



Sat 06 April 2019

Finals Program

sam 06 avril 2019

Programme finales



Canada

Saturday, April 6, 2019
Finals Session - Day 4
Clear Pool: 5:45

Officials on-deck positions			5:50 pm					
O Canada & Introduction: Referees & Starters					5:56			
		Call Room	March-On	Intro	Start	Finish	Interview	FOP
Event 313 – 200m Freestyle PS (W)	Final		5:58	5:59	6:00	6:06		
Event 314 – 200m Freestyle PS (M)	Final		6:07	6:08	6:09	6:14		<i>Flags out</i>
****Deadline for Prelims scratches 6:30 PM****								
Event 23 – 200m Freestyle (W)	B Final			6:15	6:15	6:17		
Event 23 – 200m Freestyle (W)	A Final		6:18	6:19	6:20	6:22	6:23	
Event 24 – 200m Freestyle (M)	B Final			6:26	6:27	6:29		
<i>Awards 200m Freestyle PS (W)</i>					6:30			
<i>Awards 200m Freestyle PS (M)</i>						6:33		
Event 24 – 200m Freestyle (M)	A Final		6:34	6:34	6:35	6:37	6:38	
Event 25 – 200m Butterfly (W)	B Final			6:41	6:42	6:44		
<i>Awards: 200m Freestyle (W)</i>					6:45	6:47		
Event 25 – 200m Butterfly (W)	A Final		6:47	6:48	6:49	6:51	6:52	
Event 26 – 200m Butterfly (M)	B Final			6:54	6:54	6:56		
<i>Awards: 200m Freestyle (M)</i>					6:57	6:59		
Event 26 – 200m Butterfly (M)	A Final		6:59	7:00	7:01	7:03	7:04	
50s start from turn end - Swimmers report to 150/50 call room								
Event 27 – 50m Breaststroke (W)	B Final			7:06	7:06	7:07		
<i>Awards: 200m Butterfly (W)</i>					7:07	7:09		
Event 27 – 50m Breaststroke (W)	A Final		7:09	7:10	7:11	7:12		
Event 28 – 50m Breaststroke (M)	B Final			7:12	7:13	7:14		
<i>Awards: 200m Butterfly (M)</i>					7:15	7:17		
Event 28 – 50m Breaststroke (M)	A Final		7:17	7:18	7:19	7:20		
Event 315 – 50m Breaststroke PS (W)	Final		7:21	7:21	7:22	7:24		
<i>Awards: 50m Breaststroke (W)</i>					7:25	7:26		
Event 316 – 50m Breaststroke PS (M)	Final		7:26	7:27	7:29	7:31		
Event 317 – 100m Breaststroke PS (W)	Final		7:33	7:34	7:35	7:37	7:38	
<i>Awards: 50m Breaststroke (M)</i>					7:40	7:42		
Event 318 – 100m Breaststroke PS (M)	Final		7:43	7:44	7:45	7:47		
<i>Awards: 50m Breaststroke PS (W)</i>					7:48			
<i>Awards: 50m Breaststroke PS (M)</i>								
<i>Awards: 100m Breaststroke PS (W)</i>								
<i>Awards: 100m Breaststroke PS (M)</i>						7:56		<i>Flags in</i>

Times are estimates only

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

Meet Program - SAT - Finals

Event 313 Women 200 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
------	------	----	------	---------

Heat 1 Finals

0				
1				
2	%Van Wyck-Smart, Aly S2	02	VVAC/A E 3 5 12	5:46.62
3	%Van Dyk, EmmaGrace S14	02	GCAC/0	2:33.14
4	%Marina, Angela S14	99	BRANT/0	2:19.65
5	%Henault, Miori S14	95	CASE/0	2:28.09
6	%Paré, Clémence S5	02	MUST/Y 3 5 7 12 +	4:26.75
7				
8				
9				

Alternates

1	%Stevens, Ruby S14	02	VVAC/A	2:53.18
2	%Tran, Cassidy S14	93	KYPS/0	3:03.37

Event 314 Men 200 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0				
1				
2	%Boutin-Cote, Etienne S5	04	CNQ/*A 1 2 12 +	5:01.52
3	%Schweigl, Nichola S14	98	HHBF/0	2:53.65
4	%Bennett, Nicholas S14	03	RAC/0	2:01.75
5	%Macdonald, Tyson S14	96	WRMS/0	2:07.10
6	%Cakalj, Aleksa S5	96	SFNV/A 3 5 12 +	4:47.56
7				
8				
9				

Event 23 Women 200 LC Meter Freestyle

2019 FINA A: 1:58.66

2020 TRIALS: 2:04.66

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

World: 1:52.98 2009-07-29 Federica Pelligrini

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Vandal, Delphine	96	GO	2:04.56
1	Bellio, Katrina	04	ESWIM	2:03.70
2	Douthwright, Brooklyn	03	CVAC	2:03.05
3	*Gold, Aleksa	00	TSC	2:02.83
4	*DeLoof, Gabrielle	96	CW-MI	2:00.33
5	Leibel, Kyla	01	RDCSC	2:01.97
6	Ludlow, Danica	96	UCSC	2:02.97
7	Cigna, Frédérique	97	CAMO	2:03.39
8	Leckie, Aysia	99	OAK	2:03.92
9	Movold, Avery	00	PGB	2:04.60

Heat 2 A - Final

0	Cieplucha, Tessa	98	OAK	2:01.87
1	O'Croinin, Emma	03	EKSC	2:00.84
2	Smith, Rebecca	00	SCAR	1:59.48
3	Ruck, Taylor	00	SCAR	1:59.33
4	Ackman, Alyson	93	PCSC	1:58.85
5	Oleksiak, Penelope	00	TSC	1:59.09
6	Goss, Kennedy	96	GGST	1:59.37
7	Sanchez, Kayla Noelle	01	AAC	1:59.96
8	Savard, Katherine	93	CAMO	2:01.25
9	Kilger, Kennady	01	TSC	2:01.90

Alternates

1	Lemieux, Roxane	91	NN	2:04.78
2	Chaput, Oksana	03	MANTA	2:04.80

Event 24 Men 200 LC Meter Freestyle

2019 FINA A: 1:47.40

2020 TRIALS: 1:53.63

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

World: 1:42.00 2009-07-28 Paul Biedermann

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Godolphin, Bernard	99	NN	1:52.72
1	Murdock, Cale	97	UVPCS	1:52.61
2	Quirie, David	02	NKB	1:52.37
3	Palaschuk, Brian	98	ROD	1:52.10
4	*Carter, Dylan	96	UNAT	1:47.82
5	*D'Arrigo, Andrea	95	GSC	1:50.05
6	VanderHelm, Adrian	95	OAK	1:52.12
7	Bélanger, Samuel	97	UL	1:52.60
8	Selmanovic, Din	98	ESWIM	1:52.67
9	Bertrand, Louis	01	GO	1:53.35





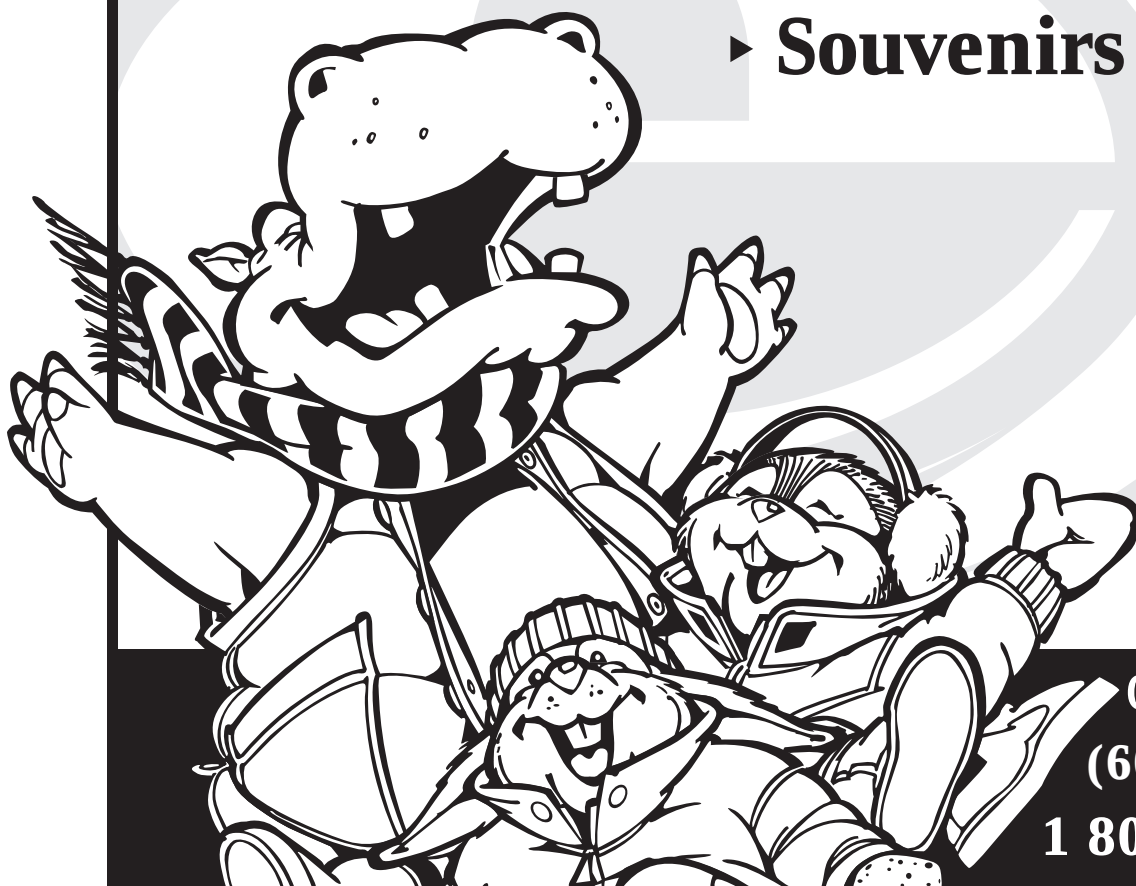
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2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - SAT - Finals

Heat 2 A - Final (#24 Men 200 LC Meter Freestyle)

0	Neri, Parker	99	UNCAN	1:52.00
1	Laperle, Vincent	98	NN	1:51.82
2	Daly, Owen	95	CAMO	1:51.35
3	Bagshaw, Jeremy	92	ISC	1:50.63
4	Thormeyer, Markus	97	UBCSC	1:48.51
5	Olafson, Carson	97	UBCSC	1:49.84
6	Gaziev, Ruslan	99	MANTA	1:51.21
7	Pratt, Alexander	00	UBCSC	1:51.47
8	Gilbert, Colin	98	KCS	1:51.98
9	Brothers, Peter	96	UCSC	1:52.04

Alternates

1	Konik, Justin	00	UBCSC	1:53.40
2	*Kohm, Zachary	02	GAAC	1:53.67

Event 25 Women 200 LC Meter Butterfly

2019 FINA A: 2:09.21

2020 TRIALS: 2:21.51

Canadian: 2:05.95 2009-07-30 Audrey Lacroix

World: 2:01.81 2009-10-21 Zige Liu

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Vézina, Florence	02	ELITE	2:19.46
1	Minic, Catherine	03	GPP	2:19.02
2	Kidd, Georgia	98	EKSC	2:18.62
3	Sasseville, Genevieve	03	CYPS	2:17.99
4	*Quah, Jing Wen	00	SGP	2:12.44
5	*Demler, Kathrin	96	OSU-OH	2:12.76
6	Douglas, Kirsten	98	UBCSC	2:18.61
7	Herbert, Bailey	02	LOSC	2:18.65
8	Andrusak, Kelsey	01	ISC	2:19.18
9	Hussey, Stephanie	98	PCSC	2:19.55

Heat 2 A - Final

0	Field, Josie	01	LOSC	2:17.38
1	Zahab, Mia	01	NKB	2:16.38
2	Kwan, Victoria	00	TSC	2:15.23
3	Zavaros, Mabel	00	OAK	2:14.02
4	Hanus, Danielle	98	ISC	2:12.86
5	Harvey, Mary-Sophie	99	CAMO	2:12.88
6	Willar, Lora	02	PCSC	2:15.13
7	McIntosh, Summer	06	ESWIM	2:16.02
8	Genich, Hannah	98	TSC	2:16.77
9	Fernandes, Aryanna	00	UNVAR	2:17.61

Alternates

1	Ross, Kyla	01	ISC	2:19.66
2	Ryan, Jordyn	99	COMOX	2:19.67

Event 26 Men 200 LC Meter Butterfly

2019 FINA A: 1:56.71

2020 TRIALS: 2:06.55

Canadian: 1:56.27 2018-08-19 Mack Darragh

World: 1:51.51 2009-07-29 Michael Phelps

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Paulins, Sebastian	98	BRANT	2:06.49
1	Park, Kevin	03	CREST	2:06.22
2	Mac, Matthew	98	OAK	2:04.95
3	Goin, Emil	99	PCSC	2:04.50
4	*Quah, Zheng Wen	96	SGP	1:57.88
5	*Walker, Graham	96	DU-CO	2:02.87
6	Sava, Michael Andrew	02	RAMAC	2:04.83
7	Duke, Nicolas	98	CHENA	2:06.17
8	Ogilvie, Keir	02	UVPCS	2:06.30
9	Tejada, Gabriel	01	OTTSC	2:06.51

Heat 2 A - Final

0	Oswald, Brendan	02	WAC	2:04.33
1	Millette, Charles	00	PCSC	2:03.61
2	Nitski, Osvald	97	OAK	2:02.11
3	Binnema, Josiah	97	UBCSC	2:01.73
4	Darragh, Mack	93	OAK	2:00.50
5	Champagne, Montana	96	GO	2:01.45
6	Pratt, Cole	02	CASC	2:01.95
7	Lim, Dmitriy	00	UBCSC	2:03.31
8	Yang, Ray	01	ESWIM	2:04.20
9	Vanherk, Brendan	99	BLEN	2:04.40

Alternates

1	*Sosnovik, Danylo	99	PCSC	2:03.32
2	Lee, Gabriel	96	SFA	2:07.61

Event 27 Women 50 LC Meter Breaststroke

2019 FINA A: 31.22

Canadian: 30.23 2009-07-08 Amanda Reason

World: 29.40 2017-07-30 Lilly King

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Epp, Erin	04	KWIC	33.33
1	*Garcia, Paula	99	AKRN	33.21
2	Stever, Miranda	98	TSC	33.13
3	Crookshanks, Bree	99	ROD	32.92
4	Herbert, Bailey	02	LOSC	32.75
5	Wog, Kelsey	98	UMAN	32.86
6	Minnes, Asia	03	NN	33.03
7	*Yeo, Ginn Samantha Louisa	97	SGP	33.15
8	Pavicevic, Katja	01	TSC	33.21
9	Ivanov, Kathryn	03	MS	33.35



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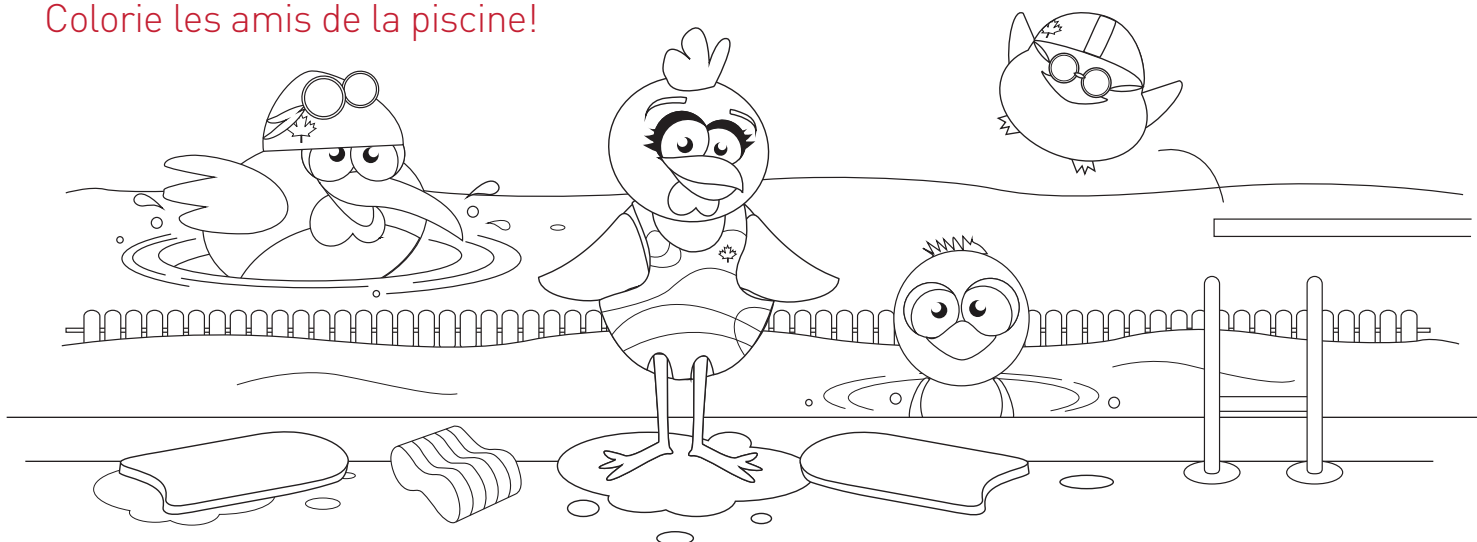
Ingrédients

2 c. à soupe (30 ml)	mayonnaise légère
2 c. à soupe (30 ml)	yogourt nature, 2 % à 4 % M.G.
4 c. à soupe (60 ml)	concombre anglais, finement coupé(e)(s) en dés
2 c. à thé (10 ml)	miel
1/4 c. à thé (1,25 ml)	poivre de Cayenne, moulu(e)(s)
1/4 c. à thé (1,25 ml)	poivre noir, fraîchement moulu(e)(s)
1 c. à thé (5 ml)	huile d'olive
3/4 lb (0,4 kg)	poitrine(s) de poulet désossée(s) sans peau
1/3 tasse (75 ml)	salsa
1 c. à thé (5 ml)	miel
1/4 c. à thé (1,25 ml)	poivre de Cayenne, moulu(e)(s)
6 tasses (1,5 l)	pousses d'épinards
4 tortillas en grains entiers, 10 pouces (25 cm)	

- 1 Dans un petit plat, mélanger la mayonnaise, le yogourt, le concombre, 2 c. à thé (10 ml) de miel, ¼ de c. à thé (1,25 ml) de piment de Cayenne et de poivre noir. Réserver la sauce.
- 2 Dans une poêle antiadhésive, chauffer l'huile d'olive à feu moyen-vif. Couper les poitrines de poulet en lanières de 1 pouce (2,5 cm) de large et 6 à 8 lanières par poitrine. Faire sauter jusqu'à ce que les lanières commencent à dorer - environ quatre minutes de chaque côté. Incorporer la salsa, 1 c. à thé (5 ml) de miel et ¼ de c. à thé (1,25 ml) de poivre de Cayenne. Réduire à feu doux et laisser mijoter, en remuant occasionnellement, environ 5 minutes ou jusqu'à ce que le poulet soit bien cuit.
- 3 Tartiner chaque roulé avec un quart de la sauce mayonnaise (environ 1 ½ cuillère à soupe - 25 ml). Étendre 1 ½ tasse (375 ml) d'épinards sur la surface entière de chaque tortilla. Puis répartir une ½ tasse (125 ml) de mélange de la salsa de poulet au centre. Rentrer le côté droit et gauche. Plier le bas de la tortilla et commencer à rouler vers le haut en enveloppant pour faire un rouleau serré. Pour servir, couper en deux à l'angle.

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

Meet Program - SAT - Finals

Heat 2 A - Final (#27 Women 50 LC Meter Breaststroke)

0	Carnevale, Sofia	98	UNVAR	32.59
1	Metcalfe, Hillary	98	LOSC	32.45
2	Angus, Sophie	99	UNCAN	32.31
3	Kucheran, Nina	00	SLSC	32.12
4	Nicol, Rachel	93	UCSC	31.35
5	Knelson, Faith	01	ISC	31.54
6	Wiseman, Avery	02	OSC	32.25
7	Chicoine, Lili	00	NN	32.37
8	Godin, Marie-Laurence	97	SHER	32.59
9	McCann, Pilar	02	EKSC	32.61

Alternates

1	Chui, Kimberly	01	APEX	33.48
2	Foran, Jasmine	99	BLAST	33.56

Event 28 Men 50 LC Meter Breaststroke

2019 FINA A:	27.39		
Canadian:	27.45	2009-07-28	Scott Dickens
World:	25.95	2017-06-25	Adam Peaty

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Hess, Apollo	02	LASC	30.09
1	Yu, Ruishen	00	UBCSC	29.91
2	Aylward, Graeme	00	MMST	29.84
3	Déry-Bergeron, Jérémie	94	UL	29.71
4	*Cruz Zuniga, Guillermo	00	CAMO	28.73
5	*Balamane, Moncef	01	PCSC	29.36
6	LeFranc, Jaren	99	KISU	29.71
7	Johnsen, Cameron	01	TBT	29.88
8	Machell, Nicolas	01	NEW	30.04
9	Lisoway, Justin	00	MAVS	30.19

Heat 2 A - Final

0	Bulban, Nicholas	01	RHAC	29.58
1	Greer, Daniel	99	UVPCS	29.48
2	Naisby, Jonathan	93	SHER	29.43
3	Fauteux, John	96	MSSAC	28.49
4	Milanovich, Alexander	02	ESWIM	27.86
5	Mastromatteo, Gabe	02	KSS	28.23
6	Isings, Connor	98	PCSC	28.57
7	Lee, Steven	95	KBM	29.46
8	Chabi, Anis	99	CAMO	29.49
9	Chiandussi, Luca	01	WEST	29.68

Alternates

1	*Sanes, Adriel	99	DU-CO	29.46
2	Choi, Jesper	98	APEX	30.22

Event 315 Women 50 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0				
1				
2				
3				
4	%Ens, Nikita SB2	88	LASER/A 12	1:54.95
5	%Van Wyck-Smart, Aly SB2	02	VVAC/A E 3 5 12	2:01.18
6				
7				
8				
9				

Event 316 Men 50 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Prelims
------	------	----	------	---------

Heat 1 Finals

0				
1				
2				
3				
4	%Brayshaw, Jacob SB2	02	KISU/A 3 7 12 +	2:20.79
5				
6				
7				
8				
9				

Event 317 Women 100 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Prelims
------	------	----	------	---------

Heat 1 Finals

0	%Routcliffe, Tess SB7	98	UL/*12 +	1:48.04
1	%Kisser, Danielle SB6	96	UL/*12 +	1:47.24
2	%Van Dyk, EmmaGrace SB1	02	GCAC/0	1:33.23
3	%Girard, Sarah SB9	98	UL/*4 12 +	1:29.86
4	%Morrier, Justine SB14	97	CNHR/0	1:25.38
5	%Roxon, Katarina SB8	93	AASC/1 3 5	1:28.68
6	%Marina, Angela SB14	99	BRANT/0	1:30.98
7	%Tripp, Abi SB7	01	KYPS/A 3 5 12 +	1:34.33
8	%Bérubé, Camille SB6	95	NG/A 12 +	1:47.92
9	%Cloetta, Colleen SB7	05	PCSC/12 +	1:55.63

Alternates

1	%Nault, Tatiana SB7	05	CNBF	2:00.56
2	%Vezina, Myriam SB14	99	CNHR	1:45.78





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

Meet Program - SAT - Finals

Event 318 Men 100 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0	%Pruneau-Tourny, Tri SB7	02	CNQ/*A 5 12 +	1:36.69
1	%Vachon, Philippe SB8	95	MEGO/A 12 +	1:28.73
2	%Arndt, Caleb SB13	02	WRMS/0	1:22.84
3	%Waters, Patrick SB9	85	KWIC/*12 +	1:14.33
4	%Leroux, James SB9	98	UL/*12 +	1:10.75
5	%Bennett, Nicholas SB14	03	RAC/0	1:12.83
6	%Macdonald, Tyson SB14	96	WRMS/0	1:18.67
7	%Elliot, Aidan SB9	99	ROW/12 +	1:24.49
8	%Cowan, Felix Thomas SB8	02	SAMAK/A 12 +	1:32.96
9	%Dieleman, Jonathan SB4	85	BVOSC/A 12	2:01.15

Alternates

1	%Cabreja, Matthew SB11	02	COBRA	1:37.79
2	%Dickson, Graydon SB9	02	BRANT	1:30.36



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

Session: 13 SUN - Prelims

Day of Meet: 5 Starts at 09:30 AM Heat Interval: 40 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	319 Women 150 IM Para	2	1 u	09:30 AM	_____
Prelims	320 Men 150 IM Para	0	0	09:36 AM	_____
Prelims	321 Women 200 IM Para	21	3 u	09:36 AM	_____
Prelims	322 Men 200 IM Para	12	2 u	09:50 AM	_____
Prelims	29 Women 200 IM	62	7 u	09:58 AM	_____
Prelims	30 Men 200 IM	45	5 u	10:19 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	31 Women 50 Freestyle	69	7 u	10:35 AM	_____
Prelims	32 Men 50 Freestyle	50	5 u	10:43 AM	_____
	Break: 2 Minutes: Flags in				
Prelims	323 Women 50 Freestyle Para	21	3 u	10:50 AM	_____
Prelims	324 Men 50 Freestyle Para	15	2 u	10:55 AM	_____
	Break: 2 Minutes: Flags out. Alt. E33/E34				
Finals-S	33 Women 800 Freestyle	30	3 u	11:00 AM	_____
Finals-S	34 Men 1500 Freestyle	33	4 u	11:29 AM	_____
	Swimmers Counts for Warm-ups: 334	=====	=====		
	Entry / Heat Totals:	360	42		
	Finish Time			12:38 PM	_____