

Rowing Canada Aviron , National Beach Sprint Selection Trials -

July 20-21, 2024

Risser Beach, Lunenburg County

Hosted By Row Nova Scotia

Mens Solo



Time Trial
<1 & 2 to SF, Rest to Reps>

NAME	TIME	Rank
Aubery Oldham (Leander RC)	2:43.3	1
Dennis Ovdienko (Don RC)	2:52.6	2
Julien Bahain (OARCA)	2:54.5	3*
Joe Coughler (North Star)	3:02.8	4
John Liu (Hanlan BC)	3:03.3	5
Lorne Thomas (Dons RC)	3:03.4	6

* 10 second penalty - did not round flag

Repechages
< 1 to Semi final , Rest Eliminated >

R1

NAME	TIME	Result
Joe Coughler (North Star)	2:52.5	1
John Liu (Hanlan BC)	2:59.4	2

R2

NAME	TIME	Result
Julien Bahain (OARCA)	2:49.7	1
Lorne Thomas (Dons RC)	2:53.0	2

Semi Finals
< 1 to Final A , Rest to Final B>

Semi 1

NAME	TIME	Result
Aubery Oldham (Leander RC)	2:43.4	1
Joe Coughler (North Star)	2:50.5	2

Semi 2

NAME	TIME	Result
Julien Bahain (OARCA)	2:37.5	1
Denis Ovdienko (Don RC)	2:38.7	2

Finals

Final A

NAME	TIME	Result
Julien Bahain (OARCA)	2:45.0	1
Aubery Oldham (Leander RC)	2:50.0	2

Final B

NAME	TIME	Result
Denis Ovdienko (Don RC)	2:50.3	3
Joe Coughler (North Star)	2:53.1	4

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Womens Solo



Time Trial

<1 to SF, Rest to Reps

NAME	TIME	Rank
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Sarah Pidgen (Dons RC)	3:05.3	1
Lucy MacLeod (North Star)	3:15.7	2
Patricia Mara (Rowing BC)	3:20.6	3
Caitlin Pauls (Ridley Graduate)	3:25.9	4
Hanika Nakagawa (Halifax RC)	3:29.6	5
Sophie Robbins (Dons RC)	3:31.5	6
Brianne Misner Bartolini (Hanlan BC)	3:49.8	7

Repechages

< 1 to Semi final , Rest Eliminated >

R1

NAME	TIME	Result
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Caitlin Pauls (Ridley Graduate)	3:14.1	1
Hanika Nakagawa (Halifax RC)	3:20.0	2

R2

NAME	TIME	Result
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Lucy MacLeod (North Star)	3:23.5	1
Brianne Misner Bartolini (Hanlan BC)	3:49.6	2

R3

NAME	TIME	Result
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Patricia Mara (Rowing BC)	3:20.1	1
Sophie Robbins (Dons RC)	3:31.0	2

Semi Finals

< 1 to Final A , Rest to Final B>

Semi 1

NAME	TIME	Result
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Sarah Pidgen (Dons RC)	3:02.4	1
Caitlin Pauls (Ridley Graduate)	3:19.9	2

Semi 2

NAME	TIME	Result
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Lucy MacLeod (North Star)	3:13.3	1
Patricia Mara (Rowing BC)	3:24.5	2

Finals

Final A

NAME	TIME	Result
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Sarah Pidgen (Dons RC)	3:04.7	1
Lucy MacLeod (North Star)	3:11.6	2

Final B

NAME	TIME	Result
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Caitlin Pauls (Ridley Graduate)	3:24.8	3
Patricia Mara (Rowing BC)	3:52.0	4

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Junior Womens Solo



Time Trial
<1 to SF, Rest to Reps >

NAME TIME Rank

Autumn Prior (ORIL RC)	3:32.2	1
Ella Rose Duval (MRC)	3:36.4	2
Molly Hazel (ORIL RC)	3:43.0	3
Jasmine Helfenstein (North Star)	3:46.2	4
Kaie Bain (Kingston RC)	3:52.2	5
Esmee LeBlanc (North Star)	4:01.1	6
Megane Helfenstein (North Star)	4:05.8	7

Quarterfinals
< 1 to Semi final , Rest Eliminated >

QF1

NAME TIME Result

Kaie Bain (Kingston RC)	3:25.0	1
Jasmine Helfenstein (North Star)	3:30.6	2

QF2

NAME TIME Result

Ella Rose Duval (MRC)	3:39.8	1
Megane Helfenstein (North Star)	4:28.6	2

QF3

NAME TIME Result

Molly Hazel (ORIL RC)	03:49.7	1
Esmee LeBlanc (North Star)	04:15.0	2

Semi Finals
< 1 to Final A , Rest to Final B>

Semi 1

NAME TIME Result

Autumn Prior (ORIL RC)	3:42.6	1
Kaie Bain (Kingston RC)	3:46.5	2

Semi 2

NAME TIME Result

Ella Rose Duval (MRC)	3:17.7	1
Molly Hazel (ORIL RC)	3:45.0	2

Finals

Final A

NAME TIME Result

Autumn Prior (ORIL RC)	3:24.2	1
Ella Rose Duval (MRC)	3:28.3	2

Final B

NAME TIME Result

Kaie Bain (Kingston RC)	3:34.5	3
Molly Hazel (ORIL RC)	3:53.5	4

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Junior Mens Solo



Time Trial

<1 -4 to Heats

NAME	TIME	Rank
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Malcolm Gareau (North Star)	3:20.7	1
Oliver Brennan (Kingston RC)	3:25.1	2
Aditya Raman (Hanlan RC)	3:31.8	3
Benjamin Dewal (Kingston RC)	3:34.2	4

Heats

< 1 to Final A , 2 to Final B>

R1

NAME	TIME	Result
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Malcolm Gareau (North Star)	3:09.5	1
Benjamin Dewal (Kingston RC)	3:27.0	2

R2

NAME	TIME	Result
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Oliver Brennan (Kingston RC)	3:23.2	1
Aditya Raman (Hanlan RC)	3:28.6	2

Finals

Final A

NAME	TIME	Result
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Oliver Brennan (Kingston RC)	3:13.6	1
Malcolm Gareau (North Star)	3:23.0	2

Final B

NAME	TIME	Result
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Aditya Raman (Hanlan RC)	3:34.5	3
Benjamin Dewal (Kingston RC)	4:00.5	4

Rowing Canada Aviron , National Beach Sprint Selection Trials -
July 20-21, 2024
Risser Beach, Lunenburg County
Hosted By Row Nova Scotia
Mixed Open 2X



Time Trial
<1 to SF, Rest to Reps

NAME	TIME	Rank
Sarah Pidgen, Aubrey Oldham (Dons RC & Leander RC)	2:47.6	1
Patricia Mara, Julien Bahain (Rowing BC & OARCA)	2:48.2	2
Caitlin Pauls , Lorne Thomas (Dons RC & Ridly Grad)	3:01.6	3
Sophie Robbins, Dennis Ovdijenko (Dons RC)	3:06.0	4
Olivia Crewe, Jay Chevalier (North Star)	3:30.2	5
Jordan Burke, Kate Sawyer (North Star)	3:40.2	6
Brianne Misner Bartolini , John Liu (Hanlan BC)	3:51.3	7
Ben Martens , Jessica Harmon (North Star)	4:33.6	8*
Nika Bub , Kenneth Wilson (North Star)	7:04.4	9

* 60 second penalty - missed buoy

Repechages
< 1 to QF , Rest Eliminated >

R1		
NAME	TIME	Result
Ben Martens , Jessica Harmon (North Star)	2:55.4	1
Nika Bub , Kenneth Wilson (North Star)	3:06.3	2

Quarterfinals
< 1 to Semi final , Rest Eliminated >

QF1		
NAME	TIME	Result
Sarah Pidgen, Aubrey Oldham (Dons RC & Leander RC)	2:40.0	1
Ben Martens , Jessica Harmon (North Star)	3:01.6	2

QF2		
NAME	TIME	Result
Sophie Robbins, Denis Ovdijenko (Dons RC)	2:56.6	1
Olivia Crewe, Jay Chevalier (North Star)	3:02.5	2

QF3		
NAME	TIME	Result
Patricia Mara, Julien Bahain (Rowing BC & OARCA)	2:48.5	1
Brianne Misner Bartolini , John Liu (Hanlan BC)	3:03.3	2

QF4		
NAME	TIME	Result
Caitlin Pauls , Lorne Thomas (Dons RC & Ridly Grad)	03:00.5	1
Jordan Burke, Kate Sawyer (North Star)	05:04.2	2

Semi Finals
< 1 to Final A , Rest to Final B>

Semi 1		
NAME	TIME	Result
Sarah Pidgen, Aubrey Oldham (Dons RC & Leander RC)	2:45.5	1
Sophie Robbins, Denis Ovdijenko (Dons RC)	3:04.3	2

Semi 2		
NAME	TIME	Result
Patricia Mara, Julien Bahain (Rowing BC & OARCA)	2:41.2	1
Caitlin Pauls , Lorne Thomas (Dons RC & Ridly Grad)	2:51.6	2

Finals

Final A		
NAME	TIME	Result
Sarah Pidgen, Aubrey Oldham (Dons RC & Leander RC)	2:35.6	1
Patricia Mara, Julien Bahain (Rowing BC & OARCA)	2:38.4	2

Final B		
NAME	TIME	Result
Caitlin Pauls , Lorne Thomas (Dons RC & Ridly Grad)	2:47.1	3
Sophie Robbins, Denis Ovdijenko (Dons RC)	2:51.6	4

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Junior Womens 2x



Time Trial

<1 to F, Rest to Reps

NAME	TIME	Rank
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Rachel Nicolaidis, Ella Rose Duval (MRC)	3:17.8	1
Sasha Fraser, Blaise Beaulieu (VCRC)	3:21.2	2
Molly Hazal , Autum Prior (ORIL RC)	3:30.4	3

Repechages

< 1 to Final A , 2 warded 3rd place >

R1

NAME	TIME	Result
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Molly Hazal , Autum Prior (ORIL RC)	2:55.3	1
Sasha Fraser, Blaise Beaulieu (VCRC)	2:59.7	2

Finals

Final A

NAME	TIME	Result
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Rachel Nicolaidis, Ella Rose Duval (MRC)	3:04.0	1
Molly Hazal , Autum Prior (ORIL RC)	3:07.8	2



Time Trial
<1 -3 to Semi finals , Rest to Reps.>

NAME	TIME	Rank
Aditya Raman (Hanlan RC), Ella Rose Duval (MRC)	3:20.5	1
Oliver Brennan, Kaie Bain (Kingston RC)	3:21.2	2
Megane Helfenstein , Malcolm Gareau (North Star)	3:24.2	3
Yunzhao Lyn, Jasmine Helfenstein (North Star)	3:43.8	4
Ben Cooke, Esmee LeBlanc (North Star)	4:42.7	5

Repechages
< 1 to SF , Rest Eliminated >

R1

NAME	TIME	Result
Yunzhao Lyn, Jasmine Helfenstein (North Star)	3:05.2	1
Ben Cooke, Esmee LeBlanc (North Star)	3:20.9	2

Semifinals
< 1 to Final A , 2 to Final B>

Semi 1

NAME	TIME	Result
Aditya Raman (Hanlan RC), Ella Rose Duval (MRC)	2:58.7	1
Yunzhao Lyn, Jasmine Helfenstein (North Star)	3:41.4	2*

* 30 second penalty

Semi 2

NAME	TIME	Result
Oliver Brennan, Kaie Bain (Kingston RC)	2:52.6	1
Megane Helfenstein , Malcolm Gareau (North Star)	3:03.0	2

Finals

Final A

NAME	TIME	Result
Oliver Brennan, Kaie Bain (Kingston RC)	3:00.6	1
Aditya Raman (Hanlan RC), Ella Rose Duval (MRC)	3:06.1	2

Final B

NAME	TIME	Result
Megane Helfenstein , Malcolm Gareau (North Star)	3:09.7	3
Yunzhao Lyn, Jasmine Helfenstein (North Star)	3:11.6	4