

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

Session: 10 Day 4 Prelims

Day of Meet: 4 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	53 Women 100 Freestyle	28	4	09:30 AM	_____
Prelims	54 Men 100 Freestyle	30	4	09:37 AM	_____
Prelims	55 Women 11 & Over 100 100m Free para Mult	21	3	09:44 AM	_____
Prelims	56 Men 11 & Over 100 100m Free para Multi-Cl	18	3	09:54 AM	_____
Prelims	57 Women 200 Butterfly	21	3	10:01 AM	_____
Prelims	58 Men 200 Butterfly	24	3	10:11 AM	_____
Prelims	59 Women 100 Breaststroke	29	4	10:19 AM	_____
Prelims	60 Men 100 Breaststroke	13	2	10:27 AM	_____
Prelims	61 Women 11 & Over 100 100m Breast para Mu	17	3	10:31 AM	_____
Prelims	62 Men 11 & Over 100 100m Breast para Multi-Cl	18	3	10:40 AM	_____
Prelims	63 Women 400 Medley Relay	11	2	10:49 AM	_____
Prelims	64 Men 400 Medley Relay	12	2	10:59 AM	_____
Finals-S	65 Women 1500 Freestyle	21	3	11:09 AM	_____
Finals-S	66 Men 800 Freestyle	22	3	12:05 PM	_____
	Swimmers Counts for Warm-ups: 256	=====	=====		
	Entry / Heat Totals:	285	42		
	Finish Time			12:34 PM	_____



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

Sanction #: 34116

Meet Program - Day 4 Prelims

Event 53 Women 100 LC Meter Freestyle

Canadian: 52.70 11/08/2016 Penny Oleksiak

Meet Qualifying: 58.31

Lane Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1			
2			
3	Rendall, Kate	19 UCSC-AB	58.12
4	Moulson, Sara	16 OAK-ON	58.08
5	Bender, Quincy	16 HST-BC	58.10
6	Willar, Megan	15 PCSC-QC	58.29
7			
8			

Heat 2 of 4 Prelims

1	Rathwell, Regan	15 GO-ON	57.99
2	Liang, Christey	14 EKSC-AB	57.40
3	Watson, Sarah	18 UMAN-MB	56.72
4	Douthwright, Brooklyn	16 CVAC-NB	56.10
5	Dandois-Samson, Rapha	17 NN-QC	56.59
6	Sasseville, Genevieve	16 CYPSC-ON	57.31
7	McMillan, Ashley	15 KISU-BC	57.90
8	Pauletto, Jillian	20 PCSC-QC	58.08

Heat 3 of 4 Prelims

1	Vander Leek, Teagan	15 EKSC-AB	57.95
2	Chaput, Oksana	15 MANTA-MB	57.38
3	Mainville, Ariane	25 CAMO-QC	56.69
4	Lemieux, Roxane	28 NN-QC	56.04
5	Beauchemin, Charlotte	22 CAMO-QC	56.58
6	Daley, Elan	14 ESWIM-ON	57.20
7	Wiseman, Avery	17 OSC-AB	57.82
8	Brodie-Foy, Honor	17 TSC-ON	58.00

Heat 4 of 4 Prelims

1	Kolaric, Ana	19 UCSC-AB	57.95
2	Mao, Xiaoran	18 ESWIM-ON	57.38
3	Cigna, Frédérique	21 CAMO-QC	56.68
4	McMurray, Ainsley	19 CSLA-QC	55.85
5	O'Croinin, Emma	16 EKSC-AB	56.45
6	Scholes, Dylan	15 OAK-ON	57.20
7	Godon, Sara	18 NG-QC	57.46
8	Leckie, Aysia	20 OAK-ON	57.99

Event 54 Men 100 LC Meter Freestyle

Canadian: 47.27 30/07/2009 Brent Hayden

Meet Qualifying: 52.60

Lane Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1			
2	Dufresne, Jean-Philippe	20 UL-QC	52.47
3	Perreault, Alexandre	20 OTTSC-ON	52.26
4	Brough, Mitchell	17 ROD-SK	52.21
5	Bertrand, Louis	17 GO-ON	52.22
6	Lafontaine-Giguère, Th	20 NN-QC	52.32
7	Bougie, Spencer	25 PCSC-QC	52.60
8			

Heat 2 of 4 Prelims

1	Somerset, Sebastian	18 CASC-AB	52.03
2	Hunger, Maximilian	18 PCSC-QC	51.65
3	Neri, Parker	20 UNCA3	51.27
4	LeBuke, James	17 CSSSC-BC	50.47
5	Bernard-Lalonde, Antoi	23 CAMO-QC	50.82
6	Ionescoux-Tremblay, M	19 CAMO-QC	51.50
7	Zeng, Tim	21 CHENA-BC	51.81
8	Murdock, Cale	21 UVPCS-BC	52.19

Heat 3 of 4 Prelims

1	Tomic, Luka	20 ESWIM-ON	52.00
2	Fullum-Huot, Edouard	16 NN-QC	51.64
3	Cumby, Noah	19 SJL-NL	51.25
4	Daly, Owen	24 CAMO-QC	49.67
5	Marcoux, Philippe	20 UL-QC	50.77
6	Wall, Tyler	18 KISU-BC	51.37
7	Bélanger, Samuel	22 UL-QC	51.80
8	Baker, Justin	17 NYAC-ON	52.09

Heat 4 of 4 Prelims

1	Przysswitt, Kier	17 EKSC-AB	51.96
2	Palaschuk, Brian	21 ROD-SK	51.54
3	Pratt, Cole	16 CASC-AB	51.07
4	Gaziev, Ruslan	19 MANTA-MB	49.56
5	Cruz Zuniga, Guillermo	19 CAMO-QC	50.65
6	Laperle, Vincent	21 NN-QC	51.36
7	Godolphin, Bernard	19 NN-QC	51.72
8	Smith, Everett	18 SLSC-ON	52.06





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

Sanction #: 34116

Meet Program - Day 4 Prelims

Event 55 Women 11 & Over 100 LC Meter 100m Free para N

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Van Wyck-Smart, Aly S2	16	VVAC-ON/A,E,3,5,12	2:43.59
2	Soliman, Myriam S6	20	MUST-QC/A,1,3,4,12,+	X1:29.86
3	Duchesne, Sabrina S7	18	UL-QC/A,12,+	1:15.32
4	Henault, Miori S14	24	CASE-QC/0	1:07.85
5	Van Dyk, EmmaGrace S	16	GCAC-ON/0	1:11.71
6	Nault, Tatiana S8	13	CNBF-QC/A,3,5,12,+	X1:25.28
7	Tinney, Jessica S6	19	KYPS-ON/A,3,4,12	X1:43.76
8				

Heat 2 of 3 Prelims

1	Ens, Nikita S3	30	LASER-SK/A,12	2:39.97
2	Brisson, Anne-Frédé S8	19	CNQ-QC/A,3,4,12,+	X1:28.35
3	Newkirk, Shelby S7	23	LASER-SK/A,3,4,12,+	1:14.62
4	Roxon, Katarina S9	26	AASC-ON/1,3,5	1:06.20
5	Bird, Morgan S8	25	CASC-AB/A,3,5,12,+	X1:09.76
6	Dorris, Danielle S8	16	CNBO-NB/A,Y,3,5	X1:21.17
7	Tovizi, Michelle S7	19	NYAC-ON/A,12	1:33.87
8				

Heat 3 of 3 Prelims

1	Paré, Clémence S5	16	MUST-QC/A,Y,3,5,7,12,+	2:09.29
2	Labelle, Mathilde S9	16	MUST-QC/A,12,+	1:27.15
3	Quillan, Natasha Sexton	35	SWAT-NS/4	1:12.77
4	Rivard, Aurélie S10	23	UL-QC/3,5	59.45
5	Morey, Peyton S10	15	CASC-AB/12,+	1:09.70
6	Stevens, Ruby S14	16	VVAC-ON/A	1:19.52
7	Cloetta, Colleen S8	14	PCSC-QC/12,+	X1:33.03
8				

Event 56 Men 11 & Over 100 LC Meter 100m Free para Multi

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1				
2	Martel, Gabriel S12	17	BBF-QC/T	1:10.71
3	Helberg, Hunter S13	15	FMSC-AB/0	X1:04.14
4	Bissett, Connor S14	19	OSC-AB/0	X57.60
5	Chambers, Cameron S1	22	KWIC-BC/0	X1:03.56
6	Cowan, Felix Thomas S	16	SAMAK-QC/A,12,+	X1:06.79
7	Boutin-Cote, Etienne S4	15	CNQ-QC/A,1,2,4,12,+	2:09.56
8				

Heat 2 of 3 Prelims

1				
2	Boufekane, Hicham S8	20	CNSH-QC/A,3,4,12,+	X1:08.69
3	Pereira, Joshua S14	21	PSSC-MB/0	X1:04.13
4	Turbide, Nicolas-Guy S1	22	CNQ-QC/T	X56.83
5	Arndt, Caleb S13	17	NEW-ON/0	X1:02.49
6	Miller, Matt S10	18	SEALS-MB/A,12,+	1:06.31
7	Jacob, Tyson S5	15	LLOU-QC/A,1,2,4,12,+	1:49.97
8				

Heat 3 of 3 Prelims

1				
2	Scott, Nicholas S10	16	OYO-ON/A,12,+	1:06.84
3	Plamondon, Nicolas S9	21	CNQ-QC/3,5,12,+	X1:03.65
4	Bennett, Nicholas S14	15	RAC-BC/0	X55.56
5	Macdonald, Tyson S14	22	WRMS-ON/0	X57.71
6	Zona, Zach S8	20	NHAC-ON/3,5,12,+	X1:04.40
7	Brunelle, Cédrik S14	22	RL-QC/0	X1:14.48
8				

Event 57 Women 200 LC Meter Butterfly

Canadian: 2:05.95 30/07/2009 Audrey Lacroix

Meet Qualifying: 2:22.01

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Burnett, Devon	14	ESWIM-ON	2:21.93
2	Ross, Kyla	17	ISC-BC	2:19.49
3	Hussey, Stephanie	20	PCSC-QC	2:17.19
4	Willar, Lora	16	PCSC-QC	2:15.13
5	Sasseville, Genevieve	16	CYPS-ON	2:16.67
6	Forrester, Katie	15	OAK-ON	2:18.77
7	Carruthers, Caroline	17	ESWIM-ON	2:20.62
8				

Heat 2 of 3 Prelims

1	Bottrill, Mia	22	HYACK-BC	2:21.37
2	Jacques, Madisen	13	HYACK-BC	2:19.13
3	Rendall, Kate	19	UCSC-AB	2:17.10
4	Genich, Hannah	20	TSC-ON	2:13.39
5	Douglas, Kirsten	20	UBCSC-BC	2:16.16
6	Danyluk, Daphné	20	NN-QC	2:18.49
7	Dahmen, Jeanne	16	PCSC-QC	2:19.83
8				

Heat 3 of 3 Prelims

1	Dean, Rebecca	17	ROD-SK	2:20.89
2	Sava, Helen Anne	13	RAMAC-ON	2:18.94
3	Vézina, Florence	16	ELITE-QC	2:17.00
4	Zavaros, Mabel	19	OAK-ON	2:12.20
5	McIntosh, Summer	12	ESWIM-ON	2:15.15
6	Arcand, Alicia	18	NN-QC	2:17.92
7	Shemilt, Jorja	15	OAK-ON	2:19.50
8				



Canada

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

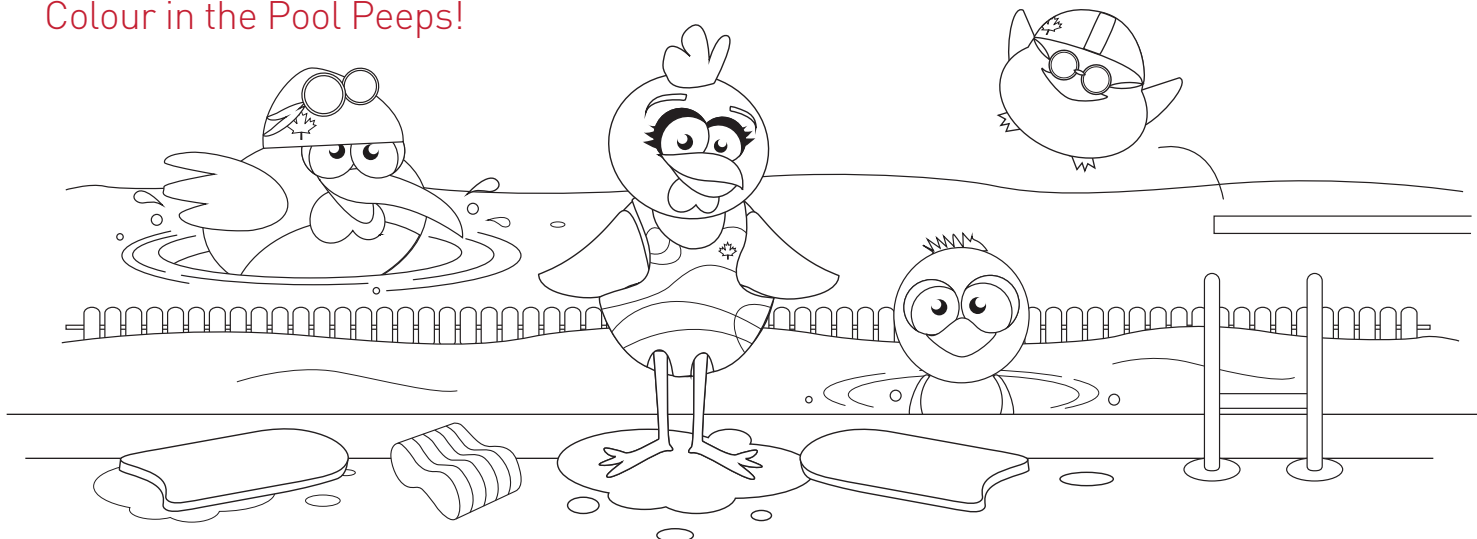
Ingredients:

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 4 Prelims

Event 58 Men 200 LC Meter Butterfly

Canadian: 1:56.27 10/08/2018 Mack Darragh

Meet Qualifying: 2:08.07

Lane Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Beaudin-Bolduc, Natha	20	UL-QC	2:07.80
2	Desjarlais, Liam	23	NN-QC	2:05.71
3	Duke, Nicolas	21	CHENA-BC	2:03.72
4	Nitski, Osvald	21	OAK-ON	2:01.94
5	Sosnovik, Danylo	19	PCSC-QC	2:03.32
6	Vanherk, Brendan	19	BLEN-ON	2:04.40
7	Fotherby, Justin	15	KISU-BC	2:07.52
8	Gallant, Jacob	16	FAST-NB	2:08.06

Heat 2 of 3 Prelims

1	Alaoui, Akram	16	CAMO-QC	2:07.61
2	Park, Kevin	16	CREST-ON	2:05.21
3	Ogilvie, Keir	16	UVPCS-BC	2:03.61
4	Yang, Ray	18	ESWIM-ON	2:01.60
5	Paquin-Fois, Etienne	21	ELITE-QC	2:03.06
6	Hussey, Patrick	18	PCSC-QC	2:03.99
7	Fournier, Maxime	20	NN-QC	2:07.51
8	Poupart, Xavier	18	DDO-QC	2:07.93

Heat 3 of 3 Prelims

1	McRae, Ryley	18	KCS-BC	2:07.55
2	Goin, Emil	20	PCSC-QC	2:04.42
3	Millette, Charles	18	PCSC-QC	2:03.49
4	Lim, Dmitriy	18	UBCSC-BC	2:01.16
5	Sava, Michael Andrew	16	RAMAC-ON	2:02.11
6	Hill, Robert	23	UCSC-AB	2:03.91
7	Tejada, Gabriel	18	OTTSC-ON	2:06.51
8	Wilkins, Riley	19	OAK-ON	2:07.89

Event 59 Women 100 LC Meter Breaststroke

Canadian: 1:05.74 09/07/2009 Annamay Pierse

Meet Qualifying: 1:14.46

Lane Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1				
2	Currie, Blake	15	VPSC-BC	1:14.40
3	Harper, Elizabeth	16	CASC-AB	1:13.92
4	Lapointe, Marie-lou	24	CASE-QC	1:13.82
5	Stewardson, Hunter	16	CSSSC-BC	1:13.92
6	Vézina, Corinne	14	ELITE-QC	1:14.10
7				
8				

Heat 2 of 4 Prelims

1	Brezovski, Taeghen	16	OSC-AB	1:13.39
2	Starzomski, Olivia	16	SSAT-ON	1:11.87
3	Brathwaite, Katrina	19	PCSC-QC	1:10.92
4	Herbert, Bailey	16	LOSC-BC	1:09.11
5	Stever, Miranda	20	TSC-ON	1:10.57
6	Minnes, Asia	16	NN-QC	1:11.40
7	Hwang, Emma	15	CHENA-BC	1:13.02
8	Czech, Ann-Sophie	20	LMRL-QC	1:13.77

Heat 3 of 4 Prelims

1	Rathwell, Regan	15	GO-ON	1:13.35
2	Pavicevic, Katja	18	TSC-ON	1:11.66
3	Chicoine, Lili	18	NN-QC	1:10.81
4	Nicol, Rachel	26	LASC-AB	1:07.94
5	Carnevale, Sofia	21	ESWIM-ON	1:09.85
6	McCann, Pilar	17	EKSC-AB	1:10.96
7	Banton, Paige	16	SSAT-ON	1:13.01
8	Guan, Xiaoyun	16	CHENA-BC	1:13.75

Heat 4 of 4 Prelims

1	McMillan, Ashley	15	KISU-BC	1:13.24
2	Myburgh, Emma	17	ISC-BC	1:11.54
3	Moore, Elizabeth	18	RDCSC-AB	1:10.77
4	Wog, Kelsey	20	UMAN-MB	1:07.54
5	Wiseman, Avery	17	OSC-AB	1:09.15
6	Crookshanks, Bree	20	ROD-SK	1:10.96
7	Janvier, Aela	19	PCSC-QC	1:12.67
8	Doner, Jordan	18	NEW-ON	1:13.48

Event 60 Men 100 LC Meter Breaststroke

Canadian: 59.85 28/07/2012 Scott Dickens

Meet Qualifying: 1:06.29

Lane Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				
2	Aylward, Graeme	19	MMST-ON	1:04.65
3	Shi, Simon	21	MSSAC-ON	1:04.21
4	Naisby, Jonathan	25	SHER-QC	1:01.87
5	Fitzpatrick, Brendan	16	UVPCS-BC	1:03.61
6	Kamminga, Frederik	20	EKSC-AB	1:04.45
7	Luykenaar, Aiden	16	UCSC-AB	1:06.04
8				

Heat 2 of 2 Prelims

1	LeBuke, James	17	CSSSC-BC	1:06.26
2	Chabi, Anis	20	CAMO-QC	1:04.60
3	Huang, Owen	18	TSC-ON	1:04.02
4	Wall, Eli	24	TSC-ON	1:01.77
5	LeFranc, Jaren	20	KISU-BC	1:03.35
6	Yu, Ruishen	19	UBCSC-BC	1:04.40
7	Hemeon, Brayden	17	GOLD-SK	1:05.76
8				



Canada

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 4 Prelims

Event 61 Women 11 & Over 100 LC Meter 100m Breast para

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1				
2	Cloetta, Colleen SB7	14	PCSC-QC/12,+	1:56.67
3	Dorris, Danielle SB8	16	CNBO-NB/A,Y,3,5	1:42.10
4	Morrier, Justine SB14	22	CNHR-QC/0	1:24.95
5	Routliffe, Tess SB7	20	UL-QC/12,+	1:32.71
6	Henault, Miori SB14	24	CASE-QC/0	1:46.26
7				
8				

Heat 2 of 3 Prelims

1				
2	Nault, Tatiana SB7	13	CNBF-QC/A,3,5,12,+	1:54.00
3	Van Dyk, EmmaGrace SI	16	GCAC-ON/0	1:33.23
4	Roxon, Katarina SB8	26	AASC-ON/1,3,5	1:23.85
5	Tripp, Abi SB7	18	KYPS-ON/A,3,5,12+	1:32.51
6	Stevens, Ruby SB14	16	VVAC-ON/A	1:45.89
7	Tinney, Jessica SB5	19	KYPS-ON/A,3,4,12	2:39.14
8				

Heat 3 of 3 Prelims

1				
2	Kisser, Danielle SB6	22	UL-QC/3,5,12,+	1:47.00
3	Morey, Peyton SB9	15	CASC-AB/12,+	1:32.92
4	Girard, Sarah SB9	21	UL-QC/*4,12,+	1:22.78
5	Marina, Angela SB14	20	BRANT-ON/0	1:28.18
6	Bérubé, Camille SB6	24	NG-QC/A,12+	1:44.59
7	Brisson, Anne-Frédé SB	19	CNQ-QC/A,3,4,12,+	2:10.17
8				

Event 62 Men 11 & Over 100 LC Meter 100m Breast para Mu

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1				
2	Helberg, Hunter SB13	15	FMSC-AB/0	1:35.69
3	Canney, Jesse SB14	23	FAST-NB/0	1:28.15
4	Waters, Patrick SB9	33	KWIC-BC/*12,+	1:14.32
5	Bissett, Connor SB14	19	OSC-AB/0	1:23.80
6	Pereira, Joshua SB14	21	PSSC-MB/0	1:30.96
7	Jacob, Tyson SB4	15	LLOU-QC/A,1,2,4,12,+	X2:46.92
8				

Heat 2 of 3 Prelims

1				
2	Pruneau-Tourney, Trista	16	CNQ-QC/A,5,12,+	1:34.68
3	Gill, Jagdev SB9	14	UCRO-ON/12,+	1:27.46
4	Bennett, Nicholas SB14	15	RAC-BC/0	1:11.60
5	Arndt, Caleb SB13	17	NEW-ON/0	1:22.05
6	Cowan, Felix Thomas SI	16	SAMAK-QC/A,12,+	1:29.17
7	Dieleman, Jonathan SB4	34	BVOSC-BC/A,12	1:52.11
8				

Heat 3 of 3 Prelims

1				
2	Brunelle, Cédrik SB14	22	RL-QC/0	1:32.01
3	Martel, Gabriel SB12	17	BBF-QC/T	1:27.03
4	Leroux, James SB9	21	UL-QC/12,+	1:09.69
5	Macdonald, Tyson SB14	22	WRMS-ON/0	1:17.37
6	Chambers, Cameron SB	22	KWIC-BC/0	1:28.19
7	Scott, Nicholas SB9	16	OYO-ON/A,12,+	X1:37.97
8				

Event 63 Women 400 LC Meter Medley Relay

Canadian: 4:05.89 02/04/2011 UBCD

L. Lavigna, H. Johnson, N. Thomas, H. MacLean

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1			
2	OAK-ON	B	NT
3	CASC-AB	A	4:20.03
4	UMAN-MB	A	4:12.21
5	EKSC-AB	A	4:15.93
6	CHENA-BC	A	4:24.59
7			
8			

Heat 2 of 2 Prelims

1			
2	PCSC-QC	B	4:26.67
3	NN-QC	B	4:19.42
4	NN-QC	A	4:10.87
5	PCSC-QC	A	4:13.19
6	OAK-ON	A	4:20.43
7	OAK-ON	C	NT
8			

Event 64 Men 400 LC Meter Medley Relay

Canadian: 3:40.84 24/05/2009 UBCD

M. Hawes, S. Dickens, B. Johns, B. Hayden

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1			
2	PCSC-QC	B	3:59.96
3	PCSC-QC	A	3:52.70
4	CAMO-QC	A	3:45.94
5	UVPCS-BC	A	3:50.11
6	ELITE-QC	A	3:55.97
7	UCSC-AB	A	4:00.64
8			



Canada

VICHY

LABORATOIRES

PLAY
SAFE
IN THE
SUN



**IDÉAL
SOLEIL**
SPORT



**WATER
AND SWEAT
RESISTANT**



**WET OR
DRY SKIN
APPLICATION**

THE OFFICIAL SUNSCREEN OF



**SWIMMING
CANADA
NATATION**



PENNY OLEKSIK
IDÉAL SOLEIL AMBASSADOR

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

Sanction #: 34116

Meet Program - Day 4 Prelims

Heat 2 Prelims (#64 Men 400 LC Meter Medley Relay)

1			
2	CHENA-BC	A	3:57.09
3	CASC-AB	A	3:51.26
4	TSC-ON	A	3:45.84
5	EKSC-AB	A	3:49.84
6	NN-QC	A	3:53.86
7	UL-QC	A	4:00.29
8			

Event 65 / 66 Women / Men 1500 Free / 800 Free

W Canadian: 15:57.15 24/08/2014 Brittany MacLean

M Canadian: 7:41.86 27/07/2011 Ryan Cochrane

Women Meet Qualifying: 18:07.87

Men Meet Qualifying: 8:43.17

Lane Name Age Team Seed Time

Heat 1 (Heat 1 Women 1500 Free) Swimming with Finals

1	Lamoureux, Brooke	20	COMOX-BC	17:16.68
2	Ross, Kyla	17	ISC-BC	17:14.31
3	Zavaros, Mabel	19	OAK-ON	16:51.54
4	Anderson, Marit	19	UCSC-AB	16:45.63
5	Bellio, Katrina	15	ESWIM-ON	16:48.34
6	Smallegange, Kenna	16	BAD-ON	17:04.98
7	Demers, Daphné	21	CAMO-QC	17:16.13
8	Dunford, Abby	13	UNCA2	17:26.51

Heat 2 (Heat 1 Men 800 Free) Swimming with Finals

1	Hedlin, Eric	26	UVPCS-BC	8:17.96
2	Axon, Alexander	16	MANTA-MB	8:16.04
3	Zakala, Josh	21	ISC-BC	8:09.07
4	McGillivray, Michael	16	ROD-SK	8:05.57
5	Dommann, Raben	18	CHENA-BC	8:07.57
6	McRae, Ryley	18	KCS-BC	8:15.59
7	Brown, Eric	16	PCSC-QC	8:17.01
8	Young, Brodie	18	UBCSC-BC	8:18.06

Heat 3 (Heat 2 Women 1500 Free)

1	Dunn, Gabrielle	15	EKSC-AB	17:42.73
2	Corson, Sarah	18	UCSC-AB	17:40.38
3	Mouat, Savanna	18	GO-ON	17:40.08
4	Davidson, Rosalie	19	NN-QC	17:28.78
5	McCloy, Allison	20	UCSC-AB	17:31.54
6	Gage, Kyla	15	PCSC-QC	17:40.11
7	Shemilt, Sydney	15	OAK-ON	17:42.05
8	Krueger, Anja	16	MANTA-MB	17:43.35

Heat 4 (Heat 2 Men 800 Free)

1	Pratt, Cole	16	CASC-AB	8:28.91
2	Woinoski, Andrew	21	SFA-BC	8:28.18
3	Friesen, Ian	16	CW-ON	8:24.66
4	Beaudin-Bolduc, Natha	20	UL-QC	8:18.09
5	Woinoski, Tim	23	SFA-BC	8:23.81
6	Kwinter, Charlie	15	ESWIM-ON	8:25.83
7	Li, Stanford	17	PCSC-QC	8:28.40
8	Antifaooff, Micheal	18	EKSC-AB	8:29.18

Heat 5 (Heat 3 Women 1500 Free)

1	Brendzan, Olivia	16	EKSC-AB	17:54.61
2	Shemilt, Jorja	15	OAK-ON	17:50.55
3	Perron, Jennie	15	UL-QC	17:47.52
4	Scott Bouris, Naeva	14	UVPCS-BC	17:44.61
5	Bougie, Alexandra	19	UL-QC	17:47.29
6	Bisaillon, Marie-Philipp	20	NN-QC	17:49.69
7	Shuster, Morgane	16	OAK-ON	17:51.96
8	Thompson, Mya	14	ROD-SK	17:55.09

Heat 6 (Heat 3 Men 800 Free)

1	Syrgiannis, Matthew	16	ROD-SK	8:39.13
2	McNeill, Hugh	16	LOSC-BC	8:34.69
3	Edwards, Drew	17	EKSC-AB	8:32.89
4	Murdock, Cale	21	UVPCS-BC	8:30.58
5	Versluys, Nathan	18	EKSC-AB	8:31.78
6	Slinn, Calvin	16	WDSC-BC	8:33.76
7	Tucker, Finn	17	OTTSC-ON	8:38.96
8	Fotherby, Justin	15	KISU-BC	8:39.67

Heat 7 (Heat 4 Women 1500 Free)

1				
2	Hebert, Taylor	17	ROD-SK	18:06.98
3	Davidson, Juliette	16	NN-QC	18:03.61
4	Thiessen, Samantha	16	MANTA-MB	17:57.18
5	Willar, Megan	15	PCSC-QC	17:57.25
6	Beauchemin, Maulie	15	ELITE-QC	18:06.38
7				
8				

Heat 8 (Heat 4 Men 800 Free)

1				
2	Yu, Larry	17	ISC-BC	8:42.30
3	Cyr, Mathieu	16	CASC-AB	8:41.75
4	Mckervill, Padric	18	UVPCS-BC	8:41.04
5	Maksoud, Youssef	18	CASC-AB	8:41.14
6	Elliot, Alexander	23	UL-QC	8:41.87
7	Pratt, Kian	16	CASC-AB	8:42.89
8				





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

Sunday, August 11, 2019

FINALS Session - Day 4

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 53 – 100m Freestyle (W) B Final			5:30	5:31
Event 53 – 100m Freestyle (W) A Final		5:32	5:33	5:34
Event 54 – 100m Freestyle (M) B Final			5:35	5:36
Awards: 100m Freestyle (W)			5:37	5:39
Event 54 – 100m Freestyle (M) A Final		5:39	5:40	5:41
Event 55 – 100m Freestyle (W) Para A Final		5:42	5:44	5:46
Event 56 – 100m Freestyle (M) Para A Final		5:46	5:48	5:50
Awards: 100m Freestyle (M)			5:51	5:53
Event 57 – 200m Butterfly (W) B Final			5:54	5:56
Event 57 – 200m Butterfly (W) A Final		5:57	5:58	6:00
Event 58 – 200m Butterfly (M) B Final			6:01	6:03
Awards: 200m Butterfly (W)			6:04	6:05
Awards: 100m Freestyle (W) Para			6:06	6:08
Awards: 100m Freestyle (M) Para			6:08	6:10
Event 58 – 200m Butterfly (M) A Final		6:10	6:11	6:13
Event 59 – 100m Breaststroke (W) B Final			6:14	6:15
Awards: 200m Butterfly (M)			6:16	6:18
Event 59 – 100m Breaststroke (W) A Final		6:18	6:19	6:20
Event 60 – 100m Breaststroke (M) B Final			6:21	6:22
Awards: 100m Breaststroke (W)			6:23	6:25
Event 60 – 100m Breaststroke (M) A Final		6:25	6:26	6:27
Event 61 – 100m Breaststroke (W) Para A Final		6:28	6:29	6:32
Awards: 100m Breaststroke (M)			6:33	6:35
Event 62 – 100m Breaststroke (M) Para A Final		6:36	6:37	6:39
Event 65 – 1500m Freestyle (W) Fastest Heat	Bells/Counters	6:40	6:41	6:57
Awards: 100m Breaststroke (W) Para			6:58	7:00
Awards: 100m Breaststroke (M) Para			7:01	7:03
Event 66 – 800m Freestyle (M) Fastest Heat		7:03	7:04	7:11
Awards: 1500m Freestyle (W)			7:12	7:14
Awards: 800m Freestyle (M)			7:15	7:17
Event 63 – 400m Medley Relay (W) A Final		7:18	7:19	7:23
Event 64 – 400m Medley Relay (M) A Final		7:24	7:25	7:29
Awards: 400m Medley Relay (W)			7:30	7:32
Awards: 400m Medley Relay (M)			7:33	7:35
Meet Awards: incl. Team Champs. Banners			7:36	
and Female / Male Swims of the Meet				7:48