

NS Sprints - Saturday, July 17, 2010 HEATS

7:00 AM	Race#	1	Event	1	M M 4X	Heat #1 of 2		2 to final plus next fastest			
		Winning Time		03:50.00							
				Lane 1	Lane 2		Lane 3		Lane 4		Lane 5
		Club		MMRC		NSRC		FRC		HRC	
		Name(s) Stroke		Joe Rowlands		Peter Webster		Kevin Lunn		Leo Farran	
		2		Mike MacLeod		Sean Warner		Jean Noel Roy		Stephen Workman	
		3		Rick Proulx		Jason Wilson		Mike Casey		John Tallon	
		Bow		Spencer Scott		Robert Mills		Dion Durnford		Mike Redmond	
		Rank		3		1		2		4	
		Elapsed		00:00.00		04:06.81		03:50.00		03:55.81	
		Finish Split		00:16.81				00:05.81		00:37.97	

7:10 AM	Race#	2	Event	1	M M 4X	Heat #2 of 2		2 to final plus next fastest			
		Winning Time		03:38.69							
				Lane 1	Lane 2		Lane 3		Lane 4		Lane 5
		Club		NSRC		HRC		NSRC			
		Name(s) Stroke		Jeff Sawler		Kevin Feltmate		Ted Mussett			
		2		Steve MacIntosh		Jonathan Tyson		Rodger O'Neill			
		3		Barry Burgess		Paul Shaw		Keith Davies			
		Bow		Dave Mcculloch		Jim Tompkins		Ron Jeppeson			
		Rank		1		2		3			
		Elapsed		00:00.00		03:38.69		03:40.40		04:18.69	
		Finish Split				00:01.71		00:40.00			

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7:20 AM	Race#	3	Event	22	JR M 2X	Heat #1 of 2		2 to final plus next fastest	
			Winning Time	03:57.75					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
			Club	FRC	HRC	NSRC	KRC	FRC	
			Name(s)	Tom Bird	Connor Booker	TBA	Jack Summerhayes	Ben Howard	
			Stroke						
			Bow	Ryan Casey	Niko MacLellan	TBA	Cole Northrup	Chris Fetter	
			Rank	1	2	Scratch	3	4	
			Elapsed	03:57.75	03:58.88	00:00.00	04:05.72	04:12.75	
			Finish Split		00:01.13		00:07.97	00:15.00	

8:30 AM	Race#	4	Event	22	JR M 2X	Heat #2 of 2		2 to final plus next fastest	
			Winning Time	03:53.28					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
			Club		KRC	MMRC	KRC	FRC	
			Name(s)		Chris Scharer	Brishen Deschampes	Connor Gribbons	Robert Forestell	
			Stroke						
			Bow		Clay Polchies	Alex Los	David Hickey	Andreas Marquis	
			Rank		DNF	1	3	2	
			Elapsed	00:00.00	00:00.00	03:53.28	04:35.28	04:02.07	
			Finish Split				00:42.00	00:08.79	

8:40 AM	Race#	5	Event	4	JR W 1X	Heat #1 of 2		2 to final plus next fastest	
			Winning Time	04:33.18					
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
			Club		HRC	NSRC	FRC	NSRC	
			Name(s)		Emily Hancock	Jessica Browne	Veronique Roy	Olivia Newton	
			Rank		3	2	4	1	
			Elapsed	00:00.00	04:56.16	04:48.43	05:11.72	04:33.18	
			Finish Split		00:22.98	00:15.25	00:38.54		

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8:50 AM Race# **6** Event **4** JR W 1X Heat #2 of 2 2 to final plus next fastest

Winning Time	04:48.03			
	Lane 1	Lane 2	Lane 3	Lane 4
Club	NSRC	NSRC	KRC	NSRC
Name(s)	Makenna Cooke	Casey Losier	Emily Piggott	Caroline Forestell
Rank		1	3	scratch
Elapsed	00:00.00	04:48.03	05:23.88	00:00.00
Finish Split			00:35.85	00:17.29

9:00 AM Race# **7** Event **17** M Mix 2X Heat #1 of 3 1 to final plus next 2 fastest

Winning Time	04:01.53			
	Lane 1	Lane 2	Lane 3	Lane 4
Club	NSRC	HRC	NSRC	NSRC
Name(s) Stroke	Ron Jeppeson	Kathy Tallon	Jeff Sawler	Steve MacIntosh
Bow	Deb Skilliter	John Tallon	Kendra MacDonald	Laurie Nivan
				Karen Kavanaugh
				Pierre Porrier
Rank	3	4	1	2
Elapsed	04:34.25	04:36.93	04:01.53	04:09.59
Finish Split	00:32.72	00:35.40		00:08.06

9:10 AM **BREAK**

9:20 AM Race# **8** Event **17** M Mix 2X Heat #2 of 3 1 to final plus next 2 fastest

Winning Time	03:55.16			
	Lane 1	Lane 2	Lane 3	Lane 4
Club		NSRC	FRC	NSRC
Name(s) Stroke		Barry Burgess	Kevin Lunn	Robert Mills
Bow		Geradline Copper	Brenda Gullison	Carolyn Mills
				Jon Tyson
				Diane D'Arcy
Rank		3	2	1
Elapsed	00:00.00	04:03.16	04:01.50	03:55.16
Finish Split		00:08.00	00:06.34	00:22.72

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9:30 AM	Race#	9	Event	17	M Mix 2X	Heat #3 of 3		1 to final plus next 2 fastest		
			Winning Time	04:02.60						
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
			Club		NSRC	FRC	NSRC	HRC		
			Name(s)		Sean Warner Chrystal Kennedy	Jean-Noel Roy Barb Dugas	Krista Philips Dave McCulloch	TBA Marjo Laurinolli		
			Stroke							
			Bow							
			Rank		1	3	2	Scratched		
			Elapsed	00:00.00	04:02.60	04:21.10	04:09.28	00:00.00		
			Finish Split			00:18.50	00:06.68			

9:40 AM	Race#	10	Event	10	OP M 1X	Heat #1 of 2		2 to final plus next fastest		
			Winning Time	03:53.50						
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
			Club		MMRC	HRC	FRC	KRC		
			Name(s)		Chris Williams	Dan Murray	Jamie Abbass	Greg Theriault		
			Rank		3	2	1	4		
			Elapsed	00:00.00	04:02.87	04:00.16	03:53.50	04:06.65		
			Finish Split		00:09.37	00:06.66		00:13.15		

9:50 AM	Race#	11	Event	10	OP M 1X	Heat #2 of 2		2 to final plus next fastest		
			Winning Time	00:00.00						
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
			Club		MMRC (yellow card)	KRC	FRC	KRC		
			Name(s)		Joshua Weisschok	Rob Alexander	Adam Bliss	Robin Overing		
			Rank		1	4	2	3		
			Elapsed	00:00.00	03:56.37	04:14.94	04:02.41	04:08.97		
			Finish Split		03:56.37	04:14.94	04:02.41	04:08.97		

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9:00 AM	Race#	12	Event	16	JR W 2X	Heat #1 of 2	2 to final plus next fastest			
		Winning Time		04:21.38						
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		KRC		NSRC		FRC		NSRC
		Name(s) Stroke		Kate Haslett		Jessica Browne		Jenny May		Maddie Smith
		Bow		Casey Losier		Olivia Newton		Veronique Roy		Kristin Turnbull
		Rank		2		1		3		4
		Elapsed		00:00.00	04:27.81	04:21.38	04:38.04	04:56.85		
		Finish Split			00:06.43		00:16.66	00:35.47		

10:10 AM	Race#	13	Event	16	JR W 2X	Heat # 2 of 2	2 to final plus next fastest			
		Winning Time		04:27.84						
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club			KRC		NSRC		KRC	HRC
		Name(s) Stroke			Cathleen Trafton		Makenna Cooke		McKenzie McPhee	Emily Hancock
		Bow			Shelby Hughes		Johanna Murray		Allison Thorne	Emily Chedrawe
		Rank			2		1		3	Scratch
		Elapsed		00:00.00	04:43.94	04:27.84	05:33.06		00:00.00	
		Finish Split			00:16.10		01:05.22			

10:20 AM BREAK

NS Sprints - Saturday, July 17, 2010 HEATS

10:30 AM Race#

14	Event	19	N M 2X	Heat #1 of 2	2 to final plus next fastest					
Winning Time		04:25.12								
		Lane 1		Lane 2		Lane 3		Lane 4		Lane 5
Club		FRC		MMRC		HRC		NSRC		KRC
Name(s)		Tom Bird		Dexter Van Dam		Adrian Rogers		Daniel Mumford		Clay Polchies
Stroke		Ryan Casey		Dexter Arnold		Leo Farran		Connor Moore		Chris Scharer
Bow										
Rank		1		4		2		3		5
Elapsed		04:04.66		04:46.96		04:14.00		04:29.43		05:06.09
Adj		00:20.46		00:20.46		00:20.46		00:20.46		00:20.46
Adj Time		04:25.12		05:07.42		04:34.46		04:49.89		05:26.55
Finish Split				00:42.30		00:09.34		00:24.77		01:01.43

10:40 AM Race#

15	Event	19	N M 2X	Heat # 2 of 2	2 to final plus next fastest					
Winning Time		00:00.00								
		Lane 1		Lane 2		Lane 3		Lane 4		Lane 5
Club				KRC		NSRC		KRC		FRC - Exhibition
Name(s)				Jack Summerhayes		Avery Prozenksy		Connor Gribbons		Ben Howard
Stroke				Cole Northrup		Liam Browne		David Hickey		Andreas Marquis
Bow										
Rank				1		3		2		
Elapsed		00:00.00		04:35.88		06:11.37		04:57.69		04:33.22
Finish Split				04:35.88		06:11.37		04:57.69		04:33.22

10:50 AM BREAK

NS Sprints - Saturday, July 17, 2010 FINALS

11:00 AM Race # 16	Event 1	M M 4X	FINAL			
Winning Time		03:30.13				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
Club	MMRC	FRC	NSRC	NSRC	HRC	
Name(s) Stroke	Joe Rowlands	Kevin Lunn	Peter Webster	Jeff Sawler	Kevin Feltmate	
	2 Mike MacLeod	Jean Noel Roy	Sean Warner	Steve MacIntosh	Jonathan Tyson	
	3 Rick Proulx	Mike Casey	Jason Wilson	Barry Burgess	Paul Shaw	
Bow	Spencer Scott	Dion Durnford	Robert Mills	Dave Mcculloch	Jim Tompkins	
Rank	5	4	1	2	3	
Elapsed	03:56.90	03:51.38	03:30.13	03:33.93	03:40.04	
Finish Split	00:26.77	00:21.25		00:03.80	00:09.91	

11:10 AM Race # 17	Event 2	OP W 2-	FINAL		
Winning Time		00:00.00			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	No Race		FRC		
Name(s) Stroke			Michelle Roy		
Bow			Laura Corscadden		
Rank			Scratch		
Elapsed	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split					

NS Sprints - Saturday, July 17, 2010 FINALS

11:20 AM Race # 18

Event	3	M W 8+	FINAL		
Winning Time	03:49.03				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	MMRC	HRC	
Name(s)		Yetta Withrow	Brishen Deschampes	Jack Evans	
Cox		Melanie Goodday	Karen Kavanaugh	Tracey Evans	
Stroke		Trina Stevens	JK Keeping	Lesley Griffiths	
2		Amy Moen	Sue Duann	Pam Hancock	
3		Alex Muton	Jane VanHorne-Smith	Karen Brown	
4		Kathy Tallon	Jane Caines	Marjo Laurinolli	
5		Katherine Harman	Darlene Hatt	Bonnie Anderson	
6		Hilary Moors	Heather Fennal	Diane D'Arcy	
7		Jackie Pidduck	Sally Dean	Julie MacLellan	
Bow					
Rank		1	2	3	
Elapsed	00:00.00	03:49.03	03:57.12	04:17.15	00:00.00
Finish Split			00:08.09	00:28.12	

11:30 AM Race # 19

Event	4	JR W 1X	FINAL		
Winning Time	04:23.72				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	HRC	NSRC	NSRC	NSRC	FRC
Name(s)	Emily Hancock	Jessica Browne	Olivia Newton	Makenna Cooke	Caroline Forestell
Rank	4	1	2	3	5
Elapsed	04:52.31	04:23.72	04:24.29	04:45.72	04:55.97
Finish Split	00:28.59		00:00.57	00:22.00	00:32.25

NS Sprints - Saturday, July 17, 2010 FINALS

11:40 AM Race # 20

Event	5	OP M 2-	FINAL		
Winning Time	03:45.37				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	FRC	KRC	FRC
Name(s)		Joshua Weiss shock	Adam Bliss	Robin Overing	Ryan Casey
Stroke					
Bow		Chris Williams	Evan MacInnis	Taylor Overing	Rob Forestell
Rank		3	1	2	4
Elapsed	00:00.00	03:57.28	03:45.37	03:50.91	04:09.63
Finish Split		00:11.91		00:05.54	00:24.26

11:50 AM Race # 21

Event	6	M M 8+	FINAL		
Winning Time	03:31.84				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC	FRC/MMRC	
Name(s)		Yetta Withrow	Ashley Mumford	Jen May	
Cox					
Stroke		Kevin Feltmate	Sean Warner	Dion Durnford	
2		Jon Tyson	Jason Wilson	Kevin Lunn	
3		Paul Shaw	Roger O'Neill	Mike Casey	
4		Jim Tompkins	Ron Jeppeson	Jean-Noel Roy	
5		John Tallon	Keith Davies	Joe Rowlands	
6		Stephen Workman	Barry Burgess	Mike McLeod	
7		Mike Redmond	Ted Mussett	Rick Proulx	
Bow		Leo Farran	Robyn Browne	Spencer Scott	
Rank		1	3	2	
Elapsed	00:00.00	03:31.84	04:05.22	03:43.44	00:00.00
Finish Split			00:33.38	00:11.60	

12:00 PM BREAK

NS Sprints - Saturday, July 17, 2010 FINALS

12:10 PM Race # 22

Event	7	OP W 4X	FINAL		
Winning Time	03:42.94				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	HRC	FRC	NSRC	FRC	NSRC
Name(s)	Greer Gallant	Michelle Roy	Jessica Browne	Simone Charron	Erin Pegg
Stroke	Krystyna Cowan	Lindsay May	Johnanna Murray	Sophie Forestell	Sara Bburrill
	Trina Stevens	Jen Fitzpatrick	Olivia Newton	Laura Corscadden	Morgan Smith
Bow	Melanie Goodday	Janice Lawrence	Makenna Cooke	Jen Johnston	Kate Elbourne
Rank	3	2	5	4	1
Elapsed	03:51.96	03:49.41	04:04.75	03:58.12	03:42.94
Finish Split	00:09.02	00:06.47	00:21.81	00:15.18	

12:20 PM Race # 23

Event	8	JR W 2-	FINAL		
Winning Time	00:00.00				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	No Race				
Name(s)					
Stroke					
Bow					
Rank					
Elapsed	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split					

NS Sprints - Saturday, July 17, 2010 FINALS

12:30 PM Race #	24	Event	9	M W 4+	FINAL		
		Winning Time	00:00.00				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club	No Race				
		Name(s)	HRC				
		Cox	Yetta Withrow				
		Stroke	Diane D'Arcy				
		2	Bonnie Anderson				
		3	Lesley Griffiths				
		Bow	Karen Brown				
		Rank	Scratched				
		Elapsed	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
		Finish Split					

12:40 PM Race #	25	Event	10	OP M 1X	FINAL		
		Winning Time	03:47.94				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
		Club	MMRC	HRC	FRC	MMRC	FRC
		Name(s)	Chris Williams	Dan Murray	Jamie Abbass	Joshua Weissshock	Adam Bliss
		Rank	5	2	1	4	3
		Elapsed	03:59.31	03:53.47	03:47.94	03:58.47	03:57.96
		Finish Split	00:11.37	00:05.53		00:10.53	00:10.02

12:50 PM Race #	26	Event	11	JR M 2-	FINAL		
		Winning Time	04:02.75				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Club	MMRC				
		Name(s)	FRC				
		Stroke	Brishen Deschamps				
		Bow	Alex Los				
			Rob Forestell				
			Ryan Casey				
			Tom Bird				
			Andres Marquis				
		Rank	3				
		Elapsed	00:00.00	04:19.78	04:02.75	04:08.10	00:00.00
		Finish Split	00:17.03				

1:00 PM **BREAK**

NS Sprints - Saturday, July 17, 2010 FINALS

1:10 PM Race # 27	Event 12	JR W 8+	FINAL		
Winning Time		04:06.32			
		Lane 1	Lane 2	Lane 3	Lane 4
Club			KRC	NSRC	
Name(s)	Cox		Lauren Whitenect	Jessica Browne	
	Stroke		Shelby Hughes	Kristin Turmbull	
	2		Casey Losier	Hanna Prozanko	
	3		McKenzie McPhee	Maddie Smith	
	4		Stephanie Craig	Kaile	
	5		Cathleen Trafton	Mallory Davis	
	6		Allison Thorne	Emily Marchand	
	7		Lauren Perrin	Rebecca Snow	
	Bow		Kate Haslett	Shelby Marchall	
Rank			1	2	
Elapsed	00:00.00		04:06.32	04:54.82	00:00.00
Finish Split				00:48.50	

1:20 PM Race # 28	Event 13	M M 4+	FINAL		
Winning Time		04:18.78			
		Lane 1	Lane 2	Lane 3	Lane 4
Club			MMRC	HRC	FRC
Name(s)	Cox		Julie Caines	Jack Evans	Caroline Forestell
	Stroke		Joe Rowlands	John Tallon	Kevin Lunn
	2		Mike MacLeod	Stephen Workman	Dion Durnford
	3		Rick Proulx	Mike Redmond	Jean-Noel Roy
	Bow		Spencer Scott	Leo Farran	Mike Casey
Rank			1	Scratched	2
Elapsed	00:00.00		04:18.78	00:00.00	04:24.28
Finish Split					00:05.50

NS Sprints - Saturday, July 17, 2010 FINALS

1:30 PM Race # 29	Event 14	M W 4X	FINAL			
Winning Time		04:00.66				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC	MMRC	NSRC	HRC
Name(s)	Stroke	Jackie Pidduck	Krista Philips	Karen Kavanaugh	Geraldine Copper	Amy Moen
	2	Alex Muton	Susan Smith	Jane VanHorne-Smith	Laurie Nivan	Julie MacLellan
	3	Kathy Tallon	Vicki Fioratos	Sally Dean	Chrystal Kennedy	Tracey Evans
	Bow	Katherine Harman	Deb Skilliter	JK Keeping	Carolyn Mills	Pam Hancock
Rank		4	3	2	1	5
Elapsed		04:21.37	04:19.37	04:04.56	04:00.66	04:44.03
Finish Split		00:20.71	00:18.71	00:03.90		00:43.37

1:40 PM Race # 30	Event 15	JR M 8+	FINAL			
Winning Time		00:00.00				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		No Race				KRC
Name(s)	Cox		Lauren Whitenect			
	Stroke		Robin Overing			
	2		Sandy Archer			
	3		Cole Northrup			
	4		Jack Summerhayes			
	5		David Hickey			
	6		Connor Gibbons			
	7		Chris Scharer			
	Bow		Nathan Blais			
Rank			Scratch			
Elapsed		00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split						

NS Sprints - Saturday, July 17, 2010 FINALS

1:50 PM Race # 31

Event	16	JR W 2X	FINAL		
Winning Time	04:24.25				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	FRC	KRC	NSRC	NSRC	KRC
Name(s)	Jenny May	Kate Haslett	Jessica Browne	Makenna Cooke	Cathleen Trafton
Stroke	Veronique Roy	Casey Losier	Olivia Newton	Johanna Murray	Shelby Hughes
Bow					
Rank	4	3	1	2	5
Elapsed	04:52.56	04:50.66	04:24.25	04:31.21	04:56.47
Finish Split	00:28.31	00:26.41		00:06.96	00:32.22

2:00 PM BREAK

2:10 PM Race # 32

Event	17	M Mix 2X	FINAL		
Winning Time	04:00.28				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next Fastest 2	1st in Heat 3	1st Heat 1	1st Heat 2	Next Fastest 1
Club	NSRC	NSRC	NSRC	NSRC	FRC
Name(s)	Barry Burgess	Sean Warner	Jeff Sawler	Robert Mills	Kevin Lunn
Stroke	Geradline Copper	Chrystal Kennedy	Kendra MacDonald	Carolyn Mills	Brenda Gullison
Bow					
Rank	5	3	2	1	4
Elapsed	04:16.57	04:12.37	04:06.13	04:00.28	04:14.81
Finish Split	00:16.29	00:12.09	00:05.85		00:14.53

NS Sprints - Saturday, July 17, 2010 FINALS

2:20 PM Race # 33

Event	18	OP M 4X	FINAL		
Winning Time	03:16.15				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	FRC		
Name(s)		Chris Williams	Jamie Abbass		
Stroke		Pierre Poririer	Evan MacInnis		
	2	Joshua Weisschock	Adam Bliss		
	3	Alex Lois	Mike Craig		
Bow					
Rank		2	1		
Elapsed	00:00.00	03:28.34	03:16.15	00:00.00	00:00.00
Finish Split		00:12.19			

2:30 PM Race # 34

Event	19	N M 2X	FINAL		
Winning Time	04:09.38				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	NSRC	HRC	FRC	KRC	KRC
Name(s)	Daniel Mumford	Adrian Rogers	Tom Bird	Jack Summerhayes	Connor Gribbons
Stroke					
Bow	Connor Moore	Leo Farran	Ryan Casey	Cole Northrup	David Hickey
Rank	5	2	1	3	4
Elapsed	04:41.50	04:20.03	04:09.38	04:29.34	04:39.13
Finish Split	00:32.12	00:10.65		00:19.96	00:29.75

NS Sprints - Saturday, July 17, 2010 FINALS

2:40 PM Race # 35

Event 20		N W 4+		FINAL		
Winning Time		04:27.68				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			KRC	HRC	KRC	NSRC
Name(s)	Cox		Nicole Sanscartier	Jack Evans	Lauren Whitenect	Erin Pegg
	Stroke		Allison Thorne	Tracey Evans	Mckenzie McPhee	Kailie
	2		Lauren Perrin	Julie MacLellan	Victoria Gillian	Emily Marchard
	3		Kate Haslett	Pam Hancock	Erin Higgins	Megan Nicholson
	Bow		Sheby Hughes	Jackie Pidduck	Stephanie Craig	Rebecca Snow
Rank			1	3	2	4
Elapsed		00:00.00	04:27.68	05:06.44	04:48.34	05:52.00
Finish Split				00:38.76	00:20.66	01:24.32

2:50 PM Race # 36

Event 21		OP W 8+		FINAL		
Winning Time		03:49.35				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	HRC	FRC	
Name(s)	Cox		Jen Rowlands	Yetta Withrow	Jenny May	
	Stroke		Claire Bortolotti	Greer Gallant	Janice Lawrence	
	2		Tara Barnett	Krystyna Cowan	Jen Fitzpatrick	
	3		Emily Duann	Trina Stevens	Michelle Roy	
	4		Keelin Greenlaw	Melanie Goodda,	Laura Corscadden	
	5		Hana Nelson	Anneke vandenHoff	Lindsay May	
	6		Julie Caines	Jesse Magill	Simone Charron	
	7		Abbey Hunter	Emily Hancock	Sophie Forestell	
	Bow		Karen Kavanaugh	Alex Muton	Jen Johnston	
Rank			1	2	3	
Elapsed		00:00.00	03:49.35	03:52.69	03:54.16	00:00.00
Finish Split				00:03.34	00:04.81	

NS Sprints - Saturday, July 17, 2010 FINALS

3:00 PM Race # 37 Event 22 JR M 2X FINAL						
Winning Time		04:05.10				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club		KRC	HRC	FRC	MMRC	FRC
Name(s)	Stroke	Jack Summerhayes	Connor Booker	Tom Bird	Brishen Deschampes	Robert Forestell
	Bow	Cole Northrup	Niko MacLellan	Ryan Casey	Alex Los	Andreas Marquis
Rank		4	2	DNF	1	3
Elapsed		04:36.25	04:11.43	00:00.00	04:05.10	04:15.22
Finish Split		00:31.15	00:06.33			00:10.12

3:10 PM BREAK

3:20 PM Race # 38 Event 23 OP W 8+ DASH FINAL						
Winning Time		01:55.44				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	HRC	FRC	KRC
Name(s)	Cox		Jen Rowlands	Yetta Withrow	Jenny May	Lauren Whitenect
	Stroke		Claire Bortolotti	Greer Gallant	Janice Lawrence	Mckenzie McPhee
	2		Tara Barnett	Krystyna Cowan	Jen Fitzpatrick	Victoria Gillian
	3		Emily Duann	Trina Stevens	Michelle Roy	Erin Higgins
	4		Keelin Greenlaw	Melanie Goodda,	Laura Corscadden	Stephanie Craig
	5		Hana Nelson	Anneke vandenHoff	Lindsay May	Allison Thorne
	6		Julie Caines	Jesse Magill	Simone Charron	Lauren Perrin
	7		Abbey Hunter	Emily Hancock	Sophie Forestell	Kate Haslett
	Bow		Karen Kavanaugh	Alex Muton	Jen Johnston	Sheby Hughes
Rank			1	2	3	4
Elapsed		00:00.00	01:55.44	01:59.94	02:00.97	02:09.34
Finish Split				00:04.50	00:05.53	00:13.90

3:30 PM BREAK

NS Sprints - Saturday, July 17, 2010 FINALS

3:40 PM Race # 39

Event	24	ADPT 2X	FINAL		
Winning Time	00:00.00				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	No Race				
Name(s)	Alex Slate				
Stroke	Keith Williams				
Bow					
Rank	Scratch				
Elapsed	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split					

3:50 PM Race # 40

Event	25	M MIX 8+ DASH			
Winning Time	00:00.00				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC/FRC	MMRC	HRC	MMRC
Name(s)		Erin Pegg	Julie Caines	Yetta Withrow	Emily Duann
Cox					
Stroke		Sean Warner	Karen Kavanaugh	Paul Shaw	Deborah MacGillivray
	2	Jason Wilson	Pierre Poririer	Kevin Feltmate	Emily Chisholm
	3	Susan Smith	Joe Rowlands	Stephen Workman	Krysta Montrevil
	4	Vicki Fioratos	Spencer Scott	Melanie Goodday	Steve Horswill
	5	Krista Philips	Sue Duann	Trina Stevens	TBA
	6	Keith Davis	Mike MacLeod	Kathy Tallon	TBA
	7	Kevin Lunn	JK Keeping	Alex Muton	TBA
Bow		Brenda Gullison	Sally Dean	Jon Tyson	TBA
Rank		3	2	1	Scratch
Elapsed	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split					

4:00 PM BREAK

NS Sprints - Sunday, July 18, 2010 HEATS

7:00 AM Race# 1					
Event	28	M M C+ 1X	Heat #1 of 2	2 to final plus next fastest	
Winning Time	03:59.66				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	NSRC	MMRC	NSRC
Name(s)		Barry Burgess	Robert Mills	Pierre Poirier	Steve MacIntosh
Rank		3	1	2	4
Adj		00:16.63	00:16.63	00:16.63	00:16.63
Elapsed		04:04.41	03:43.03	03:53.97	04:22.06
Adj Time		04:21.04	03:59.66	04:10.60	04:38.69
Finish Split		00:21.38		00:10.94	00:39.03

7:10 AM Race# 2					
Event	28	M M C+ 1X	Heat #2 of 2	2 to final plus next fastest	
Winning Time	04:31.31				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	MMRC	NSRC	
Name(s)		Ron Jeppeson	Joe Rowlands	Ted Mussett	
Rank		3	2	1	
Elapsed	00:00.00	05:37.31	04:39.21	04:31.31	00:00.00
Finish Split		01:06.00	00:07.90		

7:20 AM Race# 3					
Event	29	OP W 2X	Heat #1 of 2	2 to final plus next fastest	
Winning Time	04:09.25				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	KRC	FRC	NSRC	MMRC	HRC
Name(s)	Jen Johnston	Jen Fitzpatrick	Erin Pegg	Claire Bortolotti	Krystyna Cowan
Stroke					
Bow	Erin Higgins	Lindsay May	Kate Elbourne	Tara Barnett	Melanie Goodday
Rank	4	3	1	5	2
Elapsed	05:02.47	04:30.96	04:09.25	07:05.25	04:28.37
Finish Split	00:53.22	00:21.71		02:56.00	00:19.12

NS Sprints - Sunday, July 18, 2010 HEATS

7:30 AM Race#	4	Event	29	OP W 2X	Heat #2 of 2	2 to final plus next fastest				
		Winning Time	04:18.46							
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
		Club		FRC	NSRC	MMRC	NSRC			
		Name(s)		Sophie Forestell	Johanna Murray	Julie Caines	Sara Burrill			
		Stroke		Simone Charron	Makenna Cooke	Hana Nelson	Olivia Newton			
		Bow								
Rank				4	2	3	1			
Elapsed		00:00.00		04:46.69	04:29.85	04:39.53	04:18.46			
Finish Split				00:28.23	00:11.39	00:21.07				

7:40 AM Race#	5	Event	30	JR M 1X	Heat #1 of 2	2 to final plus next fastest				
		Winning Time	04:08.84							
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
		Club	HRC	MMRC	HRC	FRC	KRC			
		Name(s)	Jack Evans	Brishen Deschampes	Niko Maclellan	Robert Forestell	Chris Scharer			
Rank		4	1	3	2	5				
Elapsed		04:43.66	04:08.84	04:16.87	04:16.41	05:14.09				
Finish Split		00:34.82		00:08.03	00:07.57	01:05.25				

7:50 AM Race#	6	Event	30	JR M 1X	Heat #2 of 2	2 to final plus next fastest				
		Winning Time	04:12.34							
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
		Club		MMRC	HRC	FRC	KRC			
		Name(s)		Alex Los	Connor Booker	Chris Fetter	Robin Overing			
Rank				2	4	3	1			
Elapsed		00:00.00		04:31.63	04:46.28	04:42.50	04:12.34			
Finish Split				00:19.29	00:33.94	00:30.16				

NS Sprints - Sunday, July 18, 2010 HEATS

8:00 AM Race#	7	Event	41	OP M 2X	Heat #1 of 2	2 to final plus next fastest			
Winning Time		00:00.00							
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
Club		Heat Cancelled	Strait Final						
Name(s)		Stroke							
		Bow							
Rank									
Elapsed		00:00.00	00:00.00	00:00.00	00:00.00	00:00.00		00:00.00	
Finish Split									

8:10 AM Race#	8	Event	41	OP M 2X	Heat #2 of 2	2 to final plus next fastest			
Winning Time		00:00.00							
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
Club		Heat Cancelled	Strait Final						
Name(s)		Stroke							
		Bow							
Rank									
Elapsed		00:00.00	00:00.00	00:00.00	00:00.00	00:00.00		00:00.00	
Finish Split									

8:20 AM BREAK

8:30 AM Race#	9	Event	34	M W C+ 1X	Heat #1 of 2	2 to final plus next fastest			
Winning Time		04:38.00							
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
Club		NSRC	FRC	NSRC	MMRC	HRC			
Name(s)		Laurie Nivan	Barb Dugas	Carolyn Mills	Sue Duann	Katherine Harman			
Rank		3	5	1	4	2			
Elapsed		04:52.32	05:17.50	04:38.00	04:45.97	04:41.81			
Finish Split		00:14.32	00:39.50		00:07.97	00:03.81			

NS Sprints - Sunday, July 18, 2010 HEATS

8:40 AM Race#	10	Event	34	M W C+ 1X	Heat #2 of 2	2 to final plus next fastest			
		Winning Time	04:48.06						
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		HRC	MMRC	NSRC	FRC		
		Name(s)		Lesley Griffiths	Sally Dean	Geraldine Copper	Brenda Gullison		
		Rank		2	1	3	4		
		Elapsed	00:00.00	05:11.78	04:48.06	05:12.35	05:15.00		
		Finish Split		00:23.72		00:24.29	00:26.94		

8:50 AM Race#	11	Event	38	M M C+ 2X	Heat #1 of 2	2 to final plus next fastest			
		Winning Time	03:56.53						
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		NSRC	HRC	NSRC			
		Name(s) Stroke		Robert Mills	Paul Shaw	Steve MacIntosh			
		Bow		Peter Webster	Jon Tyson	Barry Burgess			
		Rank		1	2	3			
		Elapsed	00:00.00	03:47.34	03:51.47	03:56.53	00:00.00		
		Finish Split							

9:00 AM Race#	12	Event	38	M M C+ 2X	Heat #2 of 2	2 to final plus next fastest			
		Winning Time	04:22.94						
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		NSRC	HRC	NSRC			
		Name(s) Stroke		Keith Davies	John Tallon	Roger O'Neill			
		Bow		Ted Mussett	Stephen Workman	Ron Jeppeson			
		Rank		1	2	3			
		Elapsed	00:00.00	04:22.94	04:46.06	04:49.13	00:00.00		
		Finish Split			00:23.12	00:26.19			

NS Sprints - Sunday, July 18, 2010 HEATS

9:10 AM Race#	13	Event	40	OP W 1X	Heat #1 of 2	2 to final plus next fastest				
		Winning Time	00:00.00							
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
		Club		HRC	NSRC	FRC	NSRC			
		Name(s)		Krystyna Cowan	Erin Pegg	Janice Lawrence	Kate Elbourne			
		Rank		Scratch	2	3	1			
		Elapsed	00:00.00	00:00.00	04:18.03	04:27.56	04:15.25			
		Finish Split			04:18.03	04:27.56	04:15.25			

9:20 AM Race#	14	Event	40	OP W 1X	Heat #2 of 2	2 to final plus next fastest				
		Winning Time	04:33.13							
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
		Club		NSRC	NSRC	NSRC	KRC			
		Name(s)		Sara Burrill	Kendra MacDonald	Morgan Smith	Jen Johnston			
		Rank		1	2	3	Scratch			
		Elapsed	00:00.00	04:33.13	04:48.06	05:02.91	00:00.00			
		Finish Split			00:14.93	00:29.78				

NS Sprints - Sunday, July 18, 2010 HEATS

9:30 AM Race#	15	Event	44	M W C+ 2X	Heat #1 of 2	2 to final plus next fastest				
		Winning Time	04:25.19							
			Lane 1	Lane 2		Lane 3		Lane 4		Lane 5
		Club		FRC- Yellow Card		NSRC		MMRC		
		Name(s) Stroke		Brenda Gullison		Geraldine Copper		Darlene Hatt		
		Bow		Barb Dugas		Carolyn Mills		Sue Duann		
		Rank		3		1		2		
		Elapsed	00:00.00	04:40.28		04:25.19		04:31.56		00:00.00
		Finish Split		00:15.09				00:06.37		

9:40 AM Race#	16	Event	44	M W C+ 2X	Heat #2 of 2	2 to final plus next fastest				
		Winning Time	04:18.41							
			Lane 1	Lane 2		Lane 3		Lane 4		Lane 5
		Club		MMRC		HRC		MMRC		
		Name(s) Stroke		Karen Kavanaugh		Lesley Griffiths		Jane VanHorne-Smith		
		Bow		Sally Dean		Bonnie Anderson		JK Keeping		
		Rank		1		3		2		
		Elapsed	00:00.00	04:18.41		04:45.59		04:26.07		00:00.00
		Finish Split				00:27.18		00:07.66		

9:50 AM BREAK

NS Sprints - Sunday, July 18, 2010 FINALS

9:50 AM BREAK

10:00 AM Race # 17	Event 26	M W 2X	FINAL			
Winning Time	04:16.82					
Club	Lane 1	Lane 2 NSRC	Lane 3 FRC	Lane 4 NSRC	Lane 5 HRC	
Name(s) Stroke Bow		Laurie Niven Chrystal Kennedy	Brenda Gullison Barb Dugas	Krista Philips Vicki Fioratos	Melanie Goodday Trina Stevens	
Rank		1	4	3	2	
Elapsed	00:00.00	04:16.82	04:44.94	04:39.25	04:29.69	
Finish Split			00:28.12	00:22.43	00:12.87	

10:10 AM Race # 18	Event 27	M M 1X	FINAL			
Winning Time	04:05.40					
Club	Lane 1 NSRC	Lane 2 FRC	Lane 3 NSRC	Lane 4 HRC	Lane 5 NSRC	
Name(s)	Dave McCulloch	Kevin Lunn	Jeff Sawler	Paul Shaw	Sean Warner	
Rank	4	2	3	1	5	
Elapsed	04:20.71	04:12.25	04:12.48	04:05.40	04:30.22	
Finish Split	00:15.31	00:06.85	00:07.08		00:24.82	

10:20 AM Race # 19	Event 28	M M C+ 1X	FINAL			
Winning Time	03:59.07					
Club	03:59.07 Next fastest NSRC	Lane 2 2nd Heat 1 MMRC	Lane 3 1st Heat 1 NSRC	Lane 4 1st Heat 2 NSRC	Lane 5 2nd Heat 2 MMRC	
Name(s)	Barry Burgess	Pierre Poririer	Robert Mills	Ted Mussett	Joe Rowlands	
Rank	3	2	1	4	5	
Elapsed	04:21.68	04:04.75	03:59.07	04:33.94	04:42.25	
Finish Split	00:22.61	00:05.68		00:34.87	00:43.18	

NS Sprints - Sunday, July 18, 2010 FINALS

10:30 AM Race # 20

Event	29	OP W 2X	FINAL		
Winning Time	03:59.71				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	FRC	HRC	NSRC	NSRC	NSRC
Name(s)	Jen Fitzpatrick	Krystyna Cowan	Erin Pegg	Sara Burrill	Johanna Murray
Stroke	Lindsay May	Melanie Goodday	Kate Elbourne	Olivia Newton	Makenna Cooke
Bow					
Rank	4	3	1	2	5
Elapsed	04:24.50	04:17.63	03:59.71	04:11.38	04:38.31
Finish Split	00:24.79	00:17.92		00:11.67	00:38.60

10:40 AM Race # 21

Event	30	JR M 1X	FINAL		
Winning Time	04:01.37				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	HRC	FRC	MMRC	KRC	MMRC
Name(s)	Niko Maclellan	Robert Forestell	Brishen Deschampes	Robin Overing	Alex Los
Rank	4	3	2	1	5
Elapsed	04:23.81	04:09.06	04:02.16	04:01.37	04:32.21
Finish Split	00:22.44	00:07.69	00:00.79		00:30.84

NS Sprints - Sunday, July 18, 2010 FINALS

10:50 AM Race # 22

Event		31		JR W 4X		FINAL					
Winning Time		03:45.28									
		Lane 1		Lane 2		Lane 3		Lane 4		Lane 5	
Club		NSRC		HRC		NSRC		KRC		FRC/KRC	
Name(s)		TBA		Emily Hancock		Jessica Browne		Kate Haslett		Veronique Roy	
Stroke		TBA		Emily Chedrawe		Johanna Murray		Victoria Gillian		Jenny May	
		TBA		Natalie Marsh		Olivia Newton		Kathleen Trafton		Caroline Forestell	
Bow		TBA		Ruth Donald		Makenna Cooke		Casey Losier		Mckenzie McPhee	
Rank		Scratch		2		1		3		4	
Adj				00:10.0		00:10.0		00:10.0		00:10.0	
Elapsed		00:00.00		03:50.10		03:35.28		03:59.31		04:00.87	
Adj Time				04:00.10		03:45.28		04:09.31		04:10.87	
Finish Split				00:14.82				00:24.03		00:25.59	

11:00 AM BREAK

NS Sprints - Sunday, July 18, 2010 FINALS

11:10 AM Race # 23

Event	32	M M 2X		FINAL	
Winning Time	03:45.56				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	MMRC	FRC	NSRC	FRC	NSRC
Name(s)	Rick Proulx	Kevin Lunn	Jeff Sawler	Jean-Noel Roy	Sean Warner
Stroke	Spencer Scott	Dion Durnford	Dave McCulloch	Mike Casey	Jason Wilson
Bow					
Rank	4	2	1	5	3
Adj	00:14.90	00:14.90	00:14.90	00:14.90	00:14.90
Elapsed	04:41.00	03:32.22	03:30.66	04:41.28	03:39.72
Adj Time	04:55.90	03:47.12	03:45.56	04:56.18	03:54.62
Finish Split	01:10.34	00:01.56		01:10.62	00:09.06

11:20 AM Race # 24

Event	33	M W 1X		FINAL	
Winning Time	04:38.06				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	NSRC	HRC	KRC	NSRC	NSRC
Name(s)	Chrystal Kennedy	Marjo Laurinolli	Kelly Martinell	Kendra MacDonald	Deb Skilliter
Rank	2	3	5	1	4
Elapsed	04:41.35	04:48.13	05:34.88	04:38.06	05:15.66
Finish Split	00:03.29	00:10.07	00:56.82		00:37.60

11:30 AM Race # 25

Event	34	M W C+ 1X		FINAL	
Winning Time	04:29.59				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	NSRC	HRC	NSRC	MMRC	HRC
Name(s)	Laurie Nivan	Katherine Harman	Carolyn Mills	Sally Dean	Lesley Griffiths
Rank	4	2	1	3	5
Elapsed	04:53.28	04:32.13	04:29.59	04:49.25	05:22.81
Finish Split	00:23.69	00:02.54		00:19.66	00:53.22

NS Sprints - Sunday, July 18, 2010 FINALS

11:40 AM Race # 26

Event 35		JR M 4X		FINAL		
Winning Time		03:39.62				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			HRC	FRC	NSRC	KRC
Name(s)	Stroke		Niko MacLellan	Robert Forestell	Daniel Mumford	Chris Scharer
	2		Connor Booker	Chris Fetter	Connor Moore	Clay Polchies
	3		Jack Evans	Tom Bird	Liam Browne	Cole Northup
Bow			Alex Fraughton	Ben Howard	Simon	Nathan Blais
Rank			2	1	4	3
Elapsed		00:00.00	03:44.12	03:39.62	04:19.06	03:58.56
Finish Split			00:04.50		00:39.44	00:18.94

11:50 AM Race # 27

Event 36		N W 2X		FINAL		
Winning Time		04:32.15				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		KRC	NSRC	KRC	HRC	KRC
Name(s)	Stroke	Kate Haslett	Hanna Prozanko	Allison Thorne	Tracey Evans	Shelby Hughes
	Bow	Cathleen Trafton	Mollory Davis	McKenzie McPhee	Julie Maclellan	Erin Higgins
Rank		1	5	3	2	4
Elapsed		04:32.15	06:12.57	05:34.66	05:22.12	05:50.00
Finish Split			01:40.42	01:02.51	00:49.97	01:17.85

12:00 PM BREAK

NS Sprints - Sunday, July 18, 2010 FINALS

12:10 PM Race # 28

Event	37	OP M 4-	FINAL	TROPHY	
Winning Time	03:23.04				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	HRC	FRC	KRC
Name(s)		Chris Williams	Dan Murray	Mike Craig	Robin Overing
Stroke	2	Pierre Poririer	Niko Maclellan	Jamie Abbass	Rob Alexander
	3	Joshua Weiss shock	Jon Tyson	Adam Bliss	Greg Theriault
Bow		Alex Lois	Paul Shaw	Evan MacInnis	Taylor Overing
Rank		3	DNS	1	2
Elapsed	00:00.00	03:38.82	00:00.00	03:23.04	03:29.85
Finish Split		00:15.78			00:06.81

12:20 PM Race # 29

Event	38	M M C+ 2X	FINAL	TROPHY	
Winning Time	03:45.47				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	NSRC	HRC	NSRC	NSRC	HRC
Name(s)	Steve MacIntosh	Paul Shaw	Robert Mills	Keith Davies	John Tallon
Bow	Barry Burgess	Jon Tyson	Peter Webster	Ted Mussett	Stephen Workman
Rank	3	2	1	5	4
Elapsed	04:06.22	03:51.34	03:45.47	04:27.88	04:27.15
Finish Split	00:20.75	00:05.87		00:42.41	00:41.68

NS Sprints - Sunday, July 18, 2010 FINALS

12:30 PM Race # 30

Event	39	JR M 4+	FINAL		
Winning Time	03:52.47				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		FRC	KRC	HRC	NSRC
Name(s)	Cox	Jenny May	Lauren Whitenect	Emily Hancock	TBA
	Stroke	Robert Forestell	Cole Northrup	Jack Evans	TBA
	2	Tom Bird	Clay Polchies	Colin vanderhoff	TBA
	3	Andreas Marquis	Chris Scharer	Alex Frughton	TBA
	Bow	Ryan Casey	Jack Summerhayes	Thomas Worthington	TBA
Rank		1	2	DNS	Scratch
Elapsed	00:00.00	03:52.47	04:22.65	00:00.00	00:00.00
Finish Split			00:30.18		

12:40 PM Race # 31

Event	40	OP W 1X	FINAL		
Winning Time	04:19.31				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	FRC	NSRC	NSRC	NSRC	NSRC
Name(s)	Janice Lawrence	Erin Pegg	Kate Elbourne	Sara Burrill	Kendra MacDonald
Rank	3	2	1	4	5
Elapsed	04:30.78	04:23.37	04:19.31	04:41.09	04:49.91
Finish Split	00:11.47	00:04.06		00:21.78	00:30.60

NS Sprints - Sunday, July 18, 2010 FINALS

12:50 PM Race # 32	Event 41	OP M 2X	FINAL		
Winning Time		03:37.03			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	KRC	FRC	MMRC	KRC	FRC
Name(s)	Rob Alexander	Mike Craig	Joshua Weiss shock	Sandy Archer	Adam Bliss
Stroke	Greg Theriault	Jamie Abbass	Chris Williams	Robin Overing	Evan MacInnis
Bow					
Rank	4	1	2	5	3
Elapsed	03:50.66	03:37.03	03:37.50	04:09.03	03:47.78
Finish Split	00:13.63		00:00.47	00:32.00	00:10.75

1:00 PM BREAK

1:10 PM Race # 33	Event 42	JR W 4+	FINAL		
Winning Time		04:31.19			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	KRC		
Name(s)		Emily Hancock	Lauren Whitenect		
Cox		Ruth Donald	Lauren Perrin		
Stroke		Natalie Marsh	Steph Craig		
2		Emily Chedrawe	Shelby Hughes		
3		Gillian Parsons	Cathleen Trafton		
Bow					
Rank		2	1		
Elapsed	00:00.00	04:41.35	04:31.19	00:00.00	00:00.00
Finish Split		00:10.16			

NS Sprints - Sunday, July 18, 2010 FINALS

1:20 PM Race # 34

Event	43	OP W 4-	FINAL	TROPHY	
Winning Time	03:58.56				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	FRC	MMRC	
Name(s) Stroke		Melanie Goodday	Michelle Roy	Claire Bortolotti	
	2	Jesse Magill	Jen Fitzpatrick	Tara Barnett	
	3	Trina Stevens	Janice Lawrence	Emily Duann	
Bow		Greer Gallant	Laura Corscadden	Keelin Greenlaw	
Rank		3	2	1	
Adj		00:48.40	00:48.40	00:48.40	
Elapsed	00:00.00	03:18.75	03:10.91	03:10.16	00:00.00
Adj Time		04:07.15	03:59.31	03:58.56	
Finish Split		00:08.59	00:00.75		

1:30 PM Race # 35

Event	44	M W C+ 2X	FINAL		
Winning Time	04:17.72				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
Club	FRC	MMRC	NSRC	MMRC	MMRC
Name(s) Stroke	Brenda Gullison	Darlene Hatt	Geraldine Copper	Karen Kavanaugh	Jane VanHorne-Smith
Bow	Barb Dugas	Sue Duann	Carolyn Mills	Sally Dean	JK Keeping
Rank	5	4	1	2	3
Elapsed	04:50.18	04:37.82	04:17.72	04:23.19	04:32.84
Finish Split	00:32.46	00:20.10		00:05.47	00:15.12

NS Sprints - Sunday, July 18, 2010 FINALS

1:40 PM Race # 36

Event	45	OP M 8+	FINAL		
Winning Time	03:20.68				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	FRC	KRC/FRC	
Name(s)	Cox	Katherine Harman	Jen May	Nicole Sanscartier	
	Stroke	Dan Murray	Pat Coady	Robin Overing	
	2	Niko Maclellan	Jamie Abbass	Greg Theriault	
	3	Jon Tyson	Evan MacInnis	Rob Alexander	
	4	Paul Shaw	Adam Bliss	Taylor Overing	
	5	Stephen Workman	Jean Noel Roy	Chris Fetter	
	6	Leo Farran	Dion Durnford	Clay Polchies	
	7	Adrian Rogers	Kevin Lunn	Chris Scharer	
	Bow	Kevin Feltmate	Robert Forestell	Nathan Blais	
Rank		2	1	3	
Elapsed	00:00.00	03:28.27	03:20.68	03:34.31	00:00.00
Finish Split		00:07.59		00:13.63	

1:50 PM Race # 37

Event	46	NM 4+	FINAL		
Winning Time	04:10.78				
	04:10.78	Lane 2	Lane 3	Lane 4	Lane 5
Club		FRC	KRC	NSRC	HRC
Name(s)	Cox	Caroline Forestell		Kate Elbourne	Emily Hancock
	Stroke	Andreas Marquis	David Hickey	Nigal Prozensko	Jack Evans
	2	Tom Bird	Connor Gribbons	Avery Prozensko	Colin vanderhoff
	3	Ben Howard	Cole Northrup	Connor Moore	Stephen Deturhide
	Bow	Ryan Cassy	Jack Summerhayes	Daniel Mumford	Thomas Worthington
Rank		1	2	3	Scratched
Elapsed	00:00.00	04:10.78	04:14.41	05:00.16	00:00.00
Finish Split			00:03.63	00:49.38	

2:00 PM BREAK

NS Sprints - Sunday, July 18, 2010 FINALS

2:10 PM Race # 38

Event 47 OP M 8+ DASH

Winning Time 00:00.00

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			HRC	FRC	KRC/FRC	
Name(s)	Cox		Katherine Harman	Jen May	Nicole Sanscartier	
	Stroke		Dan Murray	Pat Coady	Robin Overing	
	2		Niko Maclellan	Jamie Abbass	Greg Theriault	
	3		Jon Tyson	Evan MacInnis	Rob Alexander	
	4		Paul Shaw	Adam Bliss	Taylor Overing	
	5		Stephen Workman	Jean Noel Roy	Chris Fetter	
	6		Leo Farran	Dion Durnford	Clay Polchies	
	7		Adrian Rogers	Kevin Lunn	Chris Scharer	
	Bow		Kevin Feltmate	Robert Forestell	Nathan Blais	
Rank			2	1	3	
Elapsed		00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Finish Split						

2:20 PM **BREAK**

NS Sprints - Sunday, July 18, 2010 FINALS

2:30 PM Race # 39

Event		OP MIX 8+ DASH				
Winning Time		01:41.18				
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	HRC	KRC	NSRC	FRC
Name(s)	Cox	Brishen Deschampes	Katherine Harman	Nicole Sanscartier	Erin Pegg	Jenny May
	Stroke	Chris Williams	Dan Murray	Robin Overing	Megan Nicholson	Mike Craig
	2	TBA	Niko Maclellan	Greg Theriault	Shelby Marshall	Jamie Abbass
	3	Josh Weissshock	Jon Tyson	Nathan Blais	Nigal Prozensko	Michelle Roy
	4	Claire Bortolotti	Paul Shaw	Rob Alexander	Emily Marshall	Laura Corscadden
	5	Tara Barnett	Melanie Goodday	Casey Losier	Mallory Davis	Evan MacInnis
	6	Alex Los	Trina Stevens	Jen Johnston	Avery Prozensko	Adam Bliss
	7	Emily Duann	Krystyna Cowan	Kate Haslett	Liam Browne	Janice Lawrence
	Bow	Keelin Greenlaw	Greer Gallant	Stephanie Craig	Sean Warner	Jen Fitzpatrick
Rank		3	2	4	5	1
Elapsed		01:45.56	01:42.82	01:47.45	02:17.56	01:41.18
Finish Split		00:04.38	00:01.64	00:06.27	00:36.38	

3:00 PM MEDALS CEREMONY (OAKWOOD HOUSE)