EASTERN CANADIAN CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DE L'EST

Programme Préliminaires Dimanche 14 avril 2019

Prelims Heat Sheet Sunday April 14th 2019

CNQ CLUB DE NATATION RÉGION DE QUÉBEC

Horaire session n° 7 - Jour/Day 4 Prelims — 2019-04-14 - 9:00

Echauffement: 7:30 à 8:45

9:00	33.	200m Papillon	Dames	Eliminatoire	13 +	0:22	7 Séries
9:22	34.	200m Papillon	Messieurs	Eliminatoire	14 +	0:23	8 Séries
9:45	309.	50m Libre	Dames	Eliminatoire	gén.	0:04	2 Séries
9:49	310.	50m Libre	Messieurs	Eliminatoire	gén.	0:02	2 Séries
9:51	35.	50m Libre	Dames	Eliminatoire	13 +	0:15	13 Séries
10:06	36.	50m Libre	Messieurs	Eliminatoire	14 +	0:11	10 Séries
10:17	311.	200m 4 nages	Dames	Eliminatoire	gén.	0:05	1 Série
10:22	312.	200m 4 nages	Messieurs	Eliminatoire	gén.	0:05	1 Série
10:27	37.	200m 4 nages	Dames	Eliminatoire	13 +	0:32	10 Séries
10:59	38.	200m 4 nages	Messieurs	Eliminatoire	14 +	0:26	9 Séries
11:25	39.	1500m Libre	Dames	Série secondaire	13 +	1:38	5 Séries
13:03	40.	800m Libre	Messieurs	Série secondaire	14 +	0:48	5 Séries
13:51	Fin de session				Durée totale	4:51	

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Epreuve 33 — Dames, 200m Papillon — 13 ans et plus

2019-04-14 - 9:00 — Liste des séries Eliminatoires

Eastern 13: 2:39.79; 14: 2:33.71 / 15: 2:32.45; 16 +: 2:27.29

Série 1 de 7

		Age		
0				
1				
2				
3	CHOUINARD, Claudel	13	RL	2:39.70 L
4	NOSEWORTHY, Emily J	13	SJL	2:37.78 L
5	SCHULTZ, Anwyn	13	GCAC	LT 2:39.22 L
6				
7				
8				
9				

Série 2 de 7

		Age		
0				
1	MICHAUD, Élisabeth	13	CNSL	2:36.61 L
2	GAMELO, Abbygail Janine	14	AAC	2:33.27 L
3	BARTOCH, Heidi	14	HWAC	2:32.31 L
4	BARBEAU, Simonne	15	NN	2:31.94 L
5	CASASANTA, Gabriella	14	BRANT	2:32.02 L
6	BOND, Madison	14	TCSC	2:32.49 L
7	SHOSTKO-DATCH, Yuliya	13	NN	2:34.60 L
8	RICARD, Florence	13	RED	2:37.42 L
9				

Série 3 de 7

0	PAIN, Katie	14	KBM	2:31.62 L
1	STOEHR, Allison	15	STARS	2:30.17 L
2	SHEMILT, Jorja	15	OAK	2:29.27 L
3	LEGALLAIS, Charlee	15	DDO	2:29.08 L
4	MACLEOD, Claire	15	ESWIM	2:27.85 L
5	DAIGLE, Elsa S	14	TSC	2:28.74 L
6	FORD, Kathryn	13	ROCS	2:29.21 L
7	ROBERTSON, Maggie	15	DDO	2:29.68 L
8	BETANCOURT, Alyssia	15	AAC	2:30.84 L
9	LORD, Raphaëlle	14	CNQ	2:31.93 L

Série 4 de 7

0	SCOTT, Martha	14	SWOTT	2:27.66 L
1	ETHERINGTON, Skylar	15	CPWD	2:27.49 L
2	EGGERS, Ajete	15	BTSC	2:27.07 L
3	WELDON, Katherine	15	NYAC	2:26.80 L
4	PAULETTO, Kristin	16	PCSC	2:26.29 L
5	ANDERSON, Sarah	18	CNBO	2:26.32 L
6	VÉZINA, Corinne	14	ELITE	2:26.85 L
7	LIU, Beidi	15	NKB	2:27.25 L
8	NICHOLSON-JODOIN, S.	15	PCSC	2:27.62 L
9	WHEELER, Megan	15	NKB	2:27.67 L

Série 5 de 7

0	CHAMPIGNY, Juliette	15	RED	2:25.18 L
1	ROTHERY, Freya	15	TSC	2:24.48 L
2	LO, Naomie	16	NYAC	2:22.56 L
3	SAVA, Helen Anne	13	RAMAC	2:19.96 L
4	SASSEVILLE, Genevieve	16	CYPS	2:17.67 L
5	DANYLUK, Daphné	20	NN	2:18.49 L
6	STANOJLOVIC, Kaitlyn	14	PCSC	2:20.91 L
7	FORRESTER, Katie	15	OAK	2:23.72 L
8	CARREAU, Maïra	15	SAMAK	2:24.95 L
9	GULYAS, Greta	13	RAMAC	2:26.07 L

Série 6 de 7

0	LUKA, Olivia	18	TSC	2:25.01 L
1	SICILIANI, Alexandra	16	BBF	2:24.05 L
2	BURNETT, Devon P	14	ESWIM	2:21.93 L
3	DAHMEN, Jeanne	16	PCSC	2:19.83 L
4	VÉZINA, Florence	16	ELITE	2:17.00 L
5	ZAHAB, Mia	17	NKB	2:18.40 L
6	MCMURRAY, Cailin	17	CSLA	2:20.13 L
7	LOUIS-SEIZE, Geneviève	16	ELITE	2:23.40 L
8	MCKINLEY, Abigail	15	TIDE	2:24.89 L
9	LOPES, Leticia	16	ESWIM	2:26.03 L

Série 7 de 7

0	VIAL, Ava	17	WTSC	2:24.99 L
1	PERRON, Jennie	14	UL	2:23.97 L
2	CLARINO, Olivia	15	NYAC	2:21.06 L
3	BRATHWAITE, Katrina	19	PCSC	2:18.87 L
4	WILLAR, Lora	16	PCSC	2:15.51 L
5	ARCAND, Alicia	18	NN	2:18.34 L
6	BELLIO, Katrina	14	ESWIM	2:19.99 L
7	THOMAS, Erika	14	BTSC	2:23.36 L
8	GORMLEY, Breckin	15	CPWD	2:24.79 L
9	NGUYEN, Tram	16	NKB	2:25.29 L

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VICHY
LABORATOIRES

PLAY SAFE IN THE SUN

IDÉAL SOLEIL
SPORT

80 MIN
WATER AND SWEAT RESISTANT

WET OR DRY SKIN APPLICATION

THE OFFICIAL SUNSCREEN OF

SWIMMING CANADA NATATION

PENNY OLEKSIAK
IDÉAL SOLEIL AMBASSADOR

Epreuve 34 — Messieurs, 200m Papillon — 14 ans et plus
2019-04-14 - 9:22 — Liste des séries Eliminatoires

Eastern 14: 2:26.27 / 15: 2:20.85; 16: 2:17.90; 17 +: 2:13.51

Série 1 de 8

		Age		
0	XIE, Andrew	14	CSLA	2:24.92 L
1	LAMONDE, Ludovic	14	MY	2:23.03 L
2	NARDUCCI, David	14	PCSC	2:21.43 L
3	HMAIDAN, Dani	15	AAC	2:20.65 L
4	PIETRANTONIO, Ben	15	HAC	2:19.94 L
5	RUS, Alexander	14	ROW	2:20.32 L
6	FEDDAG, Hocine	14	ELITE	2:21.02 L
7	TYLEE, Matthew	14	TMSC	2:22.00 L
8	CARTIER, Connor	14	BLEN	2:23.58 L
9				

Série 2 de 8

		Age		
0	ZHAO, Louie	15	MAC	2:19.35 L
1	BUSH, Craig	15	TCSC	2:18.50 L
2	MYRER, William	15	HTAC	2:17.97 L
3	PAQUET, Bruno	16	UL	2:17.75 L
4	LAJOIE, Griffin H	15	TSC	2:17.29 L
5	PERRON, Victor	16	UL	2:17.73 L
6	POND, Miguel	15	MPM	2:17.96 L
7	BERTON, Matthew	15	ROW	2:18.35 L
8	LECAVALIER, Marc-Olivier	15	SAMAK	2:19.26 L
9	NEUMAN, Sean	15	GGST	2:19.54 L

Série 3 de 8

0	MATTEIS, Quinn	14	CYPS	2:16.83 L
1	DUNCAN-SNOBEL, Finn	15	OAK	2:16.66 L
2	BANVILLE, Noah	16	CNQ	2:16.28 L
3	MACMILLAN, Thomas P	16	UCRO	2:15.61 L
4	STROPLE, Alex	16	OAK	2:15.16 L
5	SETIAWAN, Anggaraksa	15	ELITE	2:15.28 L
6	MA, Ethan	14	OAK	2:16.10 L
7	GROISMAN, Jonathan	16	VAC	2:16.40 L
8	DAGENAIS, Victor	14	ELITE	2:16.68 L
9	HABA, Hashim	14	OAK	2:17.26 L

Série 4 de 8

0	MCKAY, Caleb	16	PCSC	2:15.05 L
1	DEVYATYKH, Timur	16	OAK	2:14.44 L
2	LI, Jack	14	OAK	2:14.28 L
3	COURVILLE FORTIN, Loic	14	TORP	2:13.61 L
4	GENIER, Zacharie	14	TMSC	2:13.46 L
5	KIROUAC, Simon	18	CAMO	2:13.46 L
6	DOWNING, Kevin	16	NKB	2:14.06 L
7	BOURBONNIERE, Nicholas	16	WD	2:14.30 L
8	MILLS, Emmett	15	GCAC	2:14.45 L
9	DANCEY, Joshua S	16	SJL	2:15.14 L

Série 5 de 8

0	DHANJU, Jovan	16	MSSAC	2:13.42 L
1	WHEATCROFT, Thomas	17	TSC	2:13.24 L
2	TUCKER, Finn	17	OTTSC	2:13.16 L
3	LABARRE, Tristan	14	CNQ	2:12.98 L
4	PERKINS, Lucas	17	NKB	2:12.89 L
5	BARTOCH, Hayden	16	HWAC	2:12.89 L
6	HOLT, Benjamin	17	HHBF	2:13.07 L
7	MAXIMENCO, Maxim	16	PCSC	2:13.18 L
8	EL AREF, Omar	15	OAK	2:13.38 L
9	GUTHRO, Matthew	16	MMST	2:13.45 L

Série 6 de 8

0	ZANETTI, Davide	21	NN	2:12.47 L
1	POUPART, Xavier	17	DDO	2:11.11 L
2	COTTINEAU, Simon	16	CNHR	2:09.67 L
3	FOURNIER, Maxime	20	NN	2:08.59 L
4	LIENDO, Joshua	16	NYAC	2:03.57 L
5	BEAUDIN-BOLDUC, Nathan	20	UL	2:07.80 L
6	ALAOUI, Akram	16	CAMO	2:08.85 L
7	TEJADA, Gabriel	17	OTTSC	2:10.23 L
8	ROBINS, Philippe	16	PCSC	2:11.47 L
9	BAILEY, Michael	17	NYAC	2:12.68 L

Série 7 de 8

0	QUIRIE, David	16	NKB	2:12.03 L
1	LI, Stanford	16	PCSC	2:10.91 L
2	ALEJADO, Brenan	19	HAC	2:09.44 L
3	BELKHELLADI, Malachy	15	ELITE	2:08.48 L
4	MILLETTE, Charles	18	PCSC	2:03.49 L
5	SOSNOVIK, Danylo	19	PCSC	2:05.70 L
6	GALLANT, Jacob	16	FAST	2:08.77 L
7	CELSI, Damian	16	TSC	2:10.16 L
8	FLOREA, Christian D	16	MSSAC	2:11.45 L
9	MOFFITT, Logan	18	NKB	2:12.53 L

Série 8 de 8

0	DESJARLAIS, Liam	23	NN	2:11.96 L
1	PEDNEAULT, Joel	18	RL	2:10.56 L
2	HUANG, Owen	18	TSC	2:09.38 L
3	LAU, Alvin	17	MST~	2:08.47 L
4	SAVA, Michael Andrew	16	RAMAC	2:02.73 L
5	HUSSEY, Patrick	18	PCSC	2:05.61 L
6	BALAMANE, Moncef	18	PCSC	2:08.73 L
7	DOUGLAS, Kyle	19	PCSC	2:09.71 L
8	CYR BOUCHARD, Antoine	17	NG	2:11.31 L
9	SKALENDA, Charlie	14	TSC	2:12.53 L

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Epreuve 309 — Dames, 50m Libre — S1-S14
2019-04-14 - 9:45 — Liste des séries Eliminatoires

Série 1 de 2

		Age	Team	Class	Exceptions	
0						
1						
2						
3	BOLDUC, Océanne	19	UL	S5	*A,1,2,12,,+	1:16.34 L
4	BOOTH, Madeleine	15	LSC	S8	A,2,4,12,+	50.98 L
5	DRAPEAU, Valérie	33	NN	S5	*A, 12,+	58.42 L
6						
7						
8						
9						

Série 2 de 2

		Age	Team	Class	Exceptions	
0						
1	MANGOS, Velica L	15	SCAR	S10	3,4	43.97 L
2	MARWICK, Kayla	25	TNL	S14	0	37.98 L
3	QUILLAN, Natasha Sexton	35	SWAT	S10	*3	33.21 L
4	HENAULT, Miori	24	CASE	S14	0	32.21 L
5	VAN DYK, EmmaGrace	16	GCAC	S14	0	32.66 L
6	CORASANITI, Gabrielle	17	BEAST	S10	A, 12,+	34.41 L
7	SEARLE, Ava	14	WD	S8	A,3,5,12+	42.63 L
8	GOBEIL, Alisson	14	CNJA	S6	A, 3,5,12,+	50.82 L
9						

Epreuve 310 — Messieurs, 50m Libre — S1-S14
2019-04-14 - 9:49 — Liste des séries Eliminatoires

Série 1 de 2

		Age	Team	Class	Exceptions	
0						
1						
2	BOUTIN-COTE, Etienne	14	CNQ	S5	*A,1,2,12,,+	1:02.87 L
3	CUDNEY, Travis	14	ISS	S11	T,B 0	40.54 L
4	MAJOR-GINGRAS, Edward	15	KYPS	S8	A, 3,5,12,+	35.81 L
5	TRACEY, Nathan	16	EBSC	S7	A,12,+	40.04 L
6	MORRISON, Greg	18	CBAC	S6	A,1,2,4,12,,+	47.52 L
7						
8						
9						

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Epreuve 310, Messieurs, 50m Libre, Eliminatoire

Série 2 de 2

0	PRUNEAU-TOURNY, T.	16	CNQ	S8	A, 5,12,+	34.87 L
1	TRACEY, Matthew	18	EBSC	S8	A,12+	32.40 L
2	MARTEL, Gabriel	17	BBF	S12	T	31.24 L
3	PLAMONDON, Nicolas	21	CNQ	S9	3,5, 12,+	29.37 L
4	TURBIDE, Nicolas-Guy	22	CNQ	S13	T	25.41 L
5	ELLIOT, Alexander	22	UL	S10	3,5,12,+	25.41 L
6	PELLEY, Thomas P	18	MPM	S14	0	30.76 L
7	SCHWEIGL, NicholaS	20	HHBF	S14	0	31.40 L
8	BRUNELLE, Cédrik	21	RL	S14	0	33.25 L
9	DESROSIERS, Vincent	30	RED	S14	0	35.59 L

Epreuve 35 — Dames, 50m Libre — 13 ans et plus
2019-04-14 - 9:51 — Liste des séries Eliminatoires

Eastern 13: 29.12; 14: 28.55 / 15: 28.37; 16 +: 27.84

Série 1 de 13

		Age		
0				
1				
2	EMON, Megan	13	PERTH	29.12 L
3	HOWE, Olivia G	13	GO	29.05 L
4	MILOT, Camille	13	CAFA	29.02 L
5	RICHARD, Hailly	13	CNM	LT 29.04 L
6	ROY, Émy	13	RL	29.08 L
7	ROSENBLOOD, Daisy	13	BAD	29.12 L
8				
9				

Série 2 de 13

		Age		
0	MERRELL, Natalie	13	AAC	28.97 L
1	CHIUMERA, Alivia	13	SWOTT	28.70 L
2	PETERSON, Mackenzie R	13	TSC	28.53 L
3	BLAKE, Mikaela K	13	SCAR	28.50 L
4	SOREL, Martine	13	MUST	28.48 L
5	CHEN, Sophia	13	MST~	28.50 L
6	SHOSTKO-DATCH, Yuliya	13	NN	28.51 L
7	BENNETT, Lordan	13	TSC	28.57 L
8	SAVA, Helen Anne	13	RAMAC	28.78 L
9	CASTONGUAY, Marie	13	RIKI	29.00 L

Série 3 de 13

0	MARQUIS, Jade	14	SAMAK	28.46 L
1	MENDIOLA, Chloe	13	MAC	28.44 L
2	YU, Emily Q	13	TSC	28.40 L
3	MILLER, Arianna	15	BTSC	28.36 L
4	BESNER, Kaitlyn	13	PCSC	28.35 L
5	JOO, Vanessa	14	DDO	28.36 L
6	POIRIER, Elyse	14	LMRL	28.40 L
7	MORGAN, Hannah	13	BAD	28.41 L
8	TREMBLAY, Marie-Christine	14	CNBO	28.45 L
9	GLOWINSKI, Madelyn	14	OAK	28.46 L

Série 4 de 13

0	PELLETIER, Florence	14	RIKI	28.34 L
1	ST-AMOUR, Jade	15	SHER	28.32 L
2	CLARKE, Emma	14	LSC	28.30 L
3	GOUDREAULT, Camille	14	CNBF	28.27 L
4	BIGRAS, Danika	15	TNL	28.23 L
5	DECK, Danica	14	TRENT	28.27 L
6	MCGHAN, Maya	13	SWOTT	28.28 L
7	GATRALL, Sophie K	13	WAC	28.31 L
8	FRANCOEUR, Zoe	15	CNBO	28.33 L
9	BUCHE, Jacqueline	15	PCSC	28.35 L

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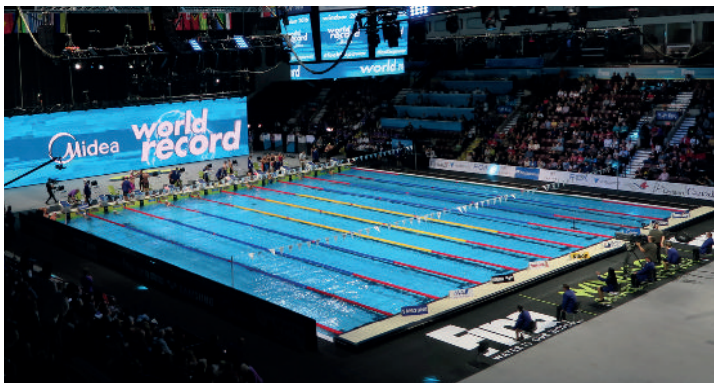
Myrtha Pools – Partenaire officiel de la FINA, du Canada Swimming et fournisseur des Jeux PanAm/Parapan Games – Toronto 2015, et des Jeux Olympiques de RIO en 2016.

Toronto, Canada
TORONTO PAN AM SPORTS CENTRE

RIO de Janeiro, Brazil
2016 OLYMPIC GAMES



Windsor, Canada **2016 FINA WORLD SWIMMING CHAMPIONSHIPS (25m)**

Hangzhou, China **2018 FINA WORLD SWIMMING CHAMPIONSHIPS (25m)**

115 RECORDS DU MONDE

Myrtha Pools

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PARTENAIRE DE

Fina

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Epreuve 35, Dames, 50m Libre, Eliminatoire

Série 5 de 13

0	NIXON, Talia	14	FAST	28.21 L
1	WEISS-REID, Beatrice	13	GO	28.20 L
2	SHERIDAN, Lily	14	TSC	28.16 L
3	TUCK, Kate	14	USC	28.14 L
4	SEXSMITH, Victoria	15	WEST	28.14 L
5	LIU, Sarah	15	PCSC	28.14 L
6	MERCURE, Élodie	14	MEGO	28.14 L
7	OUELLET, Alyssa	14	LMRL	28.17 L
8	LANDAU, Gabriella	15	GGST	28.21 L
9	PAIN, Katie	14	KBM	28.22 L

Série 6 de 13

0	MAY, Charlotte	15	GSH	28.11 L
1	BETANCOURT, Alyssia	15	AAC	28.06 L
2	BEAUCHEMIN, Maulie	15	ELITE	27.98 L
3	DAILLOUX, Norah	14	CNQ	27.98 L
4	NYKOLIATION, Claire M	14	SCAR	27.96 L
5	WILLIAMS, Abigail	14	SJL	27.97 L
6	JANSEN, Ella	13	BAD	27.98 L
7	MCKENNA, Ashleigh	14	HTAC	28.05 L
8	ROBERTSON, Aliah R	15	SSAT	28.07 L
9	QUINN, Margaret	15	TIDE	28.11 L

Série 7 de 13

0	LYNCH, Hailey	15	WD	27.93 L
1	GOLDIN, Sadie	14	RAMAC	27.90 L
2	BISAILLON, Marie-Philippe	20	NN	27.81 L
3	MCMURRAY, Cailin	17	CSLA	27.78 L
4	HOLDEN, Megan	14	MPM	27.75 L
5	ANDERSON, Sarah	18	CNBO	27.76 L
6	MOUNTFORD, Hanna	16	HTAC	27.78 L
7	ELLIS, Hanna	15	HAC	27.87 L
8	DALTON, Maiya	15	PPSC	27.92 L
9	KOVALUK, Alexia	13	NN	27.95 L

Série 8 de 13

0	MENSAH, Gianna	13	HTAC	27.74 L
1	SHEEDY, Anne-Sophie	22	UL	27.74 L
2	MUIZELAAR, Serena	15	ESWIM	27.70 L
3	KEYWORTH, Laura	16	GGST	27.69 L
4	BROUGH, Kiera	18	OAK	27.68 L
5	ALLAIRE, Ashley	16	BYST	27.68 L
6	MAFOUANA, Kyscinah	19	ELITE	27.70 L
7	COURTEMANCHE, Anaee	13	TORP	27.72 L
8	MCARA, Chloe	15	PCSC	27.74 L
9	TCHAPTCHET, Diany	14	ELITE	27.75 L

Série 9 de 13

0	LEGALLAIS, Charlee	15	DDO	27.67 L
1	TONCHEVA, Yulia	22	CAPC	27.66 L
2	SHENG, Jessica Z	13	MAC	27.63 L
3	METUZALS, Kali	16	GO	27.61 L
4	ALEJANDRINO, Kirsten	17	ESWIM	27.59 L
5	HAGGARTY, Sage	18	USC	27.61 L
6	GONCALVES, Nicolette A	25	MSSAC	27.62 L
7	FERGUSON, Alexia	16	PCSC	27.64 L
8	SMALLEGANGE, Kenna	15	BAD	27.66 L
9	MEADWAY, Shannon	17	USC	27.68 L

Série 10 de 13

0	VACHON, Florence	19	CAMO	27.58 L
1	SULLIVAN, Kate	16	MPM	27.53 L
2	SCHAFFELER, Claire	17	ROC	27.49 L
3	GAO, Emma M	13	MAC	27.46 L
4	FIELD, Erin	17	PCSC	27.42 L
5	KEE, Raya	16	RHAC	27.44 L
6	KOVALUK, Eva	15	NN	27.49 L
7	CÔTÉ-LEDUC, Béatrice	19	CAMO	27.51 L
8	CHICOINE, Lili	18	NN	27.54 L
9	LO, Jade	14	ESWIM	27.58 L

Série 11 de 13

0	YE, Katherine	15	APEX	27.25 L
1	NYHOF, Martine M	18	SLSC	27.12 L
2	SCHOLES, Dylan	14	OAK	26.90 L
3	BRODIE-FOY, Honor	17	TSC	26.69 L
4	DALEY, Elan	14	ESWIM	26.41 L
5	DOUTHWRIGHT, Brooklyn	15	CVAC	26.63 L
6	MOUAT, Savanna	17	GO	26.76 L
7	LEGAULT-WARREN, Elise	19	BTSC	27.05 L
8	WILLAR, Megan	14	PCSC	27.17 L
9	MCQUAID, Alexa	17	CBAC	27.33 L

Série 12 de 13

0	GOLDRING, Allyson	16	MUSAC	27.24 L
1	CHUI, Kimberly	17	APEX	27.11 L
2	PAULETTO, Jillian	20	PCSC	26.85 L
3	SASSEVILLE, Genevieve	16	CYPS	26.66 L
4	LEMIEUX, Roxane	27	NN	25.92 L
5	CORNISH, Hannah	16	USC	26.58 L
6	AVRAMOVA, Ekaterina	27	NN	26.75 L
7	GODON, Sara	18	NG	27.03 L
8	AYLWARD, Heather	16	MMST	27.14 L
9	CHUBATY, Lily	17	KBM	27.26 L

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Epreuve 35, Dames, 50m Libre, Eliminatoire

Série 13 de 13

0	STEJSKAL, Cassandra	18	RED	27.21 L
1	SIMMS, Abby V	18	SJL	27.06 L
2	LAFONTAINE-GIGUÈRE, F.	17	NN	26.85 L
3	DEWITT, Mackenzie D	15	UNCAN	26.66 L
4	FOURNIER, Sarah	22	CNQ	25.35 L
5	DANDOIS-SAMSON, R.	17	NN	26.45 L
6	GURSOY, Janelle	17	SCAR	26.75 L
7	DANYLUK, Daphné	20	NN	26.97 L
8	PETIT, Karina	16	UNIK	27.13 L
9	MOULSON, Sara	16	OAK	27.25 L

Epreuve 36 — Messieurs, 50m Libre — 14 ans et plus

2019-04-14 - 10:06 — Liste des séries Eliminatoires

Eastern 14: 26.72 / 15: 26.06; 16: 25.70; 17 +: 25.05

Série 1 de 10

		Age		
0				
1				
2	AGOSTINO, Mario	14	STARS	26.70 L
3	MIAO, Richard	14	VAC	26.60 L
4	ANSLOW, Owen	14	HHBF	26.56 L
5	SKINNER, Tyler	14	MUSAC	26.60 L
6	GENIER, Zacharie	14	TMSC	26.63 L
7				
8				
9				

Série 2 de 10

		Age		
0	LEVINE, Michael	14	PCSC	26.43 L
1	CABILDO, Benjamin	14	ROC	26.40 L
2	WARD, Cayden	14	AAC	26.28 L
3	NESTORUK, Ethan	14	FAST	26.02 L
4	BULL, Cormac D	15	SJL	26.00 L
5	AL AFANDI, Bachar	14	ELITE	26.01 L
6	HABA, Hashim	14	OAK	26.03 L
7	MCMANN, Preston	14	NKB	26.39 L
8	ALMEIDA, André	14	PCSC	26.40 L
9	O'BRIEN, Arjan S	14	SJL	26.48 L

Série 3 de 10

0	VACHON, Émerick	15	CNRB	25.97 L
1	TAM, Gordon	15	APEX	25.93 L
2	MURACK, Geoffrey	15	NEW	25.89 L
3	MACPHERSON, Gregor	15	AAC	25.88 L
4	ROBERTSON, Connor	15	PCSC	25.82 L
5	SHIFFMAN, Alexandre	14	TSC	25.84 L
6	DUPUIS, Yannick	15	CNBO	25.88 L
7	PECKHAM, Gregory	15	WD	25.90 L
8	CARON, Jérémie	15	CAMO	25.95 L
9	DUMITRAS, Costa	15	NYAC	25.98 L

Série 4 de 10

0	LI, Jason	16	MST~	25.70 L
1	DOMBROVSKI, Stanislav	16	MST~	LT 25.69 L
2	TURGEON, Paul	16	RED	25.68 L
3	SIELUZYCKI, Tristan	14	ESWIM	25.64 L
4	NEAR, Caleb	16	CATS	25.57 L
5	TAMBLYN, Alex	16	ROC	25.59 L
6	BENKRID, Anes	16	ELITE	25.67 L
7	CORISH, Evan S	15	MSSAC	25.68 L
8	TAYLOR, Ethan	16	HHBF	25.70 L
9	GREENSHIELDS, Sam	15	OAK	25.71 L

Série 5 de 10

0	STOKESBURY-PRICE, Bo	16	WTSC	25.56 L
1	JOHNSTON, Andrew	16	BTSC	25.56 L
2	ZIAIAN, Bijan	16	GGST	25.53 L
3	ZHANG, Edward	14	BAD	25.46 L
4	BOUWMAN, Leif	14	NYAC	25.35 L
5	ALAOUI, Akram	16	CAMO	25.46 L
6	DROLET, Nicolas	16	UL	25.50 L
7	SIMONOV, Dennis	15	CAMO	25.53 L
8	TYLEE, Matthew	14	TMSC	25.56 L
9	MERSEREAU, Colson P	15	CVAC	25.57 L

Série 6 de 10

0	JEAN, Eric	16	CNBO	25.27 L
1	ACTON, Daniel	16	HHBF	25.15 L
2	SÉGUIN, Xavier	16	PCSC	25.09 L
3	KARLOV, Evan	15	AAC	25.06 L
4	CAUX, William	17	CASE	25.02 L
5	MORSE, Charlie	16	CBAC	25.03 L
6	PINARD, Antoine	15	ETM	25.07 L
7	LINSEISEN, Erik	15	UNCAN1	25.09 L
8	LUSSIER, Alexis	15	CNBF	25.25 L
9	ROBINS, Philippe	16	PCSC	25.31 L

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Epreuve 36, Messieurs, 50m Libre, Eliminatoire

Série 7 de 10

0	LAFORME, Grégory	18	MEGO	24.99 L
1	SANGSTER, Dean	18	TCSC	24.97 L
2	NADEAU, Lambert	17	SAMAK	24.95 L
3	DEHEM-LEMELIN, Bruno	19	BBF	24.92 L
4	HUANG, Owen	18	TSC	24.86 L
5	KUZAK, Zachary	15	PCSC	24.89 L
6	LANOUETTE, Christophe	18	NG	24.95 L
7	GINZBURG, Eric	14	RAMAC	24.95 L
8	NEUMAN, Sean	15	GGST	24.98 L
9	LORTIE, Benjamin	20	UL	25.00 L

Série 8 de 10

0	PLACEK, Ethan	17	WD	24.81 L
1	DYKE-ELLIOTT, Ethan	17	RHAC	24.62 L
2	DUFRESNE, Jean-Philippe	19	UL	24.39 L
3	MACPHERSON, Callum	16	OAK	23.97 L
4	BERNARD-LALONDE, A.	22	CAMO	23.34 L
5	FULLUM-HUOT, Edouard	16	NN	23.69 L
6	FERNANDO, Dillon	15	RAMAC	24.20 L
7	DUONG, Raymond	16	APEX	24.53 L
8	CHIANDUSSI, Luca	17	WEST	24.77 L
9	PENNELL, Sam	17	MPM	24.85 L

Série 9 de 10

0	ST-GERMAIN, Jacob	18	UL	24.78 L
1	BAGRIANSKI, Misha	17	RAMAC	24.56 L
2	PINK, Henry	18	OSAC	24.39 L
3	KLAKOV, Maksym	16	NEW	23.86 L
4	AYOUBI, Mehdi	20	CAMO	22.88 L
5	BAKER, Justin	17	NYAC	23.40 L
6	BAKER, Reilly	17	NYAC	24.19 L
7	LAFONTAINE-GIGUÈRE, T.	19	NN	24.52 L
8	KENNY, Shane	18	BEAST	24.70 L
9	BERTRAND, Louis	17	GO	24.85 L

Série 10 de 10

0	LACROIX, Brandon	18	NG	24.78 L
1	OUELLET, Mathieu	15	CNJA	24.55 L
2	GRIFFITH, Samuel	17	NYAC	24.28 L
3	GODOLPHIN, Bernard	19	NN	23.76 L
4	BOUGIE, Spencer	24	PCSC	22.70 L
5	LIENDO, Joshua	16	NYAC	23.36 L
6	IONESCOUX-TREMBLAY, M.	18	CAMO	24.19 L
7	TRAN, David	16	CYPS	24.41 L
8	CÔTÉ-FOREST, Ismael	17	CNQ	24.67 L
9	MILANOVICH, Alexander	17	ESWIM	24.81 L

Epreuve 311 — Dames, 200m 4 nages — Cat. générale

2019-04-14 - 10:17 — Liste des séries Eliminatoire

Série 1 de 1

		Age	Team	Class	Exceptions	
0						
1						
2	DRAPEAU, Valérie	33	NN	SM5	*A, 12,+	5:02.60 L
3	CORASANITI, Gabrielle	17	BEAST	SM10	A, 12,+	3:26.01 L
4	VAN DYK, EmmaGrace	16	GCAC	SM14	0	2:54.73 L
5	HENAULT, Miori	24	CASE	SM14	0	2:59.07 L
6	BOOTH, Madeleine	15	LSC	SM8	A,2,4,12,+	4:23.29 L
7						
8						
9						

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Epreuve 312 — Messieurs, 200m 4 nages — Cat. générale
2019-04-14 - 10:22 — Liste des séries Eliminatoire

Série 1 de 1

		Age	Team	Class	Exceptions	
0						
1	MORRISON, Greg	18	CBAC	SM6	A,1,2,4,12,,+	4:26.14 L
2	DESROSIERS, Vincent	30	RED	SM14	0	3:18.48 L
3	BRUNELLE, Cédrik	21	RL	SM14	0	3:05.36 L
4	PLAMONDON, Nicolas	21	CNQ	SM9	3,5, 12,+	2:40.36 L
5	PELLEY, Thomas P	18	MPM	SM14	0	2:45.86 L
6	MARTEL, Gabriel	17	BBF	SM12	T	3:08.33 L
7	PRUNEAU-TOURNY, T.	16	CNQ	SM8	A, 5,12,+	3:28.35 L
8						
9						

Epreuve 37 — Dames, 200m 4 nages — 13 ans et plus
2019-04-14 - 10:27 — Liste des séries Eliminatoires

Eastern 13: 2:36.78; 14: 2:32.84 / 15: 2:31.19; 16 +: 2:27.80

Série 1 de 10

		Age		
0				
1				
2				
3	CHEN, Sophia	13	MST~	2:36.08 L
4	PETERSON, Mackenzie R	13	TSC	2:35.68 L
5	BESNER, Kaitlyn	13	PCSC	2:35.74 L
6				
7				
8				
9				

Série 2 de 10

		Age		
0	TRAN, Bao Ngoc Sophia	13	OAK	2:35.19 L
1	BENNETT, Lordan	13	TSC	2:34.85 L
2	MICHAUD, Élisabeth	13	CNSL	2:34.45 L
3	CASASANTA, Alanna	14	BRANT	2:32.80 L
4	WILLIAMS, Abigail	14	SJL	2:32.66 L
5	ROONEY, Sophie	14	HTAC	2:32.70 L
6	VAN DER GRIEND, Anouk	13	PCSC	2:34.23 L
7	HARCARUFKA, Jayne M	13	WAC	2:34.79 L
8	EMON, Megan	13	PERTH	2:35.14 L
9	GULYAS, Greta	13	RAMAC	2:35.52 L

Série 3 de 10

0	COURTEMANCHE, Anaee	13	TORP	2:31.72 L
1	PAIN, Katie	14	KBM	2:31.09 L
2	MCARA, Chloe	15	PCSC	2:30.38 L
3	GLOWINSKI, Madelyn	14	OAK	2:30.18 L
4	BEREZA, Samantha J	15	SCAR	2:30.05 L
5	FORRESTER, Katie	15	OAK	2:30.10 L
6	BOND, Madison	14	TCSC	2:30.23 L
7	CHEN, Amber J	13	MAC	2:30.85 L
8	MERRELL, Natalie	13	AAC	2:31.28 L
9	BLAKE, Mikaela K	13	SCAR	2:32.54 L

Série 4 de 10

0	BEAUCHEMIN, Maulie	15	ELITE	2:29.77 L
1	ETHERINGTON, Skylar	15	CPWD	2:29.68 L
2	MENSAH, Gianna	13	HTAC	2:29.54 L
3	MCKINLEY, Abigail	15	TIDE	2:29.03 L
4	BULLOCK, Trista	15	NYAC	2:28.79 L
5	DAIGLE, Elsa S	14	TSC	2:29.03 L
6	MULLOWNEY, Peyton	15	GO	2:29.14 L
7	MERCURE, Élodie	14	MEGO	2:29.58 L
8	GAO, Emma M	13	MAC	2:29.74 L
9	HOLDEN, Megan	14	MPM	2:29.93 L

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Epreuve 37, Dames, 200m 4 nages, Eliminatoire

Série 5 de 10

0	CHAYER, Rachel	15	TRENT	2:28.62 L
1	TUCK, Kate	14	USC	2:28.19 L
2	MCMURRAY, Cailin	17	CSLA	2:27.45 L
3	PUTRIMAS, Andrea M	17	TSC	2:27.29 L
4	CLARINO, Olivia	15	NYAC	2:27.13 L
5	COLYER, Ava	16	HAC	2:27.17 L
6	JANSEN, Ella	13	BAD	2:27.44 L
7	MIRON, Emma	17	OAK	2:27.60 L
8	SAVA, Helen Anne	13	RAMAC	2:28.48 L
9	GAGE, Kyla	15	PCSC	2:28.78 L

Série 6 de 10

0	VIAL, Ava	17	WTSC	2:26.88 L
1	PAULETTO, Kristin	16	PCSC	2:26.80 L
2	TREMBLAY, Raphaelle	14	LMRL	2:26.75 L
3	SIMMS, Abby V	18	SJL	2:26.57 L
4	THOMAS, Erika	14	BTSC	2:26.47 L
5	ALEJANDRINO, Kirsten	17	ESWIM	2:26.49 L
6	MACLEOD, Claire	15	ESWIM	2:26.59 L
7	BELLIO, Vanessa	16	ESWIM	2:26.78 L
8	NYHOF, Martine M	18	SLSC	2:26.82 L
9	DAVIDSON, Rosalie	18	NN	2:27.09 L

Série 7 de 10

0	WILLAR, Megan	14	PCSC	2:26.08 L
1	MACDONALD, Reagan A	18	NKB	2:25.98 L
2	FALCON, Mya	16	ESWIM	2:25.78 L
3	VÉZINA, Corinne	14	ELITE	2:25.69 L
4	MUIZELAAR, Serena	15	ESWIM	2:25.58 L
5	PAULETTO, Jillian	20	PCSC	2:25.59 L
6	KOVALUK, Eva	15	NN	2:25.76 L
7	SCHOLES, Dylan	14	OAK	2:25.81 L
8	SPENCER, Madeline	16	TSC	2:26.02 L
9	BUCHE, Jacqueline	15	PCSC	2:26.29 L

Série 8 de 10

0	NEFSI, Rania Hamida	21	ELITE	2:24.81 L
1	DIONNE, Charlotte	17	CNQ	2:24.38 L
2	NGUYEN, Tram	16	NKB	2:23.70 L
3	BROUGH, Kiera	18	OAK	2:22.58 L
4	MEADWAY, Shannon	17	USC	2:18.42 L
5	DOUTHWRIGHT, Brooklyn	15	CVAC	2:21.29 L
6	RENNIE, Ella	17	BTSC	2:23.35 L
7	BURNETT, Devon P	14	ESWIM	2:24.09 L
8	COOK, Julia	18	NYAC	2:24.67 L
9	GORMLEY, Breckin	15	CPWD	2:25.37 L

Série 9 de 10

0	WHEELER, Megan	15	NKB	2:24.80 L
1	DAVIDSON, Juliette	16	NN	2:24.25 L
2	ZAHAB, Mia	17	NKB	2:23.64 L
3	BARBEAU, Simonne	15	NN	2:21.94 L
4	BELLIO, Katrina	14	ESWIM	2:18.37 L
5	RATHWELL, Regan	15	GO	2:19.41 L
6	CORNISH, Hannah	16	USC	2:23.16 L
7	LANDRY, Marie-Jeanne	17	CAMO	2:23.84 L
8	PAULETTO, Hailey	18	PCSC	2:24.63 L
9	GURSOY, Janelle	17	SCAR	2:24.83 L

Série 10 de 10

0	BISAILLON, Marie-Philippe	20	NN	2:24.73 L
1	SHUSTER, Morgane N	16	OAK	2:24.22 L
2	LO, Jade	14	ESWIM	2:23.55 L
3	ARCAND, Alicia	18	NN	2:21.82 L
4	JANVIER, Aela	19	PCSC	2:17.44 L
5	BRATHWAITE, Katrina	19	PCSC	2:19.24 L
6	AVRAMOVA, Ekaterina	27	NN	2:22.86 L
7	SASTRON-NAVARRETE, A.	16	PCSC	2:23.74 L
8	MOULSON, Sara	16	OAK	2:24.44 L
9	SHEEDY, Anne-Sophie	22	UL	2:24.82 L

Epreuve 38 — Messieurs, 200m 4 nages — 14 ans et plus

2019-04-14 - 10:59 — Liste des séries Eliminatoires

Eastern 14: 2:24.63 / 15: 2:20.76; 16: 2:18.78; 17 +: 2:14.85

Série 1 de 9

		Age		
0	TAIVASSALO, Brayden	14	NEW	2:24.19 L
1	AGOSTINO, Mario	14	STARS	2:23.90 L
2	NARDUCCI, David	14	PCSC	2:23.58 L
3	BROCK, Griffin	14	ESWIM	2:22.34 L
4	ALLEN, Isaac	14	WD	2:21.46 L
5	NESTORUK, Ethan	14	FAST	2:21.55 L
6	RASCHKOWAN, William	14	PCSC	2:22.51 L
7	LANDA, Alex	14	OAK	2:23.66 L
8	ZHANG, Edward	14	BAD	2:24.14 L
9	AVELAR, Matheus	14	PCSC	2:24.43 L

Série 2 de 9

		Age		
0	ABRAMS, Gerrit P	15	UCRO	2:20.66 L
1	NOWAK, Matthew	15	AAC	2:20.53 L
2	DUMITRAS, Costa	15	NYAC	2:20.43 L
3	DAGENAIS, Victor	14	ELITE	2:20.38 L
4	RISK, William	15	ROCS	2:20.00 L
5	AL AFANDI, Bachar	14	ELITE	2:20.27 L
6	GILES, Adam C	15	GSH	2:20.43 L
7	COUTURE, Simon	15	UL	2:20.52 L
8	LAJOIE, Griffin H	15	TSC	2:20.63 L
9	DALESSIO, Alexander	14	ROCS	2:21.17 L

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LE POULET : LA PROTÉINE OFFICIELLE DE LA NATATION AU CANADA

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Raised by a CANADIAN FARMER | Élevé par un PRODUCTEUR CANADIEN

ROULÉS DE POULET ET D'ÉPINARDS À LA SALSA AU MIEL

Sert : 4 | **Durée de préparation :** 15 min | **Durée de cuisson :** 15 min

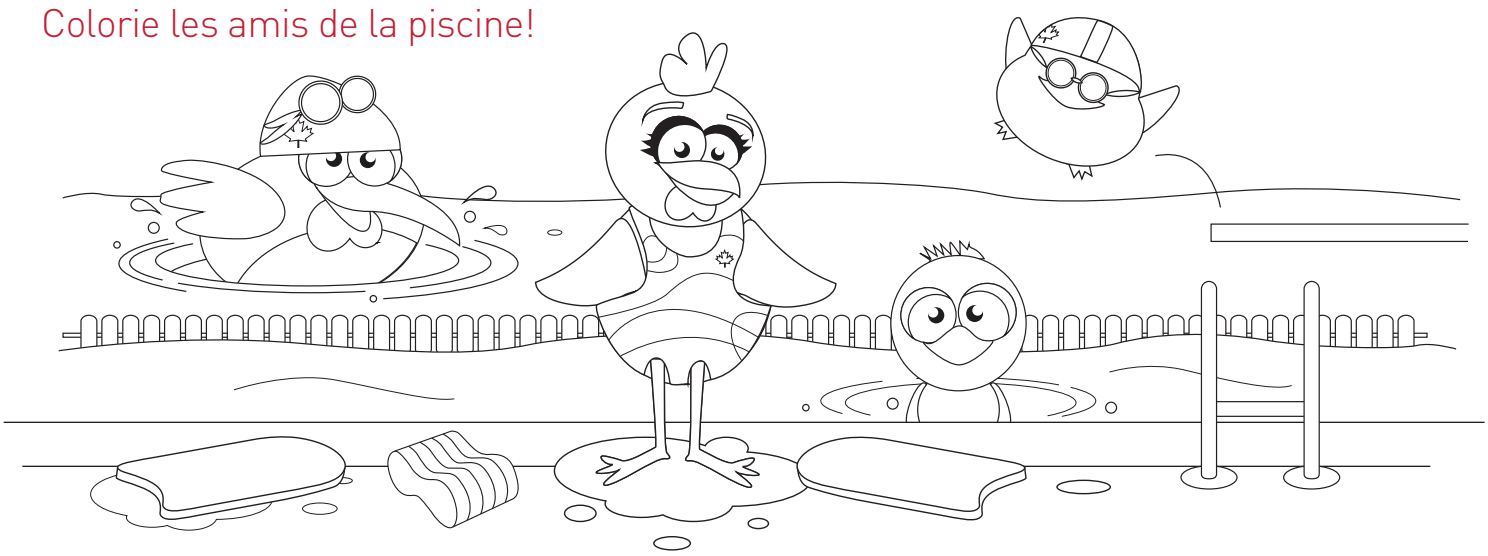
Ingrédients

2 c. à soupe (30 ml)	mayonnaise légère
2 c. à soupe (30 ml)	yogourt nature, 2 % à 4 % M.G.
4 c. à soupe (60 ml)	concombre anglais, finement coupé(e)(s) en dés
2 c. à thé (10 ml)	miel
1/4 c. à thé (1,25 ml)	poivre de Cayenne, moulu(e)(s)
1/4 c. à thé (1,25 ml)	poivre noir, fraîchement moulu(e)(s)
1 c. à thé (5 ml)	huile d'olive
3/4 lb (0,4 kg)	poitrine(s) de poulet désossée(s) sans peau
1/3 tasse (75 ml)	salsa
1 c. à thé (5 ml)	miel
1/4 c. à thé (1,25 ml)	poivre de Cayenne, moulu(e)(s)
6 tasses (1,5 l)	pousses d'épinards
4 tortillas en grains entiers, 10 pouces (25 cm)	

1. Dans un petit plat, mélanger la mayonnaise, le yogourt, le concombre, 2 c. à thé (10 ml) de miel, ¼ de c. à thé (1,25 ml) de piment de Cayenne et de poivre noir. Réserver la sauce.
2. Dans une poêle antiadhésive, chauffer l'huile d'olive à feu moyen-vif. Couper les poitrines de poulet en lanières de 1 pouce (2,5 cm) de large et 6 à 8 lanières par poitrine. Faire sauter jusqu'à ce que les lanières commencent à dorer - environ quatre minutes de chaque côté. Incorporer la salsa, 1 c. à thé (5 ml) de miel et ¼ de c. à thé (1,25 ml) de poivre de Cayenne. Réduire à feu doux et laisser mijoter, en remuant occasionnellement, environ 5 minutes ou jusqu'à ce que le poulet soit bien cuit.
3. Tartiner chaque roulé avec un quart de la sauce mayonnaise (environ 1 ½ cuillère à soupe - 25 ml). Étendre 1 ½ tasse (375 ml) d'épinards sur la surface entière de chaque tortilla. Puis repartir une ½ tasse (125 ml) de mélange de la salsa de poulet au centre. Rentrer le côté droit et gauche. Plier le bas de la tortilla et commencer à rouler vers le haut en enveloppant pour faire un rouleau serré. Pour servir, couper en deux à l'angle.

Visitez **poulet.ca** pour des centaines de recettes santé

Colorie les amis de la piscine!



Epreuve 38, Messieurs, 200m 4 nages, Eliminatoire

Série 3 de 9

0	SCHOLTZ, Ernst	14	OAK	2:19.78 L
1	GREENSHIELDS, Sam	15	OAK	2:19.41 L
2	BERTON, Matthew	15	ROW	2:19.03 L
3	STOKESBURY-PRICE, Bo	16	WTSC	2:18.77 L
4	MORSE, Charlie	16	CBAC	2:18.55 L
5	SIELUZYCKI, Tristan	14	ESWIM	2:18.77 L
6	FLOREA, Christian D	16	MSSAC	2:18.78 L
7	MA, Ethan	14	OAK	2:19.19 L
8	HABA, Hashim	14	OAK	2:19.49 L
9	ALMEIDA, André	14	PCSC	2:19.79 L

Série 4 de 9

0	STEVER, Aidan J	16	TSC	2:18.47 L
1	MACPHERSON, Callum	16	OAK	2:18.35 L
2	FERGUSON, Liam	15	HTAC	2:17.99 L
3	TORTOSA, Sascha	16	NYAC	2:17.84 L
4	COADY, Aaron	16	MPM	2:17.76 L
5	GIGGEY, Alejandro	15	NKB	2:17.79 L
6	HUI, Jing Wen	14	MAC	2:17.97 L
7	LI, Jack	14	OAK	2:18.35 L
8	STROPLE, Alex	16	OAK	2:18.46 L
9	BULL, Cormac D	15	SJL	2:18.48 L

Série 5 de 9

0	OMIELAN, Eric	16	PCSC	2:17.53 L
1	HAYCOCK, Jack	16	LAC	2:17.02 L
2	DALY STEVENS, Trael	16	CT33	2:16.60 L
3	IRELAND, Kevin	15	MSSAC	2:16.31 L
4	CLAWSON-HONEYMAN, L.	16	NG	2:15.89 L
5	POND, Miguel	15	MPM	2:16.13 L
6	FEDDAG, Hocine	14	ELITE	2:16.56 L
7	OKUGAWA, Asahi	16	SCAR	2:16.78 L
8	BIRD, Liam	16	ESWIM	2:17.19 L
9	HADJ, Adel	16	CASE	2:17.67 L

Série 6 de 9

0	KUZAK, Zachary	15	PCSC	2:15.55 L
1	MCKAY, Caleb	16	PCSC	2:15.43 L
2	SETIAWAN, Anggaraksa	15	ELITE	2:15.26 L
3	SHEARER, Colin	15	LAC	2:14.79 L
4	BUCK, Carter	15	LAC	2:14.60 L
5	CZOMA, Zsombor	18	GO	2:14.63 L
6	COURVILLE FORTIN, Loic	14	TORP	2:15.23 L
7	LEVINE, Michael	14	PCSC	2:15.38 L
8	MAXIMENCO, Maxim	16	PCSC	2:15.55 L
9	BARTOCH, Hayden	16	HWAC	2:15.82 L

Série 7 de 9

0	PLACEK, Ethan	17	WD	2:13.75 L
1	MILNE, Colton	16	NKB	2:13.32 L
2	CÔTÉ, Jonathan	17	UL	2:11.50 L
3	DOUGLAS, Kyle	19	PCSC	2:09.95 L
4	HUANG, Owen	18	TSC	2:06.51 L
5	HULL, Aidan	17	TSC	2:09.69 L
6	BELKHELLADI, Malachy	15	ELITE	2:10.77 L
7	SKALENDA, Charlie	14	TSC	2:12.72 L
8	CYR BOUCHARD, Antoine	17	NG	2:13.44 L
9	LINSEISEN, Erik	15	UNCAN1	2:14.41 L

Série 8 de 9

0	BOURBONNIERE, Nicholas	16	WD	2:13.58 L
1	FIELD, Sean	17	PCSC	2:13.02 L
2	IONESCOUX-TREMBLAY, M.	18	CAMO	2:11.20 L
3	LAU, Alvin	17	MST~	2:09.79 L
4	GALLANT, Jacob	16	FAST	2:06.02 L
5	MILLETTE, Charles	18	PCSC	2:09.56 L
6	PELLETIER, Eric	19	PCSC	2:10.50 L
7	LI, Stanford	16	PCSC	2:12.66 L
8	BEAUDIN-BOLDUC, Nathan	20	UL	2:13.37 L
9	CARLYLE-LOCKE, C.	17	UCRO	2:14.40 L

Série 9 de 9

0	TUCKER, Declan	17	OTTSC	2:13.55 L
1	MILANOVICH, Alexander	17	ESWIM	2:12.96 L
2	BROWN, Eric	16	PCSC	2:10.81 L
3	HUSSEY, Patrick	18	PCSC	2:09.73 L
4	BALAMANE, Moncef	18	PCSC	2:04.17 L
5	SIMPSON, Neil	19	PCSC	2:08.41 L
6	GHAZIRI, Ramy	16	LMRL	2:10.45 L
7	KOUEIKI, Jeremy	15	CASE	2:11.62 L
8	KENNEDY, Julian	17	NYAC	2:13.34 L
9	CHABI, Anis	19	CAMO	2:14.04 L

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Epreuve 39 — Dames, 1500m Libre — 13 ans et plus
2019-04-14 - 11:25 — Liste des séries

Eastern 13: 19:33.96; 14: 19:06.47 / 15: 18:57.31; 16 +: 18:33.38

Série 1 de 7

		Age		
0	MARQUIS, Jade	14	SAMAK	18:26.81 L
1	VIGNEAULT-LAROCQUE, J.	20	NG	18:24.27 L
2	HAGE, Dounia	17	CAMO	18:14.20 L
3	SHUSTER, Morgane N	16	OAK	18:07.37 L
4	GREAVES, Elizabeth	16	PERTH	18:02.87 L
5	DAVIDSON, Juliette	16	NN	18:03.61 L
6	LOPES, Leticia	16	ESWIM	18:10.40 L
7	COOKE, Kendrick	17	GSH	18:15.55 L
8	NICHOLS, Abbey	16	UCRO	18:25.66 L
9	LORTIE, Marie-Laurence	23	RED	18:27.34 L

Série 2 de 7

		Age		
0	BERGERON, Frédérique	16	RL	18:31.16 L
1	LEROY, Brynne	14	TIDE	18:29.11 L
2	ELLIS, Hanna	15	HAC	18:28.70 L
3	FOURNIER, Léa	14	RL	18:28.04 L
4	VIGNEAULT-LAROCQUE, M.	17	NG	18:27.49 L
5	VREEKEN, Stella	14	TSC	18:27.91 L
6	ROSS, Kathleen	15	GGST	18:28.66 L
7	DOBSON, Ella	15	SWAT	18:28.96 L
8	BOYD, Merin T	14	ROCS	18:29.46 L
9	EARLE, Grace	16	HTAC	18:33.09 L

Série 3 de 7

0	CAMPBELL, Lauren	13	LAC	18:46.13 L
1	ALEXEEVA, Liya	14	HWAC	18:42.81 L
2	PHAM-SPICKLER, Alexia	15	CAMO	18:39.08 L
3	VITHOULKAS, Katherine	15	NN	18:36.14 L
4	ROCHON, Julie-Ann	15	UL	18:33.31 L
5	MOFFITT, Abigail	16	NKB	18:33.37 L
6	FROST, Natasha	15	PCSC	18:36.93 L
7	STOEHR, Allison	15	STARS	18:39.28 L
8	BROWN, Gabrielle	14	PCSC	18:44.13 L
9	FORBES, Hannah	15	HWAC	18:46.29 L

Série 4 de 7

0	BÉGIN-TREMBLAY, L.	13	RL	18:56.06 L
1	RACHIDI, Inass	13	BEAST	18:53.81 L
2	JAMES-BRENNAN, Lydia	14	SWOTT	18:52.12 L
3	HARVEY, Olivia	15	UL	18:48.68 L
4	ARSENAULT, Laurence	15	RL	18:47.22 L
5	TEKKER, Julia	14	GGST	18:48.28 L
6	MCBRIDE, Courtney	15	CBAC	18:48.99 L
7	ELLIOTT, Taylor	15	GO	18:52.18 L
8	POIRIER, Elyse	14	LMRL	18:56.05 L
9	GARCIA, Maria Pilar	15	WD	18:56.76 L

Série 5 de 7

0	MERCIER, Juliette	13	SWAT	19:30.89 L
1	FORD, Kathryn	13	ROCS	19:15.38 L
2	WEISS-REID, Beatrice	13	GO	19:13.93 L
3	BARTOCH, Heidi	14	HWAC	19:02.53 L
4	KOVALUK, Alexia	13	NN	19:00.64 L
5	DUGUAY, Justine	14	CNQ	19:02.20 L
6	FORBES, Téah	14	HTAC	19:05.27 L
7	MICHAUD, Élisabeth	13	CNSL	19:14.98 L
8	NOSEWORTHY, Emily J	13	SJL	19:17.66 L
9				

Série 6 de 7, Youth, planifié dans session 8 à 19:04

0	DERIGER, Anne Sophie	15	TORP	18:25.23 L
1	HULFORD, Kate S	14	TSC	18:18.09 L
2	SHEMILT, Jorja	15	OAK	18:07.78 L
3	SHEMILT, Sydney	15	OAK	18:01.96 L
4	SMALLEGANGE, Kenna	15	BAD	17:10.88 L
5	GAGE, Kyla	15	PCSC	17:41.56 L
6	PERRON, Jennie	14	UL	18:04.84 L
7	JARDINE, Lucy	14	SWAT	18:08.39 L
8	BEREZA, Samantha J	15	SCAR	18:23.96 L
9	HOLDEN, Megan	14	MPM	18:25.66 L

Série 7 de 7, Senior, planifié dans session 8 à 19:04

0	MOUNTFORD, Hanna	16	HTAC	17:59.20 L
1	SAVARD, Gabrielle	19	UL	17:46.97 L
2	MOUAT, Savanna	17	GO	17:44.40 L
3	DAVIDSON, Rosalie	18	NN	17:28.78 L
4	DORNIC, Morgane	20	UL	17:22.29 L
5	ARCHER, Madison	16	NKB	17:26.27 L
6	DATARS, Mahaylia	16	STARS	17:42.60 L
7	SULLIVAN, Kate	16	MPM	17:46.77 L
8	DESJARLAIS, Mia	18	NN	17:57.06 L
9	QUIVIGER, Zoé	18	CAMO	17:59.43 L

OMEGA speedo Canada

Epreuve 40 — Messieurs, 800m Libre — 14 ans et plus
2019-04-14 - 13:03 — Liste des séries

Eastern 14: 9:28.28 / 15: 9:14.80; 16: 9:10.79; 17 +: 8:55.04

Série 1 de 7

		Age		
0	LEGUIA, Arturo	18	VAC	8:50.91 L
1	RISK, William	15	ROCS	8:50.28 L
2	PARTRIDGE, Rhys	18	EBSC	8:49.70 L
3	MATTEIS, Quinn	14	CYPS	8:49.19 L
4	OLSON, Carter	18	HAC	8:44.36 L
5	JANVIER, Hugo	17	PCSC	8:47.16 L
6	MCLEOD, Lorne	17	PCSC	8:49.60 L
7	POLLOCK, Mathieu	16	PCSC	8:50.20 L
8	VIDAL SIMOES, Gabriel R	17	TSC	8:50.40 L
9	STOKESBURY-PRICE, Bo	16	WTSC	8:50.92 L

Série 2 de 7

		Age		
0	MORSE, Charlie	16	CBAC	8:55.54 L
1	CARON, Jérémie	15	CAMO	8:55.46 L
2	DEGRAAF, Quinn	16	WAC	8:54.90 L
3	ROBERTSON, Connor	15	PCSC	8:53.54 L
4	EL AREF, Omar	15	OAK	8:51.66 L
5	RUEL, Louis	15	RL	8:53.23 L
6	GEOFFROY, Mathieu	17	PCSC	8:54.58 L
7	STROPLE, Alex	16	OAK	8:55.37 L
8	JARDINE, Ryan	16	SWAT	8:55.54 L
9	OMIELAN, Eric	16	PCSC	8:57.52 L

Série 3 de 7

0	XU, Bob	16	VAC	9:07.35 L
1	PERRON, Victor	16	UL	9:04.63 L
2	PAQUET, Bruno	16	UL	9:02.60 L
3	DURCAK, Emerson B	16	WD	9:01.26 L
4	LÉTOURNEAU, Cédrick	15	CNSH	8:58.77 L
5	BOYLE, Ethan	16	HTAC	9:00.37 L
6	BERTRAND, Charles	14	GO	9:02.43 L
7	SIMONOV, Dennis	15	CAMO	9:03.23 L
8	PLAMONDON, Émil	15	NN	9:05.44 L
9	TYLEE, Matthew	14	TMSC	9:07.36 L

Série 4 de 7

0	LABOISSONNIERE, B.	15	TORP	9:14.28 L
1	WHELAN, Matthew	15	SJL	9:11.57 L
2	WILKINSON, Kieran	15	CASE	9:10.26 L
3	MILNE, Colton	16	NKB	9:08.35 L
4	IRELAND, Kevin	15	MSSAC	9:07.68 L
5	TICHY, Reid	16	VAC	9:08.33 L
6	DOLAN, Arnaud	15	HIPPO	9:09.43 L
7	DAVISON, Brent W	15	DUCKS	9:10.52 L
8	NOWAK, Matthew	15	AAC	9:12.03 L
9	JACKSON, Elliott	15	OTTSC	9:14.38 L

Série 5 de 7

0				
1				
2	BOURBONNAIS, Mathis	14	RIKI	9:24.42 L
3	LAMONDE, Ludovic	14	MY	9:20.59 L
4	LANDA, Alex	14	OAK	9:15.90 L
5	LABARRE, Tristan	14	CNQ	9:20.32 L
6	AVELAR, Matheus	14	PCSC	9:21.60 L
7	KRYGER, Matthew	14	GCAC	9:25.68 L
8				
9				

Série 6 de 7, Youth, planifié dans session 8 à 19:23

0	DAUTREY, Jacob	16	CNSH	8:46.95 L
1	BARTOCH, Hayden	16	HWAC	8:43.25 L
2	CLAWSON-HONEYMAN, L.	16	NG	8:39.44 L
3	KWINTER, Charlie	14	ESWIM	8:28.32 L
4	AXON, Alexander	15	MAC	8:21.49 L
5	BROWN, Eric	16	PCSC	8:27.38 L
6	VOLODIN, Artiom	15	CAMO	8:34.99 L
7	LI, Jack	14	OAK	8:41.59 L
8	MAILLOUX, Jackson	16	PCSC	8:44.72 L
9	PELLETIER, Jean-Félix	15	CNSH	8:48.80 L

Série 7 de 7, Senior, planifié dans session 8 à 19:23

0	GAGNON, Maxime	19	CNQ	8:43.09 L
1	TUCKER, Finn	17	OTTSC	8:40.42 L
2	LORD, Guillaume	18	MUST	8:38.77 L
3	PIMENTEL, Xavier	18	NG	8:32.11 L
4	POULIOT, David	19	CAMQ	8:22.56 L
5	SOSNOVIK, Danylo	19	PCSC	8:31.93 L
6	DESJARLAIS, Liam	23	NN	8:38.74 L
7	CYR BOUCHARD, Antoine	17	NG	8:38.90 L
8	RODGERS, Lucas	18	NKB	8:42.84 L
9	FIELD, Sean	17	PCSC	8:44.26 L

OMEGA speedo Canada

CHICKEN: THE OFFICIAL PROTEIN OF SWIMMING IN CANADA

Did you know that Chicken Farmers of Canada's "Raised by a Canadian Farmer" brand helps consumers know that the chicken they are purchasing is fresh and of the highest quality? Look for the logo in your grocery store!

HONEY SALSA CHICKEN & SPINACH WRAPS

Serves: 4 | **Prep Time:** 15 min | **Cook Time:** 15 min

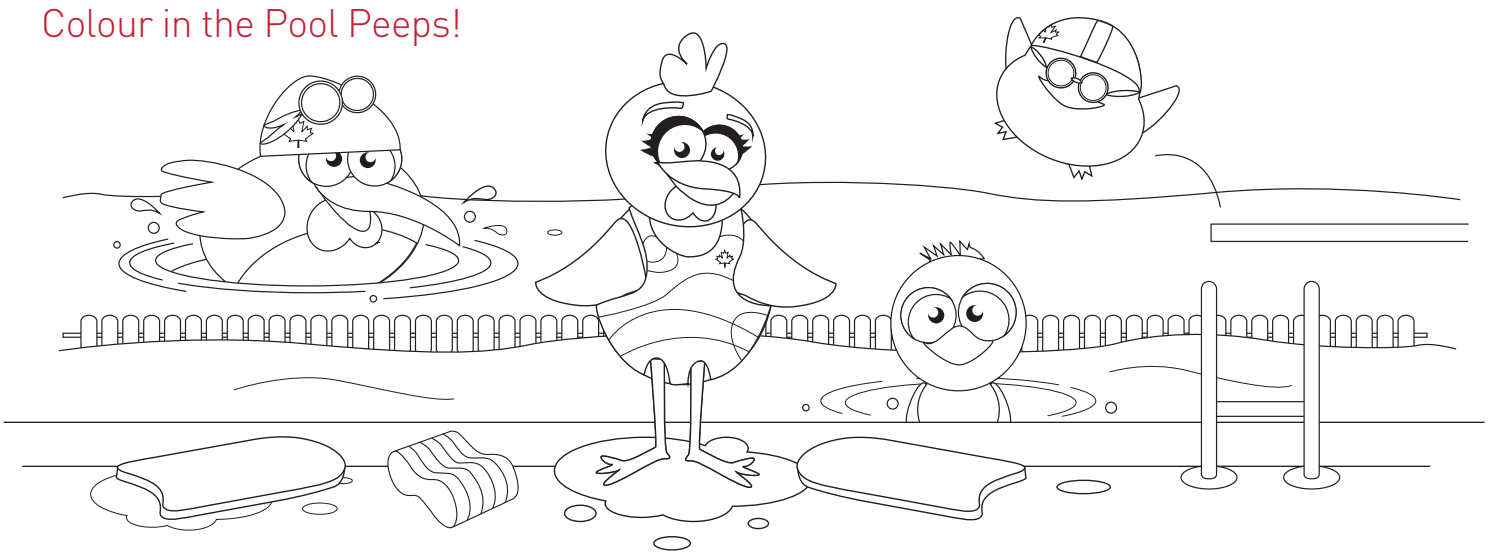
Ingredients:

2 tbsp (30 mL)	light mayonnaise
2 tbsp (30 mL)	plain yogurt, 2–4% MF
4 tbsp (60 mL)	English cucumber, finely diced
2 tsp (10 mL)	honey
1/4 tsp (1.25 mL)	cayenne pepper, ground
1/4 tsp (1.25 mL)	black pepper, freshly ground
1 tsp (5 mL)	olive oil
3/4 lb (0.4 kg)	boneless, skinless chicken breast(s)
1/3 cup (75 mL)	salsa
1 tsp (5 mL)	honey
1/4 tsp (1.25 mL)	cayenne pepper, ground
6 cups (1.5 L)	baby spinach
4 whole grain tortillas, 10 inch (25 cm)	

1. Mix mayonnaise, yogurt, cucumber, 2 tsp (10 mL) honey, 1/4 tsp (1.25 mL) cayenne and black pepper in a small dish. Set sauce aside.
2. Heat olive oil over medium-high heat in a non-stick skillet. Cut chicken breasts into strips 1 inch (2.5 cm) wide and 6-8 strips per breast. Sauté until they are beginning to turn golden – about four minutes per side. Stir in the salsa, 1 tsp (5 mL) honey and 1/4 tsp (1.25 mL) cayenne pepper. Reduce heat to low and simmer, stirring occasionally, about 5 minutes or until chicken is cooked through.
3. Spread each wrap with a quarter of the mayonnaise sauce (about 1 1/2 tablespoons – 25 mL). Spread 1 1/2 cups (375 mL) baby spinach over full surface of each tortilla. Then arrange a 1/2 cup (125 mL) of chicken salsa mixture across the centre. Tuck in the right and left hand side. Fold in bottom of tortilla and start to roll upward encasing to make a tight roll. To serve, cut in half on the angle.

Visit **chicken.ca** for hundreds of healthy recipes

Colour in the Pool Peeps!



Championnats canadiens de l'Est 2019 – PEPS (QUEBEC)

Horaire estimé

Dimanche 14 avril 2019 **Finales - Jour 4** **Fin de l'échauffement: 5:45**

Officials on-deck positions/Officiels prennent place			**5:53 pm**	
O Canada & Introduction: Referees/Juges-Arbitres & Starters			**5:55 pm**	
			Start	**Finish**
Event/Épreuve 33 – 200m Fly/Papillion (W/F) Youth/Jeunesse B Final			6:00	6:03
Event/Épreuve 33 – 200m Fly/Papillion (W/F) Youth/Jeunesse A Final			6:04	6:07
Event/Épreuve 33 – 200m Fly/Papillion (W/F) Open/Sénior B Final			6:08	6:11
Awards: 200m Fly/Papillion (W/F) YOUTH/JEUNESSE			***6:09***	***6:10***
Event/Épreuve 33 – 200m Fly/Papillion (W/F) Open/Sénior A Final			6:12	6:15
Event/Épreuve 34 – 200m Fly/Papillion (M/H) Youth/Jeunesse B Final			6:16	6:19
Awards: 200m Fly/Papillion (W/F) OPEN			***6:17***	***6:18***
Event/Épreuve 34 – 200m Fly/Papillion (M/H) Open/Sénior A Final			6:20	6:22
Event/Épreuve 34 – 200m Fly/Papillion (M/H) Youth/Jeunesse B Final			6:23	6:26
Awards: 200m Fly/Papillion (M/H) YOUTH/JEUNESSE			***6:24***	***6:25***
Event/Épreuve 34 – 200m Fly/Papillion (M/H) Open/Sénior A Final			6:27	6:29
Event/Épreuve 309 – 50m Free/Libre (W/F) PARA			6:31	6:34
Awards: 200m Fly/Papillion (M/H) OPEN			***6:33***	***6:34***
Event/Épreuve 310 – 50m Free/Libre (W/F) PARA			6:35	6:37
Event/Épreuve 35 – 50m Free/Libre (W/F) Youth/Jeunesse B Final			6:39	6:40
Event/Épreuve 35 – 50m Free/Libre (W/F) Youth/Jeunesse A Final			6:41	6:42
Event/Épreuve 35 – 50m Free/Libre (W/F) Open/Sénior B Final			6:43	6:45
Awards: 50m Free/Libre (W/F) YOUTH/JEUNESSE			***6:43***	***6:44***
Event/Épreuve 35 – 50m Free/Libre (W/F) Open/Sénior A Final			6:46	6:47
Event/Épreuve 36 – 50m Free/Libre (M/H) Youth/Jeunesse B Final			6:48	6:49
Awards: 50m Free/Libre (W/F) OPEN			***6:48***	***6:49***
Event/Épreuve 36 – 50m Free/Libre (M/H) Youth/Jeunesse A Final			6:50	6:51
Event/Épreuve 36 – 50m Free/Libre (M/H) Open/Sénior B Final			6:52	6:53
Awards: 50m Free/Libre (M/H) YOUTH/JEUNESSE			***6:52***	***6:53***
Event/Épreuve 36 – 50m Free/Libre (M/H) Open/Sénior A Final			6:55	6:56
Event/Épreuve 311 – 200m IM/QNI (W/F) Para A Final			6:58	7:03
Awards: 50m Free/Libre (M/H) OPEN			***6:59***	***7:00***
Event/Épreuve 312 – 200m IM/QNI (M/H) Para A Final			7:03	7:08
Event/Épreuve 37 – 200m IM/QNI (W/F) Youth/Jeunesse B Final			7:09	7:12
Event/Épreuve 37 – 200m IM/QNI (W/F) Youth/Jeunesse A Final			7:13	7:16
Event/Épreuve 37 – 200m IM/QNI (W/F) Open/Sénior B Final			7:17	7:20
Awards: 200m IM/QNI (W/F) YOUTH/JEUNESSE			***7:18***	***7:20***
Event/Épreuve 37 – 200m IM/QNI (W/F) Open/Sénior A Final			7:21	7:24
Event/Épreuve 38 – 200m IM/QNI (M/H) Youth/Jeunesse B Final			7:25	7:28
Awards: 200m IM/QNI (W/F) OPEN/SENIOR			***7:26***	***7:29***
Event/Épreuve 38 – 200m IM/QNI (M/H) Youth/Jeunesse A Final			7:30	7:33
Event/Épreuve 38 – 200m IM/QNI (M/H) Open/Sénior B Final			7:34	7:37
Awards: 200m IM/QNI (M/H) YOUTH/JEUNESSE			***7:35***	***7:36***
Event/Épreuve 38 – 200m IM/QNI (M/H) Open/Sénior A Final			7:38	7:41
Event/Épreuve 39 – 1500m Free/Libre (W/F) Youth/Jeunesse Fastest H./Série rapide			7:42	8:01
Awards: 200m IM/QNI (W/F) PARA			***7:43***	***7:44***
Awards: 200m IM/QNI (M/H) PARA			***7:45***	***7:46***
Awards: 200m IM/QNI (M/H) OPEN/SENIOR			***7:47***	***7:48***
Event/Épreuve 39 – 1500m Free/Libre (W/F) Open/Senior Fastest H./Série rapide			8:01	8:20

Championnats canadiens de l'Est 2019 – PEPS (QUEBEC)

Horaire estimé

Awards: 1500m Free/Libre (W/F) YOUTH/JEUNESSE			***8:02***	***8:03***
Event/Épreuve 40 – 800m Free/Libre (M/H) Youth/Jeunesse Fastest H./Série rapide			8:20	8:29
Awards: 1500m Free/Libre (W/F) OPEN/SENIOR			***8:21***	***8:22***
Event/Épreuve 40 – 800m Free/Libre (M/H) Open/Sénior Fastest H./Série rapide			8:30	8:39
Awards: 800m Free/Libre (M/H) YOUTH/JEUNESSE			***8:31***	***8:32***
Event/Épreuve 41 – 4 X 100 Mixed Medley Relay/relais quatre nages mixtes – Heat 1			8:40	8:45
Awards: 800m Free/Libre (M/H) OPEN/SENIOR			***8:41***	***8:42***
Event/Épreuve 41 – 4 X 100 Mixed Medley Relay/relais quatre nages mixtes – Heat 2			8:46	8:51
Event/Épreuve 41 – 4 X 100 Mixed Medley Relay/relais quatre nages mixtes – Heat 3			8:52	8:57
Event/Épreuve 41 – 4 X 100 Mixed Medley Relay/relais quatre nages mixtes – Heat 4			8:58	8:59
Event/Épreuve 41 – 4 X 100 Mixed Medley Relay/relais quatre nages mixtes – Heat 5			9:00	9:05
Awards: 4 X 100 Mixted Medley Relay Open			***9:06***	***9:07***
Meet Awards			***9:08***	***9:10***