



“Caribbean athletes, displayed their utter satisfaction with the fact that the Games are finally taking place after one year of postponement for the first time in history.”

Opening Ceremony evokes mixed emotions

Attendees and participants in the Opening Ceremony of the Tokyo Olympics left the expansive yet empty stadium with mixed emotions following the more than three hours it took to get through it.

The myriad of uniform styles reflected the different cultures that are encompassed in the Olympic Movement. Unfortunately, though, the average viewer would probably have had a major challenge in respect of knowing precisely which country's team would have been appearing in which order.

The actual teams' parade was not particularly orderly, for the most part, leaving at times a scrappy-looking arena. While athletes were happy to participate some did not get the kind of euphoria to which they have been accustomed at opening ceremonies. The absence of any spectators who usually respond with loud applause as each team enters the arena.

For many, the highlights of the opening ceremony were Naomi Osaka's lighting of the Olympic Torch and the display of the world map with the thousands of drones. The speeches appeared to emphasise the resilience of the IOC and the Organising Committee in respect of their commitment to realising the Games, for the athletes. They assured both participants and viewers that the Olympic Movement is alive and well and that we can look forward to renewed interest in the Games of the future. Of course, the fact that protests continue in Tokyo even as the opening ceremony took place could not be lost on those already in Tokyo for the Games.

Likewise, many wondered the impact of the dismissal of the artistic director of the opening ceremony just prior to the eventual start.. These may well have impacted the mood of the participants, attendees and viewers of the ceremony itself.

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STAY SAFE



SAVE THE DATE



ROWERS IN THE SPOTLIGHT

Rowing does not often grab sports page headlines in this part of the world. The Tokyo 2020 schedule, however, put the sport in the spotlight, on Friday. While many of the athletes gathered here in Tokyo, Japan were preparing for the opening ceremony, rowers were already in the heat of the battle at Sea Forest Waterway.

Among them was **Bermuda's** Dara Alizadeh. He made his Olympic debut early on Friday in heat four of the Men's Single Sculls, finishing fourth in the 2,000-metre race in

seven minutes, 34.96 seconds. Canadian Trevor Jones and Lithuania's Mindaugas Griskonis battled for the top spot, James eventually prevailing in 7:04.12, with Griskonis taking second in 7:05.88. Turkey's Onat Kazakli clocked 7:20.11 for a distant third.

"It was alright," Alizadeh told the Express, after the race. "First Olympic race. Probably a couple things I could improve. I'm not satisfied with the raw time, but I had to be a little bit strategic. Still gave it my all, obviously, but I decided to be a little bit ... I'm more worried about my performance and how I did in the boat than the raw time. With the wind and everything, times could change."

Finishing outside the top three meant a return to the course early on Saturday (Japan time) for a repechage race and the opportunity to claim a quarterfinal berth.

Alizadeh is half of a very small Bermuda team. The other athlete selected for Olympic duty is Flora Duffy, the reigning Commonwealth Games women's triathlon champion. With just two Bermuda representatives at the Tokyo Games, there's a lot of focus on Alizadeh's performances, especially since Duffy is already well-established on the global scene. The rower, however, does not feel the pressure of expectation.

"I'm here to perform for me, for Bermuda. I don't worry about what people think, or what they're going to think. Who cares? If I'm happy with it, that's what counts.

Alizadeh was given the honour of carrying the Bermuda flag during the Parade of Nations at the Tokyo 2020 opening ceremony.

"It's real sweet," Alizadeh declared. "What an honour! Just to be here is one thing. And then to have that pride of getting to carry the flag of Bermuda and represent Bermuda. Man, it's incredible."

CARIBBEAN FLAGS ON PARADE



CHOW, ALIZADEH, TORO FLY REGIONAL FLAG



DEWRAP



"I'm just happy our hosts, Japan were still willing to have the Games, even though we know it's a lot of stress for them. And I know the impacts, including finances, so I'm grateful they're still having the Games.

"It's really important for the athletes," Chow continued. "Yes, for me, but for so many athletes here, this is their life, and if they had this yanked away from them, it would have been devastating, so I am really really grateful that Japan is still willing to do this."



TRINIDAD & TOBAGO | Felice Aisha Chow

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The region fared marginally better in the Women's Single Sculls. **Puerto Rican** Veronica Toro secured third spot in heat three with an 8:11.57 clocking, the top-three finish booking her a lane in the quarterfinals.

Felice Aisha Chow of **Trinidad and Tobago** and Cuban Milena Venega were both faster than Toro. Neither rower, however, earned automatic passage to the quarters. Venega and Chow compete in the repechage, early on Saturday.

Rowing in heat five in the opening round, Venega claimed fourth spot in 8:03.00. Austria's Magdalena Lobnig was the class of the field, getting to the finish line in 7:37.91. Chow was fourth in heat two in 8:02.02, almost 16 seconds adrift of Ireland's two-time world champion Sanita Puspure, the winner in 7:46.08.

In an interview after the race, Chow wore a T&T flag face mask, displaying her national colours proudly while abiding with Covid-19 regulations.

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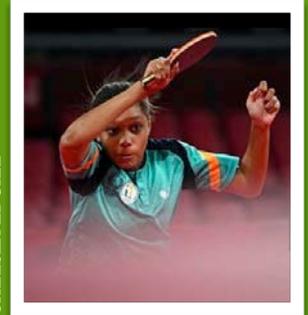
A ban on spectators and strict social distancing when being interviewed by the international media are a couple of the Covid-19 countermeasures that have been put in place for Tokyo 2020. Chow said she does not consider them an inconvenience.

"They're trying their best with the daily testing and the masks. They're really really trying hard for everyone to be safe and to give the athletes the opportunity that they've been working so hard for. So I am just grateful, and if you have to take tests every day, it doesn't matter. That's not important. What's important is that we have the chance to be here."

Dominican Republic's Jorge Vasquez was also forced into the repechage round of the Men's Single Sculls. Vasquez finished fifth in heat two in 7:43.71.

COMPETITION ACTION

TABLE TENNIS

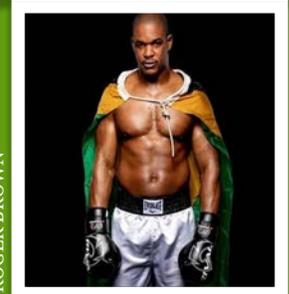


CHELSEA EDGILL

BOXING



KEVIN ALLCOCK



ROGER BROWN

SWIMMING



IZAAK BASTIAN



ALEX SOEBERS

CARIBBEAN CHEF DE MISSIONS

CANOC recognises the hardwork and dedication it takes to prepare a games contingent and will be featuring our Caribbean Chef de Missions on their Tokyo 2020 journey.

 chef de mis-sion

/ˌʃhef də mē'syən/

noun:

1. the person in charge of a national team at an international sports event.
2. the head of a Caribbean Vibes mission.



QUESTION: WHAT ARE YOU LOOKING FORWARD TO MOST ABOUT TOKYO 2020?

"I'M LOOKING FORWARD TO THE SPIRIT OF THE OLYMPIC GAMES. EVEN THOUGH THERE WILL BE FIERCE COMPETITION, DESPITE THAT THERE'S THE COMRADERY AMONG THE ATHLETES AND DELEGATES."

MANTRA: WORK HARD! WORK HARD! WORK HARD!



 **JOEL RAYNE**
ANTIGUA AND BARBUDA OLYMPIC ASSOCIATION
CHEF DE MISSION



QUESTION: WHAT ARE YOU LOOKING FORWARD TO MOST ABOUT TOKYO 2020?

"I AM MOST LOOKING FORWARD TO WATCHING OUR ATHLETES COMPETE. THEY HAVE WORKED SO HARD TO GET HERE, AND SHOWN SUCH RESILIENCE IN THEIR PREPARATIONS, THAT THEY DESERVE TO HAVE A POSITIVE GAMES EXPERIENCE, AND SUCCESS IN THEIR PERFORMANCES."



 **BRENDA DALE**
BERMUDA OLYMPIC ASSOCIATION
CHEF DE MISSION

COMPETITION SCHEDULE



TOKYO 2020 OLYMPICS

CARIBBEAN ATHLETES COMPETITION SCHEDULE



DAY 2

SATURDAY JULY 24TH: MORNING SESSION

| ECT/AST | EVENT | COMPETITORS | NOC |
|----------|--|------------------|----------|
| 2:30 AM | (M) SHOOTING- 10M AIR PISTOL (FINALS) | | |
| 8: 06 AM | (M) BOXING FEATHERWEIGHT (ROUND OF 32) | KEEVIN ALLICOCK | GUYANA |
| 6:48 AM | (M) SWIMMING 400M FREESTYLE (HEATS) | ALEX SOBERS | BARBADOS |
| 7:12 AM | (M) BOXING SUPER HEAVYWEIGHT (+91KG-ROUND OF 32) | RICARDO BROWN | JAMAICA |
| 7:15 AM | (W) TABLE TENNIS SINGLES (ROUND 1) | CHELSEA EDGEHILL | GUYANA |
| 8:55 AM | (M) SWIMMING - 100M BRESTSTROKE (HEAT) | IZAAK BASTIAN | BAHAMAS |

SATURDAY JULY 24TH: EVENING SESSION

| ECT/AST | EVENT | COMPETITORS | NOC |
|----------|--|-------------------------|-------------------|
| 8:00 PM | (M) ROWING SINGLE SCULLS (E/F SEMI FINALS) | | |
| 8:20 PM | (W) ROWING SINGLE SCULLS (E/F SEMI FINALS) | | |
| 9:00 PM | (W) ARTISTIC GYMNASTICS | RAEGAN RUTTY | CAYMAN ISLANDS |
| 9:00 PM | (W) ARTISTIC GYMNASTICS | DANUSIA FRANCIS | JAMAICA |
| 9:52 PM | (M) SWIMMING- 400M FREESTYLE (FINAL) | | |
| 10:00 PM | (W) JUDO (52KG) | SABIANA ANESTOR | HAITI |
| 10:33 PM | (M) SWIMMING- 100M BRESTSTROKE (SEMI-FINALS) | | |
| 11:05 PM | (W) SAILING RADIAL LASER RACE 01 | JALESE GORDON | ANTIGUA & BARBUDA |
| 11:05 PM | (W) SAILING RADIAL LASER RACE 01 | STEPHANIE DEVAUX-LOVELL | SAINT LUCIA |
| 11:05 PM | (W) SAILING RADIAL LASER RACE 02 | JALESE GORDON | ANTIGUA & BARBUDA |
| 11:05 PM | (W) SAILING RADIAL LASER RACE 02 | STEPHANIE DEVAUX-LOVELL | SAINT LUCIA |
| 11:18 PM | (M) BOXING LIGHT (57- 63KG PRELIM ROUND OF 32) | ALSTON RYAN | ANTIGUA & BARBUDA |
| 12:00 AM | (W) ROAD CYCLING - ROAD RACE | TENIEL CAMPBELL | TRINIDAD & TOBAGO |



TOKYO 2020 OLYMPICS

CARIBBEAN ATHLETES COMPETITION SCHEDULE



DAY 3

SUNDAY JULY 25TH: MORNING SESSION

| ECT/AST | EVENT | COMPETITORS | NOC |
|---------|---|---------------------|-------------------|
| 1:35 AM | (M) SAILING LASER RACE 01 | ANDREW LEWIS | TRINIDAD & TOBAGO |
| 1:35 AM | (M) SAILING LASER RACE 01 | LUC CHEVRIER | SAINT LUCIA |
| 2:05 AM | (M) SAILING LASER RACE 02 | ANDREW LEWIS | TRINIDAD & TOBAGO |
| 2:05 AM | (M) SAILING LASER RACE 02 | LUC CHEVRIER | SAINT LUCIA |
| 6:02 AM | (W) SWIMMING- 100M BACKSTROKE (HEAT) | DANIELLE TITUS | BARBADOS |
| 6:02 AM | (W) SWIMMING- 100M BACKSTROKE (HEAT) | EMILIE GRAND PIERRE | HAITI |
| 6:54 AM | (M) BOXING LIGHT (57-63KG PRELIM ROUND OF 32) | ALSTON RYAN | ANTIGUA & BARBUDA |
| 6:59 AM | (W) SWIMMING- 100M BRESTSTROKE (HEAT) | ALIA ATKINSON | JAMAICA |
| 7:39 AM | (W) SWIMMING 400M FREESTYLE (HEATS) | JOANNA EVANS | BAHAMAS |

SUNDAY JULY 25TH: EVENING SESSION

| ECT/AST | EVENT | COMPETITORS | NOC |
|----------|---|----------------------|-------------------|
| 8:00 PM | (W) ROWING SINGLE SCULLS (QUARTER FINALS) | FELICE CHOW | TRINIDAD & TOBAGO |
| 8:40 PM | (M) ROWING SINGLE SCULLS (QUARTER FINALS) | | |
| 9:50 PM | (W) SWIMMING- 100M BRESTSTROKE (SEMI-FINALS) | | |
| 10:12 PM | (M) SWIMMING- 100M BRESTSTROKE (FINALS) | | |
| 10:20 PM | (W) SWIMMING- 400 M FREESTYLE (FINALS) | | |
| 10:30 PM | (W) TAEKWANDO (67KG ROUND OF 16) | LAUREN ANNA LEE | HAITI |
| 10:53 PM | (W) SWIMMING- 100M BACKSTROKE (SEMI-FINALS) | | |
| 11:05 PM | (M) SAILING LASER RACE 03 | ANDREW LEWIS | TRINIDAD & TOBAGO |
| 11:05 PM | (M) SAILING LASER RACE 03 | LUC CHEVRIER | SAINT LUCIA |
| 11:05 PM | (M) SAILING LASER RACE 04 | ANDREW LEWIS | TRINIDAD & TOBAGO |
| 11:05 PM | (M) SAILING LASER RACE 04 | LUC CHEVRIER | SAINT LUCIA |
| 11:05 PM | (M) BOXING MIDDLE (69-75KG PRELIMS ROUND OF 32) | AARON SOLOMON PRINCE | TRINIDAD & TOBAGO |