

Ravens Swimming Tri-Meet vs. uOttawa and Waterloo

uOttawa Pool, Montpetit Hall, Ottawa, ON

October 18, 2025

uOttawa and Waterloo are very strong teams! However, the Carleton swimmers produced some very good in-season times.

There were six Varsity records set. Four by **Jessica Thebarger**, one by **Jace Borden**, and one relay record by **Nathan Landry, Declan McGroarty, Emi Nishi**, and **Olivia Davis**. Full details below!

Thanks to Co-Head Coach **Mark Blenkinsop** who was very busy with Co-Head Coach **Nico Belisle** being at an age group meet happening concurrently, and to Assistant Coach and Manager **Andrew Beckett** for all their help on the pool deck.

Top 8 Individual Swims

Women:

1st: 200m Individual Medley: **Jessica Thebarger** (2:22.05); 50m backstroke: **Jessica Thebarger** (30.21); 100m backstroke: **Jessica Thebarger** (1:04.48)

2nd: 100m breaststroke: **Jessica Thebarger** (1:14.25)

5th: 200m Individual Medley: **Katie Nethercott** (2:34.21)

6th: 400m freestyle: **Olivia Davis** (4:55.08); 100m breaststroke: **Katie Nethercott** (1:20.98); 50m backstroke: **Claire French** (33.57); 200m freestyle: **Olivia Davis** (2:19.13); 100m backstroke: **Olivia Davis** (1:10.30)

7th: 400m freestyle: **Erin Overton** (5:08.38); 50m backstroke: **Qiana Englert** (33.83)

8th: 50m butterfly: **Emi Nishi** (30.13), 100m breaststroke: **Lindy Kingston** (1:26.28); 100m butterfly: **Emi Nishi** (1:10.99)

Men:

2nd: 50m freestyle: **Jace Borden** (23.10); 50m butterfly: **Jace Borden** (25.09)

4th: 400m freestyle: **Nathan Landry** (4:12.10)

7th: 50m backstroke: **Jace Borden** (27.84); 100m butterfly: **Nathan Landry** (58.21)

8th: 50m backstroke: **Declan McGroarty** (28.00); 100m butterfly: **Luc Landry** (58.70)

Top 3 Relay Swim

3rd: 4 x 50 mixed free relay: **Nathan Landry, Declan McGroarty, Emi Nishi, Olivia Davis** (1:46.78)

Varsity Records

Jessica Thebarger:

100m freestyle: **1:00.11**, breaking the record of **1:00.14** set by **Jo Streppel** in the **2022-2023 season**.

50m backstroke: **30.21**, breaking her record of **30.23** set **two weeks ago**.

100m backstroke: **1:04.48**, breaking her record of **1:04.52** set **two weeks ago**.

200m Individual Medley: **2:22.05**, breaking the record of **2:24.34** set by **Jo Streppel** in the **2022-2023 season**.

Jace Borden:

50m butterfly: **25.09**, breaking the record of **25.18** set by **Cam Teasdale** in the **2022-2023 season**.

Nathan Landry, Declan McGroarty, Emi Nishi, and Olivia Davis:

4 x 50m mixed free relay: **1:46.78**, breaking the record of **1:51.93** set by **Myron Liew, Qiana Englert, Timmy Hildebrand, and Jill Coscarella** in the **2024-2025 season**.

Other New Times in the Top 20

Once again, we had quite a few swimmers entering or moving up in the Carleton Top 20.

Women:

Emi Nishi: 2nd 50m butterfly; 19th 100m butterfly; 50m freestyle relay split; 50m breaststroke relay split

Isabella Alma: 2nd Para 100m backstroke

Jessica Thebarger: 3rd 100m breaststroke; 11th 50m breaststroke

Katie Nethercott: 9th 50m backstroke; 15th 100m breaststroke

Olivia Davis: 19th 400m freestyle; 50m freestyle relay split

Claire French: 20th 50m backstroke

Lindy Kingston: 50m breaststroke relay split

Men:

Jace Borden: 2nd 50m freestyle; 9th 50m backstroke

Nathan Landry: 7th 400m freestyle; 18th 50m freestyle

Declan McGroarty: 10th 50m backstroke

Luc Landry: 19th 200m Individual Medley

Scores

Women's

uOttawa: 208

Wateloo: 173

Carleton: 81

Men's

uOttawa: 209

Wateloo: 208

Carleton: 49

Combined

uOttawa: 432

Wateloo: 391

Carleton: 135

Links

[Full Results and Scores](#)

[Women's Top 20 Times](#)

[Men's Top 20 Times](#)

[Para Top Times](#)

[Women's Top All Times](#)

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