



Sun 07 April 2019

Preliminaries Program

dim 07 avril 2019

Programme préliminaires



Canada

CHICKEN: THE OFFICIAL PROTEIN OF SWIMMING IN CANADA

Did you know that Chicken Farmers of Canada's "Raised by a Canadian Farmer" brand helps consumers know that the chicken they are purchasing is fresh and of the highest quality? Look for the logo in your grocery store!



HONEY SALSA CHICKEN & SPINACH WRAPS



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

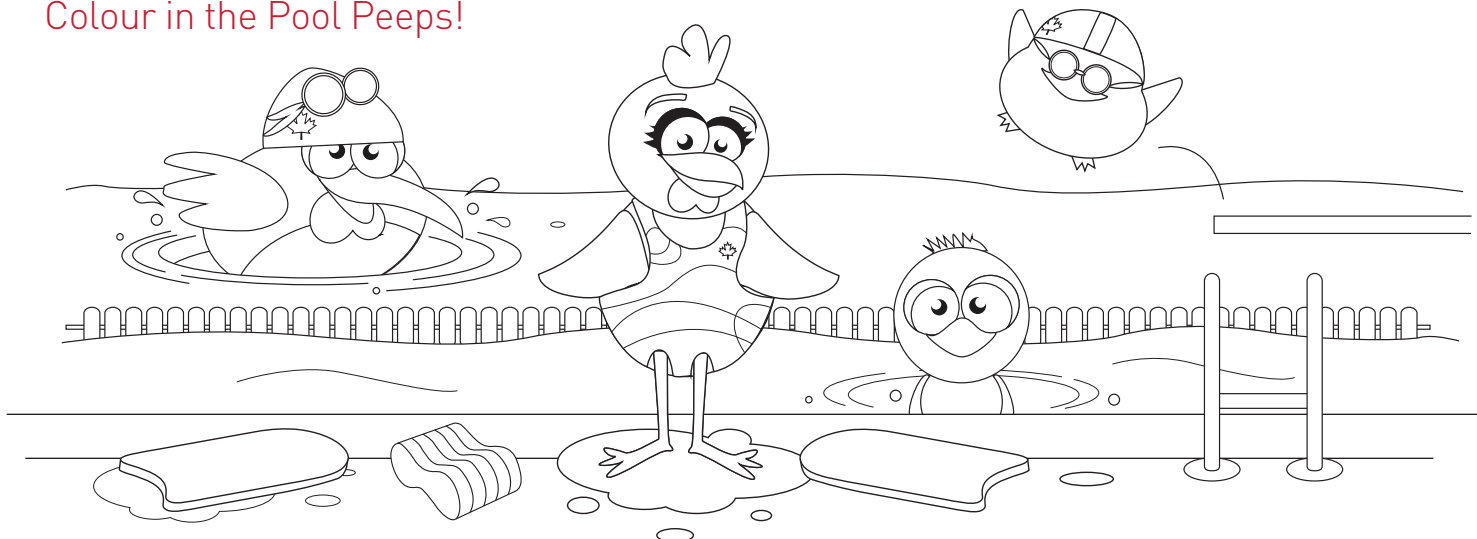
Ingredients:

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**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	09:30 AM	_____
Prelims	320 Men 150 IM Para	0	0	09:36 AM	_____
Prelims	321 Women 200 IM Para	21	3	09:36 AM	_____
Prelims	322 Men 200 IM Para	10	1	09:50 AM	_____
Prelims	29 Women 200 IM	52	6	09:54 AM	_____
Prelims	30 Men 200 IM	41	5	10:13 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	31 Women 50 Freestyle	61	7	10:29 AM	_____
Prelims	32 Men 50 Freestyle	48	5	10:37 AM	_____
	Break: 2 Minutes: Flags in				
Prelims	323 Women 50 Freestyle Para	21	3	10:44 AM	_____
Prelims	324 Men 50 Freestyle Para	13	2	10:49 AM	_____
	Break: 2 Minutes: Flags out. Alt. E33/E34				
Finals-S	33 Women 800 Freestyle	21	3	10:54 AM	_____
Finals-S	34 Men 1500 Freestyle	31	4	11:24 AM	_____
	Swimmers Counts for Warm-ups: 284	=====	=====		
	Entry / Heat Totals:	321	40		
	Finish Time			12:32 PM	_____



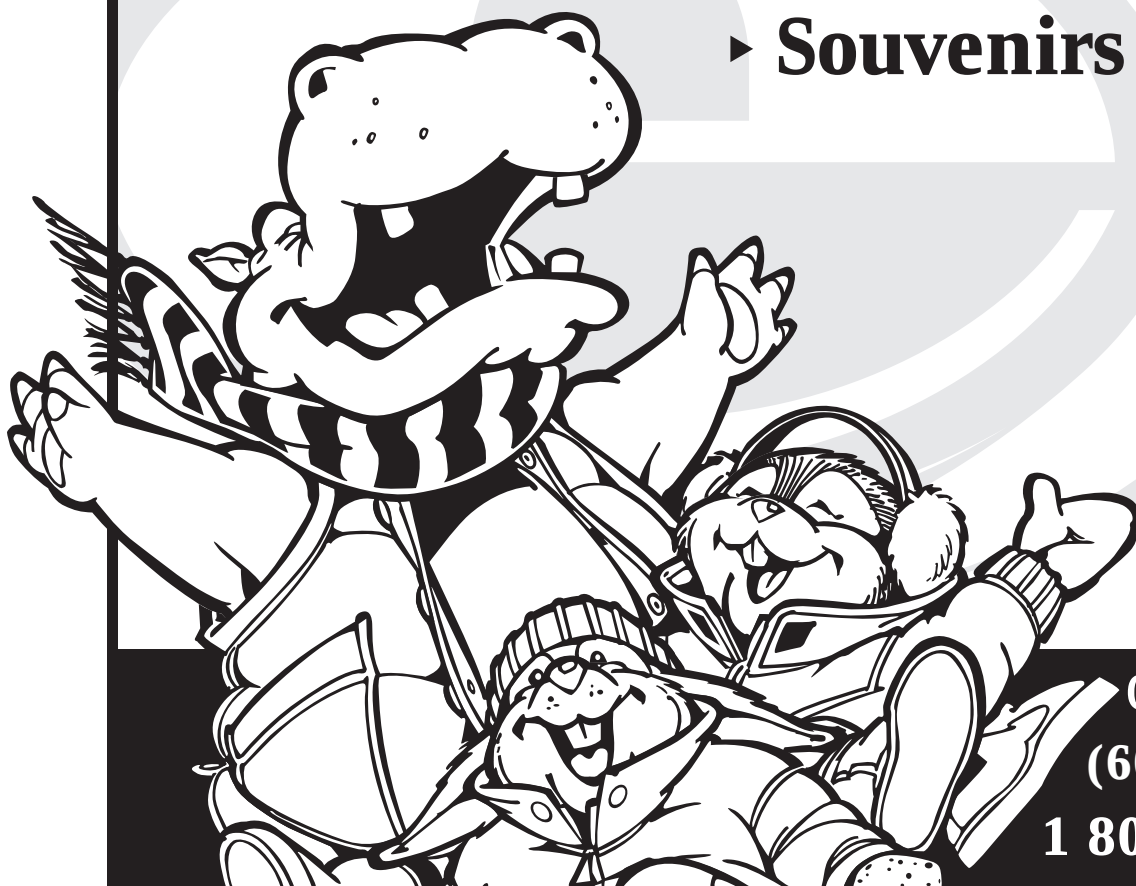
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2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - SUN - Prelims

Event 319 Women 150 LC Meter IM Para

Lane	Name	Yr	Team	Seed Time
------	------	----	------	-----------

Heat 1 of 1 Prelims

0				
1				
2				
3				
4	%Ens, Nikita SM3	88	LASER/A 12	5:05.70
5	%Van Wyck-Smart, Aly SM2	02	VVAC/A E 3 5 12	5:06.29
6				
7				
8				
9				

Event 320 Men 150 LC Meter IM Para

Name	Yr	Team	Seed Time
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--- No entries for this event

Event 321 Women 200 LC Meter IM Para

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 3 Prelims

0				
1				
2				
3	%Paré, Clémence SM5	02	MUST/A Y 3 5 7 12 +	4:51.96
4	%Nault, Tatiana SM8	05	CNBF/A 3 5 12 +	3:57.37
5	%Shaw, Krystal SM7	94	FS/12	3:57.49
6				
7				
8				
9				

Heat 2 of 3 Prelims

0				
1	%Cloetta, Colleen SM8	05	PCSC/12 +	3:38.72
2	%Vezina, Myriam SM14	99	CNHR/0	3:33.64
3	%Duchesne, Sabrina SM7	01	UL/A 12 +	3:14.02
4	%Newkirk, Shelby SM7	96	LASER/A 3 4 12 +	3:10.67
5	%Baird, Gabby SM9	00	GMAC/*A 12 +	3:12.35
6	%Stevens, Ruby SM14	02	VVAC/A	3:16.87
7	%Sherwin, Megan SM8	00	VVAC/A 3 4 12 +	3:37.29
8	%Soliman, Myriam SM6	99	MUST/A 1 3 4 12 +	3:55.00
9				

Heat 3 of 3 Prelims

0	%Routliffe, Tess SM7	98	UL/*12 +	3:01.51
1	%Henault, Miori SM14	95	CASE/0	2:59.07
2	%Hunsicker, Ariann SM10	03	SKSC/3 5	2:52.48
3	%Roxon, Katarina SM9	93	AASC/1 3 5	2:44.83
4	%Marina, Angela SM14	99	BRANT/0	2:38.48
5	%Ryan, Samantha SM10	99	NN/12 +	2:43.63
6	%Morrier, Justine SM14	97	CNHR/0	2:50.53
7	%Van Dyk, EmmaGrace SM	02	GCAC/0	2:54.73
8	%Dorris, Danielle SM8	02	CNBO/A E Y 3 5	2:59.62
9	%Bérubé, Camille SM7	95	NG/A 12 +	3:07.88

Event 322 Men 200 LC Meter IM Para

Lane	Name	Yr	Team	Seed Time
------	------	----	------	-----------

Heat 1 of 1 Prelims

0	%Cowan, Felix Thomas SM9	02	SAMAK/A 12 +	2:47.55
1	%Zona, Zach SM8	98	NHAC/3 5 12 +	2:43.49
2	%Plamondon, Nicolas SM9	98	CNQ/3 5 12 +	2:40.36
3	%Bennett, Nicholas SM14	03	RAC/0	2:20.54
4	%Turbide, Nicolas-Guy SM1	97	CNQ/T	2:15.06
5	%Elliot, Alexander SM10	96	UL/3 5 12 +	2:17.13
6	%Vachon, Philippe SM9	95	MEGO/A 12 +	2:34.03
7	%Elliot, Aidan SM10	99	ROW/12 +	2:41.99
8	%Arndt, Caleb SM13	02	WRMS/0	2:43.75
9	%Pruneau-Tourney, Tri SM8	02	CNQ/*A 5 12 +	3:36.37

Event 29 Women 200 LC Meter IM

2019 FINA A: 2:13.03

2020 TRIALS: 2:22.40

Canadian: 2:09.07 2018-08-11 Sydney Pickrem

World: 2:06.12 2015-08-03 Katinka Hosszu

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 6 Prelims

0				
1				
2				
3	Moulson, Sara	03	OAK	2:24.44
4	Shuster, Morgane	02	OAK	2:24.22
5	Dionne, Charlotte	02	CNQ	2:24.38
6				
7				
8				
9				

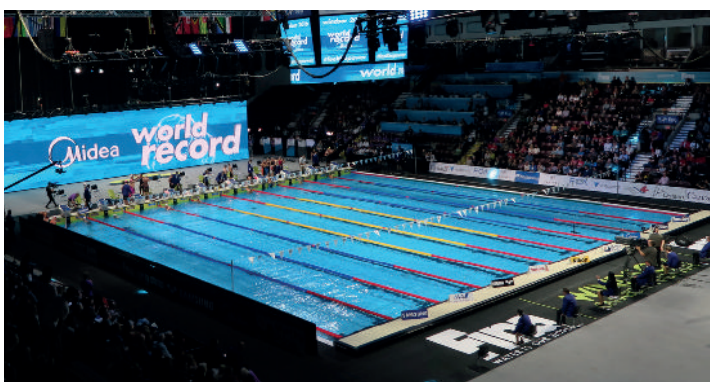
FIER PARTENAIRE DE VOTRE PERFORMANCE

Myrtha Pools – Partenaire officiel de la FINA, du Canada Swimming et fournisseur des Jeux PanAm/Parapan Games – Toronto 2015, et des Jeux Olympiques de RIO en 2016.

Toronto, Canada
TORONTO PAN AM SPORTS CENTRE



RIO de Janeiro, Brazil
2016 OLYMPIC GAMES



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



Hangzhou, China 2018 FINA WORLD
SWIMMING CHAMPIONSHIPS (25m)

115 RECORDS DU MONDE

www.myrthapools.com

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

Meet Program - SUN - Prelims

Heat 2 Prelims (#29 Women 200 LC Meter IM)

0	Burnett, Devon	04	ESWIM	2:24.09
1	Archer, Madison	02	NKB	2:23.80
2	Lo, Jade	04	ESWIM	2:23.55
3	Johnsen, Hannah	03	TBT	2:22.75
4	Minic, Catherine	03	GPP	2:22.45
5	Wiseman, Avery	02	OSC	2:22.67
6	Panos, Nicolleta	03	VPSC	2:23.11
7	Nguyen, Tram	02	NKB	2:23.70
8	Myburgh, Emma	02	ISC	2:23.89
9				

Heat 3 of 6 Prelims

0	McCloy, Allison	99	UCSC	2:22.05
1	Zavaros, Rosie	00	OAK	2:22.00
2	*Nefsi, Rania Hamida	97	DZA	2:21.72
3	Brough, Kiera	01	OAK	2:21.52
4	Bennett, Hannah	02	UCSC	2:21.20
5	Broad, Madison	00	CYPS	2:21.37
6	Benn, Acacia	02	KISU	2:21.55
7	Puhalski, Lindsay	02	TBT	2:21.88
8	Spence, Emma	02	ROD	2:22.05
9	Guan, Xiaoyun	03	CHENA	2:22.22

Heat 4 of 6 Prelims

0	Moore, Elizabeth	01	RDCSC	2:20.42
1	Brathwaite, Katrina	99	PCSC	2:19.24
2	Pavicevic, Katja	01	TSC	2:17.92
3	Andison, Bailey	97	PERTH	2:17.41
4	Seltenreich-Hodgson, Erika	95	GO	2:11.74
5	Metcalfe, Hillary	98	LOSC	2:16.87
6	Minnes, Asia	03	NN	2:17.57
7	Dalke, Megan	98	KCS	2:18.61
8	Cieplucha, Tessa	98	OAK	2:20.01
9	Stever, Miranda	98	TSC	2:21.14

Heat 5 of 6 Prelims

0	Rendall, Kate	00	UCSC	2:20.31
1	*Yeo, Ginn Samantha Louisa	97	SGP	2:18.86
2	Daigneault, Valérie	97	PCSC	2:17.82
3	*Demler, Kathrin	96	OSU-OH	2:17.06
4	Wog, Kelsey	98	UMAN	2:11.14
5	Herbert, Bailey	02	LOSC	2:16.43
6	Kwan, Victoria	00	TSC	2:17.56
7	*Quah, Jing Wen	00	SGP	2:18.32
8	McIntosh, Summer	06	ESWIM	2:19.92
9	Andrusak, Kelsey	01	ISC	2:20.95

Heat 6 of 6 Prelims

0	Merckx, Axana	01	KWIC	2:20.09
1	Kucheran, Nina	00	SLSC	2:18.77
2	Kidd, Georgia	98	EKSC	2:17.79
3	*DeBever, McKenna	96	UNAT	2:17.02
4	Pickrem, Sydney	97	UNCAN	2:09.07
5	Sanchez, Kayla Noelle	01	AAC	2:12.94
6	Janvier, Aela	99	PCSC	2:17.44
7	Harvey, Mary-Sophie	99	CAMO	2:18.03
8	Rathwell, Regan	04	GO	2:19.41
9	McMillan, Ashley	04	KISU	2:20.46

Event 30 Men 200 LC Meter IM

2019 FINA A: 2:00.22

2020 TRIALS: 2:09.02

Canadian: 1:59.19 2008-08-13 Keith Beavers

World: 1:54.00 2011-07-28 Ryan Lochte

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 5 Prelims

0				
1				
2				
3	Kim, Joshua	02	LOSC	2:12.11
4	Pei, Samuel	02	RAPID	2:11.68
5	Boyd, Thomas	01	SLSC	2:11.82
6				
7				
8				
9				

Heat 2 of 5 Prelims

0				
1	Pfeifer, Scott	01	SKSC	2:11.39
2	Cyr, Mathieu	02	CASC	2:10.83
3	Belkhelladi, Malachy	03	ELITE	2:10.77
4	Burton, Russell	03	GMAC	2:10.31
5	Rambo, Jacob	02	UVPCS	2:10.36
6	Brown, Eric	02	PCSC	2:10.81
7	Hickey, David	01	LAC	2:10.86
8	Fotherby, Justin	03	KISU	2:11.52
9				

Heat 3 of 5 Prelims

0	Tierney, Blake	02	GOLD	2:09.51
1	Gagne, Collyn	00	OAK	2:07.34
2	Dergousoff, James	96	CHENA	2:06.20
3	*Balamane, Moncef	01	PCSC	2:04.17
4	Champagne, Montana	96	GO	2:02.09
5	Pratt, Cole	02	CASC	2:02.79
6	Cote, Tristan	95	UCSC	2:05.18
7	Vanherk, Brendan	99	BLEN	2:06.83
8	Lisoway, Justin	00	MAVS	2:08.30
9	Migneault, Justice	02	SKSC	2:10.21



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 - SUN - Prelims

Heat 4 Prelims (#30 Men 200 LC Meter IM)

0	Park, Kevin	03	CREST	2:08.75
1	Bernard, Graysen	02	TSC	2:07.28
2	Gallant, Jacob	02	FAST	2:06.02
3	Zakala, Josh	98	ISC	2:03.28
4	Acevedo, Javier	98	UNVAR	2:01.36
5	Knox, Finlay	01	MAVS	2:02.54
6	Tremblay, Jeremy	96	SAMAK	2:05.16
7	Wasyliv, Noah	96	ROD	2:06.82
8	Wormald, Lukas	99	OAK	2:07.91
9	Loewen, Benjamin	04	CREST	2:09.94

Heat 5 of 5 Prelims

0	Steele, James	00	GMAC	2:08.62
1	Pilling, Zachary	95	DDO	2:06.92
2	Laperle, Vincent	98	NN	2:05.43
3	Hill, Robert	96	UCSC	2:02.99
4	Darragh, Mack	93	OAK	2:00.94
5	Palaschuk, Brian	98	ROD	2:02.26
6	Marois, William	98	CHENA	2:05.03
7	Huang, Owen	01	TSC	2:06.51
8	LeFranc, Jaren	99	KISU	2:07.70
9	Hussey, Patrick	01	PCSC	2:09.73

Event 31 Women 50 LC Meter Freestyle

RF

2019 FINA A: 25.04

2020 TRIALS: 26.87

Canadian: 24.26 2018-04-07 Taylor Ruck

World: 23.67 2017-07-29 Sarah Sjostrom

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 7 Prelims

0				
1				
2				
3	Babatsikos, Eleftheria	04	TSC	27.27
4	Ye, Katherine	03	APEX	27.25
5	Chubaty, Lily	02	KBM	27.26
6				
7				
8				
9				

Heat 2 of 7 Prelims

0				
1	Valles Chavez, Mariana	03	TSC	27.24
2	Butler, Alexandra	02	CASC	27.22
3	Turvey, Alexandra	02	VPSC	27.16
4	Norman, Gemma	03	UCSC	27.05
5	Aylward, Heather	02	MMST	27.14
6	Stannard, Camryn	04	NRST	27.20
7	Goldring, Allyson	02	MUSAC	27.24
8	Moulson, Sara	03	OAK	27.25
9				

P C.

Heat 3 of 7 Prelims

0	Scholes, Dylan	04	OAK	26.90
1	Douglas, Kirsten	98	UBCSC	26.87
2	Bender, Quincy	03	HST	26.84
3	Meklensek, Tori	02	CW	26.79
4	Mouat, Savanna	01	GO	26.76
5	Brozo, Quincy	97	UBCSC	26.77
6	Conrad, Sydney	02	GMAC	26.79
7	Lafontaine-Giguère, Florenc	01	NN	26.85
8	Albers, Laura	01	UCSC	26.87
9	Bennett, Hannah	02	UCSC	26.92

Heat 4 of 7 Prelims

0	Yeo, Chiok Sze	04	MAC	26.74
1	Brodie-Foy, Honor	02	TSC	26.69
2	Chaput, Oksana	03	MANTA	26.67
3	Russell, Emily	96	TSC	26.66
4	Mao, Xiaoran	00	ESWIM	26.65
5	Mazurek, Ella	03	UNCAN	26.65
6	Sasseville, Genevieve	03	CYPS	26.66
7	Vander Leek, Teagan	04	EKSC	26.68
8	Leckie, Aysia	99	OAK	26.71
9	Gursoy, Janelle	01	SCAR	26.75

Heat 5 of 7 Prelims

0	Cornish, Hannah	03	USC	26.58
1	Daley, Elan	05	ESWIM	26.41
2	Hannah, Jade	02	ISC	26.18
3	Huddle, Charis	96	LAC	26.03
4	Leibel, Kyla	01	RDCSC	25.43
5	*Nogaj, Paulina	98	AKRN	25.76
6	MacNeil, Margaret	00	LAC	26.08
7	Lapointe, Marie-lou	94	CASE	26.25
8	Ling, Elizabeth	02	UCSC	26.51
9	Gunther, Mackenzie	99	UBCSC	26.63

Heat 6 of 7 Prelims

0	Kraetzer, Andrea	04	KWIC	26.57
1	Ackman, Alyson	93	PCSC	26.37
2	*Henell, Sofia	97	AKRN	26.11
3	Lemieux, Roxane	91	NN	25.92
4	Fournier, Sarah	96	CNQ	25.35
5	Mainville, Ariane	94	CAMO	25.72
6	McMurray, Ainsley	00	CSLA	26.06
7	Polley, Sarah	98	HTAC	26.23
8	Dandois-Samson, Raphaëlle	01	NN	26.45
9	Douthwright, Brooklyn	03	CVAC	26.63

P C.



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

Meet Program - SUN - Prelims

Heat 7 Prelims (#31 Women 50 LC Meter Freestyle)

0	*Mohsen, Samiha	98	UCSC	26.55
1	Beauchemin, Charlotte	97	CAMO	26.37
2	Watson, Sarah	00	UMAN	26.10
3	*Tam, Hoi Lam	98	UBCSC	25.90
4	Sanchez, Kayla Noelle	01	AAC	24.94
5	*Hansson, Louise	96	UNAT	25.58
6	Henderson, Hanna	02	ESWIM	26.05
7	Fazekas, Sadie	97	WAC	26.22
8	Kilger, Kennady	01	TSC	26.42
9	*Hew, Lauren	99	CAY	26.59

Event 32 Men 50 LC Meter Freestyle

2019 FINA A: 22.18

2020 TRIALS: 23.95

Canadian: 21.73 2009-07-31 Brent Hayden

World: 20.91 2009-12-18 Cesar Cielo Filho

Lane Name Yr Team Seed Time

Heat 1 of 5 Prelims

0				
1	Duong, Raymond	02	APEX	24.53
2	Yang, Ray	01	ESWIM	24.38
3	Saarloos, Artemios	01	MSSAC	24.31
4	Bracho, Canek	01	CW	24.27
5	Griffith, Samuel	01	NYAC	24.28
6	Boyd, Thomas	01	SLSC	24.34
7	Pfeifer, Scott	01	SKSC	24.39
8	Bagrianski, Misha	02	RAMAC	24.56
9				

Heat 2 of 5 Prelims

0	Baker, Reilly	01	NYAC	24.19
1	Przysswitt, Kier	01	EKSC	24.09
2	MacPherson, Callum	02	OAK	23.97
3	Chirakorn, Parry	99	UCSC	23.94
4	Goin, Emil	99	PCSC	23.87
5	Dyck, Brandon	99	UNCAN	23.88
6	Cumby, Noah	00	SJL	23.94
7	Zheng, Allen	01	GSH	23.99
8	Somersset, Sebastian	01	CASC	24.14
9	Fernando, Dillon	03	RAMAC	24.20

Heat 3 of 5 Prelims

0	*Gainer, Jackson	99	DU-CO	23.75
1	Olafson, Carson	97	UBCSC	23.45
2	LeBuke, James	02	CSSSC	23.15
3	Ayoubi, Mehdi	98	CAMO	22.88
4	Pisani, William	97	UNCAN	22.51
5	Bougie, Spencer	94	PCSC	22.70
6	Calkins, Stephen	98	UCSC	23.02
7	Liendo, Joshua	02	NYAC	23.36
8	Wall, Tyler	01	KISU	23.62
9	Klakov, Maksym	03	NEW	23.86

Heat 4 of 5 Prelims

0	Gaudreau, Simon	98	RIKI	23.72
1	Baker, Justin	01	NYAC	23.40
2	*Cruz Zuniga, Guillermo	00	CAMO	23.07
3	Gaziev, Ruslan	99	MANTA	22.81
4	Loginov, Oleksandr	92	TSC	22.49
5	*Martinez, Luis	95	GUA	22.61
6	Troskot, Kyle	92	KSC	23.01
7	*Fraser, Brett	89	CAY	23.34
8	*Sanes, Adriel	99	DU-CO	23.60
9	Smith, Everett	01	SLSC	23.82

Heat 5 of 5 Prelims

0	Fullum-Huot, Edouard	02	NN	23.69
1	Marcoux, Philippe	99	UL	23.39
2	Kidd, Cameron	96	TSC	23.04
3	Daly, Owen	95	CAMO	22.73
4	Kisil, Yuri	95	WD	22.02
5	*Robrock, Kyle	93	DU-CO	22.53
6	*Miljenic, Nikola	98	UNAT	22.90
7	Bernard-Lalonde, Antoine	96	CAMO	23.34
8	Fazekas, Ethan	99	WAC	23.59
9	Godolphin, Bernard	99	NN	23.76

Event 323 Women 50 LC Meter Freestyle Para

Lane Name Yr Team Seed Time

Heat 1 of 3 Prelims

0				
1				
2				
3	%Ens, Nikita S3	88	LASER/A 12	1:18.36
4	%Tovizi, Michelle S7	00	NYAC/A 12	X46.52
5	%Tinney, Jessica S6	00	KYPS/A 3 4 12	48.72
6				
7				
8				
9				

Heat 2 of 3 Prelims

0				
1	%Kisser, Danielle S6	96	UL/*12 +	43.32
2	%Sherwin, Megan S8	00	VVAC/A 3 4 12 +	40.85
3	%Nault, Tatiana S8	05	CNBF/A 3 5 12 +	40.02
4	%Stevens, Ruby S14	02	VVAC/A	X36.95
5	%Soliman, Myriam S6	99	MUST/A 1 3 4 12 +	X39.14
6	%Shaw, Krystal S7	94	FS/12	X40.33
7	%Searle, Ava S8	04	WD/A 3 5 12 +	42.63
8	%Cloetta, Colleen S8	05	PCSC/12 +	44.37
9				



VICHY

LABORATOIRES

PLAY
SAFE
IN THE
SUN



**IDÉAL
SOLEIL**
SPORT



**WATER
AND SWEAT
RESISTANT**



**WET OR
DRY SKIN
APPLICATION**

THE OFFICIAL SUNSCREEN OF



**SWIMMING
CANADA
NATATION**



PENNY OLEKSIK
IDÉAL SOLEIL AMBASSADOR

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

Meet Program - SUN - Prelims

Heat 3 Prelims (#323 Women 50 LC Meter Freestyle Para)

0	%Newkirk, Shelby S7	96	LASER/A 3 4 12 +	X34.17
1	%Tripp, Abi S8	01	KYPS/A 3 5 12 +	32.96
2	%Roxon, Katarina S9	93	AASC/1 3 5	X31.53
3	%Ryan, Samantha S10	99	NN/12 +	30.73
4	%Rivard, Aurélie S10	96	UL/3 5	27.72
5	%Hunsicker, Ariann S10	03	SKSC/3 5	30.45
6	%Bird, Morgan S8	93	CASC/*12 +	31.53
7	%Van Dyk, EmmaGrace S14	02	GCAC/0	X32.66
8	%Baird, Gabby S9	00	GMAC/*A 12 +	X33.62
9	%Tran, Cassidy S14	93	KYPS/0	X35.27

Event 324 Men 50 LC Meter Freestyle Para

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 2 Prelims

0				
1				
2				
3	%Cakalj, Aleksa S5	96	SFNV/A 3 5 12 +	57.52
4	%Pruneau-Tourney, Tri S8	02	CNQ/*A 5 12 +	X36.95
5	%Estabrooks, Ryan S8	97	LAC/*12 +	X38.10
6				
7				
8				
9				

Heat 2 of 2 Prelims

0	%Elliot, Aidan S10	99	ROW/12 +	29.98
1	%Arndt, Caleb S13	02	WRMS/0	28.89
2	%Cabreja, Matthew S11	02	COBRA/T B 0	28.50
3	%Bennett, Nicholas S14	03	RAC/0	X25.92
4	%Elliot, Alexander S10	96	UL/3 5 12 +	25.41
5	%Turbide, Nicolas-Guy S13	97	CNQ/T	25.41
6	%Macdonald, Tyson S14	96	WRMS/0	X26.57
7	%Vachon, Philippe S9	95	MEGO/A 12 +	28.60
8	%Plamondon, Nicolas S9	98	CNQ/3 5 12 +	29.37
9	%Cowan, Felix Thomas S9	02	SAMAK/A 12 +	30.55

Event 33 / 34 Women / Men 800 Free / 1500 Free

W 2019 FINA A: 8:38.56

W 2020 TRIALS: 9:11.99

W Canadian: 8:20.02 2014-08-21 Brittany MacLean

W World: 8:04.79 2016-08-12 Katie Ledecky

M 2019 FINA A: 15:07.38

M 2020 TRIALS: 16:23.72

M Canadian: 14:39.63 2012-08-04 Ryan Cochrane

M World: 14:31.02 2012-08-04 Yang Sun

Lane	Name	Yr	Team	Seed Time
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Heat 1 (Heat 1 Women 800 Free) Swimming with Finals

0	Ross, Kyla	01	ISC	9:01.76
1	Vandal, Delphine	96	GO	8:56.78
2	Zavaros, Mabel	00	OAK	8:50.39
3	Anderson, Marit	00	UCSC	8:45.66
4	Paddington, Mackenzie	99	UNVAR	8:34.49
5	O'Croinin, Emma	03	EKSC	8:40.53
6	Bellio, Katrina	04	ESWIM	8:49.44
7	Horner, Stephanie	89	PCSC	8:54.08
8	Lamoureux, Brooke	98	COMOX	9:00.68
9	Jeffrey, Chantel	01	ISC	9:02.47

Heat 2 (Heat 1 Men 1500 Free) Swimming with Finals

0	Pliuskaitis, Stuart	00	UBCSC	16:01.14
1	Young, Brodie	00	UBCSC	15:57.66
2	Masse-Savard, Nicolas	95	CAMO	15:49.88
3	Dommann, Raben	01	CHENA	15:39.17
4	Brothers, Peter	96	UCSC	15:28.25
5	Zakala, Josh	98	ISC	15:38.39
6	McGillivray, Michael	02	ROD	15:44.31
7	McRae, Ryley	00	KCS	15:56.96
8	Axon, Alexander	03	MAC	16:00.13
9	Beaudin-Bolduc, Nathan	99	UL	16:02.03

Heat 3 (Heat 2 Women 800 Free)

0	Zahab, Mia	01	NKB	9:10.18
1	McIntosh, Summer	06	ESWIM	9:07.16
2	Field, Josie	01	LOSC	9:06.37
3	Free, Ava	01	CASC	9:05.70
4	*Dornic, Morgane	98	UL	9:00.03
5	Douthwright, Brooklyn	03	CVAC	9:03.83
6	Smallegange, Kenna	03	BAD	9:05.71
7	McCloy, Allison	99	UCSC	9:06.48
8	Archer, Madison	02	NKB	9:07.16
9	Sullivan, Kate	03	MPM	9:11.11

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

Meet Program - SUN - Prelims

Heat 4 (Heat 2 Men 1500 Free) (#33 / 34)

0	*Tarek Mohammed, Kareem	00	ROD	16:11.05
1	Furlong, Jacob	00	UNCAN	16:09.92
2	Edwards, Drew	02	EKSC	16:09.56
3	Brown, Eric	02	PCSC	16:04.90
4	*Johansson, Victor	98	UNAT	15:03.74
5	Quirie, David	02	NKB	16:03.24
6	Woinoski, Tim	95	SFA	16:05.69
7	Woinoski, Andrew	98	SFA	16:09.91
8	Hussey, Patrick	01	PCSC	16:10.17
9	Selmanovic, Din	98	ESWIM	16:11.91

Heat 5 (Heat 3 Women 800 Free)

0				
1	Jansen, Ella	05	BAD	9:15.81
2	Dunn, Gabrielle	04	EKSC	9:12.87
3	Olvet, Kristen	98	OAK	9:11.77
4	Maradyn, Ellie	01	CASC	9:11.35
5	Meklensek, Tori	02	CW	9:11.49
6	Andrusak, Kelsey	01	ISC	9:11.93
7	Dean, Rebecca	02	ROD	9:14.98
8	Froh, Zoe	02	SKSC	9:17.90
9				

Heat 6 (Heat 3 Men 1500 Free)

0	Riess, Casey	01	EKSC	16:22.68
1	Pouliot, David	99	CAMQ	16:20.42
2	Bélanger, Édouard	98	CNQ	16:17.80
3	Kwinter, Charlie	04	ESWIM	16:14.48
4	*Kohm, Zachary	02	GAAC	16:12.08
5	Pimentel, Xavier	01	NG	16:14.13
6	Lau, Micah	00	HYACK	16:16.64
7	Antifaoff, Micheal	00	EKSC	16:18.87
8	David, Félix	00	CAMO	16:22.33
9	Fotherby, Justin	03	KISU	16:23.98

Heat 7 (Heat 4 Women 800 Free)

0				
1				
2				
3	fu, Hannah	03	RHSD	9:19.93
4	Rothery, Freya	04	TSC	9:18.23
5	Rerie, Payton	04	MANTA	9:19.60
6				
7				
8				
9				

Heat 8 (Heat 4 Men 1500 Free)

0				
1	Dautrey, Jacob	03	CNSH	16:40.60
2	Tucker, Finn	01	OTTSC	16:34.79
3	Oswald, Brendan	02	WAC	16:33.45
4	Friesen, Ian	03	CW	16:25.73
5	Clawson-Honeyman, Liam	02	NG	16:29.17
6	Bartoch, Hayden	03	HWAC	16:33.85
7	Brajuka, Matthew	01	ESWIM	16:36.91
8	Olson, Carter	01	HAC	16:41.85
9				

Heat 9 (Heat 5 Men 1500 Free)

0				
1				
2				
3	Versluys, Nathan	01	EKSC	16:48.09
4	Syrgiannis, Matthew	03	ROD	16:43.98
5	Pei, Samuel	02	RAPID	16:46.27
6				
7				
8				
9				

RF
PC

RF
PC



Sunday, April 7, 2019
Finals Session - Day 5
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
150s start from turn end - Swimmers report to 150/50 call room								
Event 319 – 150m IM PS (W)	Final		5:58	5:59	6:00	6:05		
Event 321 – 200m IM PS (W)	Final		6:06	6:07	6:08	6:12	6:13	
Event 322 – 200m IM PS (M)	Final		6:15	6:16	6:17	6:20		
Event 29 – 200m IM (W)	B Final			6:21	6:21	6:23		
<i>Awards 150m IM PS (W)</i>					6:24	6:26		
Event 29 – 200m IM (W)	A Final		6:26	6:27	6:28	6:30	6:31	
Event 30 – 200m IM (M)	B Final			6:33	6:33	6:35		
<i>Awards: 200m IM PS (W)</i>					6:36	6:38		
Event 30 – 200m IM (M)	A Final		6:38	6:39	6:40	6:42	6:43	<i>Flags out Bells & Counters</i>
<i>Awards: 200m IM PS (M)</i>					6:45	6:47		
Event 33 – 800m Freestyle (W)	Fastest Heat		6:47	6:48	6:49	6:58	6:59	
<i>Awards: 200m IM (W)</i>					7:01			
<i>Awards: 200m IM (M)</i>						7:04		
Event 34 – 1500m Freestyle (W)	Fastest Heat		7:05	7:06	7:07	7:23	7:24	
<i>Awards: 800m Freestyle (W)</i>					7:26	7:28		
50s start from turn end - Swimmers report to 150/50 call room								
Event 31 – 50m Freestyle (W)	B Final			7:28	7:28	7:29		
Event 31 – 50m Freestyle (W)	A Final		7:30	7:31	7:32	7:33	7:34	
Event 32 – 50m Freestyle (M)	B Final			7:36	7:36	7:37		
<i>Awards: 1500m Freestyle (M)</i>					7:37	7:39		
Event 32 – 50m Freestyle (M)	A Final		7:39	7:40	7:41	7:42		<i>Flags in</i>
Event 323 – 50m Freestyle PS (W)	Final		7:43	7:44	7:45	7:47		
Event 324 – 50m Freestyle PS (M)	Final		7:48	7:50	7:51	7:52	7:53	
<i>Awards: 50m Freestyle (W)</i>					7:55			
<i>Awards: 50m Freestyle (M)</i>								
<i>Awards: 50m Freestyle PS (W)</i>								
<i>Awards: 50m Freestyle PS (M)</i>								
<i>Competition Awards</i>						8:05		

Times are estimates only.