

**2019 Canadian Junior Championships - 2019-07-24 to 2019-07-29**  
**Session Report**

Session: 1 WED - Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Girls 13-17 100 Butterfly	59	8 u	09:00 AM	_____
Prelims	2 Boys 14-18 100 Butterfly	57	8 u	09:13 AM	_____
Prelims	3 Girls 13-17 200 Backstroke	62	8 u	09:24 AM	_____
Prelims	4 Boys 14-18 200 Backstroke	66	9 u	09:48 AM	_____
Prelims	5 Mixed 13-18 400 Freestyle Relay	29	4 u	10:15 AM	_____
Finals-S	7 Girls 13-17 800 Freestyle	39	5 u	10:32 AM	_____
Finals-S	8 Boys 14-18 800 Freestyle	52	7 u	11:21 AM	_____
	Swimmers Counts for Warm-ups: 345	=====	=====		
	Entry / Heat Totals:	364	49		
	Finish Time			12:26 PM	_____

Session: 2 WED - Time Trials

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	201 Girls 13-17 100 Butterfly Time Trial			12:30 PM	_____
Finals	202 Boys 13-17 100 Butterfly Time Trial				_____
Finals	203 Girls 13-17 200 Backstroke Time Trial				_____
Finals	204 Boys 13-17 200 Backstroke Time Trial				_____
Finals	217 Girls 13-17 100 Breaststroke Time Trial				_____
Finals	218 Boys 13-17 100 Breaststroke Time Trial				_____
	Finish Time		no later than	1:30 PM	

**Times are estimates only**

Officials on-deck positions			5:20 pm				
O Canada & Introduction: Referees & Starters					5:26		
	Age Group	Final	March-On	Intro	Start	Finish	FOP
<b>****Deadline for Prelims scratches 6:00 PM****</b>							Bells & Counters
Event 7 – 800m Free (W)	13-14	Fastest Heat	5:28	5:29	5:30	5:39	
Event 7 – 800m Free (W)	15-17	Fastest Heat	5:39	5:40	5:41	5:50	
Event 8 – 800m Free (M)	14-15	Fastest Heat	5:50	5:51	5:52	6:01	
<b>Awards: 800m Free (W) 13-14 &amp; 15-17</b>					<b>6:01</b>	<b>6:03</b>	
Event 8 – 800m Free (M)	16-18	Fastest Heat	6:03	6:04	6:05	6:14	
Event 1 – 100m Fly (W)	13-14	B		6:15	6:15	6:16	
<b>Awards: 800m Free (M) 14-15</b>					<b>6:17</b>	<b>6:19</b>	
Event 1 – 100m Fly (W)	13-14	A	6:19	6:20	6:21	6:22	
Event 1 – 100m Fly (W)	15-17	B		6:23	6:23	6:24	
<b>Awards: 800m Free (M) 16-18 &amp; 100m Fly (W) 13-14</b>					<b>6:25</b>	<b>6:27</b>	
Event 1 – 100m Fly (W)	15-17	A	6:27	6:28	6:29	6:30	
Event 2 – 100m Fly (M)	14-15	B		6:31	6:31	6:32	
<b>Awards: 100m Fly (W) 15-17</b>					<b>6:33</b>	<b>6:35</b>	
Event 2 – 100m Fly (M)	14-15	A	6:35	6:36	6:37	6:38	
Event 2 – 100m Fly (M)	16-18	B		6:39	6:39	6:40	
<b>Awards: 100m Fly (M) 14-15</b>					<b>6:41</b>	<b>6:43</b>	
Event 2 – 100m Fly (M)	16-18	A	6:43	6:44	6:45	6:46	Back Ledges in
Event 3 – 200m Back (W)	13-14	B		6:48	6:48	6:50	
<b>Awards: 100m Fly (M) 16-18</b>					<b>6:51</b>	<b>6:53</b>	
Event 3 – 200m Back (W)	13-14	A	6:53	6:54	6:55	6:57	
Event 3 – 200m Back (W)	15-17	B		6:58	6:59	7:01	
<b>Awards: 200m Back (W) 13-14</b>					<b>7:02</b>	<b>7:04</b>	
Event 3 – 200m Back (W)	15-17	A	7:04	7:05	7:06	7:08	
Event 4 – 200m Back (M)	14-15	B		7:09	7:10	7:12	
<b>Awards: 200m Back (W) 15-17</b>					<b>7:13</b>	<b>7:15</b>	
Event 4 – 200m Back (M)	14-15	A	7:15	7:16	7:17	7:19	
Event 4 – 200m Back (M)	16-18	B		7:20	7:21	7:23	
<b>Awards: 200m Back (M) 14-15</b>					<b>7:24</b>	<b>7:26</b>	
Event 4 – 200m Back (M)	16-18	A	7:26	7:27	7:28	7:30	Back Ledges out
Event 5 – 400m Free Mixed Relay	13-18	A	7:32	7:33	7:34	7:38	
<b>Awards: 200m Back (M) 16-18</b>					<b>7:39</b>	<b>7:41</b>	
<b>Awards: 400m Free Mixed Relay</b>					<b>7:42</b>	<b>7:45</b>	

**2019 Canadian Junior Championships - 2019-07-24 to 2019-07-29**  
**Session Report**

Session: 4 THU - Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	9 Girls 13-17 100 Freestyle	65	9 u	09:00 AM	_____
Prelims	10 Boys 14-18 100 Freestyle	55	7 u	09:13 AM	_____
Prelims	11 Girls 13-17 400 IM	57	8 u	09:22 AM	_____
Prelims	12 Boys 14-18 400 IM	67	9 u	10:08 AM	_____
Prelims	13 Girls 13-17 100 Backstroke	62	8 u	10:55 AM	_____
Prelims	14 Boys 14-18 100 Backstroke	59	8 u	11:09 AM	_____
Prelims	15 Girls 13-17 800 Freestyle Relay	15	2 u	11:23 AM	_____
Prelims	16 Boys 14-18 800 Freestyle Relay	13	2 u	11:41 AM	_____
	Swimmers Counts for Warm-ups: 311	=====	=====		
	Entry / Heat Totals:	393	53		
	Finish Time			11:59 AM	_____

Session: 5 THU - Time Trials

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	209 Girls 13-17 100 Freestyle Time Trial			12:00 PM	_____
Finals	210 Boys 13-17 100 Freestyle Time Trial				_____
Finals	211 Girls 13-17 400 IM Time Trial				_____
Finals	212 Boys 13-17 400 IM Time Trial				_____
Finals	213 Girls 13-17 100 Backstroke Time Trial				_____
Finals	214 Boys 13-17 100 Backstroke Time Trial				_____
Finals	219 Girls 13-17 200 Butterfly Time Trial				_____
Finals	220 Boys 13-17 200 Butterfly Time Trial				_____
	Finish Time		no later than	1:00 PM	_____

**Times are estimates only.**

Officials on-deck positions			5:20 pm				
O Canada & Introduction: Referees & Starters					5:26		
	Age Group	Final	March-On	Intro	Start	Finish	FOP
<b>****Deadline for Prelims scratches 6:00 PM****</b>							
Event 9 – 100m Free (W)	13-14	B		5:29	5:30	5:31	
Event 9 – 100m Free (W)	13-14	A	5:32	5:33	5:34	5:35	
Event 9 – 100m Free (W)	15-17	B		5:36	5:36	5:37	
<b>Awards: 100m Free (W) 13-14</b>					<b>5:38</b>	<b>5:40</b>	
Event 9 – 100m Free (W)	15-17	A	5:40	5:41	5:42	5:43	
Event 10 – 100m Free (M)	14-15	B		5:44	5:44	5:45	
<b>Awards: 100m Free (W) 15-17</b>					<b>5:46</b>	<b>5:48</b>	
Event 10 – 100m Free (M)	14-15	A	5:48	5:49	5:50	5:51	
Event 10 – 100m Free (M)	16-18	B		5:52	5:52	5:53	
<b>Awards: 100m Free (M) 14-15</b>					<b>5:54</b>	<b>5:56</b>	
Event 10 – 100m Free (M)	16-18	A	5:56	5:57	5:58	5:59	
Event 11 – 400m IM (W)	13-14	B		6:00	6:00	6:05	
<b>Awards: 100m Free (M) 16-18</b>					<b>6:06</b>	<b>6:08</b>	
Event 11 – 400m IM (W)	13-14	A	6:08	6:09	6:10	6:15	
Event 11 – 400m IM (W)	15-17	B		6:16	6:16	6:21	
<b>Awards: 400m IM (W) 13-14</b>					<b>6:22</b>	<b>6:24</b>	
Event 11 – 400m IM (W)	15-17	A	6:24	6:25	6:26	6:31	
Event 12 – 400m IM (M)	14-15	B		6:32	6:32	6:36	
<b>Awards: 400m IM (W) 15-17</b>					<b>6:37</b>	<b>6:39</b>	
Event 12 – 400m IM (M)	14-15	A	6:39	6:40	6:41	6:45	
Event 12 – 400m IM (M)	16-18	B		6:46	6:46	6:50	
<b>Awards: 400m IM (M) 14-15</b>					<b>6:51</b>	<b>6:53</b>	
Event 12 – 400m IM (M)	16-18	A	6:53	6:54	6:55	6:59	Back Ledges in
Event 13 – 100m Back (W)	13-14	B		7:00	7:00	7:01	
<b>Awards: 400m IM (M) 16-18</b>					<b>7:02</b>	<b>7:04</b>	
Event 13 – 100m Back (W)	13-14	A	7:04	7:05	7:06	7:07	
Event 13 – 100m Back (W)	15-17	B		7:08	7:09	7:10	
<b>Awards: 100m Back (W) 13-14</b>					<b>7:10</b>	<b>7:12</b>	
Event 13 – 100m Back (W)	15-17	A	7:12	7:13	7:14	7:15	
Event 14 – 100m Back (M)	14-15	B		7:16	7:16	7:17	
<b>Awards: 100m Back (W) 15-17</b>					<b>7:18</b>	<b>7:20</b>	
Event 14 – 100m Back (M)	14-15	A	7:20	7:21	7:22	7:23	
Event 14 – 100m Back (M)	16-18	B		7:24	7:25	7:26	
<b>Awards: 100m Back (M) 14-15</b>					<b>7:27</b>	<b>7:29</b>	
Event 14 – 100m Back (M)	16-18	A	7:29	7:30	7:31	7:32	Back Ledges out
Event 15 – 800m Free Relay (W)	13-17	A	7:33	7:34	7:35	7:44	
<b>Awards: 100m Back (M) 16-18</b>					<b>7:44</b>	<b>7:46</b>	
Event 16 – 800m Free Relay (M)	14-18	A	7:46	7:47	7:48	7:57	
<b>Awards: 800 Free Relay (W &amp; M)</b>					<b>7:58</b>	<b>8:03</b>	

Times are estimates only.

**2019 Canadian Junior Championships - 2019-07-24 to 2019-07-29****Session Report**

Session: 7 FRI - Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	17 Girls 13-17 100 Breaststroke	64	8 u	09:00 AM	_____
Prelims	18 Boys 14-18 100 Breaststroke	79	10 u	09:14 AM	_____
Prelims	19 Girls 13-17 200 Butterfly	51	7 u	09:30 AM	_____
Prelims	20 Boys 14-18 200 Butterfly	68	9 u	09:50 AM	_____
Prelims	21 Mixed 13-18 400 Medley Relay	31	4 u	10:14 AM	_____
Finals-S	23 Girls 13-17 1500 Freestyle	59	8 u	10:34 AM	_____
	Swimmers Counts for Warm-ups: 365	=====	=====		
	Entry / Heat Totals:	352	46		
	Finish Time			01:04 PM	_____

**Times are estimates only.**

Friday, July 26, 2019

Finals Session - Day 3

Clear Pool: 5:15 pm

Officials on-deck positions			5:20 pm				
O Canada & Introduction: Referees & Starters					5:25 pm		
	Age Group	Final	March-On	Intro	Start	Finish	FOP
<b>****Deadline for Prelims scratches 6:00 PM****</b>							Bells & Counters
Event 23 – 1500m Free (W)	13-14	Fast Heat	5:28	5:29	5:30	5:49	
Event 23 – 1500m Free (W)	15-17	Fast Heat	5:49	5:50	5:51	6:10	
<b>Awards: 1500m Free (W) 13-14</b>					6:11	6:13	
Event 17 – 100m Breast (W)	13-14	B		6:13	6:13	6:14	
<b>Awards: 1500m Free (W) 15-17</b>					6:15	6:17	
Event 17 – 100m Breast (W)	13-14	A	6:17	6:18	6:19	6:20	
Event 17 – 100m Breast (W)	15-17	B		6:21	6:22	6:23	
<b>Awards: 100m Breast (W) 13-14</b>					<b>6:24</b>	<b>6:26</b>	
Event 17 – 100m Breast (W)	15-17	A	6:26	6:27	6:28	6:29	
Event 18 – 100m Breast (M)	14-15	B		6:30	6:31	6:32	
<b>Awards: 100m Breast (W) 15-17</b>					<b>6:32</b>	<b>6:34</b>	
Event 18 – 100m Breast (M)	14-15	A	6:34	6:35	6:36	6:37	
Event 18 – 100m Breast (M)	16-18	B		6:38	6:38	6:39	
<b>Awards: 100m Breast (M) 14-15</b>					<b>6:40</b>	<b>6:42</b>	
Event 18 – 100m Breast (M)	16-18	A	6:42	6:43	6:44	6:45	
Event 19 – 200m Fly (W)	13-14	B		6:46	6:47	6:49	
<b>Awards: 100m Breast (M) 16-18</b>					<b>6:50</b>	<b>6:52</b>	
Event 19 – 200m Fly (W)	13-14	A	6:52	6:53	6:54	6:56	
Event 19 – 200m Fly (W)	15-17	B		6:57	6:58	7:00	
<b>Awards: 200m Fly (W) 13-14</b>					<b>7:01</b>	<b>7:03</b>	
Event 19 – 200m Fly (W)	15-17	A	7:03	7:04	7:05	7:07	
Event 20 – 200m Fly (M)	14-15	B		7:08	7:08	7:10	
<b>Awards: 200m Fly (W) 15-17</b>					<b>7:11</b>	<b>7:13</b>	
Event 20 – 200m Fly (M)	14-15	A	7:13	7:14	7:15	7:17	
Event 20 – 200m Fly (M)	16-18	B		7:18	7:19	7:21	
<b>Awards: 200m Fly (M) 14-15</b>					<b>7:22</b>	<b>7:24</b>	
Event 20 – 200m Fly (M)	16-18	A	7:24	7:25	7:26	7:28	Back Ledges in
Event 21 – 400 Medley Mixed Relay	13-18	A		7:30	7:31	7:35	Back ledges out
<b>Awards: 200m Fly (M) 16-18</b>					<b>7:36</b>	<b>7:38</b>	
<b>Awards: 400m Medley Mixed Relay 13-18</b>					<b>7:39</b>	<b>7:42</b>	

Times are estimates only.

**2019 Canadian Junior Championships - 2019-07-24 to 2019-07-29****Session Report**

Session: 9 SAT - Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Girls 13-17 200 Freestyle	67	9 u	09:00 AM	_____
Prelims	26 Boys 14-18 200 Freestyle	71	9 u	09:24 AM	_____
Prelims	27 Girls 13-17 200 Breaststroke	57	8 u	09:45 AM	_____
Prelims	28 Boys 14-18 200 Breaststroke	74	10 u	10:11 AM	_____
Prelims	29 Girls 13-17 400 Freestyle Relay	15	2 u	10:40 AM	_____
Prelims	30 Boys 14-18 400 Freestyle Relay	18	3 u	10:49 AM	_____
Finals-S	24 Boys 14-18 1500 Freestyle	41	6 u	11:02 AM	_____
	Swimmers Counts for Warm-ups: 333	=====	=====		
	Entry / Heat Totals:	343	47		
	Finish Time			12:46 PM	_____

Session: 10 SAT - Time Trials

Day of Meet: 4 Starts at 12:45 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	225 Girls 13-17 200 Freestyle Time Trial			12:45 PM	_____
Finals	226 Boys 13-17 200 Freestyle Time Trial				_____
Finals	227 Girls 13-17 200 Breaststroke Time Trial				_____
Finals	228 Boys 13-17 200 Breaststroke Time Trial				_____
	Finish Time		no later than	1:45 PM	_____

**Times are estimates only.**

Officials on-deck positions			5:20 pm					
O Canada & Introduction: Referees & Starters					5:26 pm			
	Age Group	Final	March-On	Intro	Start	Finish	FOP	
<b>****Deadline for Prelims scratches 6:00 PM****</b>								
Event 25 – 200m Free (W)	13-14	B		5:29	5:30	5:32		
Event 25 – 200m Free (W)	13-14	A	5:33	5:34	5:35	5:37		
Event 25 – 200m Free (W)	15-17	B		5:38	5:38	5:40		
<b>Awards: 200m Free (W) 13-14</b>					<b>5:41</b>	<b>5:43</b>		
Event 25 – 200m Free (W)	15-17	A	5:43	5:44	5:45	5:47		
Event 26 – 200m Free (M)	14-15	B		5:48	5:48	5:50		
<b>Awards: 200m Free (W) 15-17</b>					<b>5:51</b>	<b>5:53</b>		
Event 26 – 200m Free (M)	14-15	A	5:53	5:54	5:55	5:57		
Event 26 – 200m Free (M)	16-18	B		5:58	5:58	6:00		
<b>Awards: 200m Free (M) 14-15</b>					<b>6:01</b>	<b>6:03</b>		
Event 26 – 200m Free (M)	16-18	A	6:03	6:04	6:05	6:07		
Event 27 – 200m Breast (W)	13-14	B		6:08	6:08	6:11		
<b>Awards: 200m Free (M) 16-18</b>					<b>6:12</b>	<b>6:14</b>		
Event 27 – 200m Breast (W)	13-14	A	6:14	6:15	6:16	6:19		
Event 27 – 200m Breast (W)	15-17	B		6:20	6:20	6:23		
<b>Awards: 200m Breast (W) 13-14</b>					<b>6:24</b>	<b>6:26</b>		
Event 27 – 200m Breast (W)	15-17	A	6:26	6:27	6:28	6:31		
Event 28 – 200m Breast (M)	14-15	B		6:32	6:32	6:35		
<b>Awards: 200m Breast (W) 15-17</b>					<b>6:36</b>	<b>6:38</b>		
Event 28 – 200m Breast (M)	14-15	A	6:38	6:39	6:40	6:43		
Event 28 – 200m Breast (M)	16-18	B		6:43	6:44	6:47		
<b>Awards: 200m Breast (M) 14-15</b>					<b>6:48</b>	<b>6:50</b>		
Event 28 – 200m Breast (M)	16-18	A	6:50	6:51	6:52	6:55	Bells & Counters	
Event 24 – 1500m Free (M)	14-15	Fast Heat	6:57	6:58	6:59	7:17		
<b>Awards: 200m Breast (M) 16-18</b>					<b>7:18</b>	<b>7:20</b>		
Event 24 – 1500m Free (M)	16-18	Fast Heat	7:20	7:21	7:22	7:40		
<b>Awards: 1500m Free (M) 14-15</b>					<b>7:41</b>	<b>7:43</b>		
Event 29 – 400m Free Relay (W)	13-17	A	7:43	7:44	7:45	7:49		
<b>Awards: 1500m Free (M) 16-18</b>					<b>7:50</b>	<b>7:52</b>		
Event 30 – 400m Free Relay (M)	14-18	A	7:52	7:53	7:54	7:58		
<b>Awards: 400 Free Relay (W &amp; M)</b>					<b>7:59</b>	<b>8:04</b>		



**2019 Canadian Junior Championships - 2019-07-24 to 2019-07-29**  
**Session Report**

Session: 12 SUN - Prelims

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Girls 13-17 50 Freestyle	61	8 u	09:00 AM	_____
Prelims	32 Boys 14-18 50 Freestyle	62	8 u	09:08 AM	_____
Prelims	33 Girls 13-17 200 IM	59	8 u	09:14 AM	_____
Prelims	34 Boys 14-18 200 IM	67	9 u	09:37 AM	_____
Prelims	35 Girls 13-17 400 Freestyle	71	9 u	10:01 AM	_____
Prelims	36 Boys 14-18 400 Freestyle	66	9 u	10:47 AM	_____
Prelims	37 Girls 13-17 400 Medley Relay	18	3 u	11:29 AM	_____
Prelims	38 Boys 14-18 400 Medley Relay	22	3 u	11:44 AM	_____
	Swimmers Counts for Warm-ups: 350	=====	=====		
	Entry / Heat Totals:	426	57		
	Finish Time			11:59 AM	_____

Session: 13 SUN - Time Trials

Day of Meet: 5 Starts at 12:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	231 Girls 13-17 50 Freestyle Time Trial			12:00 PM	_____
Finals	232 Boys 13-17 50 Freestyle Time Trial				_____
Finals	233 Girls 13-17 200 IM Time Trial				_____
Finals	234 Boys 13-17 200 IM Time Trial				_____
Finals	235 Girls 13-17 400 Freestyle Time Trial				_____
Finals	236 Boys 13-17 400 Freestyle Time Trial				_____
	Finish Time		no later than	1:00 PM	_____

**Times are estimates only.**

Officials on-deck positions	5:20 pm	O Canada & Introduction: Referees & Starters					5:26 pm
	Age Group	Final	March-On	Intro	Start	Finish	FOP
<b>50s start from turn end (South) - Swimmers report to 50m call room</b>							
<b>****Deadline for Open Water scratches 6:00 PM****</b>							
Event 31 – 50m Free (W)	13-14	B		5:29	5:30	5:31	
Event 31 – 50m Free (W)	13-14	A	5:31	5:32	5:33	5:34	
Event 31 – 50m Free (W)	15-17	B		5:34	5:35	5:36	
<b>Awards: 50m Free (W) 13-14</b>					<b>5:36</b>	<b>5:38</b>	
Event 31 – 50m Free (W)	15-17	A	5:38	5:39	5:40	5:41	
Event 32 – 50m Free (M)	14-15	B		5:41	5:42	5:43	
<b>Awards: 50m Free (W) 15-17</b>					<b>5:43</b>	<b>5:45</b>	
Event 32 – 50m Free (M)	14-15	A	5:45	5:46	5:47	5:48	
Event 32 – 50m Free (M)	16-18	B		5:48	5:49	5:50	
<b>Awards: 50m Free (M) 14-15</b>					<b>5:50</b>	<b>5:52</b>	
Event 32 – 50m Free (M)	16-18	A	5:52	5:53	5:54	5:55	
Event 33 – 200m IM (W)	13-14	B		5:57	5:58	6:01	
<b>Awards: 50m Free (M) 16-18</b>					<b>6:01</b>	<b>6:03</b>	
Event 33 – 200m IM (W)	13-14	A	6:03	6:04	6:05	6:08	
Event 33 – 200m IM (W)	15-17	B		6:08	6:09	6:12	
<b>Awards: 400m IM (W) 13-14</b>					<b>6:12</b>	<b>6:14</b>	
Event 33 – 200m IM (W)	15-17	A	6:14	6:15	6:16	6:19	
Event 34 – 200m IM (M)	14-15	B		6:19	6:20	6:23	
<b>Awards: 200m IM (W) 15-17</b>					<b>6:23</b>	<b>6:25</b>	
Event 34 – 200m IM (M)	14-15	A	6:25	6:26	6:27	6:30	
Event 34 – 200m IM (M)	16-18	B		6:30	6:31	6:34	
<b>Awards: 200m IM (M) 14-15</b>					<b>6:34</b>	<b>6:36</b>	
Event 34 – 200m IM (M)	16-18	A	6:36	6:37	6:38	6:41	
Event 35 – 400m Free (W)	13-14	B		6:41	6:42	6:46	
<b>Awards: 200m IM (M) 16-18</b>					<b>6:47</b>	<b>6:49</b>	
Event 35 – 400m Free (W)	13-14	A	6:49	6:50	6:51	6:55	
Event 35 – 400m Free (W)	15-17	B		6:56	6:56	7:00	
<b>Awards: 400m Free (W) 13-14</b>					<b>7:01</b>	<b>7:03</b>	
Event 35 – 400m Free (W)	15-17	A	7:03	7:04	7:05	7:09	
Event 36 – 400m Free (M)	14-15	B		7:10	7:10	7:14	
<b>Awards: 400m Free (W) 15-17</b>					<b>7:15</b>	<b>7:17</b>	
Event 36 – 400m Free (M)	14-15	A	7:17	7:18	7:19	7:23	
Event 36 – 400m Free (M)	16-18	B		7:24	7:25	7:29	
<b>Awards: 400m Free (M) 14-15</b>					<b>7:30</b>	<b>7:32</b>	
Event 36 – 400m Free (M)	16-18	A	7:32	7:33	7:34	7:38	Back Ledges in
Event 37 – 400m Medley Relay (W)	13-17	A	7:40	7:41	7:42	7:46	
<b>Awards: 400m Free (M) 16-18</b>					<b>7:47</b>	<b>7:49</b>	
Event 38 – 400m Medley Relay (M)	14-18	A	7:49	7:50	7:51	7:55	Back Ledges out
<b>Awards: 400 Medley Relay (W &amp; M) &amp; Competition</b>					<b>7:56</b>	<b>8:10</b>	

Monday, July 29, 2019

Open Water events, Day 5

<b>Location:</b>		<b>Lake Chaparral</b> 225 Chaparral Drive S.E. Calgary, Alberta T2X 3K9			
<b>**** Deadline for Open Water scratches Sunday July 28, 2019 at 6:00 PM ****</b>					
<b>** Consent forms must be in by 6:00pm Sunday – failure to do so will result in removal **</b>					
<b>**** Penalties for late scratches and no shows \$50.00 ****</b>					
	<b>Age Group</b>		<b>Gathering</b>	<b>Start</b>	<b>Finish</b>
Check-in Swimmers and numbering	ALL			6:00	6:50
Pre-Race Briefing	ALL			6:50	7:00
Warmup	ALL			7:00	7:50
Event 92 – 1500m OW (M)	14-15		7:50	8:00	
Event 91 – 1500m OW (W)	13-14		8:05	8:15	
Event 94 – 3000m OW (M)	16-18		8:40	8:50	
Event 93 – 3000m OW (W)	15-17		9:20	9:40	
<b>Awards: 1500m OW (M) 14-15</b>				<b>10:10</b>	
<b>Awards: 1500m OW (W) 13-14</b>				<b>10:15</b>	
<b>Awards: 3000m OW (M) 16-18</b>				<b>10:20</b>	
<b>Awards: 3000m OW (W) 15-17</b>				<b>10:25</b>	
<b>Award: Overall Team Championship Banner</b>				<b>10:30</b>	

Times are estimates only.