

JAMAICA STRIKE GOLD ON DAY 2 OF CENTRAL AMERICAN AND CARIBBEAN SWIMMING CHAMPIONSHIP

Justin Plaschka mined Gold in the 18 & Over Male 100 metre Butterfly event at the XXIX Central American and Caribbean Swimming Championships (CCCAN) being held in Barbados. Plaschka's winning time of 55:25 is a new Jamaican Senior Record erasing his previous record set last year of 55.56 in the New York Senior Sectionals.

The 100 metre butterfly gold was Justin Plaschka's 2nd medal of the evening, earlier he went 1:56.52 for silver in the 200 metre Freestyle finishing behind Jemal Le Grand of Aruba who won gold in 1:54.92.

Jamaica's 3rd medal of the evening was a bronze won by Jesse Marsh in the Boys 13– 14 100 metre Butterfly event in a personal best time of 59.75. Marsh finished 3rd behind Trinidad & Tobago's Kael Yorke 57.40 and Yael Touw Ngie Tjouw of Suriname 57.98. The Butterfly event was Jesse's second final of the evening; earlier he finished 8th in the 200 metre Freestyle.

The 3rd swimmer on the Jamaican team to compete on Day 2 was Alex Mignott who swam an impressive 2:08:68 in the boys 13-14 200 metre freestyle dropping 2 seconds off his personal best to finish 11th overall.

The Jamaican swimmers will be back in the water tomorrow with Justin Plaschka competing in the 50 metre Freestyle and the 50 metre Backstroke, Jesse Marsh in the 200 metre Butterfly and the 50 metre Backstroke and Alex Mignott also in the 50 metre Backstroke.

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