

# 2022 Ontario University Athletics (OUA) Championships at the University of Toronto Pool

March 10-12, 2022

## Carleton University Ravens Report

With the pandemic starting just weeks after the 2020 OUA Championships, and with only virtual unofficial competitions in the 2020-2021 season, the swimmers were thrilled to participate in the OUA Championships this year! The meet took place a month later than usual, due to the on-again-off-again training this season. In addition, the sessions were single-gender and timed finals, with no mingling between spectators and swimmers, and masks were worn except while swimming.

The meet was a great success for Carleton with the women finishing 6<sup>th</sup> overall (up from 10<sup>th</sup> in 2020), and the men finishing 5<sup>th</sup> (up from 9<sup>th</sup> in 2020). This improvement led to Coach **Pierre Lafontaine** winning the OUA Swim Coach of the Year for both women and men! A well-deserved honour.

The meet highlights included three bronze medals for the men by **Finn Tuck** in 100m backstroke, **Cam Teasdale** in 50m breaststroke, and the 4 x 50m medley relay of **Yazan Al Bawwab, Cam, Nathan Landry, and Finn**. The men's relay was in the first heat of two, so very impressive! **Cam** had previously qualified for U Sports Championships in the 50m breaststroke and added a second event, 100m breaststroke. Everyone swam very well, with seasonal bests across the board and over 90% best times.

Thank you to the swim leadership team of **Andrew Beckett, Aoife McGrory, and Isabelle Goupil** for their assistance with organizing the trip and helping with splits. Thanks also to **Peter Zhang** for timing session one, as well as swimming in the meet.

## Scoring Swims

The top 16 places score points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 (double points for relays)

The women scored 184 points, nearly three times their 64 points from 2020. The men scored 258.5 points, over double the 116 from 2020.

### Individual Scorers:

#### Women:

**Jo Streppel** (37): 5<sup>th</sup> in 200m butterfly (2:28.72), 8<sup>th</sup> in 100m butterfly (1:04.31), 11<sup>th</sup> in 50m butterfly (29.20), 11<sup>th</sup> in 200m medley (2:24.98)

**Ella Milloy** (19): 9<sup>th</sup> in 200m backstroke (2:22.04), 11<sup>th</sup> in 100m backstroke (1:05.23), 13<sup>th</sup> in 50m backstroke (30.74)

**Aoife McGrory** (3): 15<sup>th</sup> in 100m breaststroke (1:15.56), 16<sup>th</sup> in 200m breaststroke (2:43.60)

**Katherine Archibald** (3): 14<sup>th</sup> in 50m breaststroke (34.54)

#### Men:

**Finn Tuck** (39): **bronze** in 100m backstroke (56.39), 5<sup>th</sup> in 50m backstroke (26.44), 9<sup>th</sup> in 50m freestyle (23.69)

**Yazan Al Bawwab** (35.5): 4<sup>th</sup> in 50m backstroke (26.29), tied for 4<sup>th</sup> in 100m backstroke (56.70), 11<sup>th</sup> in 50m butterfly (25.40)

**Cam Teasdale** (33): **bronze** in 50m breaststroke (28.26), 7<sup>th</sup> in 100m breaststroke (1:02.85), 12<sup>th</sup> in 200m medley (2:10.13)

**Nathan Landry** (17): 10<sup>th</sup> in 400m medley (4:45.82), 10<sup>th</sup> in 200m butterfly (2:06.89), 14<sup>th</sup> in 100m butterfly (57.82)

## Relays:

### Women:

4 x 100m medley relay 5<sup>th</sup> (28 points): **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov**: 4:28.96

4 x 50m medley relay 6<sup>th</sup> (26 points): **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov**: 2:02.06

4 x 50m free relay 7<sup>th</sup> (24 points): **Ella Milloy, Katherine Archibald, Clare Ashton, Alex Jones**: 1:53.72

4 x 200m free relay 8<sup>th</sup> (22 points): **Ayden Michaud, Flora Haslem, Clare Ashton, Shreetika Singh**: 9:33.43

4 x 100m free relay 8<sup>th</sup> (22 points): **Ayden Michaud, Meagan Schlottke, Katherine Archibald, Saoirse Kealey**: 4:16.10

### Men:

4 x 50m medley relay **bronze** (32 points): **Yazan Al Bawwab, Cam Teasdale, Nathan Landry, Finn Tuck**: 1:43.91

4 x 50m free relay 4<sup>th</sup> (30 points): **Yazan Al Bawwab, Finn Tuck, Cam Teasdale, Nathan Landry**: 1:35.71

4 x 100m medley relay 5<sup>th</sup> (28 points): **Finn Tuck, Cam Teasdale, Yazan Al Bawwab, Rhys Martin**: 3:50.74

4 x 200 free relay 8<sup>th</sup> (22 points): **Rhys Martin, Liam Clarke, Andrew Beckett, Garrett Mason**: 8:17.04

4 x 100m free relay 8<sup>th</sup> (22 points): **Garrett Mason, Ben Power, Gihan Kurukulasooriya, Andrew Beckett**: 3:45.86

## Varsity Records

There were seven Varsity records set by the women: 5 individual and 2 in relays. The men also set seven records: 4 individual and 3 relay.

### Individual:

#### Women:

50m freestyle: **Dina Egorov**: 27.54, breaking her previous record of 27.73 from earlier this season

50m backstroke: **Ella Milloy**: 30.74, breaking her previous record of 31.20 from earlier this season

100m backstroke: **Ella Milloy**: 1:05.23, breaking her previous record of 1:06.30 from earlier this season

100m butterfly: **Jo Streppel**: 1:04.31, breaking her previous record of 1:04.50 from earlier this season

200m medley: **Jo Streppel**: 2:24.98, breaking her previous record of 2:27.00 from earlier this season

#### Men:

100m backstroke: **Finn Tuck**: 56.39, breaking his previous record of 57.08 from earlier this season

50m breaststroke: **Cam Teasdale**: 28.26, breaking his record of 28.76 from earlier this season

100m breaststroke: **Cam Teasdale**: 1:02.85, breaking **Don Burton's** record of 1:04.87 from 1993

50m butterfly: **Yazan Al Bawwab**: 25.40, breaking **John (JM) Mills'** record of 25.62 from 2004

## **Relay:**

### **Women:**

4 x 50m medley relay: **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov**: 2:02.06, breaking the previous record of 2:02.45 by **Ella Milloy, Katherine Archibald, Jo Streppel, Isabella Isbester** from earlier this season

4 x 100m medley relay: **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov**: 4:28.96, breaking the previous record of 4:36.56 by **Jennifer Prevost, Wendy Million, Brooke Dawkins, Jackie Brunetta** from 2001

### **Men:**

4 x 50m free relay: **Yazan Al Bawwab, Finn Tuck, Cam Teasdale, Nathan Landry**: 1:35.71, breaking the previous record of 1:38.04 by **Nathan Landry, Finn Tuck, Cam Teasdale, Yazan Al Bawwab** from earlier this season

4 x 50m medley relay: **Yazan Al Bawwab, Cam Teasdale, Nathan Landry, Finn Tuck**: 1:43.91, breaking the previous record of 1:46.71 held jointly by the same men from earlier this season and by **John (JM) Mills, Keegan Harris, Trevor McLoughlin, Brandon Crawford** from 2004.

4 x 100m medley relay: **Finn Tuck, Cam Teasdale, Yazan Al Bawwab, Rhys Martin**: 3:50.74, breaking the previous record of 3:55.50 by **Yazan Al Bawwab, Mizuki Matsui, Pooya Fallahdoust, Moustafa Kamel** from 2019.

## **Other New Times in the Top 20**

The number of swimmers featuring in the Carleton Top 20 shows the depth of the team.

### **Women:**

**Ella Milloy**: 2<sup>nd</sup> 200m backstroke, 8<sup>th</sup> 50m freestyle

**Aoife McGrory**: 3<sup>rd</sup> 100m breaststroke, 4<sup>th</sup> 50m breaststroke, 50m breaststroke relay split

**Katherine Archibald**: 3<sup>rd</sup> 50m breaststroke, 5<sup>th</sup> 100m breaststroke, 50m freestyle relay split, 100m freestyle relay split

**Jo Streppel**: 3<sup>rd</sup> 200m butterfly

**Dina Egorov**: 4<sup>th</sup> 100m freestyle, 14<sup>th</sup> 50m butterfly, 50m freestyle relay split

**Clare Ashton**: 5<sup>th</sup> 50m backstroke, 5<sup>th</sup> 200m backstroke, 6<sup>th</sup> 100m backstroke, 50m freestyle relay split

**Alex Jones**: 9<sup>th</sup> 50m breaststroke, 10<sup>th</sup> 200m breaststroke, 50m free relay split

**Qiana Englert**: 14<sup>th</sup> 50m backstroke, 19<sup>th</sup> 100m backstroke, 20<sup>th</sup> 200m backstroke

**Flora Haslem**: 14<sup>th</sup> 800m freestyle

**Ayden Michaud**: 17<sup>th</sup> 200m freestyle

**Isabelle Goupil**: 20<sup>th</sup> 50m breaststroke

**Men:**

**Yazan Al Bawwab:** 2<sup>nd</sup> 50m backstroke, 2<sup>nd</sup> 100m backstroke, 9<sup>th</sup> 50m freestyle, 100m butterfly relay split

**Nathan Landry:** 2<sup>nd</sup> 200m butterfly, 4<sup>th</sup> 400m medley, 8<sup>th</sup> 200m medley, 50m freestyle relay split

**Finn Tuck:** 3<sup>rd</sup> 50m backstroke, 4<sup>th</sup> 50m freestyle, 50m freestyle relay split

**Rhys Martin:** 8<sup>th</sup> 50m backstroke, 10<sup>th</sup> 100m backstroke 13<sup>th</sup> 200m freestyle, 100m freestyle relay split

**Rayhan Moraldo:** 8<sup>th</sup> 50m breaststroke, 13<sup>th</sup> 100m breaststroke, 19<sup>th</sup> 50m butterfly

**Liam Clarke:** 9<sup>th</sup> 200m breaststroke, 12<sup>th</sup> 50m breaststroke, 20<sup>th</sup> 100m breaststroke

**Cam Teasdale:** 10<sup>th</sup> 50m butterfly, 50m breaststroke relay split, 50m freestyle relay split

**Sam Beaumont Stidwill:** 20<sup>th</sup> 50m breaststroke

## **Graduates**

Congratulations to our graduating athletes!

**Women:**

**Isabelle Goupil, Rebecca Hallett, Ella Milloy, Meagan Schlottke**

**Men:**

**Yazan Al Bawwab, Andrew Beckett**

## **Links**

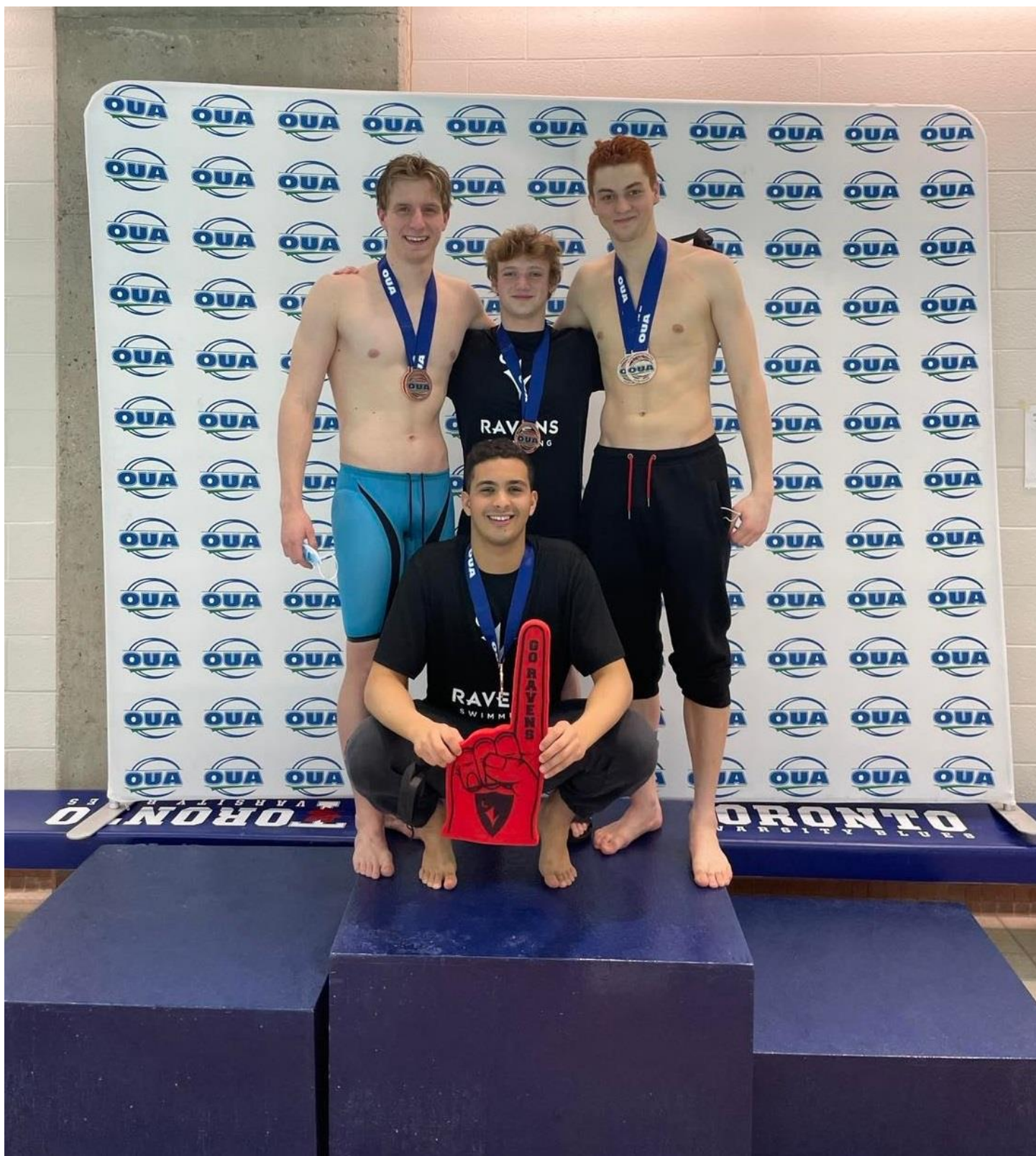
Results and the Top 20 and all Top Times can be found near the top of our [web site](#).

## Photos



Pierre Lafontaine with his awards.





The men's medalists: Back (left to right): **Cam Teasdale**, **Nathan Landry**, **Finn Tuck**; Front: **Yazan Al Bawwab**





**Women's OUA Team:**

**Back (left to right): Jo Streppel, Dina Egorov, Mary Pat MacRae, Clare Ashton, Qiana Englert, Pierre Lafontaine, Saoirse Kealey, Ella Milloy, Aoife McGrory, Meagan Schlottke, Olivia Langley**

**Front (left to right): Alex Jones, Flora Haslem, Rebecca Hallett, Isabelle Goupil, Katherine Archibald, Shreetika Singh, Ayden Michaud**





**Men's OUA Team:**

Back (left to right): **Finn Tuck, Cam Teasdale, Yazan Al Bawwab, Rhys Martin, Garrett Mason**

Middle (left to right): **Paddy Mallia, Nathan Landry, Braxton Martin, Sam Beaumont Stidwill, Liam Clarke**

Front (left to right): **Stefano Durante, Ben Power, Andrew Beckett, Hunter Brzezinski, Peter Zhang, Gihan Kurukulasooriya, Rayhan Moraldo**



WOMEN	
TOR	1175.5
WES	666.5
MAC	583
GUE	451.5
WAT	250.5
CAR	184
QUE	176
BRO	120
WLU	92
YOR	28
TORONTO varsityblues.ca	

MEN	
TOR	1060
WAT	617
WES	588
MAC	356.5
CAR	258.5
GUE	257
BRO	212
QUE	170
WLU	155.5
YOR	35
TORONTO varsityblues.ca	

OUA Point Scores