



# 2019 Canadian Swimming Champs. - Pan Am pool (Winnipeg) - ESTIMATED TIMELINE

Thursday, August 8, 2019

FINALS Session - Day 1

Clear Pool: 5:15

|   |                         |        |             |             |
|---|-------------------------|--------|-------------|-------------|
| Officials move to on-deck positions                     | 5:20 pm                 |        |             |             |
| O Canada & Introduction: Referees & Starters            | 5:24 pm                 | Intro. | Start       | Finish      |
| Event 13 – 800m Freestyle (W) Fastest heat              | Bells/Counters          | 5:28   | 5:30        | 5:39        |
| Event 14 – 1500m Freestyle (M) Fastest heat             |                         | 5:40   | 5:42        | 5:58        |
| *** <b>Deadline for Prelims. scratches 6:00 pm.</b> *** | <i>for Fri. Prelims</i> |        |             |             |
| Event 1 – 200m Backstroke (W) B Final                   | <i>BK Ledges in</i>     |        | 6:01        | 6:03        |
| Awards: 800m Freestyle (W)                              |                         |        | <b>6:04</b> | <b>6:06</b> |
| Awards: 1500m Freestyle (M)                             |                         |        | <b>6:06</b> | <b>6:08</b> |
| Event 1 – 200m Backstroke (W) A Final                   |                         | 6:09   | 6:10        | 6:12        |
| Event 2 – 200m Backstroke (M) B Final                   |                         |        | 6:13        | 6:15        |
| Awards: 200m Backstroke (W)                             |                         |        | <b>6:16</b> | <b>6:18</b> |
| Event 2 – 200m Backstroke (M) A Final                   |                         | 6:19   | 6:20        | 6:22        |
| *** <b>Move Timers to the Turn end for Finish</b> ***   | <i>BK Ledges out</i>    |        |             |             |
| Event 3 – 50m Freestyle (W) Para A Final                |                         | 6:25   | 6:27        | 6:28        |
| Awards: 200m Backstroke (M)                             |                         |        | <b>6:29</b> | <b>6:31</b> |
| Event 4 – 50m Freestyle (M) Para A Final                |                         | 6:32   | 6:33        | 6:34        |
| Event 5 – 50m Freestyle (W) B Final                     |                         |        | 6:36        | 6:37        |
| Event 5 – 50m Freestyle (W) A Final                     |                         | 6:38   | 6:39        | 6:40        |
| Event 6 – 50m Freestyle (M) B Final                     |                         |        | 6:41        | 6:42        |
| Event 6 – 50m Freestyle (M) A Final                     |                         | 6:43   | 6:44        | 6:45        |
| *** <b>Move Timers back to Start end for Finish</b> *** |                         |        |             |             |
| Awards: 50m Freestyle (W)                               |                         |        | <b>6:46</b> | <b>6:48</b> |
| Awards: 50m Freestyle (M)                               |                         |        | <b>6:49</b> | <b>6:51</b> |
| Event 7 – 200m Breaststroke (W) B Final                 |                         |        | 6:52        | 6:54        |
| Awards: 50m Freestyle (W) Para                          |                         |        | <b>6:55</b> | <b>6:57</b> |
| Awards: 50m Freestyle (M) Para                          |                         |        | <b>6:58</b> | <b>7:00</b> |
| Event 7 – 200m Breaststroke (W) A Final                 |                         | 7:01   | 7:02        | 7:04        |
| Event 8 – 200m Breaststroke (M) B Final                 |                         |        | 7:05        | 7:07        |
| Awards: 200m Breaststroke (W)                           |                         |        | <b>7:08</b> | <b>7:10</b> |
| Event 8 – 200m Breaststroke (M) A Final                 |                         | 7:11   | 7:12        | 7:14        |
| Event 9 – 400m Freestyle (W) Para A Final               |                         | 7:15   | 7:17        | 7:23        |
| Awards: 200m Breaststroke (M)                           |                         |        | <b>7:24</b> | <b>7:26</b> |
| Event 10 – 400m Freestyle (M) Para A Final              |                         | 7:27   | 7:29        | 7:35        |
| Event 11 – 800m Freestyle Relay (W) A Final             |                         | 7:36   | 7:37        | 7:44        |
| Event 12 – 800m Freestyle Relay (M) A Final             |                         | 7:45   | 7:46        | 7:56        |
| Awards: 800m Freestyle Relay (W)                        |                         |        | <b>7:57</b> | <b>7:59</b> |
| Awards: 800m Freestyle Relay (M)                        |                         |        | <b>7:59</b> | <b>8:01</b> |
| Awards: 400m Freestyle (W) Para                         |                         |        | <b>8:01</b> | <b>8:03</b> |
| Awards: 400m Freestyle (M) Para                         |                         |        | <b>8:04</b> | <b>8:06</b> |
| Officials leave the Deck                                |                         |        |             | <b>8:07</b> |



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**PENNY OLEKSIK**  
IDÉAL SOLEIL AMBASSADOR



## 2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019

Sanction #: 34116

## Meet Program - Day 1 Finals

## Event 13 Women 800 LC Meter Freestyle

Canadian: 8:20.02 21/08/2014 Brittany MacLean

Meet Qualifying: 9:18.86

| Lane Name                 | Age | Team     | Seed Time |
|---------------------------|-----|----------|-----------|
| <b>Heat 1 of 3 Finals</b> |     |          |           |
| 1 Lamoureux, Brooke       | 20  | COMOX-BC | 9:00.68   |
| 2 Demers, Daphné          | 21  | CAMO-QC  | 8:57.57   |
| 3 McIntosh, Summer        | 12  | ESWIM-ON | 8:51.79   |
| 4 Bellio, Katrina         | 15  | ESWIM-ON | 8:41.77   |
| 5 Anderson, Marit         | 19  | UCSC-AB  | 8:42.35   |
| 6 Smallegange, Kenna      | 16  | BAD-ON   | 8:54.40   |
| 7 Sullivan, Kate          | 16  | WD-ON    | 8:58.96   |
| 8 Ross, Kyla              | 17  | ISC-BC   | 9:03.70   |

## Event 14 Men 1500 LC Meter Freestyle

Canadian: 14:39.63 04/08/2012 Ryan Cochrane

Meet Qualifying: 16:35.66

| Lane Name                 | Age | Team     | Seed Time |
|---------------------------|-----|----------|-----------|
| <b>Heat 1 of 3 Finals</b> |     |          |           |
| 1 Antifaoff, Micheal      | 18  | EKSC-AB  | 15:55.52  |
| 2 Brown, Eric             | 16  | PCSC-QC  | 15:47.75  |
| 3 Hussey, Patrick         | 18  | PCSC-QC  | 15:40.40  |
| 4 Hedlin, Eric            | 26  | UVPCS-BC | 15:24.78  |
| 5 McGillivray, Michael    | 16  | ROD-SK   | 15:27.62  |
| 6 McRae, Ryley            | 18  | KCS-BC   | 15:46.68  |
| 7 Axon, Alexander         | 16  | MANTA-MB | 15:48.67  |
| 8 Beaudin-Bolduc, Natha   | 20  | UL-QC    | 15:56.52  |

## Event 1 Women 200 LC Meter Backstroke

Canadian: 2:05.94 05/04/2019 Kylie Masse

Meet Qualifying: 2:22.03

| Lane Name               | Age | Team     | Prelims |
|-------------------------|-----|----------|---------|
| <b>Heat 1 B - Final</b> |     |          |         |
| 1 Edwards, Hana         | 16  | UVPCS-BC | 2:18.37 |
| 2 Arcand, Alicia        | 18  | NN-QC    | 2:17.76 |
| 3 Bath, Angelica        | 16  | CHENA-BC | 2:17.24 |
| 4 Kary, Raili           | 17  | SSAT-ON  | 2:16.56 |
| 5 Moulson, Sara         | 16  | OAK-ON   | 2:16.80 |
| 6 Klenk, Haley          | 17  | SPART-BC | 2:17.40 |
| 7 Scholes, Dylan        | 15  | OAK-ON   | 2:17.79 |
| 8 Danyluk, Daphné       | 20  | NN-QC    | 2:18.65 |

## Heat 2 A - Final

|                         |    |         |         |
|-------------------------|----|---------|---------|
| 1 Varga, Ella           | 15 | CASC-AB | 2:16.09 |
| 2 Janvier, Aela         | 19 | PCSC-QC | 2:14.36 |
| 3 Zavaros, Mabel        | 19 | OAK-ON  | 2:13.84 |
| 4 Hannah, Jade          | 17 | ISC-BC  | 2:12.70 |
| 5 Goss, Kennedy         | 22 | GGST-ON | 2:13.73 |
| 6 Zavaros, Rosie        | 19 | OAK-ON  | 2:14.05 |
| 7 Rathwell, Regan       | 15 | GO-ON   | 2:16.05 |
| 8 Douthwright, Brooklyn | 16 | CVAC-NB | 2:16.41 |

## Alternates

|                           |    |          |         |
|---------------------------|----|----------|---------|
| 1 Dayton Cesareo, Isabell | 17 | CHENA-BC | 2:19.33 |
| 2 McMillan, Ashley        | 15 | KISU-BC  | 2:19.59 |

## Event 2 Men 200 LC Meter Backstroke

Canadian: 1:56.96 22/07/2019 Markus Thormeyer

Meet Qualifying: 2:09.91

| Lane Name               | Age | Team     | Prelims |
|-------------------------|-----|----------|---------|
| <b>Heat 1 B - Final</b> |     |          |         |
| 1 Douglas, Laird        | 18  | CASC-AB  | 2:08.09 |
| 2 Lim, Dmitriy          | 18  | UBCSC-BC | 2:07.78 |
| 3 Brothers, Peter       | 22  | UCSC-AB  | 2:05.95 |
| 4 Somerset, Sebastian   | 18  | CASC-AB  | 2:05.76 |
| 5 Millette, Charles     | 18  | PCSC-QC  | 2:05.94 |
| 6 Gerlach, Daniel       | 20  | UCSC-AB  | 2:07.59 |
| 7 Gallant, Jacob        | 16  | FAST-NB  | 2:08.02 |
| 8 Robins, Philippe      | 17  | PCSC-QC  | 2:08.10 |

## Heat 2 A - Final

|                   |    |          |         |
|-------------------|----|----------|---------|
| 1 De Pol, Tayden  | 16 | NRST-BC  | 2:04.96 |
| 2 Hill, Robert    | 23 | UCSC-AB  | 2:04.81 |
| 3 Zakala, Josh    | 21 | ISC-BC   | 2:03.02 |
| 4 Stokes, Richie  | 19 | UCSC-AB  | 2:02.08 |
| 5 Pratt, Cole     | 16 | CASC-AB  | 2:02.82 |
| 6 Marois, William | 20 | CHENA-BC | 2:03.93 |
| 7 McNeill, Hugh   | 16 | LOSC-BC  | 2:04.92 |
| 8 Duke, Nicolas   | 21 | CHENA-BC | 2:05.32 |

## Alternates

|                  |    |         |         |
|------------------|----|---------|---------|
| 1 Tierney, Blake | 17 | GOLD-SK | 2:08.22 |
| 2 Jensen, Ryan   | 19 | ROD-SK  | 2:08.42 |

## Event 3 Women 11 &amp; Over 50 LC Meter 50 free para Multi-CI

| Lane Name                      | Age | Team                 | Prelims |
|--------------------------------|-----|----------------------|---------|
| <b>Heat 1 Finals A - Final</b> |     |                      |         |
| 1 Newkirk, Shelby S7           | 23  | LASER-SK/A,3,4,12,+  | 34.55   |
| 2 Bird, Morgan S8              | 25  | CASC-AB/A,3,5,12,+   | 32.93   |
| 3 Hunsicker, Arianna S10       | 16  | SKSC-BC/3,5          | 31.15   |
| 4 Rivard, Aurélie S10          | 23  | UL-QC/3,5            | 28.80   |
| 5 Ryan, Samantha S10           | 20  | NN-QC/12,+           | 30.98   |
| 6 Roxon, Katarina S9           | 26  | AASC-ON/1,3,5        | 31.93   |
| 7 Tripp, Abi S8                | 18  | KYPS-ON/A,3,5,12+    | 34.06   |
| 8 Soliman, Myriam S6           | 20  | MUST-QC/A,1,3,4,12,+ | 40.55   |

## Alternates

|                          |    |         |         |
|--------------------------|----|---------|---------|
| 1 Van Wyck-Smart, Aly S2 | 16 | VVAC-ON | 1:21.57 |
| 3 Shaw, Krystal S7       | 25 | FS-SK   | 40.33   |

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Canada



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## HONEY SALSA CHICKEN & SPINACH WRAPS



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

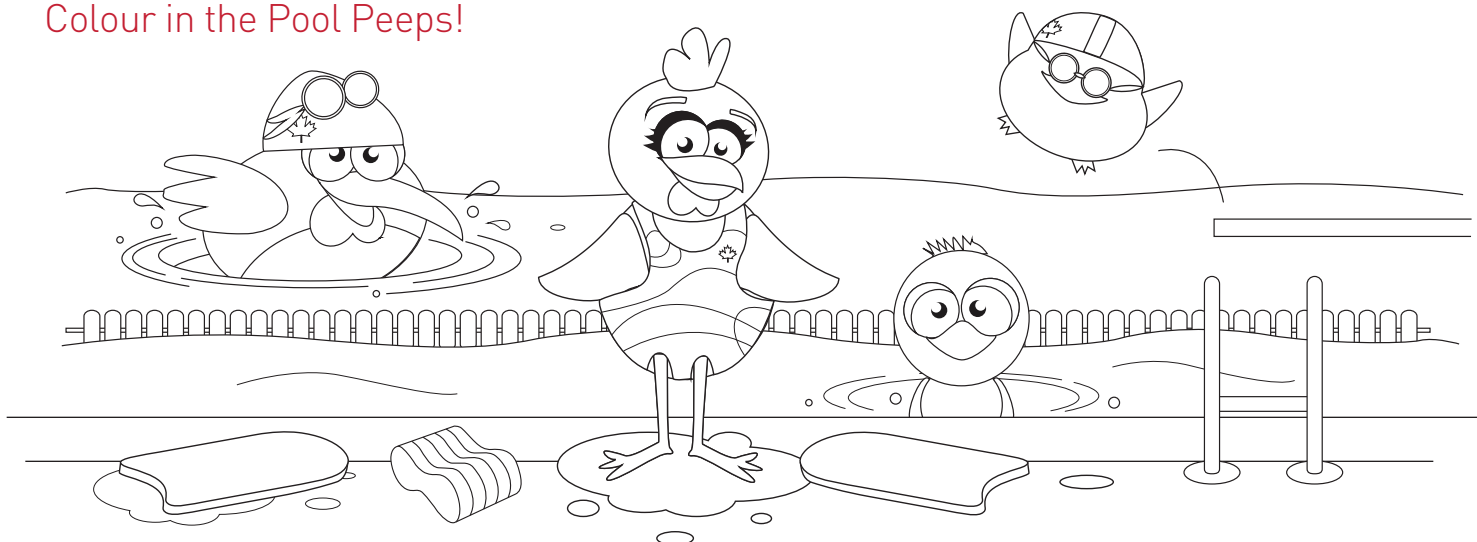
### Ingredients:

|  |                                      |
|--|--------------------------------------|
| 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.

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## 2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019

Sanction #: 34116

## Meet Program - Day 1 Finals

**Event 4 Men 11 & Over 50 LC Meter 50 free para Multi-Class**

| Lane Name                      | Age | Team            | Prelims |
|--------------------------------|-----|-----------------|---------|
| <b>Heat 1 Finals A - Final</b> |     |                 |         |
| 1 Plamondon, Nicolas S9        | 21  | CNQ-QC/3,5,12,+ | 30.10   |
| 2 Cowan, Felix Thomas S9       | 16  | SAMAK-QC/A,12,+ | 29.17   |
| 3 Cabraja, Matthew S11         | 17  | COBRA-ON/T,B    | 28.42   |
| 4 Turbide, Nicolas-Guy S1      | 22  | CNQ-QC/T        | 25.92   |
| 5 Elliot, Alexander S10        | 23  | UL-QC/3,5,12,+  | 26.09   |
| 6 Arndt, Caleb S13             | 17  | NEW-ON/O        | 28.79   |
| 7 Vachon, Philippe S9          | 23  | MEGO-QC/A,12,+  | 29.44   |
| 8 Miller, Matt S10             | 18  | SEALS-MB/A,12,+ | 30.37   |

**Alternates**

|                       |    |         |       |
|-----------------------|----|---------|-------|
| 1 Martel, Gabriel S12 | 17 | BBF-QC  | 30.87 |
| 2 Helberg, Hunter S13 | 15 | FMSC-AB | 30.78 |

**Event 5 Women 50 LC Meter Freestyle**

Canadian: 24.26 07/04/2018 Taylor Ruck

Meet Qualifying: 27.15

| Lane Name               | Age | Team     | Prelims |
|-------------------------|-----|----------|---------|
| <b>Heat 1 B - Final</b> |     |          |         |
| 1 Daley, Elan           | 14  | ESWIM-ON | 26.96   |
| 2 Minnes, Asia          | 16  | NN-QC    | 26.85   |
| 3 Vander Leek, Teagan   | 15  | EKSC-AB  | 26.79   |
| 4 Dandois-Samson, Rapha | 17  | NN-QC    | 26.69   |
| 5 Scholes, Dylan        | 15  | OAK-ON   | 26.71   |
| 6 Leckie, Aysia         | 20  | OAK-ON   | 26.84   |
| 7 Douthwright, Brooklyn | 16  | CVAC-NB  | 26.91   |
| 8 Brodie-Foy, Honor     | 17  | TSC-ON   | 27.06   |

**Heat 2 A - Final**

|                         |    |          |       |
|-------------------------|----|----------|-------|
| 1 Beauchemin, Charlotte | 22 | CAMO-QC  | 26.64 |
| 2 Lapointe, Marie-lou   | 24 | CASE-QC  | 26.50 |
| 3 Watson, Sarah         | 18 | UMAN-MB  | 26.11 |
| 4 Fournier, Sarah       | 23 | CNQ-QC   | 25.59 |
| 5 Lemieux, Roxane       | 28 | NN-QC    | 25.94 |
| 6 Mainville, Ariane     | 25 | CAMO-QC  | 26.44 |
| 7 Chaput, Oksana        | 15 | MANTA-MB | 26.58 |
| 8 McMurray, Ainsley     | 19 | CSLA-QC  | 26.66 |

**Alternates**

|                  |    |         |       |
|------------------|----|---------|-------|
| 1 Norman, Gemma  | 16 | UCSC-AB | 27.08 |
| 2 Bender, Quincy | 16 | HST-BC  | 27.14 |

**Event 6 Men 50 LC Meter Freestyle**

Canadian: 21.73 31/07/2009 Brent Hayden

Meet Qualifying: 24.12

| Lane Name                | Age | Team     | Prelims |
|--------------------------|-----|----------|---------|
| <b>Heat 1 B - Final</b>  |     |          |         |
| 1 Godolphin, Bernard     | 19  | NN-QC    | 24.10   |
| 2 Flowers, Mackenzie     | 20  | EKSC-AB  | 23.95   |
| 3 Bernard-Lalonde, Antoi | 23  | CAMO-QC  | 23.72   |
| 4 Baker, Justin          | 17  | NYAC-ON  | 23.58   |
| 5 LeBuke, James          | 17  | CSSSC-BC | 23.63   |
| 6 Guyn, Owen             | 22  | LASC-AB  | 23.86   |
| 7 Stromberg, Adam        | 21  | LASC-AB  | 24.02   |
| 8 Przyzwitt, Kier        | 17  | EKSC-AB  | 24.11   |

**Heat 2 A - Final**

|                          |    |          |       |
|--------------------------|----|----------|-------|
| 1 Daly, Owen             | 24 | CAMO-QC  | 23.28 |
| 2 Marcoux, Philippe      | 20 | UL-QC    | 23.17 |
| 3 Bougie, Spencer        | 25 | PCSC-QC  | 23.03 |
| 4 Marcoux, Raphael       | 21 | UL-QC    | 22.66 |
| 5 Loginov, Oleksandr     | 27 | TSC-ON   | 22.93 |
| 6 Gaziev, Ruslan         | 19 | MANTA-MB | 23.14 |
| 7 Cruz Zuniga, Guillermo | 19 | CAMO-QC  | 23.21 |
| 8 Fullum-Huot, Edouard   | 16 | NN-QC    | 23.45 |

**Alternates**

|                         |    |         |       |
|-------------------------|----|---------|-------|
| 1 Ionescoux-Tremblay, M | 19 | CAMO-QC | 24.12 |
| 2 MacPherson, Callum    | 17 | OAK-ON  | 24.17 |

**Event 7 Women 200 LC Meter Breaststroke**

Canadian: 2:20.12 30/07/2009 Annamay Pierse

Meet Qualifying: 2:42.05

| Lane Name               | Age | Team     | Prelims |
|-------------------------|-----|----------|---------|
| <b>Heat 1 B - Final</b> |     |          |         |
| 1 McCloy, Allison       | 20  | UCSC-AB  | 2:40.84 |
| 2 Crookshanks, Bree     | 20  | ROD-SK   | 2:40.20 |
| 3 Chicoine, Lili        | 18  | NN-QC    | 2:38.22 |
| 4 Starzomski, Olivia    | 16  | SSAT-ON  | 2:36.22 |
| 5 Brezovski, Taeghen    | 16  | OSC-AB   | 2:38.17 |
| 6 Guan, Xiaoyun         | 16  | CHENA-BC | 2:38.35 |
| 7 Mullooney, Peyton     | 16  | GO-ON    | 2:40.66 |
| 8 Vézina, Corinne       | 14  | ELITE-QC | 2:41.47 |

**Heat 2 A - Final**

|                       |    |          |         |
|-----------------------|----|----------|---------|
| 1 Herbert, Bailey     | 16 | LOSC-BC  | 2:35.98 |
| 2 Spence, Emma        | 17 | ROD-SK   | 2:35.08 |
| 3 Wiseman, Avery      | 17 | OSC-AB   | 2:32.94 |
| 4 Carnevale, Sofia    | 21 | ESWIM-ON | 2:32.09 |
| 5 Stever, Miranda     | 20 | TSC-ON   | 2:32.49 |
| 6 Moore, Elizabeth    | 18 | RDCSC-AB | 2:34.83 |
| 7 Brathwaite, Katrina | 19 | PCSC-QC  | 2:35.94 |
| 8 Pavicevic, Katja    | 18 | TSC-ON   | 2:36.01 |





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Official Training Technology of Swimming Canada





## 2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019

Sanction #: 34116

## Meet Program - Day 1 Finals

## Alternates...(#7 Women 200 LC Meter Breaststroke)

|   |                  |    |         |         |
|---|------------------|----|---------|---------|
| 1 | McMillan, Ashley | 15 | KISU-BC | 2:41.95 |
| 2 | Banton, Paige    | 16 | SSAT-ON | 2:42.10 |

## Event 8 Men 200 LC Meter Breaststroke

Canadian: 2:08.84 13/08/2008 Mike Brown

Meet Qualifying: 2:24.62

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

## Heat 1 B - Final

|   |                  |    |          |         |
|---|------------------|----|----------|---------|
| 1 | Park, Kevin      | 16 | CREST-ON | 2:25.63 |
| 2 | Pelletier, Eric  | 19 | PCSC-QC  | 2:23.30 |
| 3 | Chabi, Anis      | 20 | CAMO-QC  | 2:22.83 |
| 4 | Huang, Owen      | 18 | TSC-ON   | 2:22.17 |
| 5 | Aylward, Graeme  | 19 | MMST-ON  | 2:22.46 |
| 6 | Ketchin, Matthew | 20 | CASC-AB  | 2:23.11 |
| 7 | Gallant, Jacob   | 16 | FAST-NB  | 2:23.38 |
| 8 | Luykenaar, Aiden | 16 | UCSC-AB  | 2:26.78 |

## Heat 2 A - Final

|   |                    |    |          |         |
|---|--------------------|----|----------|---------|
| 1 | Champagne, Montana | 22 | GO-ON    | 2:20.74 |
| 2 | Shi, Simon         | 21 | MSSAC-ON | 2:19.52 |
| 3 | Naisby, Jonathan   | 25 | SHER-QC  | 2:18.55 |
| 4 | Wall, Eli          | 24 | TSC-ON   | 2:15.21 |
| 5 | LeFranc, Jaren     | 20 | KISU-BC  | 2:17.13 |
| 6 | Kamminga, Frederik | 20 | EKSC-AB  | 2:19.00 |
| 7 | Mastromatteo, Gabe | 17 | KSS-ON   | 2:19.78 |
| 8 | Young, Brodie      | 18 | UBCSC-BC | 2:21.50 |

## Alternates

|   |                      |    |          |         |
|---|----------------------|----|----------|---------|
| 1 | Kutun, Bora          | 17 | TSC-ON   | 2:27.14 |
| 2 | Fitzpatrick, Brendan | 16 | UVPCS-BC | 2:27.42 |

## Event 9 Women 11 &amp; Over 400 LC Meter 400 Free para Mult

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

## Heat 1 Finals Finals

|   |                         |    |                    |         |
|---|-------------------------|----|--------------------|---------|
| 1 | Cloetta, Colleen S8     | 14 | PCSC-QC/12,+       | 6:33.12 |
| 2 | Bird, Morgan S8         | 25 | CASC-AB/A,3,5,12,+ | 5:37.77 |
| 3 | Quillan, Natasha Sexton | 35 | SWAT-NS/4          | 5:32.81 |
| 4 | Morey, Peyton S10       | 15 | CASC-AB/12,+       | 5:08.94 |
| 5 | Hunsicker, Arianna S10  | 16 | SKSC-BC/3,5        | 5:23.16 |
| 6 | Duchesne, Sabrina S7    | 18 | UL-QC/A,12,+       | 5:33.36 |
| 7 | Shaw, Krystal S7        | 25 | FS-SK/12           | 6:16.36 |
| 8 | Tovizi, Michelle S7     | 19 | NYAC-ON/A,12       | 7:02.89 |

## Alternates

|   |                      |    |         |         |
|---|----------------------|----|---------|---------|
| 1 | Nault, Tatiana S8    | 13 | CNBF-QC | 6:35.89 |
| 2 | Labelle, Mathilde S9 | 16 | MUST-QC | 6:39.12 |

## Event 10 Men 11 &amp; Over 400 LC Meter 400 free para Multi-C

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

## Heat 1 Finals Finals

|   |                         |    |                  |         |
|---|-------------------------|----|------------------|---------|
| 1 | Cowan, Felix Thomas S16 | 16 | SAMAK-QC/A,12,+  | 5:06.88 |
| 2 | Arndt, Caleb S13        | 17 | NEW-ON/0         | 5:04.36 |
| 3 | Zona, Zach S8           | 20 | NHAC-ON/3,5,12,+ | 5:02.08 |
| 4 | Plamondon, Nicolas S9   | 21 | CNQ-QC/3,5,12,+  | 4:52.14 |
| 5 | Vachon, Philippe S9     | 23 | MEGO-QC/A,12,+   | 4:52.51 |
| 6 | Cabraja, Matthew S11    | 17 | COBRA-ON/T,B     | 5:03.27 |
| 7 | Helberg, Hunter S13     | 15 | FMSC-AB/0        | 5:06.51 |
| 8 | Scott, Nicholas S10     | 16 | OYO-ON/A,12,+    | 5:14.86 |

## Alternates

|   |                         |    |        |         |
|---|-------------------------|----|--------|---------|
| 1 | Martel, Gabriel S12     | 17 | BBF-QC | 5:45.29 |
| 2 | Pruneau-Tourney, Trista | 16 | CNQ-QC | 6:23.56 |

## Event 11 Women 800 LC Meter Freestyle Relay

Canadian: 8:09.93 26/11/2011 ESWIM

B. MacLean, O. Bellio, A. Reason, L. Earp

| Lane Team | Relay | Seed Time |
|-----------|-------|-----------|
|-----------|-------|-----------|

## Heat 1 of 1 Finals

|   |         |   |         |
|---|---------|---|---------|
| 1 |         |   |         |
| 2 | OAK-ON  | B | 8:34.01 |
| 3 | OAK-ON  | A | 8:21.99 |
| 4 | EKSC-AB | A | 8:19.01 |
| 5 | NN-QC   | A | 8:21.50 |
| 6 | PCSC-QC | A | 8:24.93 |
| 7 | NN-QC   | B | 8:36.73 |
| 8 |         |   |         |

## Event 12 Men 800 LC Meter Freestyle Relay

Canadian: 7:19.46 27/07/2006 UBCD

B. Johns, M. Mintenko, B. Hayden, M. Johnston

| Lane Team | Relay | Seed Time |
|-----------|-------|-----------|
|-----------|-------|-----------|

## Heat 1 of 1 Finals

|   |          |   |         |
|---|----------|---|---------|
| 1 |          |   |         |
| 2 | UVPCS-BC | A | 7:41.87 |
| 3 | PCSC-QC  | A | 7:35.41 |
| 4 | NN-QC    | A | 7:33.15 |
| 5 | UL-QC    | A | 7:34.28 |
| 6 | EKSC-AB  | A | 7:40.82 |
| 7 |          |   |         |
| 8 |          |   |         |



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**2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019****Sanction #: 34116****Session Report**

Session: 4 Day 2 Prelims

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

| Round   | Event   | Entries | Heats        | Starts at |       |
|---------|---|---------|--------------|-----------|-------|
| Prelims | 15 Women 200 Freestyle                        | 30      | 4 u 09:30 AM |           | _____ |
| Prelims | 16 Men 200 Freestyle                          | 32      | 4 u 09:42 AM |           | _____ |
| Prelims | 17 Women 11 & Over 200 200m Free para Multi   | 11      | 2 u 09:52 AM |           | _____ |
| Prelims | 18 Men 11 & Over 200 200m Free para Multi-Cl  | 13      | 2 u 10:02 AM |           | _____ |
|         | Break: 2 Minutes: Timers move                 |         |              |           |       |
| Prelims | 19 Women 50 Butterfly                         | 29      | 4 u 10:13 AM |           | _____ |
| Prelims | 20 Men 50 Butterfly                           | 28      | 4 u 10:17 AM |           | _____ |
| Prelims | 21 Women 11 & Over 50 50m Fly para Multi-Cla  | 9       | 2 u 10:22 AM |           | _____ |
| Prelims | 22 Men 11 & Over 50 50m Fly para Multi-Class  | 4       | 1 u 10:26 AM |           | _____ |
|         | Break: 2 Minutes: Timers move                 |         |              |           |       |
| Prelims | 23 Women 100 Backstroke                       | 33      | 5 u 10:30 AM |           | _____ |
| Prelims | 24 Men 100 Backstroke                         | 30      | 4 u 10:40 AM |           | _____ |
| Prelims | 25 Women 11 & Over 100 100m Back para Mult    | 21      | 3 u 10:48 AM |           | _____ |
| Prelims | 26 Men 11 & Over 100 100m Back para Multi-Cl  | 21      | 3 u 10:57 AM |           | _____ |
| Prelims | 27 Women 400 IM                               | 28      | 4 u 11:06 AM |           | _____ |
| Prelims | 28 Men 400 IM                                 | 30      | 4 u 11:30 AM |           | _____ |
|         | Break: 2 Minutes: Timers move                 |         |              |           |       |
| Prelims | 29 Women 50 Breaststroke                      | 23      | 3 u 11:53 AM |           | _____ |
| Prelims | 30 Men 50 Breaststroke                        | 17      | 3 u 11:57 AM |           | _____ |
| Prelims | 31 Women 11 & Over 50 50m Breast para Multi-  | 11      | 2 u 12:01 PM |           | _____ |
| Prelims | 32 Men 11 & Over 50 50m Breast para Multi-Cla | 6       | 1 u 12:05 PM |           | _____ |
|         | Break: 2 Minutes: Timers move                 |         |              |           |       |
| Prelims | 33 Mixed 400 Medley Relay                     | 18      | 3 u 12:09 PM |           | _____ |
|         | Swimmers Counts for Warm-ups: 272             | =====   | =====        |           |       |
|         | Entry / Heat Totals:                          | 394     | 58           |           |       |
|         | Finish Time                                   |         |              | 12:25 PM  | _____ |





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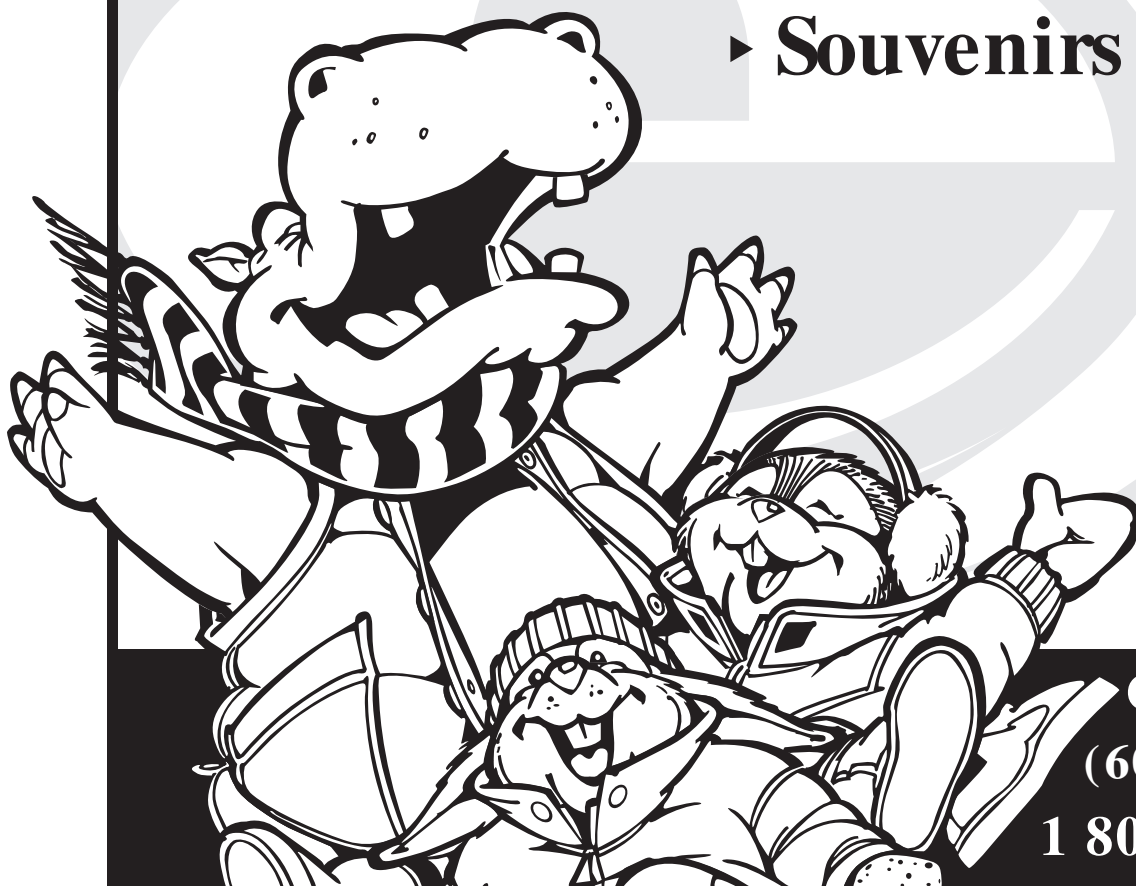
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