

Sports

Swimmers qualify for B.C. standards

Garibaldi High School student Jordan Morford led the Haney Seahorse swim team with three new provincial qualifying times this weekend at the Maple Ridge Leisure Centre.

The local meet was hosted by the Haney Seahorse Swim Club and was attended by well over 200 swimmers from around the Lower Mainland.

Morford swam his first AAA swim in a 25-metre pool in the 200-metre backstroke. He had just missed the standard last weekend in Langley and was determined to get the standard in front of the hometown crowd. He came through and surpassed the AAA standard by a second.

Seahorse head coach Jonathan Gilman was very pleased with Morford's results.

"We have been working on finishing the race, especially the last five metres,"

Gillman said. "Jordan has learned that the second half of the race is very important. He actually swam the second 100 slightly faster than the first 100 and that was a major contributing factor to his success this weekend."

Morford also made new provincial qualifying standards in the 100-metre breaststroke and the 1,500-metre freestyle.

Fellow Garibaldi student and Seahorse teammate Dane Simmons added a new club record in the 1,500-metre freestyle in a time of nineteen minutes and five seconds – a pace of one minute and sixteen seconds per 100 metres (four lengths of the pool) for fifteen consecutive one hundreds. Simmons now has three new club records this year under his belt and is in contention for many more before the season is done.

Also making new provin-

cial standards were: Cathie Gillette, 17, in the 400-metre and 800-metre freestyle; Zakrye Osmond, 10, in the 100-metre backstroke and the 100-metre freestyle; Simmons, 14, in the 200-metre breaststroke and the 200-metre backstroke; Emily Beckett, 12, in the 400-metre

freestyle; Erin Beckett, 16, in the 100-metre backstroke; Kaelen Osmond, 13, in 200-metre butterfly; and Reeghan Osmond, 15, in the 200-metre butterfly.

More information can be found at www.haneyseahorses.com or by calling 476-0200.



**Ridge Meadows
Minor Hockey
Association**

ANNUAL FINANCIAL MEETING

**6:30pm November 30th 2009
Planet Ice Meeting Room
\$200 draw for all teams in attendance**

Lacrosse teams shine at Starz tournament

The Burnaby Mountain Selects U12 team, with Maple Ridge players Mateo Le Van and Jarek Ohal, and the U13 team, with Maple Ridge's Andrew Gresham and Brad Rowbotham, travelled to Tacoma, Wash. to compete in an exhibition series hosted by the South Sound Starz on Nov. 15.

The Selects combined to post a 5-2 record against high school and club teams from Washington state. The U12 Selects went undefeated, posting a 3-0 record and beating Pacific Cascade #1 8-1, Pacific Cascade #2 11-0 and South Sound Starz

16-1. The U13 Selects went 2-2, beating Bellevue High School 7-2 and Bainbridge Island #1 16-1, but losing to South Sound Starz 7-5 and to Pacific Cascade #1 5-3. The Burnaby Mountain Selects outscored their opponents by a combined score of 66-18. The U12 Selects scored an impressive 35 goals in three games while allowing only three goals against. The U13 Selects used four games to register 31 goals for with only 15 goals against.

For more information on Burnaby Mountain Lacrosse, go to www.selectslacrosse.com.

Gold in synchro for MRSS swimmer

With no prior training Cole Wagner managed to beat 30 other synchro athletes to take gold in the novice category at the provincials.

His journey to the competition began last year when he won two gold medals in the swim meet, and then led the school water polo team to its second provincial title. His coach Kier Miner told him there was only one title left to win: synchro.

For the last two months he has been practicing during breaks at his water polo practices and studies the moves on YouTube.

MRSS's first ever synchronized swim team won three gold medals out of seven events - the other two were won by Emily Halaijan, and Madison Gwynne.

Overall the team placed second in the province and narrowly missed winning the provincial title.

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Preventable injuries are the #1 killer of British Columbians aged 1 to 44.