

## **Rescue 2006 Pool events Complete and Awaiting the Surf Events**

Canada has left the pool with a record number of medals. Four Silver medals were earned.

Carla Gerts-Cole in the women's 200 meter obstacle (it is a 200 meter freestyle event with 2 gates inside each 50 meters to dive under)

Marc Prud-Homme in the 100 meter carry with fins (start with the big fins on, swim or kick 50 meters, pick up a full manikin off the bottom and keep its' face out of the water while you swim back). Marc also won a silver in the 100 meter tow with fins (with fins on and a tube on your shoulder, swim 50 meters, hook up a 1/2 full manikin and tow it back 50 meters.

The fourth silver was in the S.E.R.C. (Simulated emergency response competition) in which a team of 4 athletes 'walk into' a situation, and have 2 minutes to rescue as many victims as possible. The team of John Eddolls, Jason Cross, Ryan Ferguson and Vero Cromtrois did a great job handling themselves and were very close to first place.

Jen Ellison a member of the club and a coach of our swim school swam very well over the two pool days. She broke the Canadian record in the 200 meter super lifesaver, placed 4th in consolation finals, less then 20 minutes later she placed 3rd in consolation finals for the 100 individual medley rescue. In this event, you swim 50 meters, flip, then kick under water for 17.5 meters, then pick up a full manikin and carry it back 27.5 meters, a very tough race indeed!

Canada is hopeful with a good beach showing they can move up from their current ninth place in the Team Ranking.