

## **BE ON TIME FOR YOUR START!**

You must have **YOUR** boat number in a number holder (tape is not allowed in races). If you do not have a boat number holder, or your number holder is for some unexplainable reason, on the front of your boat, understand that this is not a new rule. It is not even within the last decade. There is no excuse, so do not expect to be excused. At a minimum, ask nicely.

Give people room to paddle – If you don't have room, neither does the person beside you. If you overtake a slower paddler, it is YOUR responsibility to ensure you do not impede that paddler. It is your duty to stay clear, not theirs. ICF rules do not allow you to ride wash of a different class of boat.

**BE ON TIME FOR YOUR START! 2000m:** Starts are off the dock at Mic Mac (Officials will be standing on the dock and a video screen will be there showing the current start time).

**The 2000m start:** Every 30 seconds, there will be a 5 second warning, followed by the start horn. This is automated, so there is no adjustment for those late to the line. If you are late, your start time has passed, and your time is running. Your assigned start time is your start time, whether you are there or not. False starts, or starting over the line will be penalized a **minimum** of 2 seconds. Penalties are shown with an by adjusted start time on the draw. If your start time in the results is earlier than the group you started with, or earlier than you originally assigned group, it is due to the assessment of penalty time.

Turn around the turn markers at the 1000m and come back to finish IN LANE 9. When you cross the finish, get out of the way.

Following the 2000m seeding race, groups will be drawn for the 5000m final. The first heat will be no more than 10 boats, but since the event is a TIMED event – a time control as much as a head to head race - , any paddler in the 1<sup>st</sup> - 9<sup>th</sup> heat can still win the overall, so use wash wisely.

## **BE ON TIME FOR YOUR START!**

**5000m (Map, Next Page): USE THE SAME BOAT NUMBER :** start groups will be every 2 minutes, ON THE MIC MAC SIDE. We will NOT wait for stragglers, If you miss your start group, you can go with a later group, but your assigned start time is your start time, and it will not be adjusted. Making it to the start line on time is a required skill in racing; we evaluate that skill by sticking to start times. Joining an earlier group will result in disqualification. The 5000m course is a single marked loop, going through both lakes. Start by Mic Mac, and try to finish in lane 9. The penalty for missing a turn marker is 5 seconds provided you did not use it to gain an advantage. Purposely cutting a corner will result in disqualification. Go under the bridge on the **RIGHT** side only. Officials have been instructed to disqualify paddlers purposely travelling through the bridge on the left - this is not just a rule, it is law, and a serious safety issue.

**Finally: This is a race, and you are athletes. Purposely ramming boats, pushing them off course, trying to turn other boats around, or causing general mayhem is NOT racing. Accidents happen, but make this about your skills, tactics, strategies and fitness, not about a willingness to destroy either equipment, or the experience of other athletes.**

**Officials have been asked to take a hard line on any deliberate contact, or acts of poor sportsmanship (think bad-mouthing/swearing). Offending paddlers will be disqualified if caught, and may be referred for more severe penalties.**

**When selecting teams, we are not looking for athletes likely to be disqualified, or to cast the Atlantic Division in a poor light. We ARE looking for athletes who can rise to the occasion, and race!**

# **RETURN YOUR NUMBERS!!**

# Men K1 2000m

Start time= 8:30 AM + Your Start Time

Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
1	Craig Johnson	U15	SE	0:00:00		
2	Ian Gaudet	U15	BA	0:00:30		
3	Xavier LeVasseur	U18	CH	0:01:00		
4	Lochlin Cranston	U18	MA	0:01:30		
5	Jack Hall	U18	BA	0:02:00		
6	Cole Parsons	U15	BA	0:02:30		
7	Brad Bryant	U18	MA	0:03:00		
8	James Erith-Ellwood	U18	SE	0:03:30		
9	Thomas McGrath	U18	CH	0:04:00		
10	Matt Audas	U18	CH	0:04:30		
11	Kai Levy	U15	CH	0:05:00		
12	Joey Mollins	U18	CH	0:05:30		
13	Keaton Brown	U15	CH	0:06:00		
14	Rowan Gray	U15	SA	0:06:30		
15	Aiden Macumber	U18	SA	0:07:00		
16	Carson Leslie	U15	MM	0:07:30		
17	Jack MacMillian	U15	CH	0:08:00		
18	Callum Wheatly	U15	CH	0:08:30		
19	Ethan Firth	U13	OR	0:09:00		
20	Matt Mullet	U18	CH	0:09:30		
21	Nathan Leger	U13	CH	0:10:00		
22	Sam Amirault	U15	CH	0:10:30		
23	Malcom Wark	U18	CH	0:11:00		
24	Adam Johnson	U18	MM	0:11:30		
25	Jacob Naugler	U18	PI	0:12:00		
26	Eli Nowlan	U15	SE	0:12:30		
27	Ben Carew	U15	SE	0:13:00		
28	Sterling Shannon	U15	OR	0:13:30		
29	Adam Scott	U18	MM	0:14:00		
30	Alex Erith-Ellwood	U15	SE	0:14:30		
31	Jacob O'Connell	U15	OR	0:15:00		

## ADCKC / TEAM NS - 2Km Seeding TT 11/18

U18 = All Paddlers 2018 U16/U17 or 1st year U19

U15 = All Paddlers 2018 U15/U14

U13 = All Paddlers 2018 U13 or younger

Start time= 8:30 AM + Your Start Time

Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
32	Liam Philips	U15	CH	0:15:30		
33	Aiden Ferguson	U13	SE	0:16:00		
34	Christian Vallis	U15	MM	0:16:30		
35	Robert Walsh	U15	SE	0:17:00		
36	Gavin Peddle	U13	OR	0:17:30		
37	Braden Reinhardt	U13	OR	0:18:00		
38	Mike Fleet	U18	SA	0:18:30		
39	Logan Harnish	U15	OR	0:19:00		
40	Garrison Woodford	U13	SE	0:19:30		
41	Keagan Lovell	U15	OR	0:20:00		
42	Nate Davies	U15	BA	0:20:30		
43	Kameron Kennedy	U18	PI	0:21:00		
44	Devin Joy	U15	BA	0:21:30		
45	Evan Ring	U15	BA	0:22:00		
46	Carter Naugler	U13	PI	0:22:30		
47	Kaden Hope	U13	PI	0:23:00		
48	Chase Fleet	U13	SA	0:23:30		
49	Evan Jensen	U13	PI	0:24:00		

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# Women K1 2000m

Start time= 8:30 AM + Your Start Time

Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
50	Alanna Bray-Lougheed	SR	BK	0:24:30		
51	Natalie Davidson	SR	SE	0:25:00		
52	Kady Leard	SR	CH	0:25:30		
53	Claire Carruthers	U18	MM	0:26:00		
54	Sam Morse	U18	MA	0:26:30		
55	Adriana Lilley	U18	MM	0:27:00		
56	Bekkah Celikanat	U15	MA	0:27:30		
57	Sam Stein	U18	BB	0:28:00		
58	Laura MacKinnon	U18	CH	0:28:30		
59	Lily Baert	U18	SE	0:29:00		
60	Anna O'Brien	U18	SE	0:29:30		
61	Nia Gardin	U15	MA	0:30:00		
62	Riley Melanson	SR	SE	0:30:30		
63	Ashley Audas	U18	CH	0:31:00		
64	Sarah Page	U18	MA	0:31:30		
65	Riley Gray	U18	CH	0:32:00		
66	Carys McMurray	U18	BA	0:32:30		
67	Emily Munroe	U18	BA	0:33:00		
68	Emily Parsons	U15	BA	0:33:30		
69	Livia Nauss	U15	MM	0:34:00		
70	Erin Peters	U15	MM	0:34:30		
71	Georgia Tousignant	U15	MM	0:35:00		
72	Molly Rusinak-Short	U15	SE	0:35:30		
73	Kalyn O'Connell	U15	OR	0:36:00		
74	Lilly MacPherson	U18	SA	0:36:30		
75	Rebecca Sampson	U18	CH	0:37:00		
76	Ivy Murphy	U13	OR	0:37:30		
77	Fiona O'Donnell	U15	SE	0:38:00		
78	Emma Harz	U15	CH	0:38:30		
79	Grace Firth	U18	OR	0:39:00		
80	Keira Cassidy	U18	OR	0:39:30		

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Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
81	Taylor Ferguson	U15	SE	0:40:00		
82	Maddie Lane	U15	SE	0:40:30		
83	Zahra Celikanat	U13	MA	0:41:00		
84	Jaimie Gregor	U18	OR	0:41:30		
85	Mya Cowper	U13	SE	0:42:00		
86	Cleo Armstrong	U18	BA	0:42:30		
87	Ocean Lushman	U15	SA	0:43:00		
88	Delaney Reeves	U15	OR	0:43:30		
89	Hali Wile	U15	PI	0:44:00		
90	Ella Huntington	U13	SE	0:44:30		
91	Abbey Peddle	U15	OR	0:45:00		
92	Maura Macumber	U13	PI	0:45:30		
93	Ella Yunace	U13	MM	0:46:00		
94	Josie States	U13	PI	0:46:30		
95	Keira Nowlan	U13	SE	0:47:00		
96	Lily Nowlan	U13	SE	0:47:30		
97	Holly Schofield	U13	PI	0:48:00		
98	Claire Naugler	U13	PI	0:48:30		
99	Jenna Wile	U13	PI	0:49:00		
100	Eva Bruce	U13	PI	0:49:30		
101	Juliette Gunn	U15	BA	0:50:00		

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# Men C1 2000m

Start time= 8:30 AM + Your Start Time

Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
102	Mark James	SR	SE	0:50:30		
103	Nick Baert	SR	SE	0:51:00		
104	Shannon Miles	SR	PC	0:51:30		
105	Andrew Billard	U18	MA	0:52:00		
106	Tyler Laidlaw	U18	SA	0:52:30		
107	Peter Lombardi	SR	SE	0:53:00		
108	Dawson Peachey	U18	MA	0:53:30		
109	Logan Thom	U18	SE	0:54:00		
110	Matt Koch	U15	CH	0:54:30		
111	Iain Carew	SR	SE	0:55:00		
112	Jai Paliwal	U15	SE	0:55:30		
113	Matt Zinck	U15	SE	0:56:00		
114	Kyle Perrier	U18	SA	0:56:30		
115	Logan Graves	U18	SA	0:57:00		
116	Brendan Canning	U13	BA	0:57:30		
117	Noah Avery Gray	U15	SA	0:58:00		
118	Duncan Giles	U13	SE	0:58:30		
119	Austin Cleveland	U18	SA	0:59:00		
120	Eric Chouinard	U13	MM	0:59:30		
121	Ethan Page	U13	SE	1:00:00		
122	Evan Thom	U13	SE	1:00:30		
123	AJ O'Connell	U15	SA	1:01:00		
124	Nik Koch	U18	MA	1:01:30		
125	Austin Galliot	U15	MM	1:02:00		
126	Tyler Lane	U13	SE	1:02:30		
127	Daniel Pike	U13	MM	1:03:00		
128	Logan Freeman	U15	SA	1:03:30		
129	Ryan Chouinard	U13	MM	1:04:00		
130	Ty Sutton	U15	MM	1:04:30		
131	Elliott Thrush	U15	MM	1:05:00		
132	Buddy English	U13	SE	1:05:30		

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# Women C1 2000m

Start time= 8:30 AM + Your Start Time

Boat Number	Name	Class	Club	Start Time	Finish Time	Actual
133	Ava Carew	U15	SE	1:06:00		
134	Geneva Bond	U15	MA	1:06:30		
135	Jessica MacKay	U18	MA	1:07:00		
136	Aja Deeble	U15	MM	1:07:30		
137	Julia Lilley	U18	MM	1:08:00		
138	Azusa Murphy	U15	MM	1:08:30		
139	Jana Peachey	U15	MA	1:09:00		
140	Sloan MacKenzie	U18	CH	1:09:30		
141	Kavita Thomas	U15	MA	1:10:00		
142	Lindsay Murray	U15	CH	1:10:30		
143	Bailey Gray	U15	CH	1:11:00		
144	Grace McIntyre	U15	CH	1:11:30		
145	Hannah Campbell	U15	MA	1:12:00		
146	Jenna MacKay	U15	CH	1:12:30		
147	Madeline Smith	U15	CH	1:13:00		
148	Jacy Grant	U15	CH	1:13:30		
149	Katie Van Berkel	U18	SE	1:14:00		
150	Olivia Fogarty	U18	SA	1:14:30		
151	Jacqueline Moore	U15	SE	1:15:00		
152	Rebecca Lewis	U15	SE	1:15:30		
153	Miranda James	U15	MM	1:16:00		
154	Emily MacPherson	U15	SA	1:16:30		
155	Emma Yule	U13	SA	1:17:00		

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