

Ravens Swimming Tri-Meet vs. Queens and Wilfrid Laurier

Carleton Pool, Ottawa, ON

October 4, 2025

The season got off to a great start with a home meet. It was great to see this year's very large team performing well, with good swims by both the rookies and returning swimmers.

Laurier won their dual meets against both Carleton and Queens for both men and women. Carleton won both their meets against Queens.

Thanks to Head Coaches **Mark Blenkinsop** and **Nico Belisle** for his work in building the largest team that Carleton has ever had! Thanks also to Assistant Coach/Manager **Andrew Beckett** for his help behind the scenes and on the pool deck.

Thank you to the officials and volunteers, including many ROC Swimming timers!

Top 3 Swims Overall

Women:

1st:

200 Breaststroke: **Jessica Thebarger** (2:43.79)

200 Butterfly: **Rylee Fudge** (2:43.88)

100 Medley: **Jessica Thebarger** (1:06.15)

100 Backstroke: **Jessica Thebarger** (1:04.52)

2nd:

100 Medley: **Katie Nethercott** (1:10.34)

50 Freestyle: **Fayrouz Mecky** (28.06)

4 x 50 Medley Relay: **Jessica Thebarger, Katie Nethercott, Emi Nishi, Fayrouz Mecky** (2:05.73)

4 x 50 Freestyle Relay: **Fayrouz Mecky, Jessica Thebarger, Emi Nishi, Dina Egorov** (1:54.60)

3rd:

200 Backstroke: **Katie Nethercott** (2:34.03)

Men:

1st:

200 Butterfly: **Nathan Landry** (2:07.16)

2nd:

50 Backstroke: **Jace Borden** (28.15)

50 Butterfly: **Jace Borden** (27.01)

50 Breaststroke: **Gabe Carey** (31.81)

3rd:

100 Medley: **Nathan Landry** (1:00.82)

100 Butterfly: **Jace Borden** (59.15)

100 Backstroke: **Declan McGroarty** (1:00.53)

4 x 50 Medley Relay: **Declan McGroarty, Gabe Carey, Luc Landry, Jace Borden** (1:48.62)

Varsity Records

Rookie **Jessica Thebarga** set three Varsity Records!

50 Backstroke (30.23) breaking **Ella Milloy**'s time of 30.74 from 2021-2022.

100 Backstroke (1:04.52) breaking **Ella Milloy**'s time of 1:05.23 from 2021-2022.

100 Medley (1:06.15) breaking **Jo Streppel**'s time of 1:09.34 from 2021-22.

Other New Times in the Top 20

There was lots of upward movement in the Carleton Top 20 and Para Times!

Women:

Katie Nethercott: 3: 100 Medley; 14: 200 Backstroke

Jessica Thebarga: 5: 200 Breaststroke; 12: 100 Breaststroke; 17: 50 Breaststroke; Relay Split: 50 Freestyle

Olivia Davis: 8: 100 Medley

Qiana Englert: 15: 100 Medley

Taryn Donnelly: 18: 50 Breaststroke; Relay Split: 50 Breaststroke

Beatrice Buentiempo: 18: 100 Medley; 20: 50 Backstroke

Emi Nishi: Relay Split: 50 Butterfly

Men:

Nathan Landry: 2: 100 Medley

Declan McGroarty: 5: 100 Medley; 10: 50 Backstroke

Gabe Carey: 10: 100 Medley; Relay Split: 50 Butterfly

Jace Borden: 11: 50 Backstroke

Justin Tompa: 13: 100 Medley

Nate Fisher: 14: 200 Butterfly; Relay Split: 50 Butterfly

Matthew Jackson: 16: 100 Medley

Spencer Nardi: Relay Split: 50 Butterfly

Para-Swimmer Points:

Isabella Alma: 274 points: 400 Freestyle

Scores

Women's

Carleton 5606 – Queens 577

Laurier 671 – Carleton 591

Laurier 663 – Queens 552

Men's

Carleton 544 – Queens 410

Laurier 695 – Carleton 490

Laurier 699 – Queens 378

Combined

Carleton 1150 – Queens 987

Laurier 1366 – Carleton 1081

Laurier 1362 – Queens 930

Links

[Full Results](#)

[Women's Top 20 Times](#)

[Men's Top 20 Times](#)

[Top Para-Swimmer Times](#)

[Women's Top All Times](#)

[Men's Top All Times](#)

Roster and Team Photos (coming soon!)