

## **JAMAICAN SWIMMER BREAKS 38 YEAR OLD NATIONAL RECORD ON DAY 3 OF CENTRAL AMERICAN AND CARIBBEAN SWIMMING CHAMPIONSHIP**

Jamaican Swimmers continued to put in some good performances at the XXIX Central American and Caribbean Swimming Championships (CCCAN) being held in Barbados. Jesse Marsh dropped nearly 4 seconds off his personal best set in the morning prelims to place fifth in the Boys 13 – 14 200 metre butterfly setting a new Jamaica National Age Group Record with a time of 2:15:41. He broke the previous record of 2:16:68 which was held by his father Olympian Allan Roy Marsh set 38 years ago. Later in the evening Jesse placed 7<sup>th</sup> in the 50 metre backstroke in a time of 30:47. Multiple medalist from day 2 Justin Plaschka went a personal best 27:04 in the 18 & over boys' 50 metre backstroke just missing the bronze by 900<sup>th</sup> of a second.

For further details, contact: Carol Cuffley 839 2734; CCCAN coach Wendy Lee 881 5334 or Allan Marsh 579 6171.