

Jamaican swimmers conclude successful CCCAN campaign



A small three-man contingent comprising of 13-14 swimmers Patrick Mignott, Jesse Marsh and 18 and over competitor Justin Plaschka represented Jamaica at the XXIX CCCAN 2015 in Barbados from June 23 to June 27,2015.

CCCAN is the strongest age group competition in the region comprising countries from Central America and the Caribbean.

Plaschka led the team in medals won and records broken. He won four medals three Gold and a Silver. He won the 100 metre butterfly in a new senior national record of 55.25 .Plaschka's winning margin was almost a second in the championship final. In winning he lowered his old record which also stands as the 15-17 age group record of 55.56.

He completed the sprint butterfly double when he won the 50 metre butterfly in 24.89. In the process he lowered the 2013 record of Masai Zebe-Chaka of 25.32. Plaschka now leads a growing field of Jamaicans who have posted sub 26 times for the event this year. He is followed by Timothy Wynter 25.42 and former record holder Zebe –Chaka 25.57.

He won gold in the 100 metre freestyle in 52.09. Plaschka heads the list of Jamaican swimmers under 53 seconds this year which includes Wynter 52.49, Sidrell Williams 52.86 and Jevon Atkinson 52.91.

Plaschka won his silver medal in the 200 metre freestyle posting a time of 1:56.52. This is another event that has shown improvement for Jamaica with sub 2 minutes performances. The list this year is headed by Nico Campbell 1:54.62. Others under two minutes includes Sidrell Williams 1:58.14 and Dominic Walter 1:58.71.

Plaschka was just outside the medals when finished 4th in the 50 metre backstroke in a time of 27.06. That places him second fastest among Jamaicans this year. The top three are Wynter with 26.89, Plaschka, then Zebe-Chaka 27.96.

He missed the finals in the 50 metre freestyle posting 24.40 for 9th. He was disqualified in the 200 metre individual medley.

Jesse Marsh got the country's other medal when he posted a personal best 59.75 in the 100 metre butterfly to win bronze. In the 200 metre butterfly he dropped almost 4 second to erase a 38 year old record held by his father 1984 Olympian Allan-Roy Marsh of 2:16.68 to record a time of 2:15.41.

Jesse recorded other personal bests in the 200, 100 and 50 metre freestyle and 50 metre butterfly events in times of 2:04.65, 56.97 (9th), 26.23 (9th) and 27.78 (6th). He made the final in the 200 metre freestyle where he finished 8th in 2:08.63.

Marsh also made the final of the 50 metre backstroke finishing 7th in 30.47. He finished 10th in the 400 metre freestyle in 4:31.22.

Jamaica finished 14th overall with 54.50 points.

Alex Mignott who had made no national team before 2015 has continued to show tremendous improvement first making the CARIFTA team and now CCCAN. He recorded personal bests in all but one event.

His personal standards were recorded in the 100 and 50 metre backstroke 1:10.98 (9th) 32.07 (10th) and the 200 2:08.69 (11th) and 100 metre 57.03 (11th) freestyle events and the 50 metre butterfly 29.63 (11th). He was 14th in the 50 metre freestyle in 26.68.

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