

## SCHEDULE AND STANDARDS:

To book training time prior to June 1st please contact Christine Saunders [christine.saunders@ubc.ca](mailto:christine.saunders@ubc.ca)

### Thursday June 1, 2023

Open Training at the UBC Aquatic Centre:

09:30-12:00 10 lanes 50m

16:30-20:30 10 lanes 50m

### Friday June 2, 2023

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

<u>W</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>M</u>
		800 Free	9:00.84	<u>1</u>
2	2:24.90	200 Back	2:15.45	3
4	1:18.22	100 Breast	1:08.36	5
6	2:07.48	200 Free	1:58.68	7
8	5:10.46	400 IM	4:48.16	9
10	29.76	50 Fly	27.19	11
12	18:41.14	1500 Free		
13		4x100 Fr Relay		14

### Saturday June 3, 2023

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

<u>W</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>M</u>
15	2:26.20	200 IM	2:14.32	16
17	1:05.27	100 Fly	59.25	18
19	32.75	50 Back	30.66	20
21	4:30.14	400 Free	4:13.33	22
23	2:48.09	200 Breast	2:27.66	24
25	27.98	50 Free	25.31	26
27		4x200 Fr Relay		28

### Sunday June 4, 2023

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

<u>W</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>M</u>
29	9:25.62	800 Free		
30	1:07.48	100 Back	1:02.46	31
32	36.65	50 Breast	32.15	33
34	2:28.30	200 Fly	2:14.70	35
36	59.38	100 Free	53.93	37
		1500 Free	17:09.29	38
39		4x100 Mdly Relay		40