



Two Silvers for Lee at Eastern Canadian Championships

Brian Lee of SSMAC traveled with his Coach Andrew Bignell this past weekend to compete at the Speedo Eastern Canadian Swimming Championships in Halifax, NS. Brian, swimming in the 16 and under males, managed to move from a 6th place preliminary result by turning in a Silver medal performance by finishing his 50m backstroke in 27.56 seconds which is 0.2 seconds faster than his NEOR record time set just two weeks earlier at the Dave Kensit meet. Brian also overcame a 4th place preliminary finish in his 100m freestyle event to also reach the podium with a silver medal at a time of 52.25. Brian reached finals in three more of his events to finish 5th in the 50m freestyle, and 6th in both the 50 and 100 meter breaststroke.

Over 1200 swimmers competed this weekend at the Speedo Eastern and Western Championships in Halifax and Edmonton respectively. The short course Championships took place from Thursday February 12th to Sunday the 15th and brought together a great mix of Canada's senior, youth and junior swimmers.

The Speedo Eastern and Western give the opportunity for young up and comers to swim at a national level competition. The meet also features many of Canada's top senior and junior athletes that competed on the World stage at the recent Olympic Games in Beijing, Junior Pan-pacific championships in Guam and Youth Olympic Festival in Australia. Many also use this competition to prepare for the 2009 Spring National Championships in Toronto next month.

Head coach Dan Stratton, his coaching staff and the entire SSMAC team congratulates Brian on his success in the pool and for getting Sault Ste Marie and SSMAC national attention once again. Brian's accomplishments in the pool ranked SSMAC in the top 30 teams (27th) for high point out of 75 teams represented at the meet. Brian and several team-mates will be off to compete in Ottawa at the end of the month at the Ontario Provincial Championships. Good Luck.