

## Atkinson cops golden treble at Canada Cup

In an awesome display of swimming, Jamaican sensation Alia Atkinson won three gold medals and set a meet and Jamaican record on the opening day of the Canada Cup at the Etoicoke Olympium in Toronto on Friday night.

Atkinson dominated the opening day of the prestigious Canada Cup being held in Toronto, Canada, this weekend with three gold medals.

She started off the night with a commanding win in the 100-metre breaststroke, winning the race by over two seconds in 1:04.69. This time broke US 2006 100-metre breaststroke World Short Course champion Tara Kirk's meet record of 1:05.52. It is also the third-fastest time posted this year and 10th on the all-time list. Her winning time would have medalled at the last three World Short Course Championships. The Jamaican said she felt "good in middle part" of the 100m breast, but her "turns and finish were sloppy" and need work to execute those more sharply for the Worlds as it will be important if she is to reap success in Turkey. Superior skills Atkinson then came back to win the 200-metre Individual Medley in a personal best 2:11:71, improving on her prelim time of 2:14:75. The race was close until the half-way point, when she used her superior skills in the breaststroke leg to pull away for the win. The three-time Jamaican Olympian also won the 50-metre freestyle in another personal best time of 25:35 improving on her preliminary time of 26:12. In addition to the three gold medals, Atkinson finished eighth in the 100-metre butterfly in 1:02:35 after going 1:01:39 in the prelims. Based upon the Canada Cup performance, Atkinson appears very prepared for next month's World Short Course Championships (December 12-16) in Istanbul, Turkey. Atkinson had a grand chance of extending her success at the Canada Cup as she later competed in the 50-metre breaststroke, 200-metre breaststroke, 100-metre Individual Medley and the 50-metre butterfly. Another Jamaican, Dominic Walter, competing for McMaster University, is also participating in the Canada Cup. On the opening day he placed 32nd in the 400-metre freestyle with a time of 4:10:08. Yesterday Walter competed in the 1500-metre freestyle.