

Saskatoon Goldfins Inv Meet Recap:

Silver Tide sent 14 swimmers to Saskatoon for the Saskatoon Goldfins Invitational from Oct 22-25, 2009. The meet took place in Saskatoon's brand new facility, which has a full 10-lane 50m pool with a bulkhead, and a separate 25m warm-up pool, and a separate leisure swimming pool. The pool is well designed and will be the host pool for this winter's Western Canadian Championships held in February 2010.

A fast pool is only good for one thing, and Silver Tide knew exactly how to use it. A huge number of best times this early in the season is a joy to see, and the team had more fun each day as we built momentum from each great swim to the next. Our most senior swimmers completely obliterated their performances from this same meet last year, and left the pool deck more motivated than ever to get back home and train hard to get ready for our next racing opportunities.

Just a taste of the results:

- * Brendan Elford took a total of 1 min 5 sec off of his 7 individual events
- * Karlyn Elford was within seconds of many best times, and swam miles ahead of pace from this same meet last season
- * Marielle Froese swam 5/7 best times, including breaking 3:00 for the first time in 200 Back and 200 IM
- * Jasmin Hillman battled the flu, but still managed great swimming including a first-ever 200 fly going 2:59.95
- * Brad Kozell had best times in 5/7 events and is already in top form in his top events
- * Greg Kozell took a total of 43sec off of his 7 individual events
- * Shayla Kurta was close to best-ever form with swims all many of her best events
- * Amanda Madsen looked great with some new technique, including a 4-sec best time in 200 IM
- * Brayden McCaul took 14sec off his 200 Fly, and went 26sec for the first time ever in 50 Free
- * Robyn Murray had several best times, including 7-sec improvements in 200 Breast and 200 Fly
- * Nicole Schamber swam fast with a foot injury, including a 21-sec best time in 200 Breast
- * Rebecca Schamber swam 7/8 best times, missing only the 50 Breast (her 4th event in just 1.5 hours on the final morning)
- * Ryan Schamber battled through the flu to swim near best times, including 35 sec in 50 Back on the last morning
- * Nadine Williams swam very close to best times and executed excellent race skills and strategies

I would also like to thank Melissa Elford for volunteering her weekend to chaperone this meet for our swimmers. She did an exceptional job watching after the swimmers at the hotel and providing breakfast, lunch and snack foods for the swimmers throughout the weekend. Thank you!

Go Tide!

Coach Chris

