



## **MEDIA RELEASE**

# **Northwest Narwhals Swim Club**

For Immediate Release

Feb 3, 2013

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### **Northwest Narwhals Northwestern Ontario Regional Championships**

The Northwest Narwhals Swim Club swam to an overall ranking of 3<sup>rd</sup> place this past weekend at the Regional Championships hosted by the Thunderbolts at the Canada Games Complex this past weekend with 26 swimmers competing.

Seventeen swimmer took home 62 medals in total over the 3 day event. Lawson Mironsky won the High Point Award for the male 11 – 12 age group as well as 7 Gold and 1 Bronze; Jesse Massaro – 4 Gold and 3 Bronze ;Ellen LaFroy – 4 – Gold,2 Silver and 1 Bronze; Justin Felix – 2 Gold, 1 Silver and 2 Bronze; Takara Martin – 2 Gold, 2 Silver and 1 Bronze; Alyssa Bossio 1 Gold and 1 Bronze; Alyssa Iwanonkiw – Bronze; Austin Haner – a Silver and 2 Bronze; Brittney Felix – 2 Silver and 2 Bronze; Damon Quinn – 2 Silver and 1 Bronze; Emma Covello – 2 Gold and a Silver; Fred Serratore – 2 Silver; Jarek Trembley – 2 Silver and a Bronze; Morgan Labelle – Silver and Bronze; Mathew Dafoe – Silver and Bronze; Kaitlyn Massaro – Gold, Jordan Pozihun – 1 gold and 3 Bronze.

Next up Takara Martin and Kaitlyn Massaro head off to the Eastern Canadian Championships on Family Day Weekend. The Narwhals are coached by David Iwanyszyn and swim out of the Lakehead University Pool.

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