



Rock Double Medal Winner at Ontario Championships

Shane Rock (14) normally a freestyle swimmer showed that he had more than that in him. Coming off a ten gold medal performance at NEOR regional Championships less than two weeks ago, Rock was seeded in 16th spot for the 100 meter butterfly at the Ontario Junior Short Course Championships. Competing against more than 30 of Ontario's top male swimmers in his age category, Rock swam into the finals by swimming a personal best time of 1:01.64 to secure a 5th place. In finals, Rock kept pace with the leaders and swam a new personal best time of 1:00.22 to bring home a BRONZE medal. The next evening after swimming the 100 meter freestyle, 200 meter IM and the 400 meter freestyle in morning preliminaries, Rock found himself seated 8th in the 400 meter freestyle final. Coming off a personal best time of 4:20.29 in preliminaries, Rock took off almost 9 seconds in finals (4:11.82) to achieve his second BRONZE medal of the Championship meet. This time is also a new SSMAC club record beating Brian Lee's record by 5 seconds. Rock's two bronze medal times rank him nationally in 5th place in the 400 meter freestyle and 6th place in the 100 meter butterfly. Rock also found himself in finals in the 400 meter IM and the 200 meter freestyle to finish 8th in both with new personal best times. He also swam to a new personal best time of 9:02.93 to secure a 6th place ribbon in the 800 meter freestyle.

Kalen Critchley (13) secured a place in finals in 4 out of her 5 events. Critchley just missed the podium three times finishing 4th in the 100 and 200 meter back stroke and 100 meter freestyle events with personal best times of 1:08.17, 2:26.73 and 1:01.75 respectively. She also finished in 6th place in the 50 meter freestyle finals with a time 28.30 and in 10th in the 200 meter free with a personal best time of 2:16.77. Critchley competed against between 25 and 30 of Ontario's top female swimmers in her age group to produce these results.

Points are given to the top 8 finishes and team total points are recorded. Rock and Critchley combined for 133 points to give SSMAC a 38th place overall ranking out of nearly 100 teams that participated. The only team in their region (NEOR) to obtain more points was the Sudbury Laurentian Club.

Fellow provincial championships teammates, Michael Lawrence (15), Carrie Lynne Smale (14) and Julia Turgeon (16) also had great meets. Lawrence swimming in his first Provincial Championships held up to the pressure very well. Finishing with personal best times in his 400 meter IM, 100 and 200 meter Breast Stroke, Lawrence improved his provincial standings in all 3 events. Smale had personal best times in 50 meter freestyle, 200 meter backstroke and 200 meter IM to improve her provincial ranking as well.

Turgeon moved up 15 positions in her 50 meter freestyle by achieving a personal best time 28.20.

The Ontario Junior Short Course Championships were held at the Etobicoke Olympian Pool Feb. 25th to 28th. Over a thousand swimmers from nearly a hundred swim clubs from across the province had to achieve certain time standards in order to qualify to compete in this Championship meet. Three more SSMAC swimmers qualified but were unable to attend. They were Chenoa Naylor, Paul Widgett, and Colin MacQuarrie. Head Coach Dan Stratton commends all the provincial qualifiers on their hard work and dedication to the sport. He also is very proud of the accomplishments of all the SSMAC swimmers attending and competing to their fullest potential at this very competitive and fast meet.