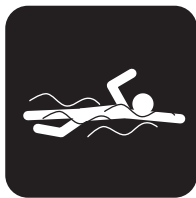


POST'S  
GUIDE  
*to the*  
PAN AM  
GAMES



SWIMMING

# GUIDE TO THE GAMES

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**BY KAITLYN McGRATH,**  
NATIONAL POST

## **Venue**

The CIBC Pan Am / Parapan Am  
Aquatics Centre and Field House

## **Venue acronym**

PAC

## **Landmark status**

*Medium*

Built specifically for the Games, the venue features two Olympic-sized pools, a five-metre diving tank, as well as an indoor track and fitness centre. Once the Games are complete, the facility will be open to the community and students attending nearby U of T Scarborough — and will likely see an increase of pee in its pools.

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## **Other events at venue**

Diving, synchronized swimming, fencing, modern pentathlon, roller speed skating, sitting volleyball (Parapan Am)

## **Transit options**

This trip would normally involve a lot of time on a bus, possibly multiple buses. Fortunately, there is a shuttle — the conveniently named Aquatics Centre Rocket, also known as the 194. It leaves from Don Mills Station (on Line 4) and is non-stop to the Aquatics Centre Loop, a short walk from the venue. Other options: the 198 U of T Scarborough Rocket express bus from Kennedy Station (Line 2); the 95 York Mills from York Mills Station (Line 1); or the 38 Highland Creek bus from

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Scarborough Centre Station (Line 3) or from the Rouge Hill Go Station. For drivers, the site is conveniently located near Highway 401. What this location lacks in downtown convenience it makes up for in downtown prices: Be prepared to shell out \$20 for parking in lots G and H at the U of T Scarborough campus.

For exact directions, try:

[Triplinx.ca](http://Triplinx.ca)

[TTC trip planner](#)

## **Schedule**

*July 14* Women's and men's 100m freestyle; women's and men's 200m butterfly; men's 4x100m freestyle relay

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*July 15* Women's and men's 200m freestyle; women's and men's 200m breaststroke; women's and men's 200m backstroke; men's 4x200m freestyle relay

*July 16* Women's 4x200m freestyle relay; women's and men's 400m individual medley; women's and men's 100m butterfly; men's 4x200m freestyle relay

*July 17* Women's and men's 100m backstroke; women's and men's 400m freestyle; women's and men's 100m breaststroke; women's and men's 50m freestyle

*July 18* Women's 800m freestyle; women's and men's 200m individual medley; men's 1,500m freestyle; women's and men's 4x100m medley relay

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[See the full competition schedule at the Pan Am website](#)

## **How it works**

If you don't know how to swim, then we're not sure we can help you. But what we can tell you is that there will be 32 events contested in the disciplines of free-style, backstroke, breaststroke, butterfly and the medley at distances ranging between 50m and 1,500m.

## **Nations competing**

36; the U.S. is sending 43 swimmers with Brazil supplying 38. Canada has 36 swimmers on its team.

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## **Canada's team**

### *Women*

Alyson Ackman, Pembroke, Ont.;  
Tabitha Baumann, Edmonton;  
Dominique Bouchard, Chelmsford, Ont.; Hilary Caldwell, White Rock, Ont.; Audrey Lacroix, Pont-Rouge, Que.; Brittany MacLean, Toronto; Sandrine Mainville, Boucherville, Que.; Martha McCabe, Toronto; Rachel Nicol, Lethbridge, Alta.; Emily Overholt, West Vancouver; Sydney Pickrem, Oldsmar, Fla.; Katerine Savard, Quebec City, Que.; Erika Seltenreich-Hodgson, Ottawa; Kierra Smith, Kelowna, B.C.; Noemie Thomas, Richmond, B.C.; Tera Van Beilen, Oakville, Ont.; Chantal Van Landeghem, Winnipeg; Michelle Williams, Toronto.

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## *Men*

Coleman Allen, Vancouver; Jeremy Bagshaw, Victoria; Zack Chetrat, Oakville, Ont.; Ryan Cochrane, Victoria; Santo Condorelli, Kenora, Ont.; James Dergousoff, Christina Lake, B.C.; Richard Funk, Edmonton; Yuri Kisil, Calgary; Karl Krug, Yucaipa, Calif.; Alex Loginov, Toronto; Kier Maitland, Edmonton; Stefan Milosevic, Burnaby, B.C.; Alec Page, Cortes Island, B.C.; Luke Reilly, Richmond, B.C.; Markus Thormeyer, Delta, B.C.; Evan Van Moerkerke, Tillsonburg, Ont.; Evan White, Oakville, Ont.; Russell Wood, Calgary

## **Tournament format**

Preliminary heats go in the morning sessions, the top eight

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times advance to the A final for a chance at medals and the next eight go to the B final for a chance at finishing ninth overall. The finals go in the evening session. Relay races are sprinkled in the evening sessions to amp up the excitement.

## **Results from 2011**

The U.S. owned the pool in Guadalajara, winning 46 of 102 medals, including 18 of 34 golds. Brazil earned 25 medals. Canada got five.

## **Why it's worth watching**

Swimming is easy to follow and understand. Also people like watching races; it's probably that simple. At these multi-sport events, swimming is the sport

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that anchors the first week of competition among the most anticipated events. Track and field gets the second week.

## **Competition outlook**

Natalie Coughlin, a 12-Olympic medalist will be among the American swimmers. In Games past, Brazil has also fielded a strong team. Canada will likely haul in a respectable amount of medals with two-time Olympic medallist Ryan Cochrane having the best shot at gold in the 1,500m.