

Championnat canadiens de l'est 2024 Speedo Eastern Canadian Championships
Québec, 21-24 mars 2024

Schedule Session No. 1 - Jour/Day 1 Prelims

2024-03-21 - 9:00

Warmup: 7:30 until 8:45

9:00	301.	200m Freestyle	Women	Prelim	Open	0:04	1 Heat	4
9:04	302.	200m Freestyle	Men	Prelim	Open	0:06	1 Heat	6
9:10	1.	200m Freestyle	Women	Prelim	13 +	0:15	5 Heats	46
9:25	2.	200m Freestyle	Men	Prelim	14 +	0:16	6 Heats	58
9:41	303.	100m Backstroke	Women	Prelim	Open	0:06	2 Heats	13
9:47	304.	100m Backstroke	Men	Prelim	Open	0:02	1 Heat	10
9:49	3.	100m Backstroke	Women	Prelim	13 +	0:11	5 Heats	45
10:00	4.	100m Backstroke	Men	Prelim	14 +	0:14	6 Heats	53
10:14	5.	200m Breaststroke	Women	Prelim	13 +	0:17	5 Heats	43
10:31	6.	200m Breaststroke	Men	Prelim	14 +	0:14	4 Heats	40
10:45	7.	4 x 100m Freestyle	Women	Slower Heats	13 +	0:10	2 Heats	19
10:55	8.	4 x 100m Freestyle	Men	Slower Heats	14 +	0:10	2 Heats	16
11:05	9.	800m Freestyle	Women	Slower Heats	Open	0:31	3 Heats	23
11:36	10.	1500m Freestyle	Men	Slower Heats	Open	0:55	3 Heats	25
12:31	End of session				Total duration	3:31		

Schedule Session No. 3 - Jour/Day 2 Prelims

2024-03-22 - 9:00

Warmup: 7:30 until 8:45

9:00	305.	100m Freestyle	Women	Prelim	Open	0:04	2 Heats	16
9:04	306.	100m Freestyle	Men	Prelim	Open	0:05	2 Heats	15
9:09	11.	100m Freestyle	Women	Prelim	13 +	0:12	7 Heats	63
9:21	12.	100m Freestyle	Men	Prelim	14 +	0:13	8 Heats	79
9:34	307.	50m Backstroke	Women	Prelim	Open	0:02	1 Heat	1
9:36	308.	50m Backstroke	Men	Prelim	Open	0:02	1 Heat	2
9:38	13.	50m Backstroke	Women	Prelim	13 +	0:14	8 Heats	73
9:52	14.	50m Backstroke	Men	Prelim	14 +	0:10	6 Heats	58
10:02	309.	100m Breaststroke	Women	Prelim	Open	0:05	2 Heats	13
10:07	310.	100m Breaststroke	Men	Prelim	Open	0:03	1 Heat	10
10:10	15.	100m Breaststroke	Women	Prelim	13 +	0:10	5 Heats	49
10:20	16.	100m Breaststroke	Men	Prelim	14 +	0:12	6 Heats	56
10:32	311.	50m Butterfly	Women	Prelim	Open	0:02	1 Heat	3
10:34	312.	50m Butterfly	Men	Prelim	Open	0:01	1 Heat	3
10:35	17.	50m Butterfly	Women	Prelim	13 +	0:11	9 Heats	85
10:46	18.	50m Butterfly	Men	Prelim	14 +	0:09	8 Heats	76
10:55	19.	400m Medley	Women	Prelim	13 +	0:25	4 Heats	33
11:20	20.	400m Medley	Men	Prelim	14 +	0:28	5 Heats	49
11:48	21.	4 x 200m Freestyle	Women	Slower Heats	13 +	0:21	2 Heats	12
12:09	22.	4 x 200m Freestyle	Men	Slower Heats	14 +	0:18	2 Heats	13
12:27	End of session				Total duration	3:27		

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Schedule Session No. 5 - Jour/Day 3 Prelims

2024-03-23 - 9:00

Warmup: 7:30 until 8:45

9:00	313.	400m Freestyle	Women	Prelim	Open	0:08	1 Heat	9
9:08	314.	400m Freestyle	Men	Prelim	Open	0:06	1 Heat	7
9:14	23.	400m Freestyle	Women	Prelim	13 +	0:27	5 Heats	49
9:41	24.	400m Freestyle	Men	Prelim	14 +	0:31	6 Heats	55
10:12	315.	100m Butterfly	Women	Prelim	Open	0:02	1 Heat	8
10:14	316.	100m Butterfly	Men	Prelim	Open	0:03	1 Heat	9
10:17	25.	100m Butterfly	Women	Prelim	13 +	0:09	5 Heats	48
10:26	26.	100m Butterfly	Men	Prelim	14 +	0:12	7 Heats	63
10:38	317.	50m Breaststroke	Women	Prelim	Open		no entries	-
10:38	318.	50m Breaststroke	Men	Prelim	Open	0:02	1 Heat	2
10:40	27.	50m Breaststroke	Women	Prelim	13 +	0:08	6 Heats	56
10:48	28.	50m Breaststroke	Men	Prelim	14 +	0:06	5 Heats	50
10:54	29.	200m Backstroke	Women	Prelim	13 +	0:18	5 Heats	49
11:12	30.	200m Backstroke	Men	Prelim	14 +	0:18	5 Heats	44
11:30	31.	4 x 100m Medley	Women	Slower Heats	13 +	0:16	3 Heats	22
11:46	32.	4 x 100m Medley	Men	Slower Heats	14 +	0:10	2 Heats	16
11:56	End of session				Total duration	2:56		

Schedule Session No. 7 - Jour/Day 4 Prelims

2024-03-24 - 9:00

Warmup: 7:30 until 8:45

9:00	33.	200m Butterfly	Women	Prelim	13 +	0:10	3 Heats	29
9:10	34.	200m Butterfly	Men	Prelim	14 +	0:15	5 Heats	49
9:25	319.	50m Freestyle	Women	Prelim	Open	0:03	2 Heats	16
9:28	320.	50m Freestyle	Men	Prelim	Open	0:03	2 Heats	17
9:31	35.	50m Freestyle	Women	Prelim	13 +	0:10	8 Heats	80
9:41	36.	50m Freestyle	Men	Prelim	14 +	0:11	10 Heats	92
9:52	321.	200m Medley	Women	Prelim	Open	0:10	2 Heats	14
10:02	322.	200m Medley	Men	Prelim	Open	0:09	2 Heats	12
10:11	37.	200m Medley	Women	Prelim	13 +	0:13	4 Heats	40
10:24	38.	200m Medley	Men	Prelim	14 +	0:18	6 Heats	53
10:42	323.	150m Medley	Women	Prelim	Open	0:05	1 Heat	1
10:47	324.	150m Medley	Men	Prelim	Open	0:04	1 Heat	1
10:51	39.	1500m Freestyle	Women	Slower Heats	Open	1:18	4 Heats	35
12:09	40.	800m Freestyle	Men	Slower Heats	Open	0:39	4 Heats	31
12:48	End of session				Total duration	3:48		