

**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	29	4	09:30 AM	_____
Prelims	16 Men 200 Freestyle	31	4	09:42 AM	_____
Prelims	17 Women 11 & Over 200 200m Free para Multi	11	2	09:53 AM	_____
Prelims	18 Men 11 & Over 200 200m Free para Multi-Cl	13	2	10:02 AM	_____
	Break: 2 Minutes: Timers move				
Prelims	19 Women 50 Butterfly	27	4	10:13 AM	_____
Prelims	20 Men 50 Butterfly	26	4	10:18 AM	_____
Prelims	21 Women 11 & Over 50 50m Fly para Multi-Cla	9	2	10:23 AM	_____
Prelims	22 Men 11 & Over 50 50m Fly para Multi-Class	4	1	10:26 AM	_____
	Break: 2 Minutes: Timers move				
Prelims	23 Women 100 Backstroke	32	4	10:30 AM	_____
Prelims	24 Men 100 Backstroke	28	4	10:38 AM	_____
Prelims	25 Women 11 & Over 100 100m Back para Mult	21	3	10:46 AM	_____
Prelims	26 Men 11 & Over 100 100m Back para Multi-Cl	21	3	10:55 AM	_____
Prelims	27 Women 400 IM	28	4	11:05 AM	_____
Prelims	28 Men 400 IM	27	4	11:28 AM	_____
	Break: 2 Minutes: Timers move				
Prelims	29 Women 50 Breaststroke	23	3	11:52 AM	_____
Prelims	30 Men 50 Breaststroke	16	2	11:55 AM	_____
Prelims	31 Women 11 & Over 50 50m Breast para Multi-	11	2	11:58 AM	_____
Prelims	32 Men 11 & Over 50 50m Breast para Multi-Cla	6	1	12:03 PM	_____
	Break: 2 Minutes: Timers move				
Prelims	33 Mixed 400 Medley Relay	15	2	12:07 PM	_____
	Swimmers Counts for Warm-ups: 271	=====	=====		
	Entry / Heat Totals:	378	55		
	Finish Time			12:18 PM	_____

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

Sanction #: 34116

## Meet Program - Day 2 Prelims

**Event 15 Women 200 LC Meter Freestyle**

Canadian: 1:54.44 09/08/2018 Taylor Ruck

Meet Qualifying: 2:06.14

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

1			
2	Daley, Elan	14 ESWIM-ON	2:06.13
3	Janvier, Aela	19 PCSC-QC	2:05.91
4	Godon, Sara	18 NG-QC	2:05.80
5	Vézina, Florence	16 ELITE-QC	2:05.81
6	Moulson, Sara	16 OAK-ON	2:06.06
7			
8			

**Heat 2 of 4 Prelims**

1	Willar, Megan	15 PCSC-QC	2:05.43
2	Watson, Sarah	18 UMAN-MB	2:04.70
3	Leckie, Aysia	20 OAK-ON	2:03.84
4	McMurray, Ainsley	19 CSLA-QC	2:00.86
5	Anderson, Marit	19 UCSC-AB	2:02.94
6	Smallegange, Kenna	16 BAD-ON	2:04.53
7	Mao, Xiaoran	18 ESWIM-ON	2:05.00
8	Mouat, Savanna	18 GO-ON	2:05.55

**Heat 3 of 4 Prelims**

1	Hussey, Stephanie	20 PCSC-QC	2:05.21
2	Liang, Christey	14 EKSC-AB	2:04.66
3	Sasseville, Genevieve	16 CYPs-ON	2:03.42
4	Bellio, Katrina	15 ESWIM-ON	2:00.84
5	Cigna, Frédérique	21 CAMO-QC	2:02.66
6	Carruthers, Caroline	17 ESWIM-ON	2:04.40
7	McIntosh, Summer	12 ESWIM-ON	2:04.85
8	Sullivan, Kate	16 WD-ON	2:05.51

**Heat 4 of 4 Prelims**

1	Ross, Kyla	17 ISC-BC	2:05.07
2	Scholes, Dylan	15 OAK-ON	2:04.54
3	Demers, Daphné	21 CAMO-QC	2:03.34
4	Goss, Kennedy	22 GGST-ON	1:59.37
5	Douthwright, Brooklyn	16 CVAC-NB	2:01.99
6	Dandois-Samson, Rapha	17 NN-QC	2:04.36
7	Chaput, Oksana	15 MANTA-MB	2:04.72
8	Vachon, Florence	19 CAMO-QC	2:05.49

**Event 16 Men 200 LC Meter Freestyle**

Canadian: 1:46.40 10/08/2008 Brent Hayden

Meet Qualifying: 1:54.97

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

1			
2	McGillivray, Michael	16 ROD-SK	1:54.91
3	Goin, Emil	20 PCSC-QC	1:54.61
4	Lim, Dmitriy	18 UBCSC-BC	1:54.42
5	LeBuke, James	17 CSSSC-BC	1:54.48
6	Hunger, Maximilian	18 PCSC-QC	1:54.61
7	MacPherson, Callum	17 OAK-ON	1:54.96
8			

**Heat 2 of 4 Prelims**

1	Desjarlais, Liam	23 NN-QC	1:53.87
2	Bertrand, Louis	17 GO-ON	1:53.35
3	Laperle, Vincent	21 NN-QC	1:51.82
4	Neri, Parker	20 UNCA3	1:50.75
5	Palaschuk, Brian	21 ROD-SK	1:51.33
6	Beaudin-Bolduc, Natha	20 UL-QC	1:52.63
7	Simard, Pierre-Adrien	23 UL-QC	1:53.65
8	Robins, Philippe	17 PCSC-QC	1:54.34

**Heat 3 of 4 Prelims**

1	Cumby, Noah	19 SJL-NL	1:53.79
2	Friesen, Ian	16 CW-ON	1:53.20
3	Bélanger, Samuel	22 UL-QC	1:51.63
4	Daly, Owen	24 CAMO-QC	1:50.35
5	Godolphin, Bernard	19 NN-QC	1:50.94
6	Murdock, Cale	21 UVPCS-BC	1:51.89
7	Paquin-Foisy, Etienne	21 ELITE-QC	1:53.50
8	McRae, Ryley	18 KCS-BC	1:54.23

**Heat 4 of 4 Prelims**

1	Cruz Zuniga, Guillermo	19 CAMO-QC	1:53.79
2	Przyswitt, Kier	17 EKSC-AB	1:52.84
3	Brothers, Peter	22 UCSC-AB	1:51.36
4	Gaziev, Ruslan	19 MANTA-MB	1:50.27
5	Pratt, Cole	16 CASC-AB	1:50.84
6	Hussey, Patrick	18 PCSC-QC	1:51.85
7	Dommann, Raben	18 CHENA-BC	1:53.49
8	St-Martin, Loïc	19 CAMO-QC	1:54.15





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## HONEY SALSA CHICKEN & SPINACH WRAPS



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

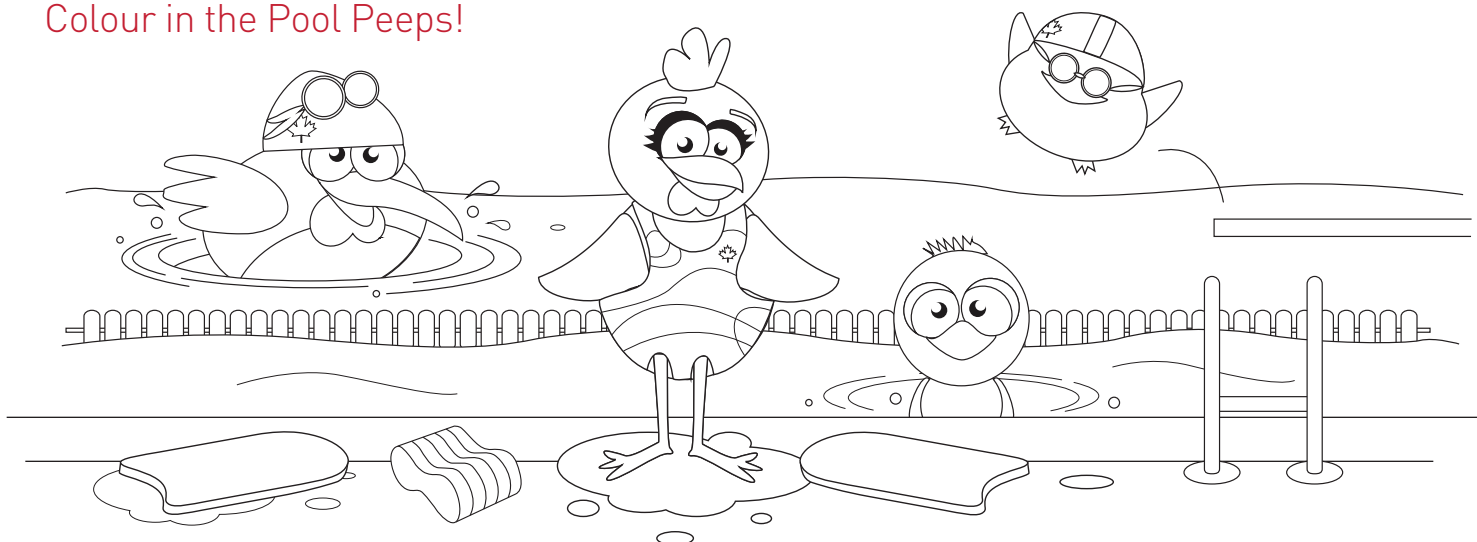
### Ingredients:

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 2 Prelims

**Event 17 Women 11 & Over 200 LC Meter 200m Free para M**

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

1				
2				
3	Van Wyck-Smart, Aly S2	16	VVAC-ON/A,E,3,5,12	5:25.20
4	Brisson, Anne-Frédé S8	19	CNQ-QC/A,3,4,12,+	X3:19.74
5	Soliman, Myriam S6	20	MUST-QC/A,1,3,4,12,+	X3:22.13
6				
7				
8				

**Heat 2 of 2 Prelims**

1	Duchesne, Sabrina S7	18	UL-QC/A,12,+	X2:40.89
2	Bird, Morgan S8	25	CASC-AB/A,3,5,12,+	X2:37.37
3	Hunsicker, Arianna S10	16	SKSC-BC/3,5	X2:28.63
4	Marina, Angela S14	20	BRANT-ON/0	2:18.45
5	Henault, Miori S14	24	CASE-QC/0	2:25.83
6	Van Dyk, EmmaGrace S	16	GCAC-ON/0	2:30.93
7	Quillan, Natasha Sexton	35	SWAT-NS/4	X2:40.59
8	Stevens, Ruby S14	16	VVAC-ON/A	2:52.04

**Event 18 Men 11 & Over 200 LC Meter 200m Free para Multi**

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

1				
2	Boutin-Cote, Etienne S4	15	CNQ-QC/A,1,2,4,12,+	4:36.83
3	Brunelle, Cédrik S14	22	RL-QC/0	2:39.17
4	Pereira, Joshua S14	21	PSSC-MB/0	2:27.58
5	Schweigl, Nichola S14	20	HHBF-ON/0	2:38.54
6	Jacob, Tyson S5	15	LLOU-QC/A,1,2,4,12,+	4:01.99
7				
8				

**Heat 2 of 2 Prelims**

1	Plamondon, Nicolas S9	21	CNQ-QC/3,5,12,+	X2:20.17
2	Canney, Jesse S14	23	FAST-NB/0	2:15.54
3	Bissett, Connor S14	19	OSC-AB/0	2:07.58
4	Bennett, Nicholas S14	15	RAC-BC/0	1:59.22
5	Macdonald, Tyson S14	22	WRMS-ON/0	2:06.84
6	Vachon, Philippe S9	23	MEGO-QC/A,12,+	X2:13.83
7	Chambers, Cameron S1	22	KWIC-BC/0	2:18.56
8	Zona, Zach S8	20	NHAC-ON/3,5,12,+	X2:20.40

**Event 19 Women 50 LC Meter Butterfly**

Canadian: 25.62 29/07/2017 Penelope Oleksiak

Meet Qualifying: 28.78

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

1				
2				
3	Lafontaine-Giguère, Flo	18	NN-QC	28.77
4	Kovaluk, Eva	15	NN-QC	28.72
5	Fournier, Sarah	23	CNQ-QC	28.77
6				
7				
8				

**Heat 2 of 4 Prelims**

1	Forrester, Katie	15	OAK-ON	28.48
2	Arcand, Alicia	18	NN-QC	28.32
3	Douglas, Kirsten	20	UBCSC-BC	27.84
4	Lapointe, Marie-lou	24	CASE-QC	27.24
5	Dahmen, Jeanne	16	PCSC-QC	27.63
6	Anderson, Sarah	18	CNBO-NB	28.09
7	Dandois-Samson, Raph	17	NN-QC	28.46
8	Hussey, Stephanie	20	PCSC-QC	28.69

**Heat 3 of 4 Prelims**

1	Zavaros, Rosie	19	OAK-ON	28.47
2	Wright, Lauren	16	ESWIM-ON	28.28
3	Carruthers, Caroline	17	ESWIM-ON	27.72
4	Sasseville, Genevieve	16	CYPS-ON	27.15
5	Cigna, Frédérique	21	CAMO-QC	27.59
6	Vander Leek, Teagan	15	EKSC-AB	28.02
7	Willar, Lora	16	PCSC-QC	28.45
8	DeCoteau, Alice	18	ROD-SK	28.63

**Heat 4 of 4 Prelims**

1	Wiebe, Logan	15	UMAN-MB	28.46
2	Chaput, Oksana	15	MANTA-MB	28.23
3	Lemieux, Roxane	28	NN-QC	27.69
4	Watson, Sarah	18	UMAN-MB	26.92
5	Genich, Hannah	20	TSC-ON	27.46
6	Brodie-Foy, Honor	17	TSC-ON	27.87
7	Alexiuk, Jamie	18	MM-MB	28.43
8	Thiessen, Samantha	16	MANTA-MB	28.60



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

Sanction #: 34116

## Meet Program - Day 2 Prelims

**Event 20 Men 50 LC Meter Butterfly**

Canadian: 23.30 02/08/2015 Santo Condorelli

Meet Qualifying: 25.89

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

1			
2			
3	Belkheilli, Yanis	17 ELITE-QC	25.89
4	Tierney, Blake	17 GOLD-SK	25.85
5	Desjarlais, Liam	23 NN-QC	25.86
6			
7			
8			

**Heat 2 of 4 Prelims**

1	Smith, Everett	18 SLSC-ON	25.75
2	Jacobs, Rohan	32 KWIC-BC	25.49
3	Fournier, Maxime	20 NN-QC	25.30
4	Cruz Zuniga, Guillermo	19 CAMO-QC	24.66
5	Flowers, Mackenzie	20 EKSC-AB	24.94
6	Brough, Mitchell	17 ROD-SK	25.41
7	Mckervill, Padric	18 UVPCS-BC	25.61
8			

**Heat 3 of 4 Prelims**

1	Wormald, Lukas	19 OAK-ON	25.70
2	Ogilvie, Keir	16 UVPCS-BC	25.47
3	Przysswitt, Kier	17 EKSC-AB	25.27
4	Dans, Matthew	24 TSC-ON	24.51
5	Blair, Sterlyng	17 EKSC-AB	24.92
6	Dufresne, Jean-Philippe	20 UL-QC	25.39
7	Guyn, Owen	22 LASC-AB	25.60
8	Fullum-Huot, Edouard	16 NN-QC	25.83

**Heat 4 of 4 Prelims**

1	Champagne, Montana	22 GO-ON	25.61
2	Cumby, Noah	19 SJL-NL	25.43
3	Tejada, Gabriel	18 OTTSC-ON	25.11
4	Perreault, Alexandre	20 OTTSC-ON	24.04
5	Marcoux, Philippe	20 UL-QC	24.69
6	Lafontaine-Giguère, Th	20 NN-QC	25.30
7	Goin, Emil	20 PCSC-QC	25.59
8	Fernando, Dillon	16 RAMAC-ON	25.81

**Event 21 Women 11 & Over 50 LC Meter 50m Fly para Multi-**

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

1			
2			
3	Paré, Clémence S5	16 MUST-QC/A,Y,3,5,7,12,+	1:07.83
4	Shaw, Krystal S7	25 FS-SK/12	55.94
5	Tinney, Jessica S6	19 KYPS-ON/A,3,4,12	59.65
6			
7			
8			

**Heat 2 of 2 Prelims**

1			
2	Bérubé, Camille S7	24 NG-QC/A,12+	41.18
3	Routliffe, Tess S7	20 UL-QC/12,+	36.80
4	Ryan, Samantha S10	20 NN-QC/12,+	X33.46
5	Bird, Morgan S8	25 CASC-AB/A,3,5,12,+	X35.91
6	Duchesne, Sabrina S7	18 UL-QC/A,12,+	39.03
7	Soliman, Myriam S6	20 MUST-QC/A,1,3,4,12,+	46.46
8			

**Event 22 Men 11 & Over 50 LC Meter 50m Fly para Multi-Cla**

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

1			
2			
3	Jacob, Tyson S5	15 LLOU-QC/A,1,2,4,12,+	55.19
4	Vachon, Philippe S9	23 MEGO-QC/A,12,+	X31.47
5	Plamondon, Nicolas S9	21 CNQ-QC/3,5,12,+	X33.17
6	Boutin-Cote, Etienne S4	15 CNQ-QC/A,1,2,4,12,+	1:01.85
7			
8			

**Event 23 Women 100 LC Meter Backstroke**

Canadian: 58.10 25/07/2017 Kylie Masse

Meet Qualifying: 1:05.55

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

1	Norman, Gemma	16 UCSC-AB	1:05.48
2	Barnes, Madysen	17 UMAN-MB	1:05.36
3	Laliberté, Olivia	17 NN-QC	1:05.12
4	Sava, Helen Anne	13 RAMAC-ON	1:04.82
5	Halford, Claire	18 RDCSC-AB	1:04.98
6	Van Herk, Shania	22 BLEN-ON	1:05.27
7	Moulson, Sara	16 OAK-ON	1:05.42
8	Kolaric, Ana	19 UCSC-AB	1:05.48



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

Sanction #: 34116

## Meet Program - Day 2 Prelims

## Heat 2 Prelims (#23 Women 100 LC Meter Backstroke)

1	Wright, Lauren	16	ESWIM-ON	1:04.59
2	Kovaluk, Eva	15	NN-QC	1:03.88
3	Edwards, Hana	16	UVPCS-BC	1:02.92
4	Rathwell, Regan	15	GO-ON	1:01.95
5	Minnes, Asia	16	NN-QC	1:02.45
6	Zavaros, Rosie	19	OAK-ON	1:03.45
7	Kelly, Payton	15	CASC-AB	1:04.16
8	Masselink, Thea	14	ISC-BC	1:04.76

## Heat 3 of 4 Prelims

1	Bath, Angelica	16	CHENA-BC	1:04.56
2	Zavaros, Mabel	19	OAK-ON	1:03.73
3	Arcand, Alicia	18	NN-QC	1:02.92
4	Goss, Kennedy	22	GGST-ON	1:00.90
5	Danyluk, Daphné	20	NN-QC	1:02.12
6	Kary, Raili	17	SSAT-ON	1:03.21
7	Mao, Xiaoran	18	ESWIM-ON	1:04.03
8	Smallegange, Kenna	16	BAD-ON	1:04.71

## Heat 4 of 4 Prelims

1	Douthwright, Brooklyn	16	CVAC-NB	1:04.16
2	Varga, Ella	15	CASC-AB	1:03.47
3	Klenk, Haley	17	SPART-BC	1:02.88
4	Hannah, Jade	17	ISC-BC	1:00.14
5	Janvier, Aela	19	PCSC-QC	1:02.11
6	Scholes, Dylan	15	OAK-ON	1:02.95
7	Butler, Alexandra	17	CASC-AB	1:03.93
8	McMillan, Ashley	15	KISU-BC	1:04.61

## Event 24 Men 100 LC Meter Backstroke

Canadian: 53.35 03/04/2019 Markus Thormeyer

Meet Qualifying: 59.63

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

1				
2				
3	McNeill, Hugh	16	LOSC-BC	59.11
4	Brough, Mitchell	17	ROD-SK	59.03
5	Castillo, Sebastian	18	UCSC-AB	59.08
6	Lajoie, Griffin	16	TSC-ON	59.50
7				
8				

## Heat 2 of 4 Prelims

1	Cyr, Mathieu	16	CASC-AB	58.50
2	Cruz Zuniga, Guillermo	19	CAMO-QC	57.49
3	Laperle, Vincent	21	NN-QC	56.83
4	Zeng, Tim	21	CHENA-BC	55.74
5	St-Martin, Loïc	19	CAMO-QC	56.23
6	Tomic, Luka	20	ESWIM-ON	57.36
7	Cole, Jayden	20	GO-ON	58.43
8	Ketelaars, Kail	18	EKSC-AB	58.77

## Heat 3 of 4 Prelims

1	Smyth, Conor	17	AAC-ON	58.46
2	Tierney, Blake	17	GOLD-SK	57.41
3	De Pol, Tayden	16	NRST-BC	56.58
4	Hill, Robert	23	UCSC-AB	55.32
5	Somerset, Sebastian	18	CASC-AB	55.92
6	Alexander, Christopher	19	LASC-AB	57.22
7	Jensen, Ryan	19	ROD-SK	58.25
8	Gerlach, Daniel	20	UCSC-AB	58.56

## Heat 4 of 4 Prelims

1	El Bos, Wassim	21	ELITE-QC	58.45
2	Lafontaine-Giguère, Th	20	NN-QC	57.39
3	Marois, William	20	CHENA-BC	56.46
4	Pratt, Cole	16	CASC-AB	54.64
5	Wall, Tyler	18	KISU-BC	55.91
6	Bernard, Graysen	17	TSC-ON	57.06
7	Rambo, Jacob	17	UVPCS-BC	57.81
8	Duke, Nicolas	21	CHENA-BC	58.53

## Event 25 Women 11 &amp; Over 100 LC Meter 100m Back para M

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

1				
2	Van Wyck-Smart, Aly S2	16	VVAC-ON/A,E,3,5,12	2:43.89
3	Kisser, Danielle S6	22	UL-QC/3,5,12,+	1:45.58
4	Labelle, Mathilde S9	16	MUST-QC/A,12,+	1:43.21
5	Brisson, Anne-Frédé S8	19	CNQ-QC/A,3,4,12,+	1:44.54
6	Shaw, Krystal S7	25	FS-SK/12	1:47.97
7				
8				

## Heat 2 of 3 Prelims

1	Nault, Tatiana S8	13	CNBF-QC/A,3,5,12,+	1:39.87
2	Routliffe, Tess S7	20	UL-QC/12,+	1:35.53
3	Henault, Miori S14	24	CASE-QC/0	1:25.78
4	Dorris, Danielle S8	16	CNBO-NB/A,Y,3,5	1:23.59
5	Bérubé, Camille S7	24	NG-QC/A,12+	1:24.02
6	Stevens, Ruby S14	16	VVAC-ON/A	1:27.75
7	Tovizi, Michelle S7	19	NYAC-ON/A,12	1:39.74
8	Cloetta, Colleen S8	14	PCSC-QC/12,+	1:41.95

## Heat 3 of 3 Prelims

1	Quillan, Natasha Sexton	35	SWAT-NS/4	1:21.79
2	Morey, Peyton S10	15	CASC-AB/12,+	1:19.11
3	Hunsicker, Arianna S10	16	SKSC-BC/3,5	1:17.12
4	Rivard, Aurélie S10	23	UL-QC/3,5	1:10.13
5	Marina, Angela S14	20	BRANT-ON/0	1:15.20
6	Van Dyk, EmmaGrace S	16	GCAC-ON/0	1:18.01
7	Newkirk, Shelby S7	23	LASER-SK/A,3,4,12,+	1:19.99
8	Roxon, Katarina S9	26	AASC-ON/1,3,5	1:22.45



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

Sanction #: 34116

## Meet Program - Day 2 Prelims

**Event 26 Men 11 & Over 100 LC Meter 100m Back para Mult**

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

1				
2	Brayshaw, Jacob S2	16	KISU-BC/A,7,12,+	4:13.61
3	Martel, Gabriel S12	17	BBF-QC/T	1:42.39
4	Brunelle, Cédrik S14	22	RL-QC/0	1:24.86
5	Pruneau-Tourney, Trista	16	CNQ-QC/A,5,12,+	1:33.49
6	Jacob, Tyson S5	15	LLOU-QC/A,1,2,4,12,+	X1:55.19
7				
8				

**Heat 2 of 3 Prelims**

1	Boufekane, Hicham S8	20	CNSH-QC/A,3,4,12,+	1:19.28
2	Zona, Zach S8	20	NHAC-ON/3,5,12,+	1:17.78
3	Cowan, Felix Thomas S5	16	SAMAK-QC/A,12,+	1:16.33
4	Miller, Matt S10	18	SEALS-MB/A,12,+	1:14.73
5	Scott, Nicholas S10	16	OYO-ON/A,12,+	1:15.99
6	Cabraja, Matthew S11	17	COBRA-ON/T,B	1:16.35
7	Pereira, Joshua S14	21	PSSC-MB/0	1:17.88
8	Helberg, Hunter S13	15	FMSC-AB/0	1:20.87

**Heat 3 of 3 Prelims**

1	Canney, Jesse S14	23	FAST-NB/0	1:13.38
2	Bissett, Connor S14	19	OSC-AB/0	1:09.25
3	Macdonald, Tyson S14	22	WRMS-ON/0	1:05.89
4	Turbide, Nicolas-Guy S1	22	CNQ-QC/T	59.93
5	Elliot, Alexander S10	23	UL-QC/3,5,12,+	1:02.26
6	Bennett, Nicholas S14	15	RAC-BC/0	1:06.14
7	Vachon, Philippe S9	23	MEGO-QC/A,12,+	1:11.72
8	Chambers, Cameron S1	22	KWIC-BC/0	1:13.39

**Event 27 Women 400 LC Meter IM**

Canadian: 4:32.52 09/08/2015 Emily Overholt

Meet Qualifying: 5:06.78

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

1				
2				
3	Marginean, Emily	22	WEST-ON	5:06.41
4	Dunford, Abby	13	UNCA2	5:05.26
5	Bisaillon, Marie-Philipp	20	NN-QC	5:05.95
6	Jacques, Madisen	13	HYACK-BC	5:06.76
7				
8				

**Heat 2 of 4 Prelims**

1	Edwards, Hana	16	UVPCS-BC	5:05.18
2	Ross, Kyla	17	ISC-BC	5:04.99
3	Forrester, Katie	15	OAK-ON	5:04.09
4	Shuster, Morgane	16	OAK-ON	5:02.75
5	Myburgh, Emma	17	ISC-BC	5:02.91
6	Davidson, Rosalie	19	NN-QC	5:04.68
7	Davidson, Juliette	16	NN-QC	5:05.18
8	Perron, Jennie	15	UL-QC	5:05.26

**Heat 3 of 4 Prelims**

1	Burnett, Devon	14	ESWIM-ON	5:01.17
2	Spence, Emma	17	ROD-SK	4:59.43
3	McCloy, Allison	20	UCSC-AB	4:53.89
4	McIntosh, Summer	12	ESWIM-ON	4:50.21
5	Janvier, Aela	19	PCSC-QC	4:52.25
6	Sava, Helen Anne	13	RAMAC-ON	4:57.38
7	Guan, Xiaoyun	16	CHENA-BC	4:59.95
8	Pauletto, Hailey	18	PCSC-QC	5:02.58

**Heat 4 of 4 Prelims**

1	Hussey, Stephanie	20	PCSC-QC	5:00.32
2	Brendzan, Olivia	16	EKSC-AB	4:58.39
3	Brathwaite, Katrina	19	PCSC-QC	4:53.30
4	Bellio, Katrina	15	ESWIM-ON	4:46.69
5	Herbert, Bailey	16	LOSC-BC	4:50.97
6	McMillan, Ashley	15	KISU-BC	4:55.30
7	Zavaros, Rosie	19	OAK-ON	4:59.83
8	Rendall, Kate	19	UCSC-AB	5:01.56

**Event 28 Men 400 LC Meter IM**

Canadian: 4:11.41 09/08/2008 Brian Johns

Meet Qualifying: 4:41.82

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

1				
2				
3	Syrgiannis, Matthew	16	ROD-SK	4:41.66
4	Woinoski, Tim	23	SFA-BC	4:40.42
5	Robins, Philippe	17	PCSC-QC	4:40.90
6				
7				
8				

**Heat 2 of 4 Prelims**

1	Strople, Alex	16	OAK-ON	4:40.24
2	Tierney, Blake	17	GOLD-SK	4:39.61
3	Belkelladi, Malachy	16	ELITE-QC	4:36.71
4	Fotherby, Justin	15	KISU-BC	4:34.84
5	Rambo, Jacob	17	UVPCS-BC	4:36.04
6	Woinoski, Andrew	21	SFA-BC	4:36.81
7	Slinn, Calvin	16	WDSC-BC	4:40.07
8	Edwards, Drew	17	EKSC-AB	4:40.38



Canada





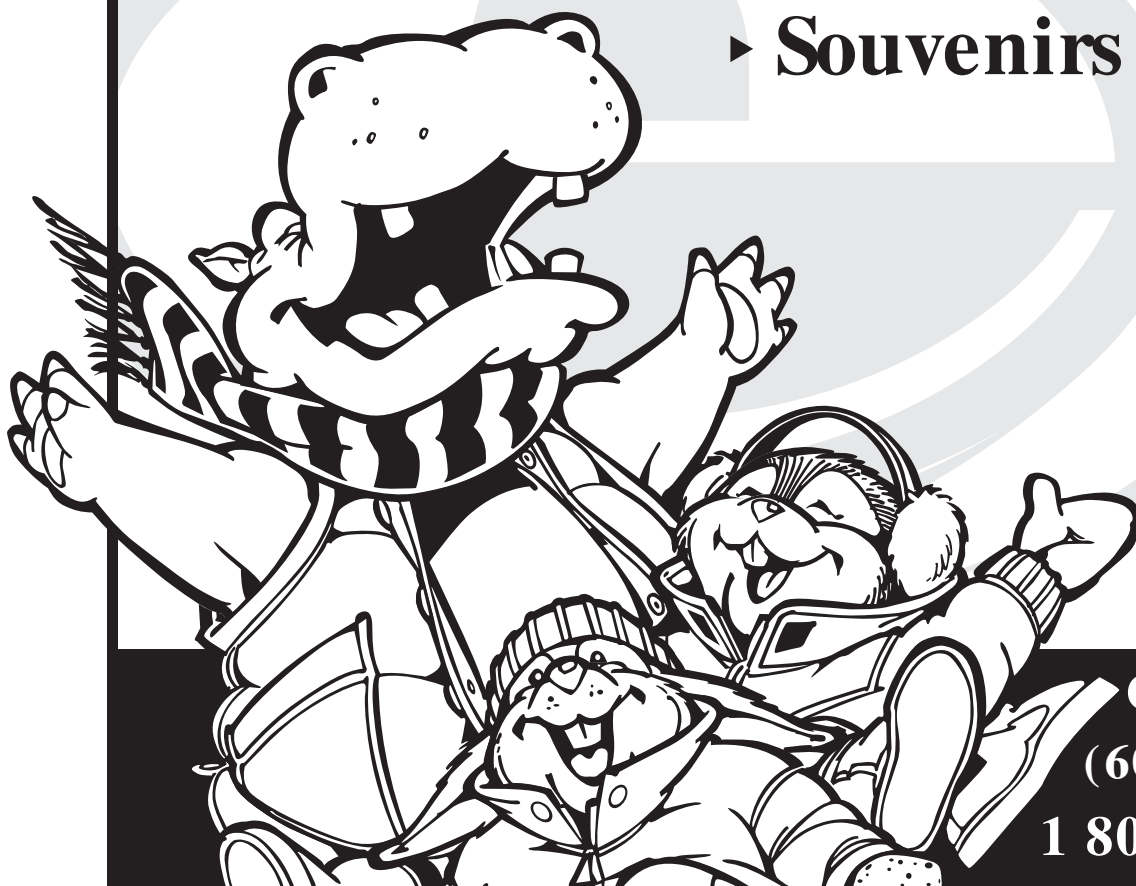
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## 2019 Canadian Swimming Championships - 08/08/2019 to 11/08/2019

Sanction #: 34116

## Meet Program - Day 2 Prelims

## Heat 3 Prelims (#28 Men 400 LC Meter IM)

1	McNeill, Hugh	16	LOSC-BC	4:33.89
2	Park, Kevin	16	CREST-ON	4:31.10
3	Stokes, Richie	19	UCSC-AB	4:27.83
4	Palaschuk, Brian	21	ROD-SK	4:23.13
5	Paquin-Foisy, Etienne	21	ELITE-QC	4:25.04
6	Brown, Eric	16	PCSC-QC	4:30.31
7	Li, Stanford	17	PCSC-QC	4:32.03
8	Pelletier, Eric	19	PCSC-QC	4:34.50

## Heat 4 of 4 Prelims

1	Jensen, Ryan	19	ROD-SK	4:33.62
2	Sosnovik, Danylo	19	PCSC-QC	4:30.62
3	Hussey, Patrick	18	PCSC-QC	4:26.70
4	Zakala, Josh	21	ISC-BC	4:18.64
5	Young, Brodie	18	UBCSC-BC	4:24.87
6	Vanherk, Brendan	19	BLEN-ON	4:27.96
7	Millette, Charles	18	PCSC-QC	4:31.47
8	Ketchin, Matthew	20	CASC-AB	4:34.46

## Event 29 Women 50 LC Meter Breaststroke

Canadian: 30.23 08/07/2009 Amanda Reason

Meet Qualifying: 34.26

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

1	Pauletto, Jillian	20	PCSC-QC	33.98
2	Stewardson, Hunter	16	CSSSC-BC	33.59
3	Crookshanks, Bree	20	ROD-SK	32.71
4	Wog, Kelsey	20	UMAN-MB	31.80
5	Stever, Miranda	20	TSC-ON	32.32
6	Doner, Jordan	18	NEW-ON	33.36
7	Banton, Paige	16	SSAT-ON	33.76
8				

## Heat 2 of 3 Prelims

1	Kolaric, Ana	19	UCSC-AB	33.91
2	Czech, Ann-Sophie	20	LMRL-QC	33.47
3	Pavicevic, Katja	18	TSC-ON	32.71
4	Wiseman, Avery	17	OSC-AB	31.80
5	Carnevale, Sofia	21	ESWIM-ON	32.30
6	Hellard, Jamie	19	UVPCS-BC	33.13
7	DeBlois, Andreanne	23	UL-QC	33.68
8	Vézina, Corinne	14	ELITE-QC	34.24

## Heat 3 of 3 Prelims

1	Guan, Xiaoyun	16	CHENA-BC	33.86
2	Hwang, Emma	15	CHENA-BC	33.36
3	McCann, Pilar	17	EKSC-AB	32.61
4	Nicol, Rachel	26	LASC-AB	31.10
5	Chicoine, Lili	18	NN-QC	31.99
6	Minnes, Asia	16	NN-QC	32.84
7	Moore, Elizabeth	18	RDCSC-AB	33.61
8	Hazlitt, Eilishrose	15	UMAN-MB	34.08

## Event 30 Men 50 LC Meter Breaststroke

Canadian: 27.45 28/07/2009 Scott Dickens

Meet Qualifying: 30.29

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

1	Bougie, Spencer	25	PCSC-QC	30.19
2	Aylward, Graeme	19	MMST-ON	29.73
3	Chabi, Anis	20	CAMO-QC	29.23
4	Naisby, Jonathan	25	SHER-QC	28.67
5	Yu, Ruishen	19	UBCSC-BC	29.03
6	Kamminga, Frederik	20	EKSC-AB	29.57
7	Louis-Seize, Samuel	17	ELITE-QC	30.00
8	Luykenaar, Aiden	16	UCSC-AB	30.25

## Heat 2 of 2 Prelims

1	Champagne, Montana	22	GO-ON	30.01
2	Ionescoux-Tremblay, M	19	CAMO-QC	29.58
3	Fitzpatrick, Brendan	16	UVPCS-BC	29.20
4	Wall, Eli	24	TSC-ON	28.29
5	Cruz Zuniga, Guillermo	19	CAMO-QC	28.73
6	LeFranc, Jaren	20	KISU-BC	29.53
7	Hemeon, Brayden	17	GOLD-SK	29.88
8	Rohatynsky, Liam	17	UMAN-MB	30.24

## Event 31 Women 11 &amp; Over 50 LC Meter 50m Breast para M

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

1				
2				
3	Ens, Nikita SB2	30	LASER-SK/A,12	1:45.52
4	Paré, Clémence SB5	16	MUST-QC/A,Y,3,5,7,12,+X1	2:22.10
5	Van Wyck-Smart, Aly SE	16	VVAC-ON/A,E,3,5,12	1:44.27
6				
7				
8				

## Heat 2 of 2 Prelims

1	Tinney, Jessica SB5	19	KYPS-ON/A,3,4,12	X1:16.53
2	Cloetta, Colleen SB7	14	PCSC-QC/12,+	X1:01.13
3	Tripp, Abi SB7	18	KYPS-ON/A,3,5,12+	X45.32
4	Girard, Sarah SB9	21	UL-QC/*4,12,+	X40.40
5	Roxon, Katarina SB8	26	AASC-ON/1,3,5	X41.05
6	Kisser, Danielle SB6	22	UL-QC/3,5,12,+	X48.84
7	Soliman, Myriam SB6	20	MUST-QC/A,1,3,4,12,+	X1:10.66
8	Cunnington, Tammy SB	43	RDCSC-AB/A,Y,1,2,4,12	1:20.10



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

Sanction #: 34116

**Meet Program - Day 2 Prelims****Event 32 Men 11 & Over 50 LC Meter 50m Breast para Multi**

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

1				
2	Brayshaw, Jacob SB2	16	KISU-BC/A,7,12,+	2:01.25
3	Pruneau-Tourney, Trista	16	CNQ-QC/A,5,12,+	X41.91
4	Leroux, James SB9	21	UL-QC/12,+	X31.92
5	Brunelle, Cédrik SB14	22	RL-QC/0	X41.63
6	Dieleman, Jonathan SB4	34	BVOSC-BC/A,12	X50.39
7	Boutin-Cote, Etienne SB	15	CNQ-QC/A,1,2,4,12,+	XNT
8				

**Event 33 Mixed 400 LC Meter Medley Relay**

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

1	GO-ON	A	4:13.10
2	ELITE-QC	A	4:08.76
3	NN-QC	B	4:03.43
4	EKSC-AB	A	4:00.11
5	UVPCS-BC	A	4:02.29
6	CHENA-BC	A	4:05.69
7	UCSC-AB	A	4:10.90
8			

**Heat 2 of 2 Prelims**

1	PCSC-QC	C	4:12.80
2	PCSC-QC	B	4:05.79
3	EKSC-AB	B	4:03.11
4	PCSC-QC	A	4:00.10
5	NN-QC	A	4:00.13
6	CASC-AB	A	4:04.03
7	UVPCS-BC	B	4:10.42
8	OAK-ON	A	4:13.94





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

Friday, August 9, 2019

FINALS Session - Day 2

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 15 – 200m Freestyle (W) B Final			5:30	5:32
Event 15 – 200m Freestyle (W) A Final		5:33	5:34	5:36
Event 16 – 200m Freestyle (M) B Final			5:37	5:39
Awards: 200m Freestyle (W)			<b>5:40</b>	<b>5:42</b>
Event 16 – 200m Freestyle (M) A Final		5:42	5:43	5:45
Event 17 – 200m Freestyle (W) Para A Final		5:46	5:48	5:51
Event 18 – 200m Freestyle (M) Para A Final		5:52	5:54	5:57
Awards: 200m Freestyle (W)			<b>5:58</b>	<b>6:00</b>
*** Move Timers to the Turn end for Finish ***				
*** <b>Deadline for Prelims. scratches 6:00 pm.</b> ***	for Sat.Prelims			
Event 19 – 50m Butterfly (W) B Final			6:00	6:01
Event 19 – 50m Butterfly (W) A Final		6:02	6:03	6:04
Event 20 – 50m Butterfly (M) B Final			6:05	6:06
Awards: 50m Butterfly (W)			<b>6:06</b>	<b>6:08</b>
Event 20 – 50m Butterfly (M) A Final		6:08	6:09	6:10
Event 21 – 50m Butterfly (W) Para A Final		6:11	6:13	6:14
Awards: 50m Butterfly (M)			<b>6:15</b>	<b>6:17</b>
Event 22 – 50m Butterfly (M) Para A Final		6:17	6:19	6:20
*** Move Timers back to Start end for Finish ***	BK Ledges in			
Event 23 – 100m Backstroke (W) B Final			6:23	6:24
Event 23 – 100m Backstroke (W) A Final		6:25	6:26	6:27
Event 24 – 100m Backstroke (M) B Final			6:28	6:29
Awards: 100m Backstroke (W)			<b>6:30</b>	<b>6:32</b>
Awards: 50m Butterfly (W) Para			<b>6:32</b>	<b>6:34</b>
Awards: 50m Butterfly (M) Para			<b>6:35</b>	<b>6:37</b>
Event 24 – 100m Backstroke (M) A Final		6:37	6:38	6:39
Event 25 – 100m Backstroke (W) Para A Final		6:40	6:42	6:44
Awards: 100m Backstroke (M)			<b>6:44</b>	<b>6:46</b>
Event 26 – 100m Backstroke (M) Para A Final		6:47	6:49	6:51
Event 27 – 400m IM (W) B Final	BK Ledges out		6:53	6:57
Event 27 – 400m IM (W) A Final		6:58	6:59	7:03
Event 28 – 400m IM (M) B Final			7:04	7:08
Awards: 100m Backstroke (W) Para			<b>7:09</b>	<b>7:11</b>
Awards: 100m Backstroke (M) Para			<b>7:12</b>	<b>7:14</b>
Awards: 400m IM (W)			<b>7:15</b>	<b>7:17</b>
Event 28 – 400m IM (M) A Final		7:17	7:18	7:22
*** Move Timers to the Turn end for Finish ***				
Event 29 – 50m Breaststroke (W) B Final			7:24	7:25
Awards: 400m IM (M)			<b>7:26</b>	<b>7:28</b>
Event 29 – 50m Breaststroke (W) A Final		7:28	7:29	7:30
Event 30 – 50m Breaststroke (M) B Final			7:31	7:32
Event 30 – 50m Breaststroke (M) A Final		7:33	7:34	7:35



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

		<b>Intro.</b>	<b>Start</b>	<b>Finish</b>
Event 31 – 50m Breaststroke (W) Para A Final		7:36	7:38	7:40
Event 32 – 50m Breaststroke (M) Para A Final		7:41	7:42	7:43
<i>Awards: 50m Breaststroke (W)</i>			<b>7:43</b>	<b>7:45</b>
<i>*** Move Timers back to Start end for Finish ***</i>				
Event 33 – 400m Freestyle Relay (Mixed) A Final		7:48	7:49	7:53
<i>Awards: 400m Freestyle Relay (Mixed)</i>			<b>7:54</b>	<b>7:56</b>
<i>Awards: 50m Breaststroke (W) Para</i>			<b>7:57</b>	<b>7:59</b>
<i>Awards: 50m Breaststroke (M) Para</i>			<b>8:00</b>	<b>8:02</b>
<b>Officials leave the Deck</b>				<b>8:03</b>