



Sat 06 April 2019

Preliminaries Program

sam 06 avril 2019

Programme préliminaires



Canada

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	09:30 AM	_____
Prelims	314 Men 200 Freestyle Para	7	1	09:37 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	23 Women 200 Freestyle	48	5	09:48 AM	_____
Prelims	24 Men 200 Freestyle	34	4	10:01 AM	_____
Prelims	25 Women 200 Butterfly	47	5	10:11 AM	_____
Prelims	26 Men 200 Butterfly	38	4	10:25 AM	_____
Prelims	27 Women 50 Breaststroke	49	5	10:36 AM	_____
Prelims	28 Men 50 Breaststroke	39	4	10:41 AM	_____
Prelims	315 Women 50 Breaststroke Para	3	1	10:45 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	316 Men 50 Breaststroke Para	3	1	10:50 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	317 Women 100 Breaststroke Para	22	3	10:54 AM	_____
	Break: 2 Minutes: PARA Break				
Prelims	318 Men 100 Breaststroke Para	18	2	11:05 AM	_____
	Swimmers Counts for Warm-ups: 297	=====	=====		
	Entry / Heat Totals:	318	36		
	Finish Time			11:10 AM	_____



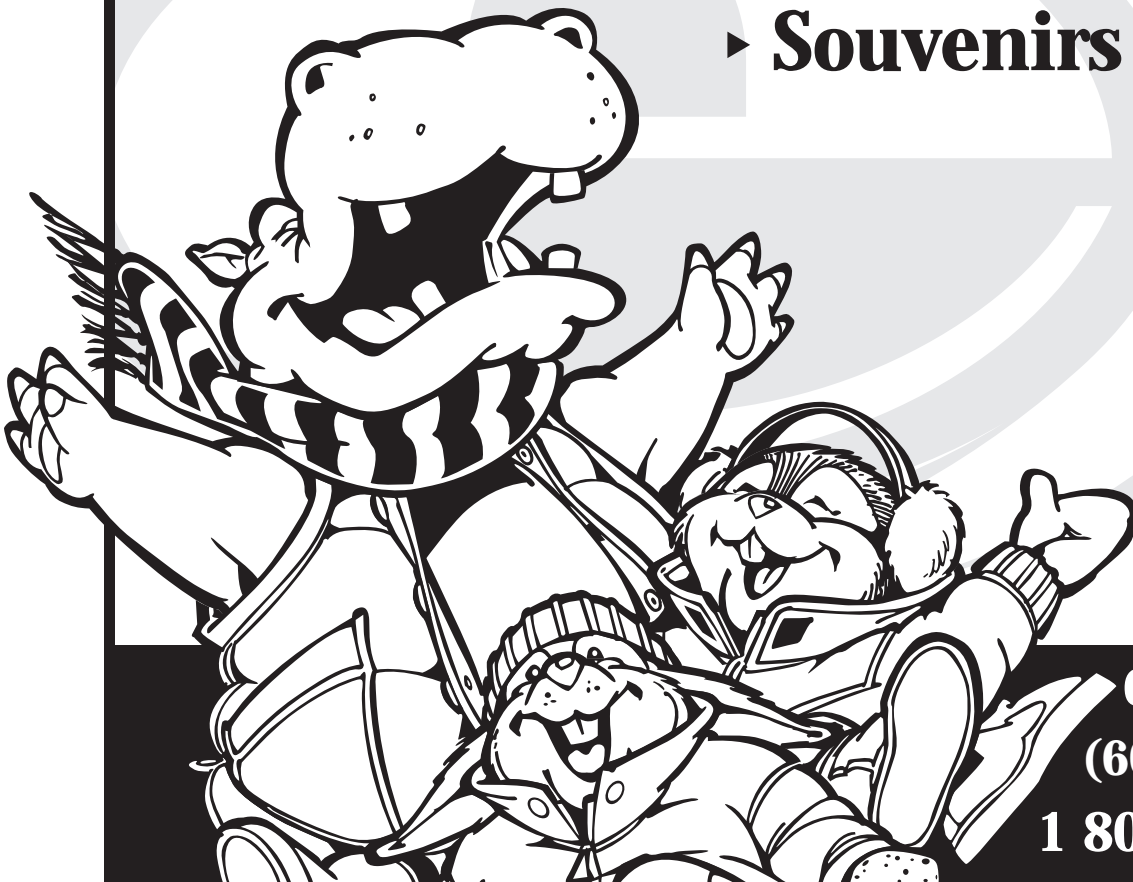
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2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

Meet Program - SAT - Prelims

Event 313 Women 200 LC Meter Freestyle Para

Lane	Name	Yr	Team	Seed Time
Heat 1 of 1 Prelims				
0	%Paré, Clémence S5	02	MUST/AY 3 5 7 12 +	4:22.40
1	%Shaw, Krystal S7	94	FS/12	X3:06.51
2	%Stevens, Ruby S14	02	VVAC/A	2:54.63
3	%Van Dyk, EmmaGrace S14	02	GCAC/0	2:35.68
4	%Marina, Angela S14	99	BRANT/0	2:18.73
5	%Henault, Miori S14	95	CASE/0	2:25.83
6	%Hunsicker, Ariann S10	03	SKSC/3 5	X2:37.48
7	%Tran, Cassidy S14	93	KYPS/0	2:57.96
8	%Tovizi, Michelle S7	00	NYAC/A 12	X3:29.26
9	%Van Wyck-Smart, Aly S2	02	VVAC/A E 3 5 12	5:46.27

Event 314 Men 200 LC Meter Freestyle Para

Lane	Name	Yr	Team	Seed Time
Heat 1 of 1 Prelims				
0				
1	%Brayshaw, Jacob S2	02	KISU/A 3 7 12 +	X8:42.42
2	%Cakalj, Aleksa S5	96	SFNV/A 3 5 12 +	4:45.97
3	%Miller, Matt S10	00	SEALS/12 +	X2:25.78
4	%Bennett, Nicholas S14	03	RAC/0	2:02.79
5	%Macdonald, Tyson S14	96	WRMS/0	2:06.84
6	%Schweigl, Nichola S14	98	HHBF/0	2:38.54
7	%Boutin-Cote, Etienne S5	04	CNQ/*A 1 2 12 +	5:02.30
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	Seed Time
Heat 1 of 5 Prelims				
0				
1	Smallegange, Kenna	03	BAD	2:07.23
2	Krueger, Anja	03	MANTA	2:06.84
3	Bennett, Hannah	02	UCSC	2:06.54
4	Cornish, Hannah	03	USC	2:06.35
5	Chaput, Oksana	03	MANTA	2:06.52
6	Metuzals, Kali	03	GO	2:06.77
7	Daley, Elan	05	ESWIM	2:07.16
8	Gormley, Breckin	04	CPWD	2:07.40
9				

Heat 2 of 5 Prelims

0	Scholes, Dylan	04	OAK	2:05.69
1	Liang, Christey	04	EKSC	2:05.36
2	Mazurek, Ella	03	UNCAN	2:04.80
3	Beauchemin, Charlotte	97	CAMO	2:04.29
4	Henderson, Hanna	02	ESWIM	2:04.17
5	Vandal, Delphine	96	GO	2:04.19
6	Movold, Avery	00	PGB	2:04.64
7	McCallum, Amanda	02	RAPID	2:05.17
8	Stannard, Camryn	04	NRST	2:05.39
9	Sullivan, Kate	03	MPM	2:05.95

Heat 3 of 5 Prelims

0	Meklensek, Tori	02	CW	2:03.72
1	Cieplucha, Tessa	98	OAK	2:02.81
2	O'Croinin, Emma	03	EKSC	2:01.45
3	Goss, Kennedy	96	GGST	1:59.75
4	Sanchez, Kayla Noelle	01	AAC	1:57.23
5	Oleksiak, Penelope	00	TSC	1:57.79
6	McMurray, Ainsley	00	CSLA	2:00.86
7	Douthwright, Brooklyn	03	CVAC	2:02.19
8	*Nogaj, Paulina	98	AKRN	2:03.51
9	Lemieux, Roxane	91	NN	2:04.15

Heat 4 of 5 Prelims

0	Demers, Daphné	98	CAMO	2:03.64
1	Cigna, Frédérique	97	CAMO	2:02.66
2	*Gold, Aleksa	00	TSC	2:01.17
3	Leibel, Kyla	01	RDCSC	1:59.58
4	*DeLoof, Gabrielle	96	CW-MI	1:56.55
5	Smith, Rebecca	00	SCAR	1:57.72
6	Wog, Kelsey	98	UMAN	2:00.59
7	Kilger, Kennady	01	TSC	2:01.80
8	Ludlow, Danica	96	UCSC	2:02.94
9	Leckie, Aysia	99	OAK	2:03.84

Heat 5 of 5 Prelims

0	Daigneault, Valérie	97	PCSC	2:03.61
1	Jeffrey, Chantel	01	ISC	2:02.33
2	Seltenreich-Hodgson, Erika	95	GO	2:01.08
3	Paddington, Mackenzie	99	UNVAR	1:58.84
4	Ruck, Taylor	00	SCAR	1:54.44
5	Overholt, Emily	97	UBCSC	1:57.26
6	*Hansson, Louise	96	UNAT	2:00.47
7	Ackman, Alyson	93	PCSC	2:01.65
8	Savard, Katerine	93	CAMO	2:02.86
9	Bellio, Katrina	04	ESWIM	2:03.81



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Sert : 4 | Durée de préparation : 15 min | Durée de cuisson : 15 min

ROULÉS DE POULET ET D'ÉPINARDS À LA SALSA AU MIEL



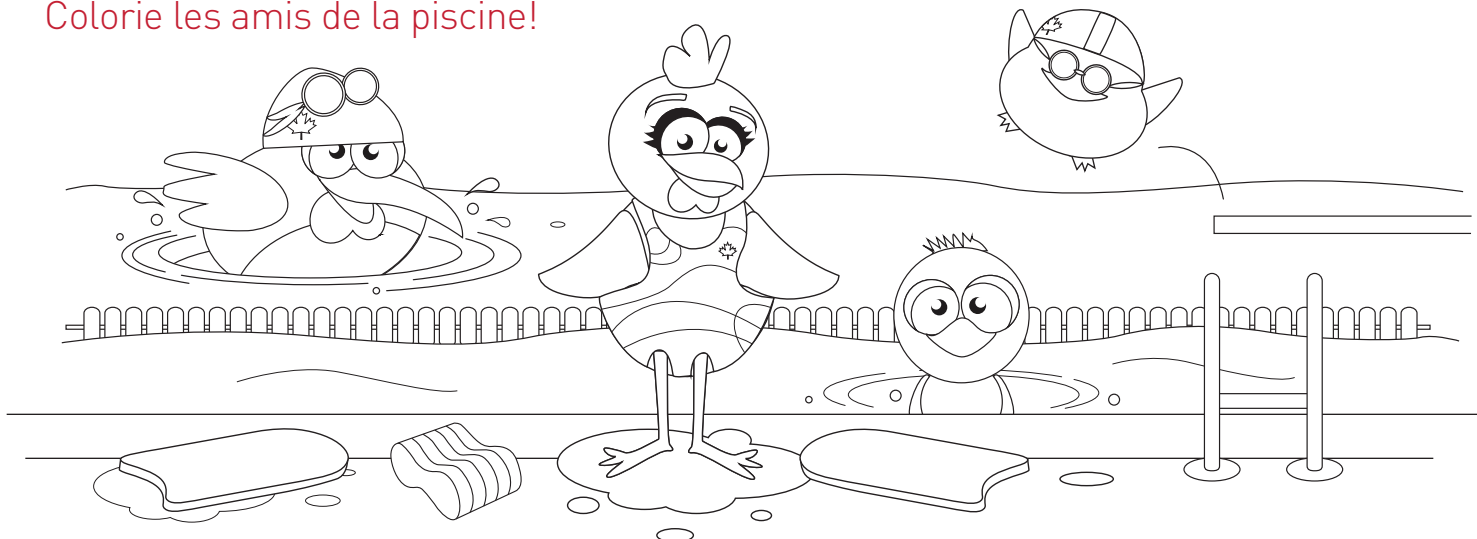
Ingrédients

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 - Prelims

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	Seed Time
Heat 1 of 4 Prelims				
0				
1				
2				
3	MacPherson, Callum	02	OAK	1:55.87
4	Placek, Ethan	01	WD	1:55.54
5	Bertrand, Louis	01	GO	1:55.86
6	Axon, Alexander	03	MAC	1:56.30
7				
8				
9				
Heat 2 of 4 Prelims				
0	Friesen, Ian	03	CW	1:54.31
1	Selmanovic, Din	98	ESWIM	1:53.39
2	Brothers, Peter	96	UCSC	1:51.76
3	Godolphin, Bernard	99	NN	1:50.94
4	*D'Arrigo, Andrea	95	GSC	1:48.78
5	Gaziev, Ruslan	99	MANTA	1:49.74
6	Gilbert, Colin	98	KCS	1:51.51
7	Laperle, Vincent	98	NN	1:52.09
8	*Secchi, Clement	00	FRA	1:53.55
9	Hussey, Patrick	01	PCSC	1:55.05
Heat 3 of 4 Prelims				
0	Pratt, Cole	02	CASC	1:53.77
1	Przysswitt, Kier	01	EKSC	1:53.29
2	Konik, Justin	00	UBCSC	1:51.67
3	Daly, Owen	95	CAMO	1:50.35
4	Pratt, Alexander	00	UBCSC	1:48.32
5	Olafson, Carson	97	UBCSC	1:49.14
6	VanderHelm, Adrian	95	OAK	1:51.46
7	Neri, Parker	99	UNCAN	1:51.98
8	Quirie, David	02	NKB	1:53.41
9	McGillivray, Michael	02	ROD	1:54.84
Heat 4 of 4 Prelims				
0	Cumby, Noah	00	SJL	1:53.61
1	*Kohm, Zachary	02	GAAC	1:52.50
2	Bélanger, Samuel	97	UL	1:51.63
3	*Carter, Dylan	96	UNAT	1:49.77
4	Thormeyer, Markus	97	UBCSC	1:47.66
5	Bagshaw, Jeremy	92	ISC	1:48.96
6	Palaschuk, Brian	98	ROD	1:51.33
7	Murdock, Cale	97	UVPCS	1:51.89
8	Furlong, Jacob	00	UNCAN	1:53.39
9	Huang, Owen	01	TSC	1:54.48

CP

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	Seed Time
Heat 1 of 5 Prelims				
0				
1	Dearnaley, Isabelle	03	HTAC	2:23.98
2	Burwell, Maclaren	02	GOLD	2:23.80
3	Thomas, Erika	04	BTSC	2:23.36
4	Brodie-Foy, Honor	02	TSC	2:22.34
5	Lo, Naomie	03	NYAC	2:22.56
6	Forrester, Katie	04	OAK	2:23.72
7	Puhalski, Lindsay	02	TBT	2:23.88
8				
9				
Heat 2 of 5 Prelims				
0	Froh, Zoe	02	SKSC	2:21.23
1	Dean, Rebecca	02	ROD	2:20.89
2	Carruthers, Caroline	01	ESWIM	2:20.62
3	Hill, Molly	01	KWIC	2:20.06
4	Ryan, Jordyn	99	COMOX	2:19.96
5	Sava, Helen Anne	05	RAMAC	2:19.96
6	Albers, Laura	01	UCSC	2:20.46
7	Andrusak, Kelsey	01	ISC	2:20.86
8	Clarino, Olivia	03	NYAC	2:21.06
9	Burnett, Devon	04	ESWIM	2:21.93
Heat 3 of 5 Prelims				
0	Hussey, Stephanie	98	PCSC	2:19.21
1	Willis, Avery	03	CW	2:18.20
2	McIntosh, Summer	06	ESWIM	2:17.29
3	Dalke, Megan	98	KCS	2:15.40
4	Zavaros, Mabel	00	OAK	2:12.20
5	Harvey, Mary-Sophie	99	CAMO	2:14.07
6	Field, Josie	01	LOSC	2:15.72
7	Minic, Catherine	03	GPP	2:17.71
8	Norris, Hailey	00	OAK	2:18.48
9	Dahmen, Jeanne	02	PCSC	2:19.83
Heat 4 of 5 Prelims				
0	Brathwaite, Katrina	99	PCSC	2:18.87
1	McMurray, Cailin	02	CSLA	2:18.04
2	Douglas, Kirsten	98	UBCSC	2:16.16
3	Fernandes, Aryanna	00	UNVAR	2:15.15
4	*Quah, Jing Wen	00	SGP	2:12.01
5	Genich, Hannah	98	TSC	2:13.39
6	Kwan, Victoria	00	TSC	2:15.59
7	Sasseville, Genevieve	03	CYPS	2:17.67
8	Gray, Marni	01	TSC	2:18.44
9	Ross, Kyla	01	ISC	2:19.49

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

Meet Program - SAT - Prelims

Heat 5 Prelims (#25 Women 200 LC Meter Butterfly)

0	Danyluk, Daphné	98	NN	2:18.49
1	Vézina, Florence	02	ELITE	2:17.90
2	Kidd, Georgia	98	EKSC	2:15.81
3	Herbert, Bailey	02	LOSC	2:14.93
4	Hanus, Danielle	98	ISC	2:11.34
5	*Demler, Kathrin	96	OSU-OH	2:12.23
6	Willar, Lora	02	PCSC	2:15.51
7	McDonald, Abigail	01	SLSC	2:17.41
8	Zahab, Mia	01	NKB	2:18.40
9	Rendall, Kate	00	UCSC	2:19.34

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	Seed Time
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Heat 1 of 4 Prelims

0				
1	Tejada, Gabriel	01	OTTSC	2:10.23
2	Versluys, Nathan	01	EKSC	2:09.85
3	Gallant, Jacob	02	FAST	2:08.77
4	Lacroix, Brandon	01	NG	2:07.90
5	McDonald, Thomas	03	GMAC	2:08.76
6	Wagner, Noah	01	ROD	2:09.40
7	Celsi, Damian	02	TSC	2:10.16
8	Belkhelladi, Malachy	03	ELITE	2:10.45
9				

Heat 2 of 4 Prelims

0	Gilbert, Colin	98	KCS	2:06.37
1	Lee, Gabriel	96	SFA	2:05.18
2	Duke, Nicolas	98	CHENA	2:03.72
3	Sava, Michael Andrew	02	RAMAC	2:02.73
4	Champagne, Montana	96	GO	2:00.12
5	Pratt, Cole	02	CASC	2:01.62
6	*Walker, Graham	96	DU-CO	2:03.40
7	Vanherk, Brendan	99	BLEN	2:04.49
8	Paulins, Sebastian	98	BRANT	2:06.17
9	Ogilvie, Keir	02	UVPCS	2:07.67

Heat 3 of 4 Prelims

0	Oswald, Brendan	02	WAC	2:06.36
1	Mac, Matthew	98	OAK	2:05.00
2	Liendo, Joshua	02	NYAC	2:03.57
3	Yang, Ray	01	ESWIM	2:02.66
4	*Quah, Zheng Wen	96	SGP	1:57.95
5	Lim, Dmitriy	00	UBCSC	2:01.16
6	Paquin-Foisy, Etienne	97	ELITE	2:03.06
7	Goin, Emil	99	PCSC	2:04.42
8	*Sosnovik, Danylo	99	PCSC	2:05.70
9	Cho, Andy	03	SKSC	2:07.63

Heat 4 of 4 Prelims

0	Tremblay, Jeremy	96	SAMAK	2:06.18
1	*Gold, Joshua	96	TSC	2:04.97
2	Millette, Charles	00	PCSC	2:03.49
3	Guest, James	96	UNVAR	2:02.19
4	Darragh, Mack	93	OAK	1:56.27
5	Binnema, Josiah	97	UBCSC	2:00.95
6	Nitski, Osvald	97	OAK	2:02.89
7	Dommann, Raben	01	CHENA	2:03.78
8	Park, Kevin	03	CREST	2:05.21
9	Loewen, Benjamin	04	CREST	2:07.33

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	Seed Time
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Heat 1 of 5 Prelims

0	Lo, Jade	04	ESWIM	34.44
1	Lau, Nicole	04	DUCKS	34.35
2	Vézina, Corinne	04	ELITE	34.24
3	Lavoie, Veronique	02	LMRL	34.08
4	Gaudette, Sheigh ann	02	SPART	33.94
5	Strong, Jessica	04	HST	33.97
6	Ricketts, Emily	02	SJL	34.09
7	Myburgh, Emma	02	ISC	34.33
8	Tremblay, Sandy	02	CNM	34.42
9				

Heat 2 of 5 Prelims

0	Ivanov, Kathryn	03	MS	33.93
1	Guan, Xiaoyun	03	CHENA	33.86
2	Lapointe, Marie-lou	94	CASE	33.79
3	Czech, Ann-Sophie	98	LMRL	33.76
4	DeBlois, Andreanne	95	UL	33.68
5	Banton, Paige	02	SSAT	33.76
6	Vandenberg, Emily	99	WD	33.76
7	Belanger, Logan	03	SSAT	33.81
8	Branton, Shona	02	SR	33.86
9	Roth, Isabelle	02	CASC	33.94

Heat 3 of 5 Prelims

0	Bui, Morgan	01	NKB	33.57
1	Epp, Erin	04	KWIC	33.30
2	Carnevale, Sofia	98	UNVAR	32.76
3	Angus, Sophie	99	UNCAN	32.51
4	Wog, Kelsey	98	UMAN	31.80
5	Metcalfe, Hillary	98	LOSC	32.26
6	Pavicevic, Katja	01	TSC	32.71
7	Deering, Megan	01	MAVS	33.22
8	*Ho, Yan Lum Deborah	98	SGP	33.38
9	Whitehead, Kayla	01	GO	33.61



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

Meet Program - SAT - Prelims

Heat 4 Prelims (#27 Women 50 LC Meter Breaststroke)

0	Terejko, Gabriella	99	WRMS	33.51
1	*Garcia, Paula	99	AKRN	33.28
2	Chui, Kimberly	01	APEX	32.75
3	Godin, Marie-Laurence	97	SHER	32.47
4	Knelson, Faith	01	ISC	30.98
5	Wiseman, Avery	02	OSC	32.10
6	Crookshanks, Bree	99	ROD	32.71
7	McCann, Pilar	02	EKSC	33.22
8	Andison, Bailey	97	PERTH	33.37
9	Moore, Elizabeth	01	RDCSC	33.61

Heat 5 of 5 Prelims

0	Shearer, Lauren	99	ROW	33.48
1	Foran, Jasmine	99	BLAST	33.26
2	*Yeo, Ginn Samantha Louisa	97	SGP	32.74
3	Kucheran, Nina	00	SLSC	32.44
4	Nicol, Rachel	93	UCSC	30.92
5	Chicoine, Lili	00	NN	31.99
6	Herbert, Bailey	02	LOSC	32.56
7	Lavoie, Maddy	00	BLEN	33.01
8	Minnes, Asia	03	NN	33.33
9	Steuer, Miranda	98	TSC	33.59

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 Seed Time

Heat 1 of 4 Prelims

0	Durocher, Elliot	02	BLUE	31.02
1	Carlyle-Locke, Cameron	01	UCRO	30.96
2	Hemeon, Brayden	01	GOLD	30.89
3	liu, Bangjie	02	RHSD	30.83
4	Luykenaar, Aiden	03	UCSC	30.78
5	Kelly, Max	01	SJL	30.79
6	Terejko, Josiah	02	WRMS	30.87
7	Millns, Ricky	01	TRIT	30.95
8	Chua, Zachary	01	RHAC	30.98
9				

Heat 2 of 4 Prelims

0	Pfeifer, Scott	01	SKSC	30.37
1	Kim, Joshua	02	LOSC	29.98
2	Greer, Daniel	99	UVPCS	29.67
3	Dergousoff, James	96	CHENA	29.33
4	Naisby, Jonathan	93	SHER	28.67
5	*Sanes, Adriel	99	DU-CO	29.11
6	Chiandussi, Luca	01	WEST	29.43
7	Aylward, Graeme	00	MMST	29.84
8	Choi, Jesper	98	APEX	30.10
9	Feick, Evan	01	TRENT	30.66

Heat 3 of 4 Prelims

0	Johnsen, Cameron	01	TBT	30.25
1	Bulban, Nicholas	01	RHAC	29.91
2	Lee, Steven	95	KBM	29.59
3	*Balamane, Moncef	01	PCSC	29.30
4	Mastromatteo, Gabe	02	KSS	27.94
5	Yu, Ruishen	00	UBCSC	29.03
6	LeFranc, Jaren	99	KISU	29.39
7	Lisoway, Justin	00	MAVS	29.80
8	Machell, Nicolas	01	NEW	30.08
9	Wagner, Noah	01	ROD	30.55

Heat 4 of 4 Prelims

0	Mccann Stephens, Colin	99	UCSC	30.13
1	Hess, Apollo	02	LASC	29.89
2	Chabi, Anis	99	CAMO	29.57
3	Déry-Bergeron, Jérémie	94	UL	29.20
4	Milanovich, Alexander	02	ESWIM	27.93
5	Isings, Connor	98	PCSC	28.97
6	Fauteux, John	96	MSSAC	29.34
7	*Cruz Zuniga, Guillermo	00	CAMO	29.77
8	Halpen, Matthew	00	CP	30.06
9	Wheeler, Myles	02	SPART	30.53

Event 315 Women 50 LC Meter Breaststroke Para

Lane Name Yr Team Seed Time

Heat 1 of 1 Prelims

0				
1				
2				
3	%Ens, Nikita SB2	88	LASER/A 12	2:03.30
4	%Shaw, Krystal SB6	94	FS/12	X1:06.20
5	%Van Wyck-Smart, Aly SB2	02	VVAC/A E 3 5 12	1:44.27
6				
7				
8				
9				

Event 316 Men 50 LC Meter Breaststroke Para

Lane Name Yr Team Seed Time

Heat 1 of 1 Prelims

0				
1				
2				
3	%Brayshaw, Jacob SB2	02	KISU/A 3 7 12 +	2:11.49
4	%Waters, Patrick SB9	85	KWIC/*12 +	X35.94
5	%Pruneau-Tourney, Tri SB7	02	CNQ/*A 5 12 +	X44.34
6				
7				
8				
9				





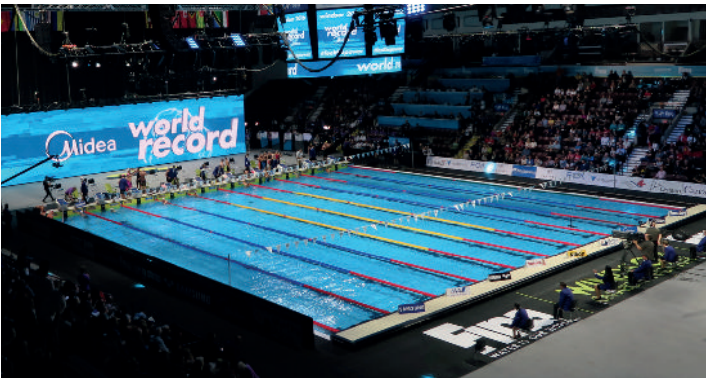
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TORONTO PAN AM SPORTS CENTRE



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2016 OLYMPIC GAMES



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



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115 RECORDS DU MONDE

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PARTENAIRE
DE



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

Meet Program - SAT - Prelims

Event 317 Women 100 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 3 Prelims

0				
1				
2				
3	%Paré, Clémence SB4	02	MUST/A Y 3 5 7 12 +	2:56.14
4	%Tinney, Jessica SB5	00	KYPS/A 3 4 12	2:44.58
5	%Labelle, Mathilde SB7	03	CAEM/A 12 +	X2:50.66
6				
7				
8				
9				

Heat 2 of 3 Prelims

0	%Searle, Ava SB7	04	WD/A 3 5 12 +	X2:43.05
1	%Corriveau, Effie SB6	94	GO/A 3 5 12 +	2:26.81
2	%Nault, Tatiana SB7	05	CNBF/A 3 5 12 +	1:59.44
3	%Vezina, Myriam SB14	99	CNHR/0	1:48.87
4	%Kisser, Danielle SB6	96	UL/*12 +	1:47.16
5	%Stevens, Ruby SB14	02	VVAC/A	1:48.28
6	%Cloetta, Colleen SB7	05	PCSC/12 +	1:56.12
7	%Brisson, Anne-Frédér SB7	00	CNQ/A 3 4 12 +	2:10.17
8	%Soliman, Myriam SB7	99	MUST/A 1 3 4 12 +	2:27.06
9				

Heat 3 of 3 Prelims

0	%Henault, Miori SB14	95	CASE/0	1:46.26
1	%Van Dyk, EmmaGrace SB1	02	GCAC/0	1:36.38
2	%Tripp, Abi SB7	01	KYPS/A 3 5 12 +	1:32.51
3	%Morrier, Justine SB14	97	CNHR/0	1:27.57
4	%Girard, Sarah SB9	98	UL/*4 12 +	1:22.78
5	%Roxon, Katarina SB8	93	AASC/1 3 5	1:23.85
6	%Marina, Angela SB14	99	BRANT/0	1:28.18
7	%Routliffe, Tess SB7	98	UL/*12 +	1:32.71
8	%Bérubé, Camille SB6	95	NG/A 12 +	1:44.59
9	%Tran, Cassidy SB14	93	KYPS/0	1:47.11

Event 318 Men 100 LC Meter Breaststroke Para

Lane	Name	Yr	Team	Seed Time
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Heat 1 of 2 Prelims

0				
1	%Tracey, Matthew SB7	01	EBSC/A 12 +	XNT
2	%Dieleman, Jonathan SB4	85	BVOSC/A 12	1:52.11
3	%Cowan, Felix Thomas SB8	02	SAMAK/A 12 +	1:33.91
4	%Cabreja, Matthew SB11	02	COBRA/T B 0	1:32.88
5	%Elliot, Aidan SB9	99	ROW/12 +	1:32.91
6	%Pruneau-Tourny, Tri SB7	02	CNQ/*A 5 12 +	1:41.11
7	%Miller, Matt SB9	00	SEALS/12 +	XNT
8	%Cakalj, Aleksa SB5	96	SFNV/A 3 5 12 +	XNT
9				

Heat 2 of 2 Prelims

0	%Dickson, Graydon SB9	02	BRANT/12 +	1:32.20
1	%Boutin-Cote, Etienne SB4	04	CNQ/*A 1 2 12 +	1:25.43
2	%Waters, Patrick SB9	85	KWIC/*12 +	1:17.62
3	%Elliot, Alexander SB9	96	UL/3 5 12 +	1:15.80
4	%Leroux, James SB9	98	UL/*12 +	1:09.69
5	%Bennett, Nicholas SB14	03	RAC/0	1:11.60
6	%Macdonald, Tyson SB14	96	WRMS/0	1:17.37
7	%Arndt, Caleb SB13	02	WRMS/0	1:22.05
8	%Vachon, Philippe SB8	95	MEGO/A 12 +	1:25.91
9	%Gill, Jagdev SB9	04	UCRO/12 +	1:32.44



Officials on-deck positions			5:50 pm					
O Canada & Introduction: Referees & Starters					5:55			
		Call Room	March-On	Intro	Start	Finish	Interview	FOP
Event 313 – 200m Freestyle PS (W)	Final		5:57	5:59	6:00	6:06		
Event 314 – 200m Freestyle PS (M)	Final		6:07	6:09	6:10	6:15	6:18	Flags out
Deadline for Prelims scratches 6:30 PM								
Event 23 – 200m Freestyle (W)	B Final			6:21	6:21	6:23		
Event 23 – 200m Freestyle (W)	A Final		6:24	6:25	6:26	6:28	6:29	
Event 24 – 200m Freestyle (M)	B Final			6:32	6:32	6:30		
Awards 200m Freestyle PS (W)					6:31			
Awards 200m Freestyle PS (M)						6:34		
Event 24 – 200m Freestyle (M)	A Final		6:34	6:35	6:36	6:38	6:39	
Event 25 – 200m Butterfly (W)	B Final			6:41	6:42	6:44		
Awards: 200m Freestyle (W)					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		
Awards: 200m Freestyle (M)					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		
Awards: 200m Butterfly (W)					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		
Awards: 200m Butterfly (M)					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	7:22	7:23	7:24		
Awards: 50m Breaststroke (W)					7:25		7:27	
Event 316 – 50m Breaststroke PS (M)	Final		7:27	7:28	7:29	7:31		
Event 317 – 100m Breaststroke PS (W)	Final		7:33	7:35	7:36	7:39	7:40	
Awards: 50m Breaststroke (M)					7:42		7:44	
Event 318 – 100m Breaststroke PS (M)	Final		7:44	7:46	7:47	7:50		
Awards: 50m Breaststroke PS (W)					7:51			
Awards: 50m Breaststroke PS (M)								
Awards: 100m Breaststroke PS (W)								
Awards: 100m Breaststroke PS (M)						8:00		Flags in

Times are estimates only

