

## **MSSAC Brings Home 12 Medals From the Speedo Western Canadian Championships!**

Jeremy Ramshaw, Austin Rockett, and Kim Fleming lead the team at the Western Canadian Championships. Jeremy Ramshaw continued his success this season capturing gold (50back), a silver (100back) and two bronze (200back, 200IM) while Austin finished with a silver (1500free) and 5 bronze (200free, 400free, 800free, 200back, and 200fly), and Kim raced to a silver (50back) and bronze (100back).

In addition to the medalists MSSAC had a number of top 8 finishers with Paolina Carnevale and Nicolette Goncalves both finishing in fourth place, Paolina in the 200fly and Nicolette in the 100 fly. Alexandra (Ola) Jozwiak finished 7<sup>th</sup> in the 100 free and Vanessa Treasure finished 7<sup>th</sup> in the 400 IM. Kim Fleming and Jeremy Ramshaw added top eight swim, Kim in the 200 back and Jeremy in the 100 breastroke.

Kim Nguyen and Georgia Hamilton had strong performances in the backstroke events. Kim and Georgia achieved multiple best times for big improvements for the season. Janica Lee just narrowly missed three finals finishing 9<sup>th</sup> in the 200 breast and 10<sup>th</sup> in both the 50 and 100 breastroke. Nicolette, in addition to her 100 fly, had best times in the 100 free, 200 free, 200 IM, and 200 back. Taylor Anderson, Olivia Bellio, Isabella Olivares, and Rachel Sehn rounded out the squad that competed at the Western Championships as Mississauga was represented by 14 swimmers.

It was a very exciting meet with many medals, club records, and all time top ten performances. We are now looking forward to the Provincial and Senior National Championships.

Good luck swimmers!