



## Nov. Invitational Swim Meet Results - 11/10/2013

### Event 1 Women 25-29 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Leung, Alice	34.47	26 Ottawa Centre	1:12.15	NT
2 Reeve, Ashleigh	39.43	26 Atomica	1:23.84	1:35.00
3 Roberts, Veronique	42.17	25 Technosport	1:32.53	1:50.00

### Event 1 Women 30-34 100 SC Meter Freestyle

1 Bourgeois, Anne-Marie	37.55	33 Orleans	1:20.31	1:23.00
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### Event 1 Women 35-39 100 SC Meter Freestyle

1 Isabelle, Patricia	35.19	37 Orleans	1:16.61	1:17.93
2 Pouliot, Valerie	41.51	39 Technosport	1:26.21	1:32.00

### Event 1 Women 45-49 100 SC Meter Freestyle

1 Ladanowski, Caroline	35.30	46 Technosport	1:12.94	1:14.00
2 Lawson, Sandy	36.46	48 Carleton	1:16.96	1:18.00

### Event 1 Women 50-54 100 SC Meter Freestyle

1 Cooper, Tammy	46.82	51 Orleans	1:47.72	2:03.00
2 Featherstone, Shelley	58.08	51 Technosport	2:00.05	2:15.00

### Event 1 Women 60-64 100 SC Meter Freestyle

1 Rogers, Patricia	57.26	61 Technosport	2:02.44	2:15.00
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### Event 1 Men 25-29 100 SC Meter Freestyle

1 Cooper, Gary		27 Technosport	1:18.85	1:20.00
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37.77 1:18.85

### Event 1 Men 30-34 100 SC Meter Freestyle

1	Yogi, Alvaro	33 Technosport	59.99	1:00.25
	28.31 1:00.25			

### Event 1 Men 35-39 100 SC Meter Freestyle

1	Rowsell, Mark	39 Technosport	1:25.00	1:18.94
	37.16 1:18.94			
2	Kenny, Michael	38 Cambridge	NT	1:18.97
	36.93 1:18.97			
3	Williams, Billy	35 Nepean	1:30.00	1:21.00
	39.36 1:21.00			

### Event 1 Men 40-44 100 SC Meter Freestyle

1	Gobeil, Gilles	42 Technosport	1:20.00	1:27.59
	40.30 1:27.59			

### Event 1 Men 45-49 100 SC Meter Freestyle

1	McKay, John	49 Orleans	1:20.00	1:05.53
	31.40 1:05.53			

### Event 1 Men 50-54 100 SC Meter Freestyle

1	Jacques, Francois	50 Carleton	1:08.00	1:07.27
	32.36 1:07.27			
2	Lorimer, Ian	54 Carleton	1:14.00	1:17.34
	37.47 1:17.34			
3	Fraser, Dave	53 Technosport	1:28.00	1:32.63
	43.89 1:32.63			

### Event 1 Men 55-59 100 SC Meter Freestyle

1	Gifford, Harley	58 Carleton	1:14.00	1:13.44
	34.90 1:13.44			
2	Lee, James	58 Carleton	1:27.20	1:32.81
	42.20 1:32.81			

### Event 1 Men 65-69 100 SC Meter Freestyle

1	Johnson, Ken	65 Technosport	2:00.00	1:53.56
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51.77 1:53.56

### Event 1 Men 70-74 100 SC Meter Freestyle

1	Heath Eves, Mike 37.30 1:17.50	71 Technosport	1:20.00	1:17.50
2	Jack, Rob 42.10 1:27.47	72 Technosport	1:12.00	1:27.47

### Event 1A Men 45-49 100 SC Meter Butterfly

1	Downing, Michael	45 Technosport	NT	1:06.91
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### Event 2 Women 50-54 100 SC Meter Backstroke

1	Cooper, Tammy 1:00.42 2:08.25	51 Orleans	2:10.00	2:08.25
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### Event 2 Men 35-39 100 SC Meter Backstroke

1	Rowsell, Mark 46.59 1:36.32	39 Technosport	1:35.00	1:36.32
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### Event 2 Men 50-54 100 SC Meter Backstroke

1	Fraser, Dave 54.03 1:51.74	53 Technosport	1:40.00	1:51.74
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### Event 2 Men 55-59 100 SC Meter Backstroke

1	Gifford, Harley 43.90 1:31.43	58 Carleton	1:30.00	1:31.43
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### Event 2 Men 65-69 100 SC Meter Backstroke

1	Johnson, Ken 1:25.13 2:56.09	65 Technosport	3:00.00	2:56.09
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### Event 3 Women 35-39 50 SC Meter Butterfly

1	Isabelle, Patricia	37 Orleans	38.50	38.72
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### Event 3 Women 40-44 50 SC Meter Butterfly

1	Aucoin, Natalie	41 Carleton	NT	35.36
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### Event 3 Women 45-49 50 SC Meter Butterfly

1	Ladanowski, Caroline	46 Technosport	38.00	36.67
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### Event 3 Women 50-54 50 SC Meter Butterfly

1	Deliencourt, Sylvie	52 Technosport	40.00	34.75
2	Cooper, Tammy	51 Orleans	1:00.00	59.84

### Event 3 Women 55-59 50 SC Meter Butterfly

1	Rusu, Liliana	56 Kanata Surfers	56.00	53.37
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### Event 3 Women 60-64 50 SC Meter Butterfly

1	Rogers, Patricia	61 Technosport	1:17.00	1:14.00
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### Event 3 Men 30-34 50 SC Meter Butterfly

1	Yogi, Alvaro	33 Technosport	30.00	30.75
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### Event 3 Men 35-39 50 SC Meter Butterfly

1	Williams, Billy	35 Nepean	40.00	40.97
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### Event 3 Men 45-49 50 SC Meter Butterfly

1	Downing, Michael	45 Technosport	30.00	29.75
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### Event 3 Men 55-59 50 SC Meter Butterfly

1	Cucksey, Jeffery	57 Technosport	1:15.00	48.37
2	Lee, James	58 Carleton	47.20	49.31

### Event 3 Men 65-69 50 SC Meter Butterfly

1	Johnson, Ken	65 Technosport	1:45.00	1:31.47
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### Event 3 Men 70-74 50 SC Meter Butterfly

1	Jack, Rob	72 Technosport	37.00	41.69
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### Event 4 Women 25-29 100 SC Meter Breaststroke

1	Pescod, Tori	25 Orleans	2:00.00	1:45.41
	49.95	1:45.41		

### Event 4 Women 35-39 100 SC Meter Breaststroke

1	Pouliot, Valerie	39 Technosport	1:50.00	1:48.62
	51.43	1:48.62		



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### Event 4 Men 50-54 100 SC Meter Breaststroke

1	Jacques, Francois 47.37 1:38.18	50 Carleton	NT	1:38.18
2	Fraser, Dave 55.62 1:59.66	53 Technosport	NT	1:59.66

### Event 4 Men 60-64 100 SC Meter Breaststroke

1	Roberts, Andrew 46.75 1:47.45	61 Technosport	1:50.00	1:47.45
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### Event 4 Men 65-69 100 SC Meter Breaststroke

1	Johnson, Ken 1:12.76 2:34.87	65 Technosport	NT	2:34.87
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### Event 5 Women 25-29 50 SC Meter Backstroke

1	Roberts, Veronique	25 Technosport	51.00	50.18
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### Event 5 Women 30-34 50 SC Meter Backstroke

1	Bourgeois, Anne-Marie	33 Orleans	47.00	44.88
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### Event 5 Women 55-59 50 SC Meter Backstroke

1	Rusu, Liliana	56 Kanata Surfers	55.00	51.66
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### Event 5 Women 60-64 50 SC Meter Backstroke

1	Rogers, Patricia	61 Technosport	1:08.00	1:03.89
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### Event 5 Men 30-34 50 SC Meter Backstroke

1	Yogi, Alvaro	33 Technosport	31.00	31.51
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### Event 5 Men 35-39 50 SC Meter Backstroke

1	Kenny, Michael	38 Cambridge	NT	42.19
2	Rowell, Mark	39 Technosport	45.00	43.78
3	Williams, Billy	35 Nepean	50.00	50.30

### Event 5 Men 55-59 50 SC Meter Backstroke

1	Gifford, Harley	58 Carleton	41.00	40.91
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2 Lee, James 58 Carleton 50.90 51.88

### Event 5 Men 70-74 50 SC Meter Backstroke

1 Jack, Rob 72 Technosport 38.00 47.25

### Event 6 Women 25-29 200 SC Meter Freestyle

1 Leung, Alice 26 Ottawa Centre 2:41.10 2:43.80  
35.43 1:16.08 2:00.02 2:43.80

2 Reeve, Ashleigh 26 Atomica 3:10.00 3:04.57  
40.06 1:24.87 2:13.40 3:04.57

3 Roberts, Veronique 25 Technosport 3:50.00 3:32.06  
45.18 1:39.05 2:36.27 3:32.06

### Event 6 Women 45-49 200 SC Meter Freestyle

1 Lawson, Sandy 48 Carleton 2:55.00 2:52.73  
39.79 1:23.01 2:07.86 2:52.73

### Event 6 Women 50-54 200 SC Meter Freestyle

1 Featherstone, Shelley 51 Technosport NT 4:19.10  
1:03.27 2:07.68 3:13.12 4:19.10

2 Cooper, Tammy 51 Orleans 4:15.00 4:20.72  
52.28 1:58.19 3:12.18 4:20.72

### Event 6 Women 60-64 200 SC Meter Freestyle

1 Rogers, Patricia 61 Technosport 4:45.00 4:30.60  
59.57 2:09.31 3:20.03 4:30.60

### Event 6 Men 25-29 200 SC Meter Freestyle

1 Cooper, Gary 27 Technosport 2:50.00 3:09.33  
43.72 1:32.28 2:21.47 3:09.33

### Event 6 Men 35-39 200 SC Meter Freestyle

1 Kenny, Michael 38 Cambridge NT 3:03.72  
40.27 1:26.22 2:16.39 3:03.72

### Event 6 Men 40-44 200 SC Meter Freestyle

1 Gobeil, Gilles 42 Technosport 3:00.00 3:17.73  
41.99 1:32.39 2:25.68 3:17.73

### Event 6 Men 45-49 200 SC Meter Freestyle



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1 Downing, Michael 45 Technosport 2:25.00 2:25.46  
 34.18 1:12.02 1:49.32 2:25.46

### Event 6 Men 50-54 200 SC Meter Freestyle

1 Lorimer, Ian 54 Carleton 2:50.00 2:53.66  
 38.21 1:21.09 2:06.83 2:53.66

2 Fraser, Dave 53 Technosport 3:10.00 3:30.25  
 48.29 1:41.19 2:35.26 3:30.25

### Event 6 Men 70-74 200 SC Meter Freestyle

1 Heath Eves, Mike 71 Technosport 3:00.00 2:54.10  
 39.44 1:22.66 2:07.94 2:54.10

### Event 6A Women 45-49 400 SC Meter Freestyle

1 Ladanowski, Caroline 46 Technosport NT 5:27.91  
 36.52 1:47.39 1:59.02 2:41.49 4:05.83 4:47.64 5:27.91

### Event 7 Women 25-29 50 SC Meter Breaststroke

1 Pescod, Tori 25 Orleans 55.00 48.37

### Event 7 Women 35-39 50 SC Meter Breaststroke

1 Pouliot, Valerie 39 Technosport 50.00 48.97

### Event 7 Women 50-54 50 SC Meter Breaststroke

1 Deliencourt, Sylvie 52 Technosport 50.00 43.53

### Event 7 Women 55-59 50 SC Meter Breaststroke

1 Rusu, Liliana 56 Kanata Surfers 47.00 47.27

### Event 7 Men 30-34 50 SC Meter Breaststroke

1 Yogi, Alvaro 33 Technosport 35.00 35.22

### Event 7 Men 35-39 50 SC Meter Breaststroke

1 Williams, Billy 35 Nepean 1:00.00 47.75

### Event 7 Men 60-64 50 SC Meter Breaststroke

1 Roberts, Andrew 61 Technosport 40.00 46.32



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### Event 7 Men 70-74 50 SC Meter Breaststroke

1 Jack, Rob	72 Technosport	41.00	50.19
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### Event 8 Women 25-29 50 SC Meter Freestyle

1 Leung, Alice	26 Ottawa Centre	31.64	33.62
2 Reeve, Ashleigh	26 Atomica	45.00	36.08
3 Pescod, Tori	25 Orleans	45.00	40.05
4 Roberts, Veronique	25 Technosport	45.00	41.41

### Event 8 Women 30-34 50 SC Meter Freestyle

1 Bourgeois, Anne-Marie	33 Orleans	35.30	35.15
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### Event 8 Women 35-39 50 SC Meter Freestyle

1 Isabelle, Patricia	37 Orleans	32.92	33.05
2 Pouliot, Valerie	39 Technosport	47.00	40.63

### Event 8 Women 40-44 50 SC Meter Freestyle

1 Aucoin, Natalie	41 Carleton	35.00	34.31
2 Barrette, Sonia	44 Orleans	35.00	58.14

### Event 8 Women 45-49 50 SC Meter Freestyle

1 Ladanowski, Caroline	46 Technosport	NT	33.72
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### Event 8 Women 50-54 50 SC Meter Freestyle

1 Deliencourt, Sylvie	52 Technosport	35.00	32.97
2 Featherstone, Shelley	51 Technosport	55.00	53.93

### Event 8 Women 55-59 50 SC Meter Freestyle

1 Rusu, Liliana	56 Kanata Surfers	43.00	42.88
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### Event 8 Men 25-29 50 SC Meter Freestyle

1 Cooper, Gary	27 Technosport	32.00	37.00
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### Event 8 Men 30-34 50 SC Meter Freestyle





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1	Yogi, Alvaro	33 Technosport	28.00	27.53
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### Event 8 Men 35-39 50 SC Meter Freestyle

1	Kenny, Michael	38 Cambridge	NT	33.09
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### Event 8 Men 40-44 50 SC Meter Freestyle

1	Gobeil, Gilles	42 Technosport	NT	38.59
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### Event 8 Men 45-49 50 SC Meter Freestyle

1	Downing, Michael	45 Technosport	28.50	28.44
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2	McKay, John	49 Orleans	38.00	29.97
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### Event 8 Men 50-54 50 SC Meter Freestyle

1	Lorimer, Ian	54 Carleton	33.50	34.75
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### Event 8 Men 55-59 50 SC Meter Freestyle

1	Gifford, Harley	58 Carleton	34.00	33.12
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2	Cucksey, Jeffery	57 Technosport	50.00	42.33
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### Event 8 Men 70-74 50 SC Meter Freestyle

1	Heath Eves, Mike	71 Technosport	36.00	35.40
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### Event 9 Women 30-34 100 SC Meter IM

1	Bourgeois, Anne-Marie	33 Orleans	1:35.00	1:34.54
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### Event 9 Women 40-44 100 SC Meter IM

1	Aucoin, Natalie	41 Carleton	1:36.00	1:27.10
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39.52 1:27.10

### Event 9 Women 45-49 100 SC Meter IM

1	Ladanowski, Caroline	46 Technosport	1:28.00	1:24.59
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40.62 1:24.59

2	Lawson, Sandy	48 Carleton	1:35.00	1:37.41
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46.60 1:37.41

### Event 9 Women 50-54 100 SC Meter IM

1	Cooper, Tammy	51 Orleans	2:15.00	2:00.40
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55.94 2:00.40



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### Event 9 Women 55-59 100 SC Meter IM

1	Rusu, Liliana	56 Kanata Surfers	1:45.00	1:44.87
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### Event 9 Women 60-64 100 SC Meter IM

1	Rogers, Patricia	61 Technosport	2:30.00	2:27.08
	1:11.13 2:27.08			

### Event 9 Men 35-39 100 SC Meter IM

1	Williams, Billy	35 Nepean	2:00.00	1:38.33
	46.89 1:38.33			

### Event 9 Men 45-49 100 SC Meter IM

1	Downing, Michael	45 Technosport	1:19.00	1:14.90
	34.30 1:14.90			
2	McKay, John	49 Orleans	1:50.00	1:18.00

### Event 9 Men 50-54 100 SC Meter IM

1	Jacques, Francois	50 Carleton	NT	1:27.44
	44.47 1:27.44			
2	Fraser, Dave	53 Technosport	1:50.00	1:53.41
	54.47 1:53.41			

### Event 9 Men 55-59 100 SC Meter IM

1	Lee, James	58 Carleton	1:40.10	1:42.23
	49.46 1:42.23			

### Event 9 Men 65-69 100 SC Meter IM

1	Johnson, Ken	65 Technosport	2:45.00	2:28.18
	1:17.15 2:28.18			

### Event 9 Men 70-74 100 SC Meter IM

1	Jack, Rob	72 Technosport	1:33.00	1:38.59
	46.43 1:38.59			

### Event 10 Women 120-159 200 SC Meter Freestyle Medley Relay

1	Orleans	A	NT	2:37.22
	1) Bourgeois, Anne-Marie W33		2) Cooper, Tammy W51	3)



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Pescod, Tori W25  
38.24 1:24.61 2:04.08 2:37.22

4) Isabelle, Patricia W37

### Event 10 Mixed 160-199 200 SC Meter Freestyle Medley Relay

A

2 Carleton NT 2:16.51  
1) Lorimer, Ian M54 2) Lawson, Sandy W48 3) Aucoin, Natalie W41 4)  
Jacques, Francois M50  
34.37 1:09.15 1:45.71 2:16.51

B

3 Technosport NT 2:49.37  
1) Roberts, Veronique W25 2) Johnson, Ken M65 3) Roberts, Andrew M61 4)  
Cooper, Gary M27  
42.98 1:32.36 2:13.89 2:49.37

### Event 11 Mixed 120-159 200 SC Meter Medley Relay

A

1 Technosport NT 2:57.63  
1) Delieuxcourt, Sylvie W52 2) Pouliot, Valerie W39 3) Heath Eves, Mike M71 4) Jack,  
Rob M72  
40.97 1:31.68 2:18.69 2:57.63