

2023 Ontario University Athletics (OUA) Championships at the Western University Pool London, ON

February 9-11, 2023

Carleton University Ravens Report

After last year's OUAs happening later than usual and in single-gender timed-final sessions, due to the pandemic, it was great to get back to the regular schedule this year.

With some key athletes graduating last year, Carleton was in tough this year. However, both the rookies and veterans rose to the occasion with some great swims. Head Coach Pierre Lafontaine, last year's OUA Coach of the Year, led Carleton to 7th place on the men's side, and 8th on the women's.

The meet highlights included finals swims by **Cameron Teasdale** in all three breaststroke events, with his top finish being 4th in 100m, setting the Varsity record in both heats and finals, and getting under the U Sport cut. Cam had already qualified for U Sports with his 50m breaststroke time from last year. He will be Carleton's only representative at U Sports for a second consecutive year.

Nathan Landry also made the finals in 200m butterfly, finishing 5th for Carleton's second-best finish, with his times getting ever closer to **Ken McDonald's** Varsity Record from 1998!

Congratulations to **Nicholas Scott** on being awarded the OUA Men's Community Service Award for his work with Ottawa seniors at the Olde Forge Community Resource Centre.

Everyone swam very well, with seasonal bests by everyone, and over 85% best times.

Thank you to the swim captains: **Aoife McGrory**, **Jo Streppel**, **Cam Teasdale**, and **Nathan Landry** for their help with organizing the trip. A big thank you to alumna **Rebecca Hallett**, who was Carleton's timer on both Thursday and Friday. Thank you also to alumnus **Andrew Beckett** who helped coach on Saturday, and to **C.J. Eager** and **Shreetika Singh** for timing on Saturday.

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 122 points. Down a bit from last year's 184, but still well above 2020's 64 points.

The men earned 181 points. Again, down from 2022's 258.5, but higher than the 116 from 2020.

Individual Scorers:

Women:

Jo Streppel (17): 11th in 100m butterfly (1:04.01), 13th in 50m butterfly (29.14), 13th in 200m medley (2:24.34), 14th in 200m butterfly (2:27.52)

Aoife McGrory (12): 11th in 100m breaststroke (1:13.06), 13th in 50m breaststroke (33.80), 15th in 200m breaststroke (2:42.21)

Carmen Caires (1): 16th in 50m backstroke (31.67)

Men:

Cam Teasdale (42): 4th in 100m breaststroke (1:02.19), 6th in 50m breaststroke (28.81), 7th in 200m breaststroke (2:17.89), 15th in 200m medley (2:10.38)

Nathan Landry (17): 5th in 200m butterfly (2:05.44), 14th in 200m medley (2:10.19)

Mohamed Boksmati (12): 10th in 100m backstroke (58.49), 12th in 50m backstroke (27.26)

Rhys Martin (4): 13th in 100m freestyle (52.80)

Relays:**Women:**

4 x 100m medley relay 6th (26 points): **Carmen Caires, Aoife McGrory, Jo Streppel, Dina Egorov**: 4:28.52

4 x 50m medley relay 6th (26 points): **Carmen Caires, Aoife McGrory, Jo Streppel, Dina Egorov**: 2:00.34

4 x 200m free relay 8th (22 points): **Clare Ashton, Beatrice Buentiempo, Flora Haslem, Anne-Marie Fortier**: 9:21.83

4 x 100m free relay 9th (18 points): **Qiana Englert, Ayden Michaud, Saoirse Kealey, Anne-Marie Fortier**: 4:17.73

Men:

4 x 50m medley relay 7th (24 points): **Mohammed Boksmati, Cam Teasdale, Mohamed Helal, Rhys Martin**: 1:44.48

4 x 100m medley relay 7th (24 points): **Mohammed Boksmati, Cam Teasdale, Nathan Landry, Rhys Martin**: 3:54.62

4 x 100m free relay 8th (22 points): **Mohamed Helal, John Rosenberger, Ben Power, Braxton Martin**: 3:43.33

4 x 50m free relay 9th (18 points): **Rayhan Moraldo, Nathan Landry, David Du, Gihan Kurukulasooriya**: 1:40.65

4 x 200 free relay 9th (18 points): **Ben Power, Patrick Liao, Nick Scott, Braxton Martin**: 8:40.03

Varsity Records

There were eight Varsity records set by the women: 6 individual and 2 in relays. The men set four records, all individual events.

Individual:**Women:**

50m breaststroke in 100m breaststroke heats: **Aoife McGrory**: 33.93, breaking her record from earlier this season: 34.01

50m breaststroke in 100m breaststroke finals: **Aoife McGrory**: 33.79, breaking her record from the morning: 33.93

50m breaststroke: **Aoife McGrory**: 33.60, breaking her record from earlier in the meet: 33.79

100m butterfly: **Jo Streppel**: 1:04.01, breaking her record from last season: 1:04.31

200m medley heats: **Jo Streppel**: 2:24.40, breaking her previous record from last season: 2:24.98

200m medley finals: **Jo Streppel**: 2:24.34, breaking her record from the morning: 2:24.40

Men:

100m breaststroke heats: **Cam Teasdale**: 1:02.33, breaking his record from last season: 1:02.85

100m breaststroke finals: **Cam Teasdale**: 1:02.19, breaking his record from the morning: 1:02.33

200m breaststroke heats: **Cam Teasdale**: 2:18.30, breaking **Mizuki Matsui**'s time from 2019: 2:21.56

200m breaststroke finals: **Cam Teasdale**: 2:17.89, breaking his record from the morning: 2:18.30

Relay:

Women:

4 x 100m medley relay: **Carmen Caires, Aoife McGrory, Jo Streppel, Dina Egorov**: 4:28.52, breaking the previous record of 4:28.96 by **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov** from last season

4 x 50m medley relay: **Carmen Caires, Aoife McGrory, Jo Streppel, Dina Egorov**: 2:00.34, breaking the previous record of 2:02.06 by **Ella Milloy, Aoife McGrory, Jo Streppel, Dina Egorov** from last season

Other New Times in the Top 20

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

Women:

Carmen Caires: 2nd 50m backstroke

Jo Streppel: 3rd 200m butterfly

Dina Egorov: 3rd 100m freestyle

Clare Ashton: 5th 200m backstroke, 8th 400m freestyle

Qiana Englert: 6th 50m backstroke, 8th 100m backstroke, 8th 200m backstroke, 20th 100m freestyle, 50m freestyle relay split

Alexandra Jones: 6th 200m breaststroke, 9th 50m breaststroke

Ayden Michaud: 13th 800m freestyle

Anne-Marie Fortier: 15th 100m butterfly, 18th 50m butterfly

Beatrice Buentiempo: 17th 200m medley

Aoife McGrory: 50m breaststroke relay split

Men:

Nathan Landry: 3rd 400m medley, 50m freestyle relay split, 50m butterfly relay split

Mohamed Boksmati: 4th 50m backstroke, 4th 100m backstroke, 13th 100m freestyle, 14th 50m freestyle

Rhys Martin: 6th 100m freestyle, 7th 50m backstroke, 7th 100m backstroke, 50m freestyle relay split

Mohamed Helal: 6th 50m butterfly, 100m butterfly relay split

David Du: 14th 50m breaststroke, 19th 100m breaststroke

Graduates

Congratulations to our graduating athletes!

Women:

Clare Ashton, Alexandra Jones, Aoife McGrory, Shreetika Singh, Gursharan Uppal

Men:

Ali Abdelbadie, Paddy Mallia, Braxton Martin, Cameron Teasdale

Links

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

Full results available on the Meet Mobile app under “Ontario University Championships 2023” and “Western Open 2023”. Once available in a print format, they will also be added to our web site.

Photos

Team picture with OUA We Are One United Against Racism Campaign T-shirts



Nicholas Scott: OUA Male Community Service Award Winner



Team Spirit

