

Immediate release

Bahamian CARIFTA Swimmers Invade The Florida Gold Coast Swimming Championships

Dionisio Carey (12) and Dustin Tynes (14) were the only two swimmers from the Bahamas to compete in the 2010 Florida Gold Coast Swimming Jr. Olympic Championships, March 12-14, in Coral Springs, Florida.

The meet featured over 600 of the top age-group swimmers from The Florida Gold Coast Swimming Inc. and was a short course yards meet. Each athlete is eligible to swim up to 7 events if qualified, and Both Dionisio, and Dustin proved to be more than qualified.

In his seven events, Dionisio was a perfect seven for seven, winning every race before him. As a result, Dionisio won the meet High Point award, by scoring a maximum of 77pts. In the process he broke the FGC meet and Open records for the 50 yard Butterfly with a time of 25.59. This time was the 3rd fastest 50 yard Butterfly recorded by any 12 year old in The United States Swimming. His other Gold medals were recorded in the following: 100 yard Butterfly (58.35), 50 yard Breaststroke (30.08), 100 yard Breaststroke (1:06.51), 50 Yard Backstroke (28.24), 100 yard Backstroke (1:00.45), 100 Individual Medley (59.93)

Teammate Dustin Tynes just after having his 14th birthday fared well despite being the youngest 14 year at the meet. For his efforts Dustin brought home 3 medals 1 silver and 3 bronze in the following events. Silver – 200 yard Breaststroke (2:15.79), Bronze 50 yard Breaststroke (28.09), Bronze 100 yard Breaststroke (1:02.78). Dustin also had personal best times in 3 other events swum, 200 yard Individual Medley (2:11.02) 9th, 50 yard Freestyle (25.25) 33rd, 100 yard Freestyle (55.86) 40th.

Both swimmers are members of the Barracuda Swim Club and Barracuda senior coach Michael Stewart chose to send these two swimmers as a warm-up for the 2010 CARIFTA swimming championship in Jamaica early in April. "I feel these two young athletes will be the corner stone for the medal haul next month for the Bahamas at The CARIFTA Championships, as well as the foundation for Bahamas Swimming in major international meets for years to come."