



## **Irish Open LC Championships – Coaches Report**

The Irish Open LC Championships was held from the 1<sup>st</sup> April – 4<sup>th</sup> April. It was designated as a benchmark meet where the highest level of Irish Swimmers competed in the NAC attempting to qualify for National squads and achieve qualification times for National & International Meets.

Portmarnock had 6 swimmers represent the club at the meet those who competed were

Holly Clifford

Ava Jones

Megan Jones

Sarah Keane

David Pau

Davide Scaringella

This was also the 1<sup>st</sup> time Davide and Sarah competed at Irish Open LC Championships,

From a performance perspective the swimmers achieved

- 15 Personal Best Times
- 15 Finals

Individual achievements are

### **Holly**

- Finalist in the Women's Breaststroke

### **Ava**

- Finalist in 6 events.
- 7 Personal Best Times
- 3 Individual Medals
- Consideration Time European Youth Olympics in the 100 Breaststroke
- Qualifying time for National Programme for the 2023/2024 Season

### **Megan**

- Achieved consideration time for the Leinster Regional Programme Stage 2 in the 50 Freestyle, 100 Breaststroke, 100 Freestyle, & the 200 Breaststroke.
- 5 Personal Bests achieving these in varying strokes and distances
- 6 finals
- 2 Individual Medals

### **Sarah**

- Obtained Consideration times for Leinster Development Stage 1 in 100 & 200 Backcrawl 2023/2024 Season
- 8<sup>th</sup> in the Junior 100 Fly Final
- 5<sup>th</sup> in the Junior 200 Back Final

### **David**

- Season Best Times in the 50 Backcrawl and the 50 Butterfly

### **Davide**

- Season Best Time in the 400 IM.

Overall we were happy with the results and feedback from the swimmers. There were some good results and learning experiences that we all took away from the meet.

While outlined above we would like to further congratulate Ava Jones on her achieving the Consideration time for the Youth Olympics Festival in the 100m Breaststroke. This is a major International meet and very few swimmers are able to achieve the consideration times for this meet; Ava managed to obtain the time on 3 occasions. Ava's natural talent along with hard work and determination has paid off and we are proud of her achievements and we are sure that this is the first of many major international competitions for Ava Jones.

Paul