

Sailfish top Dolphins Junior gala

Foursome. Sailfish's quartet of Munabi, Etot, Elaine Akol and Zariah Nangobi combined to top the mixed 5-7 4x25m medley relay. Munabi, Etot, Owen Nyonyintono, and Ariho Ntare then combined to lower the 5-7 boys' 4x25m medley relay from 1:44.30 set by Dolphins last year to 1:32.59.



Work well done. Sailfish coaches and swimmers show off their medals and trophies from the Dolphins Junior Championships. PHOTO/RASHID MATOVU

BY MAKHTUM MUZIRANSA

DOLPHINS JR CHAMPS

How they finished

Sailfish **465.5 points**

Dolphins **279.5**

Altona **248.5**

Angels **239**

Ozpreys **230**

Top performers (age group)

5-7 Years

B: Aiden Corey Mwasame **43**

G: Astrina Kikomeko **43**

8-9 Years

B: Elisha Rukundo **42**

G: Abigael Muttamba **36**

10-11 Years

B: Ashley Kimuli (Jaguar) **41**

G: Gianna Opolot **35**

Sailfish Swim Club topped the April 18-19 Dolphins Junior Championship held at Kampala Parents School, Naguru

with 465.5 points. The side that has bases at Ambrosoli International School in Bugolobi and Eritine Complex in Najjera dominated the 20 clubs that took part in this largely competitive gala in both the boys (189 points) and girls (188.5) point.

They have the performances of swimmers like Audrey Nyonyintono, Denorah Natabi, Nyla Musoke, Abigael Muttamba, Alma Kirabo Barack Etot, and Aaron Munabi among others to thank for their success.

Sailfish led by coach Joseph Kabogoza were joined on the overall podium, of this gala that attracted over 500 swimmers aged under 12 years, by Dolphins with a distant 279.5 points and Altona with 248.5 points.

10-11 Years

Ozpreys' Gianna Opolot, 11, topped the 10-11 girls' 50m breaststroke in 41.28 beating Natabi by 24 microseconds. Gianna's brother Jeremiah, 10, then clocked 41.62 – 28 micros ahead of Dolphins' Reuben Ssekabembe – to beat the boys

in the same age group. Blue Whales Aquatic Venture's Aya Adams clocked 37.43 to beat Altona's Jamiyah Kusiima by two microseconds in the 8-9 girls' 50m backstroke. For the boys, Ashley Kimuli topped the backstroke in 36.66, 100m IM in 2:54.87, 50m fly in 34.06, and 50m free in 30.84 en route to collecting an age group topping 41 points.

Nyonyintono had an authoritative 2:55.43 to top the 10-11 girls in the 100m IM and recorded a 33.72 meet record, sinking Nabatanzi's 34.76, to win their 50m butterfly. The other girls' meet record in this age group came from Gianna, who also topped the group with 35 points, clocking 29.81 in the 50m freestyle to lower Jinan Nakato's 21.93.

Sailfish's Seth Kabogoza, Emmanuel Mutebi, Nyonyintono, and Natabi clocked 2:28.40 to top the 10-11 year olds in the mixed 4x50m medley relay while Abraham Munabi replaced Kabogoza for their 2:05.49 record setting display in the 4x50m mixed free relay. Sailfish's Nyonyintono, Natabi, Musoke, and Chloe Kabogoza topped the girls' 4x50m

medley relay in 2:36.23 while Dolphins' took the boys' in 2:31.74.

The aforementioned Sailfish quartet also topped the 10-11 girls' 4x50m free relay in a record breaking time of 2:15.49 while Black Panther did the same in the boys' category through Effen Ssuna, Liam Kaweesa, Pharell Micah, and Protasio Rugaba.

8-9 Years

Swimming Angels' Haddasa Kisakye clocked 22.32 to top the 8-9 year old girls' 25m breaststroke and 17.54 to top their 25m fly.

Muttamba topped their 25m backstroke in 18.84 seconds and 100m IM in 1:36.28 while Aqua Akii's Allannah Mullo topped their 25m freestyle in 15.90 seconds.

Jaguar's Harvey Ssendendo topped the 8-9 boys' 25m breaststroke in 21.40 seconds beating teammate Kylan Mandela (21.63) and Altona's Elisha Rukundo (21.66) by microseconds.

Rukundo then set a 18.87 meet record in the 25m backstroke dragging Tumaini's Jayden Kibwami (19.18), plus Dolphins' Maxwell

Anglin and Altona's Liam Bbosa (19.33) below the 19.48 record that Abraham Munabi had set last year.

Rukundo got another record in the 100m IM where his time of 1:27.63 lowered the 1:29.10 set by Jaguar's Austin Wanyama last year and also beat Tzion Tamale's 17.95 from last year to win the 25m fly in 17.07 seconds. Rukundo's last record as he topped the age group with 42 points came in the 25m free where his 15.60 lowered Abraham's 15.89 from last year.

Dolphins' Jethro Emejeit combined with Bailey Mukasa, Evin Muwazi, and Malaika Nassuna to top the 8-9's mixed 4x25m medley relay while the mixed free went to Altona.

Ozprey's quartet of Zoya and Ziya Abubakr plus Rawdha and Halwah Kayondo combined to lower the 8-9 girls' 4x25m medley relay to 1:21.77 from the 1:21.84 that Black Panther set last year while Sailfish set a meet record 1:10.23 to take the freestyle one through Muttamba, Kirabo, Apatsa Lunguzi, and Deyo Iculet.

Altona topped the 8-9 boys' 4x25m medley relay in 1:21.48 through Elis Levi, Davis Wakabi, Bbosa and Rukundo while Dolphins took the freestyle one through Emejeit, Muwazi, Jared Wasswa, and Anglin.

5-7 Years

Ozpreys' Astrina Kikomeko struck a 21.95 meet record to top the 5-7 year old girls in the 25m breaststroke – dropping from the 26.66 that Alma Kirabo posted last year. Angels' Raella Akantorana (24.88) and the Black Panther duo of Gabriella Asangaasa (25.18) and Brielle Alexandra (25.71) all went under 26.66.

Kikomeko had another meet record in the 25m backstroke clocking 20.57 to lower the 23.72 Michaela Mwesigwa set last year. Asangaasa (22.13), Akantorana (22.49), and Gators' Delort Maika (23.70) went under 23.72 too.

Kikomeko's third meet record came in the 100m IM with a time of 1:40.55 lowering the 1:52.70 that Akantorana set as a six year old last year. Akantorana finished second this time in 1:41.53 but then set a 25m butterfly record at 18.31 to lower Mwesigwa's 19.27 from last year. The latter also had her 25m free 19.85 lowered to 17.59 by Kikomeko, who topped the age group with 43 points.