

Carleton Ravens Swim Team Meet Report: Dual meet vs. uOttawa November 11

On the evening of Thursday, November 11, the Carleton Ravens Swim Team competed against the uOttawa Gee-Gees at the University of Ottawa pool. This was the Ravens first official competition since OUAs in 2020 and it was wonderful to see the excitement and enthusiasm of the team. This was also the first competition for Head Coach Pierre Lafontaine, who started with the team in September 2020.

The Carleton team has grown significantly in the past two years and was able to field a full team (18 women and 18 men) against Ottawa. uOttawa, as usual, proved to be a powerful opponent, but Carleton has some very impressive performances.

The scores were as follows:

Overall: uOttawa 623.5 – Carleton 277.5

Women: uOttawa 344 – Carleton 121

Men: uOttawa 279.5 – Carleton 156.5

Carleton's **Cameron Teasdale** led the Ravens with wins in all three of his events: 50m breaststroke, 100m breaststroke, and 200m Individual Medley. **Josephine Streppel** was the top scoring Carleton woman with a win in 100m butterfly and second in 200m Individual Medley.

Yazan Al Bawwab won 50m backstroke and was third in 50m butterfly. **Finn Tuck** won the 100m backstroke. The men's "A" 4 x 50m freestyle relay (**Nathan Landry**, Finn, Cameron, and Yazan) finished off the evening in style with a win in the last event.

There were an amazing ten Varsity records (6 women's and 4 men's) set during the competition!

Women's 50 Free: **Dina Egorov** 27.73 (old record 28.02 from 1988, the longest standing Varsity Record, by **Gail Martin**, Team MVP that season)

Women's 50 Back: **Ella Milloy** 31.24 (old record 31.40 from 2019 by **Elizabeth Condinho**)

Women's 100 Back: **Ella Milloy** 1:06.30 (old record 1:08.82 from 2001 by **Jennifer Prevost**)

Women's 100 Fly: **Josephine Streppel** 1:04.64 (old record 1:06.16 from 1999 by **Clara Tarjan**, a multiple-time U Sport qualifier)

Women's 200IM: **Josephine Streppel** 2:27.00 (old record 2:28.29 from 2011 by **Kaitlin Swales**)

Women's 4 x 50 Medley Relay "A": **Ella Milloy, Katherine Archibald, Josephine Streppel, Isabella Isbester** 2:02.45 (old record 2:06.30 from 2019 by **Elizabeth Condinho, Courtney Buchanan, Amelie Chartrand**, and **Logan Marks**)

Men's 50 Breast: **Cameron Teasdale** 29.37 (old record 29.57 from 1993 by **Don Burton**, Carleton's only swimming U Sport medallist to date and Carleton's male athlete of the year in 1993)

Men's 100 Back: **Finn Tuck** 57.67 (old record 58.21 from 2004 by **J.M. Mills**: a U Sport qualifier)

Men's 4 x 50 Free Relay "A": **Nathan, Finn, Cam, Yazan** 1:38.04 (old record 1:38.21 from 2019 by **Tomas Babkine-Di Caprio, Yazan Al Bawwab, Pooya Fallahdoust, and Moustafa Kamel**)

Men's 4 x 50 Medley Relay "A": **Yazan Al Bawwab, Cameron Teasdale, Nathan Landry, Finn Tuck** 1:46.71 (ties record from 2004 by **J.M. Mills, Keegan Harris, Trevor McLoughlin, and Brandon Crawford**; Keegan won Carleton's graduating male athlete of the year in 2006)

In addition, these swimmers also added their names to the Carleton Top 20 Times lists:

Women: **Katherine Archibald, Clare Ashton, Isabella Isbester, Alexandra Jones, Aoife McGrory**

Men: **Nathan Landry, Rhys Martin**

Useful Links:

[Full Results](#)

[Updated Carleton Women's Top 20 Swimmers List](#)

[Updated Carleton Men's Top 20 Swimmers List](#)

[Photos from the competition taken by Shirley Ivan](#)