

 <p> 13-14 800 Freestyle 13-14 50 Backstroke 13-14 200 Freestyle 13-14 100 Backstroke 13-14 100 Freestyle 13-14 400 Freestyle 13-14 200 Backstroke 13-14 5K Open water </p>	<p><u>Shannon Hassell</u></p> <p>Local Swim Club: Sharks Age: 14 School: Warwick Academy 4th time at CARIFTA</p> <p>Main events: Backstroke and Freestyle</p> <p>Shannon is now a multiple CARIFTA medalist and will be looking to build on her resume as she reaches the top of her age group.</p>	 <p> 13-14 50 Backstroke 13-14 100 Butterfly 13-14 200 Freestyle 13-14 100 Backstroke 13-14 100 Freestyle 13-14 50 Freestyle 13-14 200 Backstroke 13-14 5K Open water </p>	<p><u>Madelyn Moore</u></p> <p>Local Swim Club: Sharks Age: 13 School: Warwick Academy 3rd time at CARIFTA</p> <p>Main events: Freestyle and Backstroke</p> <p>After her spectacular break out performance at last year's CARIFTA, we now know what she is capable of. This will be her first year in the 13-14 age group so she will have to step up to the challenge.</p>
 <p> 11-12 50 Backstroke 11-12 200 Freestyle 11-12 100 Backstroke 11-12 100 Freestyle 11-12 400 Freestyle 11-12 50 Freestyle </p>	<p><u>Ashley Irby</u></p> <p>Local Swim Club: Sharks Age: 12 School: Saltus Grammar School 2nd time at CARIFTA</p> <p>Main events: Freestyle</p> <p>Ashley now has the experience of Carifta and CCCAN from last year to draw from as she enters the top of her age group. There is a quiet confidence that this will be her breakout meet.</p>	 <p> 15-17 50 Backstroke 15-17 100 Butterfly 15-17 200 Freestyle 15-17 400 Individual Medley 15-17 200 Individual Medley 15-17 50 Breaststroke 15-17 100 Freestyle 15-17 400 Freestyle 15-17 50 Freestyle 15-17 100 Breaststroke 15-17 5K Open water </p>	<p><u>Philip Hagen</u></p> <p>Local Swim Club: Sharks Age: 17 School: Saltus Grammar School 3rd time at CARIFTA</p> <p>Main events: Freestyle and Individual Medley</p> <p>Phillip had the disappointment of breaking his leg just prior to last year's CARIFTA but has challenged himself to be even more prepared this year.</p>

 <p>13-14 50 Backstroke 13-14 100 Butterfly 13-14 200 Freestyle 13-14 50 Butterfly 13-14 100 Backstroke 13-14 100 Freestyle 13-14 400 Freestyle 13-14 50 Freestyle 13-14 5K Open water</p>	<p><u>Jesse Washington</u> Local Swim Club: Sharks Age: 14 School: Warwick Academy 4th time at CARIFTA Main events: Butterfly, Backstroke and Freestyle</p> <p>This year he is at the top of his age group and will be challenged to repeat his previous CARIFTA success with his eye on qualification for this year's youth Olympics.</p>	 <p>11-12 50 Backstroke 11-12 100 Butterfly 11-12 50 Butterfly 11-12 100 Backstroke 11-12 200 Individual Medley 11-12 200 Butterfly 11-12 50 Freestyle 11-12 200 Backstroke</p>	<p><u>Emma Harvey</u> Local Swim Club: Harbour Age: 12 School: Warwick Academy 2nd time at CARIFTA Main events: Butterfly and Individual Medley</p> <p>Emma nearly pulled off a medal in her first CARIFTA and will be looking to continue her rise this season. With several recent records, she is on course to bring home some great results.</p>
 <p>11-12 100 Butterfly 11-12 200 Freestyle 11-12 50 Butterfly 11-12 200 Individual Medley 11-12 100 Freestyle 11-12 400 Freestyle 11-12 50 Freestyle</p>	<p><u>Alex Pilgrim</u> Local Swim Club: Harbour Age: 13 School: Warwick Academy 2nd time at CARIFTA Main events: Backstroke and Freestyle</p> <p>With the experience under his belt from last year, Alex will be expecting to show great results at this year's CARIFTA.</p>	 <p>11-12 100 Butterfly 11-12 200 Freestyle 11-12 50 Breaststroke 11-12 100 Freestyle 11-12 400 Freestyle 11-12 100 Breaststroke</p>	<p><u>Alyssa Paynter</u> Local Swim Club: Sharks Age: 13 School: Bermuda High School for Girls 2nd time at CARIFTA Main events: Freestyle and Butterfly</p> <p>Alyssa is a strong swimmer who will be looking to build on her confidence in her second CARIFTA team.</p>

 <p>11-12 200 Breaststroke 11-12 50 Breaststroke</p>	<p><u>Keagan Woolley</u> Local Swim Club: Sharks Age: 11 School: Somersfield Academy 1st time at CARIFTA Main events: Backstroke and Freestyle</p> <p>As the youngest member of the team, this will be a great learning experience for Keagan.</p>	 <p>11-12 50 Backstroke 11-12 100 Backstroke 11-12 400 Individual Medley 11-12 200 Backstroke</p>	<p><u>Brett Smith</u> Local Swim Club: Harbour Age: 12 School: Warwick Academy 1st time at CARIFTA Main events: Freestyle and Backstroke</p> <p>Brett shows great promise in several events and should do very well in his first CARIFTA.</p>
 <p>11-12 50 Backstroke 11-12 400 Individual Medley 11-12 200 Backstroke</p>	<p><u>Nicholas Brando</u> Local Swim Club: Harbour Age: 12 School: Somersfield Academy 1st time at CARIFTA Main events: Backstroke</p> <p>Nick has had an amazing rise in the last couple of months and his recent results in backstroke are very encouraging.</p>	 <p>11-12 200 Freestyle 11-12 50 Breaststroke 11-12 400 Freestyle 11-12 100 Breaststroke</p>	<p><u>Jude Moseley</u> Local Swim Club: Harbour Age: 12 School: Warwick Academy 1st time at CARIFTA Main events: Freestyle</p> <p>Jude has been building towards very strong results at CARIFTA. His freestyle at the latest meets shows great form leading into CARIFTA.</p>
 <p>11-12 200 Breaststroke 11-12 100 Butterfly 11-12 50 Butterfly 11-12 100 Backstroke 11-12 200 Individual Medley 11-12 100 Freestyle 11-12 50 Freestyle 11-12 100 Breaststroke</p>	<p><u>Ethan Daley</u> Local Swim Club: Sharks Age: 12 School: Canada 2nd time at CARIFTA Main events: Butterfly, Breaststroke and Freestyle</p> <p>Ethan has been working hard since his first CARIFTA and his results have continued to be strong all season. He will be looking to have a great showing this year.</p>	 <p>11-12 200 Breaststroke 11-12 50 Butterfly 11-12 200 Individual Medley 11-12 50 Breaststroke 11-12 100 Breaststroke 11-12 200 Backstroke</p>	<p><u>Isabelle Dutranoit</u> Local Swim Club: Sharks Age: 13 School: Bermuda High School for Girls 1st time at CARIFTA Main events: Freestyle</p> <p>“Izzy” had a breakout at the last local meet that will help her confidence leading into her first CARIFTA.</p>

Carifta Swimming Championships will be held in Aruba from April 22nd to 25th with the open water swim on April 26th. The team will be travelling on April 19th to get their final preparations before the meet begins. They are taking part in a training camp over the next couple of weeks as they put on the finishing touches to their preparation. Along with the 14 strong swimmers the team will be accompanied by National coaches Ben Smith and Richard Goodwin. Janice Irby will be the team manger and will be assisted by Doug Patterson. Physiotherapist Shona Palmer will be travelling with the team as the therapist.