UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2015 Canadian Swimming Trials 01-Apr-15 to 04-Apr-15 LC Meters Alt: 246 Sanction: SNC Location: Toronto Pan Am Sport Centre UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Lauren Crisp (15) F1:03.26LP # 5Female 100 Back141.631:03.39LF # 5Female 100 Back171.503:0.58LP # 17Female 50 Back320.312:14.84LF # 2.3Female 200 Back122.002:16.14LP # 2.3Female 200 Back120.70Molly Gowans (15) F2:04.43LP # 3Female 200 Free282.7916:54.93LF # 9Female 1500 Free311.525:04.86LP # 15Female 400 Free249.232:17.48LF # 2.3Female 400 Free249.232:17.48LF # 2.3Female 200 Back171.982:18.00LP # 2.3Female 200 Back191.469:01.46LF # 33Female 200 Back191.469:01.46LF # 33Female 200 Back192.51Jon McKay (19) M(01)2:09.92LP # 32Male 200 IM392.51Jon McKay (19) M(00)4.0532.062:03.35LP # 2.8Male 200 Free82.062:03.35LP # 2.8Male 200 Free32.062:03.35LP # 2.8Male 200 Free32.062:03.35LP # 2.8Male 200 F	Time	F/P/S	Event	Place	Points	Improv
1:03.39LF # 5Female 100 Back171.5030.58LP # 17Female 50 Back320.312:14.84LF # 23Female 200 Back122.002:16.14LP # 23Female 200 Back120.70Molly Gowans (15)F $$ $$ $$ $$ 2:04.43LP # 3Female 200 Free282.7916:54.93LF # 9Female 1500 Free311.525:04.86LP # 15Female 400 IM240.074:25.73LP # 19Female 400 Free249.232:17.48LF # 23Female 200 Back171.982:18.00LP # 23Female 200 Back191.469:01.46LF # 33Female 800 Free910.70Ryan Howe (19) M(01)2:09.92LP # 32Male 200 IM392.51Jon McKay (19) M(00)4.053:55.87LP # 20Male 400 Free82.063:55.87LP # 20Male 400 Free30.633:55.87LP # 20Male 400 Free30.633:55.87LP # 28Male 200 Fly130.6315:22.27LF # 34Male 1500 Free30.4556.79LP # 22Male 100 Fly481.0	Lauren Crisp	(15) F				
30.58LP # 17Female 50 Back 32 $$ -0.31 $2:14.84L$ F # 23Female 200 Back 12 $$ -2.00 $2:16.14L$ P # 23Female 200 Back 12 $$ -0.70 Molly Gowans (15) F $$ -0.70 $$ -0.70 Molly Gowans (15) F $$ 2.79 $$ -0.70 $16:54.93L$ P # 3Female 200 Free 3 $$ -2.79 $16:54.93L$ F # 9Female 1500 Free 3 $$ 0.07 $4:25.73L$ P # 15Female 400 IM 24 $$ 0.07 $4:25.73L$ P # 19Female 200 Back 17 $$ -1.98 $2:17.48L$ F # 23Female 200 Back 19 $$ -1.98 $2:18.00L$ P # 23Female 200 Back 19 $$ -1.46 $9:01.46L$ F # 33Female 800 Free 9 $$ 0.70 Ryan Howe (19) M(01) $$ -1.46 $$ -2.51 Jon McKay (19) M(00) $$ -2.06 3 $$ -4.05 $3:55.87L$ P # 20Male 400 Free 8 $$ -2.06 $2:03.35L$ P # 28Male 200 Fly 13 $$ -0.45 $15:22.27L$ F # 34Male 1500 Free 3 $$ -0.45 Lucas Tyler (15) M $$ $$ $$ $$ $$ $56.79L$ P # 22Male 100 Fly 48 $$ <	1:03.26L	P # 5	Female 100 Back	14		-1.63
2:14.84LF # 23Female 200 Back122.00 $2:16.14L$ P # 23Female 200 Back120.70 Molly Gowans (15) F $2:04.43L$ P # 3Female 200 Free282.79 $16:54.93L$ F # 9Female 1500 Free311.52 $5:04.86L$ P # 15Female 400 IM240.07 $4:25.73L$ P # 19Female 400 Free249.23 $2:17.48L$ F # 23Female 200 Back171.98 $2:18.00L$ P # 23Female 200 Back191.46 $9:01.46L$ F # 33Female 800 Free90.07 Ryan Howe (19) M(01)UUUU $2:09.92L$ P # 32Male 200 IM392.51 Jon McKay (19) M(00)U 2.062.03.35LP # 20 $3:55.87L$ P # 20Male 400 Free82.06 $2:03.35L$ P # 28Male 200 Fly130.63 $15:22.27L$ F # 34Male 1500 Free30.45 Lucas Tyler (15) M5U 0.45 $56.79L$ P # 22Male 100 Fly481.09	1:03.39L	F # 5	Female 100 Back	17		-1.50
2:16.14L P # 23 Female 200 Back 12 -0.70 Molly Gowans (15) F 2:04.43L P # 3 Female 200 Free 28 2.79 16:54.93L F # 9 Female 1500 Free 3 0.07 4:25.73L P # 15 Female 400 IM 24 0.07 4:25.73L P # 19 Female 400 Free 24 9.23 2:17.48L F # 23 Female 200 Back 17 -1.98 2:18.00L P # 23 Female 200 Back 19 -1.46 9:01.46L F # 33 Female 800 Free 9 10.70 Ryan Howe (19) M (01) 2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00) 3:55.87L P # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 -2.06 2:03.35L P # 28 Male 200 Free 3 0.63 15:2	30.58L	P # 17	Female 50 Back	32		-0.31
Molly Gowans (15) F 2:04.43L P # 3 Female 200 Free 28 2.79 16:54.93L F # 9 Female 1500 Free 3 -11.52 5:04.86L P # 15 Female 400 IM 24 9.23 2:17.48L F # 23 Female 200 Back 17 -1.98 2:18.00L P # 23 Female 200 Back 19 -1.46 9:01.46L F # 33 Female 800 Free 9 10.70 9 2.51 9 2.51 9 2.51 9 2.51 9 2.51 5 -4.05 5 -4.05 5 -4.05 5 -2.06 5 -4.05 8	2:14.84L	F # 23	Female 200 Back	12		-2.00
2:04.43LP # 3Female 200 Free 28 $$ 2.79 $16:54.93L$ F # 9Female 1500 Free 3 $$ -11.52 $5:04.86L$ P # 15Female 400 IM 24 $$ 0.07 $4:25.73L$ P # 19Female 400 Free 24 $$ 9.23 $2:17.48L$ F # 23Female 200 Back 17 $$ -1.98 $2:18.00L$ P # 23Female 200 Back 19 $$ -1.46 $9:01.46L$ F # 33Female 800 Free 9 $$ 10.70 Ryan Howe (19) M (01) $2:09.92L$ P # 32Male 200 IM 39 $$ 2.51 Jon McKay (19) M (00) $3:53.88L$ F # 20Male 400 Free 5 $$ -4.05 $3:55.87L$ P # 20Male 400 Free 8 $$ -2.06 $2:03.35L$ P # 28Male 200 Fly 13 $$ 0.63 $15:22.27L$ F # 34Male 1500 Free 3 $$ 0.45 Lucas Tyler (15) M $56.79L$ P # 22Male 100 Fly 48 $$ -1.09	2:16.14L	P # 23	Female 200 Back	12		-0.70
2:04.43LP # 3Female 200 Free 28 $$ 2.79 $16:54.93L$ F # 9Female 1500 Free 3 $$ -11.52 $5:04.86L$ P # 15Female 400 IM 24 $$ 0.07 $4:25.73L$ P # 19Female 400 Free 24 $$ 9.23 $2:17.48L$ F # 23Female 200 Back 17 $$ -1.98 $2:18.00L$ P # 23Female 200 Back 19 $$ -1.46 $9:01.46L$ F # 33Female 800 Free 9 $$ 10.70 Ryan Howe (19) M (01) $2:09.92L$ P # 32Male 200 IM 39 $$ 2.51 Jon McKay (19) M (00) $3:53.88L$ F # 20Male 400 Free 5 $$ -4.05 $3:55.87L$ P # 20Male 400 Free 8 $$ -2.06 $2:03.35L$ P # 28Male 200 Fly 13 $$ 0.63 $15:22.27L$ F # 34Male 1500 Free 3 $$ 0.45 Lucas Tyler (15) M $56.79L$ P # 22Male 100 Fly 48 $$ -1.09	Molly Gowans	s (15) F				
5:04.86L P # 15 Female 400 IM 24 0.07 4:25.73L P # 19 Female 400 Free 24 9.23 2:17.48L F # 23 Female 200 Back 17 -1.98 2:18.00L P # 23 Female 200 Back 19 -1.46 9:01.46L F # 33 Female 800 Free 9 10.70 Ryan Howe (19) M (01 2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00 3:53.88L F # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 0.63 15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M 5 0.45 0.45 56.79L P # 22 Male 100 Fly 48 -1.09	•		Female 200 Free	28		2.79
4:25.73LP # 19Female 400 Free249.232:17.48LF # 23Female 200 Back171.982:18.00LP # 23Female 200 Back191.469:01.46LF # 33Female 800 Free910.70Ryan Howe (19) M(01)2:09.92LP # 32Male 200 IM392.51Jon McKay (19) M(00)3:53.88LF # 20Male 400 Free54.053:55.87LP # 20Male 400 Free82.2062:03.35LP # 28Male 200 Fly130.6315:22.27LF # 34Male 1500 Free30.45Lucas Tyler (15) M56.79LP # 22Male 100 Fly481.09	16:54.93L	F # 9	Female 1500 Free	3		-11.52
2:17.48L F # 23 Female 200 Back 17 -1.98 2:18.00L P # 23 Female 200 Back 19 -1.46 9:01.46L F # 33 Female 800 Free 9 10.70 Ryan Howe (19) M (01) 2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00) 3:53.88L F # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 -2.06 2:03.35L P # 28 Male 200 Fly 13 0.63 15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M 56.79L P # 22 Male 100 Fly 48 -1.09	5:04.86L	P # 15	Female 400 IM	24		0.07
2:18.00LP # 23Female 200 Back191.46 $9:01.46L$ F # 33Female 800 Free910.70Ryan Howe (19) M(01) $2:09.92L$ P # 32Male 200 IM392.51Jon McKay (19) M(00) $3:53.88L$ F # 20Male 400 Free5 $3:55.87L$ P # 20Male 400 Free84.05 $2:03.35L$ P # 20Male 400 Free82.06 $2:03.35L$ P # 28Male 200 Fly130.63 $15:22.27L$ F # 34Male 1500 Free30.45Lucas Tyler (15) M $56.79L$ P # 22Male 100 Fly481.09	4:25.73L	P # 19	Female 400 Free	24		9.23
9:01.46L F # 33 Female 800 Free 9 10.70 Ryan Howe (19) M (01) 2.51 2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00) 3:53.88L F # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 -2.06 2:03.35L P # 28 Male 200 Fly 13 0.63 15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M 56.79L P # 22 Male 100 Fly 48 -1.09	2:17.48L	F # 23	Female 200 Back	17		-1.98
Ryan Howe (19) M(01) P # 32392.51Jon McKay (19) M(00)4.053:53.88LF # 20Male 400 Free53:55.87LP # 20Male 400 Free82:03.35LP # 28Male 200 Fly1315:22.27LF # 34Male 1500 Free3Lucas Tyler (15) M9922Male 100 Fly4856.79LP # 22Male 100 Fly481.09	2:18.00L	P # 23	Female 200 Back	19		-1.46
2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00)	9:01.46L	F # 33	Female 800 Free	9		10.70
2:09.92L P # 32 Male 200 IM 39 2.51 Jon McKay (19) M (00)	Ryan Howe (1	19) M (01)				
3:53.88L F # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 -2.06 2:03.35L P # 28 Male 200 Fly 13 0.63 15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M -1.09			Male 200 IM	39		2.51
3:53.88L F # 20 Male 400 Free 5 -4.05 3:55.87L P # 20 Male 400 Free 8 -2.06 2:03.35L P # 28 Male 200 Fly 13 0.63 15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M 56.79L P # 22 Male 100 Fly 48 -1.09	Jon McKay (19) M (00)				
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15:22.27L F # 34 Male 1500 Free 3 0.45 Lucas Tyler (15) M 56.79L P # 22 Male 100 Fly 48 -1.09	3:55.87L	P # 20	Male 400 Free	8		-2.06
Lucas Tyler (15) M P # 22 Male 100 Fly 48 -1.09	2:03.35L	P # 28	Male 200 Fly	13		0.63
56.79L P # 22 Male 100 Fly 48 -1.09	15:22.27L	F # 34	Male 1500 Free	3		0.45
56.79L P # 22 Male 100 Fly 48 -1.09	Lucas Tyler (15) M				
2:06.23L P # 28 Male 200 Fly 292.10			Male 100 Fly	48		-1.09
	2:06.23L	P # 28	Male 200 Fly	29		-2.10