

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

<a href="#">1</a>	08:00	Hommes SENIOR Men C-1 1000M	Heat 1	<a href="#">60</a>	14:02	Femmes OPEN Women C-2 200m	Heat 2
<a href="#">2</a>	08:06	Hommes SENIOR Men C-1 1000M	Heat 2	<a href="#">61</a>	14:05	Femmes JUVENILE Women K-1 200M	Heat 1
<a href="#">3</a>	08:12	Hommes SENIOR Men K-1 1000M	Heat 1	<a href="#">62</a>	14:08	Femmes JUVENILE Women K-1 200M	Heat 2
<a href="#">4</a>	08:18	Hommes SENIOR Men K-1 1000M	Heat 2	<a href="#">63</a>	14:11	Femmes JUVENILE Women K-1 200M	Heat 3
<a href="#">5</a>	08:24	Femmes MIDGET Women C-4 1000M	Heat 1	<a href="#">64</a>	14:14	Femmes MIDGET Women C-1 200m	Heat 1
<a href="#">6</a>	08:30	Femmes MIDGET Women C-4 1000M	Heat 2	<a href="#">65</a>	14:17	Femmes MIDGET Women C-1 200m	Heat 2
<a href="#">7</a>	08:36	Femmes MIDGET Women C-4 1000M	Heat 3	<a href="#">66</a>	14:20	Femmes MIDGET Women C-1 200m	Heat 3
<a href="#">8</a>	08:42	Hommes JUNIOR Men K-2 1000M	Heat 1	<a href="#">67</a>	14:23	Hommes MIDGET Men K-1 200m	Heat 1
<a href="#">9</a>	08:48	Hommes JUNIOR Men K-2 1000M	Heat 2	<a href="#">68</a>	14:26	Hommes MIDGET Men K-1 200m	Heat 2
<a href="#">10</a>	08:54	Femmes JUVENILE Women C-1 1000M	Heat 1	<a href="#">69</a>	14:29	Hommes MIDGET Men K-1 200m	Heat 3
<a href="#">11</a>	09:00	Femmes JUVENILE Women C-1 1000M	Heat 2	<a href="#">70</a>	14:32	Femmes JUNIOR Women K-2 1000M	Heat 1
<a href="#">12</a>	09:06	Hommes JUVENILE Men K-4 1000M	Heat 1	<a href="#">71</a>	14:38	Femmes JUNIOR Women K-2 1000M	Heat 2
<a href="#">13</a>	09:12	Hommes JUVENILE Men K-4 1000M	Heat 2	<a href="#">72</a>	14:44	Hommes JUNIOR Men C-4 1000M	Heat 1
<a href="#">14</a>	09:18	Hommes JUVENILE Men K-4 1000M	Heat 3	<a href="#">73</a>	14:50	Hommes JUNIOR Men C-4 1000M	Heat 2
<a href="#">15</a>	09:24	Hommes MIDGET Men C-4 1000M	Heat 1	<a href="#">74</a>	14:56	Hommes JUVENILE Men K-1 500M	Heat 1
<a href="#">16</a>	09:30	Hommes MIDGET Men C-4 1000M	Heat 2	<a href="#">75</a>	15:00	Hommes JUVENILE Men K-1 500M	Heat 2
<a href="#">17</a>	09:36	Hommes MIDGET Men C-4 1000M	Heat 3	<a href="#">76</a>	15:04	Hommes JUVENILE Men K-1 500M	Heat 3
<a href="#">18</a>	09:42	Femmes MIDGET Women K-2 1000M	Heat 1	<a href="#">77</a>	15:08	Femmes JUNIOR Women C-4 500M	Heat 1
<a href="#">19</a>	09:48	Femmes MIDGET Women K-2 1000M	Heat 2	<a href="#">78</a>	15:12	Femmes JUNIOR Women C-4 500M	Heat 2
<a href="#">20</a>	09:54	Femmes MIDGET Women K-2 1000M	Heat 3	<a href="#">79</a>	15:16	Hommes JUNIOR Men K-2 500M	Heat 1
<a href="#">21</a>	10:00	Femmes SENIOR Women K-1 500M	Heat 1	<a href="#">80</a>	15:20	Hommes JUNIOR Men K-2 500M	Heat 2
<a href="#">22</a>	10:04	Femmes SENIOR Women K-1 500M	Heat 2	<a href="#">81</a>	15:24	Hommes JUNIOR Men K-2 500M	Heat 3
<a href="#">23</a>	10:08	Femmes JUNIOR Women K-1 500M	Heat 1	<a href="#">82</a>	15:28	Femmes JUVENILE Women K-4 500M	Heat 1
<a href="#">24</a>	10:12	Femmes JUNIOR Women K-1 500M	Heat 2	<a href="#">83</a>	15:32	Femmes JUVENILE Women K-4 500M	Heat 2
<a href="#">25</a>	10:16	Femmes JUNIOR Women K-1 500M	Heat 3	<a href="#">84</a>	15:36	Femmes JUVENILE Women K-4 500M	Heat 3
<a href="#">26</a>	10:20	Hommes JUVENILE Men C-2 500M	Heat 1	<a href="#">85</a>	15:56	Femmes JUNIOR Women K-1 200M	Heat 1
<a href="#">27</a>	10:24	Hommes JUVENILE Men C-2 500M	Heat 2	<a href="#">86</a>	15:59	Femmes JUNIOR Women K-1 200M	Heat 2
<a href="#">28</a>	10:28	Hommes JUNIOR Men C-1 500M	Heat 1	<a href="#">87</a>	16:02	Femmes JUNIOR Women K-1 200M	Heat 3
<a href="#">29</a>	10:32	Hommes JUNIOR Men C-1 500M	Heat 2	<a href="#">88</a>	16:05	Femmes JUNIOR Women C-1 200M	Heat 1
<a href="#">30</a>	10:36	Femmes JUVENILE Women K-1 500M	Heat 1	<a href="#">89</a>	16:08	Femmes JUNIOR Women C-1 200M	Heat 2
<a href="#">31</a>	10:40	Femmes JUVENILE Women K-1 500M	Heat 2	<a href="#">90</a>	16:11	Femmes MIDGET Women K-1 200m	Heat 1
<a href="#">32</a>	10:44	Femmes JUVENILE Women K-1 500M	Heat 3	<a href="#">91</a>	16:14	Femmes MIDGET Women K-1 200m	Heat 2
<a href="#">33</a>	11:04	Hommes MIDGET Men C-1 1000M	Heat 1	<a href="#">92</a>	16:17	Femmes MIDGET Women K-1 200m	Heat 3
<a href="#">34</a>	11:10	Hommes MIDGET Men C-1 1000M	Heat 2	<a href="#">93</a>	16:20	Hommes OPEN Men K-4 200M	Heat 1
<a href="#">35</a>	11:16	Hommes MIDGET Men C-1 1000M	Heat 3	<a href="#">94</a>	16:23	Hommes OPEN Men K-4 200M	Heat 2
<a href="#">36</a>	11:22	Hommes MIDGET Men K-2 1000M	Heat 1	<a href="#">95</a>	16:26	Femmes SENIOR Women K-1 200M	Heat 1
<a href="#">37</a>	11:28	Hommes MIDGET Men K-2 1000M	Heat 2	<a href="#">96</a>	16:29	Femmes SENIOR Women K-1 200M	Heat 2
<a href="#">38</a>	11:34	Hommes MIDGET Men K-2 1000M	Heat 3	<a href="#">97</a>	16:32	Hommes JUVENILE Men C-1 200M	Heat 1
<a href="#">39</a>	11:40	Femmes MIDGET Women C-1 1000M	Heat 1	<a href="#">98</a>	16:35	Hommes JUVENILE Men C-1 200M	Heat 2
<a href="#">40</a>	11:46	Femmes MIDGET Women C-1 1000M	Heat 2	<a href="#">99</a>	16:38	Hommes JUVENILE Men C-1 200M	Heat 3
<a href="#">41</a>	11:52	Femmes MIDGET Women C-1 1000M	Heat 3	<a href="#">100</a>	16:41	Hommes JUVENILE Men K-2 1000M	Heat 1
<a href="#">42</a>	11:58	Femmes JUNIOR Women C-1 500M	Heat 1	<a href="#">101</a>	16:47	Hommes JUVENILE Men K-2 1000M	Heat 2
<a href="#">43</a>	12:02	Femmes JUNIOR Women C-1 500M	Heat 2	<a href="#">102</a>	16:53	Hommes JUVENILE Men K-2 1000M	Heat 3
<a href="#">44</a>	12:06	Hommes JUNIOR Men K-1 500M	Heat 1	<a href="#">103</a>	16:59	Hommes JUNIOR Men C-2 500M	Heat 1
<a href="#">45</a>	12:10	Hommes JUNIOR Men K-1 500M	Heat 2	<a href="#">104</a>	17:03	Hommes JUNIOR Men C-2 500M	Heat 2
<a href="#">46</a>	12:14	Hommes JUNIOR Men K-1 500M	Heat 3	<a href="#">105</a>	17:07	Femmes JUNIOR Women K-2 500M	Heat 1
<a href="#">47</a>	12:18	Femmes JUVENILE Women C-4 500M	Heat 1	<a href="#">106</a>	17:11	Femmes JUNIOR Women K-2 500M	Heat 2
<a href="#">48</a>	12:22	Femmes JUVENILE Women C-4 500M	Heat 2	<a href="#">107</a>	17:15	Femmes OPEN Women C-2 500m	Heat 1
<a href="#">49</a>	12:26	Hommes JUVENILE Men K-2 200M	Heat 1	<a href="#">108</a>	17:19	Femmes OPEN Women C-2 500m	Heat 2
<a href="#">50</a>	12:29	Hommes JUVENILE Men K-2 200M	Heat 2	<a href="#">109</a>	17:23	Femmes JUVENILE Women K-2 500M	Heat 1
<a href="#">51</a>	12:32	Hommes JUVENILE Men K-2 200M	Heat 3	<a href="#">110</a>	17:27	Femmes JUVENILE Women K-2 500M	Heat 2
<a href="#">52</a>	12:35	Femmes OPEN Women K-4 200M	Heat 1	<a href="#">111</a>	17:31	Femmes JUVENILE Women K-2 500M	Heat 3
<a href="#">53</a>	12:38	Femmes OPEN Women K-4 200M	Heat 2	<a href="#">112</a>	17:35	Hommes JUNIOR Men K-1 200M	Heat 1
<a href="#">54</a>	12:41	Hommes JUNIOR Men C-1 200M	Heat 1	<a href="#">113</a>	17:38	Hommes JUNIOR Men K-1 200M	Heat 2
<a href="#">55</a>	12:44	Hommes JUNIOR Men C-1 200M	Heat 2	<a href="#">114</a>	17:41	Hommes JUNIOR Men K-1 200M	Heat 3
<a href="#">56</a>	12:47	Hommes JUNIOR Men C-1 200M	Heat 3	<a href="#">115</a>	17:44	Hommes JUVENILE Men C-2 200M	Heat 1

[57](#) 13:47 Hommes JUVENILE Men C-4 1000M Heat 1  
[58](#) 13:53 Hommes JUVENILE Men C-4 1000M Heat 2  
[59](#) 13:59 Femmes OPEN Women C-2 200m Heat 1

[116](#) 17:47 Hommes JUVENILE Men C-2 200M Heat 2



## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes SENIOR Men C-1 1000M** (Aubrey E. Ireland Sr. Trophy)

First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

8:00 AM - Race #1 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Mark OLDERSHAW	Burloak	4:16.048	0:00.000
2	6	Gabriel BEAUCHESNE-SÉVIGNY	Trois Rivieres	4:17.079	0:01.031
3	4	Benjamin RUSSELL	Banook	4:20.067	0:04.019
4	7	Paul BRYANT	Richmond Hill	4:24.052	0:08.004
5	3	Dustin SHAW	Mississauga	4:40.005	0:23.957
6	8	Christopher ABBOTT	Mississauga	4:46.000	0:29.952
7	2	Matthew ABBOTT	Mississauga	4:50.021	0:33.973

8:06 AM - Race #2 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Thomas HALL	Pointe-Claire	4:17.049	0:00.000
2	4	Richard DALTON	Cheema	4:19.088	0:02.039
3	6	Andrew RUSSELL	Banook	4:20.067	0:03.018
4	7	Pierre-Luc LALIBERTÉ	Pointe-Claire	4:22.025	0:04.976
5	3	Jamie ANDISON	Burloak	4:22.063	0:05.014
6	2	Dana MORGOCH	Mississauga	4:35.034	0:17.985
7	8	Scott DICKEY	Maskwa	4:49.027	0:31.978

**Hommes SENIOR Men K-1 1000M** (Bert Oldershaw Trophy)

First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

8:12 AM - Race #3 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Adam VANKOEVERDEN	Burloak	3:47.070	0:00.000
2	1	Steven JORENS	Lac-Beauport	3:49.021	0:01.951
3	4	Richard Jr DOBER	Lac-Beauport	3:49.069	0:01.999
4	6	Christopher MEHAK	Burloak	3:54.041	0:06.971
5	2	Wesley HAMMER	Banook	3:58.007	0:10.937
6	8	Colin CORBETT	Banook	3:58.098	0:11.028
7	7	Andrew PICKREM	Cheema	4:04.005	0:16.935
8	3	John TURPIN	Pointe-Claire	4:19.053	0:31.983

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

8:18 AM - Race #4 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Angus MORTIMER	Cascades	3:46.098	0:00.000
2	4	Corey HAMILTON	Rideau	3:53.044	0:06.946
3	3	Philippe DUCHESNEAU	Pointe-Claire	3:54.093	0:07.995
4	2	Geoff CLARKE	Burloak	3:57.047	0:10.949
5	7	Andrew JESSOP	Maskwa	3:59.059	0:12.961
6	1	Andrew KASZA	Burloak	4:02.036	0:15.938
7	6	Rob CLARKE	Burloak	4:04.089	0:17.991
8	8	Marc-Alexandre GAGNON	Trois Rivieres	4:07.070	0:20.972

## Femmes MIDGET Women C-4 1000M (Mississauga Canoe Club Trophy)

First 2 each heat and 3 next fastest to Final A

8:24 AM - Race #5 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Mariah GODIN, Hannah MACINTOSH, Lucy MACLEOD, Phoebe SIMMONS	Senobe	5:16.083	0:00.000
2	3	Erika CARUANA, Melanie CORDEIRO, Krista SMITH, Katie VINCENT	Mississauga	5:18.041	0:01.958
3	5	Alexandra JOY, Sarah MURPHY-BURKE, Hannah SCHMIDT, Madeline SCHMIDT	Rideau	5:19.076	0:02.993
4	6	Alexandra BOULANGER, Sarah-Jane CAUMARTIN, Tasia GELENCSEK-SMITH, Danika TURGEON	Otterburn	5:32.063	0:15.980
5	2	Simone DARCY, Maggie DAY, Ailish MCNULTY, Megan PARKER	Mic Mac	5:45.011	0:28.928
6	7	Ormandee BAXTER-LOVO, Jolene CULKINS, Genevive KETCHUM, Stephanie KOENIG	Calgary	5:52.030	0:35.947
7	8	Kaitlin BIRD, Zita LAKNER, Julia MACLEOD, Tara MORIARTY	Senobe	6:08.065	0:51.982

8:30 AM - Race #6 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	4Morgan CAISSIE, Abigail HAINES, Jacqueline HANSON, Erin KIRKHAM	Burloak	5:25.077	0:00.000
2	7	Megan KNIGHT, Madisson MACKENZIE, Amanda MOORE, Maia MORESOLI	Cascades	5:26.093	0:01.016
3	6	Alina CARRANCO, Catrin DIMITROVA, Megan SIBTHORPE, Natasha WILLS	Rideau	5:30.063	0:04.986
4	3	Lydia BRODERICK, Marie WRIGHT, Meaghan WRIGHT, Caitlin YORKE	Banook	5:47.017	0:21.940
5	4	Julia FOLK, Zoe HANSON, Alexis LAPLANTE, Amy SOPARLO	Wascana	5:49.086	0:24.009
6	2	Lise-Anne LAPLANTE, Joannah LUEL, Jillian PERRONE, Dayna WONG	Burloak	5:58.079	0:33.002
DSQ	8	Carissa BELLEFONTAINE, Abigail HUDGINS, Akayla KENT, Erica RIDEOUT	Orenda	0:00.000	0:00.000

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 8:36 AM - Race #7 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Vicki CALOUCHE, Isabelle DODIER, Anne-Pascale L'ABBÉ, Florence L'ABBÉ	Pointe-Claire	5:21.000	0:00.000
2	2	Rachel MEUNIER, Éliane PROULX-MARCHESSAULT, Pascale TOUPIN, Maude WHISELL-LUSSIER	Lachine	5:25.023	0:04.023
3	3	Regan JACKSON, Zaffia LAPLANTE, Robyn MIAZGA, Alissa MYLES-GONZALEZ	North Bay	5:31.082	0:10.082
4	6	Olivia DENMAN, Sara DRISDELLE, Jessica HOGG, Alexandra KEENE	Senobe	5:34.005	0:13.005
5	4	Laura ATTER, Briana HARTNESS, Maeve MCKINNON, Lexy VINCENT	Wascana	6:30.017	1:09.017
DSQ	7	Alannah BEACH, Lauren CLARKE, Madeline HOWARD, Holly ZITA	Mississauga	0:00.000	0:00.000

## Hommes JUNIOR Men K-2 1000M (K. E. Smith Trophy)

First 3 each heat and 3 next fastest to Final A

## 8:42 AM - Race #8 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	8	Jack MCDONALD, Patrick VAUGHAN	Banook	3:44.052	0:00.000
2	7	Colin BLACK, Kenneth MUIR	Carleton Place	3:45.009	0:00.957
3	2	John DALEY, Ryan STEPKA	Burloak	3:46.018	0:01.966
4	3	Antony GRENIER, Simon LANGLOIS	Trois Rivieres	3:49.048	0:04.996
5	4	Shawn MYDAN, Mattison SINNETT	Saskatoon	3:51.062	0:07.010
6	1	Neal FENSE, Mike VINCENT	Wascana	3:58.044	0:13.992
7	5	Elliot HOYT, Jim NOSELLA	Fort Langley	4:06.065	0:22.013
DSQ	6	Neil LANG, Andrew PICKREM	Cheema	0:00.000	0:00.000
DNS	9	Daniel ANG, Daniel HALAS	Burloak	0:00.000	0:00.000

## 8:48 AM - Race #9 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Andrew JESSOP, Ian MILLER	Maskwa	3:41.002	0:00.000
2	5	Rob CLARKE, Sam ROWORTH	Burloak	3:41.011	0:00.009
3	6	Nathan BARTON, Jacob SOSNA	Carleton Place	3:43.025	0:02.023
4	2	Andrew KASZA, Jordan VAN VEEN	Burloak	3:45.030	0:04.028
5	4	Louis BENNETT, Sieger ROORDA	Pointe-Claire	3:45.056	0:04.054
6	1	Bruce CHIASSON, Michael CHIASSON	Banook	3:53.003	0:12.001
7	7	Nick HUMNISKI, Kevin LOHRENZ	Toba	3:56.016	0:15.014
8	9	Jacob BURNETT, Johnathan MAYO	Orenda	3:56.062	0:15.060
SCR	8	(SCRATCHED) Pavlo STOGORNYUK, André VILLENEUVE	Pointe-Claire	0:00.000	0:00.000

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes JUVENILE Women C-1 1000M**

First 3 each heat and 3 next fastest to Final A

8:54 AM - Race #10 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Laurence VINCENT-LAPOINTE	Trois Rivieres	5:12.098	0:00.000
2	7	Joannie VERRET	Lac-Sergent	5:44.099	0:32.001
3	6	Jenna BERENBAUM	Saskatoon	5:51.001	0:38.903
4	4	Amanda SUBLETT	Ridge	5:57.021	0:44.923
5	3	Emma MACINTOSH	Banook	5:57.079	0:44.981
DNF	2	Lorilee HITCHINGS	Saskatoon	0:00.000	0:00.000

9:00 AM - Race #11 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Emily RIDDLE	Orenda	5:27.067	0:00.000
2	5	Taylor POTTS	West Rouge	5:37.098	0:10.031
3	2	Kara HUMMELT	Toba	5:42.075	0:15.008
4	3	Kelsey KEEPING-SALSMAN	Calgary	5:50.015	0:22.948
5	7	Gina SOPARLO	Wascana	6:00.093	0:33.026
6	6	Marianne LÉVÊQUE-BRISSETTE	Otterburn	6:04.064	0:36.997

**Hommes JUVENILE Men K-4 1000M** (David M. Smith Memorial Trophy)

First 2 each heat and 3 next fastest to Final A

9:06 AM - Race #12 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Alex BOGORIN, Keir JOHNSTON, Anatolyy MYKHAYLETSKY, Jeffrey RALPHS	Mississauga	3:25.005	0:00.000
2	5	Jeremiah DOUCETTE, Jeremy MOCK, Sam PARMITER, Adam TENWOLDE	Banook	3:28.093	0:03.088
3	3	Zacharie CAMERON, Eric CROSS, Frank DESROSIERS, Darcy HARDY-KAVANAGH	Rideau	3:30.041	0:05.036
4	8	Andrew GARDINER, Sean HAGEN, Michael MACKNIGHT, Austin NIXON	Orenda	3:33.084	0:08.079
5	2	Matthew CHIN, James Martin ENG, Maxime LAMONTAGNE, Sebastien TARLING	Pointe-Claire	3:38.054	0:13.049
6	6	Neil BALESTRA, Austin BEEVER, Kevin WICKENS, Alex WYMA	Calgary	3:44.088	0:19.083
7	7	Daniel ANG, Thomas KELLY, Ben MAYERS, Evan SMITH	Burloak	3:49.029	0:24.024

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 9:12 AM - Race #13 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Jacob CHAÏNÉ, Nathan DESMARAIS, Charles-Antoine GIROUARD, Nicolas RACINE	Sherbrooke	3:24.930	0:00.000
2	6	Matthew BEAVER, Benjamin KENDALL, Nathan MACKINNON, Jesse SCOTT	Maskwa	3:27.851	0:02.921
3	5	Simon FENSE, Matthew PECHEY, Cooper REIS, Kenzie VINCENT	Wascana	3:29.473	0:04.543
4	7	Colin JOHNSON, Austin SOSNA, Alastair SPRIGGS, Eric WINCH	Carleton Place	3:37.698	0:12.768
5	2	Scott BARCLAY, Mark DALGARNO, Ryan NASH, Sean PARKER	West Rouge	3:45.846	0:20.916
6	4	Patrick DANN, Elias DEL VALLE, David NYKL, Jordan PILON	Fort Langley	3:51.936	0:27.006
7	8	Colin MCCORMICK, Jamie MCINTYRE, Maxwell MCIVER, Brett VELEMIROVICH	Senobe	3:53.740	0:28.810

## 9:18 AM - Race #14 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Étienne BEAUCHESNE, Alex TESSIER, Olivier THERRIEN, Thierry VILLENEUVE	Trois Rivieres	3:24.034	0:00.000
2	7	Jacob BARDOS, Mark GRADY, Liam HATTON, Marshall HUGHES	Cheema	3:26.057	0:02.023
3	4	Nicholas DEEK, Reid FARQUHARSON, Brandon LIND, Emmett SCHMIDT	Rideau	3:27.008	0:02.974
4	3	Quintin BRAY-STONE, Justin MENDONCA, Tycho ROORDA, Michael SKULIMOWSKI	Pointe-Claire	3:38.099	0:14.065
5	6	Matthew KUMAR, Michael OSHELL, Artyom SAVIN, John SHANLY	Mississauga	3:48.005	0:23.971
6	2	Adrian CARRANCO, Andres CARRANCO, Nicholas GUOLLA, Nicholas MCBRIDE	Rideau	4:00.052	0:36.018
DNF	8	Étienne DUPUIS, Alexis GRENIER, Charles LAGACÉ, Marc-Antoine LAQUERRE	Trois Rivieres	0:00.000	0:00.000

## Hommes MIDGET Men C-4 1000M (Don May Trophy)

First 2 each heat and 3 next fastest to Final A

## 9:24 AM - Race #15 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	8	Nick BAERT, Brendan HALLEY, Jack LEAHY, Craig SPENCE	Senobe	4:51.091	0:00.000
2	3	Jean-Félix BROUILLETTE, Xavier D'AMATO-PICHÉ, David PROVOST, Marc WHISSELL-LUSSIER	Lachine	5:01.022	0:09.931
3	4	Christian DE JAGER, Gabriel FOLK, Devan PILATZKE, Fearghus VINCENT	Wascana	5:05.017	0:13.926
4	7	Sean BARICH, Joel CARUANA, Noah DJURFELDT, Ethan ZITA	Mississauga	5:11.090	0:19.999
5	2	Conor CHIASSON, Lucas GIACOMELLI, Marshall LANGLOIS, Andrew NORRIS	Mississauga	5:33.028	0:41.937
DNF	5	James HICKS, Spencer MCORMOND, Luke POTVIN, Nicklaus RINTOUL	Carleton Place	0:00.000	0:00.000



## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

## 9:30 AM - Race #16 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Joshua HAVIN, Cina MEHRVAR, Lucas SMITH, Jeremy STOTT	Burloak	4:44.063	0:00.000
2	2	Evan BEZEMER, Drew GILDNER, Tymek KUBICKI, Kevin OSHELL	Mississauga	4:50.084	0:06.021
3	3	Thomas HALL, Thomas MILLER, Mark SKINNER, Aaron WHITE	Cheema	4:52.023	0:07.960
4	8	Greg ENGLISH, Josh GALLANT, Zachary TAYLOR, Riley WILLIAMS	Banook	5:06.070	0:22.007
5	6	Nick DALLACOSTA, Cooper HOWLING, Mike MACIEJEWSKI, Evan SHIER	Calgary	5:23.010	0:38.947
6	5	Jake GODDARD, Keiffer JOHNSON, Zach MORGAN, Ryan PATIENCE	Kamloops	5:25.022	0:40.959
DSQ	7	Brady GARCIA, Chase GARLAND, Gavin JAEGER-FREEBORN, Jeffrey WHITE	Calgary	0:00.000	0:00.000

## 9:36 AM - Race #17 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Ben FIRTH, Mitchell HAMILTON, Bradley MAYO, Colin STREDDER	Orenda	4:47.034	0:00.000
2	7	Daniel ARMSTRONG, Mitchell CRAIG, Bradley HEBB, Matthew VINEY	Senobe	4:50.096	0:03.062
3	6	John MEISNER, Elliott OLIVIERI, Nicholas OWENS, Nigel ROCKETT	Balmy Beach	4:55.053	0:08.019
4	4	John-Jacques DAVIES, Ryan RADFORD, Jacob SKULIMOWSKI, Étienne VALLIÈRE	Pointe-Claire	5:06.030	0:18.996
5	2	Robbie ANDISON, Tyler DANCE, Samuel PENNYFATHER, Samuel SMITH	Burloak	5:21.012	0:33.978
6	3	Keagan ECKLUND, Matthew KOWALUK, Russel LEFLEY, Tyler LEFLEY	Saskatoon	5:30.071	0:43.037

## Femmes MIDGET Women K-2 1000M

First 2 each heat and 3 next fastest to Final A

## 9:42 AM - Race #18 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Alexandra JOY, Madeline SCHMIDT	Rideau	4:19.065	0:00.000
2	5	Jessica LEDUC, Sabrina TURPIN	Trois Rivières	4:25.071	0:06.006
3	7	Emmanuelle ARCAND, Audrey CUERRIER	Deux-Rives	4:26.023	0:06.958
4	8	Abigail HUDGINS, Akayla KENT	Orenda	4:30.026	0:10.961
5	6	Kathleen SHREENAN, Holly THOMPSON	Mic Mac	4:33.067	0:14.002
6	2	Julia FOLK, Amy SOPARLO	Wascana	4:47.052	0:27.987
7	9	Rachel MEUNIER, Éliane PROULX-MARCHESSAULT	Lachine	5:04.064	0:44.999
8	3	Erin KIRKHAM, Joannah LUEL	Burloak	5:06.064	0:46.999
9	1	Bridget IRWIN, Megan SIBTHORPE	Rideau	5:23.097	1:04.032

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 9:48 AM - Race #19 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Olivia DYCK, Rory GOWDA-SOOKOCHOFF	Saskatoon	4:23.094	0:00.000
2	6	Konwennenhawi DIABO, Maris JACOBS	Onake	4:29.081	0:05.987
3	1	Olivia DENMAN, Lucy MACLEOD	Senobe	4:38.092	0:14.998
4	4	Emilie BOUCHARD, Mikaela ITURREGUI	Sudbury	4:40.078	0:16.984
5	2	Catrin DIMITROVA, Sarah MURPHY-BURKE	Rideau	4:53.005	0:29.911
6	7	Rachel CROWTHER, Savannah ZITA	Mississauga	5:11.019	0:47.925
7	3	Brook MCLEAN, Nicola TABATA	Kamloops	5:13.056	0:49.962
8	9	Alannah BEACH, Melanie CORDEIRO	Mississauga	5:15.041	0:51.947
9	8	Rebecca BEND, Alexis LAPLANTE	Wascana	5:21.044	0:57.950

## 9:54 AM - Race #20 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Crystal INNES, Samantha MOLLINS	Cheema	4:23.081	0:00.000
2	7	Maggie DAY, Ailish MCNULTY	Mic Mac	4:31.075	0:07.994
3	3	Zoe HANSON, Daniella ZEMLAK	Wascana	4:32.081	0:09.000
4	6	Alina CARRANCO, Natasha WILLS	Rideau	4:35.099	0:12.018
5	2	Rosanne GIGUÈRE, Marie-Justine LORD	Trois Rivieres	4:41.067	0:17.986
6	4	Olivia CAVASINNI, Tarryn MACPHERSON	Ridge	4:52.021	0:28.940
7	1	Ormandee BAXTER-LOVO, Stephanie KOENIG	Calgary	5:05.048	0:41.967
8	9	Mikala LOVET, Madisson MACKENZIE	Cascades	5:07.004	0:43.923
9	8	Lauren CLARKE, Madeline HOWARD	Mississauga	5:14.061	0:50.980

## Femmes SENIOR Women K-1 500M (Tom Dienstmann Trophy)

First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

## 10:00 AM - Race #21 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Una LOUNDER	Senobe	2:05.025	0:00.000
2	6	Kia BYERS	Wascana	2:05.054	0:00.029
3	5	Émilie FOURNEL	Lachine	2:07.055	0:02.030
4	7	Emily RAYMOND	Rideau	2:08.033	0:03.008
5	2	Hannah VAUGHAN	Banook	2:08.040	0:03.015
6	3	Marie-Pier LANGLOIS	Trois Rivieres	2:08.073	0:03.048
7	8	Kaitlyn FRY	Wascana	2:19.065	0:14.040
8	9	Kara STELFOX	Calgary	2:21.003	0:15.978
SCR	1	(SCRATCHED) Clara VAN MEEL	Ridge	0:00.000	0:00.000

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

10:04 AM - Race #22 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A, next 9 best times to Final B

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Genevieve ORTON	Orenda	2:06.019	0:00.000
2	7	Tiera MCLEOD	Wascana	2:06.058	0:00.039
3	5	Kathleen (KC) FRASER	Balmy Beach	2:07.005	0:00.986
4	6	Jillian D'ALESSIO	Banook	2:07.012	0:00.993
5	3	Lissa BISSONNETTE	Pointe-Claire	2:09.044	0:03.025
6	2	Marie-Christine SCHMIDT	Lachine	2:14.036	0:08.017
7	1	Marta TKACZYSZYN	Rideau	2:19.018	0:12.999
8	8	Courtney PLEWES	Mississauga	2:23.016	0:16.997
9	9	Candace BOURQUE	Calgary	2:44.001	0:37.982

Femmes JUNIOR Women K-1 500M (Marjorie Homer-Dixon Trophy)

First 2 each heat and 3 next fastest to Final A

10:08 AM - Race #23 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Trista NEILLY	Saskatoon	2:09.041	0:00.000
2	5	Lizzy BATES	Burloak	2:11.003	0:01.962
3	6	Marielle HAWKES	Maskwa	2:15.027	0:05.986
4	9	Émilie VÉRONNEAU	Deux-Rives	2:15.075	0:06.034
5	8	Natalie MILLER	Maskwa	2:17.019	0:07.978
6	3	Gabrielle PAULL	Rideau	2:20.001	0:10.960
7	7	Alyssa KOHL	Wascana	2:24.093	0:15.052
8	1	Kristen HUI	Calgary	2:25.090	0:16.049
9	2	Myriam WILLS	Rideau	2:26.028	0:16.987

10:12 AM - Race #24 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	7	Li-Yue GRENIER	Lac-Beauport	2:12.095	0:00.000
2	8	Jade CYR	Lac-Beauport	2:13.021	0:00.926
3	2	Maggie HENDERSON	Banook	2:14.063	0:01.968
4	3	Julia RIDDICK	Rideau	2:20.043	0:07.948
5	6	Caroline COOK	Balmy Beach	2:22.096	0:10.001
6	9	Maxine RIST	Pointe-Claire	2:25.062	0:12.967
7	4	Clara VAN MEEL	Ridge	2:26.093	0:13.998
8	1	Claudia CAMERON	Rideau	2:30.073	0:17.978
SCR	5	(SCRATCHED) Marie-Pier LANGLOIS	Trois Rivieres	0:00.000	0:00.000

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 10:16 AM - Race #25 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Lissa BISSONNETTE	Pointe-Claire	2:11.512	0:00.000
2	8	Florence LAFOREST-GARON	Lac-Beauport	2:12.528	0:01.016
3	5	nicole BROWN	Cheema	2:12.624	0:01.112
4	6	Chelsey MITCHELL	Wascana	2:17.778	0:06.266
5	4	Jaclyn GARDINER	Carleton Place	2:24.715	0:13.203
6	1	Natalie NEHLAWI	Rideau	2:28.443	0:16.931
7	2	Maggie BRITTON	Saskatoon	2:37.787	0:26.275
DNS	7	(SCRATCHED) Delaire NICHOLSON	Burloak	0:00.000	0:00.000

## Hommes JUVENILE Men C-2 500M (Mac Hickox Trophy)

First 3 each heat and 3 next fastest to Final A

## 10:20 AM - Race #26 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Lee BARICH, Joel CASTONGUAY	Mississauga	2:08.994	0:00.000
2	3	Peter LOMBARDI, Kevin WOURNELL	Senobe	2:11.354	0:02.360
3	7	Joshua HAVIN, Lucas SMITH	Burloak	2:12.912	0:03.918
4	6	Brendan FOWLER, Kevin SYMINGTON	Calgary	2:18.994	0:10.000
5	1	Jack LEAHY, Ian MCCORMICK	Senobe	2:26.466	0:17.472
6	4	Stephen ENG, Ryan RADFORD	Pointe-Claire	2:29.410	0:20.416
7	2	Pavel KONDRASHOV, Devan PILATZKE	Wascana	2:43.154	0:34.160
SCR	8	(SCRATCHED) Cody BANNISTER, Connor MCGREGOR	Mic Mac	0:00.000	0:00.000

## 10:24 AM - Race #27 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Lukas HETZLER, RYAN STACEY	Cheema	2:08.359	0:00.000
2	6	George HURLEY, Sebastian SARDEGNA	Mississauga	2:11.351	0:02.992
3	3	Matt BALON, Christopher LAPLANTE	Wascana	2:12.031	0:03.672
4	8	Brendan HALLEY, Craig SPENCE	Senobe	2:20.471	0:12.112
5	7	Patrick O'BRIEN, Riley WILLIAMS	Banook	2:21.011	0:12.652
6	2	James MOORCROFT, Brian WILLIAMSON	West Rouge	2:26.103	0:17.744
7	5	Frank DESROSIERS, Drew HODGES	Rideau	2:30.151	0:21.792

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Hommes JUNIOR Men C-1 500M** (G. Glen Adams Trophy)

First 3 each heat and 3 next fastest to Final A

10:28 AM - Race #28 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Jason MCCOOMBS	Banook	2:09.840	0:00.000
2	4	Ben TARDIOLI	Rideau	2:09.882	0:00.042
3	2	Edward SPRIGGS	Senobe	2:10.496	0:00.656
4	7	Antoine MEUNIER	Lac-Beauport	2:11.554	0:01.714
5	3	Thomas THRALL	Burloak	2:12.180	0:02.340
6	5	Tom SHERWIN	Toba	2:13.872	0:04.032
7	8	Douglas ELLERY	Carleton Place	2:14.022	0:04.182
8	1	Julien VERMETTE	Trois Rivieres	2:23.990	0:14.150
9	9	Colden DENMAN	Banook	2:26.976	0:17.136

10:32 AM - Race #29 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Mark JAMES	Senobe	2:10.690	0:00.000
2	4	Roland VARGA	Richmond Hill	2:12.062	0:01.372
3	5	Marc TARLING	Pointe-Claire	2:12.258	0:01.568
4	3	Jared TRAFFORD	Carleton Place	2:13.336	0:02.646
5	8	Cameron MARCUS	Rideau	2:22.062	0:11.372
6	7	Samuel RAICHE	Lachine	2:24.300	0:13.610
7	9	Pier-Alexandre CAUMARTIN	Trois Rivieres	2:27.220	0:16.530
SCR	2	(SCRATCHED) Brian STEVER	Mic Mac	0:00.000	0:00.000
SCR	1	(SCRATCHED) Martin HEROUX	Pointe-Claire	0:00.000	0:00.000

**Femmes JUVENILE Women K-1 500M** (William J. Crocker Memorial Trophy)

First 2 each heat and 3 next fastest to Final A

10:36 AM - Race #30 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Megan GIBSON	Wascana	2:15.816	0:00.000
2	3	Émilie SIMARD	Sherbrooke	2:17.300	0:01.484
3	2	Sammy HALL	Cheema	2:18.308	0:02.492
4	7	Jennifer THUNEM	Richmond Hill	2:19.254	0:03.438
5	9	Sarah VÉGAS-DUBOIS	Pointe-Claire	2:20.464	0:04.648
6	8	Carly BALESTRA	Calgary	2:21.778	0:05.962
7	6	Galia CARRANCO	Rideau	2:21.886	0:06.070
8	5	Rebecca ALLEY	Fort Langley	2:27.322	0:11.506
9	1	Chelsea ROUTLEY	Fort Langley	2:54.181	0:38.365

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 10:40 AM - Race #31 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Michelle RUSSELL	Cheema	2:12.042	0:00.000
2	6	Courtney STOTT	Burloak	2:12.436	0:00.394
3	4	Natalie DAVISON	Rideau	2:14.746	0:02.704
4	8	Laura MACEACHERN	Banook	2:17.060	0:05.018
5	2	Robyn SUTHERLAND	Calgary	2:18.938	0:06.896
6	9	Chantal HIGGINS	Cheema	2:19.554	0:07.512
7	1	Catherine LEMIRE	Lac-Beauport	2:20.760	0:08.718
8	7	Cheyenne FARQUHARSON	Rideau	2:24.999	0:12.957
9	3	Tessa NAGAI	Ridge	2:27.209	0:15.167

## 10:44 AM - Race #32 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Alexa IRVIN	Maskwa	2:11.707	0:00.000
2	3	Liz GIRGULIS	Calgary	2:12.163	0:00.456
3	4	Andréanne LANGLOIS	Lac-Beauport	2:12.933	0:01.226
4	5	Brianne LONG	Burloak	2:13.753	0:02.046
5	7	Émilie VÉRONNEAU	Deux-Rives	2:21.515	0:09.808
6	1	Hannah FORSYTH	Orenda	2:21.801	0:10.094
7	8	Charlotte POTTER	Balmy Beach	2:23.595	0:11.888
8	2	Sara MITCHELL	Fort Langley	2:32.633	0:20.926
9	9	Lauren GARDINER	Saskatoon	2:39.908	0:28.201

Course Break / Pause

**Hommes MIDGET Men C-1 1000M** (Donald Stringer Memorial Trophy)

First 2 each heat and 3 next fastest to Final A

## 11:04 AM - Race #33 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Maxim POULIN	Lac-Beauport	5:10.747	0:00.000
2	7	TYLER GRAVES	Cheema	5:13.657	0:02.910
3	6	Jeremy STOTT	Burloak	5:16.289	0:05.542
4	9	Thomas MILLER	Cheema	5:17.725	0:06.978
5	5	Keiffer JOHNSON	Kamloops	5:29.444	0:18.697
6	8	Eliott OLIVIERI	Balmy Beach	5:31.170	0:20.423
7	2	Thomas MARKHAUSER	Cascades	5:33.624	0:22.877
8	1	Nicklaus RINTOUL	Carleton Place	6:21.274	1:10.527
9	3	Christian DE JAGER	Wascana	6:30.286	1:19.539

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

11:10 AM - Race #34 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	7	Ben FIRTH	Orenda	5:18.296	0:00.000
2	1	Cédrik MORISSETTE	Sherbrooke	5:32.506	0:14.210
3	6	Jean-Félix BROUILLETTE	Lachine	5:35.852	0:17.556
4	5	Tyler LEFLEY	Saskatoon	5:38.800	0:20.504
5	9	Evan BEZEMER	Mississauga	5:48.171	0:29.875
6	4	James HICKS	Carleton Place	5:52.110	0:33.814
7	3	Zach MORGAN	Kamloops	5:58.417	0:40.121
8	2	Luke POTVIN	Carleton Place	5:59.353	0:41.057
9	8	Cooper HOWLING	Calgary	6:46.658	1:28.362

11:16 AM - Race #35 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Joshua HAVIN	Burloak	5:10.704	0:00.000
2	5	Matthew G. WARNER	Cheema	5:14.051	0:03.347
3	3	Drew GILDNER	Mississauga	5:30.162	0:19.458
4	2	Connor FEHR	Cascades	5:30.824	0:20.120
5	8	Aaron WHITE	Cheema	5:44.847	0:34.143
6	9	Étienne VALLIÈRE	Pointe-Claire	6:01.741	0:51.037
7	6	Spencer MCORMOND	Carleton Place	6:14.148	1:03.444
8	1	Devan PILATZKE	Wascana	6:37.448	1:26.744
DNF	7	Gabriel FOLK	Wascana	0:00.000	0:00.000

**Hommes MIDGET Men K-2 1000M**

First 2 each heat and 3 next fastest to Final A

11:22 AM - Race #36 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Jacob CHAÎNÉ, Charles-Antoine GIROUARD	Sherbrooke	4:05.132	0:00.000
2	6	Mitchell HAMILTON, Bradley MAYO	Orenda	4:09.168	0:04.036
3	5	Colton MUENCH, Del MUENCH	Fort Langley	4:12.376	0:07.244
4	3	Liam MCKINNON, Fearghus VINCENT	Wascana	4:16.685	0:11.553
5	7	Zacharie CAMERON, Nicholas MCBRIDE	Rideau	4:16.763	0:11.631
6	1	Chris HALEY, Nathan MACKINNON	Maskwa	4:25.241	0:20.109
7	8	Étienne DUPUIS, Charles LAGACÉ	Trois Rivieres	4:31.345	0:26.213
8	2	Jack LINDSAY, Cina MEHRVAR	Burloak	4:36.665	0:31.533
9	9	Keagan ECKLUND, Brett MACDONALD	Saskatoon	5:00.489	0:55.357

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 11:28 AM - Race #37 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Maxime LAMONTAGNE, Sebastien TARLING	Pointe-Claire	4:10.622	0:00.000
2	5	Conrad HOPP, Nigel ROCKETT	Balmy Beach	4:11.990	0:01.368
3	4	Alastair SPRIGGS, Eric WINCH	Carleton Place	4:12.432	0:01.810
4	7	Jacob BURNETT, Colin STREDDER	Orenda	4:17.472	0:06.850
5	2	Patrick DANN, Elias DEL VALLE	Fort Langley	4:22.933	0:12.311
6	9	Bradley HEBB, Jamie MCINTYRE	Senobe	4:23.619	0:12.997
7	3	Zane CLARKE, Mike DELMORE	Toba	4:24.675	0:14.053
8	1	Conor CHIASSON, Lucas GIACOMELLI	Mississauga	4:49.166	0:38.544
9	8	Paul NORRIS, Blake USHER	Carleton Place	5:14.511	1:03.889

## 11:34 AM - Race #38 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Jarrett KENKE, Mykel KOWALUK	Saskatoon	3:53.133	0:00.000
2	5	Jeremiah DOUCETTE, Jeremy MOCK	Banook	4:05.716	0:12.583
3	6	Nicholas FOELLMER, Sebastien FOELLMER	Fort Langley	4:10.609	0:17.476
4	3	Matthew KUMAR, Artyom SAVIN	Mississauga	4:16.703	0:23.570
5	7	Alexis GRENIER, Marc-Antoine LAQUERRE	Trois Rivieres	4:20.853	0:27.720
6	8	Neil BALESTRA, Austin BEEVER	Calgary	4:32.259	0:39.126
7	9	James Martin ENG, Thomas FOURNIER	Pointe-Claire	4:33.787	0:40.654
8	2	Colin JOHNSON, Brody RAWDING	Carleton Place	4:46.799	0:53.666
9	1	Miles LITTLE, Julien T. NELSON	Burloak	5:02.883	1:09.750

## Femmes MIDGET Women C-1 1000M (Naomi Morris Award)

First 2 each heat and 3 next fastest to Final A

## 11:40 AM - Race #39 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Mariah GODIN	Senobe	6:23.518	0:00.000
2	6	Caitlynn ALLEN	Balmy Beach	6:46.400	0:22.882
3	2	Maude WHISSELL-LUSSIER	Lachine	6:46.922	0:23.404
4	4	Regan JACKSON	North Bay	7:04.062	0:40.544
5	1	Amanda MOORE	Cascades	7:04.500	0:40.982
6	5	Brook MCLEAN	Kamloops	7:13.688	0:50.170
7	9	Alexandra BOULANGER	Otterburn	7:31.488	1:07.970
8	7	Alissa MYLES-GONZALEZ	North Bay	7:35.976	1:12.458
9	8	Sheila MEHRVAR	Burloak	8:03.324	1:39.806



## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

11:46 AM - Race #40 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Katie VINCENT	Mississauga	6:10.547	0:00.000
2	4	Joannie VERRET	Lac-Sergent	6:29.078	0:18.531
3	8	Pascale TOUPIN	Lachine	6:31.854	0:21.307
4	7	Sara DRISDELLE	Senobe	6:39.532	0:28.985
5	3	Florence L'ABBÉ	Pointe-Claire	6:44.582	0:34.035
6	1	Tasia GELENCSEK-SMITH	Otterburn	6:59.517	0:48.970
7	6	Megan SIBTHORPE	Rideau	7:46.394	1:35.847
8	2	Abigail HAINES	Burloak	7:54.058	1:43.511
9	9	Vicki CALOUCHE	Pointe-Claire	8:13.460	2:02.913

11:52 AM - Race #41 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Hannah MACINTOSH	Senobe	6:15.736	0:00.000
2	3	Alexandra KEENE	Senobe	6:29.546	0:13.810
3	7	Hannah SCHMIDT	Rideau	7:07.899	0:52.163
4	1	Danika TURGEON	Otterburn	7:34.596	1:18.860
5	2	Phoebe SIMMONS	Senobe	7:47.315	1:31.579
6	6	Jillian PERRONE	Burloak	7:52.929	1:37.193
7	8	Lise-Anne LAPLANTE	Burloak	9:13.788	2:58.052
DSQ	4	Sarah-Jane CAUMARTIN	Otterburn	0:00.000	0:00.000

## Femmes JUNIOR Women C-1 500M

First 3 each heat and 3 next fastest to Final A

11:58 AM - Race #42 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Jenna MARKS	Banook	2:42.009	0:00.000
2	7	Maria HALAVREZOS	Senobe	2:48.231	0:06.222
3	6	Ashley HOLOWATUK	Wascana	2:54.350	0:12.341
4	4	Nicole WONG	Burloak	2:58.172	0:16.163
5	2	Penny JALKOTZY	Calgary	3:00.190	0:18.181
6	3	Michelle KOSAKA	Ridge	3:03.482	0:21.473

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 12:02 PM - Race #43 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Laurence VINCENT-LAPOINTE	Trois Rivieres	2:37.654	0:00.000
2	3	Emily RIDDLE	Orenda	2:48.279	0:10.625
3	4	Nicole HAYWOOD	Nanaimo	2:53.001	0:15.347
4	8	Adrienne KEENE	Senobe	2:58.625	0:20.971
5	7	Emily BIRD	Burloak	2:59.551	0:21.897
6	2	Kara HUMMELT	Toba	3:06.702	0:29.048
7	6	Krystal LOWE	Carleton Place	3:51.450	1:13.796

## Hommes JUNIOR Men K-1 500M (Don Ring Memorial Trophy)

First 2 each heat and 3 next fastest to Final A

## 12:06 PM - Race #44 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	7	Neil LANG	Cheema	1:56.973	0:00.000
2	9	Andrew JESSOP	Maskwa	1:57.139	0:00.166
3	1	Matthew TARLING	Pointe-Claire	1:57.403	0:00.430
4	2	Marc-Alexandre GAGNON	Trois Rivieres	1:57.549	0:00.576
5	6	Sam ROWORTH	Burloak	2:01.678	0:04.705
6	4	Nathan BARTON	Carleton Place	2:03.030	0:06.057
7	5	Mattison SINNETT	Saskatoon	2:03.420	0:06.447
8	8	Graham SCHIEBEL	Calgary	2:09.689	0:12.716
9	3	Jim NOSELLA	Fort Langley	2:10.753	0:13.780

## 12:10 PM - Race #45 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Philippe DUCHESNEAU	Pointe-Claire	1:54.588	0:00.000
2	3	Lyll HATTON	Cheema	1:56.580	0:01.992
3	8	Shaun FAIR	Cheema	1:57.464	0:02.876
4	2	Jordan VAN VEEN	Burloak	1:59.020	0:04.432
5	1	Jacob SOSNA	Carleton Place	2:00.950	0:06.362
6	9	André VILLENEUVE	Pointe-Claire	2:01.232	0:06.644
7	7	Kenneth MUIR	Carleton Place	2:04.394	0:09.806
8	6	Nick HUMNISKI	Toba	2:05.780	0:11.192
9	5	Elliot HOYT	Fort Langley	2:08.258	0:13.670

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

12:14 PM - Race #46 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Rob CLARKE	Burloak	1:56.600	0:00.000
2	5	Connor TARAS	Banook	1:57.634	0:01.034
3	1	John TURPIN	Pointe-Claire	1:57.920	0:01.320
4	6	François DELORIMIER	Pointe-Claire	2:00.210	0:03.610
5	9	Ian MILLER	Maskwa	2:00.702	0:04.102
6	3	Patrick LESTER	Carleton Place	2:03.071	0:06.471
7	2	Chris ANDISON	Burloak	2:05.639	0:09.039
8	8	Colin BLACK	Carleton Place	2:07.509	0:10.909
9	7	Neal FENSE	Wascana	2:08.651	0:12.051

Femmes JUVENILE Women C-4 500M (Balmy Beach Centennial Trophy)

First 3 each heat and 3 next fastest to Final A

12:18 PM - Race #47 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Melanie CORDEIRO, Erika GIOVANNETTI, Haley LANGLOIS, Krista SMITH	Mississauga	2:44.192	0:00.000
2	5	Jenna BERENBAUM, Olivia DYCK, Lauren GARDINER, Lorilee HITCHINGS	Saskatoon	2:46.998	0:02.806
3	6	Lydia BRODERICK, Emma MACINTOSH, Marie WRIGHT, Meaghan WRIGHT	Banook	2:47.926	0:03.734
4	7	Caitlynn ALLEN, Charlotte POTTER, Marika SWORD, Mikaela SWORD	Balmy Beach	2:48.186	0:03.994
5	4	Alexandra BOULANGER, Sarah-Jane CAUMARTIN, Tasia GELENCSEK-SMITH, Marianne LÉVÊQUE-BRISSETTE	Otterburn	2:48.466	0:04.274
6	2	Danielle ALBERS, Taylor POTTS, Erin SKITCH, Alana WALKER	West Rouge	3:07.022	0:22.830
DSQ	8	Shannon BARRY, Jade BUNGE, Laura MOCK, Caitlin YORKE	Banook	0:00.000	0:00.000

12:22 PM - Race #48 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Alanna BRAY-LOUGHEED, Marsha MCLEOD, Courtney STOTT, Rebecca YOSHIDA	Burloak	2:38.536	0:00.000
2	6	Anaïs DESAULNIERS, Rosanne GIGUÈRE, Marie-Justine LORD, Sabrina TURPIN	Trois Rivieres	2:51.654	0:13.118
3	3	Abbey BATES, Laura COFFILL, Amanda CRAIG, Taylor VELEMIROVICH	Senobe	2:52.046	0:13.510
4	2	Abigail HUDGINS, Akayla KENT, Emily RIDDLE, Christina WATKINS	Orenda	2:53.958	0:15.422
5	8	Amber CAMPBELL, Allison CONETTA, Alissa MARSHALL, Stephanie MASINA	Balmy Beach	2:58.765	0:20.229
6	7	Maggie DAY, Ailish MCNULTY, Megan PARKER, Kathleen SHREENAN	Mic Mac	3:05.696	0:27.160
7	4	Catrin DIMITROVA, Jane MCBRIDE, Sarah MURPHY-BURKE, Lana PERIC	Rideau	3:06.556	0:28.020

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes JUVENILE Men K-2 200M**

First 2 each heat and 3 next fastest to Final A

12:26 PM - Race #49 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Austin DENMAN, Adam TENWOLDE	Banook	0:38.423	0:00.000
2	5	Simon FENSE, Cooper REIS	Wascana	0:38.499	0:00.076
3	9	Alex BOGORIN, Keir JOHNSTON	Mississauga	0:39.187	0:00.764
4	8	Olivier THERRIEN, Thierry VILLENEUVE	Trois Rivieres	0:39.277	0:00.854
5	6	Zacharie CAMERON, Darcy HARDY-KAVANAGH	Rideau	0:40.675	0:02.252
6	1	Austin SOSNA, Eric WINCH	Carleton Place	0:42.629	0:04.206
7	2	Thomas KELLY, Evan SMITH	Burloak	0:43.701	0:05.278
8	3	Patrick DANN, Jordan PILON	Fort Langley	0:45.425	0:07.002
9	7	Liam MCKINNON, Fearghus VINCENT	Wascana	0:45.825	0:07.402

12:29 PM - Race #50 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Anatoly MYKHAYLETSKY, Jeffrey RALPHS	Mississauga	0:38.718	0:00.000
2	5	Étienne BEAUCHESNE, Alex TESSIER	Trois Rivieres	0:39.366	0:00.648
3	9	Didier GENEST-RICHARD, Pierre-Luc POULIN	Lac-Beauport	0:40.014	0:01.296
4	1	Liam HATTON, Marshall HUGHES	Cheema	0:41.200	0:02.482
5	2	Nicholas FOELLMER, David NYKL	Fort Langley	0:41.326	0:02.608
6	3	Nathan MACKINNON, Jesse SCOTT	Maskwa	0:42.244	0:03.526
7	6	Kevin WICKENS, Alex WYMA	Calgary	0:44.988	0:06.270
8	8	Mike DELMORE, Ian ELLIS	Toba	0:45.718	0:07.000
9	7	Frank DESROSIERS, Nicholas GUOLLA	Rideau	0:46.642	0:07.924

12:32 PM - Race #51 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Nathan DESMARAIS, Charles-Antoine GIROUARD	Sherbrooke	0:39.940	0:00.000
2	7	Jacob BARDOS, Mark GRADY	Cheema	0:40.130	0:00.190
3	6	Bogdan DRAMOV, Eric ELLERY	Balmy Beach	0:41.532	0:01.592
4	4	Brian MOLFESI, Jordan TRAAS	Ridge	0:42.054	0:02.114
5	1	Andrew GARDINER, Austin NIXON	Orenda	0:42.178	0:02.238
6	5	Reid FARQUHARSON, Brandon LIND	Rideau	0:42.252	0:02.312
7	2	Quintin BRAY-STONE, Tycho ROORDA	Pointe-Claire	0:42.572	0:02.632
8	8	Scott BARCLAY, Mark DALGARNO	West Rouge	0:43.076	0:03.136
9	9	Daniel ANG, Ben MAYERS	Burloak	0:47.950	0:08.010

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes OPEN Women K-4 200M** (James (Jim) McGown Memorial Trophy)

First 3 each heat and 3 next fastest to Final A

12:35 PM - Race #52 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Mylanie BARRÉ, Jade CYR, Florence LAFOREST-GARON, Catherine LEMIRE	Lac-Beauport	0:43.080	0:00.000
2	6	Galia CARRANCO, Diana DEEK, Emily RAYMOND, Marta TKACZYSZYN	Rideau	0:43.782	0:00.702
3	4	Kaitlyn FRY, Zara HANSON, Alyssa KOHL, Chelsey MITCHELL	Wascana	0:45.776	0:02.696
4	8	nicole BROWN, Emma CORNELL, Jenna GAUDET, Emma SAUNDERS	Cheema	0:46.036	0:02.956
5	7	Anaïs DESAULNIERS, Rosanne GIGUÈRE, Gabriella ST-ONGE, Sabrina TURPIN	Trois Rivieres	0:49.420	0:06.340
6	3	Simone DARCY, Maggie DAY, Megan PARKER, Kathleen SHREENAN	Mic Mac	0:50.482	0:07.402
7	2	Bev ANDERSON, Alannah KOSLOSKI, Laura SOPARLO, Fiona VINCENT	Wascana	0:51.530	0:08.450

12:38 PM - Race #53 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Kia BYERS, Megan GIBSON, Tiera MCLEOD, Stephanie ROBERTSON	Wascana	0:41.724	0:00.000
2	5	Lizzy BATES, Mariane FRASER, Delaire NICHOLSON, Tessa OLDERSHAW	Burloak	0:41.932	0:00.208
3	4	Jillian D'ALESSIO, Andrea JOY, Laura MACEACHERN, Hannah VAUGHAN	Banook	0:42.304	0:00.580
4	2	Émilie FOURNEL, Éliane PROULX-MARCHESSAULT, Marie-Christine SCHMIDT, Pascale TOUPIN	Lachine	0:44.764	0:03.040
5	7	Chelsea CARR KINNEAR, Marielle HAWKES, Alexa IRVIN, Natalie MILLER	Maskwa	0:45.422	0:03.698
6	6	Lissa BISSONNETTE, Sarah-Kim JODOIN, Charlotte LEGRAND, Maxine RIST	Pointe-Claire	0:46.282	0:04.558
7	8	Kirsten GRANT, Kristen HUI, Caroline SANGRET, Kara STELFOX	Calgary	0:46.654	0:04.930

**Hommes JUNIOR Men C-1 200M** (Centenarian of Club de Canotage Lac Sergent)

First 2 each heat and 3 next fastest to Final A

12:41 PM - Race #54 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Jason MCCOOMBS	Banook	0:48.423	0:00.000
2	5	Roland VARGA	Richmond Hill	0:48.851	0:00.428
3	6	Jared TRAFFORD	Carleton Place	0:49.921	0:01.498
4	3	Marc TARLING	Pointe-Claire	0:50.125	0:01.702
5	7	Iain MCLEOD	Wascana	0:55.490	0:07.067
6	8	Pier-Alexandre CAUMARTIN	Trois Rivieres	0:55.568	0:07.145
SCR	2	(SCRATCHED) Brian STEVER	Mic Mac	0:00.000	0:00.000

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 12:44 PM - Race #55 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Antoine MEUNIER	Lac-Beauport	0:47.689	0:00.000
2	6	Mark JAMES	Senobe	0:50.203	0:02.514
3	3	Martin HEROUX	Pointe-Claire	0:51.287	0:03.598
4	7	Cameron MARCUS	Rideau	0:51.997	0:04.308
5	2	Julien VERMETTE	Trois Rivieres	0:52.209	0:04.520
6	4	Riley SCHNELL	Wascana	0:52.587	0:04.898
7	8	Colden DENMAN	Banook	0:52.851	0:05.162

## 12:47 PM - Race #56 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Ben TARDIOLI	Rideau	0:46.843	0:00.000
2	3	Edward SPRIGGS	Senobe	0:48.381	0:01.538
3	6	Thomas THRALL	Burloak	0:48.883	0:02.040
4	2	Douglas ELLERY	Carleton Place	0:49.853	0:03.010
5	4	Jacques DE JAGER	Wascana	0:50.369	0:03.526
6	7	Samuel RAICHE	Lachine	0:51.921	0:05.078
SCR	8	(SCRATCHED) Connor MCGREGOR	Mic Mac	0:00.000	0:00.000

Lunch Break / Dejeuner

## Hommes JUVENILE Men C-4 1000M (E. R. Reilly Trophy)

First 3 each heat and 3 next fastest to Final A

## 1:47 PM - Race #57 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Ian ACELVARI, Drew HODGES, Brandon LIND, Stuart WILSON	Rideau	4:23.750	0:00.000
2	6	Nick BURDOCK, Peter LAKNER, Peter LOMBARDI, Kevin WOURNELL	Senobe	4:24.974	0:01.224
3	7	Matt BALON, Christian DE JAGER, Gabriel FOLK, Christopher LAPLANTE	Wascana	4:44.308	0:20.558
4	2	Mitchell CRAIG, Brendan HALLEY, Jack LEAHY, Craig SPENCE	Senobe	4:50.020	0:26.270
5	5	Stephen ENG, Ryan RADFORD, Jacob SKULIMOWSKI, Étienne VALLIÈRE	Pointe-Claire	4:55.399	0:31.649
SCR	3	Eric ELLERY, John MEISNER, Elliott OLIVIERI, Nicholas OWENS	Balmy Beach	0:00.000	0:00.000

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

1:53 PM - Race #58 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Lukas HETZLER, Thomas MILLER, RYAN STACEY, Matthew G. WARNER	Cheema	4:19.104	0:00.000
2	5	Lee BARICH, Joel CASTONGUAY, George HURLEY, Sebastian SARDEGNA	Mississauga	4:23.450	0:04.346
3	2	Evan CARR-KINNEAR, TYLER GRAVES, Mark SKINNER, Kenneth WILLIAMS	Cheema	4:40.512	0:21.408
4	7	Josh GALLANT, Patrick O'BRIEN, Zachary TAYLOR, Riley WILLIAMS	Banook	4:41.274	0:22.170
5	3	Pavel KONDRASHOV, Matthew PECHEY, Devan PILATZKE, Ary WILLIAMS	Wascana	5:19.696	1:00.592
DNS	4	Brendan FOWLER, Dylan LAND, Alexander SJONNESEN, Kevin SYMINGTON	Calgary	0:00.000	0:00.000

## Femmes OPEN Women C-2 200m

First 3 each heat and 3 next fastest to Final A

1:59 PM - Race #59 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Jenna MARKS, Stephanie MURPHY	Banook	0:55.721	0:00.000
2	6	Penny JALKOTZY, Kelsey KEEPING-SALSMAN	Calgary	0:57.893	0:02.172
3	5	Gillian FEDECHKO, Michelle KOSAKA	Ridge	1:01.801	0:06.080
4	2	Nicole MINDE, Ewa WASNIEWSKI	Greater Edmonton	1:06.592	0:10.871
5	7	Caroline COOK, Kathryn FRANCIS	Balmy Beach	1:07.824	0:12.103
6	3	Lauren ARTHURS, Lesley Anne SCHMIDT	Rideau	1:21.216	0:25.495
DSQ	8	Krystal LOWE, Kerri REDWOOD	Carleton Place	0:00.000	0:00.000

2:02 PM - Race #60 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Genevieve ORTON, Emily RIDDLE	Orenda	0:57.317	0:00.000
2	6	Ashley HOLOWATUK, Gina SOPARLO	Wascana	0:58.827	0:01.510
3	2	Jaclyn GARDINER, Brittany MAIN	Carleton Place	0:58.865	0:01.548
4	5	Nina DOHERTY, Rachel EDWARDS	Mississauga	0:59.623	0:02.306
5	7	Rachel MARCUSON, Courtney PLEWES	Mississauga	1:03.535	0:06.218
6	4	Christine BOURASSA, Kaitlin FINDLAY	Rideau	1:11.968	0:14.651

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Femmes JUVENILE Women K-1 200M**

First 2 each heat and 3 next fastest to Final A

**2:05 PM - Race #61 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Andréanne LANGLOIS	Lac-Beauport	0:48.842	0:00.000
2	5	Michelle RUSSELL	Cheema	0:49.610	0:00.768
3	3	Liz GIRGULIS	Calgary	0:50.132	0:01.290
4	8	Laura MACEACHERN	Banook	0:50.712	0:01.870
5	7	Jennifer THUNEM	Richmond Hill	0:52.728	0:03.886
6	1	Sarah VÉGAS-DUBOIS	Pointe-Claire	0:53.006	0:04.164
7	6	Tessa NAGAI	Ridge	0:56.666	0:07.824
8	2	Erika HUNTLEY	Rideau	0:57.310	0:08.468
9	9	Alana WALKER	West Rouge	1:07.873	0:19.031

**2:08 PM - Race #62 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Megan GIBSON	Wascana	0:50.059	0:00.000
2	1	Chantal HIGGINS	Cheema	0:50.203	0:00.144
3	3	Émilie SIMARD	Sherbrooke	0:51.031	0:00.972
4	8	Carly BALESTRA	Calgary	0:52.927	0:02.868
5	4	Rebecca ALLEY	Fort Langley	0:54.461	0:04.402
6	6	Galia CARRANCO	Rideau	0:54.589	0:04.530
7	10	Lauren GARDINER	Saskatoon	0:56.191	0:06.132
8	2	Melissa WILLIAMS	Mississauga	0:58.085	0:08.026
9	7	Sara MITCHELL	Fort Langley	0:58.223	0:08.164
10	9	Chelsea ROUTLEY	Fort Langley	1:07.790	0:17.731

**2:11 PM - Race #63 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Natalie DAVISON	Rideau	0:49.764	0:00.000
2	6	Alexa IRVIN	Maskwa	0:50.624	0:00.860
3	5	Alanna BRAY-LOUGHEED	Burloak	0:51.682	0:01.918
4	3	Catherine LEMIRE	Lac-Beauport	0:51.878	0:02.114
5	7	Robyn SUTHERLAND	Calgary	0:52.354	0:02.590
6	9	Sammy HALL	Cheema	0:52.914	0:03.150
7	10	Hannah FORSYTH	Orenda	0:53.322	0:03.558
8	1	Erin SKITCH	West Rouge	1:00.052	0:10.288
9	2	Lana PERIC	Rideau	1:06.398	0:16.634
10	8	Ashley EZART	Fort Langley	1:09.857	0:20.093



## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes MIDGET Women C-1 200m**

First 2 each heat and 3 next fastest to Final A

2:14 PM - Race #64 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Florence L'ABBÉ	Pointe-Claire	1:07.818	0:00.000
2	7	Alexandra KEENE	Senobe	1:09.770	0:01.952
3	6	Caitlynne ALLEN	Balmy Beach	1:10.076	0:02.258
4	1	Sara DRISDELLE	Senobe	1:11.182	0:03.364
5	4	Regan JACKSON	North Bay	1:11.722	0:03.904
6	5	Olivia DYCK	Saskatoon	1:12.260	0:04.442
7	2	Hannah SCHMIDT	Rideau	1:12.684	0:04.866
8	9	Alexandra BOULANGER	Otterburn	1:22.655	0:14.837
9	8	Sheila MEHRVAR	Burloak	1:31.395	0:23.577

2:17 PM - Race #65 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Hannah MACINTOSH	Senobe	1:04.807	0:00.000
2	1	Tasia GELENCSEK-SMITH	Otterburn	1:07.029	0:02.222
3	7	Pascale TOUPIN	Lachine	1:10.246	0:05.439
4	5	Joannie VERRET	Lac-Sergent	1:10.562	0:05.755
5	2	Maude WHISELL-LUSSIER	Lachine	1:13.684	0:08.877
6	3	Jillian PERRONE	Burloak	1:19.031	0:14.224
7	6	Megan SIBTHORPE	Rideau	1:23.364	0:18.557
8	9	Vicki CALOUCHE	Pointe-Claire	1:40.408	0:35.601
9	8	4Morgan CAISSIE	Burloak	1:49.674	0:44.867

2:20 PM - Race #66 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Mariah GODIN	Senobe	1:03.332	0:00.000
2	4	Katie VINCENT	Mississauga	1:03.846	0:00.514
3	1	Sarah-Jane CAUMARTIN	Otterburn	1:08.858	0:05.526
4	2	Meaghan WRIGHT	Banook	1:12.044	0:08.712
5	7	Amanda MOORE	Cascades	1:17.158	0:13.826
6	3	Alissa MYLES-GONZALEZ	North Bay	1:22.526	0:19.194
7	9	Phoebe SIMMONS	Senobe	1:24.788	0:21.456
8	8	Danika TURGEON	Otterburn	1:35.442	0:32.110
DSQ	5	Brook MCLEAN	Kamloops	0:00.000	0:00.000

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes MIDGET Men K-1 200m**

First 2 each heat and 3 next fastest to Final A

**2:23 PM - Race #67 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Mykel KOWALUK	Saskatoon	0:42.270	0:00.000
2	4	Eric WINCH	Carleton Place	0:43.172	0:00.902
3	5	Jeremy MOCK	Banook	0:43.910	0:01.640
4	1	Marshall HUGHES	Cheema	0:44.056	0:01.786
5	7	Sebastien FOELLMER	Fort Langley	0:45.934	0:03.664
6	6	Nick ROBSON	Balmy Beach	0:46.920	0:04.650
7	2	Alastair SPRIGGS	Carleton Place	0:47.322	0:05.052
8	9	Patrick DANN	Fort Langley	0:49.802	0:07.532
9	8	Austin BEEVER	Calgary	0:49.968	0:07.698

**2:26 PM - Race #68 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Charles-Antoine GIROUARD	Sherbrooke	0:45.009	0:00.000
2	4	Jarrett KENKE	Saskatoon	0:46.109	0:01.100
3	2	Sebastien TARLING	Pointe-Claire	0:47.187	0:02.178
4	3	Colton MUENCH	Fort Langley	0:47.865	0:02.856
5	7	Bradley MAYO	Orenda	0:48.801	0:03.792
6	1	Del MUENCH	Fort Langley	0:48.903	0:03.894
7	6	Zacharie CAMERON	Rideau	0:49.617	0:04.608
8	8	Daniel CAREY	Richmond Hill	0:50.667	0:05.658
9	9	Nicholas MCBRIDE	Rideau	0:55.805	0:10.796

**2:29 PM - Race #69 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Pierre-Luc POULIN	Lac-Beauport	0:45.388	0:00.000
2	5	Nicholas FOELLMER	Fort Langley	0:45.462	0:00.074
3	4	Ian DUROCHER	Balmy Beach	0:45.998	0:00.610
4	6	Mitchell HAMILTON	Orenda	0:46.054	0:00.666
5	7	Liam MCKINNON	Wascana	0:46.838	0:01.450
6	8	Maxime LAMONTAGNE	Pointe-Claire	0:48.024	0:02.636
7	2	Nigel ROCKETT	Balmy Beach	0:49.368	0:03.980
8	1	Blake USHER	Carleton Place	0:50.526	0:05.138
9	9	Artyom SAVIN	Mississauga	0:50.558	0:05.170

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes JUNIOR Women K-2 1000M**

First 3 each heat and 3 next fastest to Final A

2:32 PM - Race #70 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Stephanie ROBERTSON, Fiona VINCENT	Wascana	4:34.169	0:00.000
2	3	Maggie HENDERSON, Andrea JOY	Banook	4:36.443	0:02.274
3	4	Gabrielle PAULL, Marta TKACZYSZYN	Rideau	4:36.685	0:02.516
4	2	Kristen HUI, Kara STELFOX	Calgary	4:53.409	0:19.240
5	7	Claudia CAMERON, Natalie NEHLAWI	Rideau	4:59.435	0:25.266
DNF	5	Jade CYR, Li-Yue GRENIER	Lac-Beauport	0:00.000	0:00.000

2:38 PM - Race #71 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Olivia DYCK, Trista NEILLY	Saskatoon	4:31.273	0:00.000
2	5	Alexa IRVIN, Natalie MILLER	Maskwa	4:33.395	0:02.122
3	7	Kaitlyn FRY, Chelsey MITCHELL	Wascana	4:39.318	0:08.045
4	3	Gabriella ST-ONGE, Sabrina TURPIN	Trois Rivieres	4:43.056	0:11.783
5	6	Julia RIDDICK, Myriam WILLS	Rideau	4:47.448	0:16.175

**Hommes JUNIOR Men C-4 1000M (John W. Black Trophy)**

First 3 each heat and 3 next fastest to Final A

2:44 PM - Race #72 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Larry CAIN, Aaron RUBLEE, Cory RUBLEE, Evan SMITH	Burloak	4:44.191	0:00.000
2	4	Martin HEROUX, Pierre-Luc LALIBERTÉ, Eric MIHALOVIC, Marc TARLING	Pointe-Claire	4:59.402	0:15.211
3	5	Jacques DE JAGER, Lliam FOLK, Riley SCHNELL, Jory STRICKER	Wascana	5:04.881	0:20.690
4	3	Matthew BEAVER, Scott DICKEY, Benjamin KENDALL, Nathan MACKINNON	Maskwa	5:05.441	0:21.250
5	8	Christopher BRAYLEY, Evan CARR-KINNEAR, Thomas HALL, Lukas HETZLER	Cheema	5:10.269	0:26.078
6	7	Drew ACELVARI, Jonathan BLACKADAR, Frank DESROSIERS, Rhys HILL	Rideau	5:14.408	0:30.217

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 2:50 PM - Race #73 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Mark JAMES, Peter LAKNER, Edward SPRIGGS, Kevin WOURNELL	Senobe	4:48.851	0:00.000
2	4	Ian ACELVARI, Cameron MARCUS, Ben TARDIOLI, Stuart WILSON	Rideau	5:01.687	0:12.836
3	6	Hugues FOURNEL, Micheal Jr LUSSIER-RASHOTTE, Alexis PROULX-MARCHESSAULT, Samuel RAICHE	Lachine	5:06.112	0:17.261
4	3	Greg ENGLISH, Josh GALLANT, Liam O'BRIEN, Zachary TAYLOR	Banook	5:29.031	0:40.180
5	7	Scott BARCLAY, Mark DALGARNO, James MOORCROFT, Brian WILLIAMSON	West Rouge	5:35.616	0:46.765

## Hommes JUVENILE Men K-1 500M (Gabor Joo Trophy)

First 2 each heat and 3 next fastest to Final A

## 2:56 PM - Race #74 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Simon FENSE	Wascana	2:00.476	0:00.000
2	4	Liam HATTON	Cheema	2:02.116	0:01.640
3	7	Eric ELLERY	Balmy Beach	2:02.570	0:02.094
4	3	Alex TESSIER	Trois Rivieres	2:03.076	0:02.600
5	8	Emmett SCHMIDT	Rideau	2:10.890	0:10.414
6	2	Cooper REIS	Wascana	2:11.160	0:10.684
7	1	Jordan PILON	Fort Langley	2:11.460	0:10.984
8	6	Jordan TRAAS	Ridge	2:13.016	0:12.540
9	9	Kevin WICKENS	Calgary	2:15.178	0:14.702

## 3:00 PM - Race #75 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	1	Adam TENWOLDE	Banook	2:01.498	0:00.000
2	5	Brian MOLFESI	Ridge	2:01.910	0:00.412
3	3	Jeffrey RALPHS	Mississauga	2:03.956	0:02.458
4	9	Didier GENEST-RICHARD	Lac-Beauport	2:04.310	0:02.812
5	7	Nathan DESMARAIS	Sherbrooke	2:05.572	0:04.074
6	6	Austin DENMAN	Banook	2:08.120	0:06.622
7	4	Reid FARQUHARSON	Rideau	2:12.844	0:11.346
8	8	Nicholas DEEK	Rideau	2:12.964	0:11.466
9	2	David NYKL	Fort Langley	2:25.415	0:23.917

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

## 3:04 PM - Race #76 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Étienne BEAUCHESNE	Trois Rivieres	2:00.031	0:00.000
2	4	Keir JOHNSTON	Mississauga	2:00.847	0:00.816
3	8	Nicolas RACINE	Sherbrooke	2:01.717	0:01.686
4	2	Alex BOGORIN	Mississauga	2:02.543	0:02.512
5	6	Mykel KOWALUK	Saskatoon	2:04.565	0:04.534
6	7	Jesse SCOTT	Maskwa	2:06.315	0:06.284
7	1	Alex WYMA	Calgary	2:07.463	0:07.432
8	9	Mark GRADY	Cheema	2:08.733	0:08.702
9	3	Brandon LIND	Rideau	2:12.637	0:12.606

## Femmes JUNIOR Women C-4 500M (Island Canoe Club Trophy)

First 3 each heat and 3 next fastest to Final A

## 3:08 PM - Race #77 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Caroline COOK, Kathryn FRANCIS, Charlotte POTTER, Heather SMITH	Balmy Beach	2:44.537	0:00.000
2	7	Jillian D'ALESSIO, Kaitlin MCCOOMBS, Stephanie MURPHY, Laura TUPPER-RING	Banook	2:44.671	0:00.134
3	6	Candace BOURQUE, Penny JALKOTZY, Sue SEWELL, Kristen SHIER	Calgary	2:50.356	0:05.819
4	3	Jaclyn GARDINER, Krystal LOWE, Brittany MAIN, Kerri REDWOOD	Carleton Place	2:57.160	0:12.623
5	5	Lauren ARTHURS, Jane MCBRIDE, Marta TKACZYSHYN, Myriam WILLS	Rideau	3:03.401	0:18.864

## 3:12 PM - Race #78 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Maria HALAVREZOS, Adrienne KEENE, Alexandra KEENE, Una LOUNDER	Senobe	2:40.759	0:00.000
2	4	Zara HANSON, Ashley HOLOWATUK, Alyssa KOHL, Gina SOPARLO	Wascana	2:46.642	0:05.883
3	6	Abigail HAINES, Jacqueline HANSON, Morgan OLIVER, Rebecca YOSHIDA	Burloak	2:50.496	0:09.737
4	3	Claudia CAMERON, Erika HUNTLEY, Natalie NEHLAWI, Gabrielle PAULL	Rideau	2:58.770	0:18.011
5	7	Julia FREMEAU, Marika SWORD, Mikaela SWORD, Donna TIN	Balmy Beach	3:17.659	0:36.900

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes JUNIOR Men K-2 500M**

First 2 each heat and 3 next fastest to Final A

**3:16 PM - Race #79 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Andrew JESSOP, Ian MILLER	Maskwa	1:50.061	0:00.000
2	5	Colin BLACK, Kenneth MUIR	Carleton Place	1:50.879	0:00.818
3	6	Sam ROWORTH, Jordan VAN VEEN	Burloak	1:51.805	0:01.744
4	7	Sieger ROORDA, André VILLENEUVE	Pointe-Claire	1:52.031	0:01.970
5	9	Kenzie VINCENT, Mike VINCENT	Wascana	1:56.067	0:06.006
6	4	Elliot HOYT, Jim NOSELLA	Fort Langley	1:57.737	0:07.676
7	8	Hunter GEORGE, Marco TSCHAN	Burloak	1:59.457	0:09.396
DNS	2	Nathan MACKINNON, Jesse SCOTT	Maskwa	0:00.000	0:00.000
DNS	1	Ryan NASH, Sean PARKER	West Rouge	0:00.000	0:00.000

**3:20 PM - Race #80 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Nathan BARTON, Patrick LESTER	Carleton Place	1:48.373	0:00.000
2	7	Michael CHIASSON, Patrick VAUGHAN	Banook	1:50.169	0:01.796
3	4	Andrew KASZA, Ryan STEPKA	Burloak	1:50.959	0:02.586
4	2	Chris ANDISON, John DALEY	Burloak	1:51.309	0:02.936
5	1	Andrew GARDINER, Johnathan MAYO	Orenda	1:54.435	0:06.062
6	3	Neal FENSE, Matt WRIGHT	Wascana	1:56.627	0:08.254
SCR	8	(SCRATCHED) Avery FOLK, Henry REIS	Wascana	0:00.000	0:00.000
DNS	5	Marc-Alexandre GAGNON, Alex TESSIER	Trois Rivieres	0:00.000	0:00.000

**3:24 PM - Race #81 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Simon LANGLOIS, Thierry VILLENEUVE	Trois Rivieres	1:49.889	0:00.000
2	4	Jack MCDONALD, Jeffery VANHORNE	Banook	1:50.968	0:01.079
3	5	Shawn MYDAN, Mattison SINNETT	Saskatoon	1:52.738	0:02.849
4	2	Louis BENNETT, Pavlo STOGORNYUK	Pointe-Claire	1:52.998	0:03.109
5	8	Nick HUMNISKI, Kevin LOHRENZ	Toba	1:56.584	0:06.695
6	7	Drew ACELVARI, Grant HUTTER	Rideau	1:59.428	0:09.539
7	3	Graham SCHIEBEL, Eric TOFFIN	Calgary	1:59.900	0:10.011
8	1	Scott BARCLAY, Michael KREM	West Rouge	2:06.468	0:16.579

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes JUVENILE Women K-4 500M (Frank Garner Trophy)**

First 2 each heat and 3 next fastest to Final A

**3:28 PM - Race #82 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	7	Julia FOLK, Megan GIBSON, Zoe HANSON, Daniella ZEMLAK	Wascana	2:02.460	0:00.000
2	4	Andréanne LANGLOIS, Catherine LEMIRE, Sarah RICHARD, Frédérique VÉZINA	Lac-Beauport	2:03.594	0:01.134
3	8	Allie CAMPBELL, Laura FAIR, Crystal INNES, HAYLEY NELSON	Cheema	2:06.366	0:03.906
4	6	Emma CORNELL, Jenna GAUDET, Samantha MOLLINS, Emma SAUNDERS	Cheema	2:06.652	0:04.192
5	2	Hannah FORSYTH, Abigail HUDGINS, Erica RIDEOUT, Christina WATKINS	Orenda	2:11.351	0:08.891
6	5	Olivia CAVASINNI, Tarryn MACPHERSON, Tessa NAGAI, Amanda SUBLETT	Ridge	2:14.337	0:11.877
7	3	Catrin DIMITROVA, Erika HUNTLEY, Sarah MURPHY-BURKE, Lana PERIC	Rideau	2:19.741	0:17.281

**3:32 PM - Race #83 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Alanna BRAY-LOUGHEED, Brianne LONG, Marsha MCLEOD, Courtney STOTT	Burloak	1:56.468	0:00.000
2	5	Galia CARRANCO, Natalie DAVIDSON, Cheyanne FARQUHARSON, Jane MCBRIDE	Rideau	2:01.326	0:04.858
3	6	Kayanna HOFING, Sarah-Kim JODOIN, Charlotte LEGRAND, Sarah VÉGAS-DUBOIS	Pointe-Claire	2:01.984	0:05.516
4	2	Emmanuelle ARCAND, Audrey CUERRIER, Jade CUERRIER, Émilie VÉRONNEAU	Deux-Rives	2:02.642	0:06.174
5	3	Rebecca ALLEY, Ashley EZART, Sara MITCHELL, Chelsea ROUTLEY	Fort Langley	2:15.206	0:18.738
6	7	Erin KIRKHAM, Joannah LUEL, Morgan OLIVER, Rebecca YOSHIDA	Burloak	2:18.530	0:22.062

**3:36 PM - Race #84 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Sammy HALL, Chantal HIGGINS, Emma-Anne KEHOE, Michelle RUSSELL	Cheema	1:56.920	0:00.000
2	4	Carly BALESTRA, Liz GIRGULIS, Kirsten GRANT, Robyn SUTHERLAND	Calgary	2:00.296	0:03.376
3	7	Anaïs DESAULNIERS, Rosanne GIGUÈRE, Jessica LEDUC, Gabriella ST-ONGE	Trois Rivieres	2:02.030	0:05.110
4	3	Abbey BATES, Olivia DENMAN, Jessica HOGG, Natalie WALSH	Senobe	2:07.580	0:10.660
5	6	Lauren CLARKE, Haley LANGLOIS, Melissa WILLIAMS, Holly ZITA	Mississauga	2:07.698	0:10.778
6	2	Shannon BARRY, Lydia BRODERICK, Laura MOCK, Marie WRIGHT	Banook	2:17.925	0:21.005

Course Break / Pause

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Femmes JUNIOR Women K-1 200M**

First 2 each heat and 3 next fastest to Final A

**3:56 PM - Race #85 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Lissa BISSONNETTE	Pointe-Claire	0:48.773	0:00.000
2	5	Lizzy BATES	Burloak	0:48.839	0:00.066
3	1	Jade CYR	Lac-Beauport	0:50.755	0:01.982
4	7	Delaire NICHOLSON	Burloak	0:52.129	0:03.356
5	6	Chelsey MITCHELL	Wascana	0:52.431	0:03.658
6	4	Jaclyn GARDINER	Carleton Place	0:55.073	0:06.300
7	8	Lauren GARDINER	Saskatoon	0:57.763	0:08.990
8	2	Claudia CAMERON	Rideau	0:58.427	0:09.654

**3:59 PM - Race #86 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Tessa OLDERSHAW	Burloak	0:48.349	0:00.000
2	6	nicole BROWN	Cheema	0:48.425	0:00.076
3	4	Trista NEILLY	Saskatoon	0:48.955	0:00.606
4	7	Li-Yue GRENIER	Lac-Beauport	0:49.973	0:01.624
5	1	Kristen HUI	Calgary	0:53.387	0:05.038
6	2	Maggie DAY	Mic Mac	0:54.513	0:06.164
7	5	Clara VAN MEEL	Ridge	0:58.083	0:09.734
8	8	Maggie BRITTON	Saskatoon	0:59.147	0:10.798

**4:02 PM - Race #87 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A**

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Marie-Pier LANGLOIS	Trois Rivieres	0:49.678	0:00.000
2	2	Florence LAFOREST-GARON	Lac-Beauport	0:50.930	0:01.252
3	4	Marielle HAWKES	Maskwa	0:51.180	0:01.502
4	7	Alyssa KOHL	Wascana	0:55.362	0:05.684
5	8	Maxine RIST	Pointe-Claire	0:55.772	0:06.094
6	3	Kaitlin MCCOOMBS	Banook	0:58.406	0:08.728
7	6	Natalie NEHLAWI	Rideau	0:59.308	0:09.630
8	1	Alannah KOSLOSKI	Wascana	1:01.120	0:11.442



## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Femmes JUNIOR Women C-1 200M**

First 3 each heat and 3 next fastest to Final A

4:05 PM - Race #88 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Nicole HAYWOOD	Nanaimo	0:58.792	0:00.000
2	3	Emily RIDDLE	Orenda	1:02.020	0:03.228
3	1	Maria HALAVREZOS	Senobe	1:02.928	0:04.136
4	6	Nicole WONG	Burloak	1:03.472	0:04.680
5	7	Brittany MAIN	Carleton Place	1:05.726	0:06.934
6	8	Penny JALKOTZY	Calgary	1:06.780	0:07.988
7	2	Kara HUMMELT	Toba	1:12.092	0:13.300
8	4	Krystal LOWE	Carleton Place	1:30.664	0:31.872

4:08 PM - Race #89 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Laurence VINCENT-LAPOINTE	Trois Rivieres	0:57.505	0:00.000
2	6	Jenna MARKS	Banook	0:58.429	0:00.924
3	7	Kelsey KEEPING-SALSMAN	Calgary	1:03.277	0:05.772
4	4	Ashley HOLOWATUK	Wascana	1:03.909	0:06.404
5	3	Emily BIRD	Burloak	1:04.069	0:06.564
6	2	Michelle KOSAKA	Ridge	1:07.513	0:10.008
7	8	Adrienne KEENE	Senobe	1:09.053	0:11.548

**Femmes MIDGET Women K-1 200m**

First 2 each heat and 3 next fastest to Final A

4:11 PM - Race #90 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Madeline SCHMIDT	Rideau	0:50.485	0:00.000
2	4	Jessica LEDUC	Trois Rivieres	0:51.663	0:01.178
3	6	Lucy MACLEOD	Senobe	0:52.175	0:01.690
4	3	Olivia DYCK	Saskatoon	0:52.807	0:02.322
5	2	Marie-Justine LORD	Trois Rivieres	0:53.379	0:02.894
6	7	Natasha WILLS	Rideau	0:55.343	0:04.858
7	1	Zoe HANSON	Wascana	0:56.577	0:06.092
8	8	Nicola TABATA	Kamloops	1:00.839	0:10.354
9	9	Krista SMITH	Mississauga	1:00.859	0:10.374

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

## 4:14 PM - Race #91 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Samantha MOLLINS	Cheema	0:51.003	0:00.000
2	2	Rory GOWDA-SOOKOCHOFF	Saskatoon	0:51.959	0:00.956
3	6	Alexandra JOY	Rideau	0:52.127	0:01.124
4	1	Holly THOMPSON	Mic Mac	0:53.521	0:02.518
5	3	Anastasiya MERYNAVA	Richmond Hill	0:54.981	0:03.978
6	4	Olivia CAVASINNI	Ridge	0:58.644	0:07.641
7	7	Brook MCLEAN	Kamloops	0:59.230	0:08.227
8	8	Mikaela ITURREGUI	Sudbury	1:00.454	0:09.451
9	9	Amy SOPARLO	Wascana	1:00.480	0:09.477

## 4:17 PM - Race #92 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Daniella ZEMLAK	Wascana	0:50.100	0:00.000
2	2	HAYLEY NELSON	Cheema	0:50.996	0:00.896
3	9	Crystal INNES	Cheema	0:53.400	0:03.300
4	1	Frédérique VÉZINA	Lac-Beauport	0:53.590	0:03.490
5	6	Konwennenhawi DIABO	Onake	0:53.632	0:03.532
6	5	Holly ZITA	Mississauga	0:54.112	0:04.012
7	7	Emilie BOUCHARD	Sudbury	0:56.090	0:05.990
8	3	Tarryn MACPHERSON	Ridge	1:02.875	0:12.775
DNS	8	Alina CARRANCO	Rideau	0:00.000	0:00.000

## Hommes OPEN Men K-4 200M

First 3 each heat and 3 next fastest to Final A

## 4:20 PM - Race #93 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Shaun FAIR, Lyall HATTON, Neil LANG, Andrew PICKREM	Cheema	0:33.449	0:00.000
2	5	François DELORIMIER, Matthew TARLING, John TURPIN, Andrew WILLOWS	Pointe-Claire	0:33.953	0:00.504
3	6	Geoff CLARKE, Chris PELLINI, Brady REARDON, Adam VANKOEVERDEN	Burloak	0:34.459	0:01.010
4	4	Drew ACELVARI, Corey HAMILTON, Rhys HILL, Grant HUTTER	Rideau	0:36.671	0:03.222
5	9	Chad BROOKS, Andrew JESSOP, Ian MILLER, Jesse SCOTT	Maskwa	0:36.729	0:03.280
6	8	Chris ANDISON, Hunter GEORGE, Adam OLDERSHAW, Marco TSCHAN	Burloak	0:38.261	0:04.812
7	7	Louis BENNETT, Sieger ROORDA, Pavlo STOGORNYUK, André VILLENEUVE	Pointe-Claire	0:38.545	0:05.096
8	1	Mike DELMORE, Ian ELLIS, Nick HUMNISKI, Kevin LOHRENZ	Toba	0:40.739	0:07.290
9	2	William KEMP, Graham SCHIEBEL, Eric TOBIASZ, Eric TOFFIN	Calgary	0:41.295	0:07.846

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

## 4:23 PM - Race #94 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Colin CORBETT, Mark DE JONGE, Connor TARAS, Jeffery VANHORNE	Banook	0:34.225	0:00.000
2	7	Rob CLARKE, John DALEY, Andrew KASZA, Christopher MEHAK	Burloak	0:35.403	0:01.178
3	3	Ryan COCHRANE, Didier GENEST-RICHARD, Étienne MORNEAU, Pierre-Luc POULIN	Lac-Beauport	0:35.557	0:01.332
4	2	Michael CHIASSON, Wesley HAMMER, Jack MCDONALD, Patrick VAUGHAN	Banook	0:35.685	0:01.460
5	1	Marc-Alexandre GAGNON, Antony GRENIER, Simon LANGLOIS, Thierry VILLENEUVE	Trois Rivieres	0:36.297	0:02.072
6	4	Neal FENSE, Simon FENSE, Cooper REIS, Matt WRIGHT	Wascana	0:36.733	0:02.508
7	6	Nicholas FOELLMER, Elliot HOYT, Jim NOSELLA, David NYKL	Fort Langley	0:38.405	0:04.180
8	8	Avery FOLK, Liam MCKINNON, Henry REIS, Mike VINCENT	Wascana	0:39.393	0:05.168
9	9	Daniel ARMSTRONG, Bradley HEBB, Jamie MCINTYRE, Andrew SHEWFELT	Senobe	0:43.853	0:09.628

## Femmes SENIOR Women K-1 200M

First 3 each heat and 3 next fastest to Final A

## 4:26 PM - Race #95 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	1	Kia BYERS	Wascana	0:46.976	0:00.000
2	5	Genevieve ORTON	Orenda	0:47.090	0:00.114
3	6	Emily RAYMOND	Rideau	0:48.436	0:01.460
4	4	Tiera MCLEOD	Wascana	0:48.598	0:01.622
5	3	Mylanie BARRÉ	Lac-Beauport	0:49.468	0:02.492
6	8	Marie-Christine SCHMIDT	Lachine	0:50.036	0:03.060
7	7	Courtney PLEWES	Mississauga	0:54.815	0:07.839
8	2	Caroline SANGRET	Calgary	0:58.933	0:11.957

## 4:29 PM - Race #96 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	7	Marie-Pier LANGLOIS	Trois Rivieres	0:46.908	0:00.000
2	4	Émilie FOURNEL	Lachine	0:47.050	0:00.142
3	3	Una LOUNDER	Senobe	0:47.082	0:00.174
4	5	Kathleen (KC) FRASER	Balmy Beach	0:47.480	0:00.572
5	2	Hannah VAUGHAN	Banook	0:47.994	0:01.086
6	6	Kara STELFOX	Calgary	0:52.601	0:05.693
7	8	Candace BOURQUE	Calgary	1:01.972	0:15.064

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes JUVENILE Men C-1 200M**

First 2 each heat and 3 next fastest to Final A

## 4:32 PM - Race #97 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Christopher VINCENT	Mississauga	0:52.131	0:00.000
2	4	Ian ACELVARI	Rideau	0:52.461	0:00.330
3	6	Julien VERMETTE	Trois Rivieres	0:53.211	0:01.080
4	8	Thomas MARKHAUSER	Cascades	0:54.813	0:02.682
5	3	Kevin SYMINGTON	Calgary	0:55.493	0:03.362
6	9	Patrick O'BRIEN	Banook	0:55.517	0:03.386
7	7	Stuart WILSON	Rideau	0:55.825	0:03.694
8	2	Brian WILLIAMSON	West Rouge	1:03.879	0:11.748
9	1	Pavel KONDRASHOV	Wascana	1:10.618	0:18.487

## 4:35 PM - Race #98 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Jason MCCOOMBS	Banook	0:48.604	0:00.000
2	3	George HURLEY	Mississauga	0:52.018	0:03.414
3	6	Christopher LAPLANTE	Wascana	0:52.718	0:04.114
4	4	Jean-Félix BROUILLETTE	Lachine	0:53.506	0:04.902
5	2	Dylan LAND	Calgary	0:53.652	0:05.048
6	7	Lukas HETZLER	Cheema	0:54.028	0:05.424
7	8	Paul WEINGARTSHOFER	Orenda	0:55.024	0:06.420
8	1	Stephen ENG	Pointe-Claire	0:56.410	0:07.806
9	9	Nick BURDOCK	Senobe	1:01.343	0:12.739

## 4:38 PM - Race #99 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Brendan FOWLER	Calgary	0:50.052	0:00.000
2	4	Peter LOMBARDI	Senobe	0:50.210	0:00.158
3	7	Lee BARICH	Mississauga	0:52.028	0:01.976
4	3	Micheal Jr LUSSIER-RASHOTTE	Lachine	0:52.452	0:02.400
5	2	Peter LAKNER	Senobe	0:53.128	0:03.076
6	8	Matt BALON	Wascana	0:54.428	0:04.376
7	6	Drew HODGES	Rideau	0:55.082	0:05.030
8	1	James MOORCROFT	West Rouge	0:59.838	0:09.786

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Hommes JUVENILE Men K-2 1000M**

First 2 each heat and 3 next fastest to Final A

4:41 PM - Race #100 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Étienne BEAUCHESNE, Thierry VILLENEUVE	Trois Rivieres	3:56.249	0:00.000
2	6	Christopher GIACOMELLI, Keir JOHNSTON	Mississauga	3:57.013	0:00.764
3	9	Bogdan DRAMOV, Eric ELLERY	Balmy Beach	3:57.307	0:01.058
4	5	Mark GRADY, Liam HATTON	Cheema	4:01.832	0:05.583
5	4	Brian MALFESI, Jordan TRAAS	Ridge	4:04.020	0:07.771
6	8	Andrew GARDINER, Michael MACKNIGHT	Orenda	4:20.055	0:23.806
7	7	Kevin WICKENS, Alex WYMA	Calgary	4:20.701	0:24.452
8	2	Brody RAWDING, Austin SOSNA	Carleton Place	4:53.650	0:57.401
DNS	1	Alexis GRENIER, Marc-Antoine LAQUERRE	Trois Rivieres	0:00.000	0:00.000

4:47 PM - Race #101 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Jarrett KENKE, Mykel KOWALUK	Saskatoon	3:54.994	0:00.000
2	4	Nicholas DEEK, Emmett SCHMIDT	Rideau	4:03.417	0:08.423
3	9	Sean HAGEN, Austin NIXON	Orenda	4:08.452	0:13.458
4	2	Quintin BRAY-STONE, Tycho ROORDA	Pointe-Claire	4:10.890	0:15.896
5	3	Benjamin KENDALL, Nathan MACKINNON	Maskwa	4:12.840	0:17.846
6	7	Artyom SAVIN, John SHANLY	Mississauga	4:21.028	0:26.034
7	6	Elias DEL VALLE, Jordan PILON	Fort Langley	4:27.397	0:32.403
8	8	Zane CLARKE, Ian ELLIS	Toba	4:31.671	0:36.677
9	1	Andres CARRANCO, Frank DESROSIERS	Rideau	4:33.469	0:38.475

4:53 PM - Race #102 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Nathan DESMARAIS, Nicolas RACINE	Sherbrooke	3:56.185	0:00.000
2	7	Antony GRENIER, Olivier THERRIEN	Trois Rivieres	3:56.767	0:00.582
3	4	Anatoly MYKHAYLETSKY, Jeffrey RALPHS	Mississauga	3:57.959	0:01.774
4	2	Sam PARMITER, Adam TENWOLDE	Banook	4:02.355	0:06.170
5	3	Zacharie CAMERON, Eric CROSS	Rideau	4:09.149	0:12.964
6	6	Matthew PECHEY, Kenzie VINCENT	Wascana	4:13.996	0:17.811
7	9	Étienne DUPUIS, Charles LAGACÉ	Trois Rivieres	4:31.743	0:35.558
8	8	Thomas KELLY, Ben MAYERS	Burloak	4:33.061	0:36.876
9	1	Tyler LEFLEY, Brett MACDONALD	Saskatoon	4:44.370	0:48.185

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes JUNIOR Men C-2 500M** (Jacques Turcot Trophy)

First 3 each heat and 3 next fastest to Final A

4:59 PM - Race #103 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Mark JAMES, Edward SPRIGGS	Senobe	2:04.902	0:00.000
2	3	Douglas ELLERY, Jared TRAFFORD	Carleton Place	2:06.694	0:01.792
3	7	Antoine MEUNIER, Maxim POULIN	Lac-Beauport	2:08.452	0:03.550
4	2	Andri SCHUDLO, Tom SHERWIN	Toba	2:12.830	0:07.928
5	4	Jacques DE JAGER, Liam FOLK	Wascana	2:15.942	0:11.040
6	6	Peter KRANZ, Jon STUART	Calgary	2:21.886	0:16.984

5:03 PM - Race #104 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Cameron MARCUS, Ben TARDIOLI	Rideau	2:09.527	0:00.000
2	6	Pier-Alexandre CAUMARTIN, Julien VERMETTE	Trois Rivieres	2:12.844	0:03.317
3	3	Iain MCLEOD, Riley SCHNELL	Wascana	2:13.478	0:03.951
4	7	Cameron HUNTER, Jaroslaw SEREMAK	Toba	2:14.820	0:05.293
5	4	Martin HEROUX, Eric MIHALOVIC	Pointe-Claire	2:19.634	0:10.107

**Femmes JUNIOR Women K-2 500M** (Kevin Duffy Trophy)

First 3 each heat and 3 next fastest to Final A

5:07 PM - Race #105 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Jade CYR, Florence LAFOREST-GARON	Lac-Beauport	2:07.734	0:00.000
2	5	Olivia DYCK, Trista NEILLY	Saskatoon	2:09.578	0:01.844
3	3	Andrea JOY, Laura TUPPER-RING	Banook	2:09.716	0:01.982
4	6	Gabrielle PAULL, Marta TKACZYSZYN	Rideau	2:11.228	0:03.494
5	1	Stephanie ROBERTSON, Fiona VINCENT	Wascana	2:11.806	0:04.072
6	7	Caroline COOK, Charlotte POTTER	Balmy Beach	2:14.744	0:07.010
7	8	Claudia CAMERON, Erika HUNTLEY	Rideau	2:16.596	0:08.862
8	2	Maggie BRITTON, Lauren GARDINER	Saskatoon	2:34.850	0:27.116

## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

5:11 PM - Race #106 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Hannah FORSYTH, Genevieve ORTON	Orenda	2:04.585	0:00.000
2	3	Lissa BISSONNETTE, Maxine RIST	Pointe-Claire	2:07.311	0:02.726
3	2	Marielle HAWKES, Natalie MILLER	Maskwa	2:07.943	0:03.358
4	5	Delaire NICHOLSON, Courtney STOTT	Burloak	2:09.321	0:04.736
5	7	Julia RIDDICK, Myriam WILLS	Rideau	2:13.932	0:09.347
6	6	Caroline SANGRET, Kara STELFOX	Calgary	2:20.280	0:15.695
7	8	Ashley KOHL, Christine SELINGER	Wascana	2:42.240	0:37.655

## Femmes OPEN Women C-2 500m

First 3 each heat and 3 next fastest to Final A

5:15 PM - Race #107 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Jenna MARKS, Stephanie MURPHY	Banook	2:36.480	0:00.000
2	8	Nicole MINDE, Jessi TEMPLE	Greater Edmonton	2:45.695	0:09.215
3	5	Penny JALKOTZY, Kelsey KEEPING-SALSMAN	Calgary	2:46.403	0:09.923
4	2	Jaclyn GARDINER, Brittany MAIN	Carleton Place	3:00.400	0:23.920
5	7	Rachel EDWARDS, Courtney PLEWES	Mississauga	3:09.279	0:32.799
6	3	Lauren ARTHURS, Lesley Anne SCHMIDT	Rideau	3:28.961	0:52.481
7	4	Heather SMITH, Donna TIN	Balmy Beach	3:35.907	0:59.427

5:19 PM - Race #108 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Maria HALAVREZOS, Adrienne KEENE	Senobe	2:31.290	0:00.000
2	2	Mallorie NICHOLSON, Nicole WONG	Burloak	2:31.972	0:00.682
3	4	Gillian FEDECHKO, Michelle KOSAKA	Ridge	2:40.916	0:09.626
4	7	Ashley HOLOWATUK, Gina SOPARLO	Wascana	2:41.780	0:10.490
5	3	Danielle BARICH, Rachel MARCUSON	Mississauga	3:00.838	0:29.548
6	5	Christine BOURASSA, Kaitlin FINDLAY	Rideau	3:00.986	0:29.696
7	8	Krystal LOWE, Kerri REDWOOD	Carleton Place	3:36.320	1:05.030

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Femmes JUVENILE Women K-2 500M** (Chris Hook Trophy)

First 2 each heat and 3 next fastest to Final A

## 5:23 PM - Race #109 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Liz GIRGULIS, Robyn SUTHERLAND	Calgary	2:07.264	0:00.000
2	6	Jessica LEDUC, Gabriella ST-ONGE	Trois Rivieres	2:08.120	0:00.856
3	3	Sammy HALL, Emma-Anne KEHOE	Cheema	2:10.110	0:02.846
4	2	Carly BALESTRA, Kirsten GRANT	Calgary	2:14.134	0:06.870
5	1	Sarah RICHARD, Frédérique VÉZINA	Lac-Beauport	2:17.130	0:09.866
6	8	Jenna GAUDET, Emma SAUNDERS	Cheema	2:17.976	0:10.712
7	9	Emilie BOUCHARD, Elissa CAMERON	Sudbury	2:19.540	0:12.276
8	4	Olivia CAVASINNI, Tessa NAGAI	Ridge	2:20.434	0:13.170
9	7	Ashley EZART, Chelsea ROUTLEY	Fort Langley	2:45.437	0:38.173

## 5:27 PM - Race #110 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Andréanne LANGLOIS, Catherine LEMIRE	Lac-Beauport	2:07.823	0:00.000
2	4	Natalie DAVISON, Cheyanne FARQUHARSON	Rideau	2:09.087	0:01.264
3	7	Yasmine DUCHESNE, Émilie SIMARD	Sherbrooke	2:09.429	0:01.606
4	6	Anastasiya MERYNAVA, Jennifer THUNEM	Richmond Hill	2:15.836	0:08.013
5	2	Haley LANGLOIS, Holly ZITA	Mississauga	2:18.082	0:10.259
6	3	Rebecca ALLEY, Sara MITCHELL	Fort Langley	2:21.584	0:13.761
7	1	Abbey BATES, Natalie WALSH	Senobe	2:23.854	0:16.031
8	9	Erika GIOVANNETTI, Melissa WILLIAMS	Mississauga	2:32.531	0:24.708
9	8	Rikki-Lee HORT, Rebecca MCLAREN	Yorkton	2:45.521	0:37.698

## 5:31 PM - Race #111 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	4	Brianne LONG, Courtney STOTT	Burloak	2:06.400	0:00.000
2	5	Chantal HIGGINS, Michelle RUSSELL	Cheema	2:07.472	0:01.072
3	8	Audrey CUERRIER, Émilie VÉRONNEAU	Deux-Rives	2:10.839	0:04.439
4	3	Megan GIBSON, Daniella ZEMLAK	Wascana	2:11.145	0:04.745
5	2	Alanna BRAY-LOUGHEED, Marsha MCLEOD	Burloak	2:12.295	0:05.895
6	7	Simone DARCY, Holly THOMPSON	Mic Mac	2:12.605	0:06.205
7	9	Morgan OLIVER, Rebecca YOSHIDA	Burloak	2:32.023	0:25.623
DNF	6	Erika HUNTLEY, Lana PERIC	Rideau	0:00.000	0:00.000
SCR	1	Emily GUTTORMSON, Danielle VERBRUGGE	Toba	0:00.000	0:00.000



## 2010 Sprint Canoe Kayak Championships - 25/08/2010 (Day 1)

**Hommes JUNIOR Men K-1 200M**

First 2 each heat and 3 next fastest to Final A

5:35 PM - Race #112 - Heat 1 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	2	Shaun FAIR	Cheema	0:39.635	0:00.000
2	4	Matthew TARLING	Pointe-Claire	0:39.903	0:00.268
3	1	François DELORIMIER	Pointe-Claire	0:39.913	0:00.278
4	5	Jacob SOSNA	Carleton Place	0:40.627	0:00.992
5	3	Jordan VAN VEEN	Burloak	0:41.643	0:02.008
6	9	Neil LANG	Cheema	0:41.871	0:02.236
7	8	Sam ROWORTH	Burloak	0:42.245	0:02.610
8	7	Nathan BARTON	Carleton Place	0:43.397	0:03.762
9	6	Nick HUMNISKI	Toba	0:43.903	0:04.268

5:38 PM - Race #113 - Heat 2 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	3	Lyll HATTON	Cheema	0:39.221	0:00.000
2	6	John TURPIN	Pointe-Claire	0:39.817	0:00.596
3	4	Rob CLARKE	Burloak	0:40.341	0:01.120
4	8	Andrew JESSOP	Maskwa	0:41.439	0:02.218
5	9	Pavlo STOGORNYUK	Pointe-Claire	0:42.733	0:03.512
6	2	Colin BLACK	Carleton Place	0:43.057	0:03.836
7	5	Jim NOSELLA	Fort Langley	0:44.299	0:05.078
8	7	Neal FENSE	Wascana	0:44.799	0:05.578
9	1	Graham SCHIEBEL	Calgary	0:45.275	0:06.054

5:41 PM - Race #114 - Heat 3 - Advancement/Progression: First 2 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Connor TARAS	Banook	0:40.396	0:00.000
2	8	Patrick VAUGHAN	Banook	0:40.678	0:00.282
3	3	Marc-Alexandre GAGNON	Trois Rivieres	0:40.770	0:00.374
4	7	John DALEY	Burloak	0:41.350	0:00.954
5	1	André VILLENEUVE	Pointe-Claire	0:41.378	0:00.982
6	6	Patrick LESTER	Carleton Place	0:42.214	0:01.818
7	4	Mattison SINNETT	Saskatoon	0:44.460	0:04.064
8	2	Avery FOLK	Wascana	0:44.546	0:04.150
9	9	Eric TOBIASZ	Calgary	0:49.230	0:08.834

## Championnats canadiens 2010 de canoë-kayak de vitesse - 25/08/2010 (Jour 1)

**Hommes JUVENILE Men C-2 200M**

First 3 each heat and 3 next fastest to Final A

## 5:44 PM - Race #115 - Heat 1 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	5	Lee BARICH, Drew GILDNER	Mississauga	0:46.662	0:00.000
2	4	Matt BALON, Christopher LAPLANTE	Wascana	0:47.964	0:01.302
3	6	Connor FEHR, Thomas MARKHAUSER	Cascades	0:48.738	0:02.076
4	7	George HURLEY, Sebastian SARDEGNA	Mississauga	0:49.338	0:02.676
5	3	Ben FIRTH, Paul WEINGARTSHOFER	Orenda	0:50.494	0:03.832
6	1	Aaron WHITE, Kenneth WILLIAMS	Cheema	0:51.974	0:05.312
7	8	Patrick O'BRIEN, Riley WILLIAMS	Banook	0:52.004	0:05.342
8	9	Nick BAERT, Jack LEAHY	Senobe	0:57.349	0:10.687
9	2	Pavel KONDRASHOV, Devan PILATZKE	Wascana	1:10.357	0:23.695

## 5:47 PM - Race #116 - Heat 2 - Advancement/Progression: First 3 each heat and 3 next fastest to Final A

Place	Ln/co	Crew / équipage	Club	Time/temps	Delta
1	6	Joel CASTONGUAY, Christopher VINCENT	Mississauga	0:46.025	0:00.000
2	5	Jean-Félix BROUILLETTE, Micheal Jr LUSSIER-RASHOTTE	Lachine	0:46.187	0:00.162
3	4	Peter LOMBARDI, Kevin WOURNELL	Senobe	0:47.933	0:01.908
4	3	Brendan FOWLER, Kevin SYMINGTON	Calgary	0:51.815	0:05.790
5	1	Evan CARR-KINNEAR, Mark SKINNER	Cheema	0:53.565	0:07.540
6	8	James MOORCROFT, Brian WILLIAMSON	West Rouge	0:54.035	0:08.010
7	9	Brendan HALLEY, Craig SPENCE	Senobe	0:54.081	0:08.056
8	7	Stephen ENG, Ryan RADFORD	Pointe-Claire	0:54.383	0:08.358
SCR	2	Cody BANNISTER, Connor MCGREGOR	Mic Mac	0:00.000	0:00.000