

Subject: Jeremy Knowles top Caribbean performer at US Long course Invitational
Date: Wed, 5 Dec 2007 17:10:05 +0000

Bahamian Jeremy Knowles representing the Mecklenburg Aquatic club was the Caribbean's top finisher in the US Long course Invitational on Sunday Dec 2 .He placed third in the 200 metre butterfly in 2:01.80 a time which is .01 outside the Olympic B standard for the event .Knowles who has already qualified for the Beijing Olympics in this event among others is the CARIFTA region's best hope for a medal in the butterfly events. He holds the distinction of having won all (then) sixteen gold medals on offer at the CARIFTA games individual and relay included in Kingston 1999.

The next best was Jamaica's Alia Atkinson representing Texas And M University who clocked 1:11.50 for fifth spot in the 100 metre breastroke.The time is just outside the Olympic B standard of 1:11.43.Atkinson has already made the standard earlier this summer. She placed tenth in the 50 free in a time of 26.76 just off the 26.61 national record held by reigning CARIFTA and CCCAN champion in this event for 15-17 girls Natasha Moodie. Atkinson has already made the standard earlier this summer. She holds seven senior national records for Jamaica which includes all three breastroke records 50, 100 and 200 metres.

Branden Whithurst was the best representative from the US Virgin Islands with his sixth place showing in the 200 Individual medley. Branden swimming for Bolles clocked 2:11.52 just off his CARIFTA gold medal winning time of 2:11.38 done at the Championships this year in the 15-17 age group.Branden stopped the clock in 53.49 in the 100 metre freestyle for 34th place just off the 53.14 he did to win the gold medal at CARITA. He also placed 42nd in the 100 butterfly in 59.46.

Also at the meet from the Bahamas in the ladies events were three quarters of the second fastest 400 free relay team ever from the CARIFTA region Ariel Weech (Barracudas) ,Arianna Vanderpool -Wallace (Bolles) and Alana Dillette (Auburn University) ,Nikia Deveaux did not swim at this meet. That squad's relay time of 3:53.91 set at the Pan-American Games this year in Brazil is only bettered by the 3:53.58 done by the Jamaican team of Alia Atkinson, Janelle Atkinson , Angela Chuck and Tamara Swaby done at the 2003 edition of those Games in the Dominican Republic. Arianna was 11th in the 50 free in 26.86 faster than the 26.91 she posted at CARIFTA to share the gold with Moodie of Jamaica. Vanderpool-Wallace was 15th in the 100 freestyle in 57.79 faster than her winning time at CARIFTA 57.92 and just off her national record of of 57.52 done the Pan -American Games and the Olympic B standard of 57.17. She was 26th in the 100 butterfly in 1:03.77 slower than her record swim in the 15-17 age group at CARIFTA of 1:02.93. Dillette was 20 th in the 100 butterfly clocking 1:03.24 her split of 28.96 was not far off her national record in the 50 metre event of 28.50. Weech who picked up bronze medals at this year's CARIFTA and CCCAN Championships in 27.08 and 27.06 respectively clocked 28.05 for 62nd place in the 50 freestyle.

Shaune Fraser (Florida, Cayman Islands) and Josh Laban (US Virgin Islands) 2004 Olympians finished 24th and 22nd in their respective events. Fraser clocked 57.26 in the 100 metre buutterfly an event in which he holds the CARIFTA record at 56.74 and Laban 24.30 in the 50 metre freestyle

US Long course Invitational results can be viewed below
<http://65.110.72.225/SPIP/12022007usalcminvite.pdf>

FINA Qualifying Standards:

	Men			Women	
A Standard	B Standard	Event	A Standard	B Standard	
:22.35	:23.13	50 Free	:25.43	:26.32	
:49.23	:50.95	100 Free	:55.24	:57.17	
1:48.72	1:52.53	200 Free	1:59.29	2:03.47	
3:49.96	3:58.01	400 Free	4:11.26	4:20.05	
		800 Free	8:35.98	8:54.04	
15:13.16	15:45.12	1500 Free			
:55.14	:57.07	100 Back	1:01.70	1:03.86	
1:59.72	2:03.91	200 Back	2:12.73	2:17.38	
1:01.57	1:03.72	100 Breast	1:09.01	1:11.43	
2:13.69	2:18.37	200 Breast	2:28.21	2:33.40	
:52.86	:54.71	100 Fly	:59.35	1:01.43	
1:57.67	2:01.79	200 Fly	2:10.84	2:15.42	
2:01.40	2:05.65	200 IM	2:15.27	2:19.97	
4:18.40	4:27.44	400 IM	4:45.08	4:55.06	