



2016 U16+ BC Provincial Championships
2016 Alliance Traffic Group BC Cup #2



| Saturday, July 16, 2015 | | |
|--------------------------------------|-------|---|
| Race # | Time | Day 1 |
| 1 | 8:30 | U17/U19/Junior Men's C-1 1000m |
| 2 | 8:40 | U16 Men's C-1 1000m |
| 3 | 8:50 | U19/Junior Women's K-2 1000m |
| 4 | 9:00 | U16 Men's K-1 1000m - Final 1 |
| 5 | 9:10 | U16 Men's K-1 1000m - Final 2 |
| 6 | 9:20 | U17 Men's K-1 1000m |
| 7 | 9:30 | U19 Men's K-1 1000m |
| 8 | 9:40 | Junior Men's K-1 1000m |
| 9 | 9:50 | Master Men's K-1 1000m |
| Break | | |
| 10 | 10:10 | U19/Junior Women's C-2 1000m |
| 11 | 10:20 | U16 Women's K-1 1000m - Final 1 |
| 12 | 10:30 | U16 Women's K-1 1000m - Final 2 |
| 13 | 10:40 | U19/Junior/Master Women's K-1 1000m |
| 14 | 10:50 | U17/U19/Junior Men's K-4 1000m |
| 15 | 11:00 | U17/U19/Junior Men's C-4 1000m |
| Break | | |
| 16 | 11:15 | U16/U19/Junior/Master Women's C-1 1000m |
| 17 | 11:25 | U17/U19/Junior Men's K-2 1000m |
| 18 | 11:35 | U17/U19/Junior Men's C-2 1000m |
| Lunch and Course Break - 200m | | |
| 19 | 12:35 | U12/U13 Women's K-2 200m |
| 20 | 12:40 | Novice Mixed C-2 200m |
| 21 | 12:45 | U12/U13 Men's K-4 200m |
| 22 | 12:50 | U17/U19/Junior Women's C-1 200m - Para Men's V-1 200m |
| 23 | 12:55 | U16 Women's C-1 200m |
| 24 | 1:00 | U14/U15 Women's K-2 200m |
| 25 | 1:05 | U11 Women's C-1 200m |
| 26 | 1:10 | U14/U15 Men's C-4 200m |
| 27 | 1:15 | U16 Men's C-1 200m |
| 28 | 1:20 | U17/U19/Junior Men's C-1 200m |
| 29 | 1:25 | Open Women's K-4 200m |
| Break | | |
| 30 | 1:40 | U14 Men's K-1 200m |
| 31 | 1:45 | U14/U15 Men's C-2 200m - U14/U15 Women's C-4 200m |
| 32 | 1:50 | U19/Junior Women's K-2 200m |
| 33 | 1:55 | Master Men's K-1 200m |
| 34 | 2:00 | Junior Men's K-1 200m |
| 35 | 2:05 | U19 Men's K-1 200m |
| 36 | 2:10 | U17 Men's K-1 200m |
| 37 | 2:15 | U12/U13 Men's C-4 |
| 38 | 2:20 | U16 Men's K-1 200m - Final 1 |
| 39 | 2:25 | U16 Men's K-1 200m - Final 2 |
| 40 | 2:30 | U15 Women's K-1 200m |
| 41 | 2:35 | U19/Junior Men's C-2 200m |
| 42 | 2:40 | U11 Mixed K-2 200m |
| 43 | 2:45 | U13 Men's C-1 200m |
| 44 | 2:50 | U13 Women's K-1 200m |
| 45 | 2:55 | Novice Mixed K-2 200m - Final 1 |
| 46 | 3:00 | Novice Mixed K-2 200m - Final 2 |
| Break | | |
| 47 | 3:20 | U12 Women's K-1 200m |
| 48 | 3:25 | U15 Men's C-1 200m |
| 49 | 3:30 | U15 and U14 Women's C-1 200m |
| 50 | 3:35 | U11 Men's K-1 200m |
| 51 | 3:40 | U19/Junior Men's K-2 200m |
| 52 | 3:45 | U16/U17 Women's K-1 200m - Final 1 |
| 53 | 3:50 | U16/U17 Women's K-1 200m - Final 1 |
| 54 | 3:55 | U19/Junior/Master Women's K-1 200m |
| 55 | 4:00 | U12/U13 Women's C-4 200m |
| 56 | 4:05 | U12/U13 Men's K-2 200m - Final 1 |
| 57 | 4:10 | U12/U13 Men's K-2 200m - Final 2 |
| 58 | 4:15 | U19/Junior Women's C-2 200m/ Open Men's C-4 200m |
| 59 | 4:20 | Novice Women's K-1 200m - Final 1 |
| 60 | 4:25 | Novice Women's K-1 200m - Final 2 |
| 61 | 4:30 | U11 Women's K-1 200m |
| 62 | 4:35 | U12 Women's C-1 200m |
| 63 | 4:40 | U14/U15 Men's K-4 200m |
| 64 | 4:45 | U14 Men's C-1 200m/U13 Women's C-1 200m |

| Sunday, July 17, 2015 | | |
|---|-------|--------------------------------------|
| Race # | Time | Day 2 |
| 65 | 8:30 | U17 Men's K-1 6000m |
| 66 | 8:31 | U17 Women's K-1 6000m |
| 67 | 8:32 | U17 Men's C-1 6000m |
| 68 | 8:33 | U17 Women's C-1 6000m |
| Course Break - 200m | | |
| 69 | 9:45 | U12 Men's K-1 200m - Final 1 |
| 70 | 9:50 | U12 Men's K-1 200m - Final 2 |
| 71 | 9:55 | U14 Women's K-1 200m |
| 72 | 10:00 | Para Men's K-1 200m |
| 73 | 10:05 | U12/13 Women's K-4 200m |
| 74 | 10:10 | Open Women's C-4 200m |
| 75 | 10:15 | U14/U15 Men's K-2 200m |
| 76 | 10:20 | U11 Mixed K-4 200m |
| 77 | 10:25 | U14/U15 Women's C-2 200m |
| 78 | 10:30 | Novice Men's K-1 200m |
| 79 | 10:35 | U13 Men's K-1 200m |
| 80 | 10:40 | Open Men's K-4 200m |
| 81 | 10:45 | U12/U13 Women's C-2 200m |
| 82 | 10:50 | Novice Women C-1 200m |
| 83 | 10:55 | U12 Men's C-1 200m |
| 84 | 11:00 | U14/15 Women's K-4 200m |
| 85 | 11:05 | U11 Mixed C-4 200m |
| 86 | 11:10 | U15 Men's K-1 200m |
| 87 | 11:15 | U12/U13 Men's C-2 200m |
| Lunch and Course Break - 500m | | |
| 88 | 12:10 | U17/U19/Junior Women's K-4 500m |
| 89 | 12:16 | U17/U19/Junior Women's C-4 500m |
| 90 | 12:22 | U19 Men's K-1 500m - Final 1 |
| 91 | 12:28 | U19 Men's K-1 500m - Final 2 |
| 92 | 12:34 | Junior Men's K-1 500m |
| 93 | 12:40 | Master Men's K-1 500m |
| 94 | 12:46 | U19/Junior Men's C-2 500m |
| 95 | 12:52 | U17/U19/Junior Women's K-2 500m |
| 96 | 12:58 | U16*/U17/U19/Junior Women's C-1 500m |
| Break | | |
| 97 | 1:13 | U19/Junior Men's K-2 500m |
| 98 | 1:19 | U19/Junior/Master Men's C-1 500m |
| 99 | 1:25 | U16*/U17 Women's K-1 500m |
| 100 | 1:31 | U19/Junior/Master Women's K-1 500m |
| 101 | 1:37 | U17/U19/Junior Women's C-2 500m |
| Break - Long Distance - 500m w/ Turn | | |
| 102 | 2:00 | U15 Men's K-1 500m |
| 103 | 2:01 | U15/U14 Women's C-1 500m |
| Break | | |
| 104 | 2:15 | U14 Men's K-1 500m |
| 105 | 2:16 | U11/12/13 Women's C-1 500m |
| Break | | |
| 106 | 2:30 | U15 Women's K-1 500m |
| 107 | 2:31 | U13/U12/U11 Men's C-1 500m |
| Break | | |
| 108 | 2:45 | U14 Women's K-1 500m |
| 109 | 2:46 | U14/U15 Men's C-1 500m |
| Break | | |
| 110 | 3:00 | Novice Men's K-1 500m |
| 111 | 3:01 | U13 Men's K-1 500m |
| Break | | |
| 112 | 3:15 | U12 Men's K-1 500m |
| 113 | 3:16 | Novice Women C-1 500m |
| Break | | |
| 114 | 3:30 | U13 Women's K-1 500m |
| 115 | 3:31 | U11 Women's K-1 500m |
| Break | | |
| 116 | 3:45 | U11 Men's K-1 500m |
| 117 | 3:46 | U12 Women's K-1 500m |
| Break | | |
| 118 | 4:00 | Novice Women's K-1 500m |
| 119 | 4:01 | Novice Men's C-1 500m |

* Non-Nationals Event/CSG Long List Selection Event



Sunday, July 17, 2016



U17 Men's K-1 6000m

Race #65 - 8:30 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|------|------|
| | 1 | Cameron Antifave | KCKC | |
| | 2 | Mike Lanyon | KCKC | |
| | 3 | Tyler Demidoff | RCKC | |
| | 4 | Spencer Robinson | KCKC | |
| | 5 | Isaiah Buist | KCKC | |
| | 6 | Aiden Tabata | KCKC | |
| | 7 | Matao Buist | KCKC | |
| | 8 | Samuel Rosenthal | RCKC | |
| | 9 | Ivan Strashenko | BCKC | |
| | 10 | Stanley Netherton | KCKC | |
| | 11 | Quinn Currie | NKCC | |
| | 12 | Alexander Dmitriev | RCKC | |
| | 13 | Jacob Brochu | KCKC | |
| | 14 | Nicolay Thomsen | KCKC | |
| | 15 | | | |
| | 16 | | | |
| | 17 | | | |

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* Reserved for BC athletes only

U17 Women's K-1 6000m

Race #66 - 8:31 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|-------|------|
| | 1 | Katrina Loutet | BCKC | |
| | 2 | Lauryn Cheung | FLCC | |
| | 3 | Melody Oh | RCKC | |
| | 4 | Jia Kim | RCKC | |
| | 5 | Cassidy MacPherson | RCKC | |
| | 6 | Elisa Robson-Brown | FCRCC | |
| | 7 | Maddy Beaudry | PCA | |
| | 8 | Tiffany Yau | FCRCC | |
| | 9 | Mika Asano | BCKC | |
| | 10 | Bailey Stephani | NKCC | |
| | 11 | Jill Esseltine | PCA | |
| | 12 | Anna Milde | NKCC | |
| | 13 | Elissa Elmadani | FLCC | |
| | 14 | Megan Pankratz | PMPC | |
| | 15 | | | |

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U17 Men's C-1 6000m

Race #67 - 8:32 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 1 | Quinn Phare | KCKC | |
| | 2 | Alex Demishkevich | KCKC | |
| | 3 | Ydris Hunter | FCRCC | |
| | 4 | Arjun Senanayake | FCRCC | |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |
| | 8 | | | |
| | 9 | | | |
| | 10 | | | |

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* Reserved for BC athletes only

U17 Women's C-1 6000m

Race #68 - 8:33 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------|------|------|
| | 1 | Hana Ronayne | KCKC | |
| | 2 | Anna Zhang | KCKC | |
| | 3 | Samantha Loutet | BCKC | |
| | 4 | Heather Potkins | NKCC | |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |
| | 8 | | | |

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Course Break*U12 Men's K-1 200m - Final 1**

Race #69 - 9:45 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 1 | Thorben Schroeder | NCKC | |
| | 2 | Felix Purdhomme | NKCC | |
| | 3 | Liam Grover | KCKC | |
| | 4 | Carter Hugill | RCKC | |
| | 5 | Jonas Decker | KCKC | |
| | 6 | Noah Stubbings | NCKC | |
| | 7 | Charlie Toth | PMPC | |
| | 8 | Jacob Heath | FCRCC | |
| | 9 | | | |

* Rank will be determined by time

U12 Men's K-1 200m - Final 2

Race #70 - 9:50 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------|-------|------|
| | 21 | Owen Turner | PMPC | |
| | 22 | Tomoki MacMartin | FCRCC | |
| | 23 | Solomon Ali | NCKC | |
| | 24 | Vladimir Demishkevich | KCKC | |
| | 25 | Aksel Schroeder | NCKC | |
| | 26 | Noah MacMartin | FCRCC | |
| | 27 | Landon McQuarrie | FLCC | |
| | 28 | Bryant Kellaway | RCKC | |
| | 29 | | | |

* Rank will be determined by time

U14 Women's K-1 200m

Race #71 - 9:55 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|------|------|
| | 31 | Lily Small | RCKC | |
| | 32 | Shania Modha | RCKC | |
| | 33 | Cassidy MacPherson | RCKC | |
| | 34 | Mika Asano | BCKC | |
| | 35 | Tess Nuttall | NKCC | |
| | 36 | | | |
| | 37 | | | |
| | 38 | | | |

Para Men's K-1 200m

Race #72 - 10:00 AM

| Place | Lane | Crew | Club | Time |
|-------|------|---------------|------|------|
| | 1 | Stuart Chase | PMPC | |
| | 2 | Corey Stewart | PMPC | |
| | 3 | Shon Cottrill | PMPC | |

U12/U13 Women's K-4 200m

Race #73 - 10:05 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--|---------|------|
| | 41 | Keisa Bleiler/Asha Senanayake/Gillian Helliwell/? | FCRCC/? | |
| | 42 | Erica Potkins/Tess Nuttall/?/? | NKCC/? | |
| | 43 | Olivia Eccleston/Kierra Willis/Elizabeth Clark/Mischa Grover | KCKC | |
| | 44 | | | |
| | 45 | | | |

Open Women's C-4 200m

Race #74 - 10:10 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--|------|------|
| | 1 | | | |
| | 2 | Anna Zhang/Hana Ronayne/Diane Tam/Emily Robinson | KCKC | |
| | 3 | | | |

U14/U15 Men's K-2 200m

Race #75 - 10:15 AM

| Place | Lane | Crew | Club | Time |
|-------|------|---------------------------------|----------|------|
| | 51 | Dylan Boeholdt/? | GHCKRT/? | |
| | 52 | Stan Netherton/Nicolay Thomsen | KCKC | |
| | 53 | Thomas Duff/Jackson Ali | NCKC | |
| | 54 | Alexander Dmitriev/Noah Said | RCKC | |
| | 55 | Jackson Fraser/Aksel Schroeder | NCKC | |
| | 56 | Jacob Brochu/Matao Buist | KCKC | |
| | 57 | Devon Holcroft/Landon McQuarrie | FLCC | |
| | 58 | | | |
| | 59 | | | |
| | 60 | | | |

U11 Mixed K-4 200m

Race #76 - 10:20 AM

| Place | Lane | Crew | Club | Time |
|-------|------|---|------------|------|
| | 61 | Jacob Heath/Tomoki MacMartin/Noah MacMartin/Felix Purdhomme | FCRCC/NKCC | |
| | 62 | Thorben Shroeder/Noah Stubbings//Moyo Alobi | NCKC | |
| | 63 | | | |
| | 64 | | | |
| | 65 | | | |

U14/U15 Women's C-2 200m

Race #77 - 10:25 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------------------|----------|------|
| | 71 | Sadie Hanks/? | GHCKRT/? | |
| | 72 | Jia Kim/Cassidy MacPherson | RCKC | |
| | 73 | Kirsten Cheung/Elissa Elmadani | FLCC | |
| | 74 | | | |
| | 75 | | | |

Novice Men's K-1 200m

Race #78 - 10:30 AM

| Place | Lane | Crew | Club | Time |
|-------|------|------------------|------|------|
| | 81 | Jackson Fraser | NCKC | |
| | 82 | Thomas Duff | NCKC | |
| | 83 | Samuel Rosenthal | RCKC | |
| | 84 | Jacob Horwood | NCKC | |
| | 85 | Carter Hugill | RCKC | |
| | 86 | Graham Hein | NCKC | |
| | 87 | Ivan Strashenko | BCKC | |
| | 88 | Bryant Kellaway | RCKC | |
| | 99 | | | |

U13 Men's K-1 200m

Race #79 - 10:35 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 91 | Noah Malenfant | NKCC | |
| | 92 | Landon McQuarrie | FLCC | |
| | 93 | Brendan Shippit | PCA | |
| | 94 | Kenjiro MacMartin | FCRCC | |
| | 95 | Charlie Toth | PMPC | |
| | 96 | Landon Drain | PCA | |
| | 97 | Nathan Gaffron | NKCC | |
| | 98 | Aksel Schroeder | NCKC | |
| | 99 | Jackson Ali | NCKC | |
| | 100 | | | |

Open Men's K-4 200m

Race #80 - 10:40 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--|-----------------|------|
| | 1 | | | |
| | 2 | David Helliwell/Stuart Chase/Andrew Sugianto/Elliot Hoyt | FCRCC/FLCC/PMPC | |
| | 3 | Isaiah Buist/Cameron Antifave/Spencer Robinson/Mike Lanyon | KCKC | |
| | 4 | Stanley Netherton/Aiden Tabata/Matao Buist/Nicolay Thomsen | KCKC | |
| | 5 | | | |

U12/U13 Women's C-2 200m

Race #81 - 10:45 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------------------|---------|------|
| | 1 | Abigail Ronayne/Anna Beaudry | PCA | |
| | 2 | Asha Senanayake/Gillian Helliwell | FCRCC | |
| | 3 | Olivia Eccleston/Kierra Willis | KCKC | |
| | 4 | Keisa Bleiler/? | FCRCC/? | |
| | 5 | | | |

Novice Women's C-1 200m

Race #82 - 10:50 AM

| Place | Lane | Crew | Club | Time |
|-------|------|----------------|--------|------|
| | 11 | Sadie Hanks | GHCKRT | |
| | 12 | Emily Robinson | KCKC | |
| | 13 | | | |
| | 14 | | | |

U12 Men's C-1 200m

Race #83 - 10:55 AM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------|------|------|
| | 21 | Vladimir Demishkevich | KCKC | |
| | 22 | Jonas Decker | KCKC | |
| | 23 | Liam Grover | KCKC | |
| | 24 | Landon McQuarrie | FLCC | |
| | 25 | | | |
| | 26 | | | |

U14/U15 Women's K-4 200m

Race #84 - 11:00 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--|--------------|------|
| | 31 | Elisa Robson-Brown/Gillian Helliwell/Keisa Bleiler/Audrey Milner | FCRCC/GHCKRT | |
| | 32 | Rielle Hein/Alena Stenning-Lint/Moyo Alobi/Jill Esseltine | NCKC/PCA | |
| | 33 | Emily Robinson/Olivia Eccleston/Kierra Willis/Elizabeth Clark | KCKC | |
| | 34 | | | |
| | 35 | | | |

U11 Mixed C-4 200m

Race #85 - 11:05 AM

| Place | Lane | Crew | Club | Time |
|-------|------|---|-------|------|
| | 41 | Jacob Heath/Tomoki MacMartin/Noah MacMartin/? | FCRCC | |
| | | | | |
| | | | | |

U15 Men's K-1 200m

Race #86 - 11:10 AM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|--------|------|
| | 51 | Jacob Brochu | KCKC | |
| | 52 | Dylan Boeholdt | GHCKRT | |
| | 53 | Matao Buist | KCKC | |
| | 54 | Alexander Dmitriev | RCKC | |
| | 55 | Nicolay Thomsen | KCKC | |
| | 56 | Ivan Strashenko | BCKC | |
| | 57 | Stanley Netherton | KCKC | |
| | 58 | Devon Holcroft | FLCC | |
| | 59 | | | |

U12/U13 Men's C-2 200m

Race #87 - 11:15 AM

| Place | Lane | Crew | Club | Time |
|-------|------|------------------------------------|-------|------|
| | 71 | Liam Grover/Jonas Decker | KCKC | |
| | 72 | Brendan Shippit/Landon Drain | PCA | |
| | 73 | Vladimir Demishkevich/Andrew Clark | KCKC | |
| | | Kenjiro MacMartin/Noah MacMartin | FCRCC | |
| | | Quinn Thomson/? | BCKC | |
| | | | | |

Lunch and Course Break**U17/U19/Junior Women's K-4 500m**

Race #88 - 12:10 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--|--------|------|
| | 1 | | | |
| | 2 | Noelle Misterek/Catherine Wilborn/Irissa Danke/Zeela Woodard | GHCKRT | |
| | 3 | Cathy Potkins/Karen Redfern/Linda Homeniuk/? | NKCC | |
| | 4 | Meghan Cheung/Lauryn Cheung/Kirsten Cheung/Emily Raymond | FLCC | |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |

U17/U19/Junior Women's C-4 500m

Race #89 - 12:16 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--|--------|------|
| | 1 | | | |
| | 2 | Nani Woodard/?/?/? | GHCKRT | |
| | 3 | Anna Zhang/Hana Ronayne/Diane Tam/Emily Robinson | KCKC | |
| | 4 | | | |
| | 5 | | | |

U19 Men's K-1 500m - Final 1

Race #90 - 12:22

| Place | Lane | Crew | Club | Time | |
|-------|------|-------------------|--------|------|-------|
| | 1 | | | | |
| | 2 | Coen del Valle | CRCC | | U19 * |
| | 3 | Alex Brent | RCKC | | U19 * |
| | 4 | Sebastian Sorescu | RCKC | | U19 * |
| | 5 | Justin Won | RCKC | | U19 * |
| | 6 | Jonathan Barnato | GHCKRT | | U19 |
| | 7 | Tyler Demidoff | RCKC | | U19 |
| | 8 | Justin Barker | GHCKRT | | U19 |

* Final rank will be based on time. Athletes qualifying for Nationals will be placed in same heat. Matthew Koehler has automatic entry

U19 Men's K-1 500m - Final 2

Race #91 - 12:28 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|------------------|------|------|-----|
| | 1 | | | | |
| | 2 | Samuel Rosenthal | RCKC | | U19 |
| | 3 | Quinn Currie | NKCC | | U19 |
| | 4 | | | | |
| | 5 | | | | |
| | 6 | | | | |
| | 7 | | | | |
| | | | | | |
| | | | | | |

* Final rank will be based on time. Athletes qualifying for Nationals will be placed in same heat. Matthew Koehler has automatic entry

Junior Men's K-1 500m

Race #92 - 12:34

| Place | Lane | Crew | Club | Time | |
|-------|------|-----------------|------|------|------|
| | 1 | Corey Stewart | PMPC | | JR |
| | 2 | Ben Muench | FLCC | | JR |
| | 3 | Wes Hammer | BCKC | | JR * |
| | 4 | Patrick Dann | CRCC | | JR * |
| | 5 | Elliot Hoyt | FLCC | | JR * |
| | 6 | Stan Marek | KCKC | | JR |
| | 7 | Andrew Sugianto | PMPC | | JR * |
| | 8 | | | | |

Master Men's K-1 500m

Race #93 - 12:40 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|-----------------|-------|------|---|
| | 1 | | | | |
| | 2 | Stuart Chase | PMPC | | M |
| | 3 | David Helliwell | FCRCC | | M |
| | 4 | Matt Nuttall | NKCC | | M |
| | 5 | Richard Milde | NKCC | | M |
| | 6 | Klaus Thomsen | KCKC | | M |

U19/Junior Men's C-2 500m

Race #94 - 12:46 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------------------|--------|------|
| | 1 | | | |
| | 2 | Jakob Tayman/Ben Gregory | GHCKRT | U19 |
| | 3 | Ydris Hunter/Arjun Senanayake | FCRCC | U19 |
| | 4 | Alex Demishkevich/Quinn Phare | KCKC | U19 |
| | 5 | | | |
| | 6 | | | |

U17/U19/Junior Women's K-2 500m

Race #95 - 12:52 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------------------|--------|------|
| | 1 | | | |
| | 2 | Bailey Stephani/Anna Milde | NKCC | U19 |
| | 3 | Jill Esseltine/Maddy Beaudry | PCA | U19 |
| | 4 | Elisa Robson-Brown/Tiffany Yau | FCRCC | U19 |
| | 5 | Noelle Misterek/Catherine Wilborn | GHCKRT | U19 |
| | 6 | Lauryn Cheung/Emily Raymond | FLCC | JR |
| | 7 | Cathy Potkins/Karen Redfern | NKCC | JR |

U16/U17/U19/Junior Women's C-1 500m

Race #96 - 12:58 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------|--------|-------|
| | 1 | Elizabeth Funk | KCKC | JR |
| | 2 | Heather Potkins | NKCC | U17 |
| | 3 | Anna Zhang | KCKC | U17 * |
| | 4 | Samantha Loutet | BCKC | U17 * |
| | 5 | Hana Ronayne | KCKC | U17 * |
| | 6 | Nani Woodard | GHCKRT | U19 |
| | 7 | Zaffia Laplante | FLCC | U19 |
| | 8 | Olivia Crocker | GHCKRT | U19 |

Break**U19/Junior Men's K-2 500m**

Race #97 - 1:13 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------------------|--------|------|
| | 1 | | | |
| | 2 | Matt Nuttall/Richard Milde | NKCC | JR |
| | 3 | Andrew Sugianto/Stuart Chase | PMPC | JR |
| | 4 | Patrick Dann/Coen del Valle | CRCC | JR |
| | 5 | Ben Muench/Elliot Hoyt | FLCC | JR |
| | 6 | Jonathon Barnato/Justin Barker | GHCKRT | U19 |
| | 7 | | | |

U19/Junior/Master Men's C-1 500m

Race #98 - 1:19 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|-------------------|--------|------|-------|
| | 1 | Ydris Hunter | FCRCC | | U19 |
| | 2 | Jakob Tayman | GHCKRT | | U19 |
| | 3 | Ben Gregory | GHCKRT | | U19 |
| | 4 | Alex Demishkevich | KCKC | | U17 |
| | 5 | Oliver Esseltine | KCKC | | U19 * |
| | 6 | Dan Thomson | KCKC | | M * |
| | 7 | Hank Wang | PMPC | | JR |
| | 8 | Arjun Senanayake | FCRCC | | U19 |

U16/U17 Women's K-1 500m

Race #99 - 1:25 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|--------------------|--------|------|-------|
| | 1 | Cassidy MacPherson | RCKC | | U16 |
| | 2 | Jia Kim | RCKC | | U16 |
| | 3 | Melody Oh | RCKC | | U16 |
| | 4 | Katrina Loutet | BCKC | | U16 |
| | 5 | Irissa Danke | GHCKRT | | U17 * |
| | 6 | Lauryn Cheung | FLCC | | U17 |
| | 7 | Tiffany Yau | FCRCC | | U17 |
| | 8 | Elisa Robson-Brown | FCRCC | | U17 |

U19/Junior/Master Women's K-1 500m

Race #100 - 1:31 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|-------------------|--------|------|-----|
| | 1 | Meghan Cheung | FLCC | | JR |
| | 2 | Cathy Potkins | NKCC | | M |
| | 3 | Verna McNichol | RCKC | | M |
| | 4 | Karen Redfern | NKCC | | M |
| | 5 | Linda Homeniuk | NKCC | | M |
| | 6 | Noelle Misterek | GHCKRT | | U19 |
| | 7 | Catherine Wilborn | GHCKRT | | U19 |
| | 8 | Nathalie Thomsen | KCKC | | U19 |

U17/U19/Junior Women's C-2 500m

Race #101 - 1:37 PM

| Place | Lane | Crew | Club | Time | |
|-------|------|-------------------------------|----------|------|-------|
| | 1 | | | | |
| | 2 | Nani Woodard/? | GHCKRT/? | | U19 |
| | 3 | Anna Zhang/Hana Ronayne | KCKC | | U17 * |
| | 4 | Zaffia Laplante/Emily Raymond | FLCC | | JR |
| | 5 | | | | |
| | 6 | | | | |

Course Break - 500m with Turn

U15 Men's K-1 500m

Race #102 - 2:00 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|--------|------|
| | 1 | Ivan Strashenko | BCKC | |
| | 2 | Jacob Brochu | KCKC | |
| | 3 | Dylan Boeholdt | GHCKRT | |
| | 4 | Alexander Dmitriev | RCKC | |
| | 5 | Nicolay Thomsen | KCKC | |
| | 6 | Matao Buist | KCKC | |
| | 7 | Devon Holcroft | FLCC | |
| | 8 | Stanley Netherton | KCKC | |
| | 9 | | | |
| | 10 | | | |

U15/U14 Women's C-1 500m

Race #103 - 2:01 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------|--------|------|
| | 11 | Sadie Hanks | GHCKRT | |
| | 12 | Emily Robinson | KCKC | |
| | 13 | Elissa Elmadani | FLCC | |
| | 14 | | | |
| | 15 | | | |
| | | | | |
| | | | | |

U14 Men's K-1 500m

Race #104 - 2:15 PM

| Place | Lane | Crew | Club | Time |
|-------|------|----------------|--------|------|
| | 21 | Jackson Ali | NCKC | |
| | 22 | Noah Malenfant | NKCC | |
| | 23 | Dylan Boeholdt | GHCKRT | |
| | 24 | Thomas Duff | NCKC | |
| | 25 | Jackson Fraser | NCKC | |
| | 26 | | | |
| | 27 | | | |
| | 28 | | | |
| | 29 | | | |

U11/U12/U13 Women's C-1 500m

Race #105 - 2:16 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 31 | Anna Beaudry | PCA | |
| | 32 | Mischa Beaudry | KCKC | |
| | 33 | Abigail Ronayne | PCA | |
| | 34 | Keisa Bleiler | FCRCC | |
| | 35 | Asha Senanayake | FCRCC | |
| | 36 | Gillian Helliwell | FCRCC | |
| | 37 | | | |
| | 38 | | | |
| | 39 | | | |

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U15 Women's K-1 500m

Race #106 - 2:30 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|--------|------|
| | 41 | Elissa Elmadani | FLCC | |
| | 42 | Cassidy MacPherson | RCKC | |
| | 43 | Kirsten Cheung | FLCC | |
| | 44 | Audrey Milner | GHCKRT | |
| | 45 | Jia Kim | RCKC | |
| | 46 | Elisa Robson-Brown | FCRCC | |
| | 47 | Jill Esseltine | PCA | |
| | 48 | Megan Pankratz | PMPC | |
| | 49 | | | |
| | 50 | | | |

U13/U12/U11 Men's C-1 500m

Race #107 - 2:31 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------|-------|------|
| | 51 | Kenjiro MacMartin | FCRCC | |
| | 52 | Quinn Thomson | BCKC | |
| | 53 | Nathan Gaffron | NKCC | |
| | 54 | Jonas Decker | KCKC | |
| | 55 | Landon McQuarrie | FLCC | |
| | 56 | Liam Grover | KCKC | |
| | 57 | Vladimir Demishkevich | KCKC | |
| | 58 | | | |
| | 59 | | | |
| | 60 | | | |

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U14 Women's K-1 500m

Race #108 - 2:45 PM

| Place | Lane | Crew | Club | Time |
|-------|------|--------------------|------|------|
| | 61 | Lily Small | RCKC | |
| | 62 | Tess Nuttall | NKCC | |
| | 63 | Mika Asano | BCKC | |
| | 64 | Cassidy MacPherson | RCKC | |
| | 65 | | | |
| | 66 | | | |
| | 67 | | | |
| | 68 | | | |
| | 69 | | | |
| | 70 | | | |

U14/U15 Men's C-1 500m

Race #109 - 2:46 PM

| Place | Lane | Crew | Club | Time |
|-------|------|------------------|-------|------|
| | 71 | Ydris Hunter | FCRCC | |
| | 72 | Quinn Phare | PCA | |
| | 73 | Noah Said | RCKC | |
| | 74 | Arjun Senanayake | FCRCC | |
| | 75 | | | |
| | 76 | | | |
| | 77 | | | |
| | 78 | | | |

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Novice Men's K-1 500m

Race #110 - 3:00 PM

| Place | Lane | Crew | Club | Time |
|-------|------|------------------|------|------|
| | 81 | Jackson Ali | NCKC | |
| | 82 | Thomas Duff | NCKC | |
| | 83 | Bryant Kellaway | RCKC | |
| | 84 | Jackson Fraser | NCKC | |
| | 85 | Carter Hugill | RCKC | |
| | 86 | Samuel Rosenthal | RCKC | |
| | 87 | Graham Hein | NCKC | |
| | 88 | Jacob Horwood | NCKC | |
| | 89 | | | |
| | 90 | | | |

U13 Men's K-1 500m

Race #111 - 3:01 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 91 | Kenjiro MacMartin | FCRCC | |
| | 92 | Nathan Gaffron | NKCC | |
| | 93 | Brendan Shippit | PCA | |
| | 94 | Aksel Schroeder | NCKC | |
| | 95 | Landon Drain | PCA | |
| | 96 | Noah Malenfant | NKCC | |
| | 97 | | | |
| | 98 | | | |
| | 99 | | | |

U12 Men's K-1 500m

Race #112 - 3:15 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------------|-------|------|
| | 1 | Charlie Toth | PMPC | |
| | 2 | Jacob Heath | FCRCC | |
| | 3 | Carter Hugill | RCKC | |
| | 4 | Thorben Schroeder | NCKC | |
| | 5 | Liam Grover | KCKC | |
| | 6 | Landon McQuarrie | FLCC | |
| | 7 | Noah MacMartin | FCRCC | |
| | 8 | Bryant Kellaway | RCKC | |
| | 9 | Aksel Schroeder | NCKC | |
| | 10 | Jonas Decker | KCKC | |
| | 11 | Tomoki MacMartin | FCRCC | |
| | 12 | Felix Purdhomme | NKCC | |
| | 13 | Noah Stubbings | NCKC | |
| | 14 | Vladimir Demishkevich | KCKC | |
| | 15 | | | |

Novice Women's C-1 500m

Race #113 - 3:16 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------|--------|------|
| | 21 | Sadie Hanks | GHCKRT | |
| | | | | |
| | | | | |

U13 Women's K-1 500m

Race #114 - 3:30 PM

| Place | Lane | Crew | Club | Time |
|-------|------|---------------------|------|------|
| | 31 | Tess Nuttall | NKCC | |
| | 32 | Olivia Eccleston | KCKC | |
| | 33 | Shania Modha | RCKC | |
| | 34 | Alena Stenning-Lint | NCKC | |
| | 35 | Erica Potkins | NKCC | |
| | 36 | | | |
| | 37 | | | |
| | 38 | | | |
| | 39 | | | |

U11 Women's K-1 500m

Race #115 - 3:31 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-----------------|------|------|
| | 41 | Moyo Alobi | NCKC | |
| | 42 | Elizabeth Clark | KCKC | |
| | 43 | Mischa Grover | KCKC | |
| | 44 | | | |
| | 45 | | | |
| | 46 | | | |

U11 Men's K-1 500m

Race #116 - 3:45 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 51 | Jacob Heath | FCRCC | |
| | 52 | Tomoki MacMartin | FCRCC | |
| | 53 | Noah Stubbings | NCKC | |
| | 54 | Thorben Schroeder | NCKC | |
| | 55 | Owen Turner | PMPC | |
| | 56 | Felix Purdhomme | NKCC | |
| | 57 | Noah MacMartin | FCRCC | |
| | 58 | Ethan Ronayne | PCA | |
| | 59 | | | |
| | 60 | | | |

U12 Women's K-1 500m

Race #117 - 3:46 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------------|-------|------|
| | 61 | Erica Potkins | NKCC | |
| | 62 | Moyo Alobi | NCKC | |
| | 63 | Keisa Bleiler | FCRCC | |
| | 64 | Asha Senanayake | FCRCC | |
| | 65 | Kierra Wilis | KCKC | |
| | 66 | Gillian Helliwell | FCRCC | |
| | 67 | | | |
| | 68 | | | |
| | 69 | | | |
| | 70 | | | |

Novice Women's K-1 500m

Race #118 - 4:00 PM

| Place | Lane | Crew | Club | Time |
|-------|------|---------------------|-------|------|
| | 71 | Alena Stenning-Lint | NCKC | |
| | 72 | Mika Asano | BCKC | |
| | 73 | Jill Esseltine | PCA | |
| | 74 | Shania Modha | RCKC | |
| | 75 | Tiffany Yau | FCRCC | |
| | 76 | Lily Small | RCKC | |
| | 77 | Rielle Hein | NCKC | |
| | 78 | Maddy Beaudry | PCA | |
| | 79 | | | |
| | 80 | | | |

Novice Men's C-1 500m

Race #119 - 4:01 PM

| Place | Lane | Crew | Club | Time |
|-------|------|-------------|------|------|
| | 91 | Quinn Phare | PCA | |
| | | | | |
| | | | | |