

# Meet Program

## 2015 Canadian Swimming Trials

### Day 1 - Wednesday, April 1, 2015

Preliminary Session Warm-up: 8:00 – 9:50 Start: 10:00am			Final Session Warm-up: 4:00 – 5:45pm Start: 6:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
1	50 Fly	2		800 Free (FH)	10
3	200 Free	4	1	50 Fly	2
5	100 Back	6	3	200 Free	4
7	200 Breast	8	5	100 Back	6
9	1500 Free (SH)		7	200 Breast	8
	800 Free (SH)	10	9	1500 Free (FH)	

### Day 2 - Thursday, April 2, 2015

Preliminary Session Warm-up: 8:00 – 9:50 Start: 10:00am			Final Session Warm-up: 4:00 – 5:45pm Start: 6:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
11	100 Free	12	11	100 Free	12
13	100 Breast	14	13	100 Breast	14
15	400 IM	16	15	400 IM	16
17	50 Back	18	17	50 Back	18

### Day 3 - Friday, April 3, 2015

Preliminary Session Warm-up: 8:00 – 9:50 Start: 10:00am			Final Session Warm-up: 4:00 – 5:45pm Start: 6:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
19	400 Free	20	19	400 Free	20
21	100 Fly	22	21	100 Fly	22
23	200 Back	24	23	200 Back	24
25	50 Breast	26	25	50 Breast	26

### Day 4 - Saturday, April 4, 2015

Preliminary Session Warm-up: 8:00 – 9:50 Start: 10:00am			Final Session Warm-up: 4:00 – 5:45pm Start: 6:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
27	200 Fly	28	33	800 Free	
29	50 Free	30	27	200 Fly	28
31	200 IM	32	29	50 Free	30
33	800 Free (SH)		31	200 IM	32
	1500 Free (SH)	34		1500 Free (FH)	34

SH = Slow Heats

FH = Fast Heats