

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

Session: 1 Day 1 Prelims

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	1 Women 200 Backstroke	09:30 AM	_____
Prelims	2 Men 200 Backstroke	09:47 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	3 Women 11 & Over 50 50 free para Multi-Class	10:06 AM	_____
Prelims	4 Men 11 & Over 50 50 free para Multi-Class	10:12 AM	_____
Prelims	5 Women 50 Freestyle	10:17 AM	_____
Prelims	6 Men 50 Freestyle	10:23 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	7 Women 200 Breaststroke	10:30 AM	_____
Prelims	8 Men 200 Breaststroke	10:44 AM	_____
Prelims	9 Women 11 & Over 400 400 Free para Multi-Class	10:53 AM	_____
Prelims	10 Men 11 & Over 400 400 free para Multi-Class	11:08 AM	_____
Finals-S	11 Women 800 Freestyle Relay	11:21 AM	_____
Finals-S	13 Women 800 Freestyle	11:30 AM	_____
Finals-S	14 Men 1500 Freestyle	12:00 PM	_____
	Swimmers Counts for Warm-ups: 260		
	Finish Time	12:34 PM	_____


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
*** Deadline for Prelims. scratches 6:00 pm. ***	<i>for Fri. Prelims</i>			
Event 1 – 200m Backstroke (W) B Final	<i>BK Ledges in</i>		6:01	6:03
<i>Awards: 800m Freestyle (W)</i>			6:04	6:06
<i>Awards: 1500m Freestyle (M)</i>			6:06	6:08
Event 1 – 200m Backstroke (W) A Final		6:09	6:10	6:12
Event 2 – 200m Backstroke (M) B Final			6:13	6:15
<i>Awards: 200m Backstroke (W)</i>			6:16	6:18
Event 2 – 200m Backstroke (M) A Final		6:19	6:20	6:22
*** Move Timers to the Turn end for Finish ***	<i>BK Ledges out</i>			
Event 3 – 50m Freestyle (W) Para A Final		6:25	6:27	6:28
<i>Awards: 200m Backstroke (M)</i>			6:29	6:31
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
*** Move Timers back to Start end for Finish ***				
<i>Awards: 50m Freestyle (W)</i>			6:46	6:48
<i>Awards: 50m Freestyle (M)</i>			6:49	6:51
Event 7 – 200m Breaststroke (W) B Final			6:52	6:54
<i>Awards: 50m Freestyle (W) Para</i>			6:55	6:57
<i>Awards: 50m Freestyle (M) Para</i>			6:58	7:00
Event 7 – 200m Breaststroke (W) A Final		7:01	7:02	7:04
Event 8 – 200m Breaststroke (M) B Final			7:05	7:07
<i>Awards: 200m Breaststroke (W)</i>			7:08	7:10
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
<i>Awards: 200m Breaststroke (M)</i>			7:24	7:26
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
<i>Awards: 800m Freestyle Relay (W)</i>			7:57	7:59
<i>Awards: 800m Freestyle Relay (M)</i>			7:59	8:01
<i>Awards: 400m Freestyle (W) Para</i>			8:01	8:03
<i>Awards: 400m Freestyle (M) Para</i>			8:04	8:06

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	Starts at	
Prelims	15 Women 200 Freestyle	09:30 AM	_____
Prelims	16 Men 200 Freestyle	09:45 AM	_____
Prelims	17 Women 11 & Over 200 200m Free para Multi-Class	09:55 AM	_____
Prelims	18 Men 11 & Over 200 200m Free para Multi-Class	10:05 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	19 Women 50 Butterfly	10:16 AM	_____
Prelims	20 Men 50 Butterfly	10:21 AM	_____
Prelims	21 Women 11 & Over 50 50m Fly para Multi-Class	10:26 AM	_____
Prelims	22 Men 11 & Over 50 50m Fly para Multi-Class	10:30 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	23 Women 100 Backstroke	10:34 AM	_____
Prelims	24 Men 100 Backstroke	10:45 AM	_____
Prelims	25 Women 11 & Over 100 100m Back para Multi-Class	10:53 AM	_____
Prelims	26 Men 11 & Over 100 100m Back para Multi-Class	11:01 AM	_____
Prelims	27 Women 400 IM	11:11 AM	_____
Prelims	28 Men 400 IM	11:34 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	29 Women 50 Breaststroke	11:59 AM	_____
Prelims	30 Men 50 Breaststroke	12:03 PM	_____
Prelims	31 Women 11 & Over 50 50m Breast para Multi-Class	12:06 PM	_____
Prelims	32 Men 11 & Over 50 50m Breast para Multi-Class	12:11 PM	_____
	Break: 3 Minutes: Timers move		
Finals-S	33 Mixed 400 Medley Relay	12:17 PM	_____
	Swimmers Counts for Warm-ups: 286		
	Finish Time	12:27 PM	_____


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
<i>Awards: 200m Freestyle (W)</i>			5:40	5:42
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
<i>Awards: 200m Freestyle (W)</i>			5:58	6:00
*** Move Timers to the Turn end for Finish ***				
*** Deadline for Prelims. scratches 6:00 pm. ***	<i>for Sat.Prelims</i>			
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
<i>Awards: 50m Butterfly (W)</i>			6:06	6:08
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
<i>Awards: 50m Butterfly (M)</i>			6:15	6:17
Event 22 – 50m Butterfly (M) Para A Final		6:17	6:19	6:20
*** Move Timers back to Start end for Finish ***	<i>BK Ledges in</i>			
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
<i>Awards: 100m Backstroke (W)</i>			6:30	6:32
<i>Awards: 50m Butterfly (W) Para</i>			6:32	6:34
<i>Awards: 50m Butterfly (M) Para</i>			6:35	6:37
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
<i>Awards: 100m Backstroke (M)</i>			6:44	6:46
Event 26 – 100m Backstroke (M) Para A Final		6:47	6:49	6:51
Event 27 – 400m IM (W) B Final	<i>BK Ledges out</i>		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
<i>Awards: 100m Backstroke (W) Para</i>			7:09	7:11
<i>Awards: 100m Backstroke (M) Para</i>			7:12	7:14
<i>Awards: 400m IM (W)</i>			7:15	7:17
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
<i>Awards: 400m IM (M)</i>			7:26	7:28
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**

		Intro.	Start	Finish
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>			7:43	7:45
<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>			7:54	7:56
<i>Awards: 50m Breaststroke (W) Para</i>			7:57	7:59
<i>Awards: 50m Breaststroke (M) Para</i>			8:00	8:02

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	Starts at	
Prelims	35 Women 200 IM	09:30 AM	_____
Prelims	36 Men 200 IM	09:46 AM	_____
Prelims	37 Women 11 & Over 200 200m IM para Multi-Class	10:01 AM	_____
Prelims	38 Men 11 & Over 200 200m IM para Multi-Class	10:10 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	39 Women 11 & Over 150 150m IM para Multi-Class	10:26 AM	_____
Prelims	41 Women 50 Backstroke	10:32 AM	_____
Prelims	42 Men 50 Backstroke	10:38 AM	_____
Prelims	43 Women 11 & Over 50 50m Back para Multi-Class	10:44 AM	_____
Prelims	44 Men 11 & Over 50 50m Back para Multi-Class	10:49 AM	_____
	Break: 3 Minutes: Timers move		
Prelims	45 Women 100 Butterfly	10:54 AM	_____
Prelims	46 Men 100 Butterfly	11:02 AM	_____
Prelims	47 Women 11 & Over 100 100m Fly para Multi-Class	11:08 AM	_____
Prelims	48 Men 11 & Over 100 100m Fly para Multi-Class	11:13 AM	_____
Prelims	49 Women 400 Freestyle	11:17 AM	_____
Prelims	50 Men 400 Freestyle	11:38 AM	_____
Finals-S	51 Women 400 Freestyle Relay	11:57 AM	_____
Finals-S	52 Men 400 Freestyle Relay	12:02 PM	_____
	Swimmers Counts for Warm-ups: 263		
	Finish Time	12:07 PM	_____


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			
O Canada & Introduction: Referees & Starters	5:24 pm	Intro.	Start	Finish
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>			5:40	5:42
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>			5:58	6:00
*** Move Timers to the Turn end for Finish ***	<i>BK Ledges in</i>			
*** Deadline for Prelims. scratches 6:00 pm. ***	<i>re:Sun.Prelims</i>			
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>			6:08	6:10
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>			6:15	6:17
Event 44 – 50m Backstroke (M) Para A Final		6:17	6:19	6:20
*** Move Timers back to Start end for Finish ***	<i>BK Ledges out</i>			
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>			6:30	6:32
<i>Awards: 50m Backstroke (W) Para</i>			6:32	6:34
<i>Awards: 50m Backstroke (M) Para</i>			6:35	6:37
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>			6:48	6:50
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>			7:07	7:09
<i>Awards: 100m Butterfly (M) Para</i>			7:10	7:12
<i>Awards: 400m Freestyle (W)</i>			7:12	7:14
Event 50 – 400m Freestyle (M) A Final		7:14	7:15	7:19
<i>Awards: 400m Freestyle (M)</i>			7:20	7:22
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>			7:37	7:39
<i>Awards: 400m Freestyle Relay (M)</i>			7:40	7:42

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	Starts at	
Prelims	53 Women 100 Freestyle	09:30 AM	_____
Prelims	54 Men 100 Freestyle	09:37 AM	_____
Prelims	55 Women 11 & Over 100 100m Free para Multi-Class	09:45 AM	_____
Prelims	56 Men 11 & Over 100 100m Free para Multi-Class	09:53 AM	_____
Prelims	57 Women 200 Butterfly	10:00 AM	_____
Prelims	58 Men 200 Butterfly	10:10 AM	_____
Prelims	59 Women 100 Breaststroke	10:21 AM	_____
Prelims	60 Men 100 Breaststroke	10:29 AM	_____
Prelims	61 Women 11 & Over 100 100m Breast para Multi-Class	10:33 AM	_____
Prelims	62 Men 11 & Over 100 100m Breast para Multi-Class	10:41 AM	_____
Finals-S	63 Women 400 Medley Relay	10:50 AM	_____
Finals-S	64 Men 400 Medley Relay	10:55 AM	_____
Finals-S	65 Women 1500 Freestyle	11:00 AM	_____
Finals-S	66 Men 800 Freestyle	12:14 PM	_____
	Swimmers Counts for Warm-ups: 288		
	Finish Time	12:51 PM	_____


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
<i>Awards: 100m Freestyle (W)</i>			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
<i>Awards: 100m Freestyle (M)</i>			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
<i>Awards: 200m Butterfly (W)</i>			6:04	6:06
Event 58 – 200m Butterfly (M) A Final			6:07	6:09
Event 59 – 100m Breaststroke (W) B Final			6:10	6:11
<i>Awards: 200m Butterfly (M)</i>			6:12	6:14
Event 59 – 100m Breaststroke (W) A Final		6:15	6:16	6:17
Event 60 – 100m Breaststroke (M) B Final			6:18	6:19
<i>Awards: 100m Breaststroke (W)</i>			6:20	6:22
Event 60 – 100m Breaststroke (M) A Final		6:23	6:24	6:25
Event 61 – 100m Breaststroke (W) Para A Final		6:26	6:28	6:30
<i>Awards: 100m Breaststroke (M)</i>			6:31	6:33
Event 62 – 100m Breaststroke (M) Para A Final		6:33	6:35	6:37
Event 65 – 1500m Freestyle (W) Fastest Heat	Bells/Counters	6:38	6:39	6:55
<i>Awards: 100m Breaststroke (W) Para</i>			6:56	6:58
Event 66 – 800m Freestyle (M) Fastest Heat		6:59	7:00	7:08
<i>Awards: 1500m Freestyle (W)</i>			7:09	7:11
Event 63 – 400m Medley Relay (W) A Final		7:09	7:11	7:15
<i>Awards: 100m Backstroke (M)</i>			7:16	7:18
Event 63 – 400m Medley Relay (M) A Final		7:19	7:21	7:25
<i>Awards: 400m Medley Relay (W)</i>			7:26	7:28
<i>Awards: 400m Medley Relay (M)</i>			7:29	7:31
<i>Meet Awards: incl. Team Champs. Banners</i>			7:31	
<i>and Female / Male Swims of the Meet</i>				7:42