

Orion Swimming Club

Report- Coventry Open Meet 5th November 2011

This Open Meet was Licensed at Level 1 which is as high as Open Meets get. There were many top class swimmers attending the competition and so to do well here is a 'feather in your cap'. The five Orion swimmers taking part in this competition fared well and can be proud of their achievements. Mollie Wilson was placed **FIRST** in the 50 metre Breaststroke and **SECOND** in the 100 metre Breaststroke.

Alice Miller started us off with the 100 meter Backstroke and finished in a respectable time of 1.19.87. Alice's time for the 50 metre Freestyle was 32.88 and 100 metre Freestyle 1.10.19. which were slightly down on her personal best times. The season is early yet and there is a lot more work to be done and then we can start clocking best times

Daniel Snushall-Smith swam the 50 metre Freestyle in 27.17 which, according to Daniel, was the fastest time he had recorded in the Coventry Pool. Daniel was disappointed with his 200 metre Freestyle swim in a time of 2.10.40. he shouldn't be, he was swimming alongside some top swimmers and staying with them until the last 25 metres when he ran out of gas.

Jamie Dowling swam his 50 metre Freestyle in 27.90 which is a respectable time. Jamie's 50 metre Butterfly time of 31.97 was another respectable time and would have been a little faster if he had spotted the wall correctly instead of taking an extra stroke. The 50 metre Backstroke swim was completed in a time of 35.98 which was disappointing after two good earlier swims.

Joe Sadio started off with the 100 metre Breaststroke in a time of 1.17.49 which is a very good standard of swimming. Joe did as I asked and went out hard on the first 50 metres but tired on the second 50 metres. Next time we will get the pacing right. Joe's 100 metre Butterfly was another cracking time, 1.06.38.

Mollie Wilson came first in the 50 metre Breaststroke in a time of 39.09 secs, a fantastic achievement, and finished in second place in the 100 metres Breaststroke in a time of 1.25.99 another fantastic achievement. This was a top notch Open Meet with some of the best swimmers in the country taking part, so to win an event at this level is putting yourself right up there with the best. Mollie's 200 metre Breaststroke was completed in a time of 3.11.06 which was down on the time we all expected. Mollie has picked up a niggling injury, this may have affected the time the swim was recorded at.

Carl- coach.