

NS Sprints - Saturday, July 18, 2009 HEATS

7:00 AM	Race#	1	Event	16	M Mix 2X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				Compsite Crew HRC/NSRC	NSRC	NSRC	HRC	NSRC
	Name(s)	Stroke			Marjo Laurinolli	Carolyn Mills	Geradline Cooper	Diane D'Arcy	Laurie Nivan
		Bow			Barry Burgess	Robert Mills	Jeff Sawler	Paul Shaw	Steve McIntosh
	Rank				3	1	2	4	5
	Elapsed				03:53.88	03:45.96	03:50.53	03:54.62	04:03.62

7:10 AM	Race#	2	Event	16	M Mix 2X	Heat #2 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club					NSRC	HRC	NSRC	NSRC
	Name(s)	Stroke				Jason Wilson	Julie Horrocks	Sean Warner	Dave McCulloch
		Bow				Krista Philips	Mike Noddin	Vicki Fioratos	Laura Ross
	Rank					2	4	3	1
	Elapsed					04:04.31	04:34.69	04:04.69	03:57.66

7:20 AM	Race#	3	Event	4	CG/JR W 1X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				NL CG	HRC	NSRC	NL CG	NSRC
	Name(s)				Jane Brodie	Kate Elbourne	Johanna Murray	Hilary Sinclair	Kerith Gordon
	Rank				3	1	5	4	2
	Elapsed				04:17.94	04:12.56	04:23.44	04:22.19	04:12.59

7:30 AM	Race#	4	Event	4	CG/JR W 1X	Heat #2 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				NL CG	HRC	NSRC	HRC	NSRC
	Name(s)				Kiersten Van Gulick	Sara Burrill	Jessica Browne	Olivia Newton	Julia Mills
	Rank				2	3	1	4	DNS
	Elapsed				04:21.87	04:22.87	04:20.69	04:32.90	00:00.00

7:40 AM	Race#	5	Event	21	CG/JR M 2X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				NB CG	MMRC	NB CG	NL CG	PE CG
	Name(s)	Stroke			Keegan Drummond	Alex Los	Mike Craig	Tyler Young	Jake Byrne
		Bow			Greg Theriault	Brishen Hagan- Deshamps	Robin Overing	Ben Colbourne	Scott Murray
	Rank				3	4	1	2	5
	Elapsed				03:38.59	03:51.79	03:35.03	03:36.88	03:57.22

7:50 AM	Race#	6	Event	21	CG/JR M 2X	Heat #2 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club					NB CG	NL CG	FRC	NB CG
	Name(s)	Stroke				Simon Gagnon	Michael Noel	Rob Forestell	Brian Peters
		Bow				Rob Alexander	Robert Roach	Andreas Marquis	Greg. Tomney
	Rank					1	3	4	2
	Elapsed					00:00.00	03:39.90	04:04.49	04:12.43

8:00 AM	Race#	7	Event	7	OP W 4X	Heat #1 of 2	1 to final plus next 2 fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club					SJRC	HRC	KRC	
	Name(s)	Stroke				Kiersten Van Gulick	Sarah MacDonald	Kelly Martin	
		2				Karen Brodie	Krystyna Cowan	Heather Peddles	
		3				Katie Bruce	Vanessa Perry	Sarah Trott	
		Bow				Shannon Driscoll	Haley Kerr	Consuela Ossa	
	Rank					1	DNS	2	
	Elapsed					00:00.00	00:00.00	04:33.32	

NS Sprints - Saturday, July 18, 2009 HEATS

8:10 AM **BREAK**

8:20 AM	Race#	8	Event	7	OP W 4X	Heat #2 of 2	1 to final plus next 2 fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club			NRSC	KRC	FRC	
			Name(s)	Stroke		Kerith Gordon	Gillian Layton	Stesha Gruttner	
				2		Vicki Fioratos	Sheri Currie	Lindsay May	
				3		Krista Phillips	Jennifer Petrovich	Stephanie Gillis	
				Bow		Laura Ross	Patti Anglin	Jennifer Fitzpatrick	
			Rank			2	3	1	
			Elapsed			03:58.03	05:14.81	03:55.31	

8:30 AM	Race#	9	Event	23	CG/JR W 2X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club			NF CG	NS CG	HRC	
			Name(s)	Stroke		Emma Colbourne	Jessica Browne	Emily Hancock	
						Victoria Morgan	Kate Elbourne	Julia Redmond	
				Bow					
			Rank			2	1	3	
			Elapsed			04:19.69	04:07.26	04:22.82	

8:40 AM	Race#	10	Event	23	CG/JR W 2X	Heat # 2of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club			Compsite Crew HRC/NSRC	FRC	NL CG	FRC
			Name(s)	Stroke		Johanna Murrary	Ashley Wright	Katie Bruce	Shelby Lyons
						Makenna Cooke	Veronique Roy	Karen Brodie	Jenny May
				Bow					
			Rank			1	3	2	4
			Elapsed			04:19.57	04:36.94	04:30.57	04:43.29

8:50 AM	Race#	11	Event	10	OP M 1X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club		MMRC	SJRC	HRC	NSRC	KRC
			Name(s)		Pat Convey	Adam Shea	Dan Murray	Jeff Sawler	Mike Flynn
			Rank		1	3	2	4	DNS
			Elapsed		03:41.16	03:57.63	03:52.41	04:00.28	00:00.00

9:00 AM	Race#	12	Event	10	OP M 1X	Heat #2 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club		MMRC	SJRC	FRC	SJRC	FRC
			Name(s)		Daniel Lalancette	Adam Power	Pat Cody	Craig Whittle	Jamie Abbass
			Rank		4	3	1	5	2
			Elapsed		03:57.69	03:53.72	03:48.50	03:56.72	03:51.37

9:10 AM **BREAK**

9:20 AM	Race#	13	Event	20	M W 4X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Club			MMRC	KRC	NSRC	
			Name(s)	Stroke		Karen Kavanaugh	Gillian Layton	Carolyn Mills	
				2		Carolyn Whiteway	Sheri Currie	Geraldine Cooper	
				3		Sue Duann	Jennifer Petrovich	Laurie Nivan	
				Bow		JK Keeping	Patti Anglin	Chrystal Kennedy	
			Rank			2	3	1	
			Elapsed			00:00.00	04:30.47	03:53.00	00:00.00

NS Sprints - Saturday, July 18, 2009 HEATS

9:30 AM	Race#	14	Event	20	M W 4X	Heat #2 of 2	2 to final plus next fastest			
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club					FRC	HRC	MMRC		
	Name(s)	Stroke				Heidi Liston	Alex Muton,	Sally Dean		
		2				Donna Bliss	Peggy Hemsworth	Jane Smith Van Horne		
		3				Barb Dugas	Karen Brown	Marilyn MacMullin		
		Bow				Brenda Gullison	Joan Backman	Jocelyn Pletz		
	Rank					1	3	2		
	Elapsed					04:08.73	04:13.79	04:11.41		

9:40 AM	Race#	15	Event	11	CG/JR M 2-	Heat #1 of 2	2 to final plus next fastest			
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club				NB CG	MMRC	NB CG	PE CG	NB CG	
	Name(s)	Stroke			Brian Peters	Max Trzcinski	Keegan Drummond	Jake Byrne	Cameron Reid	
		Bow			Greg Tomney	Nick Troup	Greg Theriault	Scott Murray	Rob Alexander	
	Rank				3	DNS	1	4	2	
	Elapsed				03:40.19	00:00.00	03:28.72	03:52.28	03:31.03	

9:50 AM	Race#	16	Event	11	CG/JR M 2-	Heat #2 of 2	2 to final plus next fastest			
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club					HRC	NB CG	NL CG	NB CG	
	Name(s)	Cox				Alex Fraughton	Mike Craig	Mark Perry	Robin Overing	
		Bow				Niko MacLellan	Simon Gagnon	Brent Payne	Taylor Overing	
	Rank					4	1	3	2	
	Elapsed					03:53.14	03:31.30	03:39.33	03:35.49	

10:00 AM **BREAK**

NS Sprints - Saturday, July 18, 2009 FINALS

10:10 AM Race # 17	Event 1	M M 4X	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4
	Club		NSRC	FRC	NSRC
	Name(s)		Barry Burgess	Kevin Lunn	Jim Barr
	Stroke		Sean Warner	Jean-Noel Roy	Jason Wilson
			Dave McCulloch	Andre Charron	Roger O'Neill
	Bow		Robert Mills	Steve Watson	Ted Musset
	Rank		1	2	3
	Elapsed		03:21.94	03:25.84	03:38.93

10:20 AM Race # 18	Event 2	OP W 2-	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4
	Club		MMRC	SJRC	FRC
	Name(s)		Jenna Pelham	Allison Delong	Janice Lawrence
	Stroke		Emily Duann	Alyssa Devereaux	Jennifer Fitzpatrick
	Bow				Heather Peddle
	Rank		1	2	3
	Elapsed		03:59.16	04:03.81	04:08.87

10:30 AM Race # 19	Event 3	M W 8+	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4
	Club		MMRC	HRC	
	Name(s)	Cox	Julie Caines	Yetta Withrow	
	Stroke		Karen Kavanaugh	Diane D'Arcy	
			JK Keeping	Lesley Griffiths	
			Sue Duann	Karen Brown	
			Jane Smith-VanHorne	Bonnie Anderson	
			Melanie Oaks	Dale Sheppard	
			Carolyn Whiteway	Julie Horrocks	
			Marilyn MacMullin	Joan Backman	
	Bow		Sally Dean	Peggy Hemsworth	
	Rank		1	2	
	Elapsed		03:48.97	04:03.37	

10:40 AM Race # 20	Event 4	CG/JR W 1X	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4
		Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2
	Club	NL CG	NSRC	HRC	NSRC
	Name(s)	Jane Brodie	Kerith Gordon	Kate Elbourne	Jessica Browne
	Stroke				
	Bow				Kiersten Van Gulick
	Rank	3	1	2	4
	Elapsed	04:15.25	04:06.09	04:10.38	04:17.50

10:50 AM Race # 21	Event 5	OP M 2-	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4
	Club		SJRC	SJRC	
	Name(s)		Adam Shea	Mark Perry	
	Stroke		Adam Power	Brent Payne	
	Bow				
	Rank		1	2	
	Elapsed		03:41.37	03:44.75	

NS Sprints - Saturday, July 18, 2009 FINALS

11:00 AM Race #	22	Event	6	N M 4+	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club								
		Name(s)	Cox							
			Stroke							
			2							
			3							
			Bow							
		Rank								
		Elapsed								

11:10 AM BREAK

11:20 AM Race #	23	Event	7	OP W 4X	4 Boat - FINAL	1 to final plus next 2 fastest				
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
					1 Next fastest	1st Heat 1	1st Heat 2	2 Next fastest		
		Club			NRSC	SJRC	FRC	KRC		
		Name(s)	Stroke		Kerith Gordon	Kiersten Van Gulick	Stesha Gruttner	Kelly Martin		
			2		Vicki Fioratos	Karen Brodie	Lindsay May	Heather Peddles		
			3		Krista Phillips	Katie Bruce	Stephanie Gillis	Sarah Trott		
			Bow		Laura Ross	Shannon Driscoll	Jennifer Fitzpatrick	Consuela Ossa		
		Rank			3	1	2	DNS		
		Elapsed			03:58.25	03:44.50	03:51.25	00:00.00		

11:30 AM Race #	24	Event	8	CG/JR W 2-	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			NL CG	NL CG				
		Name(s)	Stroke		Allison Delong	Hilary Sinclair				
			Bow		Alyssa Devereaux	Holly Whelan				
		Rank			1	2				
		Elapsed			04:19.32	04:58.53				

11:40 AM Race #	25	Event	9	M W 4+	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			HRC	KRC	KRC - Exhibition Novice			
		Name(s)	Cox		Yetta Withrow	Nicole Sanscartier	Kristen Flood			
			Stroke		Lesley Griffiths	Gillian Layton	Sarah Trott			
			2		Bonnie Anderson	Sheri Currie	Heather Peddle			
			3		Diane D'Arcy	Jennifer Petrovich	Shelby Hughes			
			Bow		Amy Moen	Patti Anglin	Consuela Ossa			
		Rank			1	2	1			
		Elapsed			04:21.35	04:49.06	04:18.72			

11:50 AM Race #	26	Event	10	OP M 1X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2		
		Club		SJRC	HRC	MMRC	FRC	FRC		
		Name(s)		Adam Power	Dan Murray	Pat Convey	Pat Cody	Jamie Abbass		
		Rank		5	3	1	2	4		
		Elapsed		04:00.31	03:41.58	03:40.03	03:40.35	03:51.78		

NS Sprints - Saturday, July 18, 2009 FINALS

12:00 PM Race # 27 Event 11 CG/JR M 2- FINAL						
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club		NL CG	NB CG	NB CG	NB CG	NB CG
Name(s)	Stroke	Mark Perry	Mike Craig	Keegan Drummond	Cameron Reid	Robin Overing
	Bow	Brent Payne	Simon Gagnon	Greg Theriault	Rob Alexander	Taylor Overing
Rank		5	1	3	2	4
Elapsed		03:40.50	03:25.87	03:31.60	03:27.13	03:33.94

12:10 PM BREAK

12:20 PM Race # 28 Event 12 CG/JR W 8+ FINAL						
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			NB CG	NL CG	HRC	
Name(s)	Cox		Danielle Caravan	Robert Roach	Alex Fraughton	
	Stroke		Michelle Roy	Allison Delong	Ruth Donald	
	2		Maggie Macvey	Stephanie Davis	Natalie Marsh	
	3		Erica Ganong	Jane Brodie	Julia Redmond	
	4		Laura Corscadden,	Alyssa Devereaux	Emily Hancock	
	5		Laura Simonds	Hilary Sinclair	Makenna Cooke	
	6		Ellen Langley	Holly Whelan	Olivia Newton	
	7		Jess Seguin	Amanda Ryan	Sara Burrill	
	Bow		Jen Johnston	Shannon Driscoll	Kate Elbourne	
Rank			1	2	3	
Elapsed			03:22.91	03:26.03	03:52.88	

12:30 PM Race # 29 Event 13 M M 4+ FINAL						
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	NSRC - Exhibition		
Name(s)	Cox		Julie Caines	Ashley Mumford		
	Stroke		Joe Rowlands	Jim Barr		
	2		Spencer Scott	Jason Wilson		
	3		Tim Oldfield	Roger O'Neill		
	Bow		Pierre Poirer	Krista Philips		
Rank			1	2		
Elapsed			03:55.87	04:05.79		

12:40 PM Race # 30 Event 14 N M 2X FINAL						
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club						
Name(s)	Stroke					
	Bow					
Rank						
Elapsed						

12:50 PM Race # 31 Event 15 CG/JR M 8+ FINAL						
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			NB CG	NL CG		
Name(s)	Cox		Nicole Sanscartier	Robert Roach		
	Stroke		Keegan Drummond	Tyler Young		
	2		Greg Theriault	Paul Hussey		
	3		Cameron Reid	Mark Perry		
	4		Simon Gagnon	Chris Clark		
	5		Mike Craig	Zach Meaney		
	6		Taylor Overing	Ben Coulbourne		
	7		Robin Overing	Josh Sutton		
	Bow		Rob Alexander	Brent Payne		
Rank			1	2		
Elapsed			03:01.54	03:03.84		

NS Sprints - Saturday, July 18, 2009 FINALS

1:00 PM Race # 32	Event	16	M Mix 2X	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
			Compsite Crew					
			HRC/NSRC					
Club				NSRC	NSRC	NSRC	NSRC	
Name(s)	Stroke		Marjo Laurinolli	Geradline Cooper	Carolyn Mills	Dave McCulloch	Jason Wilson	
					Robert Mills	Laura Ross	Krista Philips	
	Bow		Barry Burgess	Jeff Sawler				
Rank			3	2	1	4	5	
Elapsed			03:52.34	03:51.75	03:43.34	03:53.03	04:09.47	

1:10 PM BREAK

1:20 PM Race # 33	Event	17	OP M 4X	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club				SJRC	HRC	KRC		
Name(s)	Stroke			Adam Shea	Dan Murray	Mike Craig		
				Adam Power	Mike Noddin	Keggan Drummond		
	2			Craig Whittle	Kevin Feltmate	Greg Theriault		
	3			Ben Colbourne	Paul Shaw	Brian Peters		
	Bow							
Rank				2	3	1		
Elapsed				03:24.06	03:36.53	03:19.38		

1:30 PM Race # 34	Event	18	CG/JR W Lwt 2X	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club			NL CG	NS CG	FRC	HRC	FRC	
Name(s)	Stroke		Stephanie Davis	Olivia Newton	Sophie Forestell	Emily Hancock	Veronique Roy	
				Sara Burrill	Danielle Caravan	Julia Redmond	Jenny May	
	Bow		Amanda Ryan					
Rank			2	1	4	3	5	
Elapsed			03:58.53	03:58.38	04:23.09	04:23.03	04:53.79	

1:40 PM Race # 35	Event	19	N W 4+	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club								
Name(s)	Cox							
	Stroke							
	2							
	3							
	Bow							
Rank								
Elapsed								

1:50 PM Race # 36	Event	20	M W 4X	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
Club			HRC	MMRC	NSRC	FRC	MMRC	
Name(s)	Stroke		Alex Muton,	Karen Kavanaugh	Carolyn Mills	Heidi Liston	Sally Dean	
			Peggy Hemsworth	Carolyn Whiteway	Geraldine Cooper	Donna Bliss	Jane Smith Van Horne	
	2		Karen Brown	Sue Duann	Laurie Nivan	Barb Dugas	Marilyn MacMullin	
	3		Joan Backman	JK Keeping	Chrystal Kennedy	Brenda Gullison	Jocelyn Pletz	
	Bow							
Rank			5	2	1	3	4	
Elapsed			04:22.47	03:55.06	03:52.13	04:12.00	04:16.03	

NS Sprints - Saturday, July 18, 2009 FINALS

2:00 PM Race # 37	Event	21	CG/JR M 2X	FINAL			
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club			NB CG	NL CG	NB CG	NB CG	NB CG
Name(s)	Stroke	Keegan Drummond	Tyler Young	Mike Craig	Simon Gagnon	Brian Peters	
	Bow	Greg Theriault	Ben Colbourne	Robin Overing	Rob Alexander	Greg. Tomney	
Rank		5	1	4	3	2	
Elapsed		03:46.81	03:37.65	03:41.59	03:41.25	03:40.06	

2:10 PM BREAK

2:20 PM Race # 38	Event	22	OP W 8+	FINAL			
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club				SJRC	HRC	FRC	
Name(s)	Cox		Robert Roach	Yetta Withrow	Danielle Caravan		
	Stroke		Allison Delong	Heather McMillan	Janice Lawrence		
	2		Stephanie Davis	Haley Kerr	Jen Fitzpatrick		
	3		Jane Brodie	Sarah MacDonald	Lindsay May		
	4		Alyssa Devereaux	Meg Lobb	Stesha Gruttner		
	5		Hilary Sinclair	Krystyna Cowan	Stephanie Gillis		
	6		Holly Whelan	Vanessa Perry	Vanessa Paesani		
	7		Amanda Ryan	Melanie Goodday	Christina Hawkins		
	Bow		Shannon Driscoll	Laura Fraser	Simone Charron		
Rank			1	3	2		
Elapsed			03:33.56	03:47.85	03:46.53		

2:30 PM Race # 39	Event	23	CG/JR W 2X	FINAL			
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club			HRC	NF CG	NS CG	Compsite Crew HRC/NSRC	NL CG
Name(s)	Stroke	Emily Hancock	Emma Colbourne	Jessica Browne	Johanna Murrary	Katie Bruce	
	Bow	Julia Redmond	Victoria Morgan	Kate Elbourne	Makenna Cooke	Karen Brodie	
Rank		4	2	1	3	5	
Elapsed		04:30.03	04:23.12	04:08.09	04:26.06	04:39.44	

2:40 PM BREAK

2:50 PM Race # 40	Event	24	OP W 8+ DASH	FINAL			
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club				SJRC	HRC	KRC	FRC
Name(s)	Cox		Robert Roach	Yetta Withrow	Nicole Sanscartier	Danielle Caravan	
	Stroke		Allison Delong	Heather McMillan	Patti Anglin	Janice Lawrence	
	2		Stephanie Davis	Haley Kerr	Jennifer Petrovich	Jen Fitzpatrick	
	3		Jane Brodie	Sarah MacDonald	Sheri Currie	Lindsay May	
	4		Alyssa Devereaux	Meg Lobb	Gillian Layton	Stesha Gruttner	
	5		Hilary Sinclair	Krystyna Cowan	Heather Peddle	Stephanie Gillis	
	6		Holly Whelan	Vanessa Perry	Kelly Martin	Vanessa Paesani	
	7		Amanda Ryan	Melanie Goodday	Consuela Ossa	Christina Hawkins	
	Bow		Shannon Driscoll	Laura Fraser	Shelby Hughes	Simone Charron	
Rank			1	2	4	3	
Elapsed			01:43.22	01:48.41	01:58.56	01:51.28	

3:00 PM BREAK

NS Sprints - Saturday, July 18, 2009 FINALS

3:10 PM Race #

41 Event		25	ADPT 2X		FINAL	
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			HRC	NSRC		
Name(s)	Stroke		Alex Slate	Kerith Gordon		
	Bow		Keith William	Laura Ross		
Rank			1	2		
Elapsed			03:16.75	03:19.16		

3:20 PM Race #

42 Event		26	M MIX 8+ DASH			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	HRC	NSRC	FRC
Name(s)	Cox		Julie Caines	Alex Fraughton	Ashley Mumford	Danielle Caravan
	Stroke		Karen Kavanaugh	Paul Shaw	Sean Warner	Steve Watson
	2		Carolyn Whiteway	Kevin Feltmate	Susan Smith	Kevin Lunn
	3		Grant Johnson	Mike Noddin	Barry Burgess	Jean-Noel Roy
	4		Pierre Poirer	Diane D'Arcy	Jason Wilson	Andre Charron
	5		Tim Oldfird	Lesley Griffiths	Chrystal Kennedy	Heidi Liston
	6		Joe Rowlands	Bonnie Anderson	Vicki Fioratos	Barb Dugas
	7		Sue Duann	Julie Horrocks	Geraldine Copper	Brenda Gullison
	Bow		JK Keeping	Alex Muton	Dave McCulloch	Vanessa Paesani
Rank			1	4	2	3
Elapsed			01:42.06	01:51.82	01:44.87	01:48.21

NS Sprints - Sunday, July 19, 2009 HEATS

7:00 AM Race#	1	Event	28	M M 1X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			SJRC	NSRC	FRC		
		Name(s)			Craig Whittle	Dave McCulloch	Kevin Lunn		
		Rank			1	3	2		
		Elapsed			04:13.09	04:19.37	04:15.47		

7:10 AM Race#	2	Event	28	M M 1X	Heat #2 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			NSRC	FRC	NSRC	NSRC	
		Name(s)			Sean Warner	Steve Watson	Jim Barr	Ted Mussett	
		Rank			3	2	1	4	
		Elapsed			04:25.03	04:17.60	04:16.81	04:31.50	

7:20 AM Race#	3	Event	30	OP W 2X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			MMRC	HRC	FRC	KRC	
		Name(s)	Stroke		Emily Duann	Haley Kerr	Lindsay May	Consuela Ossa	
			Bow		Jenna Pelham	Heather McMillan	Stesha Gruttner	Kelly Martin	
		Rank			1	3	4	2	
		Elapsed			04:01.00	04:07.82	04:12.69	04:06.31	

7:30 AM Race#	4	Event	30	OP W 2X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			FRC	HRC	NSRC	NSRC	
		Name(s)	Stroke		Stephanie Gillis	Krystyna Cowan	Laura Ross	Jessica Browne	
			Bow		Vanessa Paesani	Vanessa Perry	Kerith Gordon	Johanna Murray	
		Rank			2	DNS	1	3	
		Elapsed			04:17.47	00:00.00	04:08.65	04:23.13	

7:40 AM Race#	5	Event	29	M M C+ 1X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club							
		Name(s)							
		Rank							
		Elapsed							

7:50 AM Race#	6	Event	29	M M C+ 1X	Heat #2 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club							
		Name(s)							
		Rank							
		Elapsed							

8:00 AM BREAK

8:10 AM Race#	7	Event	32	CG/JR W 4X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			NL CG	NS CG	FRC		
		Name(s)	Stroke		Kiersten Van Gulick	Sara Burrill	Simone Charron		
			2		Karen Brodie	Jessica Browne	Christina Hawkins		
			3		Katie Bruce	Kate Elbourne	Ashley Wright		
			Bow		Shannon Driscoll	Olivia Newton	Caravan, Danielle		
		Rank			2	1	3		
		Elapsed			03:50.44	03:41.91	03:58.81		

NS Sprints - Sunday, July 19, 2009 HEATS

8:20 AM Race#	8	Event	32	CG/JR W 4X	Heat #2 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			NL CG	HRC	FRC		
		Name(s)	Stroke		Hilary Sinclair	Makenna Cooke	Sophie Forestell		
			2		Emma Colbourne	Julia Redmond	Jenny May		
			3		Victoria Morgan	Emily Hancock	Shelby Lyons		
			Bow		Amanda Ryan	Ruth Donald	Caroline Forestell		
		Rank			2	1	3		
		Elapsed			03:53.85	03:51.63	04:05.34		

8:30 AM Race#	9	Event	31	CG/JR M 1X	Heat #1 of 3	1 to final plus next 2 fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club		MMRC	NB CG	NL CG			
		Name(s)		Brishen Hagan- Deshamps	Mike Craig	Ben Colbourne			
		Rank		3	1	2			
		Elapsed		04:11.50	03:56.06	04:02.50			

8:40 AM Race#	10	Event	31	CG/JR M 1X	Heat #2 of 3	1 to final plus next 2 fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club		MMRC	NB CG	NL CG	NB CG	FRC	
		Name(s)		Alex Los	Robin Overing	Tyler Young	Brian Peters	Chris Fetter	
		Rank		4	2	1	3	5	
		Elapsed		04:33.72	03:58.04	03:57.82	04:08.04	05:03.66	

8:50 AM Race#	11	Event	31	CG/JR M 1X	Heat #3 of 3	1 to final plus next 2 fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club		MMRC	NB CG	HRC	NB CG		
		Name(s)		Daniel Lalancette	Simon Gagnon	Connor Booker	Rob Alexander		
		Rank		2	1	4	3		
		Elapsed		04:05.35	03:56.22	04:29.25	04:21.71		

9:00 AM BREAK

9:10 AM Race#	12	Event	45	M M C+ 2X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club							
		Name(s)	Stroke						
			Bow						
		Rank							
		Elapsed							

9:20 AM Race#	13	Event	45	M M C+ 2X	Heat #2 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club							
		Name(s)	Stroke						
			Bow						
		Rank							
		Elapsed							

9:30 AM Race#	14	Event	41	OP W 1X	Heat #1 of 2	2 to final plus next fastest			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		Club			HRC	NSRC	KRC		
		Name(s)			Heather McMillan	Kerith Gordon	Heather Peddle		
		Rank			1	2	3		
		Elapsed			04:27.10	04:33.25	04:42.56		

NS Sprints - Sunday, July 19, 2009 HEATS

9:40 AM Race# **15** Event **41** OP W 1X Heat #2 of 2 2 to final plus next fastest

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	FRC	HRC	
Name(s)		Emily Duann	Janice Lawrence	Marjo Laurinolli	
Rank		1	2	3	
Elapsed		04:26.44	04:32.25	04:49.44	

9:50 AM BREAK

NS Sprints - Sunday, July 19, 2009 FINALS

9:50 AM **BREAK**

10:00 AM Race #	16	Event	27	M W 2X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club			NSRC	MMRC	NSRC	HRC
		Name(s)	Stroke		Susan Smith	Karen Kavanaugh	Laurie Nivan	Julie Horrocks
			28		Krista Phillips	Carolyn Whiteway	Chrystal Kennedy	Diane D'Arcy
		Rank			3	1	2	4
		Elapsed			04:28.50	04:11.68	04:13.46	04:37.93

10:10 AM Race #	17	Event	28	M M 1X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		Club		NSRC	FRC	SJRC	NSRC	FRC
		Name(s)		Dave McCulloch	Kevin Lunn	Craig Whittle	Jim Barr	Steve Watson
		Rank		4	2	1	3	5
		Elapsed		04:08.60	03:58.35	03:56.59	04:06.44	04:09.50

10:20 AM Race #	18	Event	29	M M C+ 1X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		Club			NSRC	NSRC	HRC	FRC
		Name(s)			Barry Burgess	Robert Mills	Paul Shaw	Roger Tremblay
		Rank			3	1	2	4
		Elapsed			04:00.65	03:48.28	03:54.34	04:52.28

10:30 AM Race #	19	Event	30	OP W 2X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		Club		HRC	KRC	MMRC	NSRC	FRC
		Name(s)	Stroke	Haley Kerr	Consuela Ossa	Emily Duann	Laura Ross	Stephanie Gillis
			Bow	Heather McMillan	Kelly Martin	Jenna Pelham	Kerith Gordon	Vanessa Paesani
		Rank		3	4	2	1	5
		Elapsed		04:04.81	04:05.66	03:58.34	03:55.90	04:09.22

10:40 AM Race #	20	Event	31	CG/JR M 1X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next Fastest 2	1st in Heat 3	1st Heat 1	1st Heat 2	Next Fastest 1
		Club		NB CG	NB CG	NB CG	NL CG	NL CG
		Name(s)		Robin Overing	Simon Gagnon	Mike Craig	Tyler Young	Ben Colbourne
		Rank		3	1	2	4	5
		Elapsed		03:53.19	03:43.97	03:46.91	03:54.85	04:03.40

10:50 AM Race #	21	Event	32	CG/JR W 4X	FINAL			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		Club		FRC	NL CG	NS CG	HRC	NL CG
		Name(s)	Stroke	Simone Charron	Kiersten Van Gulick	Sara Burrill	Makenna Cooke	Hilary Sinclair
			2	Christina Hawkins	Karen Brodie	Jessica Browne	Julia Redmond	Emma Colbourne
			3	Ashley Wright	Katie Bruce	Kate Elbourne	Emily Hancock	Victoria Morgan
			Bow	Caravan, Danielle	Shannon Driscoll	Olivia Newton	Ruth Donald	Amanda Ryan
		Rank		5	2	1	4	3
		Elapsed		03:58.00	03:50.56	03:41.38	03:54.09	03:50.57

11:00 AM **BREAK**

NS Sprints - Sunday, July 19, 2009 FINALS

11:10 AM Race #	22	Event	33	M M 2X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			FRC	NSRC	FRC	NSRC		
		Name(s)	Stroke		Kevin Lunn	Jeff Sawler	Jean-Noel Roy	Barry Burgess		
			Bow		Steve Watson	Jason Wilson	Roger Tremblay	Dave McCulloch		
		Rank			2	1	4	3		
		Elapsed			03:45.35	03:44.47	03:55.48	03:45.48		

11:20 AM Race #	23	Event	34	M W 1X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club				NSRC	HRC			
		Name(s)				Laura Ross	Marjo Laurinoli			
		Rank				1	2			
		Elapsed				04:34.38	04:49.32			

11:30 AM Race #	24	Event	35	M W C+ 1X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		MMRC	HRC	NSRC	FRC	MMRC		
		Name(s)	Sue Duann	Katherine Harman	Carolyn Mills	Barb Dugas	Jocelyn Pletz			
		Rank	3	2	1	5	4			
		Elapsed	04:46.57	04:37.44	04:33.97	05:19.50	04:59.78			

11:40 AM Race #	25	Event	36	CG/JR M 4X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			NB CG	NL CG	Compsite Crew FRC/HRC	NB CG		
		Name(s)	Stroke		Mike Craig	Zach Meaney	Rob Forestell	Keggan Drummond		
			2		Robin Overing	Michael Noel	Andreas Marquis	Greg Theriault		
			3		Simon Gagnon	Brent Payne	Chris Fetter	Rob Alexander		
			Bow		Brian Peters	Robert Roach	Connor Booker (HRC)	Greg Tomney		
		Rank			1	3	4	2		
		Elapsed			03:26.38	03:42.68	03:50.82	03:30.72		

11:50 AM Race #	26	Event	37	N W 2X	FINAL					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			HRC	FRC				
		Name(s)	Stroke		Janette Rhee	Shelby Lyons				
			Bow		Laura Fraser	Caroline Forestell				
		Rank			2	1				
		Elapsed			05:12.00	04:45.25				

12:00 PM BREAK

12:10 PM Race #	27	Event	38	OP M 4-	FINAL	TROPHY				
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			SJRC	FRC	HRC			
		Name(s)	Stroke		Adam Shea	Pat Cody	Niko MacLellan			
			2		Paul Hussey	Jamie Abbass	Alex Fraughton			
			3		Craig Whittle	Steve Watson	Paul Shaw			
			Bow		Adam Power	Kevin Lunn	Dan Murray			
		Rank			1	2	3			
		Elapsed			03:27.00	03:29.06	03:42.09			

NS Sprints - Sunday, July 19, 2009 FINALS

12:20 PM Race #	28	Event	39	M W C+ 2X	FINAL				
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club			MMRC	MMRC	HRC	FRC	NSRC
		Name(s)	Stroke		Jane Smith-VanHorne	Sally Dean	Lesley Griffiths	Barb Dugas	Geraldine Cooper
			Bow		JK Keeping	Jocelyn Pletz	Bonnie Anderson	Brenda Gullison	Carolyn Mills
		Rank			3	2	5	4	1
		Elapsed			04:26.63	04:18.28	04:39.06	04:32.90	04:11.25

12:30 PM Race #	29	Event	40	CG/JR W 4-	FINAL				
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club			NB CG	NL CG	HRC	NB CG	NL CG
		Name(s)	Stroke		Michelle Roy	Allison Delong	Natalie Marsh	Laura Simond	Hilary Sinclair
			2		Jen Johnson	Jane Brodie	Julia Redmond	Ellen Langley	Holly Whelan
			3		Erica Ganong	Alyssa Devereaux	Emily Hancock	Jess Seguin	Amanda Ryan
			Bow		Laura Corscadden	Stephanie Davis	Ruth Donald	Maggie Macvey	Shannon Driscoll
		Rank			2	1	4	Disqualified	3
		Elapsed			03:55.31	03:46.97	04:30.15	00:00.00	04:09.19

12:40 PM Race #	30	Event	41	OP W 1X	FINAL				
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
					Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		Club			KRC	NSRC	HRC	MMRC	FRC
		Name(s)			Heather Peddle	Kerith Gordon	Heather McMillan	Emily Duann	Janice Lawrence
		Rank			DNS	2	1	3	4
		Elapsed			00:00.00	04:32.47	04:31.69	04:37.66	04:35.16

12:50 PM Race #	31	Event	42	OP M 2X	FINAL				
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club				SJRC	HRC	FRC	
		Name(s)	Stroke			Adam Power	Dan Murray	Jamie Abbass	
			Bow			Craig Whittle	Ryan Weis	Pat Cody	
		Rank				3	2	1	
		Elapsed				03:58.84	03:45.59	03:41.34	

1:00 PM BREAK

1:10 PM Race #	32	Event	43	CG/JR M 4-	FINAL				
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club				NS CG	NB CG	NL CG	NB CG
		Name(s)	Stroke			Max Trzcinski	Keegan Drummond	Paul Hussey	Mike Craig
			2			Niko McLellan	Simon Gagnon	Mark Perry	Rob Alexander
			3			Alex Fraughton	Cameron Reid	Josh Sutton	Robin Overing
			Bow			Nick Troup	Greg Theriault	Chris Clark	Taylor Overing
		Rank				4	1	3	2
		Elapsed				03:38.84	03:20.78	03:30.28	03:29.43

1:20 PM Race #	33	Event	44	OP W 4-	FINAL		TROPHY		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club			SJRC	HRC	KRC	FRC	HRC
		Name(s)	Stroke		Allison Delong	HeatherMcMillan	Gillian Layton	Janice Lawrence	Melanie Goodday
			2		Alyssa Devereaux	Sarah MacDonald	Patti Anglin	Jennifer Fitzpatrick	Meg Lobb
			3		Jane Brodie	Vanessa Perry	Sherri Curry	Lindsay May	Krystyna Cowan
			Bow		Stephanie Davis	Haley Kerr	Jennifer Petrovich	Stesha Gruttner	Laura Fraser
		Rank			1	3	DNS	2	4
		Elapsed			03:56.18	04:27.78	00:00.00	04:13.85	04:29.00

NS Sprints - Sunday, July 19, 2009 FINALS

1:30 PM Race #

34	Event	45	M M C+ 2X	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	NSRC	HRC	FRC	NSRC
Name(s)	Stroke	Ted Mussett	Barry Burgess	Kevin Feltmate	Jean-Noel Roy	Steve McIntosh
	Bow	Roger O'Neill	Robert Mills	Paul Shaw	Andre Charron	Jeff Sawler
Rank		DNS	1	3	4	2
Elapsed		00:00.00	04:11.50	04:30.09	04:42.00	04:25.72

1:40 PM Race #

35	Event	46	OP M 8+	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	SJRC	NSRC	KRC
Name(s)	Cox		Julie Caines	Robert Roach	Ashley Mumford	Nicole Sanscartier
	Stroke		Grant Johnson	Adam Shea	Robert Mills	Keegan Drummond
	2		Pierre Poirer	Adam Power	Ted Mussett	Greg Theriault
	3		Pat Convey	Craig Whittle	Sean Warmer	Cameron Reid
	4		Spencer Scott	Brent Payne	Barry Burgess	Taylor Overing
	5		Tim Oldfird	Zach Meaney	Jason Wilson	Mike Flynn
	6		Joe Rowlands	Ben Colbourne	Steve McIntosh	Rob Alexander
	7		Chris Williams	Mark Perry	Jim Barr	Brain Peter
	Bow		Dave MacKinnon	Michael Noel	Dave McCulloch	Greg Tomney
Rank			3	2	4	1
Elapsed			03:45.71	03:32.35	03:49.94	03:28.25

1:50 PM Race #

36	Event	47	CG/JR M Lwt 4-	FINAL		
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			NS GC	NL CG		
Name(s)	Stroke		Max Trzcinski	Tyler Young		
	2		Niko McLellan	Paul Hussey		
	3		Alex Fraughton	Josh Sutton		
	Bow		Nick Troup	Chris Clark		
Rank			2	1		
Elapsed			03:48.43	03:36.37		

2:00 PM BREAK

2:10 PM Race #

37	Event	48	OP M 8+ DASH			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	SJRC	KRC	
Name(s)	Cox		Julie Caines	Robert Roach	Nicole Sanscartier	
	Stroke		Grant Johnson	Adam Shea	Keegan Drummond	
	2		Pierre Poirer	Adam Power	Greg Theriault	
	3		Pat Convey	Craig Whittle	Cameron Reid	
	4		Spencer Scott	Brent Payne	Taylor Overing	
	5		Tim Oldfird	Taylor Young	Mike Flynn	
	6		Joe Rowlands	Paul Hussey	Rob Alexander	
	7		Chris Williams	Josh Suttan	Brain Peter	
	Bow		Dave MacKinnon	Chris Clark	Greg Tomney	
Rank			3	2	1	
Elapsed			01:45.28	01:35.62	01:34.50	

2:20 PM BREAK

NS Sprints - Sunday, July 19, 2009 FINALS

2:30 PM Race #

38 Event		49 OP MIX 8+ DASH				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	FRC	SJRC	HRC	NSRC	SJRC	
Name(s)	Cox	Danielle Caravan	Robert Roach	Olivia Newton	Ashley Mumford	Ben Colbourne
	Stroke	Pat Coady	Tyler Young	Dan Murray	Sean Warner	Adam Shea
	2	Kevin Lunn	Paul Hussey	Vanessa Perry	Krista Philips	Adam Power
	3	Steve Watson	Hilary Sinclair	Meg Lobb	Jim Barr	Craig Whittle
	4	Jamie Abbass	Holly Whelan	Mel Goodday	Jason Wilson	Brent Payne
	5	Janice Lawrence	Amanda Ryan	Heather McMillan	Susan Smith	Allison Delong
	6	Jennifer Fitzpatrick	Shannon Driscoll	Alex Fraughton	Chyrstal Kennedy	Stephanie Davis
	7	Stesha Gruttner	Josh Sutton	Niko MacLellan	Laurie Nivan	Jane Brodie
	Bow	Lindsay May	Chris Clark	Connor Booker	Dave McCulloch	Alyssa Devereaux
Rank		3	4	2	5	1
Elapsed		01:45.33	01:49.23	01:43.80	01:52.95	01:42.96

2:40 PM **MEDALS CEREMONY (OAKWOOD HOUSE)**