

### JAMIACAN'S SHINE AT 2005 CCCAN SWIMMING CHAMPIONSHIPS

JAMAICA FINISHED THE 2005 CENTRAL AMERICAN AND CARIBBEAN SWIMMING CHAMPIONSHIPS YESTERDAY ON A HIGH WITH THE ADDITION OF THREE MORE MEDALS ON THE FINAL DAY OF COMPETITION. NEVER BEFORE HAS JAMAICA'S CCCAN TEAM BEEN SO LARGE, COMPETING IN THREE DISIPLINES; SWIMMING, WATER POLO AND SYNCHRONIZED SWIMMING. NEVER BEFORE HAS JAMAICA WON SO MANY MEDALS AT A CCCAN CHAMPIONSHIP; SEVEN (7) GOLDS, FIVE (5) SILVERS AND FIVE (5) BRONZE. JAMAICA'S 18 AND UNDER MALE AND FEMALE WATER POLO TEAM MADE HISTORY BY WINNING BRONZE MEDALS AND QUALIFYING FOR THE 2007 ASUA PAN AMERICAN JUNIOR WATER POLO CHAMPIONSHIPS TO BE HELD IN MONTREAL, CANADA. TWO YEARS AGO, IN MEXICO, JAMAICA'S CCCAN TEAM WON FOUR (4) MEDALS.

JAMAICA'S TOP PERFORMER, ALIA ATKINSON, ADDED TWO MORE MEDALS, MAKING HER FINAL TALLY; SEVEN (7) GOLD, ONE (1) SILVER AND ONE (1) BRONZE. IN THE 15-17 400 M INDIVIDAL MEDLEY FINAL, ATKINSON TOUCHED THIRD IN 5:14.48, BEHIND MEXICAN LUISA LOPEZ AND CUBA'S YANELIS LABRADA BUT A DISSAPOINTED LOPEZ, WHO HAD FINSHED IN RECORD TIME, WAS DISQUALIFIED FOR A FALSE START, HANDING ATKINSON THE SILVER. IN ONE OF HER PET EVENTS, SPEEDY ATKINSON DEMOLISHED THE FIELD TO WIN THE 50 M FREESTYLE IN A TIME OF 27.00. ALEXIS JORDAN (BARBADOS) WAS SECOND IN 27.43 AND NILSHAIRA ISENIA (NETHERLANDS ANTILLES) THIRD IN 27.57.

ALIA ATKINSON WAS AWARDED THE 15-17 AGE GROUP PERFORMANCE MEDAL FOR HER GOLD MEDAL SWIM IN THE 50 M BREASTSTROKE (33.12). HER IMPRESSIVE NINE (9) MEDAL HAUL, IS EVEN MORE AMAZING WHEN ONE CONSIDERS THAT ATKINSON WAS EXAUSTED, AFTER 14 DAYS OF COMPETITION, EIGHT AT THE MONTREAL WORLD CHAMPSIONSHPIS, SIX IN SANTO DOMINGO.

VETERAN TAMARA SWABY CAPTURED A BRONZE MEDAL IN THE 18 AND OVER 50 M FREESTYLE. SWIMMING 27.91 IN THE PRELIMINARIES, SWABY IMPROVED HER TIME TOUCHING IN A FAST 27.71, BUT HAD TO SETTLE FOR THIRD AS PUERTO RICO'S VANASSA

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GARCIA (26.04) AND TRINIDAD'S LINDA McEACHRANE (26.85) FINISHED AHEAD OF HER, BOTH ECLIPSING THE OLD CCCAN RECORD TIME OF 27.07.

EVERYONE KNEW THAT THE MALE 15-17 50 M FREESTLE FINAL WAS GOING TO BE FAST AND JAMAICA'S BRAD HAMILTON KNEW THAT HE WOULD HAVE TO SWIM A PERSONAL BEST TIME UNDER 24 SECONDS IF HE WAS TO HAVE A CHANCE AT A MEDAL. THE START WAS EVEN AND THE SWIMMERS THUNDERED DOWN THE POOL HEAD TO HEAD. IN THE TIGHTEST OF FINISHES, ONLY 1.4 SECONDS SEPARATED FIRST AND EIGHT PLACE WITH THE DOMINICAN REPUBLIC'S JACINTO AYLA TOUCHING FIRST IN A NEW CCCAN RECORD TIME OF 23.32. CAYMAN'S SHAUNE FRASER WAS SECOND IN 23.74 AND PUERTO RICO'S RAUL MARTINEZ THIRD IN 23.75. HAMILTON WAS JUST .22 BEHIND TO FINISH 4<sup>TH</sup> WITH A NEW JAMAICAN 15-17 NATIONAL AGE GROUP RECORD TIME OF 23.97.

THE JAMAICAN SWIMMERS ESTABLISHED TEN (10) NEW RECORDS; THREE CCCAN CHAMPIONSHIP RECORDS, FIVE (5) JAMAICAN NATIONAL AGE GROUP RECORDS AND TWO (2) JAMAICAN SENIOR NATIONAL RECORDS. ALIA ATKINSON SET CCCAN RECORDS IN THE 15-17 50 M BUTTERFLY (28.87), 50 AND 100 M BEASTSTROKE (33.12 AND 1:13.93). ATKINSON'S 50 M BREASTSTROKE TIME WAS A NATIONAL AGE GROUP AND SENIOR NATIONAL RECORD. HER 100 M BUTTERFLY PERFORMANCE ESTABLISHED A NEW NATIONAL AGE GROUP MARK. BRAD HAMILTON'S TIMES IN THE 50 M BREASTSTROKE (30.78), 50 M FREESTYLE (23.97) AND 50 M BUTTERFLY (26.84) WERE ALL 15-17 NATIONAL AGE GROUP RECORDS WHILE DOMINIC LEE'S TIME OF 1:07.65 SET A NEW SENIOR NATIONAL 100 M BREASTSTROKE STANDARD.

MEXICO WERE CROWNED CHAMPIONS OF THE SWIMMING COMPETITION, SCORING 1,585 POINTS. VENEZUELA WAS SECOND WTH 1,040.5 AND PUERTO RICO THIRD WITH 616 POINTS. JAMAICA FINISHED 8<sup>TH</sup> WITH 185 POINTS.

JAMAICA TEAM OF JANELLE ADAMS AND STEPHANIE BARRETT FINISHED 5<sup>TH</sup> ON THE 16-18 DUET COMPETITION AND 9<sup>TH</sup> OVERALL IN THE SYNCHRONIZED SWIMMING COMPETITION, AHEAD OF HONDURAS AND EL SALVADOR.

FOUR JAMAICAN'S WERE SELECTED TO OFFICIATE AT CCCAN. LANCE ROCHESTER, A FINA WATER POLO REFEREE, SO IMPRESSED THE TECHNICAL COMMITTEE IN THE PRELIMINARY

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GAMES, THAT HE WAS ASKED TO REFEREE THE 18 AND UNDER MALE GOLD MEDAL GAME. MICHELE LEE AND HELEN EYRE, WHO ARE ON THE FINA "G" JUDGES LIST, OFFICIATED IN THE SYNCHRONIZED SWIMMING COMPETITION WHILE FINA REFEREE JOHN EYRE OVERSAW THE FINAL DAY OF THE SWIMMING COMPETITION.

THE JAMAICAN WATER POLO TEAM WILL NOW FOCUS THEIR ATTENTION ON PREPARING FOR THE 13<sup>TH</sup> FINA JUNIOR MEN'S WATER POLO CHAMPIONSHIPS TO BE HELD IN ARGENTINA, OCTOBER 6-15, 2005.

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