



“Caribbean leaders must set an example for the athletes and those in the village.”

NO EXCUSES!

CANOC must be exemplary and do our part to respect the Covid-19 countermeasures. Our leaders, athletes, team officials, and CLOs must take personal responsibility for strict compliance. 4 million people around the World have died from Covid-19. The Japan Government, Tokyo Metropolitan Government and the Tokyo 2020 organising committee are making every effort to protect Olympic Stakeholders and the Citizens of Japan. It is imperative everyone with no exceptions adhere to the Playbook and Covid-19 countermeasures. Olympic leaders included. President Lewis shared his concerns on Grenada’s TalkSports on how some persons are not complying strictly with the COVID-19 countermeasures. Watch the full interview below.



Caribbean swimmer Izaak Bastian said that while he understands the need for the many Covid-19 countermeasures that have been put in place for Tokyo 2020, the pandemic has taken away from the Olympic Village experience.

“We’ve been going through it for more than a year now, so a lot of it is kind of normal, like the mask-wearing and everything. But in the village, I wish there were more Japanese cultural things to do like I’ve experienced in other villages, like Commonwealth Games. But due to Covid, they can’t have those things.

“Other than that,” Bastian continued, “it’s still an amazing opportunity to be a part of something like this. So, I’m just taking in the restrictions, and doing what the people tell me to keep everybody safe.”

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EDGHILL'S DREAM START



DE WRAP



First-ever Guyanese table tennis player to compete at the Olympic Games, won in a commanding debut performance at the global Games.

The victory secured the 23-year-old a spot in the Round of 32



GUYANA | Chelsea Edghill

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Guyana's Chelsea Edghill enjoyed a dream start to her Olympic career, emerging with a 4-1 victory in the opening round of Women's Singles table tennis at the Tokyo Metropolitan Gym here in Tokyo, Japan, yesterday.

Edghill won the first game against Fiji's Sally Yee 11-5, but went under 4-11 in the second. It was a momentary lapse, however, Edghill taking the next three games at 3, 6 and 8 to advance to the next round of the knockout event.

Drawn against 17-year-old sensation Shin Yubin, Edghill faced an uphill battle in her bid to

progress further at Tokyo 2020. The South Korean triumphed, stopping 24-year-old Edghill in straight games, 11-7, 11-8, 11-1, 12-10.

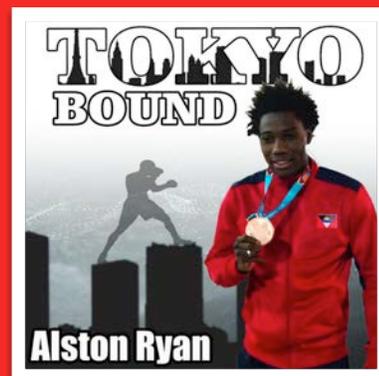
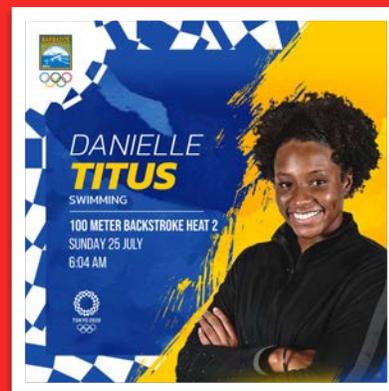
In rowing, **Trinidad and Tobago's Felice Aisha Chow, Cuban Milena Venega and Bermuda's Dana Alizadeh** all secured quarterfinal qualification at Sea Forest Waterway, yesterday.

Chow topped the second of three Women's Single Sculls repechage races in eight minutes, 15.94 seconds to book a lane in the quarterfinal round, which took place on Saturday night (Caribbean time). Venega was the class of the field in the third repechage race, winning in 8:17.30.

In the Men's Single Sculls repechage, Alizadeh finished second in race two in 7:35.90 to progress to the quarters. Another regional rower, **Dominican Republic's Jorge Vasquez** clocked 7:42.83 for third spot in the same race. Only the top two qualified for the quarters.

At the Asaka Shooting Range, **Aruba's Philip Elhage** finished 35th in the men's 10-metre air pistol qualifying competition with a score of 556. India's Chaudhary Saurabh totalled 586 to lead all qualifiers into the eight-man final. Saurabh, though, could only manage seventh spot in the main event, the gold medal going to Iran's Javad Foroughi.

CARIBBEAN ATHLETES



THAT'S THE PLAN!

At the Tokyo Aquatics Centre, **Barbadian** swimmer **Alex Sobers** finished seventh in heat two and 34th overall in the men's 400 metres freestyle. Sobers returned a time of three minutes, 59.14 seconds—almost six seconds slower than the 3:53.19 Barbados national record he established earlier this year.

"I'm not pleased with that time in the 400M free," said Sobers. "I could have obviously gone a lot faster."

"But that's the past, and I'm looking forward to the 200M free. I am hoping to improve on my 1:48.35 national record."



DE WRAP

BARBADOS | Alex Sobers

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"I'm not pleased with that time," said Sobers. "I could have obviously gone a lot faster. But that's the past, and I'm looking forward to the 200 free tomorrow (Sunday morning Caribbean time)." Sobers is hoping to improve on his 1:48.35 national record.

Izaak Bastian was exactly one second slower than his 1:00.87 Bahamas national record in the third of seven men's 100m breaststroke heats. Bastian's 1:01.87 clocking earned the 20-year-old Olympic debutant 40th spot overall.

"Coming halfway across the world and being my first Olympic swim, there were a lot of nerves so I think that kind of played a part in it. But it was still an amazing opportunity to swim on a stage like this, so I'll take the experience for sure."

Bastian said swimming at the Olympics was like nothing he had ever experienced. "People talk about it all the time, but you don't really understand it until you've experienced it. I kind of knew what I was walking into, but still the nerves just ... it shook me up a little bit, but hey, that's a part of the game. Wouldn't trade it for the world. I'll take the experience for sure, and move on to the next race. Hopefully, it goes a little bit better."

Bastian returns to the pool on Tuesday for the 200 breaststroke heats. He is also the national record holder in that event with a 2:15.14 clocking.

"You never know what's going to happen until you finish the race, so we'll be trying our best the whole way. At these types of meets, I don't really like to have a set time goal in my mind. I just want to get out there and give it my best. If the time comes, it comes, and if it doesn't, then it doesn't. Tonight, unfortunately it didn't come."

For the latest news and updates about CANOC and the Caribbean athletes in Tokyo 2020 visit our website www.canoc.net and follow us on our social media channels for more contributions from our correspondent Kwame Laurence [@kwamelaurence@googlemail.com](mailto:kwamelaurence@googlemail.com).

CARIBBEAN ATHLETES

SAILING



LUC CHEVRIER



ANDREW LEWIS



STEPHANIE DEVAUX-LOVELL

SWIMMING



ALIA ATKINSON



EMILIE GRAND PIERRE



KIMBERLEY INCE



JOANNA EVANS

CARIBBEAN CHEF DE MISSIONS

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

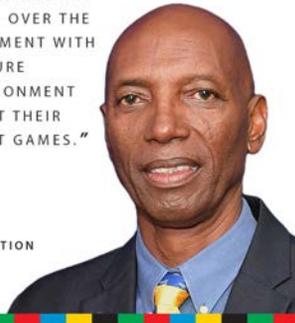
 chef de mis-sion
/ˌʃef də mēˈsyən/

noun:
1. the person in charge of a national team at an international



YOUR THOUGHTS ON PREPARATIONS FOR THE OLYMPIC GAMES DURING THE PANDEMIC?

"I AM EXCITED. A NEW CHALLENGE AND AS A CONSEQUENCE IT WILL CAUSE ME TO USE ALL THE EXPERIENCE I HAVE GARNERED OVER THE EXTENDED PERIOD OF MY INVOLVEMENT WITH THE OLYMPIC COMMUNITY TO ENSURE SUCCESS AND TO CREATE AN ENVIRONMENT FOR OUR ATHLETES TO PERFORM AT THEIR OPTIMUM DURING THESE DIFFICULT GAMES."



 CAMERON BURKE
BARBADOS OLYMPIC ASSOCIATION
CHEF DE MISSION

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

"I CAN'T WAIT TO SEE OUR ATHLETES COMPETE AT THE HIGHEST LEVEL KNOWING THE HARD-WORK THEY PUT OUT DURING PREPARATION FOR THESE GAMES. IT WILL BE A JOY TO HEAR THE PAN VERSION OF OUR NATIONAL ANTHEM PLAY AT THE TOKYO 2020 OLYMPICS."



 LOVIE SANTANA
TRINIDAD AND TOBAGO OLYMPIC
COMMITTEE
CHEF DE MISSION

COMPETITION SCHEDULE



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 BREASTSTROKE (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 BREASTSTROKE (SEMI-FINALS)		
10:12 PM	(M) SWIMMING- 100M BREASTSTROKE (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



TOKYO 2020 OLYMPICS

CARIBBEAN ATHLETES COMPETITION SCHEDULE
DAY 4



MONDAY JULY 26TH: MORNING SESSION

ECT/AST	EVENT	COMPETITORS	NOC
1:35 AM	(W) SAILING RADIAL LASER RACE 03	JALESE GORDON	ANTIGUA & BARBUDA
1:35 AM	(W) SAILING RADIAL LASER RACE 03	STEPHANIE DEVAUX-LOVELL	SAINT LUCIA
1:35 AM	(W) SAILING RADIAL LASER RACE 04	JALESE GORDON	ANTIGUA & BARBUDA
1:35 AM	(W) SAILING RADIAL LASER RACE 04	STEPHANIE DEVAUX-LOVELL	SAINT LUCIA
6:29 AM	(M) SWIMMING -200M BUTTERFLY	KEANAN DOLS	JAMAICA
6:29 AM	(M) BOXING MIDDLE (69-75KG PRELIMS ROUND OF 32)	AARON SOLOMON PRINCE	TRINIDAD & TOBAGO

MONDAY JULY 26TH: EVENING SESSION

ECT/AST	EVENT	COMPETITORS	NOC
5:30 PM	(W) TRIATHLON-INDIVIDUAL	FLORA DUFFY	BERMUDA
7:30 PM	(M) ROWING SINGLE SCULLS (C/D SEMI-FINALS)		
7:50 PM	(W) ROWING SINGLE SCULLS (C/D SEMI-FINALS)		
9:30 PM	(W) SWIMMING- 200 M FREESTYLE (SEMI-FINALS)		
9:51 PM	(W) SWIMMING- 100M BACKSTROKE (FINALS)		
10: 17 PM	(W) SWIMMING- 100M BREASTSTROKE (FINALS)		
10:35 PM	(M) SWIMMING- 200M BUTTERFLY (FINALS)		
11:05 PM	(W) SAILING RADIAL LASER RACE 05	JALESE GORDON	ANTIGUA & BARBUDA
11:05 PM	(W) SAILING RADIAL LASER RACE 05	STEPHANIE DEVAUX-LOVELL	SAINT LUCIA
11:15 PM	(M) SAILING LASER RACE 05	ANDREW LEWIS	TRINIDAD & TOBAGO
11:15 PM	(M) SAILING LASER RACE 05	LUC CHEVRIER	SAINT LUCIA
12:05 AM	(W) SAILING RADIAL LASER RACE 06	JALESE GORDON	ANTIGUA & BARBUDA
12:05 AM	(W) SAILING RADIAL LASER RACE 06	STEPHANIE DEVAUX-LOVELL	SAINT LUCIA
12:05 AM	(M) SAILING LASER RACE 06	ANDREW LEWIS	TRINIDAD & TOBAGO
12:05 AM	(M) SAILING LASER RACE 06	LUC CHEVRIER	SAINT LUCIA