

FIRST START: 4:00 PM (Paddlers meeting at 3:30)

Singles are in C1's OR mini type K1s - **NO** Full size K1's – no exceptions if a paddler shows in in a Nelo Cinco, their time will not be recorded

As a paddler leaves the dock, ensure they have THEIR number on the boat. If they are in both C1, AND K1, they should have a different number for each. Numbers will be provide. If a number gets lost, just make sure the paddler knows what it is. I will ask at the start/finish line! – (Make this the second option, not the first just because you don't feel like putting numbers on boats...)

Please do not flood the start line with boats. Just because you have 10, 20, 30 Lightnings does not mean it makes sense to send them all out at exactly 4:00! If we are confused and frustrated, chances are the kids will be too!

In the singles events, Paddlers can start ANYTIME within the 90 minutes between 4:00 and 5:30. Starts are not boys, girls, kayaks, or canoes, they are simply started when the paddlers are ready to go and may or may not be with other paddlers of the same class. Paddlers are free to organize races against their friends, or go on their own if they choose

When 1 or more paddlers are at the line to start, they will be sent off, and their start time recorded. They will proceed to the 200m line or predetermined marker, and back to the finish for a distance of around 400m. Crew boats are a straight 500m course.

In singles, paddlers may go more than once if they like, provided they do not interfere others getting a chance! A couple of hard efforts is better option than keeping the boat away from someone else who wants to try.

Singles Starts will end at 5:30 SHARP, or earlier if there are no more starters coming to the line.

Crew boat races will start at 5:40 or earlier, at the 200m startline (not the same startline of the singles). Just get the kids out there! As long as they have THEIR boat number, and the crew is recorded with the staff, they will get a time and a result. Who they race against is not important – as long as they get to the start they will get a time. C4s are to have coxswain UNLESS they have very strong boat skills. Coxing a C4 is considerably faster than drifting down the lake sideways trying to figure out what to do!

That's it! It's really not complicated once we get going!

Results will be posted on the ADCKC.CA website after the regatta (usually by the next morning)s!

Turn left around the turn marker(s)

200m Turn

Finish on the other side (Red Flag Side) of the motorboat

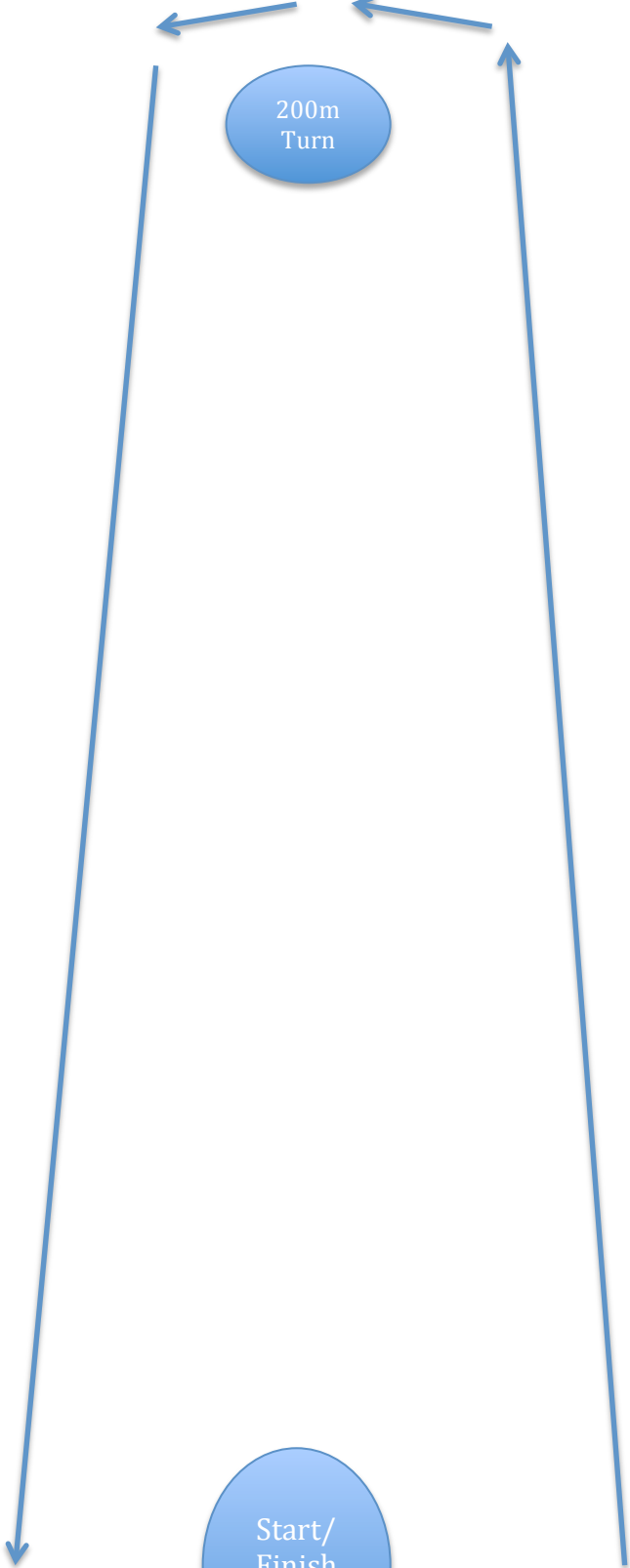
Start to the right (Green Flag Side) of the motorboat



Finish Area

Start/
Finish
Boat

Start Area



Men U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
1	Ben Henry	CH			
2	Ben Jones	CH			
3	Bennett Lassaline	CH			
4	Braden Mclaughlin	CH			
5	Cole Howell	CH			
6	dominic blackwood	CH			
7	Drew Taylor	CH			
8	Ethan Dort	CH			
9	ettiene chenard	CH			
10	Flynn Carroll	CH			
11	Fraser Farrall	CH			
12	Gavin Jeans	CH			
13	Hayden Brown	CH			
14	Isacc Powell	CH			
15	Jack Foy	CH			
16	Jack Maceachern	CH			
17	Jake Given	CH			
18	Jonah Mcyntere	CH			
19	Keaden Simmons	CH			
20	Levi Allen	CH			
21	Mark Hall	CH			
22	Max Levy	CH			
23	Noah Livley	CH			
24	Oliver Murphy	CH			
25	Oliver Smith	CH			
26	Rhys Uhlamen	CH			

U11 Singles - Cheema - 2018

Men U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
27	Ryan Donavan	CH			
28	Ryland Whyatt	CH			
29	Sam Allison	CH			
30	Sam Skebo	CH			
31	Tate Levy	CH			
32	Will Kooyman	CH			
100	Onion Casey	MM			
101	Simon Diagle	MM			
153	Duncan McElmon-Sullivan	SA			
154	Geoffrey O'Connell	SA			
155	Jacob Healy	SA			
156	Jon Roberts	SA			
157	Liam Patterson	SA			
158	Matt MacDonald	SA			
159	Noah Olliver	SA			
160	Owen Kiley	SA			
161	Phil Munro	SA			
162	Spencer Zabarylo	SA			
163	Will Elliott	SA			
99	Blaise Worsnop	MM			

U11 Singles - Cheema - 2018

Men U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
164	Nick Jackson	SA			

U11 Singles - Cheema - 2018

Men U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
102	Austin Pickrem	MM			
103	Ben Cooke	MM			
104	Charlie Savelle	MM			
105	Gavin Garnett	MM			
106	Moe Salcedo	MM			
107	Phoenix Casey	MM			
108	Trey Wiestra	MM			
109	Wyatt Deeble	MM			
165	Anderson Cole	SA			
166	Brodie Graves	SA			
167	Brody Brewer	SA			
168	Chase Doyle	SA			
169	Kaden Sheikh	SA			
170	Seth McFeters	SA			
171	Tyler Kendall	SA			
172	Zach Dufour	SA			

U11 Singles - Cheema - 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
34	Abby C	CH			
35	Abby D	CH			
36	Bella Fabrizi	CH			
37	Brooke Sanford	CH			
38	Carley Frizzle	CH			
39	Caroline Hilton	CH			
40	Casey Underhill	CH			
41	Cate Hartler	CH			
42	Charlotte Langley	CH			
43	Chloe Brake	CH			
44	Cicely Harnum	CH			
45	Ella Taylor	CH			
46	Ellen Rudderham	CH			
47	Ellarie Johnson	CH			
48	Emily Gaudet	CH			
49	Emma Cole	CH			
50	Emma McKay	CH			
51	Gabby Allen	CH			
52	Georgia Rudderham	CH			
53	Heidi Brown	CH			
54	Isabelle Kim	CH			
55	Josie Duffy	CH			
56	Katie Cooper	CH			
57	Katie Gaudet	CH			
58	Lauren McGill	CH			
59	Marcy Meisner	CH			

U11 Singles - Cheema - 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
60	Marion Purdy	CH			
61	Matilda Bowers	CH			
62	Megan McFeters	CH			
63	Megan Thompson	CH			
64	Morgan Jollymore	CH			
65	Morgan Nutter	CH			
66	Naomi Brooksby	CH			
67	Robin Conrod	CH			
68	Sarah Leger	CH			
69	Sienna Jones	CH			
70	Sophia Kerr	CH			
71	Sophie Tingley	CH			
110	Alicia Nedelcu	MM			
111	Annelise Leblanc	MM			
112	Elizabeth Langford	MM			
113	Elizabeth Savelle	MM			
114	Ella Cain	MM			
115	Emilie Rice	MM			
116	Emma Pickrem	MM			
117	Enya Demitru	MM			
118	Faith Braine	MM			
119	Gaby Galllott	MM			
120	Lia Wierstra	MM			
121	Maya Tousignant	MM			
122	Meredith Bagnald	MM			
123	Olivia Nedelcu	MM			

U11 Singles - Cheema - 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
124	Samantha Chiasson	MM			
125	Sienna Beardsmore	MM			
190	Aaliyah Comeau	SA			
191	Clara Whytewood	SA			
192	Elayna Strauss-Greer	SA			
193	Jenna Lamontagne	SA			
194	Katie Gouthro	SA			
195	Sara Blackmore	SA			

U11 Singles - Cheema - 2018

Women U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
196	Chelsea Coley	SA			

U11 Singles - Cheema - 2018

Women U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
126	Avery macaskill	MM			
127	Cate Norman	MM			
128	Erika Bagnald	MM			
129	Kassidy Maher	MM			
130	Michaela Rose	MM			
131	Rachel McCarthy	MM			
197	Abby Cornelius	SA			
198	Lauren Delvin	SA			
199	Zoe Alexander	SA			

U11 Singles - Cheema - 2018

Men U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
173	Duncan McElmon-	SA			
174	Jacob Healy	SA			
175	Jon Roberts	SA			
176	Liam Patterson	SA			
177	Matt MacDonald	SA			
178	Noah Olliver	SA			
179	Owen Kiley	SA			
180	Phil Munro	SA			
181	Spencer Zabarylo	SA			
182	Will Elliott	SA			

U11 Singles - Cheema - 2018

Men U10 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
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U11 Singles - Cheema - 2018

Men U9 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
33	zach chenard	CH			
183	Anderson Cole	SA			
184	Brodie Graves	SA			
185	Chase Doyle	SA			
186	Kaden Sheikh	SA			
187	Seth McFeters	SA			
188	Tyler Kendall	SA			
189	Zach Dufour	SA			

U11 Singles - Cheema - 2018

Women U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
72	Alicia Stanley	CH			
73	Anya Cozens	CH			
74	Chloe Eisnor	CH			
75	Claire Sanford	CH			
76	Ella Cozens	CH			
77	Elle Mackenzie	CH			
78	Mia Fabrizi	CH			
132	Emma Pickrem	MM			
133	Gabby Galliot	MM			
134	Maya Tousignant	MM			
200	Clara Whyte	SA			
201	Elayna Strauss-Greer	SA			
202	Jenna Lamontagne	SA			

U11 Singles - Cheema - 2018

Women U10 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
203	Chelsea Coley	SA			

U11 Singles - Cheema - 2018

Women U9 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
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U11 Singles - Cheema - 2018

5:45 PM	Event #2	U11 K4 - Men or Mixed	200m	Heat #1
Place	Lane	Name	Club	Time
	91	flynn carroll/ fraser farrall /jonah macntyere /???	CH	
	94	Levi Allen/Drew Taylor/Gavin Jeans/ Sam Skebo	CH	
	144	Onion Casey/ Blaise Worsnop/ Simon Diagle/ Wyatt Deeble	MM	
	212	Nick Jackson/Brodie Graves/Jacob Healy/Tyler Kendall	SA	
	215	Jaxson Lee/Owen Kiley/Duncan MacElmon-Sullivan/Will Elliott	SA	
5:49 PM	Event #3	U11 Women C4	200m	Heat #1
Place	Lane	Name	Club	Time
	97	Ella C/Robin C/Anyia C/Sophia K	CH	
	148	Avery Macaskill/ Michaela Rose/ Rachel McCarthy/ Cate Norman	MM	
	151	Sienna Beardsmore/ Lia Wierstra/ Olivia Nedelcu/ Alicia Nedelcu	MM	
	218	Elayna Strauss-Greer/Katie Gouthro/Jenna Lamontagne/Abby Cornelius	SA	
5:53 PM	Event #4	U11 K4 - Men or Mixed	200m	Heat #2
Place	Lane	Name	Club	Time
	92	Will Kooyman/ tate levy/sam allison/ ben jones	CH	
	95	Jake Given/HaydenBrown/Keaden Simons/Brendan Slade	CH	
	145	Ben Cooke/ Moe Salcedo/ Onin Casey/ Phoenix Casey	MM	
	213	Spencer Zabarylo/Liam Patterson/Anderson Cole/Brody Brewer	SA	
	216	Noah Olliver/Matt MacDonald/Jon Roberts/Phil Munro	SA	
5:57 PM	Event #5	U11 Women C4	200m	Heat #2
Place	Lane	Name	Club	Time
	98	Elle M/Chloe E/Claire S/ Alicia S	CH	
	149	Emilie Rice/ Samantha Chiasson/ Meredith Bagnald/ Elizabeth Saville	MM	
	152	Emma Pickrem/ Maya Tousignant/ Ella Cain/ Gabby Galliot	MM	
6:01 PM	Event #6	U11 K4 - Men or Mixed	200m	Heat #3
Place	Lane	Name	Club	Time
	93	Jack Maceachern /Ben Jones/ Bennett Lassaline/ Hayden Brown	CH	
	96	Ryland Whyatt/ mark hall/ dominic blackwood/ max levy	CH	
	146	Charlie Savelle/ Trey Wierstra/ Gavin Garnett/ Austin Pickrem	MM	
	214	Chase Doyle/Kaden Sheikh/Zack Dufour/Seth McFeters	SA	
6:05 PM	Event #7	U11 Women C4	200m	Heat #3
Place	Lane	Name	Club	Time
	147	Erika Bagnald/ Cassidy Maher/ Meredith Bagnald/ Elizabeth Langford	MM	
	150	Elizabeth Langford/ Faith Braine/ Enya Demitru/ Annelise Leblanc	MM	
	217	Aaliyah Comeau/Clara Whyteewood/Sara Blackmore/Lauren Delvin	SA	
This is just a guide. Races will be started whenever there are crews available - K4/C4-5 or any combination to get a race.				

combination
to get a race.

6:09 PM	Event #8	U11 K4 - Men or Mixed	200m	Heat #4
Place	Lane	Name	Club	Time
	79	Tristen Courtney/Ty Courtney/William Ralph/Owen White	AB	
	77	Loghan Cook/Nicholas Hodgson/Jamie Mackinnon/Cole Pellerine	AB	
	165	Liam Boltz/ Landon Ogrady/ Hudson Brown/ Braden Drake	MA	
	212	Caden Kelly/Brayden Carrigan/Wesley Pemberton/Xander Woodward	PI	
6:13 PM	Event #9	U11 Women K4	200m	Heat #1
Place	Lane	Name	Club	Time
	79	Sienna J/Sophia K/Sophie T/Ellen R	CH	
	83	Emma B/Emma C/Emma M/ Gabby A	CH	
	87	Cicely H/Ella T/Ellarie J/Emily G	CH	
	137	Elizabeth Langford/ Faith Braine/ Enya Demitru/ Annelise Leblanc	MM	
	204	Aaliyah Comeau/Lauren Delvin/Abby Cornelius/Katie Gouthro	SA	
6:17 PM	Event #10	U11 C4(or 5) - Men or Mixed	200m	Heat #1
Place	Lane	Name	Club	Time
	89	Brady Campbell/Dominic/Max/???	CH	
	142	Ben Cooke/ Moe Salcedo/ Onin Casey/ Phoenix Casey	MM	
	208	Jaxson Lee/Owen Kiley/Duncan MacElmon-Sullivan/Matt MacDonald	SA	
	211	Will Elliott/Noah Olliver/Kaden Sheikh/Jacob Healy	SA	
6:21 PM	Event #11	U11 Women K4	200m	Heat #2
Place	Lane	Name	Club	Time
	80	Georgia R/Heidi B/Isabelle K/Josie D	CH	
	84	Katie C/Lauren M/Marcy M/Marion P	CH	
	88	Morgan N/Naomi B/Nicole H/Sarah L	CH	
	138	Emilie Rice/ Samantha Chiasson/ Meredith Bagnald/ Elizabeth Saville	MM	
	205	Abby Cornelius/Zoe Alexander/Chelsea Coley/Lauren Delvin	SA	
6:25 PM	Event #12	U11 C4(or 5) - Men or Mixed	200m	Heat #2
Place	Lane	Name	Club	Time
	90	zacherie chenard/ etteine chenard / alec mcauly/ ben jones	CH	
	143	Onion Casey/ Blaise Worsnop/ Simon Diagle/ Wyatt Deeble	MM	
	209	Jon Roberts/Chase Doyle/Zack Dufour/Seth McFeters	SA	
This is just a guide. Races will be started whenever there are crews available - K4/C4-5 or any combination to get a race.				

6:29 PM	Event #13	U11 Women K4	200m	Heat #3
Place	Lane	Name	Club	Time
	81	Abby C/Abby D/Bella F/Brooke S	CH	
	85	Katie G/Cate H/Claire S/Robin C	CH	
	135	Emma Pickrem/ Maya Tousignant/ Ella Cain/ Gabby Galliot	MM	
	139	Avery Macaskill/ Michaela Rose/ Rachel McCarthy/ Cate Norman	MM	
	206	Clara Whytewood/Elayna Strauss-Greer/Jenna Lamontagne/Sara Blackmore	SA	
6:33 PM	Event #14	U11 C4(or 5) - Men or Mixed	200m	Heat #3
Place	Lane	Name	Club	Time
	141	Charlie Savelle/ Trey Wierstra/ Gavin Garnett/ Austin Pickrem	MM	
	207	Brody Brewer/Brodie Graves/Nick Jackson/Tyler Kendall	SA	
	210	Spencer Zabarylo/Liam Patterson/Anderson Cole/Phil Munro	SA	
6:37 PM	Event #15	U11 Women K4	200m	Heat #4
Place	Lane	Name	Club	Time
	82	Matilda B/Megan M/Megan T/Morgan J	CH	
	86	Carley F/Caroline H/Charlotte L/Chloe B	CH	
	136	Sienna Beardsmore/ Lia Wierstra/ Olivia Nedelcu/ Alicia Nedelcu	MM	
	140	Erika Bagnald/ Cassidy Maher/ Meredith Bagnald/ Elizabeth Langford	MM	
6:37 PM	Event #16	U11 Club War Canoe	200m	Heat #1
Place	Lane	Name	Club	Time
	1			
	2	Brady Garcia	MM	
	3			
	4	Emily Burke	CH	
	5			
	6	Nick Burgers	CH	
	7			
	8	Megan McNeil	SA	
	9			
6:41 PM	Event #17	U11 Club War Canoe	200m	Heat #2
Place	Lane	Name	Club	Time
	1			
	2			
	3	Zack Kane	MM	
	4			
	5	Adam Brien	CH	
	6			
	7	Will Miller	CH	
	8			
	9			

This is just a guide. Races will be started whenever there are crews available - K4/C4-5 or any combination to get a race.