

Championnat canadiens de l'est 2023 Speedo Eastern Canadian Championships
Windsor, March 16-19, 2023

Schedule Session No. 1 - Jour/Day 1 Prelims

2023-03-16 - 9:00

Warmup: 7:30 until 8:45

9:00	301.	200m Freestyle	Women	Prelim	Open	0:05	1 Heat	2
9:05	302.	200m Freestyle	Men	Prelim	Open	0:04	1 Heat	5
9:09	1.	200m Freestyle	Women	Prelim	13 +	0:15	5 Heats	41
9:24	2.	200m Freestyle	Men	Prelim	14 +	0:14	5 Heats	47
9:38	303.	100m Backstroke	Women	Prelim	Open	0:03	1 Heat	8
9:41	304.	100m Backstroke	Men	Prelim	Open	0:03	1 Heat	10
9:44	3.	100m Backstroke	Women	Prelim	13 +	0:09	4 Heats	39
9:53	4.	100m Backstroke	Men	Prelim	14 +	0:11	5 Heats	46
10:04	5.	200m Breaststroke	Women	Prelim	13 +	0:14	4 Heats	36
10:18	6.	200m Breaststroke	Men	Prelim	14 +	0:17	5 Heats	50
10:35	7.	4 x 100m Freestyle	Women	Slower Heats	13 +	0:10	2 Heats	20
10:45	8.	4 x 100m Freestyle	Men	Slower Heats	14 +	0:10	2 Heats	18
10:55	9.	800m Freestyle	Women	Slower Heats	13 +	0:31	3 Heats	23
11:26	10.	1500m Freestyle	Men	Slower Heats	14 +	0:37	2 Heats	18
12:03	End of session				Total duration	3:03		

Schedule Session No. 3 - Jour/Day 2 Prelims

2023-03-17 - 9:00

Warmup: 7:30 until 8:45

9:00	305.	100m Freestyle	Women	Prelim	Open	0:05	2 Heats	11
9:05	306.	100m Freestyle	Men	Prelim	Open	0:05	2 Heats	12
9:10	11.	100m Freestyle	Women	Prelim	13 +	0:09	5 Heats	50
9:19	12.	100m Freestyle	Men	Prelim	14 +	0:10	6 Heats	57
9:29	307.	50m Backstroke	Women	Prelim	Open	0:02	1 Heat	2
9:31	308.	50m Backstroke	Men	Prelim	Open	0:02	1 Heat	1
9:33	13.	50m Backstroke	Women	Prelim	13 +	0:10	6 Heats	52
9:43	14.	50m Backstroke	Men	Prelim	14 +	0:08	5 Heats	41
9:51	309.	100m Breaststroke	Women	Prelim	Open	0:08	2 Heats	11
9:59	310.	100m Breaststroke	Men	Prelim	Open	0:03	1 Heat	9
10:02	15.	100m Breaststroke	Women	Prelim	13 +	0:09	4 Heats	36
10:11	16.	100m Breaststroke	Men	Prelim	14 +	0:11	6 Heats	54
10:22	311.	50m Butterfly	Women	Prelim	Open	0:02	1 Heat	1
10:24	312.	50m Butterfly	Men	Prelim	Open	0:02	1 Heat	3
10:26	17.	50m Butterfly	Women	Prelim	13 +	0:09	8 Heats	74
10:35	18.	50m Butterfly	Men	Prelim	14 +	0:06	5 Heats	50
10:41	19.	400m Medley	Women	Prelim	13 +	0:19	3 Heats	30
11:00	20.	400m Medley	Men	Prelim	14 +	0:28	5 Heats	47
11:28	21.	4 x 200m Freestyle	Women	Slower Heats	13 +	0:21	2 Heats	17
11:49	22.	4 x 200m Freestyle	Men	Slower Heats	14 +	0:18	2 Heats	13
12:07	End of session				Total duration	3:07		

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Schedule Session No. 5 - Jour/Day 3 Prelims

2023-03-18 - 9:00

Warmup: 7:30 until 8:45

9:00	313.	400m Freestyle	Women	Prelim	Open	0:08	1 Heat	7
9:08	314.	400m Freestyle	Men	Prelim	Open	0:08	1 Heat	7
9:16	23.	400m Freestyle	Women	Prelim	13 +	0:32	6 Heats	55
9:48	24.	400m Freestyle	Men	Prelim	14 +	0:26	5 Heats	45
10:14	315.	100m Butterfly	Women	Prelim	Open	0:02	1 Heat	5
10:16	316.	100m Butterfly	Men	Prelim	Open	0:03	1 Heat	3
10:19	25.	100m Butterfly	Women	Prelim	13 +	0:09	5 Heats	41
10:28	26.	100m Butterfly	Men	Prelim	14 +	0:10	6 Heats	56
10:38	317.	50m Breaststroke	Women	Prelim	Open		no entries	-
10:38	318.	50m Breaststroke	Men	Prelim	Open		not seeded	-
10:38	27.	50m Breaststroke	Women	Prelim	13 +	0:06	4 Heats	38
10:44	28.	50m Breaststroke	Men	Prelim	14 +	0:04	3 Heats	24
10:48	29.	200m Backstroke	Women	Prelim	13 +	0:18	5 Heats	41
11:06	30.	200m Backstroke	Men	Prelim	14 +	0:13	4 Heats	40
11:19	31.	4 x 100m Medley	Women	Slower Heats	13 +	0:17	3 Heats	23
11:36	32.	4 x 100m Medley	Men	Slower Heats	14 +	0:10	2 Heats	18
11:46	End of session				Total duration	2:46		

Schedule Session No. 7 - Jour/Day 4 Prelims

2023-03-19 - 9:00

Warmup: 7:30 until 8:45

9:00	33.	200m Butterfly	Women	Prelim	13 +	0:13	4 Heats	35
9:13	34.	200m Butterfly	Men	Prelim	14 +	0:12	4 Heats	33
9:25	319.	50m Freestyle	Women	Prelim	Open	0:04	2 Heats	11
9:29	320.	50m Freestyle	Men	Prelim	Open	0:03	2 Heats	12
9:32	35.	50m Freestyle	Women	Prelim	13 +	0:08	7 Heats	64
9:40	36.	50m Freestyle	Men	Prelim	14 +	0:10	9 Heats	83
9:50	321.	200m Medley	Women	Prelim	Open	0:12	2 Heats	12
10:02	322.	200m Medley	Men	Prelim	Open	0:05	1 Heat	9
10:07	37.	200m Medley	Women	Prelim	13 +	0:13	4 Heats	34
10:20	38.	200m Medley	Men	Prelim	14 +	0:18	6 Heats	52
10:38	323.	150m Medley	Women	Prelim	Open		no entries	-
10:38	324.	150m Medley	Men	Prelim	Open	0:05	1 Heat	1
10:43	39.	1500m Freestyle	Women	Slower Heats	13 +	0:58	3 Heats	30
11:41	40.	800m Freestyle	Men	Slower Heats	14 +	0:29	3 Heats	28
12:10	End of session				Total duration	3:10		