



**Thurs 04 April 2019**

**Finals Program**

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**jeu 04 avril 2019**

**Programme finale**



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# LA NOUVELLE GÉNÉRATION DE VITESSE

**KYLIE MASSE**  
MEDAILLÉE CHAMPIONNE  
DU MONDE OLYMPIQUE



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**Thursday, April 4, 2019**
**Finals Session - Day 2**
**Clear Pool: 5:45**

Officials on-deck positions		5:48 pm						
Awards 200m Breaststroke (W)					5:49	5:51		
Victor Davis Memorial Award					5:52	5:57		
<b>Introduction: Referees &amp; Starters &amp; O Canada</b>					5:58			
<i>BL = backstroke ledge</i>		Call Room	March-On	Intro	Start	Finish	Interview	FOP
Event 303 – 100m Freestyle PS (W)	Final		6:02	6:04	6:05	6:07	6:08	
Event 304 – 100m Freestyle PS (M)	Final		6:10	6:12	6:13	6:15		Flags out
Event 9 – 100m Freestyle (W)	B Final			6:17	6:17	6:18		
<b>****Deadline for Prelims scratches 6:35 PM****</b>								
Event 9 – 100m Freestyle (W)	A Final		6:19	6:20	6:21	6:22	6:23	
Event 10 – 100m Freestyle (M)	B Final			6:26	6:26	6:27		
Awards 100m Freestyle PS (W)					6:28	6:30		
Awards 100m Freestyle PS (M)					6:31	6:33		
Event 10 – 100m Freestyle (M)	A Final		6:33	6:34	6:35	6:36	6:37	
Event 11 – 100m Breaststroke (W)	B Final			6:40	6:40	6:41		
Awards: 100m Freestyle (W)					6:42	6:44		
Event 11 – 100m Breaststroke (W)	A Final		6:44	6:45	6:46	6:47	6:48	
Event 12 – 100m Breaststroke (M)	B Final			6:50	6:50	6:51		
Awards: 100m Freestyle (M)					6:52	6:54		
Event 12 – 100m Breaststroke (M)	A Final		6:54	6:55	6:56	6:57	6:58	Flags in
Event 13 – 400m IM (W)	B Final			7:02	7:02	7:07		
Awards: 100m Breaststroke (W)					7:08	7:10		
Event 13 – 400m IM (W)	A Final		7:10	7:11	7:12	7:17	7:18	
Event 14 – 400m IM (M)	B Final			7:20	7:20	7:25		BL in turn end
Awards: 100m Breaststroke (M)					7:26	7:28		
Event 14 – 400m IM (M)	A Final		7:28	7:29	7:30	7:35	7:36	
<b>50s start from turn end - Swimmers report to 150/50 call room</b>								
Event 15 – 50m Backstroke (W)	B Final			7:39	7:39	7:40		
Awards: 400m IM (W)					7:41	7:43		
Event 15 – 50m Backstroke (W)	A Final		7:43	7:44	7:45	7:46		
Event 16 – 50m Backstroke (M)	B Final			7:47	7:47	7:48		
Awards: 400m IM (M)					7:49	7:51		
Event 16 – 50m Backstroke (M)	A Final		7:51	7:52	7:53	7:54		
Event 305 – 50m Backstroke PS (W)	Final		7:55	7:57	7:58	8:00		
Event 305 – 50m Backstroke PS (M)	Final		8:01	8:03	8:04	8:06		
Awards: 50m Backstroke (W)					8:07	8:09		
Awards: 50m Backstroke (M)					8:10	8:12		
Awards: 50m Backstroke PS (W)					8:13	8:14		
Awards: 50m Backstroke PS (M)					8:15	8:16		Flags in

Times are estimates only.



# 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!



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

## HONEY SALSA CHICKEN & SPINACH WRAPS



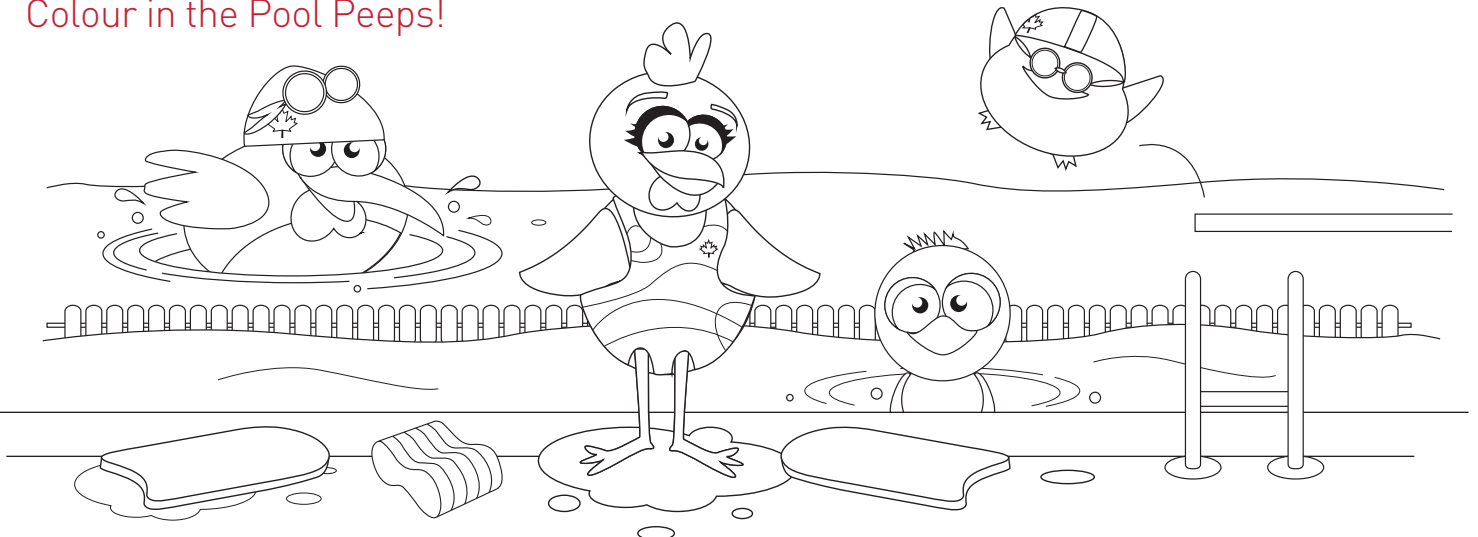
### Ingredients:

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](http://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 - THU - Finals

## Event 303 Women 100 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
<b>Heat 1 Finals</b>				
0				
1	%Shaw, Krystal S7	94	FS/12	1:27.35
2	%Duchesne, Sabrina S7	01	UL/A 12 +	1:18.14
3	%Roxon, Katarina S9	93	AASC/1 3 5	1:10.37
4	%Rivard, Aurélie S10	96	UL/3 5	1:01.01
5	%Hunsicker, Ariann S10	03	SKSC/3 5	1:06.47
6	%Baird, Gabby S9	00	GMAC/*A 12 +	1:13.99
7	%Newkirk, Shelby S7	96	LASER/A 3 4 12 +	1:18.84
8	%Ens, Nikita S3	88	LASER/A 12	2:49.26
9				

## Event 304 Men 100 LC Meter Freestyle Para

Lane	Name	Yr	Team	Prelims
<b>Heat 1 Finals</b>				
0	%Cakalj, Aleksa S5	96	SFNV/A 3 5 12 +	2:10.69
1	%Pruneau-Tourny, Tri S8	02	CNQ/*A 5 12 +	1:17.13
2	%Miller, Matt S10	00	SEALS/12 +	1:09.04
3	%Cabreja, Matthew S11	02	COBRA/T B 0	1:04.70
4	%Elliot, Alexander S10	96	UL/3 5 12 +	55.25
5	%Arndt, Caleb S13	02	WRMS/0	1:02.49
6	%Elliot, Aidan S10	99	ROW/12 +	1:05.34
7	%Boufekane, Hicham S8	98	CNSH/*A 6 12 +	1:11.36
8	%Estabrooks, Ryan S8	97	LAC/*12 +	1:24.27
9				

## Event 9 Women 100 LC Meter Freestyle

2019 FINA A: 54.49

2020 TRIALS: 57.45

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	McMurray, Ainsley	00	CSLA	56.54
1	Kilger, Kennedy	01	TSC	56.47
2	Lemieux, Roxane	91	NN	56.33
3	Savard, Katerine	93	CAMO	55.82
4	*Hansson, Louise	96	UNAT	55.17
5	*DeLoof, Gabrielle	96	CW-MI	55.52
6	Hannah, Jade	02	ISC	56.26
7	Huddle, Charis	96	LAC	56.44
8	Douthwright, Brooklyn	03	CVAC	56.53
9	Beauchemin, Charlotte	97	CAMO	56.58

## Heat 2 A - Final

0	Leibel, Kyla	01	RDCSC	55.63
1	MacNeil, Margaret	00	LAC	55.38
2	Ackman, Alyson	93	PCSC	55.27
3	Sanchez, Kayla Noelle	01	AAC	54.80
4	Ruck, Taylor	00	SCAR	54.41
5	Oleksiak, Penelope	00	TSC	54.57
6	Smith, Rebecca	00	SCAR	54.91
7	Zevnik, Alexia	94	SWOTT	55.31
8	Fournier, Sarah	96	CNQ	55.47
9	Henderson, Hanna	02	ESWIM	55.63

## Alternates

1	*Tam, Hoi Lam	98	UBCSC	56.30
2	Dandois-Samson, Raphaëlle	01	NN	56.59

## Event 10 Men 100 LC Meter Freestyle

2019 FINA A: 48.80

2020 TRIALS: 51.79

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	Bougie, Spencer	94	PCSC	51.37
1	Cumby, Noah	00	SJL	51.25
2	Bernard-Lalonde, Antoine	96	CAMO	50.95
3	Ayoubi, Mehdi	98	CAMO	50.69
4	*Carter, Dylan	96	UNAT	49.39
5	*Miljenic, Nikola	98	UNAT	50.07
6	Marcoux, Philippe	99	UL	50.77
7	Troskot, Kyle	92	KSC	51.22
8	VanderHelm, Adrian	95	OAK	51.36
9	Laperle, Vincent	98	NN	51.44

## Heat 2 A - Final

0	LeBuke, James	02	CSSSC	50.47
1	Pisani, William	97	UNCAN	50.31
2	Liendo, Joshua	02	NYAC	50.12
3	Olafson, Carson	97	UBCSC	49.94
4	Kisil, Yuri	95	WD	48.95
5	Thormeyer, Markus	97	UBCSC	49.48
6	Daly, Owen	95	CAMO	49.98
7	Acevedo, Javier	98	UNVAR	50.24
8	Gaziev, Ruslan	99	MANTA	50.33
9	Calkins, Stephen	98	UCSC	50.57

## Alternates

1	*Cruz Zuniga, Guillermo	00	CAMO	50.65
2	Neri, Parker	99	UNCAN	51.45



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

## Meet Program - THU - Finals

**Event 11 Women 100 LC Meter Breaststroke**

2019 FINA A: 1:07.43

2020 TRIALS: 1:13.10

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	McCann, Pilar	02	EKSC	1:12.39
1	*Yeo, Ginn Samantha Louisa	97	SGP	1:11.66
2	Brathwaite, Katrina	99	PCSC	1:11.58
3	Crookshanks, Bree	99	ROD	1:11.02
4	Steuer, Miranda	98	TSC	1:10.84
5	Chicoine, Lili	00	NN	1:11.00
6	*Garcia, Paula	99	AKRN	1:11.11
7	Minnes, Asia	03	NN	1:11.59
8	Godin, Marie-Laurence	97	SHER	1:12.20
9	Starzomski, Olivia	02	SSAT	1:12.45 <i>yes</i>

**Heat 2 A - Final**

0	Carnevale, Sofia	98	UNVAR	1:10.50
1	Wiseman, Avery	02	OSC	1:10.09
2	Kucheran, Nina	00	SLSC	1:09.45
3	Wog, Kelsey	98	UMAN	1:08.32
4	Smith, Kierra	94	SCAR	1:07.14
5	Knelson, Faith	01	ISC	1:08.26
6	Nicol, Rachel	93	UCSC	1:08.85
7	Angus, Sophie	99	UNCAN	1:09.54
8	Herbert, Bailey	02	LOSC	1:10.45
9	Metcalf, Hillary	98	LOSC	1:10.82 <i>yes</i>

**Alternates**

1	Moore, Elizabeth	01	RDCSC	1:12.74
2	Spencer, Madeline	03	TSC	1:12.80

**Event 12 Men 100 LC Meter Breaststroke**

2019 FINA A: 59.95

2020 TRIALS: 1:05.49

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	Demers, Jamie	99	CHENA	1:05.53
1	*Sanes, Adriel	99	DU-CO	1:04.85
2	Chiandussi, Luca	01	WEST	1:04.64
3	Fauteux, John	96	MSSAC	1:04.28
4	*Balamane, Moncef	01	PCSC	1:03.88
5	Déry-Bergeron, Jérémie	94	UL	1:04.25
6	Chabi, Anis	99	CAMO	1:04.62
7	Bulban, Nicholas	01	RHAC	1:04.72
8	Aylward, Graeme	00	MMST	1:05.35
9	Yu, Ruishen	00	UBCSC	1:05.55 <i>yes</i>

**Heat 2 A - Final**

0	Naisby, Jonathan	93	SHER	1:03.80
1	Wall, Eli	95	TSC	1:02.88
2	Dergousoff, James	96	CHENA	1:02.34
3	Isings, Connor	98	PCSC	1:02.10
4	Mastromatteo, Gabe	02	KSS	1:01.45
5	Funk, Richard	92	TSC	1:01.47
6	Milanovich, Alexander	02	ESWIM	1:02.20
7	Guest, James	96	UNVAR	1:02.67
8	LeFranc, Jaren	99	KISU	1:03.48
9	Blackmon, Benjamin	96	CHENA	1:04.10

**Alternates**

1	Wheeler, Myles	02	SPART	1:05.61
2	Huang, Owen	01	TSC	1:05.67

**Event 13 Women 400 LC Meter IM**

2019 FINA A: 4:43.06

2020 TRIALS: 5:03.68

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	Puhalski, Lindsay	02	TBT	5:00.29
1	McMillan, Ashley	04	KISU	4:57.30
2	Merckx, Axana	01	KWIC	4:56.56
3	Janvier, Aela	99	PCSC	4:54.80
4	*Demler, Kathrin	96	OSU-OH	4:50.12
5	Zahab, Mia	01	NKB	4:54.79
6	Dalke, Megan	98	KCS	4:54.97
7	Jeffrey, Chantel	01	ISC	4:56.76
8	McCloy, Allison	99	UCSC	4:58.04
9	Hussey, Stephanie	98	PCSC	5:00.32 <i>yes</i>

**Heat 2 A - Final**

0	Bellio, Katrina	04	ESWIM	4:52.50
1	McIntosh, Summer	06	ESWIM	4:51.23
2	Harvey, Mary-Sophie	99	CAMO	4:46.52
3	Cieplucha, Tessa	98	OAK	4:42.32
4	Overholt, Emily	97	UBCSC	4:41.04
5	Pickrem, Sydney	97	UNCAN	4:41.50
6	Seltenreich-Hodgson, Erika	95	GO	4:45.06
7	Andison, Bailey	97	PERTH	4:47.48
8	Kwan, Victoria	00	TSC	4:51.31
9	Herbert, Bailey	02	LOSC	4:54.55

**Alternates**

1	Archer, Madison	02	NKB	5:00.91
2	Maradyn, Ellie	01	CASC	5:01.13





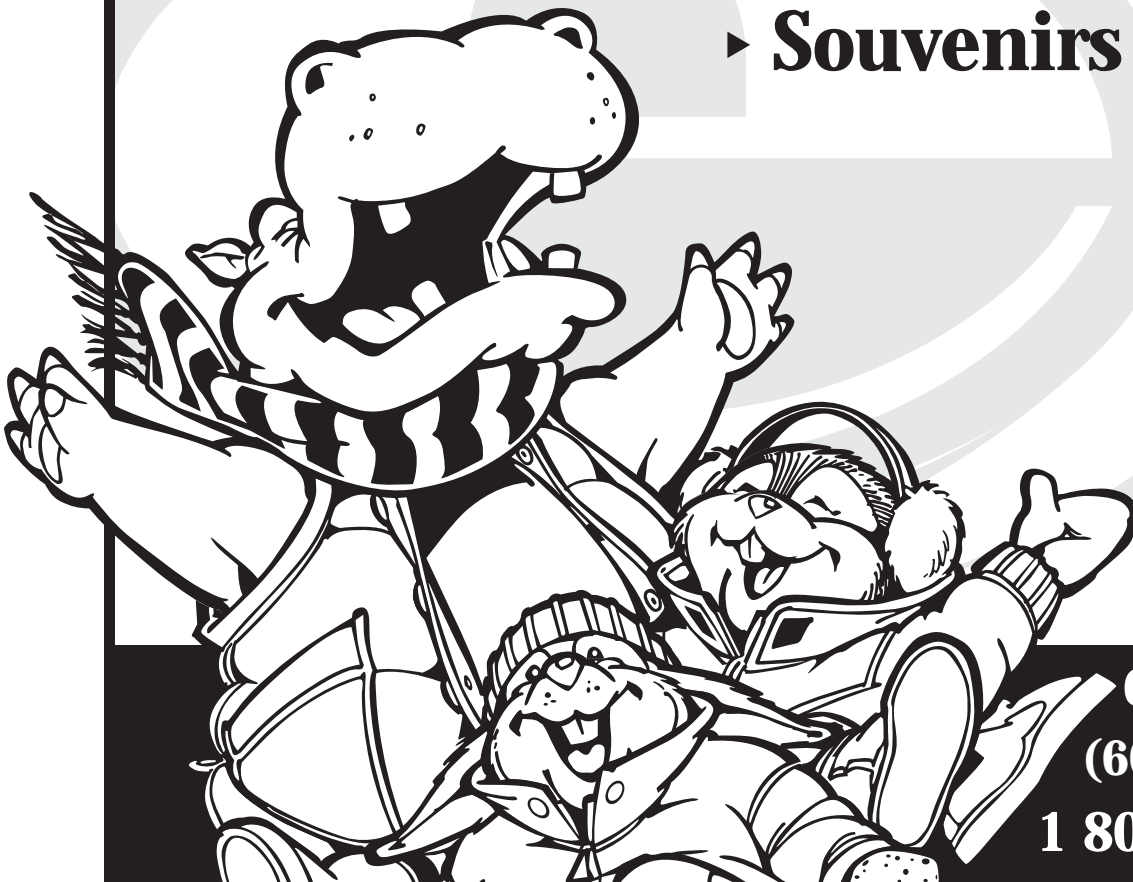
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## 2019 Canadian Swimming Trials - 2019-04-03 to 2019-04-07

## Meet Program - THU - Finals

## Event 14 Men 400 LC Meter IM

2019 FINA A: 4:17.90

2020 TRIALS: 4:37.96

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	*Sosnovik, Danylo	99	PCSC	4:33.72
1	Quirie, David	02	NKB	4:32.93
2	Li, Stanford	02	PCSC	4:32.03
3	Bernard, Graysen	02	TSC	4:30.53
4	*Lulek, William	98	PSU	4:28.96
5	Stokes, Richie	00	UCSC	4:30.35
6	Brown, Eric	02	PCSC	4:31.40
7	Park, Kevin	03	CREST	4:32.67
8	Versluys, Nathan	01	EKSC	4:33.29
9	Jensen, Ryan	99	ROD	4:34.36

## Heat 2 A - Final

0	Hussey, Patrick	01	PCSC	4:26.70
1	Young, Brodie	00	UBCSC	4:25.75
2	Palaschuk, Brian	98	ROD	4:24.80
3	Gagne, Collyn	00	OAK	4:23.75
4	Cote, Tristan	95	UCSC	4:21.41
5	Zakala, Josh	98	ISC	4:22.14
6	Champagne, Montana	96	GO	4:24.14
7	Paquin-Foisy, Etienne	97	ELITE	4:25.04
8	Gallant, Jacob	02	FAST	4:26.11
9	Vanherk, Brendan	99	BLEN	4:27.96

## Alternates

1	Fotherby, Justin	03	KISU	4:34.84
2	Loewen, Benjamin	04	CREST	4:34.95

## Event 15 Women 50 LC Meter Backstroke

2019 FINA A: 28.22

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	Polley, Sarah	98	HTAC	30.08
1	Rathwell, Regan	04	GO	29.87
2	Arcand, Alicia	01	NN	29.81
3	Varga, Ella	04	CASC	29.78
4	*Terebo, Emma	98	FSU	29.07
5	*Steins, Kristina	95	LVA	29.25
6	Gatrall, Madelyn	02	WAC	29.79
7	Edwards, Hana	03	UVPCS	29.84
8	Laliberté, Olivia	01	NN	30.00
9	Zavaros, Rosie	00	OAK	30.20

## Heat 2 A - Final

0	Glover, Mackenzie	98	UMAN	29.65
1	Fazekas, Sadie	97	WAC	29.29
2	Broad, Madison	00	CYPS	28.92
3	Hannah, Jade	02	ISC	28.52
4	Hanus, Danielle	98	ISC	28.30
5	Ball, Emma	98	GMAC	28.36
6	Wilm, Ingrid	98	UBCSC	28.70
7	Danyluk, Daphné	98	NN	29.07
8	McDonald, Madeleine	00	WAC	29.39
9	Butler, Alexandra	02	CASC	29.66

## Alternates

1	*Bradley, Rebekah	97	OSU-OH	29.28
2	Nyhof, Martine	01	SLSC	30.21

## Event 16 Men 50 LC Meter Backstroke

2019 FINA A: 25.17

Lane	Name	Yr	Team	Prelims
<b>Heat 1 B - Final</b>				
0	Tariq, Haseeb	96	NYAC	27.21
1	Iliouchetchev, Anthony	97	UMAN	27.06
2	Marois, William	98	CHENA	26.96
3	St-Martin, Loic	00	CAMO	26.92
4	*McDermott, Colin	98	OSU-OH	26.21
5	*Cruz Zuniga, Guillermo	00	CAMO	26.25
6	Lafontaine-Giguère, Thoma	99	NN	26.93
7	Rambo, Jacob	02	UVPCS	27.03
8	Lisoway, Justin	00	MAVS	27.12
9	Near, Caleb	02	CATS	27.30

## Heat 2 A - Final

0	Klein, Anders	97	UCSC	26.75
1	Knox, Finlay	01	MAVS	26.54
2	Somerset, Sebastian	01	CASC	26.35
3	Pratt, Cole	02	CASC	25.87
4	Zeng, Tim	97	CHENA	25.68
5	Acevedo, Javier	98	UNVAR	25.84
6	Dyck, Brandon	99	UNCAN	26.14
7	Veregin, Liam	98	GO	26.47
8	De Pol, Tayden	02	NRST	26.72
9	Wall, Tyler	01	KISU	26.84

## Alternates

1	*Robrock, Kyle	93	DU-CO	26.43
2	Douglas, Kyle	99	PCSC	27.40





## 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.

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

## Meet Program - THU - Finals

**Event 305 Women 50 LC Meter Backstroke Para**

Lane	Name	Yr	Team	Prelims
<b>Heat 1 Finals</b>				
0				
1				
2				
3	%Ens, Nikita S3	88	LASER/A 12	1:29.59
4	%Paré, Clémence S5	02	MUST/A Y 3 5 7 12 +	1:00.32
5	%Van Wyck-Smart, Aly S2	02	VVAC/A E 3 5 12	1:24.65
6				
7				
8				
9				

SR

**Event 306 Men 50 LC Meter Backstroke Para**

Lane	Name	Yr	Team	Prelims
<b>Heat 1 Finals</b>				
0				
1				
2				
3				
4	%Dieleman, Jonathan S5	85	BVOSC/A 12	57.97
5	%Brayshaw, Jacob S2	02	KISU/A 3 7 12 +	2:06.61
6				
7				
8				
9				

SR



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

Session: 7 FRI - Prelims

Day of Meet: 3 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	307 Women 50 Butterfly Para	7	1 u	09:30 AM	_____
Prelims	308 Men 50 Butterfly Para	1	1 u	09:32 AM	_____
Prelims	309 Women 100 Butterfly Para	14	2 u	09:34 AM	_____
Prelims	310 Men 100 Butterfly Para	10	1 u	09:39 AM	_____
	Break: 2 Minutes: Flags in				
Prelims	17 Women 200 Backstroke	67	7 u	09:43 AM	_____
Prelims	18 Men 200 Backstroke	57	6 u	10:05 AM	_____
	Break: 2 Minutes: Flags out				
Prelims	19 Women 100 Butterfly	60	6 u	10:25 AM	_____
Prelims	20 Men 100 Butterfly	51	6 u	10:34 AM	_____
Prelims	21 Women 400 Freestyle	43	5 u	10:42 AM	_____
Prelims	22 Men 400 Freestyle	36	4 u	11:07 AM	_____
	Break: 2 Minutes: Flags in				
Prelims	311 Women 400 Freestyle Para	17	2 u	11:27 AM	_____
Prelims	312 Men 400 Freestyle Para	13	2 u	11:43 AM	_____
	Swimmers Counts for Warm-ups: 335	=====	=====		
	Entry / Heat Totals:	376	43		
	Finish Time			11:55 AM	_____