



2012 Speedo Eastern Canadian Championships

Date: Thursday, February 16 – Sunday, February 19

Location: Gatineau Sports Centre
850 de la Gappe Blvd, Quebec

Event Schedule:

Day 1 Thurs. Feb 16 Heats (Short Course) Warm up: 12:00pm Start: 1:30pm	Day 2 Fri. Feb 17 Heats (Short Course) Warm up: 7:30am Start: 9:00am	Day 3 Sat. Feb 18 Heats (Short Course) Warm up: 7:30am Start: 9:00am	Day 4 Sun. Feb 19 Heats (Short Course) Warm up: 7:30am Start: 9:00am
W 1500 Free (TF/AF) M 800 Free (TF/AF) W 50 Fly M 50 Fly W 50 Breast M 50 Breast W 50 Back M 50 Back W 4x200 Free (TF/AF) M 4x200 Free (TF/AF)	W 100 Back M 100 Back W 200 Breast M 200 Breast W 50 Free M 50 Free W 400 IM M 400 IM	W 100 Free M 100 Free W 200 Fly M 200 Fly W 200 Back M 200 Back W 400 Free M 400 Free	W 200 Free M 200 Free W 100 Breast M 100 Breast W 200 IM M 200 IM W 100 Fly M 100 Fly W 800 Free (TF/SH) M 1500 Free (TF/SH)

Day 2 Fri. Feb 17 Finals (Long Course) Warm up: 4:30pm Start: 6:00pm	Day 3 Sat. Feb 18 Finals (Long Course) Warm up: 4:30pm Start: 6:00pm	Day 4 Sun. Feb 19 Finals (Long Course) Warm up: 3:45pm Start: 5:00pm
W 100 Back M 100 Back W 50 Fly M 50 Fly W 200 Breast M 200 Breast W 50 Free M 50 Free W 400 IM M 400 IM W 4x100 Free (TF/AH) M 4x100 Free (TF/AH)	W 100 Free M 100 Free W 200 Fly M 200 Fly W 200 Back M 200 Back W 50 Breast M 50 Breast W 400 Free M 400 Free	W 200 Free M 200 Free W 100 Breast M 100 Breast W 200 IM M 200 IM W 50 Back M 50 Back W 100 Fly M 100 Fly W 800 Free (FH) M 1500 Free (FH) W 4x100 Medley (TF/AH) M 4x100 Medley (TF/AH)

TF = Time Final

SH = Slower Heats

FH = Fastest Heats

AH = All Heats

Scratch Deadline: 12:00noon Friday, February 3