



## **Nanaimo to Host Western Canadian Synchro Championships**

*March 23, 2009-* The Nanaimo Diamonds Synchronized Swim club is hosting the 2009 Western Divisional Championships at the Nanaimo Aquatic Centre March 26<sup>th</sup> to 29<sup>th</sup>. There will be over 150 athletes participating including national team members and future Olympians. This meet is designed to give the athletes the opportunity to qualify for the National Championships held later in the season. The event will be open to the public and is a great chance to take in one of Canada's most successful amateur sports for free.

The Nanaimo organizing team is extremely pleased to announce the inclusion of Athletes with Disabilities at this year's championships. International athletes from Japan will travel to Nanaimo for the only competition of its kind in Canada. Teams from across western Canada including Manitoba, Saskatchewan, Alberta, British Columbia and the Yukon will attend.

Under the direction of Coach Brenda Smythe, the Nanaimo Diamonds are expected to take the podium a number of times during the competition. Coach Smythe has brought the local teams a long way by focusing on mastering the technical elements of the sport. Local swimmers to watch for are Meghan Dougan and Nicole Dean. The duet is currently seeded first for required figures in the province. Dougan's standings have also qualified her to compete for a position for the Provincial team for the Canadian Winter Games. Another 'one to watch' will be Sara Amos, Nanaimo's first disabled swimmer to compete in this level of competition.

You can show your support for the duration of the competition but the Opening Ceremonies are scheduled for March 26<sup>th</sup> at 4:00pm. Other popular spectator events are the team event on Saturday, March 28<sup>th</sup> and the combo event on Sunday, March 29<sup>th</sup>. A full schedule of events and times is available online at [www.synchro.bc.ca](http://www.synchro.bc.ca)

Regular scheduled programming at the Aquatic Centre will be impacted to accommodate this meet, please contact our information line at 250 755 4484 for the most up to date schedule.

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### **Media Contact**

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