



March 31, 2017

ROD & Cougars win inaugural LC Prairie Champs

The inaugural Long Course Prairie Championships was held this past weekend at the Shaw Centre in Saskatoon and was a great success. There was a total of 236 swimmers competing including swimmers from 11 Saskatchewan clubs, 3 from Alberta and 1 from BC.

The meet was created and developed by Swim Sask Provincial Coach, and was strategically placed within the 'peak performance' window for qualifications for Swimming Canada National competitions as well as for athlete competition development.

The Regina Optimist Dolphins won the Large Team Award (41 swimmers) with a total of 4,979 points with Edmonton Keyano (41 swimmers) coming 2nd with 3,829.50 points and the host club Saskatoon Goldfins (39 swimmers) finished 3rd with 2,939 points. The U of R Cougars won the small team award (7 swimmers) with 964 points, Swift Current Barracudas (8 swimmers) with 468 followed by Battleford Kinsmen Orcas (5 swimmers) 3rd with 445 points.

The competition did what we wanted by providing Saskatchewan swimmers the opportunity to race fast at the right time; whether that be for their end of cycle championship meet or preparations for upcoming national championship meet; Canadian Swimming Trials or Western Canadian Open, both of which are in April.

We had Sask swimmers achieve their first qualifying time for Canadian Swimming Trials, or additional times, as well as others that achieved either their first or additional Western Canadian Open or Canadian Junior Championships times.

Special Congratulations to those that achieved their first Trials qualifying time: Jean-Philippe Dufresne, Daniel Gomez, Jacob Korpan, Michael McGillivray and Noah Wasyliv.

Also, a shout out to Battleford Orca Swim Club for two swimmers; Brandon Nord and Taylor Parker achieving their clubs' first ever Western Canadian Championships qualifying times.

Cadence Johns, MJKFF broke the 11 & 12 Girls 50 Back and 50 Breast Provincial Records and Michael McGillivray, ROD smashed the 13 & 14 Boys 800 Free record by more than 10 seconds, which ranks him 1st in the country for 13 & 14 boys ahead of the 2nd ranked swimmer by 20 seconds!!
WOW, great job Michael.

Congratulations to the following swimmers for winning the High Point award for their age group:

Female:	12 & Under, Cadence Johns MJKFF	15 & Over – Kendall Horan U of R
Male:	13 & Under, Bryce Baker LASER	14 & 15, Blake Tierney GOLD
	16 & Over, Jean-Philippe Dufresne ROD	

Next up is the 2017 Can Am Para Swimming Championships which starts today in Windsor Ontario and will see Shelby Newkirk and Krystal Shaw competing.

Then the Canadian Swimming Trials in Victoria April 6 – 9 of which there are 19 registered Saskatchewan swimmers qualified, followed by Western Canadian Open April 20 – 23 in Calgary, where there are 46 Sask swimmers qualified.

Good Luck to all Sask swimmers competing in these 3 national championship meets.

