



Wed 03 April 2019

Finals Program

mer 03 avril 2019

Programme finales



Canada

LA NOUVELLE GÉNÉRATION DE VITESSE



KYLIE MASSE
MEDAILLÉE CHAMPIONNE
DU MONDE OLYMPIQUE



Wednesday, April 3, 2019
Finals Session - Day 1
Clear Pool: 5:45

Officials on-deck positions			5:50 pm					
Introduction of Referees & Starters & O Canada					5:54			
<i>BL = Backstroke Ledges</i>		Call Room	March-On	Intro	Start	Finish	Interview	FOP
								<i>BL in</i>
Event 301 – 100m Backstroke PS (W)	Final		5:57	5:59	6:00	6:02	6:03	
Event 302 – 100m Backstroke PS (M)	Final		6:05	6:07	6:08	6:10	6:11	
Event 1 – 100m Backstroke (W)	B Final			6:13	6:13	6:14		
****Deadline for Prelims scratches 6:30 PM****								
Event 1 – 100m Backstroke (W)	A Final		6:15	6:16	6:17	6:18	6:19	
Event 2 – 100m Backstroke (M)	B Final			6:22	6:22	6:23		
<i>Awards 100m Backstroke PS (W)</i>					6:24	6:26		
<i>Awards 100m Backstroke PS (M)</i>					6:26	6:28		
Event 2 – 100m Backstroke (M)	A Final		6:28	6:29	6:30	6:31	6:32	
Event 3 – 200m Breaststroke (W)	B Final			6:36	6:37	6:40		
<i>Awards: 100m Backstroke (W)</i>					6:40	6:42		<i>Flags and BL out</i>
Event 3 – 200m Breaststroke (W)	A Final		6:42	6:43	6:44	6:47	6:48	
Event 4 – 200m Breaststroke (M)	B Final			6:50	6:50	6:53		
<i>Awards: 100m Backstroke (M)</i>					6:53	6:55		
Event 4 – 200m Breaststroke (M)	A Final		6:55	6:56	6:57	7:00	7:01	
50s start from turn end - Swimmers report to 150/50 call room								
Event 5 – 50m Butterfly (W)	B Final			7:03	7:03	7:04		
<i>Awards: 200m Breaststroke (W)</i>					7:05	7:07		
Event 5 – 50m Butterfly (W)	A Final		7:07	7:08	7:09	7:10		
Event 6 – 50m Butterfly (M)	B Final			7:11	7:11	7:12		
<i>Awards: 200m Breaststroke (M)</i>					7:13	7:15		<i>Bells and Counters</i>
Event 6 – 50m Butterfly (M)	A Final		7:15	7:16	7:17	7:18		
Event 7 – 1500m Freestyle (W)	Fastest Heat		7:20	7:21	7:22	7:38	7:39	
<i>Awards: 50m Butterfly (W)</i>					7:41	7:43		
<i>Awards: 50m Butterfly (M)</i>					7:43	7:45		
Event 8 – 800m Freestyle (M)	Fastest Heat		7:45	7:46	7:47	7:54	7:55	
<i>Awards: 1500m Freestyle (W)</i>					7:57	7:59		
<i>Awards: 800m Freestyle (M)</i>					7:59	8:01		
								<i>Flags in</i>



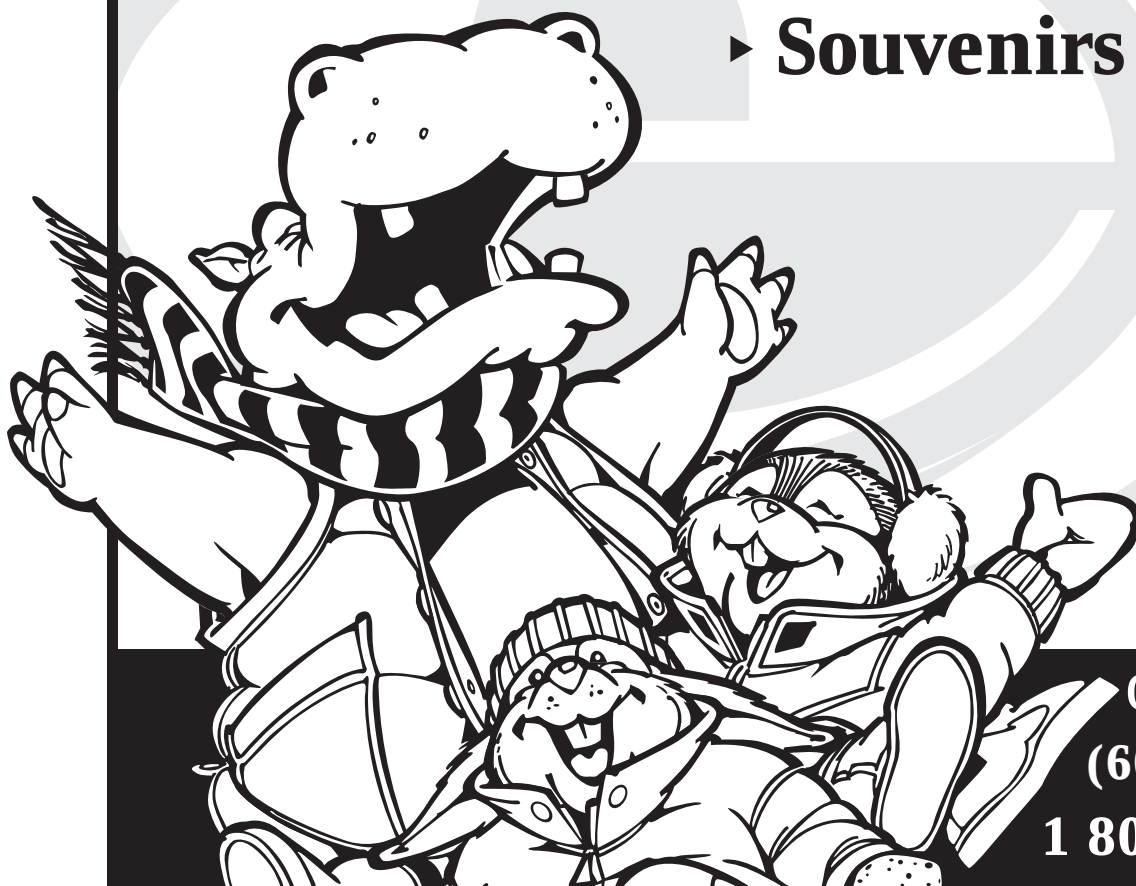
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2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - WED - Finals

Event 301 Women 100 LC Meter Backstroke Para

Lane	Name	Yr	Team	Prelims
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Heat 1 Finals

0	%Tovizi, Michelle S7	00	NYAC/A 12	1:44.12
1	%Dorris, Danielle S8	02	CNBO/A E Y 3 5	1:25.77
2	%Newkirk, Shelby S7	96	LASER/A 3 4 12 +	1:19.99
3	%Van Dyk, EmmaGrace S14	02	GCAC/0	1:18.01
4	%Marina, Angela S14	99	BRANT/0	1:15.83
5	%Hunsicker, Ariann S10	03	SKSC/3 5	1:17.12
6	%Morrier, Justine S14	97	CNHR/0	1:19.60
7	%Baird, Gabby S9	00	GMAC/*A 12 +	1:21.46
8	%Bérubé, Camille S7	95	NG/A 12 +	1:27.20
9	%Kisser, Danielle S6	96	UL/*12 +	1:46.54

Alternates

1	%Soliman, Myriam S7	99	MUST	1:47.33
2	%Van Wyck-Smart, Aly S2	02	VVAC	2:49.70

Event 302 Men 100 LC Meter Backstroke Para

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

Heat 1 Finals

0	%Elliot, Aidan S10	99	ROW/12 +	1:18.40
1	%Cabreja, Matthew S11	02	COBRA/T B 0	1:16.75
2	%Vachon, Philippe S9	95	MEGO/A 12 +	1:14.87
3	%Bennett, Nicholas S14	03	RAC/0	1:07.88
4	%Turbide, Nicolas-Guy S13	97	CNQ/T	1:00.77
5	%Macdonald, Tyson S14	96	WRMS/0	1:05.03
6	%McCuaig, Cameron S9	00	ROW/*5	1:09.74
7	%Cowan, Felix Thomas S9	02	SAMAK/A 12 +	1:16.50
8	%Miller, Matt S10	00	SEALS/12 +	1:18.31
9	%Boufekane, Hicham S8	98	CNSH/*A 6 12 +	1:19.28

Alternates

1	%Pruneau-Tourney, Tri S8	02	CNQ	1:34.66
2	%Brayshaw, Jacob S2	02	KISU	4:13.61

Event 1 Women 100 LC Meter Backstroke

2019 FINA A: 1:00.59

2020 TRIALS: 1:04.51

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	McDonald, Madeleine	00	WAC	1:03.03
1	Danyluk, Daphné	98	NN	1:02.71
2	Fazekas, Sadie	97	WAC	1:02.58
3	Ellard, Olivia	98	UBCSC	1:02.50
4	*Hansson, Louise	96	UNAT	1:00.69
5	*Steins, Kristina	95	LVA	1:01.82
6	Ball, Emma	98	GMAC	1:02.52
7	Rathwell, Regan	04	GO	1:02.64
8	Edwards, Hana	03	UVPCS	1:02.92
9	Scholes, Dylan	04	OAK	1:03.41

Heat 2 A - Final

0	Glover, Mackenzie	98	UMAN	1:02.26
1	Henderson, Hanna	02	ESWIM	1:01.60
2	Hanus, Danielle	98	ISC	1:00.65
3	Ruck, Taylor	00	SCAR	1:00.09
4	Masse, Kylie	96	TSC	58.19
5	Hannah, Jade	02	ISC	59.92
6	Broad, Madison	00	CYPS	1:00.56
7	Goss, Kennedy	96	GGST	1:01.45
8	Wilm, Ingrid	98	UBCSC	1:01.84
9	Minnes, Asia	03	NN	1:02.45

Alternates

1	*Avramova, Ekaterina	91	NN	1:02.11
2	Arcand, Alicia	01	NN	1:03.44

Event 2 Men 100 LC Meter Backstroke

2019 FINA A: 54.06

2020 TRIALS: 58.88

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Tierney, Blake	02	GOLD	57.58
1	Bernard, Graysen	02	TSC	57.56
2	Dyck, Brandon	99	UNCAN	57.33
3	Zakala, Josh	98	ISC	56.68
4	*Carter, Dylan	96	UNAT	54.60
5	*Quah, Zheng Wen	96	SGP	55.45
6	Veregin, Liam	98	GO	57.30
7	Hickey, David	01	LAC	57.56
8	Iliouchetchev, Anthony	97	UMAN	57.57
9	Lafontaine-Giguère, Thoma	99	NN	57.63

Heat 2 A - Final

0	De Pol, Tayden	02	NRST	56.59
1	St-Martin, Lőc	00	CAMO	56.23
2	Klein, Anders	97	UCSC	56.12
3	Hill, Robert	96	UCSC	55.91
4	Thormeyer, Markus	97	UBCSC	53.83
5	Pratt, Cole	02	CASC	55.42
6	Wall, Tyler	01	KISU	55.99
7	Somerset, Sebastian	01	CASC	56.16
8	Zeng, Tim	97	CHENA	56.47
9	Marois, William	98	CHENA	56.68

Alternates

1	*McDermott, Colin	98	OSU-OH	56.72
2	Wasyliw, Noah	96	ROD	58.08





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

Meet Program - WED - Finals

Event 3 Women 200 LC Meter Breaststroke

2019 FINA A: 2:25.91

2020 TRIALS: 2:38.35

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Carnevale, Sofia	98	UNVAR	2:36.05
1	Crookshanks, Bree	99	ROD	2:34.49
2	Starzomski, Olivia	02	SSAT	2:33.25
3	Angus, Sophie	99	UNCAN	2:32.69
4	Metcalf, Hillary	98	LOSC	2:32.44
5	Spence, Emma	02	ROD	2:32.69
6	Brathwaite, Katrina	99	PCSC	2:33.09
7	Raines, Jasmine	98	ROW	2:33.96
8	*Yeo, Ginn Samantha Louisa	97	SGP	2:34.84
9	Moore, Elizabeth	01	RDCSC	2:36.40

Heat 2 A - Final

0	Cieplucha, Tessa	98	OAK	2:30.38
1	Harvey, Mary-Sophie	99	CAMO	2:29.47
2	Wiseman, Avery	02	OSC	2:28.66
3	Wog, Kelsey	98	UMAN	2:26.68
4	Pickrem, Sydney	97	UNCAN	2:26.06
5	Smith, Kierra	94	SCAR	2:26.16
6	Stever, Miranda	98	TSC	2:27.95
7	Kucheran, Nina	00	SLSC	2:28.86
8	Herbert, Bailey	02	LOSC	2:29.72
9	Pavicevic, Katja	01	TSC	2:31.71

Alternates

1	*Garcia, Paula	99	AKRN	2:36.86
2	Guan, Xiaoyun	03	CHENA	2:36.87

Event 4 Men 200 LC Meter Breaststroke

2019 FINA A: 2:11.00

2020 TRIALS: 2:22.41

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Wheeler, Myles	02	SPART	2:23.32
1	Milne, Colton	02	NKB	2:22.65
2	Hickey, David	01	LAC	2:21.95
3	Hess, Apollo	02	LASC	2:21.53
4	*Lulek, William	98	PSU	2:19.92
5	*Sanes, Adriel	99	DU-CO	2:20.23
6	Hussey, Patrick	01	PCSC	2:21.78
7	Park, Kevin	03	CREST	2:22.28
8	Iapicco, Aidan	01	BROCK	2:22.96
9	Luykenaar, Aiden	03	UCSC	2:23.40

Heat 2 A - Final

0	Young, Brodie	00	UBCSC	2:19.69
1	Mastromatteo, Gabe	02	KSS	2:17.82
2	LeFranc, Jaren	99	KISU	2:16.16
3	Isings, Connor	98	PCSC	2:16.05
4	Dergousoff, James	96	CHENA	2:12.57
5	Wall, Eli	95	TSC	2:13.42
6	Blackmon, Benjamin	96	CHENA	2:16.16
7	Naisby, Jonathan	93	SHER	2:16.40
8	Knox, Finlay	01	MAVS	2:19.09
9	Gallant, Jacob	02	FAST	2:21.28

Alternates

1	*Balamane, Moncef	01	PCSC	2:21.96
2	Aylward, Graeme	00	MMST	2:23.46

Event 5 Women 50 LC Meter Butterfly

2019 FINA A: 26.34

Lane	Name	Yr	Team	Prelims
Heat 1 B - Final				
0	Chaput, Oksana	03	MANTA	28.26
1	Douglas, Kirsten	98	UBCSC	28.18
2	Cigna, Frédérique	97	CAMO	28.08
3	Dahmen, Jeanne	02	PCSC	27.96
4	*Hansson, Louise	96	UNAT	26.31
5	*Tam, Hoi Lam	98	UBCSC	27.23
6	Carruthers, Caroline	01	ESWIM	28.01
7	Fernandes, Aryanna	00	UNVAR	28.16
8	Polley, Sarah	98	HTAC	28.24
9	Anderson, Sarah	01	CNBO	28.33

Heat 2 A - Final

0	Ball, Emma	98	GMAC	27.76
1	Lapointe, Marie-lou	94	CASE	27.38
2	Leibel, Kyla	01	RDCSC	27.13
3	Fazekas, Sadie	97	WAC	26.98
4	Black, Haley	96	PGB	26.77
5	Watson, Sarah	00	UMAN	26.93
6	MacNeil, Margaret	00	LAC	26.99
7	Hanus, Danielle	98	ISC	27.37
8	Sasseville, Genevieve	03	CYPS	27.39
9	Lemieux, Roxane	91	NN	27.82

Alternates

1	*Nogaj, Paulina	98	AKRN	27.37
2	Vander Leek, Teagan	04	EKSC	28.33



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

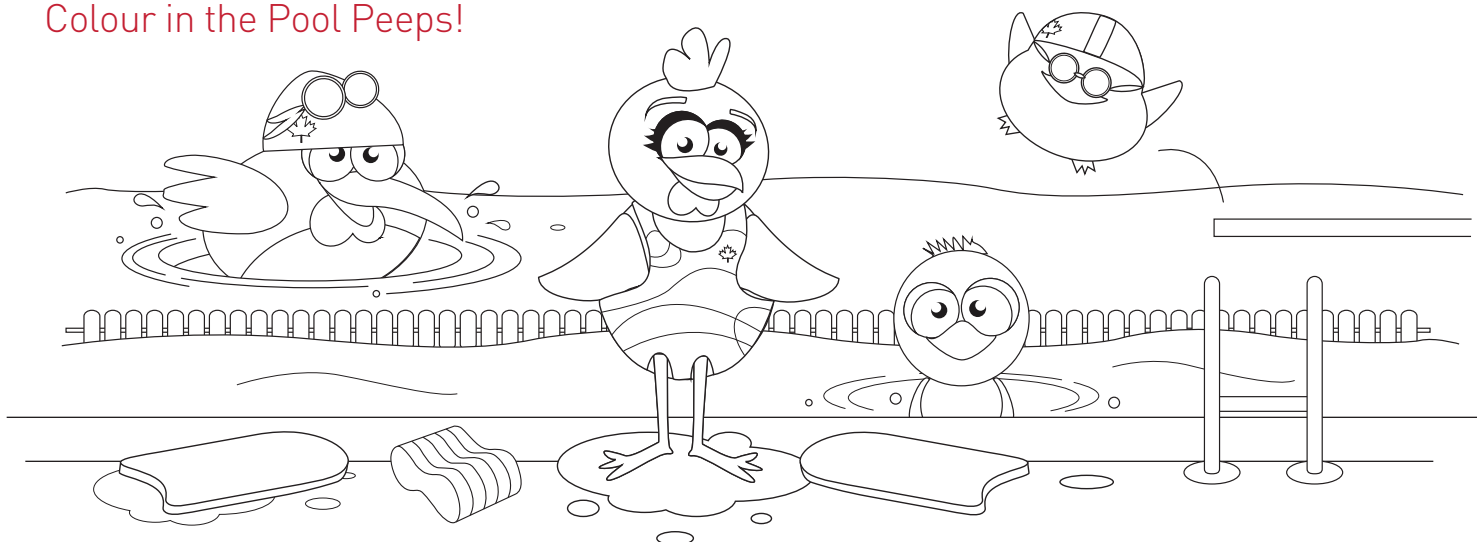
Ingredients:

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.

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

Meet Program - WED - Finals

Event 6 Men 50 LC Meter Butterfly

2019 FINA A: 23.66

Lane	Name	Yr	Team	Prelims
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Heat 1 B - Final

0	Greer, Daniel	99	UVPCS	25.62
1	Fournier, Maxime	99	NN	25.56
2	Cumby, Noah	00	SJL	25.43
3				25.34
4	*Martnez, Luis	95	GUA	23.86
5	*Miljenic, Nikola	98	UNAT	24.09
6	Fauteux, Nicholas	01	MSSAC	25.41
7	Ogilvie, Keir	02	UVPCS	25.47
8	Schrader, Bjoern-Ole	98	OAK	25.57
9	St-Germain, Jacob	00	UL	25.72

Heat 2 A - Final

0	Lee, Gabriel	96	SFA	25.28
1	Marcoux, Philippe	99	UL	24.95
2	Ayoubi, Mehdi	98	CAMO	24.83
3	Liendo, Joshua	02	NYAC	24.70
4	Pisani, William	97	UNCAN	23.85
5	Binnema, Josiah	97	UBCSC	24.54
6	Perreault, Alexandre	98	OTTSC	24.72
7	Dans, Matthew	95	TSC	24.87
8	Blair, Sterlyng	01	EKSC	25.03
9				25.34

Swim-off Required

Mac, Matthew	98	OAK	25.34
Przysswitt, Kier	01	EKSC	25.34

Alternates

1	*Carter, Dylan	96	UNAT	24.69
2	Havlik, Daniel	99	TSC	25.73

Event 7 Women 1500 LC Meter Freestyle

2019 FINA A: 16:32.04

2020 TRIALS: 18:01.82

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 4 Finals

0	Lamoureux, Brooke	98	COMOX	17:16.68
1	Smallegange, Kenna	03	BAD	17:10.88
2	Horner, Stephanie	89	PCSC	16:58.64
3	Sanderson, Kate	00	UNCAN	16:30.83
4	Paddington, Mackenzie	99	UNVAR	16:25.38
5	O'Croinin, Emma	03	EKSC	16:28.79
6	Bellio, Katrina	04	ESWIM	16:52.94
7	Anderson, Marit	00	UCSC	17:00.58
8	Ross, Kyla	01	ISC	17:14.31
9	Jeffrey, Chantel	01	ISC	17:20.15

Event 8 Men 800 LC Meter Freestyle

2019 FINA A: 7:54.31

2020 TRIALS: 8:40.28

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 5 Finals

0	Pouliot, David	99	CAMQ	8:22.57
1	Axon, Alexander	03	MAC	8:21.49
2	McRae, Ryley	00	KCS	8:17.31
3	McGillivray, Michael	02	ROD	8:12.63
4	Pratt, Alexander	00	UBCSC	8:03.12
5	Brothers, Peter	96	UCSC	8:10.64
6	Dommann, Raben	01	CHENA	8:13.17
7	Pluskaitis, Stuart	00	UBCSC	8:21.04
8	Beaudin-Bolduc, Nathan	99	UL	8:22.44
9	Gilbert, Colin	98	KCS	8:22.77



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

Session: 4 THU - Prelims

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	303 Women 100 Freestyle Para	23	3 u	09:30 AM	_____
Prelims	304 Men 100 Freestyle Para	15	2 u	09:38 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	9 Women 100 Freestyle	56	6 u	09:47 AM	_____
Prelims	10 Men 100 Freestyle	47	5 u	09:56 AM	_____
Prelims	11 Women 100 Breaststroke	60	6 u	10:02 AM	_____
Prelims	12 Men 100 Breaststroke	42	5 u	10:13 AM	_____
	Break: 2 Minutes: Flags in				
Prelims	13 Women 400 IM	51	6 u	10:23 AM	_____
Prelims	14 Men 400 IM	52	6 u	10:56 AM	_____
Prelims	15 Women 50 Backstroke	42	5 u	11:27 AM	_____
Prelims	16 Men 50 Backstroke	44	5 u	11:33 AM	_____
Prelims	305 Women 50 Backstroke Para	6	1 u	11:40 AM	_____
Prelims	306 Men 50 Backstroke Para	3	1 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 377	=====	=====		
	Entry / Heat Totals:	441	51		
	Finish Time			11:45 AM	_____