

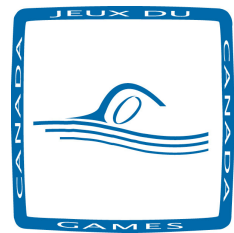
Media Information Package

SWIMMING





Media Information Package Swimming



- A. HISTORY OF THE SPORT**
- B. CANADA GAMES SPORT HISTORY AND PAST RESULTS**
- C. NUMBER OF ATHLETES PER EVENT**
- D. NUMBER OF ATHLETES ON TEAM**
- E. EVENT FORMAT AND RULES OF PLAY**
- F. EQUIPMENT AND TERMINOLOGY**
- G. AGE ELIGIBILITY**
- H. JUDGING / SCORING SYSTEM**
- I. PLAYOFF AND TIE-BREAKING FORMAT**
- J. TECHNOLOGY OF SPORT**
- K. ROLE OF OFFICIALS IN SPORT**
- L. FACILITY DESCRIPTION**
- M. SPORT MEMBERSHIP NUMBERS AND STRUCTURE**
- N. ATHLETES TO WATCH FOR**
- O. NOTABLE PAST ATHLETES/ALUMNI**
- P. CANADA GAMES RECORDS**
- Q. NOTABLE CANADIAN RECORDS**
- R. SCHEDULE OF EVENTS**

A. HISTORY OF THE SPORT

Great Britain is considered the first modern country to have developed the sport of swimming. Modern swimming competitions began in 1837 in several London pools that had already existed. In 1896, swimming was recognized at the modern Olympic Games in Athens. The events were only for men and they consisted of the 100 and 1500 m freestyle in open water. Women were allowed to swim in the 1912 Olympic Games, competing in freestyle events. Stroke development began over the next decades, refining the freestyle and breaststroke.

In 1934, David Ambruster discovered a way to make the breaststroke arm recovery more efficient. A double arm, out of water “butterfly” technique was used to gain more speed but required more conditioning and training. The following year, the dolphin fishtail kick was developed by Jack Sieg, of the University of Iowa. Swimmers were not allowed to use the dolphin kick along with the out of water recovery until 1952 when the butterfly became an official swimming stroke. The final four strokes that have been developed and refined over the past century are; butterfly, backstroke, breaststroke and freestyle. Swimming at the Olympic Games has grown into 32 swimming races; 16 for men and 16 for women.

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Swimming was featured at the first Canada Summer Games in 1969. Since then, the program has grown at the Games, featuring opportunities for able-bodied swimmers, swimmers with disabilities, and special Olympic swimmers.

PAST RESULTS

	1969	1973	1977	1981		1985		1989		1993		1997		1997		2001	
	C	C	C	M	F	M	F	M	F	M	F	M	F	M	F	M	F
AB	3	3	4	2	4	2	4	2	4	1	4	4	3	4	3	2	5
BC	1	2	3	4	2	4	3	4	2	3	2	1	4	1	4	3	3
MB	5	5	7	7	7	5	6	5	6	7	7	7	6	7	6	5	4
NB	8	8	9	9	8	7	7	8	5	9	8	8	8	8	8	8	9
NF	8	10	8	6	9	9	9	9	9	8	9	9	9	9	9	9	8
NWT	8	-	-	11	11	11	11	-	-	10	10	11	11	11	11	10	12
NS	7	7	6	5	6	8	8	6	8	6	5	6	7	6	7	7	7
ON	2	1	1	1	1	1	1	3	3	2	1	2	1	2	1	1	1
PEI	8	9	-	10	10	10	10	10	10	11	10	10	10	10	10	11	11
QC	4	4	2	3	3	3	2	1	1	4	3	3	2	3	2	4	2
SK	6	6	5	8	5	6	5	7	7	5	6	5	5	5	5	6	6
YK	8	-	-	-	-	-	-	-	-	-	-	12	12	12	12	12	10

C = Mixed
 M = Male
 F = Female

C. NUMBER OF ATHLETES PER EVENT

A Province may enter one team per relay event and two swimmers per individual event.

D. NUMBER OF ATHLETES ON TEAM

Competitors: Male 16 Female 16

Two of the female team positions and two of the male team positions are reserved exclusively for swimmers with a disability classified under the Functional

Classification System, classes 1 - 13. Two of the female team positions and two of the male team positions are reserved exclusively for swimmers of Special Olympic Canada.

E. EVENT FORMAT AND RULES OF PLAY

Events will be swum according to Swimming Canada's rules with the following order of events. "SWAD" indicates events for swimmers with a disability (classes S1-S13) and these events will be swum according to the most recent IPC Swimming Rules. Swimming Canada scratch rule will apply to SWAD events. "SOC" indicated events for Special Olympics Canada swimmers.

SWAD and SOC swimmers will swim preliminaries and an "A" final only, regardless of entry numbers.

Able body swimmers will swim timed finals for the Men's and Women's 800 and 1500m freestyle; 10km open water and all relays. All other events will include preliminaries, and an "A" final followed by a "B" final.

Men	Women
800 m freestyle (timed final)	1500 m freestyle (timed final)
4 x 200 m freestyle relay (timed final)	4 x 200 freestyle relay (timed final)
50 m breaststroke	50 m breaststroke
50 m breaststroke SOC	50 m breaststroke SOC
200 m butterfly	200 m butterfly
400 IM	400 IM
100 m freestyle	100 m freestyle
100 m freestyle SWAD	100 m freestyle SWAD
100 m freestyle SOC	100 m freestyle SOC
4 x 50 m freestyle relay	4 x 50 m freestyle relay
100 m backstroke	100 m backstroke
100 m backstroke SWAD	100 m backstroke SWAD
100 m backstroke SOC	100 m backstroke SOC
400 m freestyle	400 m freestyle
200 m breaststroke	200 m breaststroke
50 m butterfly	50 m butterfly
4 x 100 m freestyle relay	4 x 100 m freestyle relay
200 m freestyle	200 m freestyle
100 m breaststroke	100 m breaststroke
100 m breaststroke SWAD	100 m breaststroke SWAD
200 m backstroke	200 m backstroke
50 m backstroke SOC	50 m backstroke SOC
100 m butterfly	100 m butterfly
100 m butterfly SWAD	100 m butterfly SWAD
4 x 50 m medley relay (timed final)	4 x 50 m medley relay (timed final)
1500 m freestyle (time final)	50 m free
50 m back	50 m back
50 m free	50 m free SWAD
50 m free SWAD	50 m free SOC
50 m free SOC	800 m free (time final)
200 IM	200 IM
150 IM SWAD (SM 1-4)	150 IM SWAD (SM 1-4)

200 IM SWAD (SM 5 – 13) 4 x 100 m Medley Relay (timed final) 10 km open water (timed final)	200 IM SWAD (SM 5 – 13) 4 x 100 m Medley Relay (timed final) 10 km open water (timed final)
---	---

F. EQUIPMENT AND TERMINOLOGY

Backstroke – In the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with some part of the body. Swimmers must surface within 15 m after the start and each turn. Backstroke race distances are 50, 100 and 200 m.

Breaststroke – Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movement of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a frog or breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races are distances of 50, 100 and 200 m.

Butterfly – The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. The butterfly was born in the early 1950s due to a loophole in the breaststroke rules and became an Olympic event in Melbourne, Australia in 1956. Butterfly races are swum in 50, 100 and 200 m distances.

Freestyle – In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms. The freestyle is swum over 50, 100, 200, 400, 800 and 1500 m distances.

Individual Medley – The individual medley, commonly referred to as the I.M., features all four competitive strokes. In the I.M., a swimmer begins with the butterfly, changes to the backstroke after one-fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 200 and 400 m distances.

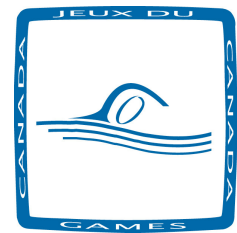
Medley Relay – In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is 400 m -or four by 100 m.

Starts and Turns – Many races are won or lost in starts and turns. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are still. Then, once the starter is satisfied, the race is started by electronic tone. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

Strategies – The sprint races (50 and 100 m) are an all-out burst of speed from start to finish. The slightest mistake can cost precious hundredths of seconds - and the race. The 200 m events require the swimmer to have a sense of pace as well as the ability to swim in a controlled speed.

The 400, 800 and 1500 m freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap a swimmers strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible.

Media Information Package Swimming



There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may negative split the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half. *The Racing Course:* The length of a long course racing pool is 50 m. The pool has eight lanes and each lane is 2.5 m wide. The water temperature must be kept at 26 degrees Celsius.

The International Meet – There are normally 13 individual events and three relays for men and women in at the Olympics. FINA, the international governing body for swimming has recently added the 50 m events for backstroke, butterfly and breaststroke as well as the 800 m freestyle event for men and the 1500 m freestyle event for women. These events are only contested at the World Championships and have not been added to the Olympic schedule of events. Likewise the Open Water events of 5 km., 10 km. and 25 km. are contested at FINA events but not at the Olympics.

G. AGE ELIGIBILITY

- All swimmers must be registered with Swimming Canada.
- All able body swimmers must be born in 1986 or later.
- All swimmers with a disability must be born in 1984 or later.
- Swimmers with an intellectual disability must be born in 1974 or later.

Classification:

Swimmers with a physical disability must be classified by Swimming Canada classifiers under International Paralympic Committee classification system prior to the Games. There will be no classifications done at the Canada Summer Games. Classification must be completed and submitted to SNC 90 days prior to the start of the Games.

H. JUDGING / SCORING SYSTEM

The ranking of swimmers with a disability within each event shall be based on scores from the SNC world performance charts *for SWAD* as per SNC procedure. Once ranking is established, swimmers shall score according to the scoring system as outlined below. Swimmers that do not compete in the “A” or “B” final shall be ranked according to their times from the preliminaries. After the ranking of athletes in every event, event points will be awarded:

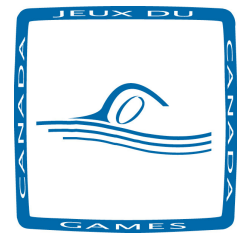
Individual

Position	Pts	Position	Pts	Position	Pts	Position	Pts
1 st place	100	8 th place	42	15 th place	24	22 nd place	5
2 nd place	71	9 th place	36	16 th place	22	23 rd place	4
3 rd place	57	10 th place	34	17 th place	10	24 th place	3
4 th place	50	11 th place	32	18 th place	9	25 th place	2
5 th place	48	12 th place	30	19 th place	8	26 th place	1
6 th place	46	13 th place	28	20 th place	7		
7 th place	44	14 th place	26	21 st place	6		

Relay

Position	Pts	Position	Pts
1 st place	100	8 th place	42
2 nd place	71	9 th place	36
3 rd place	57	10 th place	34
4 th place	50	11 th place	32

Media Information Package Swimming



5 th place	48	12 th place	30
6 th place	46	13 th place	28
7 th place	44		

For all details on ranking and points, please refer to the information sheet on flag points.

I. PLAYOFF AND TIE-BREAKING FORMAT

The SNC rules in force at the time of the Games shall prevail.

Provincial/Territorial Ranking – Tie Breaking

In the event of a tie between two or more provinces/territories, the team winning the most gold medals will be awarded an extra swimming point. If there is still a tie, the team winning the most silver medals will be awarded the extra swimming point, if still tied, the team with the most bronze medals etc.

J. TECHNOLOGY OF SPORT

In 1967, for the Pan-American Games held in Winnipeg, OMEGA developed a new “Touch Pad” timing system especially tailored to swimming competition. The touch pads are installed at both ends of each lane and are equipped with sensors which react to the touch of swimmers but not to water splashes.

Finishes may be electronically recorded on video at 100 images/second. In the control room, timekeepers work in real time (1/100 second) while the net time appears on the judge’s screen; the net time is then instantaneously transmitted to the scoreboard and to the TV screen.

In November 1995, at the World Swimming Championships in Rio de Janeiro, timing technology took another step forward when the instantaneous real-time results were superimposed on the TV screen as rapidly as they were printed on paper. For the 2000 European Swimming Championships in Athens, OMEGA introduced the concept of live timing which allows swimming fans all over the world to call up results in real time via the internet from the OMEGA timing site.

Each starting block contains a loudspeaker which gives the signal from the starter. When the swimmer leaves the blocks he releases a rocking contact. This information is recorded by the timekeepers and makes it possible to spot anticipated relay takeover violations or false starts.

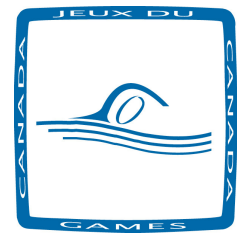
K. ROLE OF OFFICIALS IN SPORT

Officials assist swimmers by providing adequate technical supervision for the meet. They act to ensure that no swimmer gains an unfair advantage over another and that the action of one swimmer does not interfere with the performance of another.

Meet Manager

- Prepares meet in advance (2-3 months before, depending on the size of the event)
- Sends out notices and prepares programs
- Looks after officials’ recruitment, or appoints an Officials’ Coordinator
- Administers the whole meet, ensures all positions are filled and requirements met
- Convenes scratch meeting
- Handles paperwork during meet
- Sends out results

Media Information Package Swimming



Referee

- Chief official over all others during meet
- Ensures fairness and makes decisions as required
- Will indicate the start of each race with a whistle tone

Starter

- Starts each race by activating a starting device, ensuring the start is fair

Chief Finish Judge

- Compiles order of finish of a race based on timekeepers results sheet or Chief Judge Electronics order of finish tapes and reports

Chief Judge Electronics

- Supervises results coming from an automatic electronic judging and timing machine

Chief Timekeeper

- Responsible for all timers
- Takes time of winner in case there are not three times
- Responds promptly if Timekeeper has any trouble

Clerk of Course

- Checks-in swimmers and directs them to proper heats and lanes
- Keeps quiet and order on pool deck
- Usually has one or two Marshals on pool deck to assist him

Judges of Stroke

- One or two on each side of pool
- Observes correctness of stroke to ensure that no swimmer gets an unfair advantage

Inspectors of Turns

- From two to sixteen judges
- Observes correctness of turns at both ends of the pool

Recorder/Scorer (Desk Control)

- Checks the results, calculates individual and team scores
- Data input, results programs

Timekeepers

- Usually two-three per swimming lane. Each timekeeper shall take the time of the swimmers in the lane assigned to him. Need three Timekeepers for a time to officially break a record.

Electronics Operator

- Operates or assists in the operation of any SNC approved Automatic Officiating Equipment

Safety Marshal

- Ensures that all appropriate warm-up procedures are followed

L. FACILITY DESCRIPTION

Opened in 2004, the state-of-the-art CARI Aquatics Facility is located on the campus of the University of Prince Edward Island, in Charlottetown. The modern, multi-use facility features a 25m, 8 lane competition pool and will host Swimming events in Week Two. The community-owned venue is adjacent to MacLauchlan Arena and the Chi-Wan Young Sports Centre.

M. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

	Competitive registered Swimmers	Non-competitive registered swimmers	I Can Swim registered swimmers (2008 Stats)	Masters Registered swimmers	Coaches registered	Total
BC & YK	3323	2925	10623	1687	346	18904
AB	3144	592	5509	1048	432	10725
SK	423	211	1425	281	63	2403
MB & NT	610	628	3224	300	53	4815
ON	9350	1766	1777	3341	493	16727
QC	7405	343	1274	2358	320	11700
NB	458	350	0	109	39	956
NS	717	234	48	328	54	1381
NL	456	282	0	81	26	845
PE	248	0	0	60	4	312
TOTAL	26134	7331	23880	9593	1830	68768

N. NOTABLE ATHLETES TO WATCH FOR

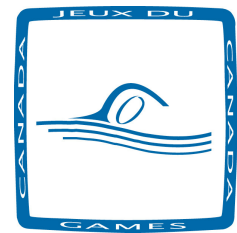
Alberta

David Woodman - 200 free
 David Dimitrov - 200 Fly, 400 IM
 Deanna Matthews - 200 back, 400 IM
 Kayla Voytechek - 100 breast
 Natasha Fung - 200 free, 200 IM
 Zack McAllister - SWAD

British Columbia

Anders McIntyre - 100/200 Fly (Vernon Kokanee),
 Jeremy Bagshaw - 200/400/800 Free (Island Swimming),
 Craig Dagnall 1500 Free (Island Swimming),
 Nick Sinclair - 100/200 Back (Pacific Coast)
 Julianne Brown - 400/800 Free (Chena)
 Hilary Caldwell - 100/200 Back, 200 IM (Pacific Sea wolves)

Media Information Package Swimming



Newfoundland

Kelsey Flynn - 50m Backstroke, 100m Backstroke and 200m Backstroke

Leah Tomblin - 50m Backstroke, 100m Backstroke and 200m Backstroke in the

Becca Dyer - 100m and 200m Freestyle

Nadine Rockwood - 400m Freestyle, 800m Freestyle, 1500m Freestyle, 50m Butterfly and 100m Butterfly

Nick Hogan - 800m Freestyle, 1500m Freestyle, 400m Freestyle, 200m Freestyle, 400m Individual Medley and 5km Open Water Swim.

Theoren Goosney - 50m Breaststroke, 100m Breaststroke, 200m Breaststroke and 100m Freestyle.

Brandon McKay - 400m Individual Medley, 200m Individual Medley, 50m Breaststroke, 100m Butterfly and 200m Butterfly

Adam Harvey - 100m Backstroke, 200m Backstroke and 50m Freestyle

Aaron Buckingham - 50m Freestyle, 50m Butterfly and 100m Freestyle

Ontario

Sinead Russell (DS), 100-200 Backstroke and Freestyle (middle distance).

Jacqueline Keire (ESWIM), 200-400 Free

Julie Calvert (OAK) 200 Breast

Bridget Coley (HAC), 800-1500 Free and Open Water

Hassaan Abdel-Khalik (ESWIM), 100-200-400-800 Freestyle

Nick Karpov (TSC), 50-100-200 Backstroke

Graham Hawes (SCAR), 50-100-200 Backstroke

Para

Erica Buehlow (WAAC) Back-Breast-Free

Alex Buehlow (WAAC) Back-Breast-Free

Québec

Vanessa Charron - (50-100-200 Fly)

Katerine Savard - (50-100-200 Fly)

Alyson Ackman - (50-100 Free)

Daniel Jensen - (200-400 IM)

Dominique Massie-Martel - (50-100 Free)

Karim Zayed - (200-400 Free)

Xavier Desharnais - (10km)

Nova Scotia

David Sharpe

Jo Jo Ur

Jimmy Burg

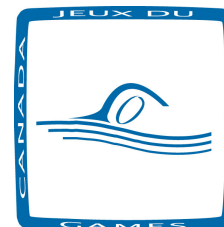
Kit Moran

Olivia Feschuk

O. NOTABLE PAST ATHLETES/ALUMNI

Athlete	Province	Canada Games	Olympics
Anne Ottenbrite	Ontario	1981	1984 Los Angeles
Marianne Limpert	New Brunswick	1989	1992 Barcelona 1996 Atlanta 2000 Sydney
Michael Mintenko	Saskatchewan	1993	2000 Sydney, 2004 Athens
Brent Hayden	British Columbia	2001	2004 Athens
Jillian Tyler	Alberta	2005	2008 Beijing
Erica Morningstar	Alberta	2005	2008 Beijing
Joel Greenshields	Alberta	2005	2008 Beijing
Ryan Cochrane	British Columbia	2005	2008 Beijing
Alexa Komarnycky	Ontario	2005	2008 Beijing

Media Information Package Swimming



Genevieve Saumur	Québec	2005	2008 Beijing
Stephanie Horner	Québec	2005	2008 Beijing
Mathieu Bois	Québec	2005	2008 Beijing
Valérie Grand'Maison	Québec	2005	2008 Beijing
Athlete	Province	Canada Games	Olympics
Anne Ottenbrite	Ontario	1981	1984 Los Angeles
Marianne Limpert	New Brunswick	1989	1992 Barcelona 1996 Atlanta 2000 Sydney
Michael Mintenko	Saskatchewan	1993	2000 Sydney, 2004 Athens
Brent Hayden	British Columbia	2001	2004 Athens

P. CANADA GAMES RECORDS

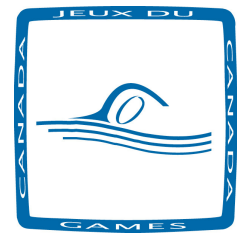
Swimming (women)

EVENT	ATHLETE	PROVINCE	CANADA GAMES RECORD	YEAR
50 m Freestyle	Laura Pomeroy	ON	26.04	2001
100 m Freestyle	Laura Pomeroy	ON	56.92	2001
200 m Freestyle	Michelle Killins	ON	2:03.86	1993
400 m Freestyle	Cheryl McArton	ON	4:18.69	1981
800 m Freestyle	Sophie Dufour	QC	8:48.98	1985
100 m Backstroke	Mélanie Bouchard	QC	1:04.25	2001
200 m Backstroke	Lisa Virgini	QC	2:17.18	1993
100 m Breaststroke	Willa Bostock	ON	1:11.75	1993
200 m Breaststroke	Annamay Pierse	AB	2:32.95	2001
100 m Butterfly	Elizabeth Collins	SK	1:02.37	2001
200 m Butterfly	Michelle MacPherson	ON	2:16.13	1981
200 m IM	Mariève DeBlois	QC	2:19.00	2001
400 m IM	Michelle MacPherson	ON	4:50.12	1981
4 x 50 m Freestyle Relay		ON	1:46.06	2001
4 x 100 m Freestyle Relay		ON	3:51.34	2001
4 x 200 m Freestyle Relay	Kathy Bald Michelle MacPherson Cheryl McArton Jen Campbell	ON	8:21.41	1981
4 x 100 m Medley Relay	Nadine Rolland Nancy Gravel José Santilan Lisa Virgini	QC	4:18.18	1993

Swimmers with a Disability (women)

EVENT	ATHLETE	PROVINCE	CANADA GAMES RECORD	YEAR
50 m Freestyle (blind)	Carrie Burns	ON	35.83	1993
50 m Freestyle	Anne Polinario (S10)	ON	939 points	1997
200 m IM	Alexandra Guarascio (SM10)	BC	799 Points	1997
100 m Breastroke	Anne Polinario (SB10)	ON	771 Points	1997
100 m Freestyle	Anne Polinario (S10)	ON	899 points	1997
100 m Backstroke	Stephanie Dixon (S9)	ON	889 Points	1997

Media Information Package Swimming



Swimming (men)

EVENT	ATHLETE	PROVINCE	CANADA GAMES RECORD	YEAR
50 m Freestyle	Matt Rose	ON	23.35	2001
100 m Freestyle	Matt Rose	ON	51.53	2001
200 m Freestyle	Brett Regan	BC	1:52.83	1993
400 m Freestyle	Jaret Abel	AB	4:00.25	1993
1500 m Freestyle	Lian Weseloh	ON	15:49.45	1993
100 m Backstroke	Matt Rose	ON	56.43	2001
200 m Backstroke	Kevin Draxinger	BC	2:03.39	1985
100 m Breaststroke	Chad Thomsen	AB	1:02.89	2001
200 m Breaststroke	Matthew Mains	ON	2:19.81	2001
100 m Butterfly	Bradley Vanderkam	ON	55.87	2001
200 m Butterfly	Dino Verbrugge	BC	2:03.61	1993
200 m IM	Chad Murray	AB	2:06.79	2001
400 m IM	Chad Murray	AB	4:27.19	2001
4 x 50 m Freestyle Relay		ON	1:34.12	2001
4 x 100 m Freestyle Relay		ON	3:26.83	2001
4 x 200 m Freestyle Relay	Justin Tisdall Brent O'Connor Brent Hayden Jessy Jacks	BC	7:37.53	2001
4 x 100 m Medley Relay		ON	3:49.38	2001

Swimmers with a Disability (men)

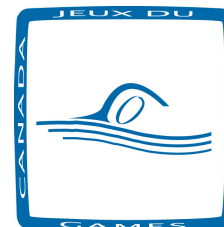
EVENT	ATHLETE	PROVINCE	CANADA GAMES RECORD	YEAR
50 m Freestyle	Philippe Gagnon (S10)	QC	1061 Points	1997
200 m IM	Philippe Gagnon (SM10)	QC	984 Points	1997
100 m Breaststroke	Philippe Gagnon (SB10)	QC	880 Points	1997
100 m Freestyle	Philippe Gagnon (S10)	QC	1075 Points	1997
100 m Backstroke	Brian Hill	BC	934 Points	1997

Q. NOTABLE CANADIAN RECORDS

Senior - Female (25 m)

Event	Name	Team	Time	Splits	Competition	Year
Free						
50 m	Victoria Poon	CNPP0	24.56		Spring Nationals - Toronto	2009
100 m	Erica Morningstar	CP	53.21	25.42 53.21 (27.79)	Speedo Western Champs - Regina	2007
200 m	Erica Morningstar	UofC	1:56.11	27.18 56.06 (28.88) 1:25.82 (29.76) 1:56.11 (30.29)	CIS Championships - Vancouver	2009
400 m	Brittany Reimer	SKSC	4:03.61		British Championships - Stockport	2003
800 m	Savannah King	UBCD	8:19.99	1:00.31	Spring Nationals - Toronto	2009

Media Information Package Swimming



2:03.04 (1:02.73)
 3:06.39 (1:03.35)
 4:09.60 (1:03.21)
 5:12.99 (1:03.39)
 6:16.40 (1:03.41)
 7:50.02 (1:02.74)
 8:19.99 (1:00.85)

1500 m	Savannah King	UBCD	16:00.68	1:00.91	Spring Nationals - Toronto	2009
				2:04.03 (1:03.12)		
				3:07.51 (1:03.48)		
				4:11.02 (1:03.51)		
				5:15.09 (1:04.07)		
				6:19.67 (1:04.58)		
				7:24.14 (1:04.47)		
				8:28.98 (1:04.84)		
				9:33.73 (1:04.75)		
				10:38.53		
				(1:04.80)		
				11:43.24		
				(1:04.71)		
				12:48.04		
				(1:04.80)		
				13:52.89		
				(1:04.85)		
				14:57.84		
				(1:04.95)		
				16:00.68		
				(1:02.84)		

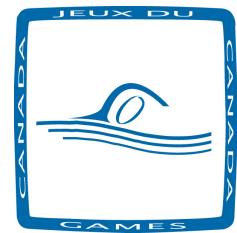
Back						
50 m	Jennifer Carroll	MAA	27.26		FINA World Cup - Berlin	2002
100 m	Katy Murdoch	UofC	58.67	28.43 58.67 (30.31)	CIS Championships - Vancouver 2009	
200 m	Katy Murdoch	UofC	2:06.81	29.90 1:01.80 (31.90) 1:34.39 (32.59) 2:06.81 (32.42)	CIS Championships - Vancouver 2009	

Breast						
50 m	Amanda Reason	ESWIM	29.96		Spring Nationals - Toronto	2009
100 m	Annamay Pierse	UBCD	1:04.67	30.84 1:04.67 (33.83)	Spring Nationals - Toronto	2009
200 m	Annamay Pierse	UBCD	2:17.50	31.36 1:05.96 (34.60) 1:41.51 (35.55) 2:17.50 (35.99)	Spring Nationals - Toronto	2009

Fly						
50 m	Victoria Poon	CNPPO	26.21		Spring Nationals - Toronto	2009
100 m	Kendra Chernoff	GOLD	58.26	27.49 58.26 (30.77)	Spring Nationals - Toronto	2009
200 m	Audrey Lacroix	CAMO	2:04.53	28.39 59.93(31.54) 1:31.81 (31.88) 2:04.53 (32.72)	FINA: World Cup No 5 - Stockholm	2007

IM						
100 m	Marianne Limpert	PDSA	1:00.93		FINA World Cup - Edmonton	2000
200 m	Erica Morningstar	UofC	2:09.12	28.51	CIS Championships - Vancouver 2009	

Media Information Package Swimming



1:01.09 (32.58)
 1:37.94 (36.85)
 2:09.12 (31.18)

400 m	Tanya Hunks	UBCD	4:32.57	1:02.32 2:09.94 (1:07.62) 3:29.79 (1:19.85) 4:32.57 (1:02.78)	Spring Nationals - Toronto	2009
-------	-------------	------	---------	--	----------------------------	------

National Records

Medley Relay						
200 m	J. Carroll M-S. Jean-Lachapelle A. Lacroix E. Belleau	CAMO	1:51.71	28.33 59.55 (31.22) 1:26.12 (26.57) 1:51.71 (25.59)	Spring Nationals - Toronto	2009
400 m	G. Soucisse C. Salli S. Horner E. Morningstar	Canada	4:01.40	59.69 2:08.10 (1:08.41) 3:07.89 (59.79) 4:01.40 (53.51)	Paul Bergen Jr. Invitational	2007

Free Relay						
200 m	A. Lydall J. Porenta C. Macaulay L. Nicholls	TO*	1:41.10	25.73 51.05 (25.32) 1:16.23 (25.18) 1:41.10 (24.87)	Canadian Open - Quebec City	2003
400 m	V. Poon B. Jardin S. Wiechec G. Saumur	CNPPO	3:37.78	53.95 1:48.55 (54.60) 2:43.79(55.24) 3:37.78 (53.99)	Spring Nationals - Toronto	2009
800 m	E. Morningstar K. Peterson B. Hendricks K. Murdoch	UCSC	7:51.80	1:58.68 3:55.22 (1:56.54) 5:54.11 (1:58.89) 7:51.80 (1:57.69)	Spring Nationals - Toronto	2009

Club Records

Medley Relay						
200 m	J. Carroll M-S. Jean-Lachapelle A. Lacroix E. Belleau	CAMO	1:51.71	28.33 59.55 (31.22) 1:26.12 (26.57) 1:51.71 (25.59)	Spring Nationals- Toronto	2009
400 m	K. Murdoch A. Long K. Weevers E. Morningstar	UCSC	4:03.51	58.67 2:07.34 (1:08.67) 3:09.78 (1:02.44) 4:03.51 (53.73)	Spring Nationals - Toronto	2009

Free Relay						
400 m	V. Poon B. Jardin S. Wiechec G. Saumur	CNPPO	3:37.78	53.95 1:48.55 (54.60) 2:43.79(55.24) 3:37.78 (53.99)	Spring Nationals - Toronto	2009
800 m	E. Morningstar K. Peterson B. Hendricks K. Murdoch	UofC	7:51.80	1:58.68 3:55.22 (1:56.54) 5:54.11 (1:58.89) 7:51.80 (1:57.69)	Spring Nationals - Toronto	2009

R. SCHEDULE OF EVENTS

Venue/Site: Charlottetown – CARI Pool
 Southwest River

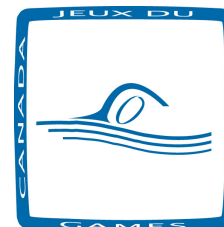
Monday, August 24, 2009

Time	Event Stage	Event
14:00	Timed Final Race 1	Women's 1500 m Freestyle
14:25	Timed Final Race 1	Men's 800 m Freestyle
14:38	Timed Final Race	Women's 1500 m Freestyle
15:00	Timed Final Race 2	Men's 800 m Freestyle
15:12	Timed Final Race 3	Women's 1500 m Freestyle
15:32	Timed Final Race 3	Men's 800 m Freestyle
15:45	<i>Awards: 1500m Freestyle</i>	
15:50	<i>Awards: 800m Freestyle</i>	
15:55	Timed Final Race 1	Women's 4x200 m Freestyle Relay
16:05	Timed Final Race 2	Women's 4x200 m Freestyle Relay
16:15	Timed Final Race 1	Men's 4x200 m Freestyle Relay
16:25	Timed Final Race 1	Men's 4x200 m Freestyle Relay
16:35	<i>Awards: 200m Free Relay</i>	

Tuesday, August 25, 2009

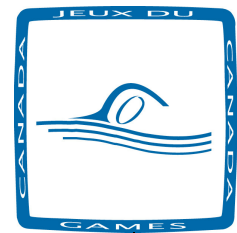
Time	Event Stage	Event
9:30	Race 1	Women's 50 m Breaststroke
9:32	Race 2	Women's 50 m Breaststroke
9:34	Race 3	Women's 50 m Breaststroke
9:38	Race 1	Men's 50 m Breaststroke
9:40	Race 2	Men's 50 m Breaststroke
9:42	Race 3	Men's 50 m Breaststroke
9:46	Race 1	Women's 50 m Breaststroke Special Olympics
9:48	Race 2	Women's 50 m Breaststroke Special Olympics
9:50	Race 3	Women's 50 m Breaststroke Special Olympics
9:52	Race 1	Men's 50 m Breaststroke Special Olympics
9:54	Race 2	Men's 50 m Breaststroke Special Olympics
9:56	Race 3	Men's 50 m Breaststroke Special Olympics
10:00	Race 1	Women's 200 m Butterfly
10:03	Race 2	Women's 200 m Butterfly
10:06	Race 3	Women's 200 m Butterfly
10:09	Race 1	Men's 200 m Butterfly
10:12	Race 2	Men's 200 m Butterfly
10:15	Race 3	Men's 200 m Butterfly
10:20	Race 1	Women's 400 m Individual Medley
10:25	Race 2	Women's 400 m Individual Medley

Media Information Package Swimming



10:30	Race 3	Women's 400 m Individual Medley
10:35	Race 1	Men's 400 m Individual Medley
10:39	Race 2	Men's 400 m Individual Medley
10:43	Race 3	Men's 400 m Individual Medley
10:47	Race 1	Women's 100 m Freestyle
10:50	Race 2	Women's 100 m Freestyle
10:52	Race 3	Women's 100 m Freestyle
10:54	Race 1	Men's 100 m Freestyle
10:56	Race 2	Men's 100 m Freestyle
10:58	Race 3	Men's 100 m Freestyle
11:01	Race 1	Women's 100 m Freestyle SWAD
11:04	Race 2	Women's 100 m Freestyle SWAD
11:07	Race 3	Women's 100 m Freestyle SWAD
11:10	Race 1	Men's 100 m Freestyle SWAD
11:12	Race 2	Men's 100 m Freestyle SWAD
11:14	Race 3	Men's 100 m Freestyle SWAD
11:15	Race 1	Women's 100 m Freestyle Special Olympics
11:18	Race 2	Women's 100 m Freestyle Special Olympics
11:21	Race 3	Women's 100 m Freestyle Special Olympics
11:24	Race 1	Men's 100 m Freestyle Special Olympics
11:27	Race 2	Men's 100 m Freestyle Special Olympics
11:30	Race 3	Men's 100 m Freestyle Special Olympics
18:00	Final B	Women's 50 m Breaststroke
18:04	Final A	Women's 50 m Breaststroke
18:06	Final B	Men's 50 m Breaststroke
18:10	Final A	Men's 50 m Breaststroke
18:13	Final A	Women's 50 m Breaststroke Special Olympics
18:17	Final A	Men's 50 m Breaststroke Special Olympics
18:20	<i>Awards</i>	
18:29	Final B	Women's 200 m Butterfly
18:34	Final A	Women's 200 m Butterfly
18:38	Final B	Men's 200 m Butterfly
18:44	Final A	Men's 200 m Butterfly
18:48	<i>Awards</i>	
18:57	Final B	Women's 400 m Individual Medley
19:05	Final A	Women's 400 m Individual Medley
19:12	Final B	Men's 400 m Individual Medley
19:20	Final A	Men's 400 m Individual Medley
19:26	<i>Awards</i>	
19:35	Final B	Women's 100 m Freestyle
19:38	Final A	Women's 100 m Freestyle
19:40	Final B	Men's 100 m Freestyle
19:43	Final A	Men's 100 m Freestyle
19:45	<i>Awards</i>	

Media Information Package Swimming

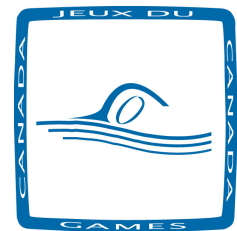


19:55	Final A	Women's 100 m Freestyle SWAD
20:00	Final A	Men's 100 m Freestyle SWAD
20:05	Final A	Women's 100 m Freestyle Special Olympics
20:10	Final A	Men's 100 m Freestyle Special Olympics
20:14	<i>Awards</i>	
20:30	Timed Final Race 1	Women's 4 x 50 m Freestyle Relay
20:34	Timed Final Race 2	Women's 4 x 50 m Freestyle Relay
20:37	Timed Final Race 1	Men's 4 x 50 m Freestyle Relay
20:40	Timed Final Race 2	Men's 4 x 50 m Freestyle Relay
20:45	<i>Awards</i>	

Wednesday, August 26, 2009

Time	Event Stage	Event
9:30	Race 1	Women's 100 m Backstroke
9:33	Race 2	Women's 100 m Backstroke
9:36	Race 3	Women's 100 m Backstroke
9:38	Race 1	Men's 100 m Backstroke
9:40	Race 2	Men's 100 m Backstroke
9:42	Race 3	Men's 100 m Backstroke
9:45	Race 1	Women's 100 m Backstroke SWAD
9:48	Race 2	Women's 100 m Backstroke SWAD
9:51	Race 3	Women's 100 m Backstroke SWAD
9:54	Race 1	Men's 100 m Backstroke SWAD
9:56	Race 2	Men's 100 m Backstroke SWAD
9:58	Race 3	Men's 100 m Backstroke SWAD
10:00	Race 1	Women's 100 m Backstroke Special Olympics
10:03	Race 2	Women's 100 m Backstroke Special Olympics
10:06	Race 3	Women's 100 m Backstroke Special Olympics
10:09	Race 1	Men's 100 m Backstroke Special Olympics
10:12	Race 2	Men's 100 m Backstroke Special Olympics
10:14	Race 3	Men's 100 m Backstroke Special Olympics
10:15	Race 1	Women's 400 m Freestyle
10:20	Race 2	Women's 400 m Freestyle
10:25	Race 3	Women's 400 m Freestyle
10:30	Race 1	Men's 400 m Freestyle
10:34	Race 2	Men's 400 m Freestyle
10:38	Race 3	Men's 400 m Freestyle
10:42	Race 1	Women's 200 m Breaststroke
10:47	Race 2	Women's 200 m Breaststroke
10:51	Race 3	Women's 200 m Breaststroke
10:55	Race 1	Men's 200 m Breaststroke
10:59	Race 2	Men's 200 m Breaststroke
11:03	Race 3	Men's 200 m Breaststroke
11:08	Race 1	Women's 50 m Butterfly

Media Information Package Swimming

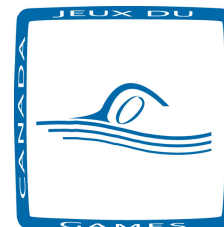


11:10	Race 2	Women's 50 m Butterfly
11:12	Race 3	Women's 50 m Butterfly
11:14	Race 1	Men's 50 m Butterfly
11:16	Race 2	Men's 50 m Butterfly
11:18	Race 3	Men's 50 m Butterfly
18:00	Final B	Women's 100 m Backstroke
18:04	Final A	Women's 100 m Backstroke
18:06	Final B	Men's 100 m Backstroke
18:10	Final A	Men's 100 m Backstroke
18:13	Final A	Women's 100 m Backstroke SWAD
18:19	Final A	Men's 100 m Backstroke SWAD
18:25	Final A	Women's 100 m Backstroke Special Olympics
18:31	Final A	Men's 100 m Backstroke Special Olympics
18:36	<i>Awards</i>	
18:56	Final B	Women's 400 m Freestyle
19:04	Final A	Women's 400 m Freestyle
19:10	Final B	Men's 400 m Freestyle
19:17	Final A	Men's 400 m Freestyle
19:22	<i>Awards</i>	
19:32	Final B	Women's 200 m Breaststroke
19:38	Final A	Women's 200 m Breaststroke
19:42	Final B	Men's 200 m Breaststroke
19:47	Final A	Men's 200 m Breaststroke
19:51	<i>Awards</i>	
20:00	Final B	Women's 50 m Butterfly
20:03	Final A	Women's 50 m Butterfly
20:05	Final B	Men's 50 m Butterfly
20:09	Final A	Men's 50 m Butterfly
20:11	<i>Awards</i>	
20:20	Timed Final Race 1	Women's 4 x 100 m Freestyle Relay
20:25	Timed Final Race 2	Women's 4 x 100 m Freestyle Relay
20:30	Timed Final Race 1	Men's 4 x 100 m Freestyle Relay
20:35	Timed Final Race 2	Men's 4 x 100 m Freestyle Relay
20:41	<i>Awards</i>	

Thursday, August 27, 2009

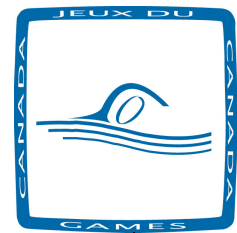
Time	Event Stage	Event
9:30	Race 1	Women's 200 m Freestyle
9:34	Race 2	Women's 200 m Freestyle
9:38	Race 3	Women's 200 m Freestyle
9:41	Race 1	Men's 200 m Freestyle
9:44	Race 2	Men's 200 m Freestyle
9:47	Race 3	Men's 200 m Freestyle
9:50	Race 1	Women's 100 m Breaststroke

Media Information Package Swimming



9:53	Race 2	Women's 100 m Breaststroke
9:56	Race 3	Women's 100 m Breaststroke
9:59	Race 1	Men's 100 m Breaststroke
10:02	Race 2	Men's 100 m Breaststroke
10:04	Race 3	Men's 100 m Breaststroke
10:06	Race 1	Women's 100 m Breaststroke SWAD
10:10	Race 2	Women's 100 m Breaststroke SWAD
10:13	Race 3	Women's 100 m Breaststroke SWAD
10:16	Race 1	Men's 100 m Breaststroke SWAD
10:19	Race 2	Men's 100 m Breaststroke SWAD
10:21	Race 3	Men's 100 m Breaststroke SWAD
10:24	Race 1	Women's 200 m Backstroke
10:29	Race 2	Women's 200 m Backstroke
10:33	Race 3	Women's 200 m Backstroke
10:36	Race 1	Men's 200 m Backstroke
10:39	Race 2	Men's 200 m Backstroke
10:42	Race 3	Men's 200 m Backstroke
10:45	Race 1	Women's 50 m Backstroke Special Olympics
10:48	Race 2	Women's 50 m Backstroke Special Olympics
10:51	Race 3	Women's 50 m Backstroke Special Olympics
10:53	Race 1	Men's 50 m Backstroke Special Olympics
10:55	Race 2	Men's 50 m Backstroke Special Olympics
10:57	Race 3	Men's 50 m Backstroke Special Olympics
11:00	Race 1	Women's 100 m Butterfly
11:03	Race 2	Women's 100 m Butterfly
11:06	Race 3	Women's 100 m Butterfly
11:08	Race 1	Men's 100 m Butterfly
11:10	Race 2	Men's 100 m Butterfly
11:12	Race 3	Men's 100 m Butterfly
11:15	Race 1	Women's 100 m Butterfly SWAD
11:18	Race 2	Women's 100 m Butterfly SWAD
11:21	Race 3	Women's 100 m Butterfly SWAD
11:24	Race 1	Men's 100 m Butterfly SWAD
11:27	Race 2	Men's 100 m Butterfly SWAD
11:30	Race 3	Men's 100 m Butterfly SWAD
18:00	Final B	Women's 200 m Freestyle
18:05	Final A	Women's 200 m Freestyle
18:09	Final B	Men's 200 m Freestyle
18:14	Final A	Men's 200 m Freestyle
18:18	<i>Awards</i>	
18:27	Final B	Women's 100 m Breaststroke
18:31	Final A	Women's 100 m Breaststroke
18:34	Final B	Men's 100 m Breaststroke
18:38	Final A	Men's 100 m Breaststroke

Media Information Package Swimming

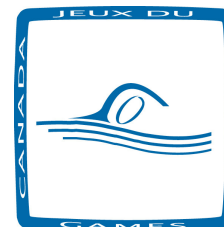


18:42	Final A	Women's 100 m Breaststroke SWAD
18:47	Final A	Men's 100 m Breaststroke SWAD
18:51	<i>Awards</i>	
19:01	Final B	Women's 200 m Backstroke
19:06	Final A	Women's 200 m Backstroke
19:11	Final B	Men's 200 m Backstroke
19:16	Final A	Men's 200 m Backstroke
19:21	Final A	Women's 50 m Backstroke Special Olympics
19:24	Final A	Men's 50 m Backstroke Special Olympics
19:27	<i>Awards</i>	
19:36	Final B	Women's 100 m Butterfly
19:39	Final A	Women's 100 m Butterfly
19:41	Final B	Men's 100 m Butterfly
19:45	Final A	Men's 100 m Butterfly
19:47	<i>Awards</i>	
19:57	Final A	Women's 100 m Butterfly SWAD
20:01	Final A	Men's 100 m Butterfly SWAD
20:04	<i>Awards</i>	
20:13	Timed Final Race 1	Women's 4 x 50 Medley Relay
20:16	Timed Final Race 2	Women's 4 x 50 Medley Relay
20:21	Timed Final Race 1	Men's 4 x 50 Medley Relay
20:25	Timed Final Race 2	Men's 4 x 50 Medley Relay
20:29	<i>Awards</i>	

Friday, August 28, 2009

Time	Event Stage	Event
9:30	Race 1	Women's 50 m Backstroke
9:33	Race 2	Women's 50 m Backstroke
9:36	Race 3	Women's 50 m Backstroke
9:38	Race 1	Men's 50 m Backstroke
9:40	Race 2	Men's 50 m Backstroke
9:42	Race 3	Men's 50 m Backstroke
9:44	Race 1	Women's 50 m Freestyle SWAD
9:47	Race 2	Women's 50 m Freestyle SWAD
9:50	Race 3	Women's 50 m Freestyle SWAD
9:53	Race 1	Men's 50 m Freestyle SWAD
9:56	Race 2	Men's 50 m Freestyle SWAD
9:58	Race 3	Men's 50 m Freestyle SWAD
10:00	Race 1	Women's 50 m Freestyle Special Olympics
10:03	Race 2	Women's 50 m Freestyle Special Olympics
10:06	Race 3	Women's 50 m Freestyle Special Olympics
10:09	Race 1	Men's 50 m Freestyle Special Olympics
10:11	Race 2	Men's 50 m Freestyle Special Olympics
10:13	Race 3	Men's 50 m Freestyle Special Olympics

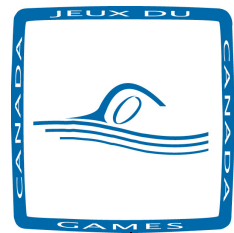
Media Information Package Swimming



10:15	Race 1	Women's 200 m Individual Medley
10:19	Race 2	Women's 200 m Individual Medley
10:23	Race 3	Women's 200 m Individual Medley
10:27	Race 1	Men's 200 m Individual Medley
10:31	Race 2	Men's 200 m Individual Medley
10:35	Race 3	Men's 200 m Individual Medley
10:40	Race 1	Women's 150 m Individual Medley SWAD
10:43	Race 1	Men's 150 m Individual Medley SWAD
10:46	Race 1	Women's 200 m Individual Medley SWAD
10:51	Race 2	Women's 200 m Individual Medley SWAD
10:56	Race 3	Women's 200 m Individual Medley SWAD
11:02	Race 1	Men's 200 m Individual Medley SWAD
11:07	Race 2	Men's 200 m Individual Medley SWAD
11:12	Race 3	Men's 200 m Individual Medley SWAD
11:18	Race 1	Women's 50 m Freestyle
11:21	Race 2	Women's 50 m Freestyle
11:24	Race 3	Women's 50 m Freestyle
11:27	Race 1	Men's 50 m Freestyle
11:30	Race 2	Men's 50 m Freestyle
11:33	Race 3	Men's 50 m Freestyle
11:35	Timed Final Race 1	Women's 800 m Freestyle
11:45	Timed Final Race 1	Men's 1500 m Freestyle
12:05	Timed Final Race 2	Women's 800 m Freestyle
12:15	Timed Final Race 2	Men's 1500 m Freestyle
18:00	Fastest Heat	Men's 1500 m
18:21	Final B	Women's 50 m Backstroke
18:24	Final A	Women's 50 m Backstroke
18:26	Final B	Men's 50 m Backstroke
18:29	Final A	Men's 50 m Backstroke
18:33	Final A	Women's 50 m Freestyle SWAD
18:37	Final A	Men's 50 m Freestyle SWAD
18:41	Final A	Women's 50 m Freestyle Special Olympics
18:45	Final A	Men's 50 m Freestyle Special Olympics
18:48	<i>Awards</i>	
19:00	Fastest Heat	Women's 800 m Freestyle
19:12	<i>Awards</i>	
19:21	Final B	Women's 200 m Individual Medley
19:27	Final A	Women's 200 m Individual Medley
19:31	Final B	Men's 200 m Individual Medley
19:36	Final A	Men's 200 m Individual Medley
19:40	<i>Awards</i>	
19:55	Final A	Women's 150 m Individual Medley SWAD
20:00	Final A	Men's 150 m Individual Medley SWAD
20:06	Final A	Women's 200 m Individual Medley SWAD



Media Information Package Swimming



20:13	Final A	Men's 200 m Individual Medley SWAD
20:19	<i>Awards</i>	
20:29	Final B	Women's 50 m Freestyle
20:32	Final A	Women's 50 m Freestyle
20:34	Final B	Men's 50 m Freestyle
20:38	Final A	Men's 50 m Freestyle
20:40	<i>Awards</i>	
21:00	Timed Final Race 1	Women's 4 x 100 m Medley Relay
21:03	Timed Final Race 2	Women's 4 x 100 m Medley Relay
21:07	Timed Final Race 1	Men's 4 x 100 m Medley Relay
21:11	Timed Final Race 2	Men's 4 x 100 m Medley Relay
21:15	<i>Awards</i>	

Saturday, August 29, 2006

Time	Event Stage	Event
10:00	Timed Final	10 Km Open Water Swim - Male
10:30	Timed Final	10 Km Open Water Swim - Female