



SSMAC Sensational at NEOR #4

The Sault Ste Marie Aquatic Club travelled to Sudbury this past weekend to take part in the first long course swim meet of the season. Sixteen swimmers participated in this developmental meet to help prepare them the swimmers for the long course season. Being a developmental meet, swimmers receive ribbons for the swims if they finish in the top eight of their age category.

Leading the swimmers with a perfect weekend of four first place results were Paul Widgett and Shane Rock. Paul aged 11 won first in the 50-meter fly, breast and back and in the 200-meter IM in his debut meet as a SSMAC swimmer. Shane aged 13 swam away with first in the 100-meter free, back and breast and the 400 IM. Paul and Shane teamed up with Aron Mohammadi (12) and Steven Lee (13) to place first in both the 200 medley and freestyle relays for boys aged 12-13.

Steven also finished the weekend with 2nd in the 100-meter breast, 4th in both the 100-meter back and 400-meter IM and a 7th in the 100-meter free. Aron had a great weekend finishing with a 3rd in the 200 IM, 4th in the 50-meter back, 5th in the 50-meter free and 7th in the 50-meter breast. Christopher Carlyle (14) was successful placing 3rd in both the 100-meter breast and back and 4th in the 100-meter fly and free. Dante Severini (10) swam his way to two 6th place finishes in the 50-meter breast and the 200 IM. He also obtained an 8th place ribbon in the 50-meter free. Joey Maxwell swam all personal best times on the weekend as he competed in the 50-meter back, breast and free, as well as the 200 IM.

Leading the way once again for the girls was Kalen Critchley (12) with three first and a second. Kalen received 1st place ribbons for the 50-meter fly and back and in the 200 IM. Her 2nd place finish was in the 50-meter free. Kalen's time in the 200 IM met the national time standards for 12-year old girls. Carrie-Lynne Smale was also very successful in her first meet as a SSMAC swimmer. Carrie-Lynne placed 1st in the 100-meter back, 2nd in the 100-meter free, 3rd in the 400 IM and 4th in the 100-meter fly to complete her weekend. Erin Lee aged 11 swam to 4th place finishes in both the 200 IM and the 50-meter back. Erin also received a 6th place ribbon in the 50-meter free. Fellow 11-year old teammates Emily Boucher and Sheridan Worth both had terrific swims. Emily and Sheridan both swam to personal best times in all four of their events. Emily swam the 50-meter fly, free and back and the 200 IM while Sheridan swam the 50-meter fly, free, breast and back. Erin, Kalen, Emily and Sheridan teamed up to finish 5th in the 11-12 girls 200-meter medley relay and the 200-meter free. Kate Mohammadi (10) had a personal best time in her 50-meter back. Kate also swam in the 50-meter free and back and the 200 IM. Fourteen year-old teammates Marissa Lobert and Kailee Valois teamed up with Carrie-Lynne and Kalen to place 4th in both the 200-meter free and medley relays for girls aged 13-14. Sherri Lambkin (15) had a personal best time in the 100-meter free.

Head Coach Dan Stratton was proud at how well the swimmers did at their first long course meet of the season and they showed great promise for the season. The next meet for the SSMAC swimmers is Team Champs on April 17-19 at the Wayne Gretzky Complex in Brantford.