

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 1 Women 18-24 200 LC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Mountford, Hanna	22	Canadian Forces Masters	2:28.33	2:36.43	20
2	Echeverry, Mariana	23	Westmount YMCA Maitres-Nageurs	3:15.20	3:05.52	17
3	Cole, Cordelia	19	Canadian Forces Masters	3:13.45	3:18.68	16

Event 1 Women 25-29 200 LC Meter Backstroke

1	Lepage, Alexandra	29	Canadian Forces Masters	2:54.34	2:51.46	20
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Event 1 Women 35-39 200 LC Meter Backstroke

1	Vlaar, Jacinda	35	Canadian Forces Masters	2:40.40	2:55.48	20
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Event 1 Women 40-44 200 LC Meter Backstroke

1	Slaney, Emily	43	Oakville Masters Swim Club	3:00.00	2:56.81	20
2	Duguay, Claudia	40	Toms The Ontario Masters Swimm	3:15.50	3:01.43	17
3	Boegel, Krista	41	Nepean Masters Swim Club	3:15.00	3:14.31	16

Event 1 Women 45-49 200 LC Meter Backstroke

1	Flannigan, Tamara	48	Masters Swimming Sudbury	3:10.00	3:03.15	20
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Event 1 Women 50-54 200 LC Meter Backstroke

1	Latajka, Robin	52	Canadian Forces Masters	3:06.41	3:06.46	20
2	Smith, Rachel	52	North York Gators	3:24.49	3:17.28	17

Event 1 Women 55-59 200 LC Meter Backstroke

1	McKinnon, Karyn	56	Orillia Old Poops Swimming	3:10.00	3:02.97	20
2	Cicic, Susana	59	Oakville Masters Swim Club	3:33.84	3:24.36	17
3	Olsen, Kendra	58	Oakville Masters Swim Club	3:40.00	3:25.13	16

Event 1 Women 60-64 200 LC Meter Backstroke

1	Kovalchuk, Christine	60	Masters Swimming Sudbury	2:57.57	3:01.78	20
2	Wallace, Michaela	60	Nepean Masters Swim Club	3:28.00	3:27.01	17
3	Woollings, Tina	62	B-Train	3:45.79	3:42.14	16
4	Young, Laura	61	Masters Swimming Sudbury	3:40.30	3:42.89	15
5	MacGregor, Mairi	61	Oakville Masters Swim Club	3:59.60	3:44.98	14

Event 1 Women 65-69 200 LC Meter Backstroke

1	Lopes, Sonia	68	Oakville Masters Swim Club	4:40.00	4:28.57	20
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Event 1 Women 75-79 200 LC Meter Backstroke

1	Berry, Linda	79	Alderwood Teddy Bares	4:10.00	4:19.84	20
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Event 1 Women 80-84 200 LC Meter Backstroke

1	Hines, Elaine	81	Toms The Ontario Masters Swimm	8:00.00	5:36.08	20
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Event 1 Women 90-94 200 LC Meter Backstroke

1	Bryce, Glad	90	Trillium Y Masters Swim Club	6:38.87	5:34.88	20
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Event 2 Men 35-39 200 LC Meter Backstroke

1	Doerksen, Derek	36	Canadian Forces Masters	2:25.44	2:22.67	20
2	Spaul, Graham	35	Arnprior Greyfish	2:45.00	2:46.20	17

Event 2 Men 40-44 200 LC Meter Backstroke

1	Titoura, Alexander	44	Cambridge Mavericks	2:31.00	2:37.51	20
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Event 2 Men 50-54 200 LC Meter Backstroke

1	Stewart, Matt	50	London Silver Dolphins Masters	2:50.01	2:50.02	20
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Event 2 Men 60-64 200 LC Meter Backstroke

1	McKinnon, Peter	60	Orillia Old Poops Swimming	2:35.00	2:28.91	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 2 Men 60-64 200 LC Meter Backstroke)**

2	Shaughnessy, John	63	Oakville Masters Swim Club	4:00.00	3:37.72	17
3	Hughsam, Brian	63	Markham Masters Swim Club	4:40.00	3:46.85	16
4	Masih, Robert	64	Masters Swimming Sudbury	4:35.14	4:22.59	15

Event 2 Men 65-69 200 LC Meter Backstroke

1	Musial, Wes	67	Trillium Y Masters Swim Club	2:51.82	2:47.19	20
2	Lund, Derek	65	Toms The Ontario Masters Swimm	3:08.27	2:54.97	17
3	Korchuk, Jonathan	67	London Silver Dolphins Masters	3:50.00	3:24.28	16

Event 2 Men 70-74 200 LC Meter Backstroke

1	Culp, Joseph	72	Toms The Ontario Masters Swimm	3:03.10	2:59.96	20
2	Kay, Dave	71	Toms The Ontario Masters Swimm	3:37.50	3:46.05	17

Event 2 Men 75-79 200 LC Meter Backstroke

1	Leach, Peter	79	Arnprior Greyfish	3:57.86	4:02.30	20
2	Spencer, Doug	76	London Silver Dolphins Masters	4:22.28	4:29.23	17

Event 2 Men 80-84 200 LC Meter Backstroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	4:18.00	4:14.31	20
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Event 2 Men 85-89 200 LC Meter Backstroke

1	Braaksma, Harry	85	North Toronto Masters SC	4:30.00	4:52.06	20
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Event 2 Men 90-94 200 LC Meter Backstroke

1	Smith, Chris	92	Trillium Y Masters Swim Club	4:50.00	4:57.15	20
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Event 3 Women 25-29 1500 LC Meter Freestyle

1	Hitchen, Mikaela	25	Canadian Forces Masters	21:08.00	20:44.03	20
2	Weir, Cali	25	Canadian Forces Masters	23:00.00	22:16.47	17
3	Gunn, Alexandra	29	Markham Masters Swim Club	NT	23:41.28	16

Event 3 Women 30-34 1500 LC Meter Freestyle

1	Desilets, Alexandra	31	Canadian Forces Masters	24:34.00	24:13.70	20
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Event 3 Women 40-44 1500 LC Meter Freestyle

1	Komorowski, Jennifer	43	London Silver Dolphins Masters	24:00.00	23:44.19	20
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Event 3 Women 50-54 1500 LC Meter Freestyle

1	Lleras, Carolina	54	Oakville Masters Swim Club	23:39.00	20:59.65	20
2	Latajka, Robin	52	Canadian Forces Masters	24:45.00	22:56.74	17
3	McDermid, Sue	53	Masters Swimming Sudbury	28:45.00	30:45.85	16

Event 3 Women 55-59 1500 LC Meter Freestyle

1	Francombe, Leeanne	59	Alderwood Teddy Bares	26:00.00	25:03.51	20
2	Greene, Dana	55	Ottawa Rideau Speedeaus	29:36.44	32:02.23	17

Event 3 Women 60-64 1500 LC Meter Freestyle

1	Lyons, Kelly	61	North York Gators	24:00.00	24:04.35	20
2	Robertson, Kelly	61	Thunder Rays	25:25.53	25:02.77	17
3	Woollings, Tina	62	B-Train	25:50.42	25:41.87	16

Event 3 Women 65-69 1500 LC Meter Freestyle

1	Crysdale, Heather	65	Technosport Swim & Tri Club	31:04.20	30:53.12	20
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Event 3 Women 80-84 1500 LC Meter Freestyle

1	Hines, Elaine	81	Toms The Ontario Masters Swimm	55:00.00	47:33.12	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 3 Men 25-29 1500 LC Meter Freestyle**

1	Cristurean, Cristan	28	Canadian Forces Masters	21:00.00	20:36.87	20
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Event 3 Men 35-39 1500 LC Meter Freestyle

1	Palacios, Hector	39	Team Atomica Swim Club	23:00.00	24:30.33	20
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Event 3 Men 45-49 1500 LC Meter Freestyle

1	Ngan, Gordon	49	Toms The Ontario Masters Swimm	20:00.00	19:58.74	20
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Event 3 Men 50-54 1500 LC Meter Freestyle

1	Mitchell, Steve	52	Single Event Registrant	25:00.00	23:27.25	20
2	Hall, Dana	54	Team Atomica Swim Club	24:30.00	24:01.55	17
3	Hanham, Alex	54	London Silver Dolphins Masters	NT	27:10.84	16

Event 3 Men 55-59 1500 LC Meter Freestyle

1	Turcotte, Benoit	55	Technosport Swim & Tri Club	25:36.05	24:14.23	20
2	Peron, Lucien	57	Team Atomica Swim Club	20:00.00	25:42.83	17
3	Armstrong, Scott	57	North York Gators	24:00.00	27:10.05	16
4	Mandel, Mike	55	Team Atomica Swim Club	24:00.00	27:30.83	15
5	Cosby, Greg	58	Toms The Ontario Masters Swimm	30:29.00	30:45.96	14

Event 3 Men 60-64 1500 LC Meter Freestyle

1	Nicholson, John	60	Oakville Masters Swim Club	21:00.10	20:47.61	20
2	Ikebata, Mark	61	Team Atomica Swim Club	28:00.00	28:31.09	17
3	Baum, Douglas	60	Technosport Swim & Tri Club	28:00.00	28:31.63	16

Event 3 Men 65-69 1500 LC Meter Freestyle

1	Lund, Derek	65	Toms The Ontario Masters Swimm	22:14.56	21:20.92	20
2	Van Klooster, Willy	65	London Silver Dolphins Masters	25:39.00	23:59.60	17
3	Korchuk, Jonathan	67	London Silver Dolphins Masters	25:00.00	24:38.37	16
4	Oliphant, Lawrie	67	Masters Swimming Sudbury	26:30.00	25:47.77	15

Event 3 Men 70-74 1500 LC Meter Freestyle

1	Robson, Mark	73	Arnprior Greyfish	24:14.71	24:31.28	20
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Event 3 Men 75-79 1500 LC Meter Freestyle

1	Sandoz, Mike	76	Nepean Masters Swim Club	26:25.50	25:47.10	20
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Event 3 Men 80-84 1500 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	32:00.00	36:12.48	20
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Event 3 Men 90-94 1500 LC Meter Freestyle

1	Smith, Chris	92	Trillium Y Masters Swim Club	35:00.00	34:00.93	20
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Event 5 Women 18-24 100 LC Meter Freestyle

1	Whelan, Marcella	24	Canadian Forces Masters	1:01.01	1:02.29	20
2	Mountford, Hanna	22	Canadian Forces Masters	1:01.25	1:02.63	17
3	Chan, Charlize	20	Middlesex Swimming	1:03.00	1:04.04	16
4	McDowell, Victoria	22	Masters Swimming Sudbury	NT	1:04.65	15
5	Marshall, Sophie	21	Canadian Forces Masters	1:06.29	1:08.64	14
6	Tang, Sierra	19	Arnprior Greyfish	1:13.01	1:10.16	13
7	Barter, Ying	20	Canadian Forces Masters	1:10.12	1:11.15	12
8	Knelsen, Teagan	20	Canadian Forces Masters	1:10.68	1:12.29	11
9	Cole, Cordelia	19	Canadian Forces Masters	1:12.20	1:13.73	9
10	Asner, Hannah	22	Canadian Forces Masters	1:14.90	1:14.67	7
11	Echeverry, Mariana	23	Westmount YMCA Maitres-Nageurs	1:16.45	1:16.15	6
12	Zamberg, Maria	20	Royal Military College	NT	1:23.54	5

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 5 Women 18-24 100 LC Meter Freestyle)**

13	Tai, Xin Ai	22	Canadian Forces Masters	1:22.00	1:24.61	4
14	Philip, Jillian	24	Trillium Y Masters Swim Club	1:22.28	1:27.89	3
15	BoothS8SB7SM8, Madeleine	21	Mississauga Masters	2:12.84	2:10.39	2

Event 5 Women 25-29 100 LC Meter Freestyle

1	Little, Sarah	25	Markham Masters Swim Club	1:05.00	1:01.87	20
2	Leblanc, Mercedes	25	Canadian Forces Masters	1:05.42	1:02.19	17
3	Hitchen, Mikaela	25	Canadian Forces Masters	1:14.07	1:11.96	16
4	Fenton, Bailey	25	Oakville Masters Swim Club	1:16.00	1:12.17	15
5	Lepage, Alexandra	29	Canadian Forces Masters	1:10.82	1:12.88	14
6	Weir, Cali	25	Canadian Forces Masters	1:12.14	1:13.39	13
7	Kam, Lucinda	28	Markham Masters Swim Club	1:15.00	1:15.07	12
8	Gunn, Alexandra	29	Markham Masters Swim Club	NT	1:15.98	11
9	de Vries, Quincy	25	Oakville Masters Swim Club	1:30.00	1:19.96	9

Event 5 Women 30-34 100 LC Meter Freestyle

1	Schofield, Alexandra	31	Canadian Forces Masters	1:02.71	1:02.07	20
2	Palmer, Marlee	32	Canadian Forces Masters	1:06.20	1:07.58	17
3	Morissette-Barriault, Freder	30	Canadian Forces Masters	1:08.67	1:10.50	16
4	Fraser, Jessica	30	Mississauga Masters	1:13.00	1:10.94	15
5	Desilets, Alexandra	31	Canadian Forces Masters	1:12.87	1:16.95	14
6	Devos, Nicole	31	London Silver Dolphins Masters	1:35.00	1:30.43	13

Event 5 Women 35-39 100 LC Meter Freestyle

1	Vlaar, Jacinda	35	Canadian Forces Masters	1:04.20	1:06.29	20
2	Bortolotti, Claire	37	Canadian Forces Masters	1:10.51	1:11.44	17
3	Blaskovits, Farriss	35	Canadian Forces Masters	1:10.52	1:11.86	16
4	Scott, Sher	36	Canadian Forces Masters	1:18.05	1:16.76	15
5	Knox, Emily	37	Canadian Forces Masters	1:22.93	1:17.82	14
6	Pang, Cecilia	38	North York Gators	1:31.66	1:28.01	13

Event 5 Women 40-44 100 LC Meter Freestyle

1	Duguay, Claudia	40	Toms The Ontario Masters Swimm	1:15.50	1:09.31	20
2	Imai, Jane	44	Mississauga Masters	1:13.96	1:12.70	17
3	Kriese, Joanna	42	Canadian Forces Masters	1:11.40	1:14.82	16
4	Smith, Stephanie	42	Canadian Forces Masters	1:27.58	1:15.99	15
5	Lutes, Naomi	41	North York Gators	1:25.00	1:19.17	14
6	Sazhneva, Maria	44	Oakville Masters Swim Club	1:33.68	1:29.62	13
7	Slota, Rebecca	43	London Silver Dolphins Masters	1:42.00	1:29.72	12
8	Walsh, Francesca	40	Canadian Forces Masters	1:45.89	1:35.95	11

Event 5 Women 45-49 100 LC Meter Freestyle

1	McLean, Sandi	45	Canadian Forces Masters	1:05.00	1:04.87	20
2	Bubenickova, Lenka	45	Trillium Y Masters Swim Club	1:08.22	1:10.44	17
3	Flannigan, Tamara	48	Masters Swimming Sudbury	1:12.00	1:10.83	16
4	Redden, Meaghan	46	Trillium Y Masters Swim Club	1:18.60	1:14.82	15
5	Barker, Janice	49	Oakville Masters Swim Club	1:20.00	1:20.53	14
6	Leblanc, Dawn	48	Canadian Forces Masters	1:22.40	1:23.80	13

Event 5 Women 50-54 100 LC Meter Freestyle

1	Smith, Rachel	52	North York Gators	1:18.57	1:17.14	20
2	Dunn, Margaret	53	TriHardz	1:19.35	1:20.01	17
3	Caceres, Jessica	53	Oakville Masters Swim Club	1:36.56	1:35.05	16

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 5 Women 55-59 100 LC Meter Freestyle**

1	McKinnon, Karyn	56	Orillia Old Poops Swimming	1:16.00	1:13.76	20
2	McLoughlin, Nicola	57	Oakville Masters Swim Club	1:30.00	1:23.49	17
3	Cicic, Susana	59	Oakville Masters Swim Club	1:27.59	1:26.83	16
4	Dagenais, Sophie	55	Toronto Masters of the Univers	1:45.00	1:28.00	15
5	Hornacek, Lynn	58	North York Gators	1:40.00	1:30.85	14
6	Casamayou, Nadine	55	Canadian Forces Masters	1:36.02	1:35.17	13
7	Dhanvantari, Savita	59	London Silver Dolphins Masters	1:45.00	1:35.39	12
8	Greene, Dana	55	Ottawa Rideau Speedeaus	1:33.35	1:39.18	11

Event 5 Women 60-64 100 LC Meter Freestyle

1	Wallace, Michaela	60	Nepean Masters Swim Club	1:20.90	1:14.81	20
2	Kovalchuk, Christine	60	Masters Swimming Sudbury	1:17.00	1:15.47	17
3	Lyons, Kelly	61	North York Gators	1:20.00	1:19.13	16
4	Woollings, Tina	62	B-Train	1:26.19	1:26.24	15
5	MacGregor, Mairi	61	Oakville Masters Swim Club	1:33.00	1:27.15	14
6	Robertson, Kelly	61	Thunder Rays	1:31.06	1:28.20	13
7	Kendall, Michele	61	Masters Swimming Sudbury	NT	1:39.42	12
8	Morrison, Susan	64	Nepean Masters Swim Club	1:38.38	1:39.96	11

Event 5 Women 65-69 100 LC Meter Freestyle

1	Bennett, Rena	66	Team Atomica Swim Club	1:22.00	1:18.93	20
2	Crysdale, Heather	65	Technosport Swim & Tri Club	1:45.33	1:45.83	17
3	Fenton, Heather	67	Oakville Masters Swim Club	1:50.00	1:46.57	16
4	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	2:05.00	1:56.72	15
5	Carey, Beth	67	Toms The Ontario Masters Swimm	2:01.24	2:05.29	14

Event 5 Women 70-74 100 LC Meter Freestyle

1	Merritt, Cathy	72	Nepean Masters Swim Club	1:15.89	1:13.49	20
2	Henderson, Lucie	70	Oakville Masters Swim Club	1:35.00	1:37.33	17

Event 5 Women 75-79 100 LC Meter Freestyle

1	Moustgaard, Maureen	77	Masters Swimming Sudbury	4:10.00	4:24.87	20
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Event 5 Women 80-84 100 LC Meter Freestyle

1	Healey, Pat	80	Technosport Swim & Tri Club	2:07.01	2:06.30	20
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Event 5 Women 90-94 100 LC Meter Freestyle

1	Bryce, Glad	90	Trillium Y Masters Swim Club	4:27.78	2:46.43	20
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Event 6 Men 18-24 100 LC Meter Freestyle

1	Pink, Henry	24	Canadian Forces Masters	59.59	58.61	20
2	Paribok, Dennis	20	Canadian Forces Masters	59.60	1:00.14	17
3	Chernyak, Maksym	22	Canadian Forces Masters	1:04.85	1:01.94	16
4	Rocheleau, Reis	24	Royal Military College	1:17.00	1:12.35	15
5	Hebert, Matthew	24	Arnprior Greyfish	1:12.00	1:16.62	14
6	Thompson, Andrew	24	Toronto Metropolitan Universit	1:17.00	1:21.15	13

Event 6 Men 25-29 100 LC Meter Freestyle

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	52.55	51.86	20
*2	Cristurean, Cristan	28	Canadian Forces Masters	58.80	58.47	16.50
*2	Kim, Aiden	29	Canadian Forces Masters	59.32	58.47	16.50
4	Bartchouk, Nicholas	25	Canadian Forces Masters	1:00.14	1:00.82	15
5	Neilson, Ryan	26	Canadian Forces Masters	59.49	1:01.46	14
6	Eisan, Zachary	25	Canadian Forces Masters	1:07.21	1:04.32	13
7	Conway, Colin	25	Canadian Forces Masters	1:07.27	1:05.52	12

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 6 Men 25-29 100 LC Meter Freestyle)**

8	Tran, Kelvin	25	Ottawa Rideau Speedeaus	1:07.28	1:06.46	11
9	Roberge, Alexandre	25	Toronto Metropolitan Universit	NT	1:07.52	9
10	Tam, Kenrick	28	Markham Masters Swim Club	1:15.00	1:10.46	7
11	Hollowell, Owen	29	Downtown Swim Club	1:08.00	1:12.80	6

Event 6 Men 30-34 100 LC Meter Freestyle

1	Ross, Dylan	30	Canadian Forces Masters	59.90	1:00.44	20
2	Lamy, Gael	32	Canadian Forces Masters	1:00.28	1:02.33	17
3	Johnson-Skinner, Ethan	30	Trillium Y Masters Swim Club	1:10.00	1:03.22	16
4	Cloutier, Marc-Antoine	31	Canadian Forces Masters	1:04.71	1:03.79	15
5	Bordash, Mitch	30	Ottawa Rideau Speedeaus	1:03.95	1:04.50	14
6	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	1:03.00	1:05.04	13
7	Starikov, Aleksei	32	Trillium Y Masters Swim Club	1:15.00	1:06.49	12
8	Duncan, Ryan	30	B-Train	1:08.71	1:07.77	11
9	McKinnon, Chris	33	Single Event Registrant	1:05.00	1:07.84	9
10	Wong, Melvyn	32	Canadian Forces Masters	1:10.50	1:09.18	7
11	Pang, Felix	33	North York Gators	1:15.00	1:18.47	6

Event 6 Men 35-39 100 LC Meter Freestyle

1	Doerksen, Derek	36	Canadian Forces Masters	59.83	58.71	20
2	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	1:13.41	1:11.20	17
3	Kirke, Ben	37	Canadian Forces Masters	1:08.14	1:12.19	16
4	Palacios, Hector	39	Team Atomica Swim Club	1:12.00	1:13.83	15
5	Saffar, Rajeev	37	Toronto Masters of the Univers	1:20.00	1:22.01	14

Event 6 Men 40-44 100 LC Meter Freestyle

1	Feitoza, Marcos	41	Toronto Metropolitan Universit	1:00.00	1:02.12	20
2	Tanner, Peter	42	Downtown Swim Club	1:01.00	1:03.74	17
3	Bruschke, Lars	43	Single Event Registrant	1:03.44	1:05.16	16
4	Flagg, Ryan	41	Canadian Forces Masters	1:05.19	1:05.23	15
5	Clay, Adam	40	Single Event Registrant	NT	1:05.96	14
6	Dore, Adam	41	Canadian Forces Masters	1:08.50	1:07.15	13
7	Kerlow, Joe	43	Canadian Forces Masters	1:10.32	1:10.59	12
8	Abdolhosseini, Hamed	43	Trillium Y Masters Swim Club	NT	1:16.90	11
9	Christopher, Aaron	44	Trillium Y Masters Swim Club	1:20.00	1:18.51	9
10	Mueller, Michael	44	Team Atomica Swim Club	1:32.00	1:25.29	7
11	Cayne, Joel	41	Downtown Swim Club	1:30.00	1:31.96	6

Event 6 Men 45-49 100 LC Meter Freestyle

1	Woodbridge, Oliver	49	Canadian Forces Masters	1:01.40	1:02.48	20
2	Clarke, Rob	46	Canadian Forces Masters	1:14.01	1:11.58	17
3	So, Jonathan	49	Markham Masters Swim Club	2:10.00	1:26.02	16

Event 6 Men 50-54 100 LC Meter Freestyle

1	Stewart, Matt	50	London Silver Dolphins Masters	1:05.00	1:00.83	20
2	Walker, Rory	50	Oakville Masters Swim Club	1:05.00	1:04.03	17
3	Hanham, Alex	54	London Silver Dolphins Masters	1:15.00	1:11.07	16
4	Lee, Andrew	54	Single Event Registrant	1:25.00	1:25.19	15

Event 6 Men 55-59 100 LC Meter Freestyle

1	Raafat, Tarek	58	Ottawa Rideau Speedeaus	1:03.22	1:03.02	20
2	Deitel, Wayne	55	North York Gators	1:13.00	1:15.82	17
3	Turcotte, Benoit	55	Technosport Swim & Tri Club	1:18.69	1:16.14	16
4	Aragon, German	57	Markham Masters Swim Club	1:45.00	1:23.14	15

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 6 Men 55-59 100 LC Meter Freestyle)**

5	Cellarius, Victor	56	Toronto Masters of the Univers	1:25.00	1:26.27	14
6	Cosby, Greg	58	Toms The Ontario Masters Swimm	1:31.39	1:46.47	13

Event 6 Men 60-64 100 LC Meter Freestyle

1	McKinnon, Peter	60	Orillia Old Poops Swimming	1:01.00	59.52	20
2	Thompson, Hershell	62	Toms The Ontario Masters Swimm	1:09.49	1:10.93	17
3	Freeman, Peter	64	Toronto Metropolitan Universit	1:20.00	1:20.26	16
4	Mateer, Glen	63	Trillium Y Masters Swim Club	1:21.00	1:20.94	15
5	Masih, Robert	64	Masters Swimming Sudbury	2:00.00	1:52.98	14

Event 6 Men 65-69 100 LC Meter Freestyle

1	Lund, Derek	65	Toms The Ontario Masters Swimm	1:11.49	1:07.90	20
2	Obal, Michael	68	Toms The Ontario Masters Swimm	1:15.00	1:17.88	17
3	Lorimer, Ian	65	Carleton University Masters	1:20.25	1:19.11	16
4	Witton, Phillip	65	Toms The Ontario Masters Swimm	1:23.00	1:24.98	15
5	Kwan, Dan	69	North York Gators	2:35.12	2:43.09	14

Event 6 Men 70-74 100 LC Meter Freestyle

1	Robson, Mark	73	Arnprior Greyfish	1:16.04	1:15.06	20
2	Hunter, Brian	72	Single Event Registrant	1:25.00	1:18.12	17
3	Kay, Dave	71	Toms The Ontario Masters Swimm	1:23.65	1:22.91	16
4	Alderson, Craig	71	Trillium Y Masters Swim Club	2:12.00	2:08.26	15
5	Yip, Terry	74	Nepean Masters Swim Club	2:27.88	2:28.35	14

Event 6 Men 75-79 100 LC Meter Freestyle

1	Sandoz, Mike	76	Nepean Masters Swim Club	1:24.50	1:22.32	20
2	Leach, Peter	79	Arnprior Greyfish	1:35.00	1:29.66	17
3	Spence, David	75	Middlesex Swimming	1:45.00	1:39.98	16

Event 6 Men 80-84 100 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	1:50.00	1:39.62	20
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Event 6 Men 85-89 100 LC Meter Freestyle

1	Trauber, Ami	85	North Toronto Masters SC	1:29.00	1:35.15	20
2	Braaksma, Harry	85	North Toronto Masters SC	1:49.00	1:41.67	17

Event 6 Men 90-94 100 LC Meter Freestyle

1	Martin, Stuart	90	Toms The Ontario Masters Swimm	2:30.00	2:27.65	20
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Event 7 Women 18-24 200 LC Meter IM

1	Whelan, Marcella	24	Canadian Forces Masters	2:30.48	2:34.36	20
2	Mountford, Hanna	22	Canadian Forces Masters	2:35.32	2:34.57	17
3	McDowell, Victoria	22	Masters Swimming Sudbury	NT	2:44.37	16
4	Marshall, Sophie	21	Canadian Forces Masters	2:49.16	3:00.83	15
5	Asner, Hannah	22	Canadian Forces Masters	3:30.31	3:16.00	14

Event 7 Women 25-29 200 LC Meter IM

1	Leblanc, Mercedes	25	Canadian Forces Masters	2:42.00	2:36.29	20
2	Halajian, Emily	28	Toronto Masters of the Univers	2:45.00	2:47.53	17
3	Lavergne, Paige	25	Oakville Masters Swim Club	3:00.00	2:50.18	16
4	Hitchen, Mikaela	25	Canadian Forces Masters	2:57.87	2:53.63	15
5	Lepage, Alexandra	29	Canadian Forces Masters	3:10.00	3:06.21	14
6	Van Der Veen, Katharine	28	Toronto Metropolitan Universit	2:55.00	3:10.52	13

Event 7 Women 30-34 200 LC Meter IM

1	Palmer, Marlee	32	Canadian Forces Masters	2:46.85	2:48.21	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 7 Women 30-34 200 LC Meter IM)**

2	O'Rourke, Gloria	32	Nepean Masters Swim Club	3:25.00	3:09.03	17
3	Couturier, Shona	34	Canadian Forces Masters	3:25.55	3:23.60	16
4	Kavcic, Chloe	32	Toronto Masters of the Univers	3:26.23	3:28.20	15

Event 7 Women 35-39 200 LC Meter IM

1	Bigelow, Stephanie	38	Canadian Forces Masters	2:35.00	2:49.72	20
2	Blaskovits, Farriss	35	Canadian Forces Masters	2:57.00	3:06.75	17

Event 7 Women 40-44 200 LC Meter IM

1	Meyer, Tessa	40	London Silver Dolphins Masters	2:50.00	2:48.30	20
2	Patterson, Carrie	44	Alderwood Teddy Bares	2:57.00	3:05.59	17
3	Boegel, Krista	41	Nepean Masters Swim Club	3:08.84	3:06.91	16
4	Smith, Stephanie	42	Canadian Forces Masters	3:32.15	3:10.46	15
5	Kriese, Joanna	42	Canadian Forces Masters	3:30.50	3:16.25	14

Event 7 Women 45-49 200 LC Meter IM

1	Flannigan, Tamara	48	Masters Swimming Sudbury	3:02.00	3:04.18	20
2	Leblanc, Dawn	48	Canadian Forces Masters	3:42.03	3:50.27	17

Event 7 Women 50-54 200 LC Meter IM

1	Latajka, Robin	52	Canadian Forces Masters	3:13.09	3:11.19	20
2	McDermid, Sue	53	Masters Swimming Sudbury	4:00.00	4:24.67	17

Event 7 Women 55-59 200 LC Meter IM

1	Olsen, Kendra	58	Oakville Masters Swim Club	3:45.00	3:39.73	20
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Event 7 Women 60-64 200 LC Meter IM

1	Young, Laura	61	Masters Swimming Sudbury	3:36.35	3:46.08	20
2	Roy, Laura	62	Canadian Forces Masters	4:35.00	3:58.39	17
3	Luttgen, Andrea	64	Toronto Masters of the Univers	5:15.00	4:58.17	16

Event 7 Women 65-69 200 LC Meter IM

1	Rusu, Liliana	67	Technosport Swim & Tri Club	3:54.39	3:57.21	20
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Event 7 Women 80-84 200 LC Meter IM

1	Healey, Pat	80	Technosport Swim & Tri Club	5:05.05	5:19.55	20
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Event 8 Men 18-24 200 LC Meter IM

1	Whelan, Matthew	21	Canadian Forces Masters	2:15.63	2:17.88	20
2	Paribok, Dennis	20	Canadian Forces Masters	2:36.65	2:37.14	17
3	Chernyak, Maksym	22	Canadian Forces Masters	2:45.00	2:55.80	16

Event 8 Men 25-29 200 LC Meter IM

1	Kim, Aiden	29	Canadian Forces Masters	2:24.54	2:35.69	20
2	Eisan, Zachary	25	Canadian Forces Masters	3:03.62	2:54.35	17

Event 8 Men 30-34 200 LC Meter IM

1	Zubriski, James	31	Canadian Forces Masters	2:20.00	2:31.56	20
2	Leon, Adolfo	34	Trillium Y Masters Swim Club	2:35.00	2:35.16	17
3	Laforet, Marc	32	Toronto Masters of the Univers	2:35.00	2:35.34	16
4	Brumar, Daniel	31	Technosport Swim & Tri Club	2:38.88	2:43.05	15
5	Pang, Felix	33	North York Gators	3:00.00	3:24.44	14

Event 8 Men 35-39 200 LC Meter IM

1	Spaull, Graham	35	Arnprior Greyfish	2:55.00	2:48.93	20
2	Jelec, Andrew	35	Toronto Masters of the Univers	2:57.43	2:54.83	17

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 8 Men 35-39 200 LC Meter IM)**

3	Palacios, Hector	39	Team Atomica Swim Club	3:15.00	3:09.31	16
4	Saffar, Rajeev	37	Toronto Masters of the Univers	3:25.00	3:29.65	15

Event 8 Men 40-44 200 LC Meter IM

1	Titoura, Alexander	44	Cambridge Mavericks	2:30.00	2:36.65	20
2	Loh, Edmund	40	Downtown Swim Club	2:40.00	2:38.87	17
---	Flagg, Ryan	41	Canadian Forces Masters	2:53.67	DQ	
---	Artindale, Micheal	44	Masters Swimming Sudbury	NT	DNF	

Event 8 Men 45-49 200 LC Meter IM

1	Meredith, Iain	45	Canadian Forces Masters	2:53.87	2:53.99	20
2	Cole, Mike	45	London Silver Dolphins Masters	3:02.00	2:57.57	17
3	Clarke, Rob	46	Canadian Forces Masters	3:10.00	3:12.82	16

Event 8 Men 55-59 200 LC Meter IM

1	Raafat, Tarek	58	Ottawa Rideau Speedeaus	2:41.48	2:45.37	20
2	Hanson, Todd	55	Oakville Masters Swim Club	2:49.85	2:54.39	17
3	Peron, Lucien	57	Team Atomica Swim Club	3:05.00	3:36.24	16

Event 8 Men 60-64 200 LC Meter IM

1	Town, Dave	63	Orillia Old Poops Swimming	2:32.77	2:34.21	20
2	Ashworth, Sean	62	Single Event Registrant	3:20.00	3:20.32	17
3	Masih, Robert	64	Masters Swimming Sudbury	4:23.56	4:20.38	16

Event 8 Men 65-69 200 LC Meter IM

1	Lund, Derek	65	Toms The Ontario Masters Swimm	3:04.46	2:56.73	20
2	Musial, Wes	67	Trillium Y Masters Swim Club	2:50.00	3:05.21	17
3	Reesor, Ken	67	Ottawa Swim Masters	3:12.88	3:11.37	16
4	Korchuk, Jonathan	67	London Silver Dolphins Masters	3:16.00	3:24.74	15

Event 8 Men 70-74 200 LC Meter IM

1	Hunter, Brian	72	Single Event Registrant	3:40.00	3:20.91	20
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Event 8 Men 85-89 200 LC Meter IM

1	Nomura, Yoshi	87	Toronto Masters of the Univers	5:10.10	5:46.24	20
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Event 9 Women 18-24 100 LC Meter Breaststroke

1	Whelan, Marcella	24	Canadian Forces Masters	1:14.28	1:17.38	20
2	Barter, Ying	20	Canadian Forces Masters	1:32.07	1:38.44	17
3	Tai, Xin Ai	22	Canadian Forces Masters	1:48.20	1:46.02	16
4	Zamberg, Maria	20	Royal Military College	NT	1:47.84	15

Event 9 Women 25-29 100 LC Meter Breaststroke

1	Kam, Lucinda	28	Markham Masters Swim Club	1:30.00	1:29.20	20
2	de Vries, Quincy	25	Oakville Masters Swim Club	2:10.00	1:48.34	17

Event 9 Women 30-34 100 LC Meter Breaststroke

1	Morissette-Barriault, Freder	30	Canadian Forces Masters	1:27.99	1:28.11	20
2	Fraser, Jessica	30	Mississauga Masters	1:31.00	1:31.19	17
3	O'Rourke, Gloria	32	Nepean Masters Swim Club	1:32.84	1:37.81	16
4	Kavcic, Chloe	32	Toronto Masters of the Univers	1:40.00	1:42.50	15
5	Devos, Nicole	31	London Silver Dolphins Masters	1:57.00	1:50.01	14

Event 9 Women 35-39 100 LC Meter Breaststroke

1	Blaskovits, Farriss	35	Canadian Forces Masters	1:31.55	1:34.75	20
2	Pang, Cecilia	38	North York Gators	1:54.20	1:53.86	17

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 9 Women 40-44 100 LC Meter Breaststroke**

1	Boegel, Krista	41	Nepean Masters Swim Club	1:30.46	1:28.93	20
2	Smith, Stephanie	42	Canadian Forces Masters	1:49.36	1:40.64	17
3	Rodriguez, Patty	40	Mississauga Masters	2:22.57	2:11.41	16

Event 9 Women 45-49 100 LC Meter Breaststroke

1	McLean, Sandi	45	Canadian Forces Masters	1:25.00	1:20.37	20
2	Redden, Meaghan	46	Trillium Y Masters Swim Club	1:30.00	1:38.67	17
3	Flannigan, Tamara	48	Masters Swimming Sudbury	1:40.00	1:40.20	16

Event 9 Women 50-54 100 LC Meter Breaststroke

1	Shand, Leigh	50	London Silver Dolphins Masters	1:32.65	1:32.57	20
2	Dunn, Margaret	53	TriHardz	1:42.40	1:40.14	17
3	Latajka, Robin	52	Canadian Forces Masters	1:44.71	1:43.95	16

Event 9 Women 55-59 100 LC Meter Breaststroke

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	1:27.00	1:33.42	20
2	Dagenais, Sophie	55	Toronto Masters of the Univers	1:55.00	1:58.17	17
---	Casamayou, Nadine	55	Canadian Forces Masters	1:59.42	DQ	

Event 9 Women 60-64 100 LC Meter Breaststroke

1	Lyons, Kelly	61	North York Gators	1:50.00	1:49.87	20
2	Young, Laura	61	Masters Swimming Sudbury	3:59.59	1:55.62	17
3	Luttgen, Andrea	64	Toronto Masters of the Univers	2:15.00	2:12.24	16

Event 9 Women 65-69 100 LC Meter Breaststroke

1	Bennett, Rena	66	Team Atomica Swim Club	1:44.00	1:42.52	20
2	Rusu, Liliana	67	Technosport Swim & Tri Club	2:00.00	1:53.29	17
3	Lopes, Sonia	68	Oakville Masters Swim Club	1:57.31	1:57.22	16
4	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	2:26.00	2:17.57	15

Event 9 Women 70-74 100 LC Meter Breaststroke

1	Merritt, Cathy	72	Nepean Masters Swim Club	1:44.43	1:43.16	20
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Event 10 Men 18-24 100 LC Meter Breaststroke

1	Whelan, Matthew	21	Canadian Forces Masters	1:04.97	1:11.02	20
2	Paribok, Dennis	20	Canadian Forces Masters	1:22.48	1:18.73	17
3	Wang, Peter	21	Single Event Registrant	1:13.50	1:21.31	16
4	Pink, Henry	24	Canadian Forces Masters	1:25.00	1:21.86	15
5	Rocheleau, Reis	24	Royal Military College	1:42.00	1:37.34	14

Event 10 Men 25-29 100 LC Meter Breaststroke

1	Kim, Aiden	29	Canadian Forces Masters	1:12.23	1:16.08	20
2	Cristurean, Cristan	28	Canadian Forces Masters	1:19.62	1:18.38	17
3	Tran, Kelvin	25	Ottawa Rideau Speedeaus	1:29.10	1:22.59	16
4	Conway, Colin	25	Canadian Forces Masters	1:29.72	1:27.10	15

Event 10 Men 30-34 100 LC Meter Breaststroke

1	Ross, Dylan	30	Canadian Forces Masters	1:20.00	1:19.22	20
2	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	1:30.00	1:31.75	17

Event 10 Men 35-39 100 LC Meter Breaststroke

1	Doerksen, Derek	36	Canadian Forces Masters	1:13.00	1:13.97	20
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Event 10 Men 40-44 100 LC Meter Breaststroke

1	Manzanilla, Enmanuel	40	Nepean Masters Swim Club	1:29.25	1:30.51	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 10 Men 45-49 100 LC Meter Breaststroke**

1	Woodbridge, Oliver	49	Canadian Forces Masters	1:23.00	1:26.69	20
2	So, Jonathan	49	Markham Masters Swim Club	2:20.00	1:52.53	17

Event 10 Men 50-54 100 LC Meter Breaststroke

1	So, Jack	51	Single Event Registrant	1:29.84	1:31.54	20
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Event 10 Men 55-59 100 LC Meter Breaststroke

1	Cellarius, Victor	56	Toronto Masters of the Univers	1:40.00	1:40.89	20
2	Cosby, Greg	58	Toms The Ontario Masters Swimm	2:07.38	2:05.93	17
---	Deitel, Wayne	55	North York Gators	1:30.80	DQ	

Event 10 Men 60-64 100 LC Meter Breaststroke

1	Williamson, Matthew	60	Trillium Y Masters Swim Club	1:21.44	1:22.61	20
2	Hughsam, Brian	63	Markham Masters Swim Club	1:55.00	1:39.03	17
3	Baum, Douglas	60	Technosport Swim & Tri Club	1:47.00	1:43.63	16

Event 10 Men 65-69 100 LC Meter Breaststroke

1	Valencia, Alvaro	65	Toms The Ontario Masters Swimm	1:22.23	1:23.53	20
2	Reesor, Ken	67	Ottawa Swim Masters	1:32.81	1:36.00	17
3	Kwan, Dan	69	North York Gators	2:39.02	2:34.67	16

Event 10 Men 70-74 100 LC Meter Breaststroke

1	Hunter, Brian	72	Single Event Registrant	1:45.00	1:38.06	20
2	Jeysman, Rick	71	Markham Masters Swim Club	1:50.58	1:48.65	17
3	Galli, Rick	73	Oakville Masters Swim Club	1:50.74	1:50.62	16

Event 10 Men 75-79 100 LC Meter Breaststroke

1	Spencer, Doug	76	London Silver Dolphins Masters	2:18.14	2:28.76	20
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Event 10 Men 80-84 100 LC Meter Breaststroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	2:11.83	2:15.44	20
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Event 11 Women 72-99 400 LC Meter Freestyle Relay

1	Canadian Forces Masters	A	5:00.00	5:08.99	20
	1) Cole, Cordelia W19	2) Knelsen, Teagan W20	3) Asner, Hannah W22	4) Tai, Xin Ai W22	

Event 11 Women 100-119 400 LC Meter Freestyle Relay

1	Canadian Forces Masters	A	4:10.00	4:16.13	20
	1) Schofield, Alexandria W31	2) Mountford, Hanna W22	3) Whelan, Marcella W24	4) Leblanc, Mercedes W25	
2	Markham Masters Swim Club	A	4:58.00	4:48.60	17
	1) Kam, Lucinda W28	2) Tan, Valerie W28	3) Gunn, Alexandra W29	4) Little, Sarah W25	
3	Canadian Forces Masters	B	4:45.00	4:55.62	16
	1) Desilets, Alexandra W31	2) Weir, Cali W25	3) Lepage, Alexandra W29	4) Morissette-Barriault, Freder W30	

Event 11 Women 120-159 400 LC Meter Freestyle Relay

1	Canadian Forces Masters	A	4:20.00	4:41.97	20
	1) McLean, Sandi W45	2) Palmer, Marlee W32	3) Vlaar, Jacinda W35	4) Bortolotti, Claire W37	
2	Oakville Masters Swim Club	A	5:18.00	5:03.86	17
	1) Fenton, Bailey W25	2) Barker, Janice W49	3) de Vries, Quincy W25	4) Lavergne, Paige W25	
3	Canadian Forces Masters	B	5:15.00	5:07.08	16
	1) Couturier, Shona W34	2) Scott, Sher W36	3) Knox, Emily W37	4) Hitchen, Mikaela W25	

Event 11 Women 160-199 400 LC Meter Freestyle Relay

1	Masters Swimming Sudbury	A	4:50.99	5:08.93	20
	1) McDowell, Victoria W22	2) Flannigan, Tamara W48	3) Kovalchuk, Christine W60	4) Young, Laura W61	
2	Trillium Y Masters Swim Club	A	4:59.00	5:22.99	17
	1) Bubenickova, Lenka W45	2) Weir, Sue W68	3) Redden, Meaghan W46	4) Philip, Jillian W24	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 11 Women 160-199 400 LC Meter Freestyle Relay)**

3 London Silver Dolphins Masters	A	5:27.00	5:34.38	16
1) Meyer, Tessa W40	2) Komorowski, Jennifer W43	3) Devos, Nicole W31	4) Dhanvantari, Savita W59	
4 Canadian Forces Masters	A	6:15.00	5:50.69	15
1) Anderson, Kimberley W43	2) Leblanc, Dawn W48	3) Walsh, Francesca W40	4) Blaskovits, Farriss W35	

Event 11 Women 200-239 400 LC Meter Freestyle Relay

1 Nepean Masters Swim Club	A	5:40.00	5:28.29	20
1) Merritt, Cathy W72	2) Morrison, Susan W64	3) Boegel, Krista W41	4) O'Rourke, Gloria W32	
2 North York Gators	A	5:20.00	5:28.77	17
1) Lyons, Kelly W61	2) Smith, Rachel W52	3) Hornacek, Lynn W58	4) Lutes, Naomi W41	
3 Canadian Forces Masters	A	6:15.00	5:46.86	16
1) Smith, Stephanie W42	2) Casamayou, Nadine W55	3) Latajka, Robin W52	4) Roy, Laura W62	
4 Oakville Masters Swim Club	A	5:30.00	5:47.91	15
1) Olsen, Kendra W58	2) McLoughlin, Nicola W57	3) Cicic, Susana W59	4) MacGregor, Mairi W61	

Event 11 Women 240-279 400 LC Meter Freestyle Relay

1 Oakville Masters Swim Club	A	6:42.00	6:43.04	20
1) Lopes, Sonia W68	2) Fenton, Heather W67	3) Henderson, Lucie W70	4) Sazhneva, Maria W44	

Event 12 Men 72-99 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	A	3:58.00	3:56.19	20
1) Whelan, Matthew M21	2) Neilson, Ryan M26	3) Pink, Henry M24	4) Paribok, Dennis M20	

Event 12 Men 100-119 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	B	4:40.00	4:29.31	20
1) Chernyak, Maksym M22	2) Conway, Colin M25	3) Wong, Melvyn M32	4) Eisan, Zachary M25	

Event 12 Men 120-159 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	B	4:18.00	4:17.88	20
1) Doerksen, Derek M36	2) Kirke, Ben M37	3) Bartchouk, Nicholas M25	4) Cloutier, Marc-Antoine M31	
2 Trillium Y Masters Swim Club	A	4:20.00	4:27.90	17
1) Leon, Adolfo M34	2) Abdolhosseini, Hamed M43	3) Starikov, Aleksei M32	4) Johnson-Skinner, Ethan M30	
3 Ottawa Rideau Speedeaus	A	4:29.41	4:34.95	16
1) Bordash, Mitch M30	2) McCartin, Stéphane M32	3) Tran, Kelvin M25	4) Ortiz, Alfonso M35	
4 Toronto Metropolitan Universit	A	4:50.00	4:50.26	15
1) Feitoza, Marcos M41	2) Freeman, Peter M64	3) Roberge, Alexandre M25	4) Thompson, Andrew M24	
--- Canadian Forces Masters	A	3:58.00	DQ	
1) Zubriski, James M31	2) Cristurean, Cristan M28	3) Ross, Dylan M30	4) Lamy, Gael M32	

Event 12 Men 160-199 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	A	4:40.00	4:27.48	20
1) Flagg, Ryan M41	2) Kerlow, Joe M43	3) Dore, Adam M41	4) Woodbridge, Oliver M49	
2 Markham Masters Swim Club	A	NT	5:24.46	17
1) Hughsam, Brian M63	2) So, Jonathan M49	3) Aragon, German M57	4) Tam, Kenrick M28	

Event 12 Men 200-239 400 LC Meter Freestyle Relay

1 Oakville Masters Swim Club	A	4:15.00	4:52.22	20
1) Nicholson, John M60	2) Shaughnessy, John M63	3) Hanson, Todd M55	4) Walker, Rory M50	
2 Trillium Y Masters Swim Club	A	5:10.00	5:03.43	17
1) Musial, Wes M67	2) Mateer, Glen M63	3) Williamson, Matthew M60	4) Christopher, Aaron M44	
3 Arnprior Greyfish	A	5:05.00	5:10.35	16
1) Robson, Mark M73	2) Hebert, Matthew M24	3) Leach, Peter M79	4) Spaul, Graham M35	
4 Team Atomica Swim Club	A	NT	5:11.43	15
1) Palacios, Hector M39	2) Peron, Lucien M57	3) Hall, Dana M54	4) Ikebata, Mark M61	
5 Technosport Swim & Tri Club	A	5:54.71	5:54.95	14
1) Olsen, Mike M82	2) Baum, Douglas M60	3) Brumar, Daniel M31	4) Turcotte, Benoit M55	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 12 Men 240-279 400 LC Meter Freestyle Relay**

1	Nepean Masters Swim Club	A	7:43.05	7:04.48	20
	1) Sandoz, Mike M76	2) Colpitts, Charles M80	3) Yip, Terry M74	4) Manzanilla, Enmanuel M40	

Event 13 Women 18-24 50 LC Meter Butterfly

1	Chan, Charlize	20	Middlesex Swimming	29.50	30.48	20
2	McDowell, Victoria	22	Masters Swimming Sudbury	NT	31.47	17
3	Marshall, Sophie	21	Canadian Forces Masters	33.32	33.29	16
4	Tang, Sierra	19	Arnprior Greyfish	39.01	35.15	15
5	Barter, Ying	20	Canadian Forces Masters	37.04	35.90	14
6	Echeverry, Mariana	23	Westmount YMCA Maitres-Nageurs	37.20	36.99	13

Event 13 Women 25-29 50 LC Meter Butterfly

1	Little, Sarah	25	Markham Masters Swim Club	31.00	28.98	20
2	Halajian, Emily	28	Toronto Masters of the Univers	32.00	31.51	17
3	Lavergne, Paige	25	Oakville Masters Swim Club	35.00	33.06	16
4	Van Der Veen, Katharine	28	Toronto Metropolitan Universit	33.00	34.72	15
5	Tan, Valerie	28	Markham Masters Swim Club	38.00	37.39	14
6	Kam, Lucinda	28	Markham Masters Swim Club	38.00	37.95	13
7	Fenton, Bailey	25	Oakville Masters Swim Club	40.60	39.63	12

Event 13 Women 30-34 50 LC Meter Butterfly

1	Schofield, Alexandria	31	Canadian Forces Masters	29.98	28.90	20
2	O'Rourke, Gloria	32	Nepean Masters Swim Club	33.53	34.62	17
3	Fraser, Jessica	30	Mississauga Masters	39.00	36.29	16
4	Desilets, Alexandra	31	Canadian Forces Masters	39.86	38.07	15
5	Couturier, Shona	34	Canadian Forces Masters	49.57	40.72	14

Event 13 Women 35-39 50 LC Meter Butterfly

1	Knox, Emily	37	Canadian Forces Masters	48.01	41.55	20
2	Pang, Cecilia	38	North York Gators	47.35	46.40	17

Event 13 Women 40-44 50 LC Meter Butterfly

1	Meyer, Tessa	40	London Silver Dolphins Masters	32.29	31.78	20
2	Kriese, Joanna	42	Canadian Forces Masters	38.30	35.94	17
3	Imai, Jane	44	Mississauga Masters	38.77	37.96	16
4	Rodriguez, Patty	40	Mississauga Masters	2:20.00	1:00.54	15
5	Slota, Rebecca	43	London Silver Dolphins Masters	1:02.00	1:02.78	14

Event 13 Women 45-49 50 LC Meter Butterfly

1	Flannigan, Tamara	48	Masters Swimming Sudbury	35.00	34.29	20
2	Barker, Janice	49	Oakville Masters Swim Club	38.00	38.01	17

Event 13 Women 50-54 50 LC Meter Butterfly

1	Lleras, Carolina	54	Oakville Masters Swim Club	33.91	33.08	20
2	Shand, Leigh	50	London Silver Dolphins Masters	36.42	35.86	17
---	Caceres, Jessica	53	Oakville Masters Swim Club	54.50	DQ	

Event 13 Women 55-59 50 LC Meter Butterfly

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	34.96	33.98	20
2	Olsen, Kendra	58	Oakville Masters Swim Club	44.75	46.81	17

Event 13 Women 60-64 50 LC Meter Butterfly

1	Wallace, Michaela	60	Nepean Masters Swim Club	44.00	39.94	20
2	Young, Laura	61	Masters Swimming Sudbury	50.50	47.00	17
3	Woollings, Tina	62	B-Train	1:00.00	48.80	16

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 13 Women 65-69 50 LC Meter Butterfly**

1	Weir, Sue	68	Trillium Y Masters Swim Club	40.29	40.69	20
2	Crysdale, Heather	65	Technosport Swim & Tri Club	56.13	56.10	17
3	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	59.00	57.22	16
4	Fenton, Heather	67	Oakville Masters Swim Club	1:04.00	1:00.44	15

Event 13 Women 80-84 50 LC Meter Butterfly

1	Healey, Pat	80	Technosport Swim & Tri Club	1:02.28	1:03.78	20
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Event 14 Men 18-24 50 LC Meter Butterfly

1	Chernyak, Maksym	22	Canadian Forces Masters	31.60	34.22	20
2	Thompson, Andrew	24	Toronto Metropolitan Universit	46.72	44.76	17

Event 14 Men 25-29 50 LC Meter Butterfly

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	24.88	24.89	20
2	Bartchouk, Nicholas	25	Canadian Forces Masters	28.28	28.85	17
3	Tran, Kelvin	25	Ottawa Rideau Speedeaus	30.69	30.48	16

Event 14 Men 30-34 50 LC Meter Butterfly

1	Laforet, Marc	32	Toronto Masters of the Univers	30.00	29.20	20
2	Duncan, Ryan	30	B-Train	32.92	31.63	17
3	Bordash, Mitch	30	Ottawa Rideau Speedeaus	36.80	34.34	16
4	Wong, Melvyn	32	Canadian Forces Masters	33.95	34.62	15
5	McKinnon, Chris	33	Single Event Registrant	35.00	37.64	14
6	Pang, Felix	33	North York Gators	40.00	40.02	13

Event 14 Men 35-39 50 LC Meter Butterfly

1	Spaull, Graham	35	Arnprior Greyfish	30.86	32.08	20
2	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	35.59	33.04	17
3	Kirke, Ben	37	Canadian Forces Masters	38.00	34.03	16
4	Rahurkar, Sagar	36	Toms The Ontario Masters Swimm	34.86	34.15	15

Event 14 Men 40-44 50 LC Meter Butterfly

1	Look Yan, Mark	43	Single Event Registrant	27.49	27.82	20
2	Loh, Edmund	40	Downtown Swim Club	30.00	28.91	17
3	Feitoza, Marcos	41	Toronto Metropolitan Universit	30.00	29.82	16
4	Bruschke, Lars	43	Single Event Registrant	32.02	32.43	15
5	Clay, Adam	40	Single Event Registrant	NT	33.96	14
6	Kerlow, Joe	43	Canadian Forces Masters	40.00	39.14	13

Event 14 Men 45-49 50 LC Meter Butterfly

1	Meredith, Iain	45	Canadian Forces Masters	32.72	32.62	20
2	Cole, Mike	45	London Silver Dolphins Masters	34.58	33.27	17

Event 14 Men 50-54 50 LC Meter Butterfly

1	Walker, Rory	50	Oakville Masters Swim Club	31.00	28.70	20
2	Stewart, Matt	50	London Silver Dolphins Masters	32.40	30.84	17
3	Hanham, Alex	54	London Silver Dolphins Masters	35.00	34.94	16
4	Lee, Andrew	54	Single Event Registrant	43.00	41.81	15

Event 14 Men 55-59 50 LC Meter Butterfly

1	Raafat, Tarek	58	Ottawa Rideau Speedeaus	31.10	30.17	20
2	Deitel, Wayne	55	North York Gators	37.70	38.69	17

Event 14 Men 60-64 50 LC Meter Butterfly

1	Town, Dave	63	Orillia Old Poops Swimming	29.67	29.84	20
2	Thompson, Hershell	62	Toms The Ontario Masters Swimm	34.50	34.47	17

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 14 Men 60-64 50 LC Meter Butterfly)**

3	Williamson, Matthew	60	Trillium Y Masters Swim Club	32.85	34.89	16
4	Ashworth, Sean	62	Single Event Registrant	39.00	35.05	15
5	Hughsam, Brian	63	Markham Masters Swim Club	44.00	38.99	14
6	Shaughnessy, John	63	Oakville Masters Swim Club	50.00	43.60	13
7	Baum, Douglas	60	Technosport Swim & Tri Club	43.00	44.99	12

Event 14 Men 65-69 50 LC Meter Butterfly

1	Lorimer, Ian	65	Carleton University Masters	44.00	40.25	20
2	Obal, Michael	68	Toms The Ontario Masters Swimm	40.00	47.08	17

Event 14 Men 70-74 50 LC Meter Butterfly

1	Hunter, Brian	72	Single Event Registrant	50.00	39.25	20
2	Kay, Dave	71	Toms The Ontario Masters Swimm	40.85	42.74	17

Event 14 Men 75-79 50 LC Meter Butterfly

1	Spence, David	75	Middlesex Swimming	1:01.00	48.49	20
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Event 15 Women 18-24 50 LC Meter Backstroke

1	Echeverry, Mariana	23	Westmount YMCA Maitres-Nageurs	37.40	38.71	20
2	Asner, Hannah	22	Canadian Forces Masters	43.00	38.93	17
3	Cole, Cordelia	19	Canadian Forces Masters	39.17	39.20	16
4	Tang, Sierra	19	Arnprior Greyfish	46.01	39.80	15
5	Zamberg, Maria	20	Royal Military College	NT	45.64	14
6	Philip, Jillian	24	Trillium Y Masters Swim Club	47.45	48.55	13

Event 15 Women 25-29 50 LC Meter Backstroke

1	Lavergne, Paige	25	Oakville Masters Swim Club	35.00	35.80	20
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Event 15 Women 30-34 50 LC Meter Backstroke

1	Boehling, Dana	33	Team Atomica Swim Club	32.67	33.59	20
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Event 15 Women 35-39 50 LC Meter Backstroke

1	Bortolotti, Claire	37	Canadian Forces Masters	37.54	39.85	20
2	Knox, Emily	37	Canadian Forces Masters	43.05	41.19	17

Event 15 Women 40-44 50 LC Meter Backstroke

1	Duguay, Claudia	40	Toms The Ontario Masters Swimm	40.50	35.61	20
2	Slaney, Emily	43	Oakville Masters Swim Club	40.00	37.76	17
3	Kriese, Joanna	42	Canadian Forces Masters	36.34	37.88	16
4	Imai, Jane	44	Mississauga Masters	40.00	39.41	15
5	Lutes, Naomi	41	North York Gators	46.00	43.36	14
6	Anderson, Kimberley	43	Canadian Forces Masters	45.98	44.44	13
7	Walsh, Francesca	40	Canadian Forces Masters	48.73	45.08	12
8	Slota, Rebecca	43	London Silver Dolphins Masters	1:01.00	49.50	11
9	Sazhneva, Maria	44	Oakville Masters Swim Club	58.80	54.22	9
10	Rodriguez, Patty	40	Mississauga Masters	57.86	58.01	7

Event 15 Women 45-49 50 LC Meter Backstroke

1	Flannigan, Tamara	48	Masters Swimming Sudbury	39.00	39.44	20
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Event 15 Women 50-54 50 LC Meter Backstroke

1	Woodworth, Sarah	50	London Silver Dolphins Masters	38.00	38.82	20
2	Smith, Rachel	52	North York Gators	39.78	40.67	17
3	Caceres, Jessica	53	Oakville Masters Swim Club	54.82	54.64	16

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 15 Women 55-59 50 LC Meter Backstroke**

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	36.00	36.88	20
2	McKinnon, Karyn	56	Orillia Old Poops Swimming	39.00	40.10	17
3	Cicic, Susana	59	Oakville Masters Swim Club	43.00	44.35	16
4	Casamayou, Nadine	55	Canadian Forces Masters	50.48	51.39	15

Event 15 Women 60-64 50 LC Meter Backstroke

1	Kovalchuk, Christine	60	Masters Swimming Sudbury	40.00	39.29	20
2	Wallace, Michaela	60	Nepean Masters Swim Club	42.43	40.71	17
3	Young, Laura	61	Masters Swimming Sudbury	52.00	49.01	16
4	MacGregor, Mairi	61	Oakville Masters Swim Club	53.00	49.86	15
5	Kendall, Michele	61	Masters Swimming Sudbury	NT	51.09	14
6	Morrison, Susan	64	Nepean Masters Swim Club	55.44	54.36	13

Event 15 Women 65-69 50 LC Meter Backstroke

1	Weir, Sue	68	Trillium Y Masters Swim Club	44.38	44.16	20
2	Fenton, Heather	67	Oakville Masters Swim Club	1:10.00	57.68	17
3	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	1:15.00	58.70	16

Event 15 Women 75-79 50 LC Meter Backstroke

1	Moustgaard, Maureen	77	Masters Swimming Sudbury	2:05.00	2:14.48	20
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Event 15 Women 90-94 50 LC Meter Backstroke

1	Bryce, Glad	90	Trillium Y Masters Swim Club	1:25.18	1:12.33	20
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Event 16 Men 25-29 50 LC Meter Backstroke

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	27.80	27.65	20
2	Eisan, Zachary	25	Canadian Forces Masters	37.27	36.69	17
3	Conway, Colin	25	Canadian Forces Masters	41.60	40.67	16
4	Roberge, Alexandre	25	Toronto Metropolitan Universit	NT	40.75	15

Event 16 Men 30-34 50 LC Meter Backstroke

1	Brumar, Daniel	31	Technosport Swim & Tri Club	33.76	34.21	20
2	Cloutier, Marc-Antoine	31	Canadian Forces Masters	35.89	35.64	17
3	Pang, Felix	33	North York Gators	45.00	43.28	16

Event 16 Men 35-39 50 LC Meter Backstroke

1	Palacios, Hector	39	Team Atomica Swim Club	38.00	38.42	20
2	Kirke, Ben	37	Canadian Forces Masters	38.35	38.69	17
3	Rahurkar, Sagar	36	Toms The Ontario Masters Swimm	40.11	42.52	16
4	Saffar, Rajeev	37	Toronto Masters of the Univers	45.00	43.41	15

Event 16 Men 40-44 50 LC Meter Backstroke

1	Loh, Edmund	40	Downtown Swim Club	32.00	31.66	20
2	Dore, Adam	41	Canadian Forces Masters	38.00	36.34	17
3	Clay, Adam	40	Single Event Registrant	NT	36.80	16

Event 16 Men 45-49 50 LC Meter Backstroke

1	Meredith, Iain	45	Canadian Forces Masters	37.00	37.32	20
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Event 16 Men 50-54 50 LC Meter Backstroke

1	Stewart, Matt	50	London Silver Dolphins Masters	34.28	34.46	20
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Event 16 Men 55-59 50 LC Meter Backstroke

1	Aragon, German	57	Markham Masters Swim Club	37.00	49.51	20
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Event 16 Men 60-64 50 LC Meter Backstroke

1	McKinnon, Peter	60	Orillia Old Poops Swimming	33.00	30.30	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 16 Men 60-64 50 LC Meter Backstroke)**

2	Thompson, Hershell	62	Toms The Ontario Masters Swimm	35.00	40.07	17
3	Shaughnessy, John	63	Oakville Masters Swim Club	45.00	42.29	16
4	Freeman, Peter	64	Toronto Metropolitan Universit	45.00	43.50	15

Event 16 Men 65-69 50 LC Meter Backstroke

1	Musial, Wes	67	Trillium Y Masters Swim Club	35.97	35.92	20
2	Witton, Phillip	65	Toms The Ontario Masters Swimm	45.00	45.07	17
3	Obal, Michael	68	Toms The Ontario Masters Swimm	42.00	45.28	16

Event 16 Men 70-74 50 LC Meter Backstroke

1	Culp, Joseph	72	Toms The Ontario Masters Swimm	36.65	37.09	20
2	Hunter, Brian	72	Single Event Registrant	47.00	40.85	17
3	Robson, Mark	73	Arnprior Greyfish	41.61	41.68	16
4	Kay, Dave	71	Toms The Ontario Masters Swimm	43.66	45.99	15
5	Jeysman, Rick	71	Markham Masters Swim Club	59.50	54.27	14
6	Yip, Terry	74	Nepean Masters Swim Club	1:18.37	1:14.74	13
7	Alderson, Craig	71	Trillium Y Masters Swim Club	1:05.00	1:25.16	12

Event 16 Men 75-79 50 LC Meter Backstroke

1	Leach, Peter	79	Arnprior Greyfish	49.59	52.49	20
2	Spence, David	75	Middlesex Swimming	59.00	52.79	17
3	Spencer, Doug	76	London Silver Dolphins Masters	57.00	54.23	16

Event 16 Men 80-84 50 LC Meter Backstroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	59.99	56.62	20
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Event 16 Men 85-89 50 LC Meter Backstroke

1	Trauber, Ami	85	North Toronto Masters SC	53.00	51.27	20
2	Braaksmas, Harry	85	North Toronto Masters SC	50.00	52.80	17

Event 16 Men 90-94 50 LC Meter Backstroke

1	Smith, Chris	92	Trillium Y Masters Swim Club	1:09.00	1:10.13	20
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Event 17 Women 18-24 200 LC Meter Breaststroke

1	Zamberg, Maria	20	Royal Military College	NT	3:49.88	20
2	Tai, Xin Ai	22	Canadian Forces Masters	3:42.96	3:52.73	17

Event 17 Women 25-29 200 LC Meter Breaststroke

1	Fenton, Bailey	25	Oakville Masters Swim Club	3:45.00	3:40.71	20
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Event 17 Women 30-34 200 LC Meter Breaststroke

1	Fraser, Jessica	30	Mississauga Masters	3:13.00	3:20.71	20
2	Devos, Nicole	31	London Silver Dolphins Masters	4:03.00	3:52.56	17

Event 17 Women 35-39 200 LC Meter Breaststroke

1	Pang, Cecilia	38	North York Gators	4:07.83	4:19.33	20
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Event 17 Women 40-44 200 LC Meter Breaststroke

1	Boegel, Krista	41	Nepean Masters Swim Club	3:19.99	3:16.61	20
2	Komorowski, Jennifer	43	London Silver Dolphins Masters	3:30.54	3:39.38	17

Event 17 Women 45-49 200 LC Meter Breaststroke

1	Wyatt, Emma	47	Oakville Masters Swim Club	3:55.00	3:54.44	20
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Event 17 Women 50-54 200 LC Meter Breaststroke

1	Shand, Leigh	50	London Silver Dolphins Masters	3:19.87	3:21.61	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 17 Women 60-64 200 LC Meter Breaststroke**

1	Luttgen, Andrea	64	Toronto Masters of the Univers	4:30.00	4:35.55	20
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Event 17 Women 65-69 200 LC Meter Breaststroke

1	Rusu, Liliana	67	Technosport Swim & Tri Club	4:02.22	4:07.73	20
2	Lopes, Sonia	68	Oakville Masters Swim Club	4:20.28	4:22.83	17

Event 18 Men 18-24 200 LC Meter Breaststroke

1	Rocheleau, Reis	24	Royal Military College	3:28.00	3:43.87	20
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Event 18 Men 25-29 200 LC Meter Breaststroke

1	Tam, Kenrick	28	Markham Masters Swim Club	3:30.00	3:18.43	20
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Event 18 Men 35-39 200 LC Meter Breaststroke

1	Jelec, Andrew	35	Toronto Masters of the Univers	3:22.98	3:24.79	20
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Event 18 Men 40-44 200 LC Meter Breaststroke

1	Titoura, Alexander	44	Cambridge Mavericks	2:46.00	2:50.32	20
2	Manzanilla, Enmanuel	40	Nepean Masters Swim Club	3:13.46	3:18.76	17

Event 18 Men 45-49 200 LC Meter Breaststroke

1	Cole, Mike	45	London Silver Dolphins Masters	3:20.00	3:20.44	20
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Event 18 Men 55-59 200 LC Meter Breaststroke

1	Cellarius, Victor	56	Toronto Masters of the Univers	3:40.00	3:37.88	20
2	Cosby, Greg	58	Toms The Ontario Masters Swimm	4:43.12	4:45.48	17

Event 18 Men 60-64 200 LC Meter Breaststroke

1	Williamson, Matthew	60	Trillium Y Masters Swim Club	3:09.58	3:10.94	20
2	Baum, Douglas	60	Technosport Swim & Tri Club	3:45.25	3:54.97	17
3	Masih, Robert	64	Masters Swimming Sudbury	4:46.22	4:39.60	16

Event 18 Men 65-69 200 LC Meter Breaststroke

1	Valencia, Alvaro	65	Toms The Ontario Masters Swimm	2:56.23	2:59.02	20
2	Reesor, Ken	67	Ottawa Swim Masters	3:26.12	3:34.42	17
3	Kwan, Dan	69	North York Gators	5:49.73	5:49.25	16

Event 18 Men 70-74 200 LC Meter Breaststroke

1	Hunter, Brian	72	Single Event Registrant	3:55.00	3:39.54	20
2	Galli, Rick	73	Oakville Masters Swim Club	4:01.54	4:02.60	17

Event 18 Men 80-84 200 LC Meter Breaststroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	5:00.00	5:03.24	20
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Event 18 Men 90-94 200 LC Meter Breaststroke

1	Smith, Chris	92	Trillium Y Masters Swim Club	6:55.00	6:33.21	20
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Event 19 Women 18-24 100 LC Meter Butterfly

1	Chan, Charlize	20	Middlesex Swimming	1:07.00	1:10.66	20
2	Marshall, Sophie	21	Canadian Forces Masters	1:20.00	1:21.95	17

Event 19 Women 25-29 100 LC Meter Butterfly

1	Little, Sarah	25	Markham Masters Swim Club	1:10.00	1:07.97	20
2	Halajian, Emily	28	Toronto Masters of the Univers	1:12.00	1:08.08	17
3	Leblanc, Mercedes	25	Canadian Forces Masters	1:17.73	1:13.72	16

Event 19 Women 30-34 100 LC Meter Butterfly

1	O'Rourke, Gloria	32	Nepean Masters Swim Club	1:15.00	1:22.82	20
2	Morissette-Barriault, Freder	30	Canadian Forces Masters	1:28.80	1:29.79	17

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 19 Women 35-39 100 LC Meter Butterfly**

1	Bigelow, Stephanie	38	Canadian Forces Masters	1:08.00	1:14.90	20
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Event 19 Women 40-44 100 LC Meter Butterfly

1	Meyer, Tessa	40	London Silver Dolphins Masters	1:17.90	1:11.82	20
2	Smith, Stephanie	42	Canadian Forces Masters	1:51.22	1:36.95	17

Event 19 Women 45-49 100 LC Meter Butterfly

1	McLean, Sandi	45	Canadian Forces Masters	1:17.40	1:15.86	20
2	Barker, Janice	49	Oakville Masters Swim Club	1:35.00	1:35.46	17

Event 19 Women 50-54 100 LC Meter Butterfly

1	Lleras, Carolina	54	Oakville Masters Swim Club	1:17.45	1:15.28	20
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Event 19 Women 65-69 100 LC Meter Butterfly

1	Crysdale, Heather	65	Technosport Swim & Tri Club	2:08.85	2:12.23	20
2	Lopes, Sonia	68	Oakville Masters Swim Club	2:15.35	2:19.46	17

Event 20 Men 18-24 100 LC Meter Butterfly

1	Paribok, Dennis	20	Canadian Forces Masters	1:01.67	1:08.78	20
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Event 20 Men 25-29 100 LC Meter Butterfly

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	59.52	57.76	20
2	Kim, Aiden	29	Canadian Forces Masters	1:16.50	1:03.47	17
3	Bartchouk, Nicholas	25	Canadian Forces Masters	1:01.34	1:07.61	16

Event 20 Men 30-34 100 LC Meter Butterfly

1	Zubriski, James	31	Canadian Forces Masters	1:03.49	1:03.89	20
2	Leon, Adolfo	34	Trillium Y Masters Swim Club	1:07.00	1:07.50	17
3	Ross, Dylan	30	Canadian Forces Masters	1:10.40	1:08.15	16
4	Cloutier, Marc-Antoine	31	Canadian Forces Masters	1:19.30	1:23.15	15
5	Pang, Felix	33	North York Gators	1:30.00	1:44.26	14

Event 20 Men 35-39 100 LC Meter Butterfly

1	Doerksen, Derek	36	Canadian Forces Masters	1:04.00	1:04.18	20
2	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	1:29.59	1:21.22	17
3	Saffar, Rajeev	37	Toronto Masters of the Univers	1:36.00	1:34.88	16

Event 20 Men 40-44 100 LC Meter Butterfly

1	Look Yan, Mark	43	Single Event Registrant	1:02.47	1:03.70	20
2	Flagg, Ryan	41	Canadian Forces Masters	1:11.50	1:10.63	17
3	Manzanilla, Enmanuel	40	Nepean Masters Swim Club	1:14.23	1:19.88	16

Event 20 Men 45-49 100 LC Meter Butterfly

1	Clarke, Rob	46	Canadian Forces Masters	1:20.00	1:44.78	20
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Event 20 Men 50-54 100 LC Meter Butterfly

1	So, Jack	51	Single Event Registrant	1:35.32	1:35.59	20
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Event 20 Men 60-64 100 LC Meter Butterfly

1	Town, Dave	63	Orillia Old Poops Swimming	1:11.00	1:09.22	20
2	Ashworth, Sean	62	Single Event Registrant	1:20.00	1:26.46	17
3	Mateer, Glen	63	Trillium Y Masters Swim Club	1:24.73	1:28.24	16
4	Hughsam, Brian	63	Markham Masters Swim Club	1:45.86	1:44.96	15

Event 20 Men 65-69 100 LC Meter Butterfly

1	Reesor, Ken	67	Ottawa Swim Masters	1:32.36	1:34.00	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 21 Women 18-24 400 LC Meter Freestyle**

1	Mountford, Hanna	22	Canadian Forces Masters	4:40.50	4:49.92	20
2	Whelan, Marcella	24	Canadian Forces Masters	4:52.00	4:53.20	17
3	Tang, Sierra	19	Arnprior Greyfish	5:50.01	5:39.93	16

Event 21 Women 25-29 400 LC Meter Freestyle

1	Hitchen, Mikaela	25	Canadian Forces Masters	5:18.17	5:20.84	20
*2	Lavergne, Paige	25	Oakville Masters Swim Club	6:00.00	5:33.02	16.50
*2	Weir, Cali	25	Canadian Forces Masters	5:36.21	5:33.02	16.50
4	Kam, Lucinda	28	Markham Masters Swim Club	7:00.00	5:59.68	15

Event 21 Women 30-34 400 LC Meter Freestyle

1	Schofield, Alexandria	31	Canadian Forces Masters	5:10.50	4:58.55	20
2	Palmer, Marlee	32	Canadian Forces Masters	5:30.33	5:12.77	17
3	Fraser, Jessica	30	Mississauga Masters	6:00.00	5:55.97	16
4	Kavcic, Chloe	32	Toronto Masters of the Univers	6:03.00	6:14.49	15

Event 21 Women 35-39 400 LC Meter Freestyle

1	Bigelow, Stephanie	38	Canadian Forces Masters	5:15.00	5:30.05	20
2	Scott, Sher	36	Canadian Forces Masters	5:55.96	5:55.00	17

Event 21 Women 40-44 400 LC Meter Freestyle

1	Meyer, Tessa	40	London Silver Dolphins Masters	5:50.00	5:25.88	20
2	Slaney, Emily	43	Oakville Masters Swim Club	5:30.00	5:27.96	17
3	Komorowski, Jennifer	43	London Silver Dolphins Masters	5:45.70	6:06.26	16
4	Smith, Stephanie	42	Canadian Forces Masters	6:14.65	6:16.90	15
5	Anderson, Kimberley	43	Canadian Forces Masters	7:30.01	6:48.83	14
6	Sazhneva, Maria	44	Oakville Masters Swim Club	8:10.00	7:24.22	13

Event 21 Women 45-49 400 LC Meter Freestyle

1	Bubenickova, Lenka	45	Trillium Y Masters Swim Club	5:29.71	5:41.97	20
2	Redden, Meaghan	46	Trillium Y Masters Swim Club	6:01.77	5:48.75	17
3	Barker, Janice	49	Oakville Masters Swim Club	6:10.00	6:30.26	16
4	Wyatt, Emma	47	Oakville Masters Swim Club	6:55.00	6:55.22	15

Event 21 Women 50-54 400 LC Meter Freestyle

1	Woodworth, Sarah	50	London Silver Dolphins Masters	5:41.00	5:29.96	20
2	Latajka, Robin	52	Canadian Forces Masters	6:10.53	5:50.28	17
3	Dunn, Margaret	53	TriHardz	7:00.00	5:57.42	16
4	Baker, Jillian	51	Toronto Masters of the Univers	6:45.00	6:35.72	15
5	Caceres, Jessica	53	Oakville Masters Swim Club	7:47.30	7:49.51	14

Event 21 Women 55-59 400 LC Meter Freestyle

1	McKinnon, Karyn	56	Orillia Old Poops Swimming	6:00.00	5:48.06	20
2	Hornacek, Lynn	58	North York Gators	7:00.00	6:47.05	17
3	Dhanvantari, Savita	59	London Silver Dolphins Masters	8:00.00	7:43.62	16
4	Greene, Dana	55	Ottawa Rideau Speedeaus	7:03.64	7:54.91	15

Event 21 Women 60-64 400 LC Meter Freestyle

1	Lyons, Kelly	61	North York Gators	6:15.00	6:13.79	20
2	Robertson, Kelly	61	Thunder Rays	6:48.46	6:27.98	17
3	Woollings, Tina	62	B-Train	6:35.09	6:34.63	16
4	MacGregor, Mairi	61	Oakville Masters Swim Club	6:43.00	6:39.50	15
5	Roy, Laura	62	Canadian Forces Masters	7:01.57	7:04.98	14
6	Morrison, Susan	64	Nepean Masters Swim Club	7:30.00	7:11.93	13

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 21 Women 65-69 400 LC Meter Freestyle**

1	Carey, Beth	67	Toms The Ontario Masters Swimm	8:55.90	8:59.20	20
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Event 21 Women 70-74 400 LC Meter Freestyle

1	Merritt, Cathy	72	Nepean Masters Swim Club	6:03.00	6:12.61	20
2	Henderson, Lucie	70	Oakville Masters Swim Club	7:20.00	7:23.22	17

Event 22 Men 18-24 400 LC Meter Freestyle

1	Whelan, Matthew	21	Canadian Forces Masters	4:03.68	4:34.53	20
2	Thompson, Andrew	24	Toronto Metropolitan Universit	6:46.57	6:56.31	17

Event 22 Men 25-29 400 LC Meter Freestyle

1	Cristurean, Cristan	28	Canadian Forces Masters	4:40.00	4:44.65	20
2	Kim, Aiden	29	Canadian Forces Masters	4:40.92	4:44.77	17
3	Neilson, Ryan	26	Canadian Forces Masters	4:45.00	5:10.88	16

Event 22 Men 30-34 400 LC Meter Freestyle

1	Johnson-Skinner, Ethan	30	Trillium Y Masters Swim Club	5:00.00	4:56.73	20
2	Laforet, Marc	32	Toronto Masters of the Univers	4:56.00	5:01.46	17
3	Brumar, Daniel	31	Technosport Swim & Tri Club	5:30.00	5:17.14	16
4	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	5:28.81	5:34.11	15
5	Duncan, Ryan	30	B-Train	5:54.42	5:55.61	14

Event 22 Men 35-39 400 LC Meter Freestyle

1	Spaull, Graham	35	Arnprior Greyfish	5:19.20	5:17.35	20
2	Palacios, Hector	39	Team Atomica Swim Club	5:50.00	5:58.41	17
3	Rahurkar, Sagar	36	Toms The Ontario Masters Swimm	6:10.78	6:07.78	16

Event 22 Men 40-44 400 LC Meter Freestyle

1	Tanner, Peter	42	Downtown Swim Club	4:53.00	5:08.21	20
2	Flagg, Ryan	41	Canadian Forces Masters	5:51.85	5:52.23	17
3	Mueller, Michael	44	Team Atomica Swim Club	7:00.00	7:18.21	16

Event 22 Men 45-49 400 LC Meter Freestyle

1	Woodbridge, Oliver	49	Canadian Forces Masters	5:30.00	5:21.40	20
2	Cole, Mike	45	London Silver Dolphins Masters	5:47.00	5:44.72	17

Event 22 Men 50-54 400 LC Meter Freestyle

1	Hall, Dana	54	Team Atomica Swim Club	6:34.00	5:59.85	20
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Event 22 Men 55-59 400 LC Meter Freestyle

1	Hanson, Todd	55	Oakville Masters Swim Club	5:18.60	5:24.80	20
2	Turcotte, Benoit	55	Technosport Swim & Tri Club	6:22.91	6:10.79	17
3	Peron, Lucien	57	Team Atomica Swim Club	6:15.00	6:28.39	16
4	Aragon, German	57	Markham Masters Swim Club	8:00.00	7:17.28	15
5	Cosby, Greg	58	Toms The Ontario Masters Swimm	7:43.78	8:02.28	14

Event 22 Men 60-64 400 LC Meter Freestyle

1	McKinnon, Peter	60	Orillia Old Poops Swimming	5:00.00	4:51.01	20
2	Nicholson, John	60	Oakville Masters Swim Club	5:21.61	5:23.67	17
3	Ikebata, Mark	61	Team Atomica Swim Club	7:05.00	7:05.42	16

Event 22 Men 65-69 400 LC Meter Freestyle

1	Van Klooster, Willy	65	London Silver Dolphins Masters	6:35.00	6:02.60	20
2	Korchuk, Jonathan	67	London Silver Dolphins Masters	6:20.00	6:09.08	17
3	Obal, Michael	68	Toms The Ontario Masters Swimm	6:30.00	6:38.73	16
4	Lorimer, Ian	65	Carleton University Masters	6:30.00	6:45.95	15

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 22 Men 70-74 400 LC Meter Freestyle**

1	Robson, Mark	73	Arnprior Greyfish	6:32.00	6:14.37	20
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Event 22 Men 75-79 400 LC Meter Freestyle

1	Sandoz, Mike	76	Nepean Masters Swim Club	6:41.75	6:33.23	20
2	Leach, Peter	79	Arnprior Greyfish	8:00.00	7:29.51	17

Event 22 Men 80-84 400 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	9:00.00	9:23.68	20
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Event 23 Women 72-99 200 LC Meter Medley Relay

1	Canadian Forces Masters	A		3:00.00	2:31.08	20
	1) Knelsen, Teagan W20	2) Asner, Hannah W22	3) Barter, Ying W20		4) Cole, Cordelia W19	

Event 23 Women 100-119 200 LC Meter Medley Relay

1	Canadian Forces Masters	B		2:12.00	2:10.14	20
	1) Lepage, Alexandra W29	2) Whelan, Marcella W24	3) Schofield, Alexandria W31		4) Blaskovits, Farriss W35	
2	Canadian Forces Masters	A		2:08.00	2:14.81	17
	1) Mountford, Hanna W22	2) Leblanc, Mercedes W25	3) Vlaar, Jacinda W35		4) Marshall, Sophie W21	
3	Canadian Forces Masters	C		2:23.00	2:42.66	16
	1) Bortolotti, Claire W37	2) Tai, Xin Ai W22	3) Weir, Cali W25		4) Hitchen, Mikaela W25	

Event 23 Women 120-159 200 LC Meter Medley Relay

1	Canadian Forces Masters	A		2:31.00	2:31.26	20
	1) Kriese, Joanna W42	2) Morissette-Barriault, Freder W303)	Desilets, Alexandra W31		4) Knox, Emily W37	
2	Canadian Forces Masters	B		2:31.00	2:40.43	17
	1) Smith, Stephanie W42	2) Palmer, Marlee W32	3) Couturier, Shona W34		4) Scott, Sher W36	

Event 23 Women 160-199 200 LC Meter Medley Relay

1	Oakville Masters Swim Club	A		2:29.00	2:23.96	20
	1) Lavergne, Paige W25	2) Slaney, Emily W43	3) Lleras, Carolina W54		4) Tremblay, Sylvie W58	
2	London Silver Dolphins Masters	A		2:20.00	2:26.92	17
	1) Woodworth, Sarah W50	2) Shand, Leigh W50	3) Meyer, Tessa W40		4) Komorowski, Jennifer W43	
3	Toronto Masters of the Unifers	A		3:00.00	2:58.61	16
	1) Kavcic, Chloe W32	2) Luttggen, Andrea W64	3) Halajian, Emily W28		4) Baker, Jillian W51	
4	Trillium Y Masters Swim Club	A		2:35.00	2:59.40	15
	1) Weir, Sue W68	2) Philip, Jillian W24	3) Bubenickova, Lenka W45		4) Redden, Meaghan W46	

Event 23 Women 200-239 200 LC Meter Medley Relay

1	Nepean Masters Swim Club	A		2:28.04	2:29.59	20
	1) Wallace, Michaela W60	2) Boegel, Krista W41	3) O'Rourke, Gloria W32		4) Merritt, Cathy W72	
2	Oakville Masters Swim Club	A		3:02.00	3:11.73	17
	1) Cicic, Susana W59	2) Wyatt, Emma W47	3) Caceres, Jessica W53		4) Sazhneva, Maria W44	
3	Canadian Forces Masters	A		3:20.00	3:12.65	16
	1) Casamayou, Nadine W55	2) Latajka, Robin W52	3) Leblanc, Dawn W48		4) Roy, Laura W62	

Event 23 Women 240-279 200 LC Meter Medley Relay

1	Oakville Masters Swim Club	A		3:08.00	3:04.04	20
	1) MacGregor, Mairi W61	2) Lopes, Sonia W68	3) Barker, Janice W49		4) Henderson, Lucie W70	
2	Masters Swimming Sudbury	A		4:25.99	4:39.05	17
	1) Kovalchuk, Christine W60	2) Kendall, Michele W61	3) McDerimid, Sue W53		4) Moustgaard, Maureen W77	

Event 24 Men 72-99 200 LC Meter Medley Relay

1	Canadian Forces Masters	A		1:57.00	1:58.59	20
	1) Pink, Henry M24	2) Whelan, Matthew M21	3) Paribok, Dennis M20		4) Neilson, Ryan M26	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 24 Men 100-119 200 LC Meter Medley Relay**

1 Canadian Forces Masters	A	2:15.00	2:22.92	20
1) Cloutier, Marc-Antoine M31	2) Bartchouk, Nicholas M25	3) Wong, Melvyn M32	4) Eisan, Zachary M25	

Event 24 Men 120-159 200 LC Meter Medley Relay

1 Canadian Forces Masters	A	2:05.00	2:01.56	20
1) Ross, Dylan M30	2) Lamy, Gael M32	3) Zubriski, James M31	4) Cristurean, Cristan M28	
2 Canadian Forces Masters	B	2:12.00	2:09.52	17
1) Dore, Adam M41	2) Doerksen, Derek M36	3) Flagg, Ryan M41	4) Kirke, Ben M37	
3 Toronto Metropolitan Universit	A	2:30.00	2:27.50	16
1) Feitoza, Marcos M41	2) Freeman, Peter M64	3) Roberge, Alexandre M25	4) Thompson, Andrew M24	

Event 24 Men 160-199 200 LC Meter Medley Relay

1 Trillium Y Masters Swim Club	A	1:49.41	2:03.96	20
1) Musial, Wes M67	2) Williamson, Matthew M60	3) Leon, Adolfo M34	4) Schubert, Kurt M29	
2 Canadian Forces Masters	A	2:18.00	2:23.96	17
1) Clarke, Rob M46	2) Woodbridge, Oliver M49	3) Meredith, Iain M45	4) Kerlow, Joe M43	
3 Toronto Masters of the Univers	A	NT	2:28.80	16
1) Saffar, Rajeev M37	2) Jelec, Andrew M35	3) Laforet, Marc M32	4) Cellarius, Victor M56	
4 Markham Masters Swim Club	A	NT	2:46.78	15
1) Aragon, German M57	2) Tam, Kenrick M28	3) Hughsam, Brian M63	4) So, Jonathan M49	

Event 24 Men 200-239 200 LC Meter Medley Relay

1 London Silver Dolphins Masters	A	2:22.13	2:20.37	20
1) Stewart, Matt M50	2) Cole, Mike M45	3) Hanham, Alex M54	4) Korchuk, Jonathan M67	
2 Arnprior Greyfish	A	2:45.00	2:43.35	17
1) Leach, Peter M79	2) Robson, Mark M73	3) Spaul, Graham M35	4) Hebert, Matthew M24	
3 Technosport Swim & Tri Club	A	2:26.00	2:52.06	16
	2) Baum, Douglas M60	3) Brumar, Daniel M31	4) Olsen, Mike M82	

Event 24 Men 240-279 200 LC Meter Medley Relay

1 Oakville Masters Swim Club	A	2:32.00	2:39.58	20
1) Shaughnessy, John M63	2) Galli, Rick M73	3) Nicholson, John M60	4) Hanson, Todd M55	
2 Nepean Masters Swim Club	A	3:03.13	3:25.04	17
1) Sandoz, Mike M76	2) Colpitts, Charles M80	3) Manzanilla, Enmanuel M40	4) Yip, Terry M74	

Event 25 Mixed 72-99 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	A	3:53.00	4:03.45	20
1) Whelan, Matthew M21	2) Mountford, Hanna W22	3) Whelan, Marcella W24	4) Paribok, Dennis M20	
2 Canadian Forces Masters	B	4:18.00	4:22.81	17
1) Pink, Henry M24	2) Barter, Ying W20	3) Knelsen, Teagan W20	4) Neilson, Ryan M26	

Event 25 Mixed 100-119 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	A	4:03.00	4:18.27	20
1) Kim, Aiden M29	2) Hitchen, Mikaela W25	3) Marshall, Sophie W21	4) Cristurean, Cristan M28	
2 Canadian Forces Masters	C	5:05.00	4:35.30	17
1) Lamy, Gael M32	2) Cole, Cordelia W19	3) Weir, Cali W25	4) Cloutier, Marc-Antoine M31	
3 Canadian Forces Masters	B	4:35.00	4:38.21	16
1) Eisan, Zachary M25	2) Morissette-Barriault, Freder W303)	3) Lepage, Alexandra W29	4) Conway, Colin M25	

Event 25 Mixed 120-159 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	B	4:03.00	4:12.88	20
1) Zubriski, James M31	2) Vlaar, Jacinda W35	3) Leblanc, Mercedes W25	4) Doerksen, Derek M36	
2 Canadian Forces Masters	A	4:03.00	4:17.77	17
1) Ross, Dylan M30	2) Schofield, Alexandria W31	3) Kriese, Joanna W42	4) Bartchouk, Nicholas M25	
3 Canadian Forces Masters	C	4:35.00	4:50.39	16
1) Kirke, Ben M37	2) Bortolotti, Claire W37	3) Blaskovits, Farriss W35	4) Wong, Melvyn M32	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 25 Mixed 120-159 400 LC Meter Freestyle Relay)**

4 Markham Masters Swim Club	A	NT	4:55.95	15
1) Kam, Lucinda W28	2) So, Jonathan M49	3) Tam, Kenrick M28	4) Little, Sarah W25	

Event 25 Mixed 160-199 400 LC Meter Freestyle Relay

1 Canadian Forces Masters	A	4:24.00	4:22.90	20
1) Woodbridge, Oliver M49	2) McLean, Sandi W45	3) Palmer, Marlee W32	4) Flagg, Ryan M41	
2 Canadian Forces Masters	B	5:05.00	5:19.70	17
1) Kerlow, Joe M43	2) Leblanc, Dawn W48	3) Smith, Stephanie W42	4) Clarke, Rob M46	
3 Nepean Masters Swim Club	A	5:40.00	5:34.34	16
1) Boegel, Krista W41	2) Menton, Jerome M66	3) O'Rourke, Gloria W32	4) Manzanilla, Enmanuel M40	

Event 25 Mixed 200-239 400 LC Meter Freestyle Relay

1 London Silver Dolphins Masters	A	4:27.00	4:25.54	20
1) Sanders, Joe M56	2) Shand, Leigh W50	3) Woodworth, Sarah W50	4) Stewart, Matt M50	
2 Oakville Masters Swim Club	A	4:18.00	4:40.07	17
1) Hanson, Todd M55	2) Slaney, Emily W43	3) Lleras, Carolina W54	4) Walker, Rory M50	
3 Canadian Forces Masters	A	5:15.00	5:17.88	16
1) Meredith, Iain M45	2) Casamayou, Nadine W55	3) Roy, Laura W62	4) Dore, Adam M41	
4 London Silver Dolphins Masters	B	5:27.00	5:35.29	15
1) Hanham, Alex M54	2) Devos, Nicole W31	3) Van Klooster, Willy M65	4) Dhanvantari, Savita W59	
5 Masters Swimming Sudbury	A	5:30.99	6:40.46	14
1) Artindale, Micheal M44	2) Kendall, Michele W61	3) Oliphant, Lawrie M67	4) McDermid, Sue W53	

Event 25 Mixed 280-319 400 LC Meter Freestyle Relay

1 Nepean Masters Swim Club	A	7:02.94	6:24.36	20
1) Wallace, Michaela W60	2) Yip, Terry M74	3) Sandoz, Mike M76	4) Merritt, Cathy W72	
2 Technosport Swim & Tri Club	A	6:18.98	6:58.50	17
1) Turcotte, Benoit M55	2) Rusu, Liliana W67	3) Olsen, Mike M82	4) Healey, Pat W80	

Event 27 Women 25-29 400 LC Meter IM

1 Fenton, Bailey	25 Oakville Masters Swim Club	7:35.00	6:51.00	20
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Event 27 Women 35-39 400 LC Meter IM

1 Bigelow, Stephanie	38 Canadian Forces Masters	5:35.00	6:22.21	20
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Event 27 Women 65-69 400 LC Meter IM

1 Rusu, Liliana	67 Technosport Swim & Tri Club	8:30.58	8:33.06	20
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Event 28 Men 18-24 400 LC Meter IM

1 Whelan, Matthew	21 Canadian Forces Masters	4:42.63	5:30.26	20
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Event 28 Men 30-34 400 LC Meter IM

1 Brumar, Daniel	31 Technosport Swim & Tri Club	5:50.86	5:56.07	20
2 Wong, Melvyn	32 Canadian Forces Masters	6:59.72	6:56.75	17

Event 28 Men 40-44 400 LC Meter IM

1 Titoura, Alexander	44 Cambridge Mavericks	5:35.00	5:47.64	20
2 Manzanilla, Enmanuel	40 Nepean Masters Swim Club	6:37.94	6:31.54	17

Event 28 Men 45-49 400 LC Meter IM

1 Cole, Mike	45 London Silver Dolphins Masters	6:38.61	6:30.78	20
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Event 28 Men 50-54 400 LC Meter IM

1 So, Jack	51 Single Event Registrant	7:46.62	7:31.86	20
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Event 28 Men 60-64 400 LC Meter IM

1 Nicholson, John	60 Oakville Masters Swim Club	6:28.68	6:28.49	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 28 Men 60-64 400 LC Meter IM)**

2	Hughsam, Brian	63	Markham Masters Swim Club	7:54.13	7:42.32	17
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Event 28 Men 65-69 400 LC Meter IM

1	Reesor, Ken	67	Ottawa Swim Masters	7:30.00	7:07.92	20
2	Menton, Jerome	66	Nepean Masters Swim Club	9:45.64	10:22.39	17

Event 29 Women 18-24 200 LC Meter Freestyle

1	Mountford, Hanna	22	Canadian Forces Masters	2:21.58	2:16.39	20
2	Whelan, Marcella	24	Canadian Forces Masters	2:14.46	2:20.31	17
3	Tang, Sierra	19	Arnprior Greyfish	2:40.01	2:36.22	16
4	Marshall, Sophie	21	Canadian Forces Masters	2:28.48	2:37.55	15
5	Knelsen, Teagan	20	Canadian Forces Masters	2:30.00	2:52.72	14
6	Zamberg, Maria	20	Royal Military College	NT	3:16.64	13

Event 29 Women 25-29 200 LC Meter Freestyle

1	Leblanc, Mercedes	25	Canadian Forces Masters	2:25.70	2:17.41	20
2	Little, Sarah	25	Markham Masters Swim Club	2:40.00	2:24.91	17
3	Hitchen, Mikaela	25	Canadian Forces Masters	2:35.48	2:32.76	16
4	Lavergne, Paige	25	Oakville Masters Swim Club	2:50.00	2:36.29	15
5	Weir, Cali	25	Canadian Forces Masters	2:39.54	2:39.15	14
6	Lepage, Alexandra	29	Canadian Forces Masters	2:39.74	2:45.44	13

Event 29 Women 30-34 200 LC Meter Freestyle

1	Schofield, Alexandria	31	Canadian Forces Masters	2:19.42	2:16.85	20
2	Palmer, Marlee	32	Canadian Forces Masters	2:28.32	2:30.68	17
3	Morissette-Barriault, Freder	30	Canadian Forces Masters	2:35.29	2:37.38	16
4	Kavcic, Chloe	32	Toronto Masters of the Univers	2:52.00	2:52.22	15
5	Desilets, Alexandra	31	Canadian Forces Masters	2:38.43	2:52.41	14
6	Couturier, Shona	34	Canadian Forces Masters	2:55.10	2:55.80	13
7	Devos, Nicole	31	London Silver Dolphins Masters	3:20.00	3:27.90	12

Event 29 Women 35-39 200 LC Meter Freestyle

1	Vlaar, Jacinda	35	Canadian Forces Masters	2:19.20	2:27.18	20
2	Bigelow, Stephanie	38	Canadian Forces Masters	2:25.00	2:40.97	17
3	Scott, Sher	36	Canadian Forces Masters	2:51.39	2:50.11	16

Event 29 Women 40-44 200 LC Meter Freestyle

1	Slaney, Emily	43	Oakville Masters Swim Club	2:38.00	2:35.10	20
2	Duguay, Claudia	40	Toms The Ontario Masters Swimm	2:36.50	2:38.76	17
3	Boegel, Krista	41	Nepean Masters Swim Club	2:45.00	2:47.05	16
4	Komorowski, Jennifer	43	London Silver Dolphins Masters	2:46.19	2:47.66	15
5	Smith, Stephanie	42	Canadian Forces Masters	3:02.21	2:51.81	14
6	Lutes, Naomi	41	North York Gators	3:02.00	2:55.52	13
7	Sazhneva, Maria	44	Oakville Masters Swim Club	3:38.47	3:26.08	12

Event 29 Women 45-49 200 LC Meter Freestyle

1	Leblanc, Dawn	48	Canadian Forces Masters	2:59.13	3:03.35	20
2	Wyatt, Emma	47	Oakville Masters Swim Club	3:20.00	3:16.61	17

Event 29 Women 50-54 200 LC Meter Freestyle

1	Woodworth, Sarah	50	London Silver Dolphins Masters	2:50.00	2:40.34	20
2	Dunn, Margaret	53	TriHardz	2:58.73	2:51.73	17
3	Baker, Jillian	51	Toronto Masters of the Univers	3:10.00	3:08.02	16
4	Caceres, Jessica	53	Oakville Masters Swim Club	3:40.05	3:46.73	15

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 29 Women 55-59 200 LC Meter Freestyle**

1	McKinnon, Karyn	56	Orillia Old Poops Swimming	2:46.00	2:42.47	20
2	Dickison, Suzanne	59	Oakville Masters Swim Club	3:10.00	2:51.38	17
3	Olsen, Kendra	58	Oakville Masters Swim Club	3:00.00	3:01.78	16
4	Hornacek, Lynn	58	North York Gators	3:15.00	3:16.29	15
5	Casamayou, Nadine	55	Canadian Forces Masters	3:28.05	3:31.08	14
6	Dhanvantari, Savita	59	London Silver Dolphins Masters	3:45.00	3:40.39	13
7	Greene, Dana	55	Ottawa Rideau Speedeaus	3:24.24	3:46.53	12

Event 29 Women 60-64 200 LC Meter Freestyle

1	Lyons, Kelly	61	North York Gators	2:50.00	2:50.24	20
2	Woollings, Tina	62	B-Train	3:09.48	3:08.15	17
3	Robertson, Kelly	61	Thunder Rays	3:14.60	3:08.71	16
4	Roy, Laura	62	Canadian Forces Masters	3:23.80	3:22.47	15
5	Morrison, Susan	64	Nepean Masters Swim Club	3:27.51	3:32.14	14
6	Kendall, Michele	61	Masters Swimming Sudbury	NT	3:33.40	13

Event 29 Women 65-69 200 LC Meter Freestyle

1	Crysdale, Heather	65	Technosport Swim & Tri Club	NT	3:53.13	20
2	Lopes, Sonia	68	Oakville Masters Swim Club	4:10.00	3:54.67	17
3	Carey, Beth	67	Toms The Ontario Masters Swimm	4:25.33	4:21.73	16

Event 29 Women 70-74 200 LC Meter Freestyle

1	Merritt, Cathy	72	Nepean Masters Swim Club	2:47.33	2:46.96	20
2	Henderson, Lucie	70	Oakville Masters Swim Club	3:30.00	3:30.86	17

Event 29 Women 80-84 200 LC Meter Freestyle

1	Healey, Pat	80	Technosport Swim & Tri Club	4:15.30	4:25.08	20
2	Hines, Elaine	81	Toms The Ontario Masters Swimm	7:45.00	6:00.04	17

Event 30 Men 18-24 200 LC Meter Freestyle

1	Whelan, Matthew	21	Canadian Forces Masters	1:52.82	2:05.89	20
2	Rocheleau, Reis	24	Royal Military College	2:42.00	2:49.22	17

Event 30 Men 25-29 200 LC Meter Freestyle

1	Cristurean, Cristan	28	Canadian Forces Masters	2:10.00	2:10.60	20
2	Kim, Aiden	29	Canadian Forces Masters	2:09.14	2:10.98	17
3	Eisan, Zachary	25	Canadian Forces Masters	2:36.39	2:30.02	16
4	Conway, Colin	25	Canadian Forces Masters	2:42.00	2:37.27	15
5	Hollowell, Owen	29	Downtown Swim Club	2:35.00	2:41.10	14

Event 30 Men 30-34 200 LC Meter Freestyle

1	Zubriski, James	31	Canadian Forces Masters	2:06.92	2:13.64	20
2	Laforet, Marc	32	Toronto Masters of the Univers	2:18.00	2:16.11	17
3	Ross, Dylan	30	Canadian Forces Masters	2:20.00	2:16.91	16
4	Johnson-Skinner, Ethan	30	Trillium Y Masters Swim Club	2:20.00	2:17.93	15
5	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	2:27.00	2:27.18	14
6	McKinnon, Chris	33	Single Event Registrant	2:25.00	2:31.02	13
7	Bordash, Mitch	30	Ottawa Rideau Speedeaus	2:33.47	2:32.48	12
8	Cloutier, Marc-Antoine	31	Canadian Forces Masters	2:39.60	2:38.64	11
9	Duncan, Ryan	30	B-Train	2:42.01	2:39.53	9

Event 30 Men 35-39 200 LC Meter Freestyle

1	Jelec, Andrew	35	Toronto Masters of the Univers	2:55.00	2:42.37	20
2	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	2:48.94	2:47.28	17
3	Rahurkar, Sagar	36	Toms The Ontario Masters Swimm	3:01.34	2:53.72	16

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 30 Men 40-44 200 LC Meter Freestyle**

1	Tanner, Peter	42	Downtown Swim Club	2:16.00	2:21.82	20
2	Flagg, Ryan	41	Canadian Forces Masters	2:33.25	2:33.27	17
3	Clay, Adam	40	Single Event Registrant	NT	2:35.92	16
4	Kerlow, Joe	43	Canadian Forces Masters	2:42.58	2:45.40	15

Event 30 Men 45-49 200 LC Meter Freestyle

1	Woodbridge, Oliver	49	Canadian Forces Masters	2:23.10	2:24.30	20
2	Clarke, Rob	46	Canadian Forces Masters	2:35.00	2:42.15	17

Event 30 Men 50-54 200 LC Meter Freestyle

1	Walker, Rory	50	Oakville Masters Swim Club	2:22.00	2:23.51	20
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Event 30 Men 55-59 200 LC Meter Freestyle

1	Sanders, Joe	56	London Silver Dolphins Masters	2:17.25	2:16.88	20
2	Raafat, Tarek	58	Ottawa Rideau Speedeaus	2:22.55	2:21.05	17
3	Hanson, Todd	55	Oakville Masters Swim Club	2:31.88	2:35.27	16
4	Turcotte, Benoit	55	Technosport Swim & Tri Club	2:55.17	2:53.03	15
5	Cellarius, Victor	56	Toronto Masters of the Univers	3:02.00	3:13.50	14
6	Aragon, German	57	Markham Masters Swim Club	3:45.00	3:19.59	13

Event 30 Men 60-64 200 LC Meter Freestyle

1	Town, Dave	63	Orillia Old Poops Swimming	2:18.00	2:20.54	20
2	Mateer, Glen	63	Trillium Y Masters Swim Club	2:50.00	2:57.03	17
3	Masih, Robert	64	Masters Swimming Sudbury	4:11.28	4:03.28	16

Event 30 Men 65-69 200 LC Meter Freestyle

1	Lund, Derek	65	Toms The Ontario Masters Swimm	2:35.36	2:33.07	20
2	Van Klooster, Willy	65	London Silver Dolphins Masters	3:05.00	2:50.97	17
3	Korchuk, Jonathan	67	London Silver Dolphins Masters	2:55.00	2:51.13	16
4	Oliphant, Lawrie	67	Masters Swimming Sudbury	3:15.00	3:00.91	15
5	Lorimer, Ian	65	Carleton University Masters	3:08.82	3:03.84	14

Event 30 Men 75-79 200 LC Meter Freestyle

1	Sandoz, Mike	76	Nepean Masters Swim Club	3:06.50	3:02.29	20
2	Leach, Peter	79	Arnprior Greyfish	3:50.00	3:30.69	17
3	Spence, David	75	Middlesex Swimming	4:00.00	3:54.24	16

Event 30 Men 80-84 200 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	4:00.00	3:57.97	20
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Event 30 Men 85-89 200 LC Meter Freestyle

1	Trauber, Ami	85	North Toronto Masters SC	3:30.00	3:31.72	20
2	Braaksma, Harry	85	North Toronto Masters SC	3:45.00	4:17.14	17

Event 30 Men 90-94 200 LC Meter Freestyle

1	Smith, Chris	92	Trillium Y Masters Swim Club	4:19.00	4:16.54	20
2	Martin, Stuart	90	Toms The Ontario Masters Swimm	5:00.00	5:19.98	17

Event 31 Women 18-24 200 LC Meter Butterfly

1	Echeverry, Mariana	23	Westmount YMCA Maitres-Nageurs	3:20.37	3:29.94	20
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Event 31 Women 25-29 200 LC Meter Butterfly

1	Halajian, Emily	28	Toronto Masters of the Univers	2:42.00	2:32.11	20
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Event 31 Women 35-39 200 LC Meter Butterfly

1	Bigelow, Stephanie	38	Canadian Forces Masters	2:35.00	3:03.01	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 31 Women 40-44 200 LC Meter Butterfly**

1 Meyer, Tessa	40 London Silver Dolphins Masters	2:52.46	2:41.66	20
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Event 31 Women 50-54 200 LC Meter Butterfly

1 Lleras, Carolina	54 Oakville Masters Swim Club	3:00.00	3:16.09	20
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Event 31 Women 65-69 200 LC Meter Butterfly

1 Rusu, Liliana	67 Technosport Swim & Tri Club	4:35.95	4:40.31	20
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Event 32 Men 30-34 200 LC Meter Butterfly

1 Leon, Adolfo	34 Trillium Y Masters Swim Club	2:30.00	2:43.43	20
2 Wong, Melvyn	32 Canadian Forces Masters	3:39.80	3:39.27	17

Event 32 Men 40-44 200 LC Meter Butterfly

1 Titioura, Alexander	44 Cambridge Mavericks	2:46.00	2:57.10	20
2 Manzanilla, Enmanuel	40 Nepean Masters Swim Club	2:58.11	3:04.72	17

Event 32 Men 60-64 200 LC Meter Butterfly

1 Ashworth, Sean	62 Single Event Registrant	3:20.00	3:23.99	20
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Event 33 Women 18-24 100 LC Meter Backstroke

1 Mountford, Hanna	22 Canadian Forces Masters	1:09.35	1:08.78	20
2 Whelan, Marcella	24 Canadian Forces Masters	1:19.50	1:16.67	17
3 Knelsen, Teagan	20 Canadian Forces Masters	1:22.88	1:24.92	16
4 Asner, Hannah	22 Canadian Forces Masters	1:29.80	1:26.05	15
5 Echeverry, Mariana	23 Westmount YMCA Maitres-Nageurs	1:27.47	1:29.17	14
6 Cole, Cordelia	19 Canadian Forces Masters	1:35.09	1:31.28	13

Event 33 Women 25-29 100 LC Meter Backstroke

1 Leblanc, Mercedes	25 Canadian Forces Masters	1:15.60	1:13.09	20
2 Lavergne, Paige	25 Oakville Masters Swim Club	1:25.00	1:19.20	17
3 Lepage, Alexandra	29 Canadian Forces Masters	1:17.73	1:20.28	16
4 Weir, Cali	25 Canadian Forces Masters	1:25.62	1:23.87	15

Event 33 Women 30-34 100 LC Meter Backstroke

1 Boehling, Dana	33 Team Atomica Swim Club	1:12.42	1:14.59	20
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Event 33 Women 35-39 100 LC Meter Backstroke

1 Vlaar, Jacinda	35 Canadian Forces Masters	1:16.30	1:19.68	20
2 Blaskovits, Farriss	35 Canadian Forces Masters	1:22.27	1:23.45	17
3 Knox, Emily	37 Canadian Forces Masters	1:31.43	1:28.32	16
4 Bortolotti, Claire	37 Canadian Forces Masters	1:23.80	1:29.88	15

Event 33 Women 40-44 100 LC Meter Backstroke

1 Duguay, Claudia	40 Toms The Ontario Masters Swimm	1:35.50	1:20.91	20
2 Kriese, Joanna	42 Canadian Forces Masters	1:21.13	1:25.23	17
3 Anderson, Kimberley	43 Canadian Forces Masters	1:41.23	1:39.61	16
4 Slota, Rebecca	43 London Silver Dolphins Masters	2:10.00	1:40.02	15
5 Walsh, Francesca	40 Canadian Forces Masters	1:45.17	1:41.92	14

Event 33 Women 45-49 100 LC Meter Backstroke

1 McLean, Sandi	45 Canadian Forces Masters	1:22.00	1:16.58	20
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Event 33 Women 50-54 100 LC Meter Backstroke

1 Latajka, Robin	52 Canadian Forces Masters	1:27.46	1:28.45	20
2 Smith, Rachel	52 North York Gators	1:29.06	1:32.18	17

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 33 Women 55-59 100 LC Meter Backstroke**

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	1:21.54	1:21.97	20
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Event 33 Women 60-64 100 LC Meter Backstroke

1	Kovalchuk, Christine	60	Masters Swimming Sudbury	1:23.00	1:23.84	20
2	Wallace, Michaela	60	Nepean Masters Swim Club	1:36.95	1:30.49	17
3	MacGregor, Mairi	61	Oakville Masters Swim Club	1:53.00	1:46.00	16
4	Morrison, Susan	64	Nepean Masters Swim Club	1:59.60	1:58.53	15

Event 33 Women 75-79 100 LC Meter Backstroke

1	Berry, Linda	79	Alderwood Teddy Bares	1:58.00	1:59.80	20
2	Moustgaard, Maureen	77	Masters Swimming Sudbury	4:29.00	4:29.77	17

Event 33 Women 80-84 100 LC Meter Backstroke

1	Hines, Elaine	81	Toms The Ontario Masters Swimm	4:00.00	2:46.99	20
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Event 33 Women 90-94 100 LC Meter Backstroke

1	Bryce, Glad	90	Trillium Y Masters Swim Club	3:49.87	2:40.20	20
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Event 34 Men 18-24 100 LC Meter Backstroke

1	Pink, Henry	24	Canadian Forces Masters	1:07.15	1:09.10	20
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Event 34 Men 30-34 100 LC Meter Backstroke

1	Ross, Dylan	30	Canadian Forces Masters	1:11.70	1:13.80	20
2	Brumar, Daniel	31	Technosport Swim & Tri Club	1:18.25	1:17.01	17
3	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	1:22.00	1:33.85	16

Event 34 Men 35-39 100 LC Meter Backstroke

1	Doerksen, Derek	36	Canadian Forces Masters	1:06.03	1:05.40	20
2	Kirke, Ben	37	Canadian Forces Masters	1:29.00	1:25.56	17

Event 34 Men 40-44 100 LC Meter Backstroke

1	Loh, Edmund	40	Downtown Swim Club	1:12.00	1:09.93	20
2	Dore, Adam	41	Canadian Forces Masters	1:18.20	1:20.57	17
3	Artindale, Micheal	44	Masters Swimming Sudbury	NT	2:28.98	16

Event 34 Men 45-49 100 LC Meter Backstroke

1	Meredith, Iain	45	Canadian Forces Masters	1:19.59	1:20.23	20
2	Clarke, Rob	46	Canadian Forces Masters	1:26.99	1:26.47	17

Event 34 Men 50-54 100 LC Meter Backstroke

1	Stewart, Matt	50	London Silver Dolphins Masters	1:20.20	1:14.07	20
2	Mitchell, Steve	52	Single Event Registrant	1:30.00	1:26.60	17

Event 34 Men 55-59 100 LC Meter Backstroke

1	Sanders, Joe	56	London Silver Dolphins Masters	1:15.00	1:18.43	20
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Event 34 Men 60-64 100 LC Meter Backstroke

1	McKinnon, Peter	60	Orillia Old Poops Swimming	1:10.00	1:06.72	20
2	Shaughnessy, John	63	Oakville Masters Swim Club	1:40.00	1:34.73	17

Event 34 Men 65-69 100 LC Meter Backstroke

1	Musial, Wes	67	Trillium Y Masters Swim Club	1:18.65	1:16.18	20
2	Lund, Derek	65	Toms The Ontario Masters Swimm	1:25.84	1:20.82	17
3	Korchuk, Jonathan	67	London Silver Dolphins Masters	1:32.00	1:33.45	16
4	Van Klooster, Willy	65	London Silver Dolphins Masters	1:38.00	1:39.35	15
5	Witton, Phillip	65	Toms The Ontario Masters Swimm	1:40.00	1:40.42	14

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 34 Men 70-74 100 LC Meter Backstroke**

1	Kay, Dave	71	Toms The Ontario Masters Swimm	1:44.99	1:45.15	20
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Event 34 Men 75-79 100 LC Meter Backstroke

1	Sandoz, Mike	76	Nepean Masters Swim Club	1:43.50	1:46.18	20
2	Spencer, Doug	76	London Silver Dolphins Masters	2:05.00	2:02.10	17

Event 34 Men 80-84 100 LC Meter Backstroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	2:02.97	1:57.77	20
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Event 34 Men 85-89 100 LC Meter Backstroke

1	Braaksma, Harry	85	North Toronto Masters SC	1:52.00	2:00.26	20
2	Nomura, Yoshi	87	Toronto Masters of the Univers	2:30.00	2:19.96	17

Event 34 Men 90-94 100 LC Meter Backstroke

1	Smith, Chris	92	Trillium Y Masters Swim Club	2:25.00	2:32.35	20
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Event 35 Women 18-24 50 LC Meter Breaststroke

1	Tai, Xin Ai	22	Canadian Forces Masters	47.72	46.75	20
2	Asner, Hannah	22	Canadian Forces Masters	46.30	47.37	17
3	Philip, Jillian	24	Trillium Y Masters Swim Club	50.43	52.29	16

Event 35 Women 25-29 50 LC Meter Breaststroke

1	Leblanc, Mercedes	25	Canadian Forces Masters	34.74	37.46	20
2	Kam, Lucinda	28	Markham Masters Swim Club	37.00	37.58	17
3	Little, Sarah	25	Markham Masters Swim Club	45.00	37.78	16
4	Halajian, Emily	28	Toronto Masters of the Univers	40.00	38.70	15
5	Fenton, Bailey	25	Oakville Masters Swim Club	49.61	49.16	14

Event 35 Women 30-34 50 LC Meter Breaststroke

1	O'Rourke, Gloria	32	Nepean Masters Swim Club	42.43	41.58	20
2	Morissette-Barriault, Freder	30	Canadian Forces Masters	38.97	42.31	17
3	Couturier, Shona	34	Canadian Forces Masters	48.11	48.12	16
4	Devos, Nicole	31	London Silver Dolphins Masters	53.00	48.20	15

Event 35 Women 35-39 50 LC Meter Breaststroke

1	Bortolotti, Claire	37	Canadian Forces Masters	41.55	45.09	20
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Event 35 Women 40-44 50 LC Meter Breaststroke

1	Boegel, Krista	41	Nepean Masters Swim Club	41.29	41.05	20
2	Komorowski, Jennifer	43	London Silver Dolphins Masters	45.00	43.30	17
3	Slota, Rebecca	43	London Silver Dolphins Masters	1:08.00	50.17	16
4	Rodriguez, Patty	40	Mississauga Masters	59.21	1:03.58	15

Event 35 Women 45-49 50 LC Meter Breaststroke

1	McLean, Sandi	45	Canadian Forces Masters	40.00	36.38	20
2	Redden, Meaghan	46	Trillium Y Masters Swim Club	46.11	43.95	17
3	Wyatt, Emma	47	Oakville Masters Swim Club	50.00	48.03	16
4	Szramek Palermo, Joanna	47	Single Event Registrant	55.00	50.53	15

Event 35 Women 50-54 50 LC Meter Breaststroke

1	Shand, Leigh	50	London Silver Dolphins Masters	41.42	41.44	20
2	Woodworth, Sarah	50	London Silver Dolphins Masters	45.00	42.87	17
3	Dunn, Margaret	53	TriHardz	46.40	45.69	16
4	Baker, Jillian	51	Toronto Masters of the Univers	50.00	47.84	15
5	Smith, Rachel	52	North York Gators	NT	51.85	14
6	McDermid, Sue	53	Masters Swimming Sudbury	59.00	53.83	13

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 35 Women 55-59 50 LC Meter Breaststroke**

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	42.00	43.19	20
2	Olsen, Kendra	58	Oakville Masters Swim Club	48.00	49.10	17
3	Casamayou, Nadine	55	Canadian Forces Masters	52.43	51.96	16

Event 35 Women 60-64 50 LC Meter Breaststroke

1	Luttgen, Andrea	64	Toronto Masters of the Univers	1:10.00	1:00.94	20
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Event 35 Women 65-69 50 LC Meter Breaststroke

1	Bennett, Rena	66	Team Atomica Swim Club	47.00	44.79	20
2	Lopes, Sonia	68	Oakville Masters Swim Club	51.42	51.09	17
3	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	1:06.00	1:02.43	16

Event 35 Women 70-74 50 LC Meter Breaststroke

1	Merritt, Cathy	72	Nepean Masters Swim Club	46.49	46.41	20
2	Henderson, Lucie	70	Oakville Masters Swim Club	59.00	55.72	17

Event 35 Women 75-79 50 LC Meter Breaststroke

1	Berry, Linda	79	Alderwood Teddy Bares	59.90	1:10.50	20
2	Moustgaard, Maureen	77	Masters Swimming Sudbury	2:18.00	2:23.31	17

Event 36 Men 18-24 50 LC Meter Breaststroke

1	Whelan, Matthew	21	Canadian Forces Masters	29.72	30.73	20
2	Paribok, Dennis	20	Canadian Forces Masters	36.50	34.84	17
3	Wang, Peter	21	Single Event Registrant	33.50	36.13	16
4	Chernyak, Maksym	22	Canadian Forces Masters	37.00	39.64	15
5	Hebert, Matthew	24	Arnprior Greyfish	38.00	41.30	14
6	Rocheleau, Reis	24	Royal Military College	44.00	43.18	13

Event 36 Men 25-29 50 LC Meter Breaststroke

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	31.88	31.16	20
2	Tran, Kelvin	25	Ottawa Rideau Speedeaus	NT	36.85	17
3	Conway, Colin	25	Canadian Forces Masters	38.71	37.96	16
4	Tam, Kenrick	28	Markham Masters Swim Club	38.00	38.32	15

Event 36 Men 30-34 50 LC Meter Breaststroke

1	Lamy, Gael	32	Canadian Forces Masters	35.64	35.63	20
2	Bordash, Mitch	30	Ottawa Rideau Speedeaus	40.00	37.78	17

Event 36 Men 35-39 50 LC Meter Breaststroke

1	Jelec, Andrew	35	Toronto Masters of the Univers	39.64	38.64	20
2	Spaul, Graham	35	Arnprior Greyfish	39.21	38.86	17
3	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	55.00	42.92	16

Event 36 Men 40-44 50 LC Meter Breaststroke

1	Loh, Edmund	40	Downtown Swim Club	36.00	34.63	20
2	Clay, Adam	40	Single Event Registrant	NT	40.12	17
3	Dore, Adam	41	Canadian Forces Masters	45.00	43.45	16
4	Abdolhosseini, Hamed	43	Trillium Y Masters Swim Club	NT	44.97	15
5	Cayne, Joel	41	Downtown Swim Club	50.00	45.90	14

Event 36 Men 45-49 50 LC Meter Breaststroke

1	Woodbridge, Oliver	49	Canadian Forces Masters	39.00	39.82	20
2	So, Jonathan	49	Markham Masters Swim Club	1:00.00	46.97	17

Event 36 Men 50-54 50 LC Meter Breaststroke

1	Walker, Rory	50	Oakville Masters Swim Club	37.50	34.37	20
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2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 36 Men 50-54 50 LC Meter Breaststroke)**

2	Hanham, Alex	54	London Silver Dolphins Masters	41.51	46.72	17
3	Lee, Andrew	54	Single Event Registrant	53.00	51.50	16

Event 36 Men 55-59 50 LC Meter Breaststroke

1	Deitel, Wayne	55	North York Gators	40.00	40.07	20
2	Hanson, Todd	55	Oakville Masters Swim Club	45.00	42.50	17
3	Cellarius, Victor	56	Toronto Masters of the Univers	45.00	44.31	16

Event 36 Men 60-64 50 LC Meter Breaststroke

1	Hasegawa, Brian	61	Toms The Ontario Masters Swimm	34.83	35.69	20
2	Williamson, Matthew	60	Trillium Y Masters Swim Club	35.94	36.52	17
3	Town, Dave	63	Orillia Old Poops Swimming	35.20	37.59	16
4	Thompson, Hershell	62	Toms The Ontario Masters Swimm	40.46	41.27	15
5	Baum, Douglas	60	Technosport Swim & Tri Club	44.71	45.72	14
6	Shaughnessy, John	63	Oakville Masters Swim Club	55.00	47.41	13

Event 36 Men 65-69 50 LC Meter Breaststroke

1	Valencia, Alvaro	65	Toms The Ontario Masters Swimm	36.66	37.28	20
2	Reesor, Ken	67	Ottawa Swim Masters	39.89	39.60	17
3	Witton, Phillip	65	Toms The Ontario Masters Swimm	1:00.00	54.75	16
4	Lorimer, Ian	65	Carleton University Masters	55.00	57.75	15
5	Kwan, Dan	69	North York Gators	1:07.87	1:07.13	14

Event 36 Men 70-74 50 LC Meter Breaststroke

1	Robson, Mark	73	Arnprior Greyfish	45.17	43.90	20
2	Galli, Rick	73	Oakville Masters Swim Club	49.02	46.91	17
3	Jeysman, Rick	71	Markham Masters Swim Club	50.60	47.09	16
4	Yip, Terry	74	Nepean Masters Swim Club	1:04.54	1:05.78	15
5	Alderson, Craig	71	Trillium Y Masters Swim Club	1:02.00	1:08.07	14

Event 36 Men 75-79 50 LC Meter Breaststroke

1	Spence, David	75	Middlesex Swimming	1:05.00	58.32	20
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Event 36 Men 80-84 50 LC Meter Breaststroke

1	Colpitts, Charles	80	Nepean Masters Swim Club	1:00.00	1:00.21	20
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Event 37 Women 18-24 50 LC Meter Freestyle

1	Chan, Charlize	20	Middlesex Swimming	28.00	29.37	20
2	Marshall, Sophie	21	Canadian Forces Masters	30.42	30.80	17
3	Barter, Ying	20	Canadian Forces Masters	32.25	30.90	16
4	Tang, Sierra	19	Arnprior Greyfish	34.01	31.70	15
5	Knelsen, Teagan	20	Canadian Forces Masters	31.56	32.54	14
6	Cole, Cordelia	19	Canadian Forces Masters	33.17	32.55	13
7	Asner, Hannah	22	Canadian Forces Masters	34.58	32.73	12
8	Tai, Xin Ai	22	Canadian Forces Masters	38.48	35.93	11
9	Zamberg, Maria	20	Royal Military College	NT	37.20	9
10	Philip, Jillian	24	Trillium Y Masters Swim Club	36.53	37.24	7

Event 37 Women 25-29 50 LC Meter Freestyle

1	Little, Sarah	25	Markham Masters Swim Club	29.00	27.85	20
2	Halajian, Emily	28	Toronto Masters of the Univers	30.00	30.24	17
3	Kam, Lucinda	28	Markham Masters Swim Club	31.00	30.88	16
4	Tan, Valerie	28	Markham Masters Swim Club	36.19	33.47	15
5	Fenton, Bailey	25	Oakville Masters Swim Club	34.00	33.57	14

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 37 Women 30-34 50 LC Meter Freestyle**

1	Schofield, Alexandria	31	Canadian Forces Masters	30.08	28.41	20
2	Palmer, Marlee	32	Canadian Forces Masters	31.19	30.17	17
3	O'Rourke, Gloria	32	Nepean Masters Swim Club	30.98	31.03	16
4	Kavcic, Chloe	32	Toronto Masters of the Univers	34.60	33.88	15
5	Desilets, Alexandra	31	Canadian Forces Masters	35.12	34.33	14
6	Couturier, Shona	34	Canadian Forces Masters	34.81	34.90	13
7	Devos, Nicole	31	London Silver Dolphins Masters	42.00	39.02	12

Event 37 Women 35-39 50 LC Meter Freestyle

1	Vlaar, Jacinda	35	Canadian Forces Masters	29.90	30.49	20
2	Bortolotti, Claire	37	Canadian Forces Masters	31.80	32.09	17
3	Scott, Sher	36	Canadian Forces Masters	35.09	35.15	16
4	Knox, Emily	37	Canadian Forces Masters	36.43	35.75	15
5	Pang, Cecilia	38	North York Gators	40.73	37.77	14

Event 37 Women 40-44 50 LC Meter Freestyle

1	Duguay, Claudia	40	Toms The Ontario Masters Swimm	35.50	31.51	20
2	Imai, Jane	44	Mississauga Masters	32.78	32.97	17
3	Lutes, Naomi	41	North York Gators	36.45	36.07	16
4	Slota, Rebecca	43	London Silver Dolphins Masters	56.00	36.20	15
5	Anderson, Kimberley	43	Canadian Forces Masters	38.63	37.12	14
6	Sazhneva, Maria	44	Oakville Masters Swim Club	42.79	38.68	13
7	Walsh, Francesca	40	Canadian Forces Masters	42.44	41.89	12
8	Rodriguez, Patty	40	Mississauga Masters	45.12	45.50	11

Event 37 Women 45-49 50 LC Meter Freestyle

1	McLean, Sandi	45	Canadian Forces Masters	30.17	29.68	20
2	Redden, Meaghan	46	Trillium Y Masters Swim Club	34.12	34.03	17
3	Leblanc, Dawn	48	Canadian Forces Masters	37.53	36.92	16
4	Szramek Palermo, Joanna	47	Single Event Registrant	47.30	42.41	15

Event 37 Women 50-54 50 LC Meter Freestyle

1	Shand, Leigh	50	London Silver Dolphins Masters	32.56	32.54	20
2	Lleras, Carolina	54	Oakville Masters Swim Club	32.52	32.89	17
3	Smith, Rachel	52	North York Gators	34.20	34.01	16
4	Dunn, Margaret	53	TriHardz	35.02	35.10	15
5	Baker, Jillian	51	Toronto Masters of the Univers	38.00	36.71	14
6	Caceres, Jessica	53	Oakville Masters Swim Club	41.46	41.74	13

Event 37 Women 55-59 50 LC Meter Freestyle

1	Tremblay, Sylvie	58	Oakville Masters Swim Club	30.96	31.15	20
2	McKinnon, Karyn	56	Orillia Old Poops Swimming	34.00	32.83	17
3	Olsen, Kendra	58	Oakville Masters Swim Club	36.49	36.54	16
4	Casamayou, Nadine	55	Canadian Forces Masters	42.28	39.71	15
5	Hornacek, Lynn	58	North York Gators	40.00	39.84	14
6	Greene, Dana	55	Ottawa Rideau Speedeaus	39.13	42.23	13
7	Dhanvantari, Savita	59	London Silver Dolphins Masters	45.00	42.34	12

Event 37 Women 60-64 50 LC Meter Freestyle

1	Wallace, Michaela	60	Nepean Masters Swim Club	35.30	33.57	20
2	Kovalchuk, Christine	60	Masters Swimming Sudbury	33.17	34.01	17
3	MacGregor, Mairi	61	Oakville Masters Swim Club	42.00	39.00	16
4	Roy, Laura	62	Canadian Forces Masters	48.00	39.95	15
5	Robertson, Kelly	61	Thunder Rays	43.16	42.36	14

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 37 Women 60-64 50 LC Meter Freestyle)**

6	Morrison, Susan	64	Nepean Masters Swim Club	45.18	45.92	13
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Event 37 Women 65-69 50 LC Meter Freestyle

1	Bennett, Rena	66	Team Atomica Swim Club	36.00	34.79	20
2	Weir, Sue	68	Trillium Y Masters Swim Club	38.29	35.76	17
3	Ramsden, Bonnie	67	Trillium Y Masters Swim Club	58.00	50.97	16

Event 37 Women 70-74 50 LC Meter Freestyle

1	Merritt, Cathy	72	Nepean Masters Swim Club	34.12	33.74	20
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Event 37 Women 75-79 50 LC Meter Freestyle

1	Moustgaard, Maureen	77	Masters Swimming Sudbury	1:46.00	2:06.77	20
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Event 37 Women 80-84 50 LC Meter Freestyle

1	Healey, Pat	80	Technosport Swim & Tri Club	1:05.00	55.01	20
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Event 37 Women 90-94 50 LC Meter Freestyle

1	Bryce, Glad	90	Trillium Y Masters Swim Club	1:54.07	1:09.68	20
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Event 38 Men 18-24 50 LC Meter Freestyle

1	Paribok, Dennis	20	Canadian Forces Masters	27.67	27.19	20
2	Chernyak, Maksym	22	Canadian Forces Masters	28.55	27.63	17
3	Pink, Henry	24	Canadian Forces Masters	26.02	28.29	16
4	Hebert, Matthew	24	Arnprior Greyfish	32.00	30.66	15
5	Rocheleau, Reis	24	Royal Military College	32.00	31.65	14
6	Thompson, Andrew	24	Toronto Metropolitan Universit	33.90	32.18	13

Event 38 Men 25-29 50 LC Meter Freestyle

1	Schubert, Kurt	29	Trillium Y Masters Swim Club	23.47	22.91	20
2	Neilson, Ryan	26	Canadian Forces Masters	26.78	27.09	17
3	Bartchouk, Nicholas	25	Canadian Forces Masters	26.67	27.18	16
4	Roberge, Alexandre	25	Toronto Metropolitan Universit	NT	28.44	15
5	Eisan, Zachary	25	Canadian Forces Masters	28.86	28.84	14
6	Conway, Colin	25	Canadian Forces Masters	29.12	29.14	13
7	Tam, Kenrick	28	Markham Masters Swim Club	29.70	29.32	12
8	Hollowell, Owen	29	Downtown Swim Club	30.00	30.74	11
9	Lavallée, Henri	25	Alderwood Teddy Bares	NT	34.63	9

Event 38 Men 30-34 50 LC Meter Freestyle

1	Ross, Dylan	30	Canadian Forces Masters	28.50	27.14	20
2	Laforet, Marc	32	Toronto Masters of the Univers	28.50	27.46	17
3	Cloutier, Marc-Antoine	31	Canadian Forces Masters	28.19	27.47	16
4	Lamy, Gael	32	Canadian Forces Masters	26.78	28.18	15
5	Bordash, Mitch	30	Ottawa Rideau Speedeaus	29.03	29.10	14
6	Starikov, Aleksei	32	Trillium Y Masters Swim Club	33.00	29.26	13
7	Duncan, Ryan	30	B-Train	29.68	29.28	12
8	McKinnon, Chris	33	Single Event Registrant	29.60	29.61	11
9	Wong, Melvyn	32	Canadian Forces Masters	29.83	30.26	9
10	Pang, Felix	33	North York Gators	35.00	32.27	7

Event 38 Men 35-39 50 LC Meter Freestyle

1	Doerksen, Derek	36	Canadian Forces Masters	27.29	27.14	20
2	Spaull, Graham	35	Arnprior Greyfish	27.85	28.06	17
3	Kirke, Ben	37	Canadian Forces Masters	31.33	30.95	16
4	Ortiz, Alfonso	35	Ottawa Rideau Speedeaus	32.18	31.51	15

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 38 Men 40-44 50 LC Meter Freestyle**

1	Loh, Edmund	40	Downtown Swim Club	29.00	27.31	20
2	Feitoza, Marcos	41	Toronto Metropolitan Universit	27.00	27.52	17
3	Bruschke, Lars	43	Single Event Registrant	27.33	28.16	16
4	Clay, Adam	40	Single Event Registrant	NT	28.39	15
5	Tanner, Peter	42	Downtown Swim Club	28.50	28.63	14
6	Dore, Adam	41	Canadian Forces Masters	32.00	29.64	13
7	Kerlow, Joe	43	Canadian Forces Masters	34.00	31.21	12
8	Abdolhosseini, Hamed	43	Trillium Y Masters Swim Club	NT	33.16	11
9	Christopher, Aaron	44	Trillium Y Masters Swim Club	35.00	33.71	9
10	Cayne, Joel	41	Downtown Swim Club	45.00	36.62	7

Event 38 Men 45-49 50 LC Meter Freestyle

1	Middleton, Jason	48	Aurora Master Ducks	24.81	25.02	20
2	Tudor-Roberts, Ryan	46	Team Atomica Swim Club	26.38	26.58	17
3	Woodbridge, Oliver	49	Canadian Forces Masters	28.00	28.22	16
4	Meredith, Iain	45	Canadian Forces Masters	29.32	29.06	15
5	Clarke, Rob	46	Canadian Forces Masters	32.53	32.06	14
6	So, Jonathan	49	Markham Masters Swim Club	55.00	35.04	13

Event 38 Men 50-54 50 LC Meter Freestyle

1	Stewart, Matt	50	London Silver Dolphins Masters	28.90	27.93	20
2	Walker, Rory	50	Oakville Masters Swim Club	29.50	29.01	17
3	Hanham, Alex	54	London Silver Dolphins Masters	31.00	31.37	16
4	So, Jack	51	Single Event Registrant	31.32	31.80	15
5	Lee, Andrew	54	Single Event Registrant	34.00	33.49	14

Event 38 Men 55-59 50 LC Meter Freestyle

1	Raafat, Tarek	58	Ottawa Rideau Speedeaus	28.80	28.11	20
2	Deitel, Wayne	55	North York Gators	32.00	30.61	17
3	Turcotte, Benoit	55	Technosport Swim & Tri Club	32.25	33.01	16
4	Cellarius, Victor	56	Toronto Masters of the Univers	37.00	37.81	15

Event 38 Men 60-64 50 LC Meter Freestyle

1	McKinnon, Peter	60	Orillia Old Poops Swimming	28.10	26.96	20
2	Hasegawa, Brian	61	Toms The Ontario Masters Swimm	28.51	28.42	17
3	Town, Dave	63	Orillia Old Poops Swimming	28.52	29.28	16
4	Thompson, Hershell	62	Toms The Ontario Masters Swimm	29.49	29.85	15
5	Williamson, Matthew	60	Trillium Y Masters Swim Club	30.39	31.01	14
6	Shaughnessy, John	63	Oakville Masters Swim Club	40.00	38.59	13

Event 38 Men 65-69 50 LC Meter Freestyle

1	Musial, Wes	67	Trillium Y Masters Swim Club	31.83	31.18	20
2	Obal, Michael	68	Toms The Ontario Masters Swimm	34.00	33.81	17
3	Lorimer, Ian	65	Carleton University Masters	34.49	34.58	16
4	Witton, Phillip	65	Toms The Ontario Masters Swimm	38.00	36.54	15
5	Kwan, Dan	69	North York Gators	1:03.16	1:04.40	14

Event 38 Men 70-74 50 LC Meter Freestyle

1	Robson, Mark	73	Arnprior Greyfish	32.89	33.04	20
2	Kay, Dave	71	Toms The Ontario Masters Swimm	35.98	36.30	17
3	Jeysman, Rick	71	Markham Masters Swim Club	56.50	40.55	16
4	Alderson, Craig	71	Trillium Y Masters Swim Club	1:00.00	52.83	15
5	Yip, Terry	74	Nepean Masters Swim Club	59.17	1:02.63	14

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 38 Men 75-79 50 LC Meter Freestyle**

1	Leach, Peter	79	Arnprior Greyfish	41.00	38.02	20
2	Spence, David	75	Middlesex Swimming	55.00	43.44	17

Event 38 Men 80-84 50 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	5:00.00	39.90	20
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Event 38 Men 85-89 50 LC Meter Freestyle

1	Trauber, Ami	85	North Toronto Masters SC	37.00	39.88	20
2	Braaksma, Harry	85	North Toronto Masters SC	45.00	43.44	17

Event 38 Men 90-94 50 LC Meter Freestyle

1	Martin, Stuart	90	Toms The Ontario Masters Swimm	1:10.00	1:03.35	20
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Event 39 Women 65-69 800 LC Meter IM

1	Rusu, Liliana	67	Technosport Swim & Tri Club	17:40.65	25:57.02	20
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Event 39 Men 30-34 800 LC Meter IM

1	Brumar, Daniel	31	Technosport Swim & Tri Club	12:55.00	12:34.94	20
2	McCartin, Stéphane	32	Ottawa Rideau Speedeaus	13:34.17	13:38.31	17

Event 39 Men 40-44 800 LC Meter IM

1	Titoura, Alexander	44	Cambridge Mavericks	11:59.00	11:50.62	20
2	Manzanilla, Enmanuel	40	Nepean Masters Swim Club	13:18.75	13:26.57	17
3	Flagg, Ryan	41	Canadian Forces Masters	14:19.50	13:47.66	16

Event 39 Men 55-59 800 LC Meter IM

---	Raafat, Tarek	58	Ottawa Rideau Speedeaus	13:06.66	DQ	
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Event 39 Men 60-64 800 LC Meter IM

1	Hughsam, Brian	63	Markham Masters Swim Club	17:00.15	15:56.57	20
2	Masih, Robert	64	Masters Swimming Sudbury	19:55.95	19:16.68	17

Event 39 Men 65-69 800 LC Meter IM

1	Menton, Jerome	66	Nepean Masters Swim Club	19:47.00	22:31.23	20
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Event 40 Mixed 72-99 200 LC Meter Medley Relay

1	Canadian Forces Masters	A	2:04.00	2:05.81	20
	1) Pink, Henry M24	2) Whelan, Marcella W24	3) Paribok, Dennis M20	4) Marshall, Sophie W21	
2	Canadian Forces Masters	B	2:40.00	2:26.24	17
	1) Eisan, Zachary M25	2) Tai, Xin Ai W22	3) Barter, Ying W20	4) Chernyak, Maksym M22	

Event 40 Mixed 100-119 200 LC Meter Medley Relay

1	Canadian Forces Masters	A	1:59.00	1:59.81	20
	1) Mountford, Hanna W22	2) Whelan, Matthew M21	3) Schofield, Alexandria W31	4) Zubriski, James M31	
2	Canadian Forces Masters	B	2:08.00	2:14.53	17
	1) Leblanc, Mercedes W25	2) Conway, Colin M25	3) Palmer, Marlee W32	4) Lamy, Gael M32	

Event 40 Mixed 120-159 200 LC Meter Medley Relay

1	Canadian Forces Masters	D	2:08.00	2:06.97	20
	1) Doerksen, Derek M36	2) McLean, Sandi W45	3) Kim, Aiden M29	4) Lepage, Alexandra W29	
2	Canadian Forces Masters	A	2:12.00	2:15.19	17
	1) Ross, Dylan M30	2) Morissette-Barriault, Freder W30	3) Vlaar, Jacinda W35	4) Cristurean, Cristan M28	
3	Toronto Masters of the Univers	A	2:40.00	2:27.03	16
	1) Jelec, Andrew M35	2) Cellarius, Victor M56	3) Halajian, Emily W28	4) Kavcic, Chloe W32	
4	Canadian Forces Masters	B	2:38.00	2:29.91	15
	1) Cloutier, Marc-Antoine M31	2) Bartchouk, Nicholas M25	3) Desilets, Alexandra W31	4) Couturier, Shona W34	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****(Event 40 Mixed 120-159 200 LC Meter Medley Relay)**

5 Canadian Forces Masters	C	2:42.00	2:31.94	14
1) Knox, Emily W37	2) Wong, Melvyn M32	3) Kirke, Ben M37	4) Scott, Sher W36	
6 Markham Masters Swim Club	A	NT	2:35.79	13
1) Aragon, German M57	2) Tam, Kenrick M28	3) Little, Sarah W25	4) Tan, Valerie W28	

Event 40 Mixed 160-199 200 LC Meter Medley Relay

1 Canadian Forces Masters	C	2:23.00	2:20.24	20
1) Kriese, Joanna W42	2) Woodbridge, Oliver M49	3) Flagg, Ryan M41	4) Bortolotti, Claire W37	
2 London Silver Dolphins Masters	A	2:31.00	2:26.68	17
1) Cole, Mike M45	2) Devos, Nicole W31	3) Meyer, Tessa W40	4) Stewart, Matt M50	
3 Oakville Masters Swim Club	A	2:32.00	2:34.40	16
1) Shaughnessy, John M63	2) Hanson, Todd M55	3) Fenton, Bailey W25	4) Slaney, Emily W43	
4 Canadian Forces Masters	A	3:15.00	2:37.78	15
1) Anderson, Kimberley W43	2) Latajka, Robin W52	3) Meredith, Iain M45	4) Clarke, Rob M46	
5 Nepean Masters Swim Club	A	2:50.00	2:46.90	14
1) Boegel, Krista W41	2) O'Rourke, Gloria W32	3) Manzanilla, Enmanuel M40	4) Menton, Jerome M66	

Event 40 Mixed 200-239 200 LC Meter Medley Relay

*1 North York Gators	A	2:50.00		
1) Smith, Rachel W52	2) Deitel, Wayne M55		4) Hornacek, Lynn W58	
*1 Oakville Masters Swim Club	A	2:18.00	2:16.07	20
1) Tremblay, Sylvie W58	2) Walker, Rory M50	3) Lleras, Carolina W54	4) Nicholson, John M60	
2 North York Gators	B	3:15.00	3:09.63	17
1) Lyons, Kelly W61	2) Kwan, Dan M69	3) Pang, Felix M33	4) Pang, Cecilia W38	
3 Toronto Masters of the Univers	A	NT	3:16.84	16
1) Nomura, Yoshi M87	2) Luttggen, Andrea W64	3) Laforet, Marc M32	4) Baker, Jillian W51	
4 Technosport Swim & Tri Club	A	2:47.12	3:18.01	15
1) Brumar, Daniel M31	2) Rusu, Liliana W67	3) Crysdale, Heather W65	4) Turcotte, Benoit M55	

Event 40 Mixed 240-279 200 LC Meter Medley Relay

1 Masters Swimming Sudbury	A	3:14.99	3:06.46	20
1) Kovalchuk, Christine W60	2) Masih, Robert M64	3) McDermid, Sue W53	4) Oliphant, Lawrie M67	
2 Nepean Masters Swim Club	A	3:50.01	3:41.01	17
1) Morrison, Susan W64	2) Colpitts, Charles M80	3) Wallace, Michaela W60	4) Yip, Terry M74	

Event 41 Women 25-29 800 LC Meter Freestyle

1 Hitchen, Mikaela	25 Canadian Forces Masters	10:55.84	10:41.65	20
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Event 41 Women 35-39 800 LC Meter Freestyle

1 Scott, Sher	36 Canadian Forces Masters	12:15.31	11:59.56	20
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Event 41 Women 40-44 800 LC Meter Freestyle

1 Slaney, Emily	43 Oakville Masters Swim Club	11:15.00	11:11.40	20
2 Meyer, Tessa	40 London Silver Dolphins Masters	12:00.00	11:16.70	17
3 Imai, Jane	44 Mississauga Masters	12:16.00	12:01.23	16
4 Komorowski, Jennifer	43 London Silver Dolphins Masters	12:42.00	12:23.38	15

Event 41 Women 50-54 800 LC Meter Freestyle

1 Lleras, Carolina	54 Oakville Masters Swim Club	12:35.00	11:22.45	20
2 McDermid, Sue	53 Masters Swimming Sudbury	15:45.00	16:21.27	17

Event 41 Women 55-59 800 LC Meter Freestyle

1 Dickison, Suzanne	59 Oakville Masters Swim Club	13:35.00	12:39.12	20
--- Greene, Dana	55 Ottawa Rideau Speedeaus	14:39.51	DNF	

2024 MSO Provincials Championships (LCM) - 2024-03-22 to 2024-03-24**Results****Event 41 Women 60-64 800 LC Meter Freestyle**

1	Lyons, Kelly	61	North York Gators	12:30.00	12:44.43	20
2	Robertson, Kelly	61	Thunder Rays	13:27.51	13:14.37	17

Event 41 Women 65-69 800 LC Meter Freestyle

1	Crysdale, Heather	65	Technosport Swim & Tri Club	16:14.88	16:10.79	20
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Event 41 Women 70-74 800 LC Meter Freestyle

1	Zirger, Brigitte	72	Nepean Masters Swim Club	NT	14:12.35	20
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Event 41 Women 80-84 800 LC Meter Freestyle

1	Hines, Elaine	81	Toms The Ontario Masters Swimm	30:00.00	25:57.02	20
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Event 41 Men 18-24 800 LC Meter Freestyle

1	Thompson, Andrew	24	Toronto Metropolitan Universit	14:00.00	14:35.16	20
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Event 41 Men 25-29 800 LC Meter Freestyle

1	Lavallée, Henri	25	Alderwood Teddy Bares	NT	14:41.02	20
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Event 41 Men 30-34 800 LC Meter Freestyle

1	Zubriski, James	31	Canadian Forces Masters	9:20.00	10:37.20	20
2	Laforet, Marc	32	Toronto Masters of the Univers	10:20.00	10:43.86	17

Event 41 Men 35-39 800 LC Meter Freestyle

1	Rahurkar, Sagar	36	Toms The Ontario Masters Swimm	13:22.58	13:08.24	20
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Event 41 Men 45-49 800 LC Meter Freestyle

1	Cole, Mike	45	London Silver Dolphins Masters	12:00.00	11:58.29	20
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Event 41 Men 50-54 800 LC Meter Freestyle

1	Mitchell, Steve	52	Single Event Registrant	11:45.00	12:14.92	20
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Event 41 Men 55-59 800 LC Meter Freestyle

1	Turcotte, Benoit	55	Technosport Swim & Tri Club	13:01.45	12:56.34	20
2	Peron, Lucien	57	Team Atomica Swim Club	12:30.00	13:24.94	17
3	Armstrong, Scott	57	North York Gators	13:00.00	13:41.38	16
4	Aragon, German	57	Markham Masters Swim Club	16:00.00	15:15.99	15
5	Cosby, Greg	58	Toms The Ontario Masters Swimm	15:04.03	16:31.37	14

Event 41 Men 60-64 800 LC Meter Freestyle

1	Nicholson, John	60	Oakville Masters Swim Club	11:12.43	11:10.91	20
2	Mateer, Glen	63	Trillium Y Masters Swim Club	12:09.90	12:13.18	17
3	Baum, Douglas	60	Technosport Swim & Tri Club	16:18.87	14:59.47	16

Event 41 Men 65-69 800 LC Meter Freestyle

1	Musial, Wes	67	Trillium Y Masters Swim Club	13:06.13	11:35.52	20
2	Van Klooster, Willy	65	London Silver Dolphins Masters	13:35.00	12:29.92	17
3	Oliphant, Lawrie	67	Masters Swimming Sudbury	13:00.00	13:25.65	16

Event 41 Men 75-79 800 LC Meter Freestyle

1	Sandoz, Mike	76	Nepean Masters Swim Club	13:44.50	13:43.28	20
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Event 41 Men 80-84 800 LC Meter Freestyle

1	Olsen, Mike	82	Technosport Swim & Tri Club	18:00.00	17:51.71	20
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