

# Justin Plaschka sets new national record in backstroke



**Justin Plaschka, who made his international Jamaican debut this June at the CCCAN championships in Barbados, continues to break ground for the country.**

Swimming for the Irish Aquatics at the Phillips 66 Nationals on Friday in San Antonio, Texas, Plaschka clocked 57.06 (split time 27.43) in the 100 metre backstroke. With that performance, he lowers the national record of Timothy Wynter of 57.31, set on June 15, 2012. That is the third senior national record to fall to Plaschka as he now owns the standards for the 50 metre butterfly (24.89) and 100 metre butterfly (55.25).

This is the second senior national Jamaican backstroke record to fall this summer. Keanan Dols, representing Sarasota YMCA Sharks at the Speedo Junior Nationals, was responsible for the first in the 200 metre event.

Dols set the new national standard at 2:06.05 (split time 1:00.02) on July 31, also in San Antonio. His old mark of 2:06.54 was set on July 29, 2014 at the Southern Zones championships in Florida.

<http://www.loopjamaica.com/content/justin-plaschka-sets-new-national-record-backstroke>