



## MEDIA RELEASE Northwest Narwhals Swim Club

For Immediate Release

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### Martin makes Olympic Time Trials

Takara Martin, Kaitlyn Massaro, Alyssa Iwanokiw, Brittney Felix, Morgan LaBelle and Lawson Mironsky of the Northwest Narwhals Swim Club attended the Prairie Winter International in Winnipeg Dec 1 - 4<sup>th</sup> where 371 swimmers from U.S, Denmark and Canada competed.

In the preliminaries of the 100 Breaststroke Takara (age 16) made Olympic Time Trial qualifications with a time of 1:11.68 breaking her own Thunder Bay record of 1:12.25 ranking her 2<sup>nd</sup> fastest in Canada for 16 years of age. She received a Gold in the 50 m Breast, 100 m Breast and Bronze in the 200 Breast. Olympic Trials take place Montreal at the end of March. Takara has been coached by Head Coach David Iwanyszyn since the age of 8.

Kaitlyn achieved Ontario provincial qualification times in the 200 and 100 Freestyle. Brittney, Morgan, Lawson and Alyssa achieved Manitoba/Saskatchewan provincial qualification times.

The Northwest Narwhals will be hosting their own meet at the LU Pool Dec 10 AT 8:30 a.m. and 5:00 p.m. and December 11 at 8:30 a.m.. Come out and watch some of the fastest swimmers in Canada. Admission is free and spectators are welcome.

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