



2014 Nova Scotia Sprints Awards



July 19-20th, 2014

Moe Cody Founders Trophy

Halifax Rowing Club
Sacha Ruzzante
Connor Booker
Niko MacLellan
Chris Lee

00:03:12.87

Tom St. Onge Founders Trophy

Kennebecasis Rowing Club
Cathleen Trafton
Sam McMullin
Catherine McLennan
Mary McLennan

00:03:48.57

Nova Scotia Sprints Efficiency Award

Halifax Rowing Club

Club Championship - Owen Sawler Memorial Trophy

Halifax Rowing Club



2014 Nova Scotia Sprints Official Results

July 19, 2014



Event	Club	Crew Entry	Handicap	Official		
1	MW AA-B 2X	NSRC-A Kendra MacDonald (A)	Laura Ross (A)	00:00:01.85	00:03:57.45	
1	MW C+ 2X	MMRC - E Karen Kavanaugh (D)	Sue Duann (E)	00:00:16.63	00:03:56.76	
2	MM 1X	MMRC Dave Pettit (A)		00:00:01.18	00:03:40.81	
3	MM C+ 1X	MMRC Greg Scherkoske (C)		00:00:03.02	00:03:38.37	
4	SR W 2X	MMRC Maria Simmons	Amber Oke	00:00:00.00	00:03:50.09	
5	JR M 1X	MMRC Logan Lefort		00:00:00.00	00:03:33.49	
6	1x Para AS M/F **(North Star Trophy)			00:00:00.00	00:00:00.00	
7	JR W 4X	FRC Jones, Sarah; Davis, Emily	Clarke, Jennifer; Durnford, Dana	00:00:00.00	00:03:43.06	
8	MM B 2X	MMRC - B Pat Cody (B)	Greg Scherkoske (C)	00:00:02.52	00:03:26.15	
	MM C+ 2X	FRC - C+ Durnford, Dion (C)	Lunn, Kevin (C)	00:00:02.74	00:03:31.93	
9	JR M 4X	MMRC/FRC Theo Warren; Connor Myers	Iain Gatien, Keagan Rankin	00:00:00.00	00:03:24.18	
10	NW 2X	HRC An Brennan	Emma Keough	00:00:00.00	00:04:31.59	
11	1x Para TA M/F **	HRC Jess Houtsma		00:00:00.00	00:08:40.12	
12	MW 1X	MMRC Amber Oke (B)		00:00:03.70	00:04:11.77	
13	MW C+ 1X	MMRC Jane Smith Van Horne (F)		00:00:31.30	00:04:15.17	
14	SR M 4- (Moe Cody Founders Trophy)	HRC Sacha Ruzzante; Connor Booker	Niko MacLellan; Chris Lee	00:00:00.00	00:03:12.87	Moe Cody Founders Trophy
				00:00:00.00	00:00:00.00	
16	2x/- Para TA M/F/Mix **			00:00:00.00	00:00:00.00	
17	JR W 4+	KRC - W Cox: Loryn Losier, Catherine McLennan, Mary McLennan	Julia Hill, Sydney Darling	00:00:00.00	00:04:06.76	
18	SR W 1X	KRC Cathleen Trafton		00:00:00.00	00:04:10.00	
19	SR M 2X	HRC Sacha Ruzzante	Connor Booker	00:00:00.00	00:03:16.85	
20	JR M 4+	KRC - M Cox: Andrew Johnston, Cecil VanBuskirk, Ian Morrison	Nick Walker, David Law	00:00:00.00	00:03:56.88	
				00:00:00.00	00:00:00.00	
22	NM 4+			00:00:00.00	00:00:00.00	
23	OP M 8+	HRC Cox An Brennan; Sacha Ruzzante; Connor Booker, Chris Zulinov	Liam Browne; Niko MacLellan, Marshall Taylor, Jack Evans, Chris Lee	00:00:00.00	00:03:19.65	
24	SR W 4- (Tom St. Onge Founders Trophy)	KRC Cathleen Trafton; Sam McMullin	Catherine McLennan; Mary McLennan	00:00:00.00	00:03:48.57	Tom St. Onge Founders Trophy
25	OP MIX 8+ Dash	HRC Cox: Katherine Harman, Sacha Ruzzante, Connor Booker, Chris Zulinov	Liam Browne, Lizzie O'Carroll, Laura Dowling, Emily Chedrawe, Erica Gagnon	00:00:00.00	00:02:44.69	
26	Skills Event: (Rowing Scavenger Hunt/Obstacle Course)	FRC Whitters, Lauren; Davis, Emily	Morehouse, Emma; Rankin, Keagan	88	00:43:07.65	Winner for Least Amount of Deduction
26	Skills Event: (Rowing Scavenger Hunt/Obstacle Course)	ARC Nancy MacLeod, Emily Piggot,	Jono Schwarz and James Teakles	86	00:33:52.38	Over All Winner (Time & Points)



2014 Nova Scotia Sprints Official Results



July 20, 2014

Event		Club	Crew Entry		Official
27	MM 4X				00:00:00.00
28	SR W 2-				00:00:00.00
29	MW 8+				00:00:00.00
30	JR W 1X	HRC	Lizzie O'Carroll		00:04:35.57
31	SR M 2-	HRC	Sacha Ruzzante	Connor Booker	00:03:35.51
32	MM 8+				00:00:00.00
33	SR W 4X	HRC	Lizzie O'Carroll; Erica Gagnon	Kaila Lawton; Emily Chedrawe	00:03:44.21
34	JR W 2-	KRC	Catherine McLennan	Mary McLennan	00:04:25.42
35	MW 4+				00:00:00.00
36	SR M 1X	MMRC	Logan Lefort		00:03:41.29
37	JR M 2-	HRC	Chris Lee	Jack Evans	00:04:04.44
38	JR W 8+				00:03:30.07
39	MM 4+				00:00:00.00
40	MW 4X	HRC	Erica Gagnon (A); Kaila Lawton (AA)	Laura Dowling (A); Tracey Evans (B)	00:03:46.03
41	JR M 8+				00:00:00.00
42	JR W 2X	FRC	Jennifer Clarke	Durnford, Dana	00:04:21.66
43	2x/- Para LTA M/F/Mix **	HRC	Stephanie Berry	Lizzie O'Carroll	00:04:42.76
44	M MIX 2X	HRC	Chris Zulinov (A)	Alex Stafford	00:03:57.01
45	SR M 4X	MMRC/NSRC	Will Bryden; Patrick Branch	Logan Lefort; Zak Lewis	00:03:13.92
46	NM 2X	HRC	Abdel Zakaria	Ash Ahmed	00:04:08.18
47	NW 4+				00:00:00.00
48	SR W 8+	HRC	Cox Katherine Harman; Emily Chedrawe; Erica Gagnon; Kaila Lawton	Laura Dowling; Lizzie O'Carroll; Alex Stafford; Tracey Evans; Emma Keough	00:03:48.86
49	JR M 2X	MMRC	Iain Gatien	Connor Myers	00:03:55.80
50	M Mix 4X	HRC - B	Jonathan Tyson (D); Laura Dowling (A)	Ash Ahmed (A); Tracey Evans (B)	00:03:59.73
51	Club Singles Relay				00:00:00.00
52	OP Mix 4X Dash				00:00:00.00



2014 Nova Scotia Sprints Official Results



Time Trials
July 19, 2014

7:30 AM Race# 1 SW 2X							4 Fast Boat to A Final	Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry		Winning Time	00:03:53.7	Time Trials	Finish Split
					Start	Finish	Unofficial	
4	1	HRC	Lizzie O'Carroll	Emily Chedrawe	01:03:29.94	01:07:27.05	00:03:57.11	00:00:03.37
5	2	KRC	Cathleen Trafton	Sam McMullin	01:04:04.45	01:08:05.37	00:04:00.92	00:00:07.18
2	3	MMRC	Maria Simmons	Amber Oke	01:04:40.31	01:08:35.39	00:03:55.08	00:00:01.34
3	4	FRC	Chouinard, Jessica	Johnson, Anna	01:05:17.65	01:09:14.62	00:03:56.97	00:00:03.23
1	5	MMRC	Leah Girdwood	Calin Crosby	01:05:48.21	01:09:41.95	00:03:53.74	
6	6	FRC	Emma Morehouse	Danielle Caravan	01:06:20.36	01:10:33.68	00:04:13.32	00:00:19.58
	7							
	8							
	9							
	10							
	11							

7:40 AM Race# 2 JM 1X							5 Fast Boat to A Final	Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry		Winning Time	00:03:34.2	Time Trials	Finish Split
					Start	Finish	Unofficial	
1	1	MMRC	Logan Lefort		01:12:16.49	01:15:50.72	00:03:34.23	
2	2	HRC	Chris Lee		01:12:46.10	01:16:31.31	00:03:45.21	00:00:10.98
10	3	KRC	Mike Roscoe		01:13:12.63	01:17:33.88	00:04:21.25	00:00:47.02
4	4	MMRC	Connor Myers		01:13:39.97	01:17:43.76	00:04:03.79	00:00:29.56
7	5	NSRC	Alex McGrath		01:14:05.30	01:18:19.42	00:04:14.12	00:00:39.89
5	6	KRC	Cecil VanBuskirk		01:14:32.21	01:18:36.12	00:04:03.91	00:00:29.68
9	7	FRC	Rankin, Keagan		01:15:01.88	01:19:22.89	00:04:21.01	00:00:46.78
8	8	KRC	Ian Morrison		01:15:33.26	01:19:48.83	00:04:15.57	00:00:41.34
3	9	MMRC	Theo Warren		01:16:01.27	01:19:46.57	00:03:45.30	00:00:11.07
11	10	HRC	Adam Tyedmers		01:16:25.00	01:20:49.77	00:04:24.77	00:00:50.54
12	11	NSRC	Ian Allan		01:16:57.86	01:21:42.22	00:04:44.36	00:01:10.13
6	12	MMRC	Iain Gatien		01:17:26.88	01:21:32.88	00:04:06.00	00:00:31.77
	13							
	14							
	15							



2014 Nova Scotia Sprints Official Results



Time Trials
July 19, 2014

8:20 AM Race# 3 SR W 1X					Winning Time	00:04:07.11	Time Trials	5 Fast Boat to A Final Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry		Start	Finish	Unofficial	Finish Split
2	1	KRC	Cathleen Trafton		01:49:45.25	01:53:54.59	00:04:09.34	00:00:02.23
4	2	MMRC	Maria Simmons		01:50:15.64	01:54:30.28	00:04:14.64	00:00:07.53
1	3	MMRC	Leah Girwood		01:50:42.10	01:54:49.21	00:04:07.11	
8	4	KRC	Sam McMullin		01:51:18.29	01:55:50.70	00:04:32.41	00:00:25.30
6	5	FRC	Johnson, Anna		01:51:48.93	01:56:17.60	00:04:28.67	00:00:21.56
3	6	MMRC	Calin Crosby		01:52:19.85	01:56:32.80	00:04:12.95	00:00:05.84
9	7	ARC	Nancy MacLeod		01:52:51.56	01:57:24.52	00:04:32.96	00:00:25.85
5	8	ARC	Emily Piggot		01:53:18.61	01:57:39.45	00:04:20.84	00:00:13.73
7	9	HRC	Alex Stafford		01:53:48.81	01:58:18.48	00:04:29.67	00:00:22.56
	10							

8:40 AM Race# 4 SR M 2X					Winning Time	00:03:20.1	Time Trials	5 Fast Boat to A Final Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry		Start	Finish	Unofficial	Finish Split
3	1	HRC	Sacha Ruzzante	Connor Booker	02:12:28.78	02:15:50.05	00:03:21.27	00:00:01.14
1	2	MMRC	Will Bryden	Zak Lewis	02:13:06.13	02:16:26.26	00:03:20.13	
2	3	MMRC/NSRC	Logan Lefort	Patrick Branch	02:13:25.89	02:16:46.75	00:03:20.86	00:00:00.73
5	4	KRC	Andrew Johnston	Mike Roscoe	02:14:04.95	02:17:43.32	00:03:38.37	00:00:18.24
4	5	FRC	Robichaud, Alex	Chamberlain, Joe	02:14:30.98	02:17:56.97	00:03:25.99	00:00:05.86
7	6	MMRC	Connor Myers	Theo Warren	02:14:56.10	02:18:38.01	00:03:41.91	00:00:21.78
6	7	ARC	Jono Schwarz	Matt Cormier	02:15:23.15	02:19:02.63	00:03:39.48	00:00:19.35
8	8	HRC	Abdel Zakaria	Ash Ahmed	02:15:51.73	02:19:55.69	00:04:03.96	00:00:43.83

8:50AM Break



2014 Nova Scotia Sprints Official Results



July 19, 2014

9:00 AM Race # 5 Event 1				MW 2X (2 Medals AA-B & D-E)	FINAL			Winning Time	00:03:56.76
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
2	1	HRC - AA	Laura Dowling (A)	Erica Gagnon (AA)	02:36:40.99	02:40:41.32		00:04:00.33	00:00:03.57
1	2	NSRC-A	Kendra MacDonald (A)	Laura Ross (A)	02:36:40.99	02:40:40.29	00:00:01.85	00:03:57.45	00:00:00.69
3	3	MMRC - B	Siobhan Wiggans (A)	Gigi Bauer (C)	02:36:40.99	02:41:14.13	00:00:02.90	00:04:30.24	00:00:33.48
2	4	MMRC - D	Tracy Brown (B)	Jane Smith Van Horne (F)	02:36:40.99	02:40:52.27	00:00:08.18	00:04:03.10	00:00:06.34
1	5	MMRC - E	Karen Kavanaugh (D)	Sue Duann (E)	02:36:40.99	02:40:54.38	00:00:16.63	00:03:56.76	

9:10 AM Race # 6 Event 2				MM 1X	FINAL			Winning Time	00:03:40.81
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
2	2	HRC	Chris Zulinov (A)		02:42:25.51	02:46:11.58	00:00:00.17	00:03:45.90	00:00:05.09
1	3	MMRC	Dave Pettit (A)		02:42:25.51	02:46:07.50	00:00:01.18	00:03:40.81	
	4								
	5								

9:20 AM Race # 7 Event 3				MM C+ 1X	FINAL			Winning Time	00:03:38.37
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
2	1	FRC	Durnford, Dion (C)		02:52:29.92	02:56:21.35	00:00:03.36	00:03:48.07	00:00:09.70
1	2	MMRC	Greg Scherkoske (C)		02:52:29.92	02:56:11.31	00:00:03.02	00:03:38.37	
4	3	FRC	Lunn, Kevin (C)		02:52:29.92	02:56:22.80	00:00:02.86	00:03:50.02	00:00:11.65
3	4	HRC	Jonathan Tyson (D)		02:52:29.92	02:56:26.02	00:00:07.96	00:03:48.14	00:00:09.77
dns	5	MMRC	Pierre Poirier (D)		DNS		00:00:03.86		

9:30 AM Race # 8 Event 4 - Time Trial 7:30am				SR W 2X - A Final	FINAL			Winning Time	00:03:50.09
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
4	2	FRC	Chouinard, Jessica	Johnson, Anna	03:05:18.85	03:09:16.52		00:03:57.67	00:00:07.58
3	3	MMRC	Leah Girdwood	Calin Crosby	03:05:18.85	03:09:12.17		00:03:53.32	00:00:03.23
1	4	MMRC	Maria Simmons	Amber Oke	03:05:18.85	03:09:08.94		00:03:50.09	
2	5	HRC	Lizzie O'Carroll	Emily Chedrawe	03:05:18.85	03:09:09.24		00:03:50.39	00:00:00.30

9:40 AM Race # 9 Event 4 - Time Trial 7:30am				SR W 2X - B Final	FINAL			Winning Time	00:04:11.00
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
	2								
1	3	KRC	Cathleen Trafton	Sam McMullin	03:11:17.01	03:15:28.01		00:04:11.00	
2	4	FRC	Emma Morehouse	Danielle Caravan	03:11:17.01	03:15:36.40		00:04:19.39	00:00:08.39
	5								

9:50 AM BREAK

10:00 AM Race # 10 Event 5 - Time Trial 7:45am				JR M 1X - A Final	FINAL			Winning Time	00:03:33.49
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
4	1	KRC	Cecil VanBuskirk		03:28:48.39	03:32:51.77		00:04:03.38	00:00:29.89
3	2	MMRC	Theo Warren		03:28:48.39	03:32:36.65		00:03:48.26	00:00:14.77
1	3	MMRC	Logan Lefort		03:28:48.39	03:32:21.88		00:03:33.49	
2	4	HRC	Chris Lee		03:28:48.39	03:32:30.80		00:03:42.41	00:00:08.92
5	5	MMRC	Connor Myers		03:28:48.39	03:32:54.75		00:04:06.36	00:00:32.87

10:10 AM Race # 11 Event 5 - Time Trial 7:45am				JR M 1X - B Final	FINAL			Winning Time	00:04:06.14
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
3	1	KRC	Mike Roscoe		03:40:41.70	03:44:52.27		00:04:10.57	00:00:04.43
2	2	KRC	Ian Morrison		03:40:41.70	03:44:51.25		00:04:09.55	00:00:03.41
1	3	MMRC	Iain Gatien		03:40:41.70	03:44:47.84		00:04:06.14	
4	4	NSRC	Alex McGrath		03:40:41.70	03:44:52.37		00:04:10.67	00:00:04.53
5	5	FRC	Rankin, Keagan		03:40:41.70	03:44:58.56		00:04:16.86	00:00:10.72



2014 Nova Scotia Sprints Official Results

July 19, 2014



12:00 PM Race # 18 Event 13				MW C+ 1X	FINAL			Winning Time	00:04:15.17
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
1	2	MMRC	Jane Smith Van Horne (F)		05:30:44.00	05:35:30.51	00:00:31.30	00:04:15.17	
2	3	MMRC	Susan Duann (E)		05:30:44.04	05:35:45.51	00:00:24.53	00:04:36.94	00:00:21.77
3	4	NSRC	Lori Hodder (G)		05:30:44.04	05:36:49.99	00:00:40.33	00:05:25.62	00:01:10.45
	5								

12:10 PM Race # 19 Event 14				SR M 4- (Moe Cody Founders Trophy)	FINAL			Winning Time	00:03:12.87
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
3	2	FRC	Robichaud, Alex; Durnford, Dion	Lunn, Kevin, Chamberlain, Joe	05:41:58.56	05:45:29.70		00:03:31.14	00:00:18.27
2	3	MMRC	Will Bryden, Zak Lewis	Greg Scherkoske, Theo Warren	05:41:58.56	05:45:13.19		00:03:14.63	00:00:01.76
1	4	HRC	Sacha Ruzzante; Connor Booker	Niko MacLellan; Chris Lee	05:41:58.56	05:45:11.43		00:03:12.87	
4	5	ARC	Jono Schwarz, Matt Cormier	Anders Fish, James Teakles	05:41:58.56	05:45:31.24		00:03:32.68	00:00:19.81

12:20 PM Race # 20 Event 15				MM C+ 2X	FINAL			Winning Time	00:00:00.00
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1		Move to Race 13 with MM 2X						
	2								
	3								
	4								
	5								

12:30 PM BREAK

12:40 PM Race # 21 Event 17				JR W 4+ & JR M 4+	FINAL			Winning Time	00:03:56.88
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
1	2	KRC - W	Cox: Loryn Losier, Catherine McLennan, Mary McLennan	Julia Hill, Sydney Darling	06:14:19.48	06:18:26.24		00:04:06.76	00:00:09.88
1	3	KRC - M	Cox: TBA, Cecil VanBuskirk, Ian Morrison	Nick Walker, David Law	06:14:19.48	06:18:16.36		00:03:56.88	
	4								
	5								

12:50 PM Race # 22 Event 18 - Time Trial 8:00am				SR W 1X - A Final	FINAL			Winning Time	00:04:10.00
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
5	1	ARC	Emily Piggot		06:20:25.47	06:24:56.05		00:04:30.58	00:00:20.58
3	2	MMRC	Calin Crosby		06:20:25.47	06:24:39.46		00:04:13.99	00:00:03.99
2	3	MMRC	Leah Girwood		06:20:25.47	06:24:38.08		00:04:12.61	00:00:02.61
1	4	KRC	Cathleen Trafton		06:20:25.47	06:24:35.47		00:04:10.00	
4	5	MMRC	Maria Simmons		06:20:25.47	06:24:49.34		00:04:23.87	00:00:13.87

1:00 PM Race # 23 Event 18 - Time Trial 8:00am				SR W 1X - B Final	FINAL			Winning Time	00:04:32.53
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
1	2	KRC	Sam McMullin		06:31:34.72	06:36:07.25		00:04:32.53	
2	3	FRC	Johnson, Anna		06:31:34.72	06:36:13.54		00:04:38.82	00:00:06.29
DNS	4	HRC	Alex Stafford						
DNS	5	ARC	Nancy MacLeod						

1:10 PM Race # 24 Event 19 - Time Trail 8:15am				SR M 2X - A Final	FINAL			Winning Time	00:03:16.85
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
5	1	KRC	Andrew Johnston	Mike Roscoe	06:43:32.51	06:47:14.89		00:03:42.38	00:00:25.53
1	2	HRC	Sacha Ruzzante	Connor Booker	06:43:32.51	06:46:49.36		00:03:16.85	
3	3	MMRC	Will Bryden	Zak Lewis	06:43:32.51	06:46:58.30		00:03:25.79	00:00:08.94
2	4	MMRC/NSRC	Logan Lefort	Patrick Branch	06:43:32.51	06:46:50.36		00:03:17.85	00:00:01.00
4	5	FRC	Robichaud, Alex	Chamberlain, Joe	06:43:32.51	06:46:58.48		00:03:25.97	00:00:09.12



2014 Nova Scotia Sprints Official Results



July 19, 2014

1:20 PM Race #		25	Event 19 - Time Trail 8:15am	SR M 2X - B Final		FINAL		Winning Time	00:03:37.21
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
3	2	HRC	Abdel Zakaria	Ash Ahmed	06:52:21.24	06:56:25.43		00:04:04.19	00:00:26.98
1	3	ARC	Jono Schwarz	Matt Cormier	06:52:21.24	06:55:58.45		00:03:37.21	
2	4	MMRC	Connor Myers	Theo Warren	06:52:21.24	06:56:05.32		00:03:44.08	00:00:06.87
	5								

1:30 PM BREAK

1:40 PM Race #		26	Event 23	OP M 8+		FINAL		Winning Time	00:03:19.65
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
1	2	HRC	Cox An Brennan; Sacha Ruzzante; Connor Booker, Chris Zulinov	Liam Browne; Niko MacLellan, Marshall Taylor, Jack Evans, Chris Lee	07:18:30.09	07:21:49.74		00:03:19.65	
2	3	KRC	Cox: Loryn Losier; Cecil VanBuskirk, Ian Morrison, Mike Roscoce	Nick Walker, David Law, Paul Armstron, Andrew Johnston, Julia Hill	07:18:30.09	07:22:04.93		00:03:34.84	00:00:15.19
	4								
	5								

1:50 PM Race #		27	Event 24	SR W 4- Tom St. Onge Founders Trophy		FINAL		Winning Time	00:03:48.57
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
2	2	FRC	Johnson, Anna; Durnford, Dana	Chouinard, Jessica; Emma Morehouse	07:26:08.82	07:30:07.81		00:03:58.99	00:00:10.42
1	3	KRC	Cathleen Trafton; Sam McMullin	Catherine McLennan; Mary McLennan	07:26:08.82	07:29:57.39		00:03:48.57	
3	4	ARC	Nancy Macleod (stroke), Emily Piggot,	Riley Murphy; Laura Graham.	07:26:08.82	07:30:13.57		00:04:04.75	00:00:16.18
	5								

2:00 PM BREAK

2:10 PM Race #		28	Event 25	OP MIX 8+ Dash (500m)		FINAL		Winning Time	00:02:44.69
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
2	1	FRC	Cox: Caravan, Danielle; Chouinard, Jessica; Chamberlain, Joe	Robichaud, Alex; Rankin, Keagan; Mills, Katherine; Durnford, Dion; Clarke, Jennifer; Jones, Sarah	07:53:00.00	07:55:46.94		00:02:46.94	00:00:02.25
1	2	HRC	Cox: Katherine Harman, Sacha Ruzzante, Connor Booker, Chris Zulinov	Liam Browne, Lizzie O'Carroll, Laura Dowling, Emily Chedrawe, Erica Gagnon	07:53:00.00	07:55:44.69		00:02:44.69	
3	3	KRC	Cox: Loryn Losier, Cathleen Trafton, Andrew Johnston, Sam McMullin	Mike Roscoe, Mary McLennan, Paul Armstrong, Catherine McLennan, Ian Morrison	07:53:00.00	07:55:51.05		00:02:51.05	00:00:06.36
5	4	MMRC	Cox: Sally Dean, Tracy Brown, Siobhan Wiggans, Greg Scherkoske, Karen Kavanaugh	Pierre Poirier, Gigi Bauer, Joe Rowlands, Jane Smith Van Horne	07:53:00.00	07:55:54.19		00:02:54.19	00:00:09.50
4	5	ARC	Cox: Siobhan Morris, Jono schwarz (stroke), James Teakles, Anders Fish	Matt Cormier, Nancy Macleod, Emily Piggot, Riley Murphy, Laura Graham	07:53:00.00	07:55:52.43		00:02:52.43	00:00:07.74

2:20 PM BREAK

2:30 PM Race #		29	Event 26	Skills Event: Rowing Scavenger Hunt/Obstacle Course		Started with 100 Points			
Rank	Bow	Club	Crew Entry				Total Points	Winning Time	
1	1	FRC	Whitters, Lauren; Davis, Emily	Morehouse, Emma; Rankin, Keagan		Winner for Least Amount of Deduction	88	00:43:07.65	
3	2	HRC	An Brennan; Marshall Taylor	Adam Tyedmers; Emma Keough			86	00:37:08.90	
2	3	RowNS	Pat Branch; Logan LeFort	Lea Girdwood; Cailin Crosby			86	00:36:13.45	
1	4	ARC	Nancy MacLeod, Emily Piggot,	Jono Schwarz and James Teakles		Over All Winner (Time & Points)	86	00:33:52.38	
	5								

3:30 PM BBQ & MEDALS CEREMONY (OAKWOOD HOUSE)



2014 Nova Scotia Sprints Official Results



Time Trials
July 20, 2014

7:30 AM Race# 1 JR W 1X				Winning Time	00:04:20.65	Time Trials	5 Fast Boat to A Final Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry	Start	Finish	Unofficial	Finish Split
4	1	KRC	Julia Hill	01:10:24.93	01:14:54.08	00:04:29.15	00:00:08.50
1	2	HRC	Lizzie O'Carroll	01:11:03.55	01:15:24.20	00:04:20.65	
2	3	FRC	Clarke, Jennifer	01:11:38.98	01:15:59.87	00:04:20.89	00:00:00.24
3	4	FRC	Durnford, Dana	01:12:20.19	01:16:46.52	00:04:26.33	00:00:05.68
8	5	KRC	Sydney Darling	01:12:59.36	01:17:57.89	00:04:58.53	00:00:37.88
9	6	ARC	Riley Murphy	01:13:49.15	01:18:59.33	00:05:10.18	00:00:49.53
6	7	NSRC	Hillary Brousseau	01:14:35.21	01:19:10.48	00:04:35.27	00:00:14.62
5	8	FRC	Morehouse, Emma	01:15:13.20	01:19:46.78	00:04:33.58	00:00:12.93
7	9	NSRC	Kate Innis	01:15:48.30	01:20:44.97	00:04:56.67	00:00:36.02
	10						

8:00 AM Race# 3 SR M 1X				Winning Time	00:03:44.44	Time Trials	5 Fast Boat to A Final Next Fast Boats to B Final
Rank	Bow	Club	Crew Entry	Start	Finish	Unofficial	Finish Split
1	1	MMRC	Will Bryden	01:39:01.97	01:42:46.41	00:03:44.44	
2	2	MMRC	Logan Lefort	01:39:33.49	01:43:18.29	00:03:44.80	00:00:00.36
6	3	MMRC	Zak Lewis	01:40:06.24	01:43:56.63	00:03:50.39	00:00:05.95
3	4	HRC	Sacha Ruzzante	01:40:35.92	01:44:23.01	00:03:47.09	00:00:02.65
4	5	FRC	Chamberlain, Joe	01:41:05.41	01:44:53.33	00:03:47.92	00:00:03.48
5	6	NSRC	Patrick Branch	01:41:34.50	01:45:24.76	00:03:50.26	00:00:05.82
7	7	KRC	Andrew Johnston	01:42:04.67	01:46:03.16	00:03:58.49	00:00:14.05
11	8	FRC	Robichaud, Alex	01:42:40.19	01:50:14.18	00:07:33.99	00:03:49.55
8	9	ARC	Jono Schwarz	01:43:15.68	01:47:25.73	00:04:10.05	00:00:25.61
9	10	HRC	Abdel Zakaria	01:43:48.26	01:48:13.96	00:04:25.70	00:00:41.26
10	11	ARC	James Teakles	01:44:19.22	01:48:52.81	00:04:33.59	00:00:49.15
	12						



2014 Nova Scotia Sprints Official Results



Time Trials
July 20, 2014

8:30 AM	Race#	4	JR M 2X	Winning Time	00:00:00.00	Time Trials	5 Fast Boat to Final
Rank	Bow	Club	Crew Entry	Start	Finish	Unofficial	Finish Split
	1		Straight to Final				
	2						
	3						
	4						
	5						
	6						
	7						
	8						

8:50AM BREAK



2014 Nova Scotia Sprints Official Results

July 20, 2014



9:00 AM Race # 5 Event 30 - Time Trial 7:30am				JR W 1X - A Final	FINAL			Winning Time	00:04:35.57
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
4	1	FRC	Morehouse, Emma		02:38:25.63	02:43:20.74		00:04:55.11	00:00:19.54
3	2	FRC	Durnford, Dana		02:38:25.63	02:43:13.82		00:04:48.19	00:00:12.62
1	3	HRC	Lizzie O'Carroll		02:38:25.63	02:43:01.20		00:04:35.57	
5	4	FRC	Clarke, Jennifer		02:38:25.63	02:43:38.29		00:05:12.66	00:00:37.09
2	5	KRC	Julia Hill		02:38:25.63	02:43:02.64		00:04:37.01	00:00:01.44

9:10 AM Race # 6 Event 30 - Time Trial				JR W 1X - B Final	FINAL			Winning Time	00:04:51.65
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
3	2	KRC	Sydney Darling		02:48:42.90	02:54:06.41		00:05:23.51	00:00:31.86
1	3	NSRC	Hillary Brousseau		02:48:42.90	02:53:34.55		00:04:51.65	
2	4	NSRC	Kate Innis		02:48:42.90	02:53:56.08		00:05:13.18	00:00:21.53
4	5	ARC	Riley Murphy		02:48:42.90	02:54:12.50		00:05:29.60	00:00:37.95

9:20 AM Race # 7 Event 31				SR M 2-	FINAL			Winning Time	00:03:35.51
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
1	2	HRC	Sacha Ruzzante	Connor Booker	02:57:17.98	03:00:53.49		00:03:35.51	
2	3	MMRC	Will Bryden	Theo Warren	02:57:17.98	03:01:09.64		00:03:51.66	00:00:16.15
	4								
	5								

9:30 AM Race # 8 Event 33				SR W 4X	FINAL			Winning Time	00:03:44.21
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
3	2	FRC	Chouinard, Jessica; Johnson, Anna	Morehouse, Emma; Jennifer Clarke	03:07:52.57	03:11:49.56		00:03:56.99	00:00:12.78
1	3	HRC	Lizzie O'Carroll; Erica Gagnon	Kaila Lawton; Emily Chedrawe	03:07:52.57	03:11:36.78		00:03:44.21	
2	4	MMRC	Calin Crosby; Leah Girwood	Maria Simmons, Amber Oke	03:07:52.57	03:11:37.38		00:03:44.81	00:00:00.60
	5								

9:40 AM Break

9:50 AM Race # 9 Event 34				JR W 2-	FINAL			Winning Time	00:04:25.42
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
	1								
2	2	FRC	Clarke, Jennifer	Durnford, Dana	03:28:31.50	03:32:58.05		00:04:26.55	00:00:01.13
1	3	KRC	Catherine McLennan	Mary McLennan	03:28:31.50	03:32:56.92		00:04:25.42	
	4								
	5								

10:00 AM Race # 10 Event 36 - Time Trial				SR M 1X - A Final	FINAL			Winning Time	00:03:41.29
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handcap	Elapsed	Finish Split
5	1	NSRC	Patrick Branch		03:37:15.38	03:41:02.59		00:03:47.21	00:00:05.92
3	2	HRC	Sacha Ruzzante		03:37:15.38	03:41:00.09		00:03:44.71	00:00:03.42
4	3	MMRC	Will Bryden		03:37:15.38	03:41:01.56		00:03:46.18	00:00:04.89
1	4	MMRC	Logan Lefort		03:37:15.38	03:40:56.67		00:03:41.29	
2	5	FRC	Chamberlain, Joe		03:37:15.38	03:40:59.79		00:03:44.41	00:00:03.12

2014 Nova Scotia Sprints Official Results

July 20, 2014

11:50 AM Race # 17 Event 45				SR M 4X	FINAL			Winning Time	00:03:13.92
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
3	2	FRC	Chamberlain, Joe; Robichaud, Alex	Williams, AJ ; Rankin, Keagan	05:29:16.55	05:32:54.63		00:03:38.08	00:00:24.16
1	3	MMRC/NSRC	Will Bryden; Patrick Branch	Logan Lefort; Zak Lewis	05:29:16.55	05:32:30.47		00:03:13.92	
2	4	HRC	Sacha Ruzzante; Connor Booker	Liam Browne; Chris Lee	05:29:16.55	05:32:39.15		00:03:22.60	00:00:08.68
	5								

12:00 PM Break

12:10 PM Race # 18 Event 46 - Time Trial				NM 2X	FINAL			Winning Time	00:04:08.18
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
1	1	HRC	Abdel Zakaria	Ash Ahmed	05:48:01.23	05:52:09.41		00:04:08.18	
4	2	KRC	David Law	Paul Armstrong	05:48:01.23	05:52:34.57		00:04:33.34	00:00:25.16
3	3	MMRC	Baker-Spurr, Ethan	Russell, Zack	05:48:01.23	05:52:26.05		00:04:24.82	00:00:16.64
5	4	NSRC	Alex Heighton	Adrien Boulet	05:48:01.23	05:52:42.27		00:04:41.04	00:00:32.86
2	5	HRC	Adam Tyedmers	Peter Macsween	05:48:01.23	05:52:12.15		00:04:10.92	00:00:02.74

12:20 PM Race # 19 Event 48				SR W 8+	FINAL			Winning Time	00:03:48.86
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
3	1	FRC	Cox Caravan, Danielle; Johnson, Anna; Morehouse, Emma; Chouinard, Jessica	Mills, Katherine; Clarke, Jennifer; Whitters, Lauren; Jones, Sarah; Davis, Emily	06:01:07.95	06:05:03.61		00:03:55.66	00:00:06.80
1	2	HRC	Cox Katherine Harman; Emily Chedrawe; Erica Gagnon; Kaila Lawton	Laura Dowling; Lizzie O'Carroll; Alex Stafford; Tracey Evans; Emma Keough	06:01:07.95	06:04:56.81		00:03:48.86	
2	3	KRC/ARC	Cox Loryn Losier; Cathleen Trafton; Julia Hill; Sam McMullin; Catherine McLennan	Mary McLennan; Sudney Darling, Laura Graham, Emily Piggot	06:01:07.95	06:04:59.84		00:03:51.89	00:00:03.03
4	4	MMRC/ARC	Cox Sally Dean; Tracy Brown, Nancy MacLoud, Siobhan Wiggans	Gigi Bauer; Maria Simmons; Karen Kavanaugh; Sue Duanne; Jane Smith Van Horne	06:01:07.95	06:05:20.54		00:04:12.59	00:00:23.73
	5								

12:30 PM Race # 20 Event 49 - Time Trial				JR M 2X	FINAL			Winning Time	00:03:55.80
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
5	1	FRC	Williams, AJ	Rankin, Keagan	06:08:28.73	06:12:55.20		00:04:26.47	00:00:30.67
3	2	KRC	Mike Roscoe	Nick Walker	06:08:28.73	06:12:26.28		00:03:57.55	00:00:01.75
2	3	HRC	Chris Lee	Jack Evans	06:08:28.73	06:12:25.89		00:03:57.16	00:00:01.36
4	4	KRC	Cecil VanBuskirk	Ian Morrison	06:08:28.73	06:12:33.07		00:04:04.34	00:00:08.54
1	5	MMRC	Iain Gatien	Connor Myers	06:08:28.73	06:12:24.53		00:03:55.80	

12:40 PM BREAK

12:50 AM Race # 21 Event 50				M Mix 4X	FINAL			Winning Time	00:03:59.73
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
	1								
1	2	HRC - B	Jonathan Tyson (D); Laura Dowling (A)	Ash Ahmed (A); Tracey Evans (B)	06:29:07.41	06:33:09.18	00:00:02.04	00:03:59.73	
2	3	MMRC - D	Jacklynn Pidduck (B); Joe Rowlands (D)	Pierre Poirier (D); JoKathy Keeping (F)	06:29:07.41	06:33:17.46	00:00:05.74	00:04:04.31	00:00:04.58
	4								
	5								

1:00 PM BREAK

1:10 PM Race # 22 Event 51				Club Singles Relay	FINAL			Winning Time	00:02:59.49
Rank	Bow	Club	Crew Entry		Start Time	Finish Time	Handicap	Elapsed	Finish Split
3	1	FRC	Robichaud, Alex; Johnson, Anna	Jennifer Clarke; Chamberlain, Joe	06:50:17.85	06:53:32.40		00:03:14.55	00:00:15.06
	2								
2	3	KRC	Andrew Johnston, Cecil VanBurkik	Julia Hill; Cathleen Trafton	06:50:17.85	06:53:31.99		00:03:14.14	00:00:14.65
	4								
1	5	MMRC	Maria Simmons; Will Bryden	Zak Lewis; Amber Oke	06:50:17.85	06:53:17.34		00:02:59.49	

1:20 PM MEDALS CEREMONY