

North American
**INDIGENOUS
 GAMES 2023**
 HALIFAX · NOVA SCOTIA

SASKATOON GOLDFINS SWIM CLUB
GOLDFINS AT THE GAMES

SHINING THE SPOTLIGHT ON GOLDFINS SWIMMERS
 WHO WILL BE COMPETING AT THE
 2023 NORTH AMERICAN INDIGENOUS GAMES
 JULY 15 - 23, 2023



Katie Longjohn

TRAINING GROUP: WHITE 3

SCHOOL: ECOLE DUNDONALD

AGE: 11

NAIG EVENTS:

100M FLY,
 200M FREESTYLE,
 200M BREASTSTROKE,
 100M FREESTYLE,
 100M BREASTSTROKE,
 50M BREASTSTROKE

2022 - 2023 Season Highlights

- 98 Individual Points Contribution to the Goldfins 2023 Sask Junior Provincial Championships 2023 Top Club Award Title
- Silver Medal - 200M IM (3:43.70 - SCM) - 2023 Sask Junior Provincial Championships
- 14.2% Improvement 100M Freestyle (1:29.45 - SCM) - 2023 Sask JR Provincial Championships
- 1 NEW Swim Saskatchewan JR Provincial QT - 50M Freestyle

TOP TIMES (SCM):

Event	Time	Date
200M Freestyle	3:09.23	2023 Blue VS Gold - 2023-06-24
50M Freestyle	39.95	2023 JR Provincials - 2023-03-17
100M Freestyle	1:29.45	2023 JR Provincials - 2023-03-17



PERSONAL

FULL NAME: Katie Longjohn
PARENTS: Kristen Netmaker & Brent Longjohn
ANCESTRY IDENTIFICATION: Cree
FIRST NATION: Sturgeon Lake & Big River First Nations
GRADE: 5

TOP TIMES (LCM):

Event	Time	Date
50M Freestyle	39.93	Al Anderson's Winter Classic - 2023-02-03
50M Backstroke	47.15	Lasers LC Invitational - 2023-04-28
200M Backstroke	3:39.01	Lasers LC Invitational - 2023-04-28

SWIMMING EXPERIENCE: 1 Year
FAVORITE EVENT(S): 50M Fly
FAVORITE RECOVERY MEAL: Noodle Bowls
WHO IS YOUR SWIMMING ROLE MODEL: Michael Phelps
WHO ARE YOUR FABULOUS "5": Mom, Dad and My 3 Brothers
WHAT DO I HOPE TO SEE IN HALIFAX, NS: The Ocean