

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

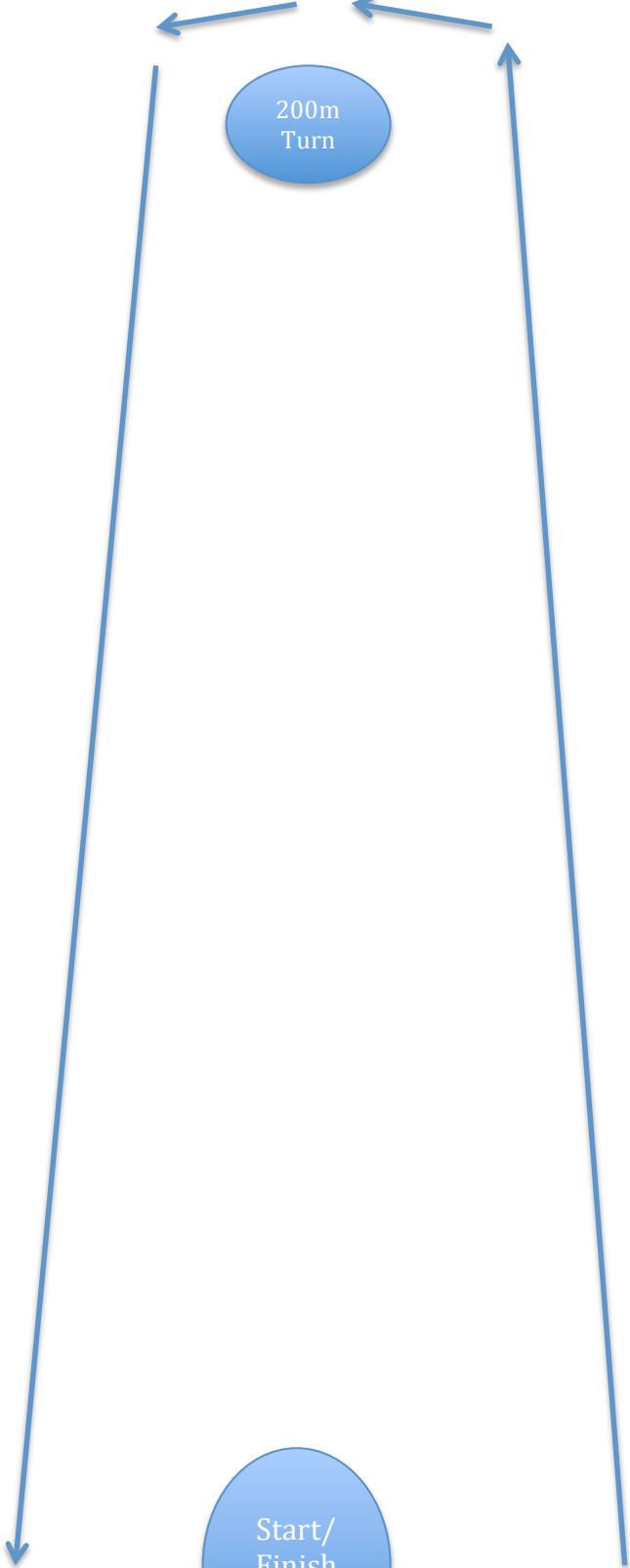
Start to the right (Green Flag Side) of the motorboat



Finish Area

Start/
Finish
Boat

Start Area



Men U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
1	Isaac Spears	BA			
2	Xavier Jackson	BA			
3	Cohen Lindensmith	BA			
4	Luke Taylor	BA			
5	Jack Theunissen	BA			
56	Cayden Bennett	MM			
57	Ian Herlt	MM			
58	Onin Casey	MM			
119	Luc Valcourt	SE			
120	Neil Rissesco	SE			
121	Charlie Woodford	SE			
122	Joshua Health	SE			
123	Ben Robichaud	SE			
124	Leo Garron	SE			
125	Connell Higgins	SE			
126	Rene Gionet	SE			
127	Carter McNeil	SE			
128	Jonah Williams	SE			

U11 Singles - Lake Banook 2018

Men U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
59	Eric Macdonald	MM			
60	Simon Daigle	MM			
61	Blaise Worsnop	MM			
129	Jonathan Huntington	SE			
130	Matthew Ferguson	SE			
131	Madoc Tobin	SE			
132	Aiden Mauger	SE			
133	Lucas MacLean	SE			

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Men U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
6	Matthew Macdonald	BA			
7	Bryce Hoddinot	BA			
8	Benjamin Alexander	BA			
9	Corwinn Marshall	BA			
10	Mid Roosen	BA			
11	Jack Thompson	BA			
12	Curtis Snlegrovek	BA			
13	Brendan Smith	BA			
14	Alex Bouvette	BA			
15	Owen Landry	BA			
16	Sydney Watt	BA			
17	Adam Jarrett	BA			
18	Oliver Lynk	BA			
19	William Macdonald	BA			
20	Max Leclerc	BA			
21	Owen Sparkes	BA			
22	Sam Ryan	BA			
23	Emile Gunn	BA			
62	Wyatt Deeble	MM			
63	Moe Salcedo	MM			
64	Gavin Garnett	MM			
65	Trey Weirstra	MM			
66	Andrew Tilley	MM			
67	Ben Cooke	MM			
68	Austin Pickrem	MM			
69	Phoenix Casey	MM			

U11 Singles - Lake Banook 2018

Men U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
70	Charlie Savelle	MM			
134	Alexander Campbell	SE			
135	Marshall Woodford	SE			
136	Jude Marty	SE			
137	Quinn Gibson	SE			
138	Zachary Preeper	SE			
139	Berkley MacLean	SE			
140	Russell Waters	SE			
141	Zachary Rainault	SE			
142	Samuel Trevorrow	SE			
143	Ryan Higgins	SE			
144	Vander Tobin	SE			
145	Beckett Huber	SE			

U11 Singles - Lake Banook 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
25	Maddie Mccarthy	BA			
26	Mackenzie Schaus	BA			
27	Kate Macdonald	BA			
28	Julia Snelgrovek	BA			
71	Tessa Murphy	MM			
72	Alicia Nedelcu	MM			
73	Gabrielle Galliot	MM			
74	Meredith Bagnald	MM			
75	Elizabeth Mckennna	MM			
76	Elizabeth Savelle	MM			
77	Clara Kibble	MM			
78	Emma Pickrem	MM			
79	Faith Braine	MM			
80	Ella Cain	MM			
81	Samantha Chiasson	MM			
82	Carmen Macdougall	MM			
83	Sienna Beardsmore	MM			
84	Emilie Rice	MM			
85	Elizabeth Langford	MM			
86	Sadie Cooke	MM			
87	Maya Tousignant	MM			
88	Lia Weirstra	MM			
149	Vivianne MacLean	SE			
150	Athena Woodford	SE			
151	Sophie Valcourt	SE			
152	Chloe Seto	SE			

U11 Singles - Lake Banook 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
153	Meredith Gall	SE			
154	Sadie Simonsen	SE			
155	Chloe McFarlane	SE			
156	Maeve Huber	SE			

U11 Singles - Lake Banook 2018

Women U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
29	Isabella Macvicar	BA			
89	Olivia Nedelcu	MM			
157	Georgia Mouat	SE			
158	Paige Doody	SE			
159	Riley Boyd	SE			
160	Maira Malek	SE			
161	Rachel Lattemouille	SE			

U11 Singles - Lake Banook 2018

Women U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
30	Sadie Walter	BA			
31	Leiden Marshall	BA			
32	Riley Crowther	BA			
33	Katie Noakes	BA			
34	Ava Cacao Ewing	BA			
35	Isla Hoddinot	BA			
36	Molly Mccarthy	BA			
37	Willow Schandall	BA			
38	Grace Theunissen	BA			
39	Alice Gunn	BA			
40	Lylah Van Meer	BA			
41	Maria Sparkes	BA			
42	Charlotte Hickey	BA			
43	Audrey Joseph	BA			
90	Avery MacAskill	MM			
91	Cate Norman	MM			
92	Kassidy Maher	MM			
93	Erika Bagnald	MM			
94	Michaela Rose	MM			
95	Alice Mckenna	MM			
96	Ava Tilley	MM			
162	Cassidy McFarlane	SE			
163	Meaghan Ferguson	SE			
164	Emily Harding	SE			
165	Jane Davidson	SE			
166	Bella Fraser	SE			

U11 Singles - Lake Banook 2018

Women U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
167	Maren Huber	SE			
168	Violet Appleby	SE			
169	Amelia Gall	SE			
170	Emily Doody	SE			

U11 Singles - Lake Banook 2018

Men U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
146	Neil Rissesco	SE			

U11 Singles - Lake Banook 2018

Men U10 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
147	Eli Cowper	SE			

U11 Singles - Lake Banook 2018

Men U9 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
24	Theo Junid-Mcneill	BA			
148	Russell Waters	SE			

U11 Singles - Lake Banook 2018

Women U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
171	Vivianne MacLean	SE			

U11 Singles - Lake Banook 2018

Women U10 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
172	Riley Boyd	SE			
173	Rachel Lattemouille	SE			

U11 Singles - Lake Banook 2018

Women U9 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
174	Meaghan Ferguson	SE			

U11 Singles - Lake Banook 2018

5:45 PM	Event #2	U11 K4 - Men or Mixed	200m	Heat #1
Place	Lane	Name	Club	Time
	49	Isabella Macvicar /Kate Macdonald/Matthew Macdonald/Corwinn Marshall	BA	
	53	Alex Bouvette/Emile Gunn/Owen Sparkes/Brendan Smith	BA	
	109	Austin Pickrem/ Wyatt Deeble/ Charlie Savelle/ Mae Salcedo	MM	
	185	Zachary Rainault/ Matthew Ferguson/ Charlie Woodford/ Quinn Gibson	SE	
	189	Ben Robichaud/ Rene Ginoet/ Jonah Williams/ Leo Garron	SE	
5:49 PM	Event #3	U11 Women C4	200m	Heat #1
Place	Lane	Name	Club	Time
	112	Olivia Nedelcu/ Alicia Nedelcu/ Faith Braine/ Ella Cain	MM	
	115	Clara Kibble/ Elizabeth Savelle/ Elizabeth Mckenna/ Carmen Macdougall	MM	
	118	Tessa Murphy/ Sadie Cooke/ Faith Braine/ Clara Kibble	MM	
	193	Rachel Lattemouille/ Georgia Mouat/ Sadie Simonsen/ Violet Appleby	SE	
5:53 PM	Event #4	U11 K4 - Men or Mixed	200m	Heat #2
Place	Lane	Name	Club	Time
	50	Oliver Lynk/Curtis Snelgrovek/Xavier Jackson/Owen Landry	BA	
	54	Corwinn Marshall/ Adam Jarrett/William Macdonald/Mid Roosen	BA	
	110	Phoenix Casey/ Gavin Garnett/ Ben Cooke/ Onin Casey	MM	
	186	Samuel Trevorrow/ Zachary Preeper/ Berkley MacLean/ Russell Waters	SE	
	190	Jude Marty/ Marshall Woodford/ Beckett Huber/ Eli Cowper	SE	
5:57 PM	Event #5	U11 Women C4	200m	Heat #2
Place	Lane	Name	Club	Time
	113	Ava Tilley/ Alice Mckenna/ Michaela Rose/ Cassidy Maher	MM	
	116	Sienna Beardsmore/ Emilie Rice/ Elizabeth Langford/ Samantha Chiasson	MM	
	191	Chloe McFarlane/ Chloe Seto/ Sophie Valcourt/ Moira Malek	SE	
	194	Meredith Gall/ Vivianne MacLean/ emily Harding/ Paige Doody	SE	
6:01 PM	Event #6	U11 K4 - Men or Mixed	200m	Heat #3
Place	Lane	Name	Club	Time
	51	Jack Thompson/Bryce Hoddinot/Molly Mccarthy/Audrey Joseph	BA	
	55	Benjamin Alexander/Sam Ryan/Sydney Watt/Max Leclerc	BA	
	111	Simon Daigle/ Eric Macdonald/ Andrew Tilley/ Trey Weirstra	MM	
	187	Carter McNeil/ Luc Valcourt/ Neil Rissesco/ Connell Higgins	SE	
6:05 PM	Event #7	U11 Women C4	200m	Heat #3
Place	Lane	Name	Club	Time
	114	Emma Pickrem/ Gabrielle Galliot/ Maya Tousignant/ Lia Weirstra	MM	
	117	Erika Bagnald/ Meredith Bagnald/ Cate Norman/ Avery MacAskill	MM	
	192	Meaghan Ferguson/ Riley Boyd/ Athena Woodford/ Maeve Huber	SE	
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
	52	Adam Jarrett/Mid Roosen/William Macdonald/Theo Juinid-Macneil	BA	
	108	Blaise Worsnop/ Onin Casey/ Ian Herlt/ Cayden Bennett	MM	
	184	Lucas MacLean/ Aidan Mauger/ Ryan Higgins/ Joshua Health	SE	
	188	Jonathan Huntington / Madoc Tobin/ Vander Tobin/ Alexander Campbell	SE	
6:13 PM	Event #9	U11 Women K4	200m	Heat #1
Place	Lane	Name	Club	Time
	44	Maria Sparkes/Sadie Walter/Leiden Marshal/Willow Schandall	BA	
	97	Erika Bagnald/ Meredith Bagnald/ Cate Norman/ Avery MacAskill	MM	
	101	Ava Tilley/ Alice Mckenna/ Michaela Rose/ Cassidy Maher	MM	
	176	Chloe McFarlane/ Chloe Seto/ Sophie Valcourt/ Meredith Gall	SE	
	180	Vivianne MacLean / Jane Davidson/ Maren Huber/ Bella Fraser	SE	
6:17 PM	Event #10	U11 C4(or 5) - Men or Mixed	200m	Heat #1
Place	Lane	Name	Club	Time
	48	Sam Ryan/ Alex Bouvette/ Cohen Lindensmith/Jack Theunissen	BA	
	105	Simon Daigle/ Eric Macdonald/ Andrew Tilley/ Trey Weirstra	MM	
	107	Phoenix Casey/ Gavin Garnett/ Ben Cooke/ Onin Casey	MM	
	182	Madoc Tobin/ Vander Tobin/ Quinn Gibson/ Alexander Campbell	SE	
6:21 PM	Event #11	U11 Women K4	200m	Heat #2
Place	Lane	Name	Club	Time
	45	Alice Gunn/ Maddie Mccarthy/Julia Snelgrovek/Mackenzie Schaus	BA	
	98	Tessa Murphy/ Sadie Cooke/ Faith Braine/ Clara Kibble	MM	
	102	Clara Kibble/ Elizabeth Savelle/ Elizabeth Mckenna/ Carmen Macdougall	MM	
	177	Meaghan Ferguson/ Athena Woodford/ Riley Boyd/ Maeve Huber	SE	
6:25 PM	Event #12	U11 C4(or 5) - Men or Mixed	200m	Heat #2
Place	Lane	Name	Club	Time
	104	Austin Pickrem/ Wyatt Deeble/ Charlie Savelle/ Moe Salcedo	MM	
	106	Blaise Worsnop/ Onin Casey/ Ian Herlt/ Cayden Bennett	MM	
	181	Carter McNeil/ Connell Higgins/ Luc Valcourt/ Neil Rissesco	SE	
	183	Jonathan Huntington/ Eli Cowper/ Berkley MacLean/ Russell Waters	SE	
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combination
to get a race

6:29 PM	Event #13	U11 Women K4	200m	Heat #3
Place	Lane	Name	Club	Time
	46	Katie Noakes/Ava Cao Ewing/Riley Crowther/Isla Hoddinot	BA	
	99	Emma Pickrem/ Gabrielle Galliot/ Maya Tousignant/ Lia Weirstra	MM	
	103	Sienna Beardsmore/ Emilie Rice/ Elizabeth Langford/ Samantha Chiasson	MM	
	178	Emily Doody/ Emily Harding/ Helen Maksymiv/ Mariya Maksymiv	SE	
6:33 PM	Event #14	U11 Women K4	200m	Heat #3
Place	Lane	Name	Club	Time
	47	Charlotte Hickey/Lylah Van Meer/Grace Theunissen/Isiah Hoddinott	BA	
	100	Olivia Nedelcu/ Alicia Nedelcu/ Faith Braine/ Ella Cain	MM	
	175	Rachel Lattemouille/ Georgia Mouat/ Violet Appleby/ Moira Malek	SE	
	179	Cassidy McFarlane/ Amelia Gall/ Paige Doody/ Sadie Simonsen	SE	
6:37 PM	Event #15	U11 Club War Canoe	200m	Heat #1
Place	Lane	Name	Club	Time
	1	Zach Kane	MM	
	2			
	3	Cleo Armstrong	BA	
	4			
	5	Jack MacGovern	SE	
	6			
	7	Brady Garcia	MM	
	8			
	9	Grace Cox	BA	
6:41 PM	Event #16	U11 Club War Canoe	200m	Heat #2
Place	Lane	Name	Club	Time
	1	Shaye Tilley	MM	
	2			
	3	Luke Gallant	SE	
	4			
	5	Thomas Cox	BA	
	6			
	7	Jack MacGovern 2	SE	
	8			
	9	Craig Johnsen	SE	

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