

SWIMMING HEATS - JULY 5

****PLEASE NOTE: All heats and order of heats are subject to change****

Event 1 Women 50 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 2 Finals

- 0 _____
- 1 Coutu, Marie-Joelle Adult 18-29 NT _____
- 2 Best, Jillian Adult 30-39 NT _____
- 3 Mader, Danielle Adult 30-39 NT _____
- 4 Lannon, Heather Adult 30-39 NT _____
- 5 Van Lieshout, Wendy Adult 50-59 NT _____
- 6 Gielen, Shelby Adult 40-49 NT _____
- 7 Chung, Shirley Adult 40-49 NT _____
- 8 MacDonald, Laura Adult 40-49 NT _____
- 9 _____

Heat 2 of 2 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 _____
- 4 McArthur, Addison Junior 6-8 NT _____
- 5 Hampson, Alyson Junior 6-8 NT _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

Event 2 Men 50 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 2 Finals

- 0 Poirier, Yannick Adult 30-39 NT _____
- 1 Benoit, Raymond Adult 30-39 NT _____
- 2 Calleros, Hector Adult 50-59 NT _____
- 3 Farmer, Stephen Adult 60-69 NT _____
- 4 Ross, John Linton Adult 60-69 NT _____
- 5 Miles, Mark Adult 60-69 NT _____
- 6 Feldstein, Cary Adult 40-49 NT _____
- 7 Contreras-Castillo, Juan Jose Adult 40-49 NT _____
- 8 El Hajj, Joseph Adult 40-49 NT _____
- 9 _____

Heat 2 of 2 Finals

- 0 _____
- 1 _____
- 2 Sinclair, Dale Adult 18-29 NT _____
- 3 Thompson, Robert Adult 18-29 NT _____
- 4 Chessell, Brock Youth 12-14 NT _____
- 5 Mitchell, Ryley Youth 12-14 NT _____
- 6 Smith, Rylie Youth 12-14 NT _____
- 7 _____
- 8 _____
- 9 _____

Event 3 Women 200 SC Meter IM

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 _____
- 4 Fitzsimons, Carol Adult 50-59 NT _____
- 5 MacDonald, Laura Adult 40-49 NT _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

Event 5 Women 100 SC Meter Breaststroke

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 _____
- 4 Van Lieshout, Wendy Adult 50-59 NT _____
- 5 Williams, Natalie Adult 18-29 NT _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

Event 6 Men 100 SC Meter Breaststroke
Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 Olsen, Jeremy Adult 40-49 NT _____
- 4 Feldstein, Cary Adult 40-49 NT _____
- 5 Spencer, Dick Adult 60-69 NT _____
- 6 Ross, John Linton Adult 60-69 NT _____
- 7 _____
- 8 _____
- 9 _____

Event 7 Women 50 SC Meter Backstroke
Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 Gielen, Shelby Adult 40-49 NT _____
- 4 Chung, Shirley Adult 40-49 NT _____
- 5 Hart, Donna Adult 60-69 NT _____
- 6 Semeniuk, Alicia Youth 12-14 NT _____
- 7 _____
- 8 _____
- 9 _____

Event 8 Men 50 SC Meter Backstroke
Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 Benoit, Raymond Adult 30-39 NT _____
- 4 Feldstein, Cary Adult 40-49 NT _____
- 5 Contreras-Castillo, Juan Jose Adult 40-49 NT _____
- 6 Thompson, Robert Adult 18-29 NT _____
- 7 _____
- 8 _____
- 9 _____

Event 9 Women 200 SC Meter Freestyle
Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

- 0 _____
- 1 _____
- 2 _____
- 3 Coutu, Marie-Joelle Adult 18-29 NT _____
- 4 Fitzsimons, Carol Adult 50-59 NT _____
- 5 Best, Jillian Adult 30-39 NT _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

Event 10 Men 200 SC Meter Freestyle
Lane Name Yr Team Seed Time

Heat 1 of 2 Finals

- 0 Maidment, Tony Adult 50-59 NT _____
- 1 Forget, Francois Adult 50-59 NT _____
- 2 Miles, Mark Adult 60-69 NT _____

3 Proven, David Adult 60-69 NT _____
4 Farmer, Stephen Adult 60-69 NT _____
5 Contreras-Castillo, Juan Jose Adult 40-49 NT _____
6 El Hajj, Joseph Adult 40-49 NT _____
7 Olsen, Jeremy Adult 40-49 NT _____
8 Jensen, Mark Adult 40-49 NT _____
9 Hickman, Jonathan Adult 40-49 NT _____

Heat 2 of 2 Finals

0 _____
1 _____
2 _____
3 _____
4 Lane, Brian Adult 30-39 NT _____
5 Benoit, Raymond Adult 30-39 NT _____
6 _____
7 _____
8 _____
9 _____

Event 11 Women 50 SC Meter Breaststroke

Lane Name Yr Team Seed Time

Heat 1 of 2 Finals

0 _____
1 Van Lieshout, Wendy Adult 50-59 NT _____
2 Choochee, Jennifer Adult 50-59 NT _____
3 Gerroir, Heather Adult 60-69 NT _____
4 Hart, Donna Adult 60-69 NT _____
5 Mailloux, Caron Adult 60-69 NT _____
6 MacDonald, Laura Adult 40-49 NT _____
7 Gielen, Shelby Adult 40-49 NT _____
8 Prevost, Karina Adult 40-49 NT _____
9 _____

Heat 2 of 2 Finals

0 _____
1 _____
2 _____
3 _____
4 Semeniuk, Alicia Youth 12-14 NT _____
5 Coutu, Marie-Joelle Adult 18-29 NT _____
6 _____
7 _____
8 _____
9 _____

Event 12 Men 50 SC Meter Breaststroke

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____
1 _____
2 _____
3 Mitchell, Ryley Youth 12-14 NT _____
4 Sinclair, Dale Adult 18-29 NT _____
5 Feldstein, Cary Adult 40-49 NT _____
6 Spencer, Dick Adult 60-69 NT _____
7 _____
8 _____
9 _____

Event 13 Women 400 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____
1 _____
2 _____
3 _____
4 Fitzsimons, Carol Adult 50-59 NT _____
5 Best, Jillian Adult 30-39 NT _____
6 _____
7 _____
8 _____
9 _____

Event 14 Men 400 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

2 _____

3 _____

4 El Hajj, Joseph Adult 40-49 NT _____

5 Benoit, Raymond Adult 30-39 NT _____

6 _____

7 _____

8 _____

9 _____

Event 15 Women 100 SC Meter Backstroke

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

2 _____

3 _____

4 Hart, Donna Adult 60-69 NT _____

5 Quinn, Kelly Adult 50-59 NT _____

6 _____

7 _____

8 _____

9 _____

Event 17 Women 50 SC Meter Butterfly

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

2 _____

3 Chung, Shirley Adult 40-49 NT _____

4 Gielen, Shelby Adult 40-49 NT _____

5 Fitzsimons, Carol Adult 50-59 NT _____

6 Best, Jillian Adult 30-39 NT _____

7 _____

8 _____

9 _____

Event 18 Men 50 SC Meter Butterfly

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

2 _____

3 _____

4 El Hajj, Joseph Adult 40-49 NT _____

5 Cernas, Edgar Adult 40-49 NT _____

6 _____

7 _____

8 _____

9 _____

Event 19 Women 100 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

2 _____

3 MacDonald, Laura Adult 40-49 NT _____

4 Chung, Shirley Adult 40-49 NT _____

5 Gielen, Shelby Adult 40-49 NT _____

6 Coutu, Marie-Joelle Adult 18-29 NT _____

7 _____

8 _____

9 _____

Event 20 Men 100 SC Meter Freestyle

Lane Name Yr Team Seed Time

Heat 1 of 1 Finals

0 _____

1 _____

- 2 Benoit, Raymond Adult 30-39 NT _____
- 3 Poirier, Yannick Adult 30-39 NT _____
- 4 Calleros, Hector Adult 50-59 NT _____
- 5 Contreras-Castillo, Juan Jose Adult 40-49 NT _____
- 6 Feldstein, Cary Adult 40-49 NT _____
- 7 El Hajj, Joseph Adult 40-49 NT _____
- 8 _____
- 9 _____