly and breast, 100m free & breast, & 200m breast) and SILVER (200m IM). Brian was also part of the 16 & older relay team winning two more GOLD medals. Brian also broke a NEOR record in the 50m-backstroke event.

Kyle Matthews (17) swam to four GOLD medals (50 & 100m free and fly) and three SILVER medals (200m free, 50 & 100m back) to earn the high point trophy for male swimmers aged 16 & older. Kyle was also part of the two GOLD medal 16 & older relay team.

Final member of the 16 & older male relay team was Joshua Lawrence (16) winning three more individual GOLD medals (50, 100 & 200m back), SILVER (50m free) and BRONZE (100m free) as well as a 6th and 8th place finish to tie for 2nd place in high point.

Kalen Critchley placed in 2nd place for high point for the girls aged 12. Kalen took home four GOLD medals (50 & 100m free, 100 & 200m back), two BRONZE medals (50m back & 800m free) and a 4th place.

Steven Lee swam his way to a 3rd place finish for total point in the 13-year-old boys group by capturing three GOLD medals (50, 100 & 200m breast), SILVER in the 200m IM and a 5th.

Michael Lawrence (14) won GOLD in 1500m free and two SILVER medals in the 200m free & breaststroke. He also received a 4th and 6th for his efforts. Christopher Carlyle (14) received SILVER in his 50m-breast along with three-4th and two-5th place finishes. Michael and Christopher also joined up with Brian and Shane to finish with two-2nd place ribbons with the 14 –15 year-old relay teams. Rayne Fisher (14) finished the weekend with two-6th place ribbons and some personal best times.

Of the 15 year-old and older SSMAC girls, Julia Turgeon led the girls with three SILVER medals (50, 100 & 200m back). She also won BRONZE in the 400m IM along with two-4th and a 5th place. Marina Fournier swam herself to two BRONZE medals (200m fly & 800m free) while also achieving a 4th, two-5th, a 6th and a 7th place results. Sarah Theodossiou also won two BRONZE medals (50 & 100m breast) with a 4th, 5th and 6th place result in her other events. Elyse McCarthy achieved four personal best times on the weekend reaching senior finals in her 400m IM.

Erin Lee led the 11-year-old girls with SILVER (400m free) and three BRONZE medals (200m back, 50 & 100m free). She also received a 4th and two-5th place ribbons. Sarah Gelmych won BRONZE in the 200m-breast and had a 6th place finish. Erinn Theodossiou had a great weekend finishing with a 5th, two-6th and two-8th place results.

Matteo Reich and Dante Severini, both 10, competing in the 11 and under boys division had many successes in the pool. Dante received BRONZE (100m IM) and three-4th place ribbons while Matteo received SILVER in the 50m back. The youngest SSMAC swimmer to qualify to compete at this meet was Alexander Gelmych (9). Competing at his first “BIG” meet, Alexander won SILVER in the 100m IM as well as winning a 7th place ribbon.

The final swimmer to compete was Colin MacQuarrie (15) who due to illness was only able to swim 200m free in which he won BRONZE for his efforts.

The coaching staff congratulates all the swimmers on the excellent results at this meet. The combined efforts of all the swimmers placed SSMAC 3rd in total points amongst the 14 teams. The next meet some of the SSMAC swimmers is the Fred Rams B Championships being held in Timmins February 21 and 22. For some other swimmers who have qualified for the Provincial Short Course Championships, they will travel to Ottawa to compete February 26 to March 1. Good luck to all swimmers as they compete in their next meet.