



Fri 05 April 2019

Finals Program

ven 05 avril 2019

Programme finales



Canada



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Windsor, Canada 2016 FINA WORLD
SWIMMING CHAMPIONSHIPS (25m)



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SWIMMING CHAMPIONSHIPS (25m)

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Friday, April 5, 2019
Finals Session - Day 3
Clear Pool: 5:45

Officials on-deck positions			5:50 pm					
<i>Tihanyi Bursary Award</i>					5:56	5:59		
O Canada & Introduction: Referees & Starters					6:00			
<i>BL = Backstroke Ledge</i>	Call Room		March-On	Intro	Start	Finish	Interview	FOP
50s start from turn end - Swimmers report to 150/50 call room								<i>Flags out</i>
Event 307 – 50m Butterfly PS (W)	Final		6:03	6:04	6:05	6:07	6:08	
Event 308 – 50m Butterfly PS (M)	Final		6:10	6:11	6:11	6:13		
****Deadline for Prelims scratches 6:35 PM****								
Event 309 – 100m Butterfly PS (W)	Final		6:14	6:15	6:16	6:18		
Event 310 – 100m Butterfly PS (M)	Final		6:19	6:20	6:21	6:23		<i>BL and Flags in</i>
<i>Awards 50m Butterfly PS (W)</i>					6:24	6:26		
<i>Awards 50m Butterfly PS (M)</i>					6:27	6:29		
Event 17 – 200 Backstroke (W)	B Final			6:31	6:31	6:33		
Event 17 – 200m Backstroke (W)	A Final		6:34	6:35	6:36	6:38	6:39	
Event 18 – 200m Backstroke (M)	B Final			6:41	6:41	6:43		
<i>Awards 100m Butterfly PS (W)</i>					6:44	6:46		
<i>Awards: 100m Butterfly PS (M)</i>					6:47	6:49		<i>BL and Flags out</i>
Event 18 – 200m Backstroke (M)	A Final		6:49	6:50	6:51	6:53	6:54	
Event 19 – 100m Butterfly (W)	B Final			6:56	6:56	6:57		
<i>Awards: 200m Backstroke (W)</i>					6:58	7:00		
Event 19 – 100m Butterfly (W)	A Final		7:00	7:01	7:02	7:03	7:04	
Event 20 – 100m Butterfly (M)	B Final			7:06	7:06	7:07		
<i>Awards: 200m Backstroke (M)</i>					7:08	7:10		
Event 20 – 100m Butterfly (M)	A Final		7:10	7:11	7:12	7:13	7:14	
Event 21 – 400m Freestyle (W)	B Final			7:16	7:17	7:21		
<i>Awards: 100m Butterfly (W)</i>					7:22	7:24		
Event 21 – 400m Freestyle (W)	A Final		7:24	7:25	7:26	7:30	7:31	
Event 22 – 400m Freestyle (M)	B Final			7:33	7:34	7:38		
<i>Awards: 100m Butterfly (M)</i>					7:39	7:41		
Event 22 – 400m Freestyle (M)	A Final		7:43	7:44	7:45	7:49	7:50	<i>Flags in</i>
Event 311 – 400m Freestyle PS (W)	Final		7:53	7:55	7:56	8:03		
Event 312 – 400m Freestyle PS (M)	Final		8:04	8:06	8:07	8:13	8:14	
<i>Awards: 400m Freestyle (W)</i>					8:16	8:18		
<i>Awards: 400m Freestyle (M)</i>					8:18	8:20		
<i>Awards: 400m Freestyle PS (W)</i>					8:20	8:22		
<i>Awards: 400m Freestyle PS (M)</i>					8:23	8:25		

Times are estimates only.

LA NOUVELLE GÉNÉRATION DE VITESSE



KYLIE MASSE
MEDAILLÉE CHAMPIONNE
DU MONDE OLYMPIQUE



2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - FRI - Finals

Event 307 Women 50 LC Meter Butterfly Para

Lane	Name	Yr	Team	Prelims
Heat 1 Finals				
0				
1				
2	%Paré, Clémence S5	02	MUST/A Y 3 5 7 12 +	1:10.57
3	%Bérubé, Camille S7	95	NG/A 12 +	40.58
4	%Duchesne, Sabrina S7	01	UL/A 12 +	40.29
5	%Routliffe, Tess S7	98	UL/*12 +	40.42
6	%Soliman, Myriam S6	99	MUST/A 1 3 4 12 +	49.99
7	%Corriveau, Effie S6	94	GO/A 3 5 12 +	1:19.55
8				
9				

Event 308 Men 50 LC Meter Butterfly Para

Lane	Name	Yr	Team	Prelims
Heat 1 Finals				
0				
1				
2				
3				
4	%Boutin-Cote, Etienne S5	04	CNQ/*A 1 2 12 +	1:07.79
5				
6				
7				
8				
9				

Event 309 Women 100 LC Meter Butterfly Para

Lane	Name	Yr	Team	Prelims
Heat 1 Finals				
0				
1	%Henault, Miori S14	95	CASE/0	1:29.59
2	%Hunsicker, Ariann S10	03	SKSC/3 5	1:24.30
3	%Morrier, Justine S14	97	CNHR/0	1:15.58
4	%Ryan, Samantha S10	99	NN/12 +	1:11.27
5	%Marina, Angela S14	99	BRANT/0	1:15.02
6	%Dorris, Danielle S8	02	CNBO/A E Y 3 5	1:19.45
7	%Bird, Morgan S8	93	CASC/*12 +	1:24.61
8	%Sherwin, Megan S8	00	VVAC/A 3 4 12 +	1:43.14
9				

Alternates

1	%Vezina, Myriam S14	99	CNHR	1:40.76
2	%Cloetta, Colleen S8	05	PCSC	1:51.94

Event 310 Men 100 LC Meter Butterfly Para

Lane	Name	Yr	Team	Prelims
Heat 1 Finals				
0	%Miller, Matt S10	00	SEALS/12 +	1:20.70
1	%Cowan, Felix Thomas S9	02	SAMAK/A 12 +	1:16.44
2	%Plamondon, Nicolas S9	98	CNQ/3 5 12 +	1:14.10
3	%Bennett, Nicholas S14	03	RAC/0	1:03.94
4	%Elliot, Alexander S10	96	UL/3 5 12 +	1:00.00
5	%Turbide, Nicolas-Guy S13	97	CNQ/T	1:03.28
6	%Vachon, Philippe S9	95	MEGO/A 12 +	1:07.25
7	%Elliot, Aidan S10	99	ROW/12 +	1:15.52
8	%Cabraja, Matthew S11	02	COBRA/T B 0	1:19.95
9	%Schweigl, Nichola S14	98	HHBF/0	1:27.93

Event 17 Women 200 LC Meter Backstroke

2019 FINA A: 2:11.53

2020 TRIALS: 2:19.60

Canadian: 2:05.97 2017-07-28 Kylie Masse

World: 2:04.06 2012-08-03 Melissa Franklin

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Movold, Avery	00	PGB	2:17.02
1	Scholes, Dylan	04	OAK	2:16.72
2	Edwards, Hana	03	UVPCS	2:16.02
3	Daigneault, Valérie	97	PCSC	2:15.46
4	*Avramova, Ekaterina	91	NN	2:14.07
5	*Gold, Aleksa	00	TSC	2:14.90
6	Zavaros, Rosie	00	OAK	2:15.89
7	Varga, Ella	04	CASC	2:16.16
8	Benn, Acacia	02	KISU	2:16.92
9	Arcand, Alicia	01	NN	2:17.03

Heat 2 A - Final

0	Danyluk, Daphné	98	NN	2:15.10
1	Ellard, Olivia	98	UBCSC	2:13.16
2	Zavaros, Mabel	00	OAK	2:11.82
3	Ruck, Taylor	00	SCAR	2:10.48
4	Masse, Kylie	96	TSC	2:09.36
5	Broad, Madison	00	CYPS	2:09.82
6	Hannah, Jade	02	ISC	2:11.48
7	Glover, Mackenzie	98	UMAN	2:12.29
8	Rathwell, Regan	04	GO	2:14.63
9	Wilm, Ingrid	98	UBCSC	2:15.15

Alternates

1	*Huizinga, Danika	99	SWC	2:16.39
2	Bath, Angelica	02	CHENA	2:17.48



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**SWIMMING
CANADA
NATATION**



PENNY OLEKSIK
AMBASSADRICE D'IDÉAL SOLEIL

2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - FRI - Finals

Event 18 Men 200 LC Meter Backstroke

2019 FINA A: 1:58.34

2020 TRIALS: 2:08.48

Canadian: 1:57.34 2009-07-11 Matthew Hawes

World: 1:51.92 2009-07-31 Aaron Peirsol

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Tierney, Blake	02	GOLD	2:05.27
1	Smyth, Conor	01	AAC	2:05.16
2	McNeill, Hugh	03	LOSC	2:04.81
3	Millette, Charles	00	PCSC	2:04.33
4	St-Martin, L��c	00	CAMO	2:03.45
5	Mac, Matthew	98	OAK	2:04.13
6	Gagne, Collyn	00	OAK	2:04.79
7	*Secchi, Clement	00	FRA	2:04.94
8	Duke, Nicolas	98	CHENA	2:05.27
9	Wasyliv, Noah	96	ROD	2:05.49

Heat 2 A - Final

0	Stokes, Richie	00	UCSC	2:02.82
1	Klein, Anders	97	UCSC	2:02.69
2	Pratt, Cole	02	CASC	2:00.92
3	Hill, Robert	96	UCSC	2:00.66
4	Thormeyer, Markus	97	UBCSC	1:59.99
5	Marois, William	98	CHENA	2:00.59
6	Acevedo, Javier	98	UNVAR	2:00.74
7	Zakala, Josh	98	ISC	2:01.86
8	Somerset, Sebastian	01	CASC	2:02.78
9	Wall, Tyler	01	KISU	2:02.94

Alternates

1	Hickey, David	01	LAC	2:05.71
2	Bernard, Graysen	02	TSC	2:06.08

Event 19 Women 100 LC Meter Butterfly

2019 FINA A: 58.48

2020 TRIALS: 1:02.63

Canadian: 56.46 2016-08-07 Penny Oleksiak

World: 55.48 2016-08-07 Sarah Sjostrom

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Lapointe, Marie-lou	94	CASE	1:02.07
1	Carruthers, Caroline	01	ESWIM	1:01.71
2	Leibel, Kyla	01	RDCSC	1:01.17
3	Douglas, Kirsten	98	UBCSC	1:01.14
4	*Hansson, Louise	96	UNAT	57.35
5	*Nogaj, Paulina	98	AKRN	59.86
6	Fernandes, Aryanna	00	UNVAR	1:01.16
7	Sharkey, Kaleigh	99	NEW	1:01.58
8	Willar, Lora	02	PCSC	1:02.01
9	Movold, Avery	00	PGB	1:02.24

Heat 2 A - Final

0	Genich, Hannah	98	TSC	1:00.20
1	Hanus, Danielle	98	ISC	59.69
2	Watson, Sarah	00	UMAN	59.56
3	Black, Haley	96	PGB	59.07
4	Smith, Rebecca	00	SCAR	58.50
5	MacNeil, Margaret	00	LAC	58.66
6	Oleksiak, Penelope	00	TSC	59.31
7	Henderson, Hanna	02	ESWIM	59.58
8	Savard, Katerine	93	CAMO	59.96
9	Sasseville, Genevieve	03	CYPS	1:00.66

Alternates

1	*Quah, Jing Wen	00	SGP	59.95
2	Gray, Marni	01	TSC	1:02.27

Event 20 Men 100 LC Meter Butterfly

2019 FINA A: 51.96

2020 TRIALS: 56.33

Canadian: 51.83 2016-08-11 Santo Condorelli

World: 49.82 2009-08-01 Michael Phelps

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Nitski, Osvald	97	OAK	55.88
1	Blair, Sterlyng	01	EKSC	55.73
2	Tejada, Gabriel	01	OTTSC	55.65
3	Calkins, Stephen	98	UCSC	55.42
4	*Martnez, Luis	95	GUA	51.87
5	*Quah, Zheng Wen	96	SGP	52.53
6	Ogilvie, Keir	02	UVPCS	55.55
7	Lacroix, Brandon	01	NG	55.72
8	Greer, Daniel	99	UVPCS	55.78
9	Fournier, Maxime	99	NN	56.13

Heat 2 A - Final

0	Lee, Gabriel	96	SFA	54.91
1	Assaad, Gamal	95	OAK	54.66
2	Dans, Matthew	95	TSC	54.24
3	Pisani, William	97	UNCAN	53.51
4	Liendo, Joshua	02	NYAC	53.11
5	Binnema, Josiah	97	UBCSC	53.34
6	Perreault, Alexandre	98	OTTSC	53.90
7	Champagne, Montana	96	GO	54.57
8	Troskot, Kyle	92	KSC	54.70
9	Knox, Finlay	01	MAVS	55.11

Alternates

1	*Carter, Dylan	96	UNAT	52.92
2	Przyzwitt, Kier	01	EKSC	56.24



CHICKEN: THE OFFICIAL PROTEIN OF SWIMMING IN CANADA

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HONEY SALSA CHICKEN & SPINACH WRAPS



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

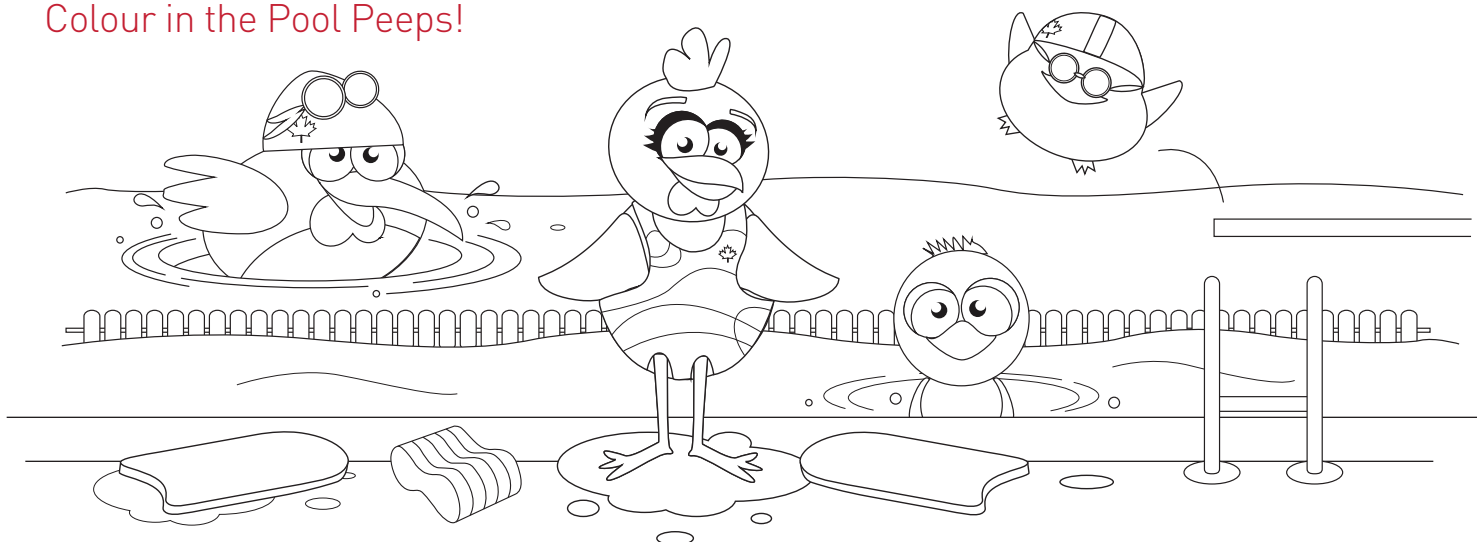
Ingredients:

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.

Visit **chicken.ca** for hundreds of healthy recipes

Colour in the Pool Peeps!



2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - FRI - Finals

Event 21 Women 400 LC Meter Freestyle

2019 FINA A: 4:10.57

2020 TRIALS: 4:25.15

Canadian: 4:03.43 2016-08-07 Brittany MacLean

World: 3:56.46 2016-08-07 Katie Ledecky

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Field, Josie	01	LOSC	4:26.13
1	Smallegange, Kenna	03	BAD	4:22.93
2	Dalke, Megan	98	KCS	4:22.64
3	Olvet, Kristen	98	OAK	4:22.02
4	Ross, Kyla	01	ISC	4:21.86
5	Anderson, Marit	00	UCSC	4:22.02
6	McCloy, Allison	99	UCSC	4:22.24
7	Sullivan, Kate	03	MPM	4:22.93
8	Free, Ava	01	CASC	4:23.82
9	*Dornic, Morgane	98	UL	4:26.43

Heat 2 A - Final

0	Vandal, Delphine	96	GO	4:20.99
1	Bellio, Katrina	04	ESWIM	4:19.71
2	O'Croinin, Emma	03	EKSC	4:15.49
3	Paddington, Mackenzie	99	UNVAR	4:14.54
4	Ackman, Alyson	93	PCSC	4:11.08
5	Goss, Kennedy	96	GGST	4:14.50
6	Ludlow, Danica	96	UCSC	4:15.21
7	Overholt, Emily	97	UBCSC	4:19.14
8	Meklenšek, Tori	02	CW	4:20.60
9	Douthwright, Brooklyn	03	CVAC	4:21.66

Alternates

1	Archer, Madison	02	NKB	4:27.10
2	Rothery, Freya	04	TSC	4:28.53

Event 22 Men 400 LC Meter Freestyle

2019 FINA A: 3:48.15

2020 TRIALS: 4:03.10

Canadian: 3:43.46 2014-07-24 Ryan Cochrane

World: 3:40.07 2009-07-26 Paul Biedermann

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Rodgers, Lucas	01	NKB	4:03.54
1	Paquin-Foisy, Etienne	97	ELITE	4:02.87
2	Axon, Alexander	03	MAC	4:02.29
3	Quirie, David	02	NKB	4:00.78
4	*Johansson, Victor	98	UNAT	3:50.63
5	*D'Arrigo, Andrea	95	GSC	3:54.85
6	Dommann, Raben	01	CHENA	4:01.13
7	Simard, Pierre-Adrien	95	UL	4:02.69
8	Brown, Eric	02	PCSC	4:03.27
9	McRae, Ryley	00	KCS	4:04.09

Heat 2 A - Final

0	Hussey, Patrick	01	PCSC	4:00.43
1	Neri, Parker	99	UNCAN	3:57.37
2	Beaudin-Bolduc, Nathan	99	UL	3:56.49
3	McGillivray, Michael	02	ROD	3:55.09
4	Gilbert, Colin	98	KCS	3:52.97
5	Bagshaw, Jeremy	92	ISC	3:53.85
6	Brothers, Peter	96	UCSC	3:56.15
7	Cote, Tristan	95	UCSC	3:57.22
8	Selmanovic, Din	98	ESWIM	4:00.32
9	Furlong, Jacob	00	UNCAN	4:00.71

Alternates

1	*Kohm, Zachary	01	GAAC	4:02.33
2	Young, Brodie	00	UBCSC	4:04.13

Event 311 Women 400 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0	%Nault, Tatiana S8	05	CNBF/A 3 5 12 +	7:01.24
1	%Labelle, Mathilde S9	03	CAEM/A 12 +	6:45.44
2	%Duchesne, Sabrina S7	01	UL/A 12 +	5:39.96
3	%Bird, Morgan S8	93	CASC/*12 +	5:27.50
4	%Rivard, Aurélie S10	96	UL/3 5	4:54.84
5	%Hunsicker, Ariann S10	03	SKSC/3 5	5:14.00
6	%Baird, Gabby S9	00	GMAC/*A 12 +	5:32.53
7	%Shaw, Krystal S7	94	FS/12	6:17.77
8	%Tovizi, Michelle S7	00	NYAC/A 12	7:00.53
9	%Searle, Ava S8	04	WD/A 3 5 12 +	7:09.84

Alternates

1	%Brisson, Anne-Frédér S8	00	CNQ	7:15.45
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Event 312 Men 400 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0	%Boufekane, Hicham S8	98	CNSH/*A 6 12 +	5:18.61
1	%Cowan, Felix Thomas S9	02	SAMAK/A 12 +	5:10.64
2	%Arndt, Caleb S13	02	WRMS/0	5:00.61
3	%Zona, Zach S8	98	NHAC/3 5 12 +	4:45.25
4	%Elliot, Alexander S10	96	UL/3 5 12 +	4:15.86
5	%Vachon, Philippe S9	95	MEGO/A 12 +	4:43.88
6	%Plamondon, Nicolas S9	98	CNQ/3 5 12 +	4:48.83
7	%Cabraja, Matthew S11	02	COBRA/T B 0	5:06.94
8	%Elliot, Aidan S10	99	ROW/12 +	5:12.03
9	%Miller, Matt S10	00	SEALS/12 +	5:24.97

Alternates

1	%Pruneau-Tourney, Tri S8	02	CNQ	6:09.95
2	%Estabrooks, Ryan S8	97	LAC	6:44.24





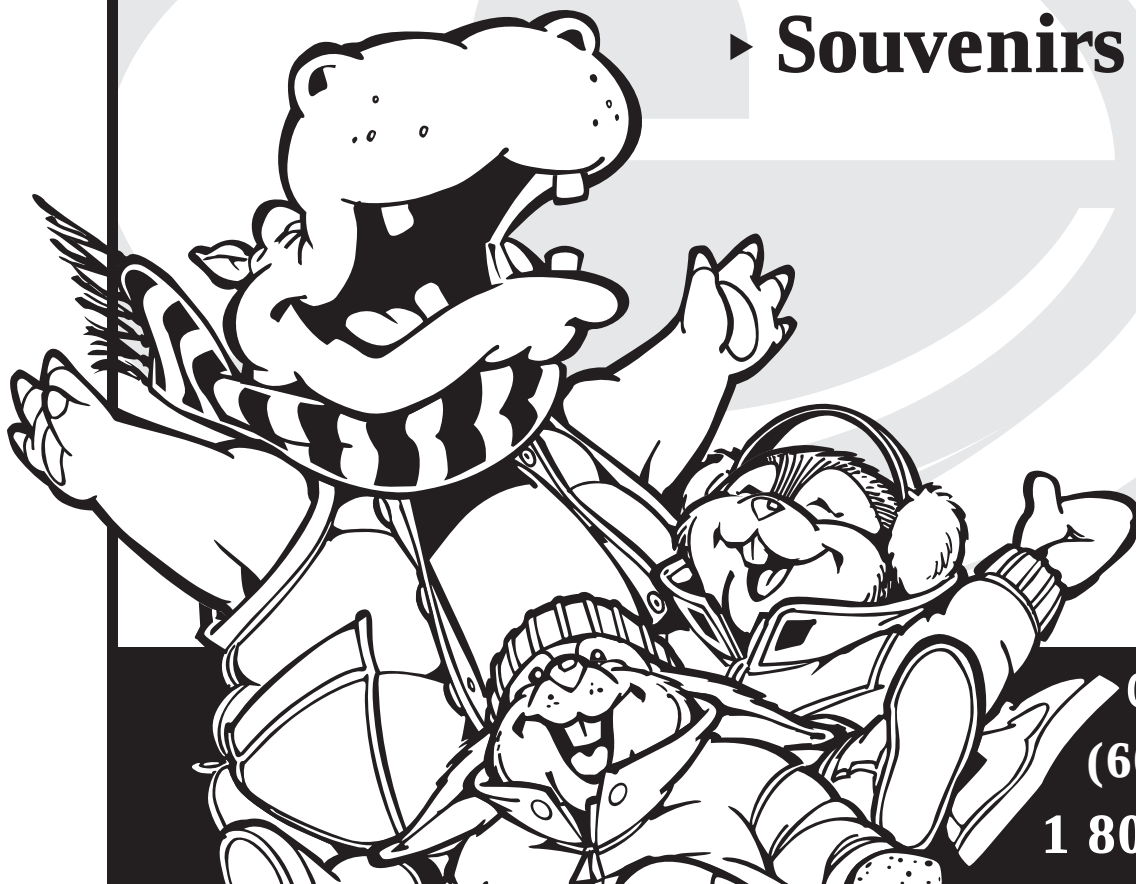
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2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07**Session Report**

Session: 10 SAT - Prelims

Day of Meet: 4 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	313 Women 200 Freestyle Para	10	1 u	09:30 AM	_____
Prelims	314 Men 200 Freestyle Para	7	1 u	09:37 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	23 Women 200 Freestyle	57	6 u	09:48 AM	_____
Prelims	24 Men 200 Freestyle	37	4 u	10:03 AM	_____
Prelims	25 Women 200 Butterfly	50	5 u	10:13 AM	_____
Prelims	26 Men 200 Butterfly	41	5 u	10:27 AM	_____
Prelims	27 Women 50 Breaststroke	49	5 u	10:40 AM	_____
Prelims	28 Men 50 Breaststroke	41	5 u	10:45 AM	_____
Prelims	315 Women 50 Breaststroke Para	5	1 u	10:50 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	316 Men 50 Breaststroke Para	3	1 u	10:55 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	317 Women 100 Breaststroke Para	22	3 u	11:00 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	318 Men 100 Breaststroke Para	18	2 u	11:11 AM	_____
	Swimmers Counts for Warm-ups: 308	=====	=====		
	Entry / Heat Totals:	340	39		
	Finish Time			11:15 AM	_____