



**ST. JOHN'S  
2025  
JEUX DU  
CANADA  
GAMES**

# GOLDFINS AT THE GAMES

SHINING THE SPOTLIGHT ON GOLDFINS SWIMMERS  
WHO WILL BE COMPETING AT THE  
2025 JEUX DU CANADA GAMES  
AUGUST 10 - 16, 2025

## James DeLathouwer

**TRAINING GROUP:** G3P

**HIGH SCHOOL:  
GRADE 11**

**AGE:** 15

**CANADA GAMES  
TEAM MEMBER:**

**MALE ALTERNATE**

## 2024 - 2025 Season Highlights

- 95 Individual Points Contribution to the Goldfins 2025 March Man/SK Senior Provincial Top Overall Large Club Title
- Bronze Medal - 200M Backstroke - 2:17.61- 2025 Man/SK SC Championships - 03/06/2025
- 2nd Place - 50M Backstroke - 30.38 - CSI 2025 Singapore Sling - 05/29/2025
- 10.0% Improvement - 200M Individual Medley - 2:21.07- 2025 Winter Whiteout - 01/31/2025
- 5.3% Improvement - 400M Freestyle - 4:31.64 - 2025 Man/SK LC Championships - 07/10/2025
- Mel Zajac QT - 50M Backstroke - 28.88 - 2025 Man/SK SC Championships - 03/06/2025

### TOP TIMES (SCM):

| Event                  | Time    | Date                              |
|------------------------|---------|-----------------------------------|
| 200M Freestyle         | 2:03.19 | March SC Man/SK - 03/06/2025      |
| 100M Freestyle         | 55.91   | March SC Man/SK - 03/06/2025      |
| 200M Individual Medley | 2:21.07 | 2025 Winter Whiteout - 01/31/2025 |

### TOP TIMES (LCM):

| Event                  | Time    | Date                                 |
|------------------------|---------|--------------------------------------|
| 200M Freestyle         | 2:03.87 | Saturday Night Showdown - 06/14/2025 |
| 400M Freestyle         | 4:31.64 | Man/SK LC Champs - 03/07/2024        |
| 200M Individual Medley | 2:22.87 | Man/SK LC Champs - 03/07/2024        |

## PERSONAL



**FULL NAME:** James DeLathouwer

**PARENTS:** Erin Greer & Ken DeLathouwer

**GRADE:** 11

**SWIMMING EXPERIENCE:** 7 Years

**FAVORITE EVENTS:** 100M & 200M Freestyle,  
200M Individual Medley

**FAVORITE TRAINING SET:** Sprint Set

**3 THINGS YOU WANT TO HAVE ON A  
DESERTED ISLAND:** Dog, AirPods,  
Helicopter

**POST GRADUATION PLANS:** Swim Varsity

**FAVORITE BRAND OF GOGGLES:** Arena

**FAVORITE SMOOTHIE:** Anything with  
peanut butter

**GET UP EARLY OR STAY UP LATE:** Depends  
if it is Summer or not.