

2019 Winter Provincial Championships - 3/7/2019 to 3/10/2019**Session Report**

Session: 1 Thursday Afternoon

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|---|---------|-------|-----------|-------|
| Finals | 1 Women 1500 Freestyle | 33 | 5 | 03:00 PM | _____ |
| Finals | 2 Men 1500 Freestyle | 51 | 7 | 04:38 PM | _____ |
| Finals | 300 Mixed 400 Para 200/400 Free Multi-Class | 8 | 1 | 06:47 PM | _____ |
| | Break: 30 Minutes: Warm Up | | | | |
| Prelims | 3 Women 200 Breaststroke | 82 | 11 u | 07:26 PM | _____ |
| Prelims | 4 Men 200 Breaststroke | 98 | 13 u | 08:02 PM | _____ |
| Finals | 5 Mixed 200 Medley Relay | 66 | 9 u | 08:42 PM | _____ |
| | Swimmers Counts for Warm-ups: 361 | ===== | ===== | | |
| | Entry / Heat Totals: | 338 | 46 | | |
| | Finish Time | | | 09:06 PM | _____ |

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -10

| Round | Event | Entries | Heats | Starts at | |
|---------|---|---------|-------|-----------|-------|
| Prelims | 7 Women 100 Freestyle | 111 | 14 u | 09:00 AM | _____ |
| Prelims | 8 Men 100 Freestyle | 109 | 14 u | 09:13 AM | _____ |
| Finals | 103 Women 100 Para 100 Free Multi-Class | 2 | 1 u | 09:28 AM | _____ |
| Prelims | 9 Women 200 Butterfly | 97 | 13 u | 09:29 AM | _____ |
| Prelims | 10 Men 200 Butterfly | 68 | 9 u | 10:03 AM | _____ |
| Finals | 205 Women 100 Para 100 Back Multi-Class | 3 | 1 | 10:24 AM | _____ |
| Prelims | 206 Men 100 Para 100 Back Multi-Class | 7 | 1 u | 10:26 AM | _____ |
| Prelims | 11 Women 400 Freestyle | 95 | 12 u | 10:28 AM | _____ |
| Prelims | 12 Men 400 Freestyle | 98 | 13 u | 11:24 AM | _____ |
| | Swimmers Counts for Warm-ups: 366 | ===== | ===== | | |
| | Entry / Heat Totals: | 590 | 78 | | |
| | Finish Time | | | 12:21 PM | _____ |

2019 Winter Provincial Championships - 3/7/2019 to 3/10/2019**Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|---------------------------------------|---------|-------|-----------|-------|
| Finals | 7 Women 100 Freestyle | 32 | 4 u | 04:30 PM | _____ |
| Finals | 8 Men 100 Freestyle | 32 | 4 u | 04:38 PM | _____ |
| Finals | 104 Men 100 Para 100 Free Multi-Class | 6 | 1 u | 04:45 PM | _____ |
| Finals | 9 Women 200 Butterfly | 32 | 4 u | 04:48 PM | _____ |
| Finals | 10 Men 200 Butterfly | 32 | 4 u | 05:02 PM | _____ |
| Finals | 3 Women 200 Breaststroke | 32 | 4 u | 05:15 PM | _____ |
| Finals | 4 Men 200 Breaststroke | 32 | 4 u | 05:30 PM | _____ |
| Finals | 106 Men 50 Para 50 Back Multi-Class | 1 | 1 u | 05:44 PM | _____ |
| Finals | 206 Men 100 Para 100 Back Multi-Class | 7 | 1 u | 05:47 PM | _____ |
| Finals | 11 Women 400 Freestyle | 32 | 4 u | 05:49 PM | _____ |
| Finals | 12 Men 400 Freestyle | 32 | 4 u | 06:11 PM | _____ |
| Finals | 13 Women 14 & Under 200 Medley Relay | 19 | 3 u | 06:32 PM | _____ |
| Finals | 14 Men 15 & Under 200 Medley Relay | 23 | 3 u | 06:43 PM | _____ |
| Finals | 15 Women 15 & Over 200 Medley Relay | 26 | 4 u | 06:52 PM | _____ |
| Finals | 16 Men 16 & Over 200 Medley Relay | 21 | 3 u | 07:06 PM | _____ |
| | Swimmers Counts for Warm-ups: 374 | ===== | ===== | | |
| | Entry / Heat Totals: | 359 | 48 | | |
| | Finish Time | | | 07:16 PM | _____ |

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -10

| Round | Event | Entries | Heats | Starts at | |
|---------|---|---------|-------|-----------|-------|
| Prelims | 17 Women 200 Backstroke | 98 | 13 u | 09:00 AM | _____ |
| Prelims | 18 Men 200 Backstroke | 110 | 14 u | 09:35 AM | _____ |
| Prelims | 19 Women 100 Breaststroke | 94 | 12 u | 10:11 AM | _____ |
| Prelims | 20 Men 100 Breaststroke | 109 | 14 u | 10:25 AM | _____ |
| Finals | 207 Women 100 Para 100 Breast Multi-Class | 3 | 1 u | 10:42 AM | _____ |
| Prelims | 21 Women 400 IM | 92 | 12 u | 10:44 AM | _____ |
| Prelims | 22 Men 200 IM | 120 | 15 u | 11:48 AM | _____ |
| Prelims | 23 Women 200 Freestyle | 101 | 13 u | 12:26 PM | _____ |
| Finals | 24 Men 800 Freestyle | 44 | 6 u | 12:54 PM | _____ |
| | Swimmers Counts for Warm-ups: 428 | ===== | ===== | | |
| | Entry / Heat Totals: | 771 | 100 | | |
| | Finish Time | | | 01:49 PM | _____ |

2019 Winter Provincial Championships - 3/7/2019 to 3/10/2019**Session Report**

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|---|---------|-------|-----------|-------|
| Finals | 17 Women 200 Backstroke | 32 | 4 u | 05:00 PM | _____ |
| Finals | 18 Men 200 Backstroke | 32 | 4 u | 05:15 PM | _____ |
| Finals | 19 Women 100 Breaststroke | 32 | 4 u | 05:29 PM | _____ |
| Finals | 20 Men 100 Breaststroke | 32 | 4 u | 05:37 PM | _____ |
| Finals | 108 Men 50 Para 50 Breast Multi-Class | 1 | 1 u | 05:46 PM | _____ |
| Finals | 208 Men 100 Para 100 Breast Multi-Class | 7 | 1 u | 05:49 PM | _____ |
| Finals | 21 Women 400 IM | 32 | 4 u | 05:52 PM | _____ |
| Finals | 22 Men 200 IM | 32 | 4 u | 06:16 PM | _____ |
| Finals | 210 Men 200 Para 200 Medley Multi-Class | 5 | 1 u | 06:29 PM | _____ |
| Finals | 23 Women 200 Freestyle | 32 | 4 u | 06:33 PM | _____ |
| Finals | 25 Mixed 200 Freestyle Relay | 68 | 9 u | 06:45 PM | _____ |
| | Swimmers Counts for Warm-ups: 323 | ===== | ===== | | |
| | Entry / Heat Totals: | 305 | 40 | | |
| | Finish Time | | | 07:10 PM | _____ |

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -10

| Round | Event | Entries | Heats | Starts at | |
|---------|---|---------|-------|-----------|-------|
| Prelims | 26 Men 200 Freestyle | 110 | 14 u | 09:00 AM | _____ |
| Prelims | 27 Women 100 Butterfly | 104 | 13 u | 09:28 AM | _____ |
| Prelims | 28 Men 100 Butterfly | 91 | 12 u | 09:41 AM | _____ |
| Finals | 211 Women 100 Para 100 Fly Multi-Class | 2 | 1 u | 09:53 AM | _____ |
| Prelims | 29 Women 50 Freestyle | 100 | 13 u | 09:55 AM | _____ |
| Prelims | 30 Men 50 Freestyle | 92 | 12 u | 10:01 AM | _____ |
| Finals | 113 Women 50 Para 50 Free Multi-Class | 2 | 1 u | 10:08 AM | _____ |
| Prelims | 31 Women 200 IM | 111 | 14 u | 10:09 AM | _____ |
| Prelims | 32 Men 400 IM | 83 | 11 u | 10:42 AM | _____ |
| Finals | 209 Women 200 Para 200 Medley Multi-Class | 2 | 1 u | 11:37 AM | _____ |
| Prelims | 33 Women 100 Backstroke | 103 | 13 u | 11:41 AM | _____ |
| Prelims | 34 Men 100 Backstroke | 94 | 12 u | 11:58 AM | _____ |
| Finals | 35 Women 800 Freestyle | 54 | 7 u | 12:13 PM | _____ |
| | Swimmers Counts for Warm-ups: 423 | ===== | ===== | | |
| | Entry / Heat Totals: | 948 | 124 | | |
| | Finish Time | | | 01:21 PM | _____ |

2019 Winter Provincial Championships - 3/7/2019 to 3/10/2019
Session Report

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|---|---------|-------|-----------|-------|
| Finals | 37 Women 14 & Under 200 Freestyle Relay | 18 | 3 u | 04:30 PM | _____ |
| Finals | 38 Men 15 & Under 200 Freestyle Relay | 23 | 3 u | 04:39 PM | _____ |
| Finals | 39 Women 15 & Over 200 Freestyle Relay | 26 | 4 u | 04:48 PM | _____ |
| Finals | 40 Men 16 & Over 200 Freestyle Relay | 21 | 3 u | 04:59 PM | _____ |
| Finals | 26 Men 200 Freestyle | 32 | 4 u | 05:08 PM | _____ |
| Finals | 27 Women 100 Butterfly | 32 | 4 u | 05:19 PM | _____ |
| Finals | 28 Men 100 Butterfly | 32 | 4 u | 05:27 PM | _____ |
| Finals | 112 Men 50 Para 50 Fly Multi-Class | 0 | 1 u | 05:35 PM | _____ |
| Finals | 212 Men 100 Para 100 Fly Multi-Class | 5 | 1 u | 05:37 PM | _____ |
| Finals | 29 Women 50 Freestyle | 32 | 4 u | 05:39 PM | _____ |
| Finals | 30 Men 50 Freestyle | 32 | 4 u | 05:45 PM | _____ |
| Finals | 114 Men 50 Para 50 Free Multi-Class | 6 | 1 u | 05:50 PM | _____ |
| Finals | 31 Women 200 IM | 32 | 4 u | 05:52 PM | _____ |
| Finals | 32 Men 400 IM | 32 | 4 u | 06:05 PM | _____ |
| Finals | 33 Women 100 Backstroke | 32 | 4 u | 06:28 PM | _____ |
| Finals | 34 Men 100 Backstroke | 32 | 4 u | 06:38 PM | _____ |
| | Swimmers Counts for Warm-ups: 368 | ===== | ===== | | |
| | Entry / Heat Totals: | 387 | 52 | | |
| | Finish Time | | | 06:46 PM | _____ |