

MAY 13-19  
13-19 MAI



PARIS 2024  
ESSAIS  
TRIALS



# ELLA HOWE



AGE: 20

CLUB: UMAN & GOLDFINS  
SWIM CLUB

COACH: VLASTIMIL CERNY  
& STEVEN HITCHINGS

FOLLOW: 

## 2024 Olympic Trials Event:

50M Freestyle

### Medals (National/Regional)



### NATIONAL COMPETITIVE EXPERIENCE

2024/2023 – U Sports Swimming  
Championships

2023 Western Canadian Championships

2023 Canada West Championships

