

2012 Canadian Olympic & Paralympic Swimming Trials

Montreal, Quebec

Finals Session – Day 1
Tuesday: March 27, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
Opening Ceremonies		6:55		
O Canada		7:05		
Introduction: Referees & Starters		7:07		
	March-On	START	FINISH	Interview
A FINALS				
400m IM (m)	7:08	7:11	7:15	7:16
400m Free (f)	7:17	7:20	7:24	7:25
100m Breast (m)	7:26	7:29	7:31	7:32
<i>Awards: 400m IM (m)</i>		<i>7:32</i>	<i>7:35</i>	
PARA 100m Breast SB4-9 (m)	7:35	7:38	7:40	7:41
<i>Awards: 400m Free (f)</i>		<i>7:42</i>	<i>7:45</i>	
100m Fly (f)	7:46	7:49	7:50	7:52
<i>Awards: 100m Breast (m)</i>		<i>7:52</i>	<i>7:55</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
200m Free (m)	7:56	7:58	8:00	8:01
PARA 100m Fly S8-10 (f)	8:02	8:04	8:06	8:07
PARA 50m Fly S5-7 (f)	8:08	8:10	8:12	8:13
<i>Awards: 100m Fly (f)</i>		<i>8:14</i>	<i>8:16</i>	
<i>Awards: 200m Free (m)</i>		<i>8:17</i>	<i>8:18</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
400m IM (m)		8:18	8:23	
400m Free (f)		8:24	8:28	
<i>Awards: PARA 100m Breast SB4-9 (m)</i>		<i>8:29</i>	<i>8:31</i>	
100m Breast (m)		8:32	8:33	
100m Fly (f)		8:34	8:35	
200m Free (m)		8:36	8:38	
<i>Awards: PARA 100m Fly S8-10 (f)</i>		<i>8:39</i>	<i>8:41</i>	
PARA 100m Breast SB4-9 (m)		8:42	8:44	
<i>Awards: PARA 50m Fly S5-7 (f)</i>		<i>8:45</i>	<i>8:47</i>	
4x200m Free Relay (f) Heat 1		8:48	8:56	
4x200m Free Relay (f) Heat 2		8:57	9:05	
March-Off		9:05		

BH

2012 Canadian Olympic & Paralympic Swimming Trials Montreal, Quebec

Finals Session – Day 2
Wednesday: March 28, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
Athlete Recognition - Retirement		6:54		
O Canada		7:04		
Introduction: Referees & Starters		7:06		
	March-On	START	FINISH	Interview
A FINALS				
200m Fly (m)	7:07	7:10	7:12	7:14
100m Back (f)	7:15	7:18	7:19	7:21
PARA 100m Back S6-14 (f)	7:24	7:28	7:30	7:32
<i>Awards: 200m Fly (m)</i>		<i>7:33</i>	<i>7:37</i>	
100m Back (m)	7:38	7:40	7:41	7:42
400m IM (f)	7:43	7:46	7:52	7:53
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
<i>Awards: 100m Back (f)</i>		<i>7:54</i>	<i>8:56</i>	
<i>Awards: 100m Back (m)</i>		<i>7:57</i>	<i>7:59</i>	
PARA 100m Back S6-14 (m)	8:00	8:02	8:03	8:04
PARA 50m Back S2-4 (f)	8:05	8:06	8:08	8:08
PARA 50m Back S1-5 (m)	8:09	8:10	8:11	8:12
<i>Awards: 400m IM (f)</i>		<i>8:13</i>	<i>8:15</i>	
<i>Awards: PARA 100m Back S6-14 (f)</i>		<i>8:16</i>	<i>8:18</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
200m Fly (m)		8:19	8:21	
100m Back (f)		8:22	8:23	
100m Back (m)		8:24	8:25	
<i>Awards: PARA 100m Back S6-14 (m)</i>		<i>8:26</i>	<i>8:28</i>	
400m IM (f)		8:29	8:34	
PARA 100m Back S6-14 (f)		8:35	8:37	
PARA 100m Back S6-14 (m)		8:38	8:40	
<i>Awards: PARA 50m Back S2-4 (f)</i>		<i>8:41</i>	<i>8:43</i>	
<i>Awards: PARA 50m Back S1-5 (m)</i>		<i>8:44</i>	<i>8:46</i>	
4x200m Free Relay (m) Heat 1		8:47	8:55	
4x200m Free Relay (m) Heat 2		8:56	9:04	
March-Off		9:05		

2012 Canadian Olympic & Paralympic Swimming Trials Montreal, Quebec

Finals Session – Day 3
Thursday: March 29, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
Athlete Recognition - Retirement		6:54		
O Canada		7:04		
Introduction: Referees & Starters		7:06		
	March-On	START	FINISH	Interview
A FINALS				
200m Free (f)	7:07	7:10	7:12	7:13
400m Free (m)	7:16	7:19	7:23	7:25
100m Breast (f)	7:31	7:35	7:36	7:37
<i>Awards: 200m Free (f)</i>		<i>7:38</i>	<i>7:41</i>	
200m Breast (m)	7:42	7:45	7:47	7:48
<i>Awards: 400m Free (m)</i>		<i>7:49</i>	<i>7:52</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
PARA 400m Free S6-13 (m)	7:53	7:55	8:01	8:02
PARA 400m Free S6-13 (f)	8:03	8:05	8:11	8:12
<i>Awards: 100m Breast (f)</i>		<i>8:13</i>	<i>8:15</i>	
<i>Awards: 200m Breast (m)</i>		<i>8:16</i>	<i>8:18</i>	
PARA 200m Free S2-14 (m)	8:19	8:21	8:24	8:25
PARA 200m Free S5-14 (f)	8:26	8:28	8:33	8:34
<i>Awards: PARA 400m Free S6-13 (m)</i>		<i>8:35</i>	<i>8:37</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
200m Free (f)		8:38	8:40	
400m Free (m)		8:41	8:45	
<i>Awards: PARA 400m Free S6-13 (f)</i>		<i>8:46</i>	<i>8:48</i>	
100m Breast (f)		8:49	8:50	
200m Breast (m)		8:51	8:54	
PARA 400m Free S6-13 (m)		8:55	9:04	
PARA 400m Free S6-13 (f)		9:05	9:13	
PARA 200m Free S2-14 (m)		9:14	9:19	
<i>Awards: PARA 200m Free S2-14 (m)</i>		<i>9:20</i>	<i>9:22</i>	
<i>Awards: PARA 200m Free S5-14 (f)</i>		<i>9:23</i>	<i>9:25</i>	
4x100m Free Relay (f) Heat 1		9:26	9:30	
4x100m Free Relay (f) Heat 2		9:31	9:35	
4x100m Free Relay (f) Heat 3		9:36	9:40	
March-Off		9:40		

2012 Canadian Olympic & Paralympic Swimming Trials

Montreal, Quebec

Finals Session – Day 4
Friday: March 30, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
Circle of Excellence - Induction		6:54		
O Canada		7:04		
Introduction: Referees & Starters		7:06		
	March-On	START	FINISH	Interview
A FINALS				
200m Fly (f)	7:07	7:10	7:12	7:14
PARA 100m Free S2-13 (m)	7:19	7:23	7:24	7:26
100m Free (m)	7:29	7:32	7:33	7:34
<i>Awards: 200m Fly (f)</i>		7:35	7:38	
200m IM (f)	7:43	7:46	7:48	7:49
<i>Awards: PARA 100m Free S2-13 (m)</i>		7:50	7:54	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
PARA 200m IM SM5-13 (f)	7:55	7:57	8:00	8:01
<i>Awards: 100m Free (m)</i>		8:02	8:04	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
200m Fly (f)		8:05	8:07	
100m Free (m)		8:08	8:09	
<i>Awards: 200m IM (f)</i>		8:10	8:12	
200m IM (f)		8:13	8:15	
PARA 100m Free S2-13 (m)		8:16	8:18	
PARA 200m IM SM5-13 (f)		8:19	8:25	
<i>Awards: PARA 200m IM SM5-13 (f)</i>		8:26	9:28	
4x100m Free Relay (m) Heat 1		8:29	8:33	
4x100m Free Relay (m) Heat 2		8:34	8:38	
March-Off		8:39		

BH

2012 Canadian Olympic & Paralympic Swimming Trials

Montreal, Quebec

Finals Session – Day 5
Saturday: March 31, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
1980 Olympic Team - Recognition		6:54		
O Canada		7:04		
Introduction: Referees & Starters		7:06		
	March-On	START	FINISH	Interview
A FINALS				
100m Fly (m)	7:07	7:10	7:12	7:13
100m Free (f)	7:16	7:19	7:20	7:21
200m Back (m)	7:23	7:26	7:28	7:29
<i>Awards: 100m Fly (m)</i>		<i>7:30</i>	<i>7:34</i>	
PARA 100m Free S3-14 (f)	7:35	7:38	7:39	7:40
<i>Awards: 100m Free (f)</i>		<i>7:41</i>	<i>7:44</i>	
200m Breast (f)	7:47	7:48	7:51	7:52
<i>Awards: 200m Back (m)</i>		<i>7:53</i>	<i>7:57</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
800m Free (f)	7:58	8:00	8:09	8:10
<i>Awards: 200m Breast (f)</i>		<i>8:11</i>	<i>8:13</i>	
PARA 100m Fly S8-13 (m)	8:14	8:16	8:17	8:18
PARA 100m Breast SB4-14 (f)	8:19	8:21	8:23	8:24
<i>Awards: 800m Free (f)</i>		<i>8:25</i>	<i>8:27</i>	
PARA 50m Fly S5-7 (m)	8:28	8:30	8:32	8:33
<i>Awards: PARA 100m Free S3-14 (f)</i>		<i>8:34</i>	<i>8:36</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
100m Fly (m)		8:37	8:38	
100m Free (f)		8:39	8:40	
<i>Awards: PARA 100m Fly S8-13 (m)</i>		<i>8:41</i>	<i>8:43</i>	
200m Back (m)		8:44	8:46	
200m Breast (f)		8:47	8:50	
<i>Awards: PARA 100m Breast S3-14 (f)</i>		<i>8:51</i>	<i>8:53</i>	
PARA 100m Free S3-14 (f)		8:54	8:56	
PARA 100m Fly S8-13 (m)		8:57	8:59	
PARA 100m Breast SB4-14 (f)		9:00	9:03	
<i>Awards: PARA 50m Fly S5-7 (m)</i>		<i>9:04</i>	<i>9:06</i>	
March-Off		9:07		

BH

2012 Canadian Olympic & Paralympic Swimming Trials Montreal, Quebec

Finals Session – Day 6
Sunday: April 1, 2012

Clear Pool: 6:45 p.m.

Officials March-On	6:50			
Olympic & Paralympic Medallists		6:53		
O Canada		7:03		
Introduction: Referees & Starters		7:05		
	March-On	START	FINISH	Interview
A FINALS				
50m Free (f)	7:06	7:09	7:10	7:11
PARA 50m Free S3-13 (f)	7:12	7:13	7:14	7:16
50m Free (m)	7:18	7:20	7:21	7:23
PARA 50m Free S2-13 (m)	7:23	7:25	7:26	7:28
<i>Awards: 50m Free (f)</i>		<i>7:29</i>	<i>7:32</i>	
200m Back (f)	7:37	7:39	7:41	7:42
200m IM (m)	7:43	7:46	7:48	7:49
<i>Awards: PARA 50m Free S3-13 (f)</i>		<i>7:50</i>	<i>7:53</i>	
1500m Free (m)	7:53	7:56	8:10	8:12
<i>Awards: 50m Free (m)</i>		<i>8:13</i>	<i>8:16</i>	
<i>Awards: PARA 50m Free S2-13 (m)</i>		<i>8:19</i>	<i>8:21</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
PARA 200m IM SM6-13 (m)	8:22	8:24	8:27	8:28
<i>Awards: 200m Back (f)</i>		<i>8:29</i>	<i>8:31</i>	
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////	////////////////////////////////////
B FINALS – 10 LANES				
50m Free (f)		8:32	8:33	
50m Free (m)		8:34	8:35	
<i>Awards: 200m IM (m)</i>		<i>8:36</i>	<i>8:38</i>	
200m Back (f)		8:39	8:41	
200m IM (m)		8:42	8:44	
<i>Awards: 1500m Free (m)</i>		<i>8:45</i>	<i>8:47</i>	
PARA 50m Free S3-13 (f)		8:48	8:49	
PARA 50m Free S2-13 (m)		8:50	8:51	
PARA 200m IM SM6-13 (m)		8:52	8:57	
<i>Awards: PARA 200m IM SM6-13 (m)</i>		<i>8:58</i>	<i>9:00</i>	
Presentation of the 2012 Canadian Olympic Team		9:00		
March-Off		9:20		