

WALTER SMASHES PERSONAL BESTS IN EASTERN CHAMPS



Dominic Walter

Dominic Walter Jamaica's distance freestyle king crushed his personal records in the 200 and 400 metre freestyle events at the 2014 SPEEDO Eastern Canadian Championships the meet swum over in a 25 metre pool was held from Thursday February 13 to Sunday February 16.

The 21 year old showed the results of a gruelling Christmas training camp in Puerto Rico where his McMaster University completed 12,000 metres a day for over 115 ,000 metres for the entire training stint. He first improved his 200 metre freestyle from 1:54.17 (1:57.37 LCM long course metres) to 1:54.14 (1:57.34 LCM) on Thursday. He achieved this with splits of

50 27.17

100 56.14 (28.97)

150 1:25.45 (29.31)

200 1:54.14 (28.69)

The Wolmer's graduate would have much more in the tank when he swam the championship finals later. He crushed that time and swam 1:52.93 (1:56.13 LCM). He also improved his placing from 10th to 7th overall

His times were

50	26.90	
100	55.40	(28.50)
150	1:24.12	(28.72)
200	1:52.93	(28.81)

On his last swim of the day he swam the fastest leg for McMaster University when he split 52.13 (53.73 LCM) to help the "A" team to 15th overall in 3:32.49. The event was won by ELITE A in 3:24.37.

In the 400 metres freestyle Dominic narrowly missed out on qualifying when he clocked 4:03.60 (4:10.00 LCM) for 11th place, missing out on the Championships Final by a mere .03 of a second and missing his personal best by .40 of a second.

He would not leave anything to chance in the B finals on Saturday. At the half way mark of the race it was three way contest between Lies Abdelghan Nefsi of Elite 1:59.53 , Walter 1:59.56 and Anthony Bluteau 1;59.70 . The race continued to be close at the 350 metre mark with Nefsi still ahead at 3:32.19 ,Walter second 3:32.33 and Bluteau third 3:32.44. It was at this point Walter unleashed a race changing split of 28.42 seconds to win in 4:00.75 (4:07.15 LCM). Nefsi tried to hold on to his advantage but could not withstand the change of pace and clocked 4:01.17 (4:07.56LCM) for second with a last 50 of 28.98. Bluteau could not find that gear to keep up and faded with a 30 .41 split to 4:02.85(4:09.25 LCM).

Dominic had the following thoughts on that swim, "In the past I do not usually have an even race pace but with some key advice from my coaches and a trial in the morning I was able to set myself up for a great finish as well as a new personal best."

In the 200 butterfly he again was just outside of the qualifying for the championship final posting 2:08.38 (2:11:18LCM) with 10th place clocking 2:07.89 (2:10.68 LCM). In the B final when the 5'11 Walter took the at 100 metres with a split of 1:00.66 (1; 02.05 LCM) the race was over. He attacked the third 50 and split 32.15 to which the field had no answer. He took the race in 2:06.17 9(2; 08.96LCM)

The Assistant Coach at McMaster University Dan McCauley had the following thoughts about his swims and how Walter looks heading to Commonwealth Games “Dominic raced perfectly in his events over the weekend. Both the 200 and 400 Freestyle splits were spot on to what was discussed prior to the swims, and he looked at ease in the water. These races put him in a great place for the Commonwealth Games as they were an excellent practice run.”

Contributed by

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