



Meet Results - November 2014

Event 1 Women 25-29 100 SC Meter Freestyle

1	Serena Palmer	CFST	1:05.96
	31.66	1:05.96	
2	Dominique Lafleur	ORLN	1:07.64
	32.14	1:07.64	

Event 1 Women 40-44 100 SC Meter Freestyle

1	Tracey McIlwaine	TECH	1:22.66
	39.55	1:22.66	

Event 1 Women 45-49 100 SC Meter Freestyle

1	Caroline Ladanowski	TECH	1:14.75
	35.63	1:14.75	

Event 1 Men 24 & Under 100 SC Meter Freestyle

1	Justin Kernet	NEP	1:00.27
	29.03	1:00.27	

Event 1 Men 30-34 100 SC Meter Freestyle

1	Marc Prud'homme	CFST	57.91
	27.49	57.91	

Event 1 Men 35-39 100 SC Meter Freestyle

1	Eric Belchamber	NCRY	1:05.03
	31.33	1:05.03	
2	Pascal Bessette	TECH	1:32.65
	42.20	1:32.65	

Event 1 Men 45-49 100 SC Meter Freestyle

1	Michal Bordovsky	ORLN	1:10.09
	32.70	1:10.09	
2	Matthew Harding	ORLN	1:17.06
	36.33	1:17.06	

Event 3 Women 45-49 50 SC Meter Butterfly

2	Caroline Ladanowski	TECH	36.97
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Event 3 Women 50-54 50 SC Meter Butterfly

1	Lynn Marshall	CAPS	34.17
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Event 3 Women 60-64 50 SC Meter Butterfly

1	Kathleen Milne	TECH	49.00
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Event 3 Men 24 & Under 50 SC Meter Butterfly

1	Justin Kernet	NEP	31.97
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Event 3 Men 35-39 50 SC Meter Butterfly

1	Pascal Bessette	TECH	50.71
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Event 3 Men 45-49 50 SC Meter Butterfly

1	Michal Bordovsky	ORLN	42.83
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Event 3 Men 50-54 50 SC Meter Butterfly

1	John McKay	ORLN	34.07
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Event 3 Men 55-59 50 SC Meter Butterfly

1	Daniel Deschambault	TECH	39.14
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Event 3 Men 70-74 50 SC Meter Butterfly

2	John Weekes	TECH	47.85
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Event 4 Women 25-29 100 SC Meter Breaststroke

1	Serena Palmer	CFST	1:29.87
	42.28	1:29.87	

2	Tori Pescod	ORLN	1:45.71
	50.39	1:45.71	

Event 4 Women 30-34 100 SC Meter Breaststroke

1	Krista Boegel	NEP	1:26.91
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40.73 1:26.91

Event 1 Men 50-54 100 SC Meter Freestyle

1	John McKay	ORLN	1:05.44
	32.17	1:05.44	
2	Shaun Naroski	TOMS	1:12.59
	35.35	1:12.59	

Event 1 Men 55-59 100 SC Meter Freestyle

1	Harley Gifford	CAPS	1:13.34
	34.29	1:13.34	

Event 1 Men 70-74 100 SC Meter Freestyle

1	John Weekes	TECH	1:21.09
	39.04	1:21.09	

Event 2 Women 50-54 100 SC Meter Backstroke

1	Lynn Marshall	CAPS	1:16.33
	37.62	1:16.33	

Event 2 Men 30-34 100 SC Meter Backstroke

1	Marc Prud'homme	CFST	1:10.13
	33.98	1:10.13	

Event 3 Women 25-29 50 SC Meter Butterfly

1	Dominique Lafleur	ORLN	34.25
2	Tori Pescod	ORLN	44.33

Event 3 Women 30-34 50 SC Meter Butterfly

1	Krista Boegel	NEP	35.64
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Event 6 Men 50-54 200 SC Meter Freestyle

1	Shaun Naroski	TOMS	2:45.30
	36.77	1:18.08	2:02.21
			2:45.30

Event 6 Men 70-74 200 SC Meter Freestyle

1	John Weekes	TECH	3:05.90
	41.35	1:29.01	2:19.23
			3:05.90

Event 4 Men 30-34 100 SC Meter Breaststroke

1	Alvaro Yogi	TECH	1:17.41
	36.82	1:17.41	

Event 4 Men 45-49 100 SC Meter Breaststroke

1	William Van Straaten	NCRY	1:29.40
	42.33	1:29.40	

Event 5 Men 30-34 50 SC Meter Backstroke

1	Marc Prud'homme	CFST	31.42
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Event 5 Men 55-59 50 SC Meter Backstroke

1	Harley Gifford	CAPS	38.34
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Event 6 Women 25-29 200 SC Meter Freestyle

1	Dominique Lafleur	ORLN	2:32.35
	34.45	1:13.01	1:53.17
			2:32.35

Event 6 Women 40-44 200 SC Meter Freestyle

1	Tracey McIlwaine	TECH	3:07.77
	44.56	1:32.40	2:21.05
			3:07.77

Event 6 Women 45-49 200 SC Meter Freestyle

1	Caroline Ladanowski	TECH	2:40.94
	37.08	1:18.64	2:00.74
			2:40.94

Event 6 Men 35-39 200 SC Meter Freestyle

1	Pascal Bessette	TECH	3:33.90
	45.09	1:39.18	2:36.81
			3:33.90

Event 8 Men 55-59 50 SC Meter Freestyle

1	Harley Gifford	CAPS	32.42
2	Daniel Deschambault	TECH	33.43

Event 8 Men 60-64 50 SC Meter Freestyle

1	Andrew Roberts	TECH	44.07
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Event 8 Men 70-74 50 SC Meter Freestyle



Event 7 Women 25-29 50 SC Meter Breaststroke

1 Tori Pescod ORLN 48.83

Event 7 Women 30-34 50 SC Meter Breaststroke

1 Krista Boegel NEP 37.43

Event 7 Women 50-54 50 SC Meter Breaststroke

1 Lynn Marshall CAPS 42.50

Event 7 Women 60-64 50 SC Meter Breaststroke

1 Kathleen Milne TECH 51.88

Event 7 Men 24 & Under 50 SC Meter Breaststroke

1 Justin Kernot NEP 36.52

Event 7 Men 45-49 50 SC Meter Breaststroke

1 William Van Straaten NCRY 40.83

2 Michal Bordovsky ORLN 41.54

3 Matthew Harding ORLN 46.81

Event 7 Men 50-54 50 SC Meter Breaststroke

1 Shaun Naroski TOMS 45.08

Event 7 Men 60-64 50 SC Meter Breaststroke

1 Andrew Roberts TECH 47.15

Event 8 Women 25-29 50 SC Meter Freestyle

1 Serena Palmer CFST 30.30

2 Dominique Lafleur ORLN 30.59

Event 8 Women 30-34 50 SC Meter Freestyle

1 Krista Boegel NEP 34.07

1 John Weekes TECH 36.63

Event 9 Women 25-29 100 SC Meter IM

1 Dominique Lafleur ORLN 1:21.60

37.43 1:21.60

2 Tori Pescod ORLN 1:40.56

48.67 1:40.56

Event 9 Women 30-34 100 SC Meter IM

1 Krista Boegel NEP 1:21.95

38.80 1:21.95

Event 9 Women 50-54 100 SC Meter IM

1 Lynn Marshall CAPS 1:16.65

37.87 1:16.65

Event 9 Women 60-64 100 SC Meter IM

1 Kathleen Milne TECH 1:50.20

53.49 1:50.20

Event 9 Men 30-34 100 SC Meter IM

1 Marc Prud'homme CFST 1:07.46

30.80 1:07.46

Event 9 Men 35-39 100 SC Meter IM

1 Pascal Bessette TECH 1:58.11

55.57 1:58.11

Event 9 Men 50-54 100 SC Meter IM

1 John McKay ORLN 1:19.03

37.87 1:19.03

