

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

Session: 7 Day 3 Prelims

Day of Meet: 3 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	35 Women 200 IM	28	4	09:30 AM	_____
Prelims	36 Men 200 IM	35	5	09:43 AM	_____
Prelims	37 Women 11 & Over 200 200m IM para Multi-C	13	2	09:58 AM	_____
Prelims	38 Men 11 & Over 200 200m IM para Multi-Clas	18	3	10:07 AM	_____
	Break: 2 Minutes: Timers move				
Prelims	39 Women 11 & Over 150 150m IM para Multi-C	4	1	10:21 AM	_____
Prelims	41 Women 50 Backstroke	28	4	10:26 AM	_____
Prelims	42 Men 50 Backstroke	26	4	10:32 AM	_____
Prelims	43 Women 11 & Over 50 50m Back para Multi-C	7	1	10:38 AM	_____
Prelims	44 Men 11 & Over 50 50m Back para Multi-Clas	6	1	10:40 AM	_____
	Break: 2 Minutes: Timers move				
Prelims	45 Women 100 Butterfly	26	4	10:45 AM	_____
Prelims	46 Men 100 Butterfly	25	4	10:53 AM	_____
Prelims	47 Women 11 & Over 100 100m Fly para Multi-C	11	2	11:00 AM	_____
Prelims	48 Men 11 & Over 100 100m Fly para Multi-Clas	13	2	11:04 AM	_____
Prelims	49 Women 400 Freestyle	26	4	11:09 AM	_____
Prelims	50 Men 400 Freestyle	21	3	11:29 AM	_____
Prelims	51 Women 400 Freestyle Relay	10	2	11:44 AM	_____
Prelims	52 Men 400 Freestyle Relay	9	2	11:54 AM	_____
	Swimmers Counts for Warm-ups: 244	=====	=====		
	Entry / Heat Totals:	306	48		
	Finish Time			12:02 PM	_____



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

Sanction #: 34116

## Meet Program - Day 3 Prelims

## Event 35 Women 200 LC Meter IM

Canadian: 2:08.71 07/04/2019 Sydney Pickrem

Meet Qualifying: 2:24.40

Lane Name	Age	Team	Seed Time
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## Heat 1 of 4 Prelims

1			
2			
3	Shuster, Morgane	16 OAK-ON	2:24.22
4	Burnett, Devon	14 ESWIM-ON	2:24.09
5	Marginean, Emily	22 WEST-ON	2:24.17
6	Davidson, Juliette	16 NN-QC	2:24.25
7			
8			

## Heat 2 of 4 Prelims

1	Myburgh, Emma	17 ISC-BC	2:23.89
2	Zavaros, Rosie	19 OAK-ON	2:22.00
3	Brathwaite, Katrina	19 PCSC-QC	2:18.46
4	Bellio, Katrina	15 ESWIM-ON	2:16.70
5	Janvier, Aela	19 PCSC-QC	2:17.44
6	Moore, Elizabeth	18 RDCSC-AB	2:20.42
7	Scholes, Dylan	15 OAK-ON	2:23.55
8	Brendzan, Olivia	16 EKSC-AB	2:24.05

## Heat 3 of 4 Prelims

1	Harper, Elizabeth	16 CASC-AB	2:23.81
2	Guan, Xiaoyun	16 CHENA-BC	2:21.86
3	Rathwell, Regan	15 GO-ON	2:17.96
4	Herbert, Bailey	16 LOOSC-BC	2:16.43
5	Wiseman, Avery	17 OSC-AB	2:17.34
6	Rendall, Kate	19 UCSC-AB	2:20.31
7	Sava, Helen Anne	13 RAMAC-ON	2:22.40
8	Edwards, Hana	16 UVPCS-BC	2:24.00

## Heat 4 of 4 Prelims

1	Hussey, Stephanie	20 PCSC-QC	2:23.77
2	Brough, Kiera	18 TSC-ON	2:21.52
3	Pavicevic, Katja	18 TSC-ON	2:17.92
4	McMillan, Ashley	15 KISU-BC	2:16.15
5	Minnes, Asia	16 NN-QC	2:16.86
6	Nicol, Rachel	26 LASC-AB	2:20.27
7	McCloy, Allison	20 UCSC-AB	2:22.05
8	Moulson, Sara	16 OAK-ON	2:23.90

## Event 36 Men 200 LC Meter IM

Canadian: 1:59.19 13/08/2008 Keith Beavers

Meet Qualifying: 2:10.75

Lane Name	Age	Team	Seed Time
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## Heat 1 of 5 Prelims

1			
2			
3	Ketchin, Matthew	20 CASC-AB	2:10.63
4	Fitzpatrick, Brendan	16 UVPCS-BC	2:10.32
5	Godolphin, Bernard	19 NN-QC	2:10.41
6			
7			
8			

## Heat 2 of 5 Prelims

1	Brothers, Peter	22 UCSC-AB	2:10.16
2	Cruz Zuniga, Guillermo	19 CAMO-QC	2:10.04
3	Stokes, Richie	19 UCSC-AB	2:09.62
4	Rambo, Jacob	17 UVPCS-BC	2:09.45
5	Tierney, Blake	17 GOLD-SK	2:09.51
6	Smith, Everett	18 SLSC-ON	2:09.77
7	Shortt, Gordon	19 NHAC-ON	2:10.11
8	Pelletier, Eric	19 PCSC-QC	2:10.23

## Heat 3 of 5 Prelims

1	Kamminga, Frederik	20 EKSC-AB	2:08.83
2	Paquin-Foisy, Etienne	21 ELITE-QC	2:07.72
3	Gallant, Jacob	16 FAST-NB	2:05.59
4	Palaschuk, Brian	21 ROD-SK	2:02.26
5	Laperle, Vincent	21 NN-QC	2:04.92
6	Wall, Eli	24 TSC-ON	2:07.59
7	Shi, Simon	21 MSSAC-ON	2:08.20
8	Jensen, Ryan	19 ROD-SK	2:09.41

## Heat 4 of 5 Prelims

1	Park, Kevin	16 CREST-ON	2:08.75
2	Fotherby, Justin	15 KISU-BC	2:07.71
3	Young, Brodie	18 UBCSC-BC	2:05.01
4	Hill, Robert	23 UCSC-AB	2:01.70
5	Marois, William	20 CHENA-BC	2:03.43
6	Vanherk, Brendan	19 BLEN-ON	2:06.83
7	LeBuke, James	17 CSSSC-BC	2:07.92
8	Belkelladi, Malachy	16 ELITE-QC	2:09.01

## Heat 5 of 5 Prelims

1	Ionescoux-Tremblay, M	19 CAMO-QC	2:08.49
2	LeFranc, Jaren	20 KISU-BC	2:07.60
3	Bernard, Graysen	17 TSC-ON	2:04.93
4	Pratt, Cole	16 CASC-AB	2:01.51
5	Zakala, Josh	21 ISC-BC	2:02.79
6	Huang, Owen	18 TSC-ON	2:06.51
7	Wormald, Lukas	19 OAK-ON	2:07.91
8	Millette, Charles	18 PCSC-QC	2:08.90



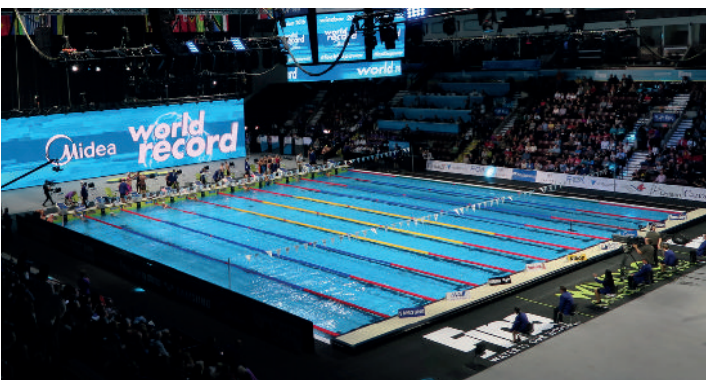
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## 2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019

Sanction #: 34116

## Meet Program - Day 3 Prelims

**Event 37 Women 11 & Over 200 LC Meter 200m IM para Mu**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Prelims**

1				
2	Paré, Clémence SM5	16	MUST-QC/A,Y,3,5,7,12,+	4:51.96
3	Nault, Tatiana SM8	13	CNBF-QC/A,3,5,12,+	3:48.52
4	Stevens, Ruby SM14	16	VVAC-ON/A	3:14.71
5	Cloetta, Colleen SM8	14	PCSC-QC/12,+	3:36.83
6	Tinney, Jessica SM6	19	KYPS-ON/A,3,4,12	4:51.17
7				
8				

**Heat 2 of 2 Prelims**

1	Routliffe, Tess SM7	20	UL-QC/12,+	3:01.51
2	Henault, Miori SM14	24	CASE-QC/0	2:59.07
3	Van Dyk, EmmaGrace SI	16	GCAC-ON/0	2:48.61
4	Marina, Angela SM14	20	BRANT-ON/0	2:38.48
5	Roxon, Katarina SM9	26	AASC-ON/1,3,5	2:45.77
6	Morey, Peyton SM10	15	CASC-AB/12,+	2:50.87
7	Dorris, Danielle SM8	16	CNBO-NB/A,Y,3,5	2:59.62
8	Bérubé, Camille SM7	24	NG-QC/A,12,+	3:07.88

**Event 38 Men 11 & Over 200 LC Meter 200m IM para Multi**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims**

1				
2				
3	Pruneau-Tourney, Trista	16	CNQ-QC/A,5,12,+	3:25.82
4	Martel, Gabriel SM12	17	BBF-QC/T	3:02.76
5	Boufekane, Hicham SM8	20	CNSH-QC/A,3,4,12,+	3:04.78
6				
7				
8				

**Heat 2 of 3 Prelims**

1	Brunelle, Cédrik SM14	22	RL-QC/0	3:00.55
2	Helberg, Hunter SM13	15	FMSC-AB/0	2:46.40
3	Arndt, Caleb SM13	17	NEW-ON/0	2:41.83
4	Plamondon, Nicolas SM	21	CNQ-QC/3,5,12,+	2:40.36
5	Pereira, Joshua SM14	21	PSSC-MB/0	2:40.38
6	Cowan, Felix Thomas SM	16	SAMAK-QC/A,12,+	2:46.38
7	Scott, Nicholas SM10	16	OYO-ON/A,12,+	2:47.03
8				

**Heat 3 of 3 Prelims**

1	Zona, Zach SM8	20	NHAC-ON/3,5,12,+	2:38.90
2	Vachon, Philippe SM9	23	MEGO-QC/A,12,+	2:34.03
3	Turbide, Nicolas-Guy SM	22	CNQ-QC/T	2:17.89
4	Elliot, Alexander SM10	23	UL-QC/3,5,12,+	2:14.61
5	Bennett, Nicholas SM14	15	RAC-BC/0	2:17.37
6	Bissett, Connor SM14	19	OSC-AB/0	2:30.15
7	Canney, Jesse SM14	23	FAST-NB/0	2:35.85
8	Chambers, Cameron SM	22	KWIC-BC/0	2:40.25

**Event 39 Women 11 & Over 150 LC Meter 150m IM para Mu**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Prelims**

1				
2	Van Wyck-Smart, Aly SM	16	VVAC-ON/A,E,3,5,12	4:50.33
3	Cunnington, Tammy SM	43	RDCSC-AB/A,Y,1,2,4,12	3:43.14
4	Ens, Nikita SM3	30	LASER-SK/A,12	4:38.50
5				
6				
7	Boutin-Cote, Etienne SM	15	CNQ-QC/A,1,2,4,12,+	4:17.34
8				

**Event 41 Women 50 LC Meter Backstroke**

Canadian: 27.64 26/07/2017 Kylie Masse

Meet Qualifying: 30.86

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims**

1				
2				
3	Barnes, Madysen	17	UMAN-MB	30.83
4	Pengilly, Georgia	17	KWIC-BC	30.72
5	Van Herk, Shania	22	BLN-ON	30.76
6	Bath, Angelica	16	CHENA-BC	30.85
7				
8				

**Heat 2 of 4 Prelims**

1	Fournier, Sarah	23	CNQ-QC	30.40
2	Wright, Lauren	16	ESWIM-ON	29.99
3	Varga, Ella	15	CASC-AB	29.71
4	Arcand, Alicia	18	NN-QC	29.45
5	Butler, Alexandra	17	CASC-AB	29.58
6	Laliberté, Olivia	17	NN-QC	29.86
7	Gagné, Mélanie	20	RED-QC	30.33
8	Goldin, Sadie	15	RAMAC-ON	30.69

**Heat 3 of 4 Prelims**

1	Masselink, Thea	14	ISC-BC	30.37
2	Douthwright, Brooklyn	16	CVAC-NB	29.92
3	Zavaros, Rosie	19	OAK-ON	29.68
4	Danyluk, Daphné	20	NN-QC	28.89
5	Rathwell, Regan	15	GO-ON	29.55
6	Edwards, Hana	16	UVPCS-BC	29.75
7	Lafontaine-Giguère, Flo	18	NN-QC	30.17
8	Hartvikson, Sophia	16	WVOSC-BC	30.57





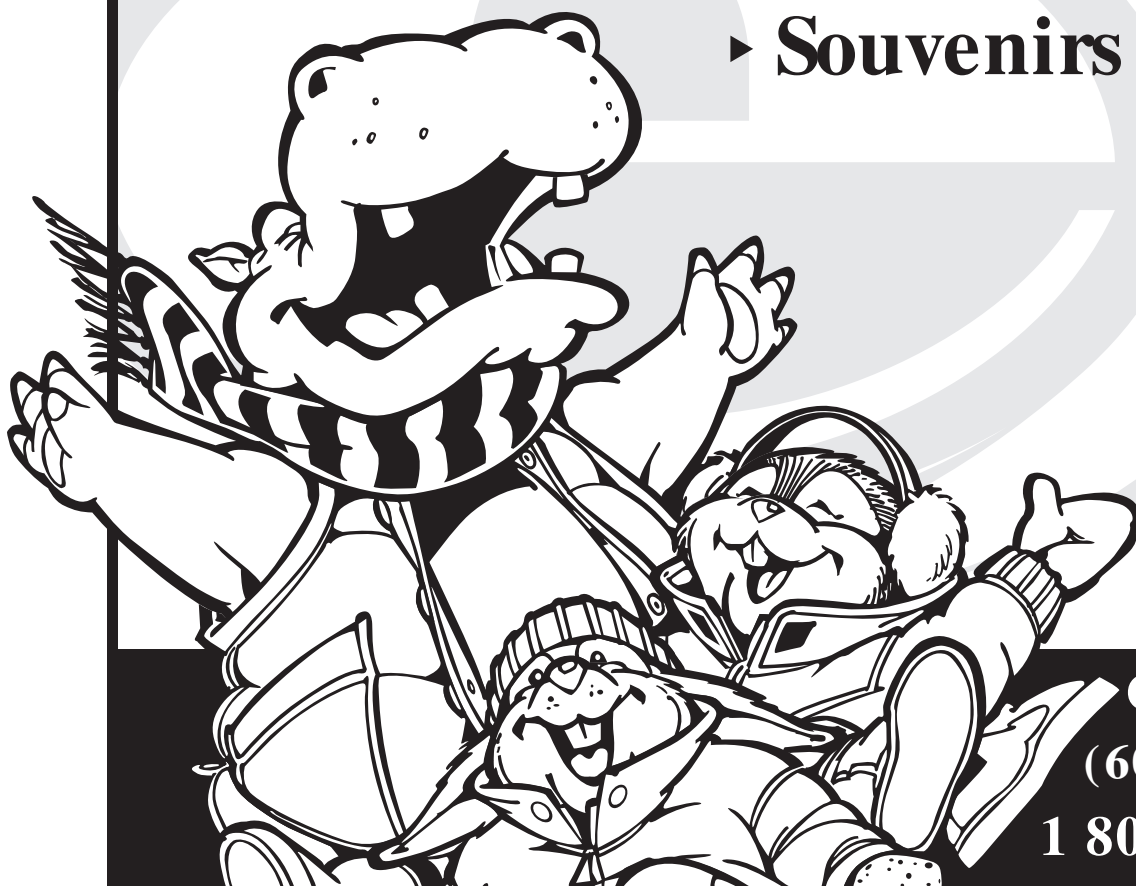
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**2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019**

Sanction #: 34116

**Meet Program - Day 3 Prelims****Heat 4 Prelims (#41 Women 50 LC Meter Backstroke)**

1	Kary, Raili	17	SSAT-ON	30.33
2	Scholes, Dylan	15	OAK-ON	29.90
3	Kelly, Payton	15	CASC-AB	29.61
4	Hannah, Jade	17	ISC-BC	28.24
5	Minnes, Asia	16	NN-QC	29.55
6	Janvier, Aela	19	PCSC-QC	29.71
7	Kovaluk, Eva	15	NN-QC	30.11
8	Kolaric, Ana	19	UCSC-AB	30.42

**Event 42 Men 50 LC Meter Backstroke**

Canadian: 25.13 29/07/2017 Javier Acevedo (17-07-29),

Meet Qualifying: 27.90

Lane Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims**

1				
2				
3	Mckervill, Padric	18	UVPCS-BC	27.90
4	El Bos, Wassim	21	ELITE-QC	27.81
5	Ketelaars, Kail	18	EKSC-AB	27.85
6				
7				
8				

**Heat 2 of 4 Prelims**

1	Cyr, Mathieu	16	CASC-AB	27.69
2	Tierney, Blake	17	GOLD-SK	27.36
3	Lafontaine-Giguère, Th	20	NN-QC	26.75
4	Somerset, Sebastian	18	CASC-AB	25.96
5	St-Martin, Loïc	19	CAMO-QC	26.38
6	Alexander, Christopher	19	LASC-AB	27.07
7	Dufresne, Jean-Philippe	20	UL-QC	27.52
8				

**Heat 3 of 4 Prelims**

1	Turbide, Nicolas-Guy	22	CNQ-QC	27.67
2	Tomic, Luka	20	ESWIM-ON	27.27
3	Marois, William	20	CHENA-BC	26.74
4	Pratt, Cole	16	CASC-AB	25.87
5	Wall, Tyler	18	KISU-BC	26.21
6	Rambo, Jacob	17	UVPCS-BC	26.94
7	Smyth, Conor	17	AAC-ON	27.41
8	Brough, Mitchell	17	ROD-SK	27.76

**Heat 4 of 4 Prelims**

1	Duke, Nicolas	21	CHENA-BC	27.66
2	Jensen, Ryan	19	ROD-SK	27.15
3	De Pol, Tayden	16	NRST-BC	26.40
4	Zeng, Tim	21	CHENA-BC	25.68
5	Cruz Zuniga, Guillermo	19	CAMO-QC	26.20
6	Bernard, Graysen	17	TSC-ON	26.90
7	Gerlach, Daniel	20	UCSC-AB	27.40
8	Castillo, Sebastian	18	UCSC-AB	27.71

**Event 43 Women 11 & Over 50 LC Meter 50m Back para Mul**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 1 Prelims**

1	Van Wyck-Smart, Aly S2	16	VVAC-ON/A,E,3,5,12	1:19.31
2	Cunnington, Tammy S4	43	RDCSC-AB/A,Y,1,2,4,12	1:09.18
3	Brisson, Anne-Frédé S8	19	CNQ-QC/A,3,4,12,+	X47.95
4	Newkirk, Shelby S7	23	LASER-SK/A,3,4,12,+	X37.63
5	Tovizi, Michelle S7	19	NYAC-ON/A,12	X47.68
6	Soliman, Myriam S6	20	MUST-QC/A,1,3,4,12,+	X52.31
7	Ens, Nikita S3	30	LASER-SK/A,12	1:17.64
8				

**Event 44 Men 11 & Over 50 LC Meter 50m Back para Multi-C**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 1 Prelims**

1				
2	Boutin-Cote, Etienne S4	15	CNQ-QC/A,1,2,4,12,+	1:07.68
3	Jacob, Tyson S5	15	LLOU-QC/A,1,2,4,12,+	52.30
4	Miller, Matt S10	18	SEALS-MB/A,12,+	X36.26
5	Boufekane, Hicham S8	20	CNSH-QC/A,3,4,12,+	X37.64
6	Dieleman, Jonathan S5	34	BVOSC-BC/A,12	56.90
7	Brayshaw, Jacob S2	16	KISU-BC/A,7,12,+	1:58.35
8				

**Event 45 Women 100 LC Meter Butterfly**

Canadian: 55.83 25/07/2019 Margaret Macneil

Meet Qualifying: 1:03.81

Lane Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims**

1				
2				
3	Barnes, Madysen	17	UMAN-MB	1:03.75
4	DeCoteau, Alice	18	ROD-SK	1:03.40
5	Brathwaite, Katrina	19	PCSC-QC	1:03.49
6				
7				
8				

**Heat 2 of 4 Prelims**

1	Anderson, Sarah	18	CNBO-NB	1:03.12
2	Wright, Lauren	16	ESWIM-ON	1:02.32
3	Lapointe, Marie-lou	24	CASE-QC	1:01.84
4	Sasseville, Genevieve	16	CYPS-ON	1:00.17
5	Dahmen, Jeanne	16	PCSC-QC	1:01.56
6	Cigna, Frédérique	21	CAMO-QC	1:01.93
7	Forrester, Katie	15	OAK-ON	1:02.90
8				



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

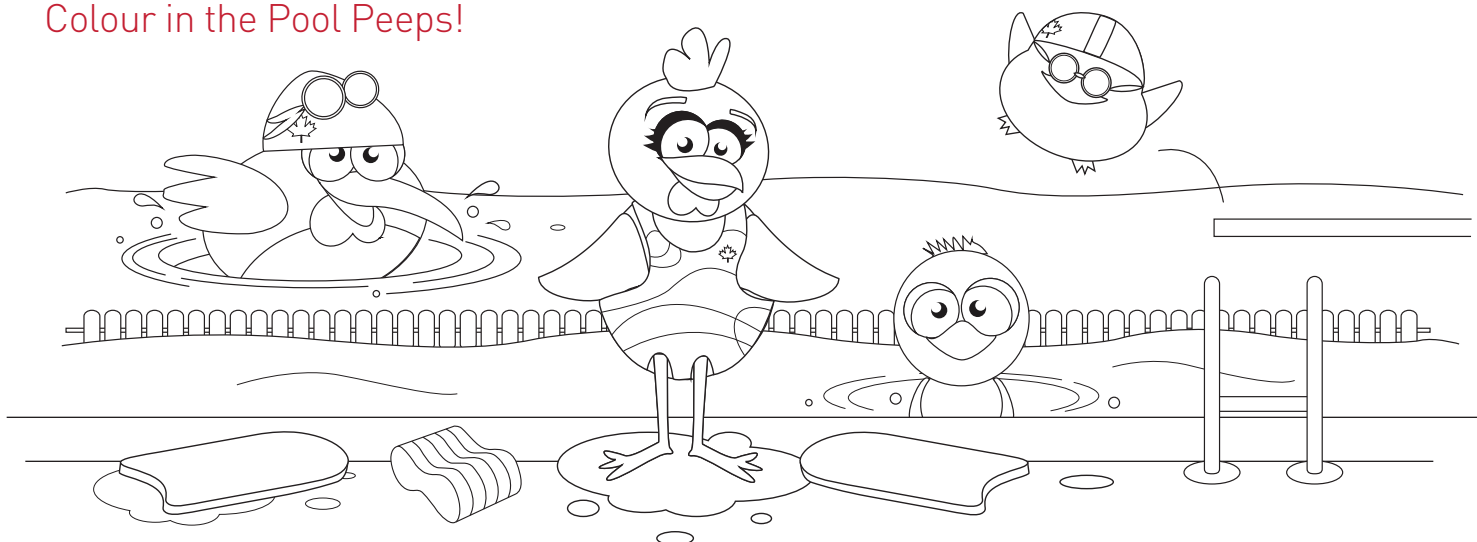
### Ingredients:

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 3 Prelims

## Heat 3 Prelims (#45 Women 100 LC Meter Butterfly)

1	Danyluk, Daphné	20	NN-QC	1:03.10
2	McMillan, Ashley	15	KISU-BC	1:02.24
3	Willar, Lora	16	PCSC-QC	1:01.78
4	Watson, Sarah	18	UMAN-MB	59.56
5	Carruthers, Caroline	17	ESWIM-ON	1:01.05
6	Arcand, Alicia	18	NN-QC	1:01.90
7	Brodie-Foy, Honor	17	TSC-ON	1:02.87
8	Herbert, Bailey	16	LOSC-BC	1:03.21

## Heat 4 of 4 Prelims

1	Vézina, Florence	16	ELITE-QC	1:02.95
2	Chaput, Oksana	15	MANTA-MB	1:02.09
3	Hussey, Stephanie	20	PCSC-QC	1:01.60
4	Genich, Hannah	20	TSC-ON	59.33
5	Douglas, Kirsten	20	UBCSC-BC	1:00.74
6	Douthwright, Brooklyn	16	CVAC-NB	1:01.90
7	Jacques, Madisen	13	HYACK-BC	1:02.33
8	Varga, Ella	15	CASC-AB	1:03.17

## Event 46 Men 100 LC Meter Butterfly

Canadian: 51.83 11/08/2016 Santo Condorelli

Meet Qualifying: 56.96

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 4 Prelims

1				
2				
3	Duke, Nicolas	21	CHENA-BC	56.84
4	Sosnovik, Danylo	19	PCSC-QC	56.57
5	Hussey, Patrick	18	PCSC-QC	56.84
6				
7				
8				

## Heat 2 of 4 Prelims

1	Lafontaine-Giguère, Th	20	NN-QC	56.43
2	Goin, Emil	20	PCSC-QC	55.94
3	Blair, Sterlyng	17	EKSC-AB	55.43
4	Dans, Matthew	24	TSC-ON	53.81
5	Flowers, Mackenzie	20	EKSC-AB	54.66
6	Nitski, Osvald	21	OAK-ON	55.60
7	Przyswitt, Kier	17	EKSC-AB	56.24
8				

## Heat 3 of 4 Prelims

1	Marcoux, Raphael	21	UL-QC	56.42
2	Fournier, Maxime	20	NN-QC	55.89
3	Ogilvie, Keir	16	UVPCS-BC	54.68
4	Daly, Owen	24	CAMO-QC	53.61
5	Gaziev, Ruslan	19	MANTA-MB	54.61
6	Shi, Simon	21	MSSAC-ON	55.54
7	Marcoux, Philippe	20	UL-QC	56.14
8				

## Heat 4 of 4 Prelims

1	Sava, Michael Andrew	16	RAMAC-ON	56.31
2	Yang, Ray	18	ESWIM-ON	55.83
3	Cruz Zuniga, Guillermo	19	CAMO-QC	54.67
4	Perreault, Alexandre	20	OTTSC-ON	53.37
5	Champagne, Montana	22	GO-ON	54.22
6	Tejada, Gabriel	18	OTTSC-ON	55.53
7	Fernando, Dillon	16	RAMAC-ON	56.01
8	Millette, Charles	18	PCSC-QC	56.51

## Event 47 Women 11 &amp; Over 100 LC Meter 100m Fly para Mu

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 2 Prelims

1				
2				
3	Nault, Tatiana S8	13	CNBF-QC/A,3,5,12,+	2:02.37
4	Roxon, Katarina S9	26	AASC-ON/1,3,5	1:23.21
5	Quillan, Natasha Sexton	35	SWAT-NS/4	1:40.19
6				
7				
8				

## Heat 2 of 2 Prelims

1	Henault, Miori S14	24	CASE-QC/0	1:21.63
2	Van Dyk, EmmaGrace S	16	GCAC-ON/0	1:20.44
3	Morrier, Justine S14	22	CNHR-QC/0	1:13.89
4	Ryan, Samantha S10	20	NN-QC/12,+	1:09.27
5	Marina, Angela S14	20	BRANT-ON/0	1:10.90
6	Dorris, Danielle S8	16	CNBO-NB/A,Y,3,5	1:18.20
7	Bird, Morgan S8	25	CASC-AB/A,3,5,12,+	1:21.00
8	Morey, Peyton S10	15	CASC-AB/12,+	1:21.94

## Event 48 Men 11 &amp; Over 100 LC Meter 100m Fly para Multi-

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 2 Prelims

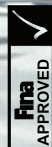
1				
2	Schweigl, Nichola S14	20	HHBF-ON/0	1:19.21
3	Miller, Matt S10	18	SEALS-MB/A,12,+	1:17.10
4	Pereira, Joshua S14	21	PSSC-MB/0	1:14.05
5	Cowan, Felix Thomas S	16	SAMAK-QC/A,12,+	1:14.65
6	Scott, Nicholas S10	16	OYO-ON/A,12,+	1:18.94
7				
8				

## Heat 2 of 2 Prelims

1	Chambers, Cameron S1	22	KWIC-BC/0	1:12.66
2	Canney, Jesse S14	23	FAST-NB/0	1:10.69
3	Vachon, Philippe S9	23	MEGO-QC/A,12,+	1:06.39
4	Bennett, Nicholas S14	15	RAC-BC/0	1:03.71
5	Bissett, Connor S14	19	OSC-AB/0	1:05.26
6	Plamondon, Nicolas S9	21	CNQ-QC/3,5,12,+	1:10.52
7	Helberg, Hunter S13	15	FMSC-AB/0	1:11.80
8	Arndt, Caleb S13	17	NEW-ON/0	1:13.51

# LA NOUVELLE GÉNÉRATION DE VITESSE

**KYLIE MASSE**  
MEDAILLÉE CHAMPIONNE  
DU MONDE OLYMPIQUE



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

Sanction #: 34116

## Meet Program - Day 3 Prelims

**Event 49 Women 400 LC Meter Freestyle**

Canadian: 4:03.43 07/08/2016 Brittany MacLean

Meet Qualifying: 4:28.98

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims**

1				
2				
3	Shemilt, Sydney	15	OAK-ON	4:28.90
4	Marginean, Emily	22	WEST-ON	4:28.45
5	Rerie, Payton	14	SEALS-MB	4:28.78
6				
7				
8				

**Heat 2 of 4 Prelims**

1	Davidson, Rosalie	19	NN-QC	4:28.38
2	Dunn, Gabrielle	15	EKSC-AB	4:27.70
3	Hussey, Stephanie	20	PCSC-QC	4:27.58
4	Liang, Christey	14	EKSC-AB	4:27.06
5	Corson, Sarah	18	UCSC-AB	4:27.08
6	Willar, Megan	15	PCSC-QC	4:27.59
7	Scott Bouris, Naeva	14	UVPCS-BC	4:27.73
8				

**Heat 3 of 4 Prelims**

1	Carson, Megan Austine	17	UNCAN	4:26.11
2	Sullivan, Kate	16	WD-ON	4:22.53
3	Ross, Kyla	17	ISC-BC	4:19.67
4	Anderson, Marit	19	UCSC-AB	4:14.66
5	Demers, Daphné	21	CAMO-QC	4:18.62
6	McCloy, Allison	20	UCSC-AB	4:21.28
7	Vézina, Florence	16	ELITE-QC	4:25.17
8	Dunford, Abby	13	UNCA2	4:26.58

**Heat 4 of 4 Prelims**

1	Krueger, Anja	16	MANTA-MB	4:25.50
2	McIntosh, Summer	12	ESWIM-ON	4:22.29
3	Smallegange, Kenna	16	BAD-ON	4:19.42
4	Goss, Kennedy	22	GGST-ON	4:12.36
5	Bellio, Katrina	15	ESWIM-ON	4:16.70
6	Douthwright, Brooklyn	16	CVAC-NB	4:20.86
7	Rendall, Kate	19	UCSC-AB	4:24.84
8	Lamoureux, Brooke	20	COMOX-BC	4:26.16

**Event 50 Men 400 LC Meter Freestyle**

Canadian: 3:43.46 24/07/2014 Ryan Cochrane

Meet Qualifying: 4:06.18

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims**

1				
2	Kwinter, Charlie	15	ESWIM-ON	4:06.08
3	Versluys, Nathan	18	EKSC-AB	4:05.52
4	Woinoski, Andrew	21	SFA-BC	4:05.12
5	Robins, Philippe	17	PCSC-QC	4:05.43
6	Sosnovik, Danylo	19	PCSC-QC	4:05.93
7				
8				

**Heat 2 of 3 Prelims**

1	Antifaoff, Micheal	18	EKSC-AB	4:04.19
2	Simard, Pierre-Adrien	23	UL-QC	4:01.77
3	Murdock, Cale	21	UVPCS-BC	3:59.33
4	Beaudin-Bolduc, Natha	20	UL-QC	3:54.07
5	Neri, Parker	20	UNCA3	3:57.37
6	McRae, Ryley	18	KCS-BC	4:00.18
7	Brown, Eric	16	PCSC-QC	4:03.27
8	Bertrand, Louis	17	GO-ON	4:04.63

**Heat 3 of 3 Prelims**

1	Lim, Dmitriy	18	UBCSC-BC	4:03.33
2	Bélanger, Samuel	22	UL-QC	4:01.53
3	Friesen, Ian	16	CW-ON	3:58.78
4	Brothers, Peter	22	UCSC-AB	3:53.20
5	Hussey, Patrick	18	PCSC-QC	3:56.53
6	Axon, Alexander	16	MANTA-MB	3:59.62
7	Li, Stanford	17	PCSC-QC	4:01.87
8	Hunger, Maximilian	18	PCSC-QC	4:04.56

**Event 51 Women 400 LC Meter Freestyle Relay**

Canadian: 3:42.76 30/07/2010 CNPPO

V. Poon, H. Riordan, B. Jardin, G. Saumur

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Prelims**

1			
2	OAK-ON	B	NT
3	UCSC-AB	A	3:55.75
4	OAK-ON	A	3:50.67
5	UMAN-MB	A	3:54.61
6	UVPCS-BC	A	4:03.07
7			
8			



# VICHY

LABORATOIRES

JOUEZ EN  
**SÉCURITÉ**  
AU **SOLEIL**



**IDÉAL  
SOLEIL**  
**SPORT**



RÉSISTANT À  
L'EAU ET À LA  
TRANSPIRATION



APPLICATION  
PEAU MOUILLÉE  
OU SÈCHE

LA CRÈME SOLAIRE OFFICIELLE DE



**SWIMMING  
CANADA  
NATATION**



**PENNY OLEKSIK**  
AMBASSADRIE D'IDÉAL SOLEIL



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

Sanction #: 34116

## Meet Program - Day 3 Prelims

**Heat 2 Prelims (#51 Women 400 LC Meter Freestyle Relay)**

1			
2	PCSC-QC	B	4:03.48
3	PCSC-QC	A	3:55.36
4	NN-QC	A	3:49.38
5	EKSC-AB	A	3:52.72
6	NN-QC	B	3:59.48
7			
8			

**Event 52 Men 400 LC Meter Freestyle Relay**

Canadian: 3:19.65 18/07/2008 UBCD

B. Hayden, B. Johns, S. Dickens, R. Biskupski

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Prelims**

1			
2			
3	UVPCS-BC	A	3:35.53
4	NN-QC	A	3:27.04
5	PCSC-QC	A	3:28.96
6	PCSC-QC	B	3:41.53
7			
8			

**Heat 2 of 2 Prelims**

1			
2	ELITE-QC	A	3:41.61
3	EKSC-AB	A	3:32.65
4	CAMO-QC	A	3:22.64
5	UL-QC	A	3:28.38
6	OAK-ON	A	3:40.20
7			
8			





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

Saturday, August 10, 2019

FINALS Session - Day 3

Clear Pool: 5:15

Officials move to on-deck positions	5:20 pm			
<b>O Canada &amp; Introduction: Referees &amp; Starters</b>	<b>5:24 pm</b>	<b>Intro.</b>	<b>Start</b>	<b>Finish</b>
Event 35 – 200m IM (W) B Final			5:30	5:32
Event 35 – 200m IM (W) A Final		5:33	5:34	5:36
Event 36 – 200m IM (M) B Final			5:37	5:39
<i>Awards: 200m IM (W)</i>			<b>5:40</b>	<b>5:42</b>
Event 36 – 200m IM (M) A Final		5:42	5:43	5:45
Event 37 – 200m IM (W) Para A Final		5:46	5:48	5:51
Event 38 – 200m IM (M) Para A Final		5:52	5:54	5:57
<i>Awards: 200m IM (M)</i>			<b>5:58</b>	<b>6:00</b>
*** Move Timers to the Turn end for Finish ***	BK Ledges in			
*** Deadline for Prelims. scratches 6:00 pm. ***	re:Sun.Prelims			
Event 39 – 150m IM (W) Para A Final		6:02	6:03	6:06
Event 41 – 50m Backstroke (W) B Final			6:07	6:08
Event 41 – 50m Backstroke (W) A Final		6:08	6:09	6:10
Event 42 – 50m Backstroke (M) B Final			6:11	6:12
<i>Awards: 50m Backstroke (W)</i>			<b>6:08</b>	<b>6:10</b>
Event 42 – 50m Backstroke (M) A Final		6:10	6:11	6:12
Event 43 – 50m Backstroke (W) Para A Final		6:12	6:14	6:15
<i>Awards: 50m Backstroke (M)</i>			<b>6:15</b>	<b>6:17</b>
Event 44 – 50m Backstroke (M) Para A Final		6:17	6:19	6:20
*** Move Timers back to Start end for Finish ***	BK Ledges out			
Event 45 – 100m Butterfly (W) B Final			6:23	6:24
Event 45 – 100m Butterfly (W) A Final		6:25	6:26	6:27
Event 46 – 100m Butterfly (M) B Final			6:28	6:29
<i>Awards: 100m Butterfly (W)</i>			<b>6:30</b>	<b>6:32</b>
<i>Awards: 50m Backstroke (W) Para</i>			<b>6:32</b>	<b>6:34</b>
<i>Awards: 50m Backstroke (M) Para</i>			<b>6:35</b>	<b>6:37</b>
Event 46 – 100m Butterfly (M) A Final		6:37	6:38	6:39
Event 47 – 100m Butterfly (W) Para A Final		6:40	6:42	6:44
Event 48 – 100m Butterfly (M) Para A Final		6:44	6:46	6:48
<i>Awards: 100m Backstroke (M)</i>			<b>6:48</b>	<b>6:50</b>
Event 49 – 400m Freestyle (W) B Final			6:51	6:55
Event 49 – 400m Freestyle (W) A Final		6:56	6:57	7:01
Event 50 – 400m Freestyle (M) B Final			7:02	7:06
<i>Awards: 100m Butterfly (W) Para</i>			<b>7:07</b>	<b>7:09</b>
<i>Awards: 100m Butterfly (M) Para</i>			<b>7:10</b>	<b>7:12</b>
<i>Awards: 400m Freestyle (W)</i>			<b>7:12</b>	<b>7:14</b>
Event 50 – 400m Freestyle (M) A Final		7:14	7:15	7:19
<i>Awards: 400m Freestyle (M)</i>			<b>7:20</b>	<b>7:22</b>
Event 51 – 400m Freestyle Relay (W) A Final		7:23	7:25	7:29
Event 52 – 400m Freestyle Relay (M) A Final		7:30	7:32	7:36
<i>Awards: 400m Freestyle Relay (W)</i>			<b>7:37</b>	<b>7:39</b>
<i>Awards: 400m Freestyle Relay (M)</i>			<b>7:40</b>	<b>7:42</b>
Officials leave the Deck				<b>7:43</b>