



**Ellesmere College Swimming Academy Report**  
**August 2023**  
**Commonwealth Youth Games 2023 – Trinidad & Tobago**

After earning his selection at the British Championships in April, **Oscar Dodds** made his way out to Trinidad & Tobago with Team Jersey for the 2023 edition of the Commonwealth Youth Games.

His racing schedule was as follows:

August 6<sup>th</sup> – 100m Backstroke

August 7<sup>th</sup> – 400m Individual Medley

August 8<sup>th</sup> – 200m Backstroke

August 9<sup>th</sup> – 200m Individual Medley & 4x100m Mixed Medley Relay

August 6<sup>th</sup> – Day One

The first race of Oscar's schedule was the 100 Back. He took out the heat sharply in a 28.32, then worked the back end to touch in 58.05 PB and qualify for the final.

The final was a quick one, where almost all competitions got quicker from the heats. Oscar improved his front-end speed to hit the 50 in 27.84 and powered home to touch the wall in 57.84 PB and 5th place.

August 7<sup>th</sup> – Day Two

Oscar was back up and at it on day 2, this time in the 400 IM. He swam an evenly paced heat swim, working the back and free to finish 4.33.52 and qualify for the evenings final.

Similar to the 100 Back, everyone stepped up from the heat, including Oscar. Keeping the fly the same with a 62 split. His backstroke, breaststroke and freestyle were quicker than the morning heat. He touched the wall in 4.31.31 to finish in 7th place.



### August 8<sup>th</sup> – Day Three

The penultimate day of racing for Oscar brought the 200m Backstroke. He controlled the first 100 of his heat, going out 61.8 and worked the 2<sup>nd</sup> 100 to finish 2.06.06 and earn himself a spot in the final.

Becoming quite the theme, Oscar steps up from heat to final. He took the race out much quicker than earlier, turning 3<sup>rd</sup> in a 60.0 split. He maintained his stroke rate and battle hard to finish 2.04.97 in 5<sup>th</sup> place.

### August 9<sup>th</sup> – Day Four

The final day brought about the 200 IM and the 4x100 mixed medley relay. Oscar took out his 200 IM strong and worked the backstroke to touch the wall in 2.11.04 (15<sup>th</sup>). He stepped up in the relay to help earn Jersey a spot in the final.

Once again stepping up from heat to final, in the last race of the whole competition, Oscar led out his Jersey team on the backstroke leg of the relay. He split 58.86 and helped his team on their way to a respectable 8<sup>th</sup> place in a very fast final.

That is Commonwealth Youth Games done and dusted for Oscar. A huge congratulations for his performances over the past 4 days.

We are all proud of you at the ECSA.

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