

Course trains triathletes
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Sports & Recreation

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Swimmers break records



photo courtesy of Alexander Legaree

Polar Bear Swim Club swimmer Kristen Knutson is mid-flight in a butterfly event at the BHP Billiton Kimberlite Classic Swim Meet at the Ruth Inch Memorial Pool last weekend.

Swim club members break 13 club records at meet

by **Natalie Dunleavy**
Northern News Services

Swimmers must have eaten an extra big bowl of Wheaties before the BHP Billiton Kimberlite Classic Swim Meet at the Ruth Inch Memorial Pool last weekend.

A whopping 13 club records

were broken at the end-of-season swim meet that coach Ian Legaree says is the hardest to get swimmers pumped for.

"There was some really fast swimming over for the senior kids," he said.

Legaree said only about two to three club records are

usually broken at a meet. More than that is "really out of the ordinary to see."

And the results indicate more good things to come.

"(The stronger swimmers) will make the core of a great relay team for the Canada Summer Games next year,"

said Legaree.

Jenny Aitken, 15, will likely be among this group.

Aitken won overall gold with seven firsts in the 15 and over division at the meet and broke a club record for the

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SPORTS Check

with Natalie Dunleavy

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How far did you run?

Runners and cyclists will be able to calculate their distances much more easily now thanks to a route mapping project completed by the Yk Multisport Club.

Funded by the NWT Recreation and Parks Trail Building Fund, the map provides distances for most of the city's streets and trails.

Visit the Multisport Club's website to download a PDF

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Developing technique

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400-metre individual medley event with a time of 5:47.69.

Aitken said she was happy with the outcome of the meet.

"I took off a lot of time and it was really good technique-wise," she said.

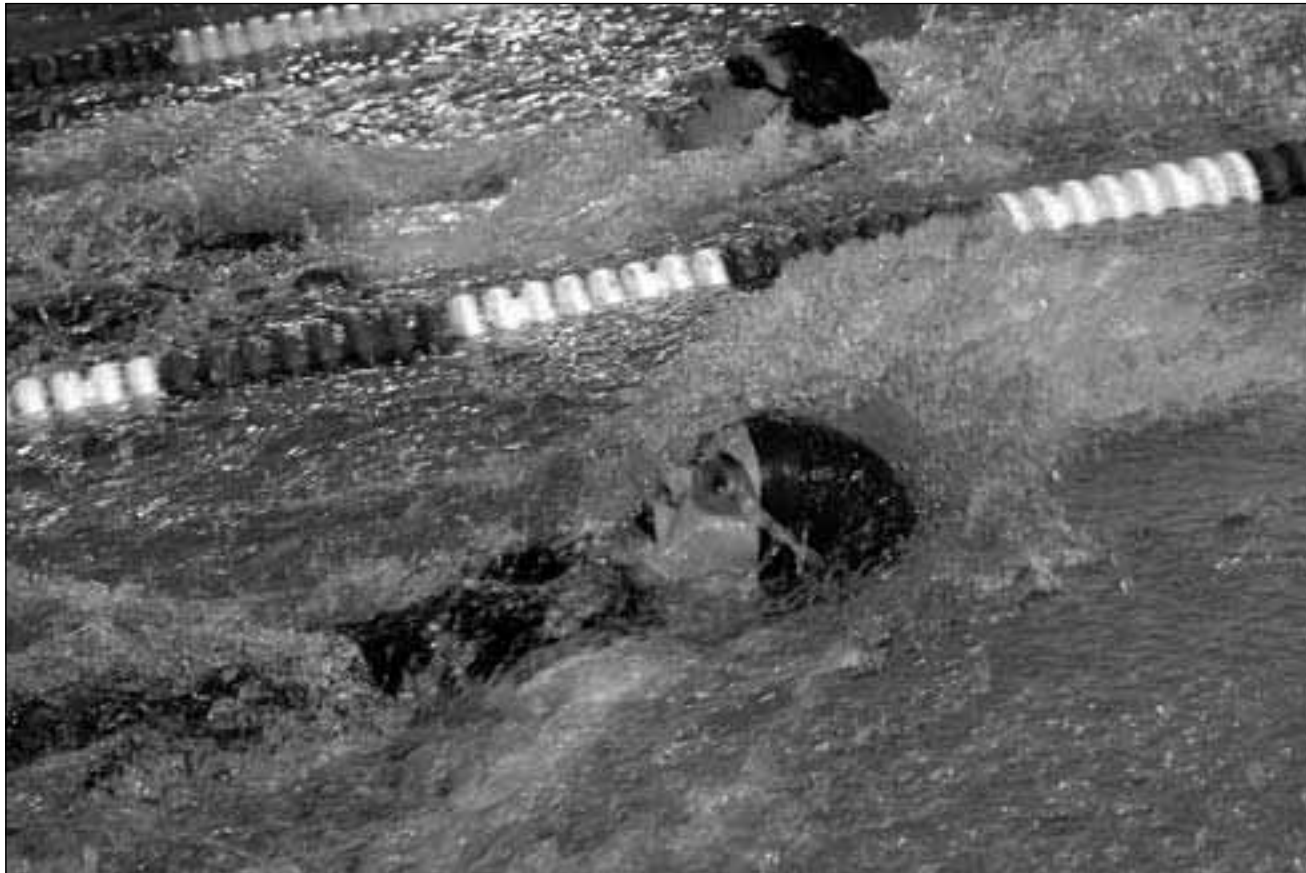
She said she is also happy with her development as a swimmer this season.

"I've felt good about my technique this year more than any other year," she said. "My stroke is really developing."

More than 100 swimmers competed in the meet. Other Yk swimmers who won gold in all their events included Rachael Bernard, 14, Paulina Brooks, 12, Noah Colford, 13, Bronson Dolynny, 10, Bethany Giovanetto, eight, Sean Legaree, 18, and Danielle Patzer, nine.

As a gold level swimmer at the club, Aitken will be among the group that will keep training throughout the summer for upcoming meets in Kamloops, B.C., in June and Halifax and Prince Edward Island in July.

"I'd like to beat as many times as possible and hopefully make a nationals time," said Aitken. "But overall (I want to) just have a good solid meet."



photos courtesy of Alexander Legaree

Polar Bear Swim Club swimmer Paulina Brooks competes in a breaststroke event at the BHP Billiton Kimberlite Classic Swim Meet at the Ruth Inch Memorial Pool last weekend.

Sean Legaree, top, and Jenny Aitken reach out in a backstroke race at the BHP Billiton Kimberlite Classic Swim Meet at the Ruth Inch Memorial Pool last weekend.

SENIORS BOWLING

P.O.A. SINGLE	
M: Pete Teensma.....	+26
F: Len Haener.....	+44
P.O.A. TOTAL	
M: Jim Wylie.....	+21
F: Len Haener.....	+79
STANDING POINTS	
M: Pete Teensma.....	63
F: Len Haener.....	95