



PARALYMPIC GAMES Day by Day

Thurs 29-Aug		Fri 30-Aug		Sat 31-Aug		Sun 1-Sept	
DAY 1		DAY 2		DAY 3		DAY 4	
Prelims 9:30am		Prelims 9:30am		Prelims 9:30am		Prelims 9:30am	
Women 50 Free S6		Men 100 Free S4		Men 200 Fress S14		Men 100 Free S10	
Shelby Newkirk	11.03	Sebastian Massabie	9.47	Nicholas Bennett	9.54	Alexander Elliot	9.46
						Fernando Lu	9.46
Men 50 Free S10		Men 100 Breast SB9		Men 100 Back S8		Women 100 Free S10	
Fernando Lu	11.10	Fernando Lu	10.54	Reid Maxwell	10.04	Aurelie Rivard	9.55
						Arianna Hunsicker	9.55
Women 50 Free S10		Women 100 Breast SB8		Women 200 IM SM7		Men 200 IM SM8	
Aurelie Rivard	11.18	Katarina Roxon	11.32	Tess Routliffe	11.31	Reid Maxwell	10.05
Katie Cosgriffe	11.18			Danielle Dorris	11.31		
Arianna Hunsicker	11.18						
Women 200 Free S5		Mix 4x50 Free 20 pts					
Clémence Paré	11.52	relay tbc at competition	11.40				
Hannah Ouellette	11.52						
COACH MTNG END OF SESS		COACH MTNG END OF SESS		COACH MTNG END OF SESS		COACH MTNG END OF SESS	
Finals 5:30pm		Finals 5:30pm		Finals 5:30pm		Finals 5:30pm	
M 400 Free S9	5:30pm	M 100m Free S5	5:30pm	M 100 Back S12	5:30pm	M 100 Breast SB6	5:30pm
W 400 Free S9	5:40pm	W 100 Free S5	5:37pm	W 100 Back S12	5:36pm	W 100 Breast SB6	5:37pm
M 100 Back S1	5:50pm	M 100 Free S4	5:45pm	M 200 Free S14	5:44pm	M 100 Free S10	5:44pm
M 100 Back S2	6:01pm	M 200 IM SM6	5:52pm	W 200 Free S14	5:51pm	W 100 Free S10	5:50pm
W 100 Back S2	6:10pm	W 200 IM SM6	6:01pm	M 100 Back S8	5:59pm	M 200 IM SM8	5:57pm
M 100 Fly S14	6:35pm	M 400 Free S11	6:31pm	W 100 Back S8	6:06pm	W 200 IM SM8	6:07pm
W 100 Fly S14	6:42pm	W 400 Free S11	8:43pm	M 400 Free S13	6:38pm	M 100 Back S11	6:35pm
M 50 Breast SB3	7:09pm	M 100 Brest SB9	7:09pm	W 400 Free S13	6:48pm	W 100 Back S11	6:42pm
W 50 Free S6	7:17pm	W 100 Breat SB9	7:16pm	M 50 Back S1	7:19pm	M 150 IM SM4	7:05pm
M 50 Free S10	7:37pm	M 100 Back S13	7:37pm	M 50 Back S2	7:26pm	W 150 IM SM4	7:12pm
W 50 Free S10	7:43pm	W 100 Back S13	7:44pm	W 50 Back S2	7:50pm	M 150 IM SM3	7:20pm
M 100 Fly S13	8:03pm	M 100 Brest SB8	8:05pm	M 200 IM SM7	7:59pm	M 100 Breast SB5	7:43pm
W 100 Fly S13	8:10pm	W 100 Brest SB8	8:12pm	W 200 IM SM7	8:06pm	W 100 Breast SB5	7:51pm
M 200 Free S5	8:31pm	Mix 4x50 Free 20 pts	8:34pm	M 50 Free S11	8:27pm	Mix 4x100 Free S14	8:13pm
W 200 Free S5	8:40pm			W 50 Free S11	8:34pm		



Mon 2-Sept		Tues 3-Sept		Wed 4-Sept		Thurs 5-Sept	
DAY 5		DAY 6		DAY 7		DAY 8	
Prelims 9:30am		Prelims 9:30am		Prelims 9:30am		Prelims 9:30am	
Women 400 Free S7		Women 100 Back S9		Men 200 IM S14		Women 100 Breast SB7	
Sabrina Duchesne	9.45	Mary Jibb	9.45	Nicholas Bennett	9.49	Tess Routliffe	9.30
						Abi Tripp	9.30
Women 50 Back S3		Men 200 Free S4		Men 400 Free S8		Women 400 Free S10	
Nikita Ens	10.16	Sebastian Massabie	9.53	Reid Maxwell	10.09	Aurelie Rivard	9.55
Aly van Wyck-Smart	10.16			Philippe Vachon	10.09		
Men 100 Breast SB14		Women 100 Free S3		Women 400 Free S8		Women 200 IM S9	
Nicholas Bennett	10.43	Nikita Ens	10.59	Abi Tripp	10.23	Katarina Roxon	10.38
		Aly van Wyck-Smart	10.59			Mary Jibb	10.38
Men 50 Free S13		Men 100 Fly S10		Women 100 Free S7		Mix 4x50 Medley 20 pts	
Nicolas Guy Turbide	10.50	Alexander Elliot	11.30	Tess Routliffe	11.10	relay tbc at competition	11.20
		Fernando Lu	11.30	Shelby Newkirk	11.10		
				Sabrina Duchesne	11.10		
Mix 4x100 Medley 34 pts		Women's 100 Fly S10		Women 100 Free S9			
relay tbc at competition	11.30	Katie Cosgriffe	11.37	Mary Jibb	11.20		
COACH MTNG END OF SESS		COACH MTNG END OF SESS		COACH MTNG END OF SESS		COACH MTNG END OF SESS	
Finals 5:30pm		Finals 5:30pm		Finals 5:30pm		Finals 5:30pm	
M 400 Free S7	5:30pm	M 100 Back S7	5:30pm	M 100 Free S12	5:30pm	W 100 Breast SB7	5:30pm
W 400 Free S7	5:40pm	M 100 Back S9	5:37pm	W 100 Free S12	5:36pm	M 50 Free S5	5:37pm
M 50 Free S9	5:52pm	W 100 Back S9	5:44pm	M 200 IM SM14	5:43pm	M 100 Free S6	5:44pm
M 50 Back S3	5:58pm	M 200 Free S4	5:51pm	W 200 IM SM14	5:51pm	W 400 Free S10	5:50pm
W 50 Back S3	6:05pm	M 50 Fly S6	6:00pm	M 400 Free S8	5:59pm	M 100 Breast SB11	6:01pm
M 100 Breast SB14	6:14pm	W 50 Fly S6	6:07pm	W 400 Free S8	6:24pm	W 100 Breast SB11	6:22pm
W 100 Breast SB14	6:20pm	M 50 Back S5	6:27pm	M 50 Breast SB2	6:34pm	M 200 IM SM9	6:30pm
M 50 Free S13	6:41pm	W 50 Back S5	6:34pm	W 50 Breast SB3	7:01pm	W 200 IM SM9	6:53pm
W 50 Free S13	6:47pm	M 200 IM SM11	6:55pm	M 50 Free S7	7:09pm	M 100 Breast SB13	7:01pm
M 100 Breast SB4	7:07pm	W 200 IM SM11	7:04pm	W 100 Free S7	7:29pm	W 100 Breast SB13	7:22pm
W 100 Breast SB4	7:15pm	W 100 Free S3	7:28pm	W 100 Fress S9	7:36pm	W 100 Breast SB12	7:29pm
M 200 Free S2	7:38pm	Men 200 IM SM13	7:37pm	Mix 4x100 Free Relay 49 pts	7:55pm	W 50 Free S8	7:50pm
Mix 4x100 Medley 34 pts	8:04pm	W 200 IM SM13	7:59pm			Mix 4x50 Medley 20 pts	7:56pm
		M 100 Fly S10	8:07pm				
		W 100 Fly S10	8:28pm				



Fri 6-Sept		Sat 7-Sept	
DAY 9		DAY 10	
Prelims 9:30am		Prelims 9:30am	
Women 50 Fly S5		Men 200 IM SM10	
Hannah Oulette	10.10	Alec Elliot	9.30
		Fernando Lu	9.30
Men 100 Back S10		Women 200 IM SM10	
Alexander Elliot	10.17	Katie Cosgriffe	9.39
Women 100 Back S10		Women 100 Back S6	
Katie Cosgriffe	10.25	Shelby Newkirk	9.57
Aurelie Rivard	10.25		
Arianna Hunsicker	10.25		
Women 100 fly S9		Men 100 Fly S8	
Mary Jibb		Reid Maxwell	10.06
Men 100 Back S14		Women 50 fly S7	
Nicholas Bennett	10.47	Danielle Dorris	10.26
		Tess Routliffe	10.26
Women 100 back S14		Women 200 IM SM5	
Emma Grace Van Dyk	10.55	Hannah Ouellette	11.25
		Clémence Paré	11.25
Men 50 Free S3		Mix 4x100 Free 34 pts	
Sebastian Massabie	11.04	relay tbc at competition	11.37
Men 100 Free S8			
Reid Maxwell	11.34		
COACH MTNG END OF SESS		COACH MTNG END OF SESS	
Finals 5:30pm		Finals 5:30pm	
M 400 Free S6	5:30pm	M 200 IM SM10	5:30pm
W 400 Free S6	5:41pm	W 200 IM SM10	5:37pm
M 50 Fly S5	5:52pm	M 100 Back S6	5:46pm
W 50 Fly S5	5:59pm	W 100 Back S6	5:53pm
M 100 Back S10	6:06pm	M 100 Fly S8	6:00pm
W 100 Back S10	6:12pm	W 100 Fly S8	6:07pm
M 100 Fly S9	6:34pm	Men 50 Fly S7	6:28pm
W 100 Fly S9	6:40pm	W 50 Fly S7	6:34pm
M 100 Back S14	7:01pm	M 50 Back S4	6:54pm
W 100 Back S14	7:08pm	W 50 Back S4	7:01pm
M 50 Free S3	7:29pm	M 100 Fly S12	7:23pm
M 50 Free S4	7:36pm	W 100 Free S11	7:30pm
W 50 Free S4	7:57pm	M 200 Fress S3	7:51pm
M 100 Fly S11	8:04pm	W 200 IM SM5	8:02pm
M 100 Free S8	8:25pm	Mix 4x100 Free 34 pts	8:27pm