



SSMAC Boys Relay Teams Sweep Meet

This past weekend, the Soo Y Dolphins and the Sault Ste Marie Aquatic Club co-hosted the regional development meet, NEOR #3, at the John Rhodes Pool. The meet comprised of 10 teams from across the region with approximately 235 swimmers attending. The developmental meets are designed for swimmers to compete at a regional level to attain provincial times. They also have the opportunity to swim their weaker events in order to achieve a more rounded swimmer. Ribbons are given out to the top 8 places instead of medals in order to control costs and reduce pressure on the younger swimmers.

The highlight for SSMAC was that their boys won all eight relay races. There are four age groups; 11 and under, 12 – 13, 14 – 15, and 16 and older. Each group swam both the 200m-medley and the 200m freestyle relays. Younger swimmers were added to older age groups to complete a relay team that also allows the younger swimmers the opportunities to compete at a higher level. The girls' relay teams did well achieving a 2nd and three-3rd place results. Being a developmental meet, the results are going to be organized starting with the youngest swimmers to the oldest and highlighting personal best (PB) times and their best finish.

In the **girls 10 and under**, Kate Mohammadi (10) swam to 5 PB times while finishing in 1st for the 25m-breast along with a 4th and 8th. Vanessa Reid (8) had 2 PB times to achieve a 2nd in the 25m-fly as well as a 4th. Charlotte Reich (8) had 4 PB times with a 6th in 25m-breast along with a 7th and an 8th.

In the **boys 11 and under** group, Matteo Reich (10) lead the way with 6 PB times and swimming to 2nd in the 100m-free, a 3rd, two-4th, a 6th and an 8th. Dante Severini (10) had 4 PB times on his way to 2nd in the 50m-breast, two-4th, 5th and two-6th place finishes. Lucas Luciani (11) had a perfect 6 PB times on his route to a 2nd in the 100m-back, two-5th, a 6th and two-7th. Alexander Gelmych (9) had 3 PB times to secure 3rd in the 50m-breast and 200m-IM events, as well as 4th and two 5th. Ben Maxwell (10) had 4 PB times with a 3rd in the 50m-back. Noah Janzen (11) had 2 PB times finishing 6th in the 50m-back, and two-7th. Michell Filmore (8) and Michael Reid (10) both had 4 PB times on the weekend. Michell also finished the weekend with an 8th place in the 50m-fly.

For the **11-year-old girls**, Erin Lee had 2 PB times while swimming to a 1st in the 50m-back and four 2nd's and a 5th. Erinn Theodossiou had a perfect 6 PB times. She finished with three 2nd place finishes in the 200m-back, 50 and 200m-free, while swimming to a 3rd, a 5th and a 6th. Sarah Gelmych had 3 PB times achieving a 2nd in 100m-breast, a 3rd, three-6th and a 7th. Sheridan Worth had 3 PB times and won 2nd in the 100m-IM, a 6th and an 8th. Emily Boucher had a great weekend with 5 PB times while swimming to a 3rd in the 50m-breast, a 4th and a 6th. Lexus Hall had 5 PB times with a 5th in the 50m-back, as well as a 6th and two 7th's. Paxton Marenger went into the meet with no times so personal bests could not be calculated. She did finish 8th in the 200m-back.

The lone **12-year-old** girl swimmer from SSMAC was Kalen Critchley. Kalen swam to 2 PB times and finished with two-1st in the 100m-back and 200m-IM. She also had four 2nd place results.

Aron Mohammadi was SSMAC's lone **12 year-old boy** competitor on the weekend. Aron made his presence known by having 5 PB times finishing 1st in three events; 400m-free, 50 & 200m-back. He also received 2nd, a 3rd and a 6th.

The lone **13-year-old female** competitor for SSMAC was Amelia Marrato who swam 5 PB times. She placed 2nd in the 50m-breast, and achieved two 5th and two 7th place results.

In the **male 13-year-old** group, Shane Rock and Christopher Carlyle both had 5 PB times with Shane finishing with four 1st's and Christopher with three 1st's. Shane's 1st were in the 100m back, 200m IM, 200m-breast, and 400m free. He also had two-3rd place results. Christopher's 1st's were in the 200m back, 50 & 100m-breast. Christopher also achieved a 2nd and 2-3rds. Steven Lee had 3 PB times swimming to 2nd in the 50, 100 & 200m-breast events. Steven also finished with two more 3rd, and a 4th.

In the **14-year-old females**, Rayne Fisher finished the weekend with 2 PB times. Rayne had a 1st in the 50m-breast, along with a 3rd, a 4th and two-6th place ribbons. Kailee Valois received 2nd place in the 50 & 200m-fly events as well as three-6ths and an 8th her efforts on the weekend. Marissa Lobert achieved 6 PB times finishing with 3rd in the 50m back and 200m IM, and three-5th place results.

SSMAC's lone **14-year-old male** was Michael Lawrence who had a perfect 6 PB times. Michael won four 1st; 200m-breast, 400m-free, and the 50 & 200m-back events. He also placed 2nd and 3rd.

Brian Lee was SSMAC's only **15-year-old male** competitor at this meet. Brian swam to five-1st's; 200m-breast, 100 & 200m-back, and 50 & 200m-free events.

For the **females 15 and over**, both Julia Turgeon and Sarah Theodossiou had 2 PB times and three 1st-place finishes. Julia won 1st in the 200m-IM, 100 & 200m-back with a 2nd, a 3rd and a 4th, while Sarah swam to her 1st's in the 50, 100 and 200m-breast events. Sarah also captured a 3rd, and two-4th place results. Also having a good weekend were Marina Fournier and Elyse McCarthy. Marina had 3 PB times on route a 2nd in the 200m-breast, 50 & 200m-fly as well as two-3rd and a 5th. Elyse had a PB time while finishing the weekend in this very competitive group with 5th in the 200m-back, two-6th and a 7th.

And finally the **16 and over males** group saw Joshua Lawrence and Kyle Matthews compete. Joshua and Kyle both had a PB time. Joshua had three 1st place finishes; 400m-free, 50m-free & back while Kyle won 1st in the 100m-back. Joshua also placed 2nd and 3rd on the weekend. Kyle placed 2nd four times and captured a 3rd as well.

The next meet for some of the SSMAC swimmers who qualified for "A" Regional Championships will be the Dave Kensit here in the Sault Feb. 6th to 8th. The remainder swimmers will be competing at the "B" Regional Championships at the Fred Rams in Timmins Feb. 21 & 22. We would like to congratulate to all SSMAC swimmers and good luck in your next meet.