

Heats

7:00 Race **1** Event 3 MW1X

Winning Time	04:46.84				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	NSRC	MMRC	
Name(s)		Kendra MacDonald	Laurie Niven	Sally Dean	
Rank		1	3	2	
Elapsed		04:46.84	05:00.93	04:57.78	
Finish Split			00:14.09	00:10.94	

7:10 Race **2** Event 3 MW1X

Winning Time	05:03.47				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	HRC	MMRC	
Name(s)		Jocelyn Pletz	Lesley Griffiths	Sue Duann	
Rank		2	Scratch	1	
Elapsed		05:13.43		05:03.47	
Finish Split		00:09.96			

7:20 Race **3** Event 16 MM2X

Winning Time	03:54.38				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	NSRC	NSRC- yellow card	
Name(s)		Robert Mills Peter Webster	Dave McCulloch Jeff Sawler	Barry Burgess Steve MacIntosh	
Rank		1	2	3	
Elapsed		03:54.38	03:56.34	04:24.97	
Finish Split			00:01.96	00:30.59	

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7:30 Race 4 Event 16 MM2X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC	NSRC	
Name(s)		Kevin Feltmate Jim Thompkins	Sean Warner Jason Willson	Ted Mussett Rodger O'Neill	
Rank		2	1	3	
Elapsed		04:44.09	04:17.63	04:44.75	
Finish Split		00:26.46		00:27.12	

7:40 Race 5 Event 9 SM1X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club					
Name(s)					
Rank					
Elapsed					
Finish Split					

7:50 Race 6 Event 9 SM1X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club					
Name(s)					
Rank					
Elapsed					
Finish Split					

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8:00 Race **7** Event 8 MW2X

Winning Time **04:42.78**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC	MMRC	
Name(s)		Kathy Tallon Alex Muton	Geraldine Cooper Carolyn Mills	Karen Kavanaugh Jane Smith-Van Horne	
Rank		3	1	2	
Elapsed		05:21.44	04:42.78	04:50.20	
Finish Split		00:38.66		00:07.42	

8:10 Race **8** Event 8 MW2X

Winning Time **04:47.40**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	MMRC	NSRC	
Name(s)		Crystal Kennedy Laurie Niven	Darlene Hatt Sally Dean	Krista Phillips Vicki Fioratos	
Rank		1	3	2	
Elapsed		04:47.40	05:05.98	05:03.78	
Finish Split			00:18.58	00:16.38	

8:20 Race **9** Event 11 MM1X

Winning Time **04:24.22**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC	MMRC	
Name(s)		Paul Shaw	Barry Burgess	Chris Williams	
Rank		2	3	1	
Elapsed		04:31.30	04:34.52	04:24.22	
Finish Split		00:07.08	00:10.30		

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8:30 Race 10 Event 11 MM1X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club Name(s)		NSRC Steve MacIntosh	NSRC Ted Mussett	NSRC Sean Warner	
Rank		2	3	1	
Elapsed		04:48.94	04:54.12	04:48.44	
Finish Split		00:00.50	00:05.68		

8:40 Race 11 Event 23 SRW2X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club Name(s)					
Rank					
Elapsed					
Finish Split					

8:50 Race 12 Event 23 SRW2X

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club Name(s)					
Rank					
Elapsed					
Finish Split					

9:00 BREAK

Finals

9:10 Race 13 Event 2 JRW4X

Winning Time 04:10.78

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	NSRC/KRC		
Name(s)		Emily Hancock Emily Chedrawe Liz Dickson Ruth Donald	Jessica Browne Johanna Murraray Makenna Cooke Ellen Langley		
Rank		2	1		
Elapsed		04:36.90	04:10.78		
Finish Split		00:26.12			

9:20 Race 14 Event 3 MW1X

Winning Time 05:20.00

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	<i>Next fastest</i>	<i>2nd Heat 1</i>	<i>1st Heat 1</i>	<i>1st Heat 2</i>	<i>2nd Heat 2</i>
Club	NSRC	MMRC	NSRC	MMRC	MMRC
Name(s)	Laurie Niven	Sally Dean	Kendra MacDonald	Sue Duann	Jocelyn Pletz
Rank	4	2	1	5	3
Elapsed	05:53.25	05:44.80	05:20.00	06:07.88	05:47.35
Finish Split	00:33.25	00:24.80		00:47.88	00:27.35

ICEBREAKER 2010 - Saturday, May 22

9:30 Race 15 Event 4 JRM4+

Winning Time 04:13.81

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	KRC	KRC	FRC	KRC	KRC
Name(s)	Cox Lauren Whitenect Alex Roscoe Nathan Blais Luke Grant AJ Voutour	Andrew Johnston Sandy Archer Matt Snelgrove Cole Northrup Ben McMullin	Jenny May Robert Forestell Tom Bird Andreas Marquis Ryan Casey	Mary Langley Noah Klotz-Mosher Jack Summerhayes Micheal Hamilton Eric Lee	Sarah Manderville Costa Kolyvas Sarah Hand Alex Schuppert Christian Noel
Rank	3	2	1	4	5
Elapsed	04:23.00	04:20.40	04:13.81	05:17.59	05:34.15
Finish Split	00:09.19	00:06.59		01:03.78	01:20.34

9:40 Race 16 Event 5 SRM2-

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	No Race				
Name(s)					
Rank					
Elapsed					
Finish Split					

ICEBREAKER 2010 - Saturday, May 22

9:50 Race 17 Event 6 MM4X

Winning Time 03:48.16

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	HRC	NSRC	
Name(s)		Peter Webster Sean Warner Jason Wilson Robert Mills	Paul Shaw John Tallon Jim Thompkins Kevin Feltmate	Jeff Sawler Dave McCulloch Barry Burgess Steve MacIntosh	
Rank		1	3	2	
Elapsed		03:48.16	04:33.44	03:48.70	
Finish Split			00:45.28	00:00.54	

10:00 Race 18 Event 7 JRW4+

Winning Time 04:50.03

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		KRC	KRC	KRC	KRC
Name(s) Cox		Manderville, Sarah McMullin, Samantha Ervin, Adrienne Fulton, Stella Kolyvas, Alexa	Abalon, Gina Tongue, Nicole Stewart, Brianna McPhee, MaKenzie Smith, Alice	Sarah van der Laan Mollie McGuire Mary Kate McGuire Madeleine Theriault Jaclynn Reid	Mary Langley Carol Amaro Sarah Hand Haley Brittian Teresa Connell
Rank		1	3	2	4
Elapsed		04:50.03	05:49.09	05:23.40	06:28.40
Finish Split			00:59.06	00:33.37	01:38.37

10:10 BREAK

ICEBREAKER 2010 - Saturday, May 22

10:20 Race	19	Event	8	MW2X					
		Winning Time	04:59.81						
			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	MMRC	NSRC	NSRC	NSRC		
		Name(s)	Darlene Hatt Sally Dean	Karen Kavanaugh Jane Smith-Van Horne	Geraldine Cooper Carolyn Mills	Crystal Kennedy Laurie Niven	Krista Phillips Vicki Fioratos		
		Rank	4	3	1	2	5		
		Elapsed	05:25.09	05:04.70	04:59.81	05:02.60	05:29.56		
		Finish Split	00:25.28	00:04.89		00:02.79	00:29.75		

10:30 Race	20	Event	9	SRM1X					
		Winning Time	04:09.78						
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club	FRC	FRC	HRC	MMRC	MMRC		
		Name(s)	Adam Bliss	Jamie Abbass	Dan Murray	Joshua Weiss shock	Pierre Poirier		
		Rank	3	1	2	4	5		
		Elapsed	04:38.00	04:09.78	04:21.00	04:39.72	04:41.12		
		Finish Split	00:28.22		00:11.22	00:29.94	00:31.34		

10:40 Race	21	Event	10	JRM4X					
		Winning Time	04:19.35						
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
		Club		MMRC	FRC				
		Name(s)		Brishen Deschampes Avery Podgorenko Jack Evans Alex Los	Robert Forestell Tom Bird Andreas Marquis Ryan Casey				
		Rank		2	1				
		Elapsed		04:45.10	04:19.35				
		Finish Split		00:25.75					

ICEBREAKER 2010 - Saturday, May 22

10:50 Race	22	Event	11	MM1X					
Winning Time				04:37.06					
		Lane 1		Lane 2		Lane 3		Lane 4	
		Next fastest		2nd Heat 1		1st Heat 1		1st Heat 2	
Club		NSRC		NSRC		HRC		NSRC	
Name(s)		Ted Mussett		Barry Burgess		Paul Shaw		Sean Warner	
Rank		3		1		2		5	
Elapsed		04:58.84		04:37.06		04:44.90		05:07.31	
Finish Split		00:21.78				00:07.84		00:30.25	

11:00 Race	23	Event	12	SRW1X					
Winning Time				05:15.53					
		Lane 1		Lane 2		Lane 3		Lane 4	
Club				MMRC		NSRC		FRC	
Name(s)				Emily Dunn		Kate Elbourbe		Laura Corscadden	
Rank				2		1		3	
Elapsed				05:28.10		05:15.53		05:45.72	
Finish Split				00:12.57				00:30.19	

11:10 Race	24	Event	13	JRW2X					
Winning Time				05:02.50					
		Lane 1		Lane 2		Lane 3		Lane 4	
Club				HRC		NSRC		KRC	
Name(s)				Julia Redmond Emily Hancock		Johanna Murrar Makenna Cooke		Ellen Langley Adrienne Ervin	
Rank				3		1		2	
Elapsed				05:21.50		05:02.50		05:09.50	
Finish Split				00:19.00				00:07.00	

11:20 BREAK

ICEBREAKER 2010 - Saturday, May 22

11:30 Race 25 Event 15 MW4X

Winning Time	04:35.38				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	HRC	NSRC	MMRC	NSRC	HRC
Name(s)	Diane D'arcy Lesley Griffiths Kathy Nolan Linda Alexander	Geraldine Cooper Chyrstal Kennedy Laurie Nivan Carolyn Mills	Karen Kavanaugh Jane Smith-VanHorne Sue Duann Sally Dean	Vicki Fioratos Susan Smith Janet Wilson Krista Phillips	Alex Muton Kathy Tallon Jackie Pidduck Julie McLellan
Rank	5	1	2	3	4
Elapsed	05:28.00	04:35.38	04:46.00	05:02.37	05:21.58
Finish Split	00:52.62		00:10.62	00:26.99	00:46.20

11:40 Race 26 Event 16 MM2X

Winning Time	04:14.71				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	<i>Next fastest</i>	<i>2nd Heat 1</i>	<i>1st Heat 1</i>	<i>1st Heat 2</i>	<i>2nd Heat 2</i>
Club	NSRC	NSRC	NSRC	NSRC	HRC
Name(s)	Barry Burgess Steve MaclacIntosh	Dave McCulloch Jeff Sawler	Robert Mills Peter Webster	Sean Warner Jason Wilson	Kevin Feltmate Jim Thompkins
Rank	Scratch	2	1	3	4
Elapsed		04:21.81	04:14.71	04:28.88	06:09.44
Finish Split		00:07.10		00:14.17	01:54.73

ICEBREAKER 2010 - Saturday, May 22

11:50 Race 27 Event 17 SW4-

Winning Time 05:03.06

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		FRC/MMRC	HRC		
Name(s)		Tara Barnett Simone Charron Sophie Forestell Laura Corscadden	Krystyna Cowan Mel Goodday Trina Stevens Sara Cook		
Rank		1	2		
Elapsed		05:03.06	06:10.50		
Finish Split			01:07.44		

12:00 Race 28 Event 18 JRM2X

Winning Time 04:58.53

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	KRC	MMRC	
Name(s)		Connor Booker Jack Evans	Alex Roscoe Nathian Blais	Brishen Deschampes Alex Los	
Rank		3	2	1	
Elapsed		05:53.22	05:09.46	04:58.53	
Finish Split		00:54.69	00:10.93		

12:10 Race 29 Event 19 JRW1X

Winning Time 05:16.88

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club	NSRC	HRC	NRSC	KRC	NSRC
Name(s)	Makenna Cooke	Julia Redmond	Jessica Browme	Ellen Langley	Johanna Murray
Rank	2	4	1	3	5
Elapsed	05:29.47	05:49.59	05:16.88	05:39.53	05:56.66
Finish Split	00:12.59	00:32.71		00:22.65	00:39.78

ICEBREAKER 2010 - Saturday, May 22

12:20 Race 30 Event 20 SRM2X

Winning Time 04:01.4

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			FRC	MMRC	
Name(s)			Jamie Abbass Adam Bliss	Joshua Weiss shock Pierre Poirier	

Rank			1	2	
Elapsed			04:01.37	04:08.38	
Finish Split				00:07.01	

12:30 BREAK

12:40 Race 31 Event 21 MW8+

Winning Time 04:47.34

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	HRC		
Name(s)	cox	Brishen Deschampes Karen Kavanaugh JK Keeping Jane Smith-VanHorne Jocelyn Pletz Sue Duann Heather Fennell Darlene Hatt Sally Dean	Tracey Evans Kathy Tallon Kathy Nolan Linda Alexander Diane Gordon Lesley Griffiths Pam Hancock Alex Muton Jackie Pidduck		

Rank		1	DNF		
Elapsed		04:47.34			
Finish Split					

ICEBREAKER 2010 - Saturday, May 22

12:50 Race 32 Event 23 SRW2X - 500meters

Winning Time 02:14.0

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	HRC	MMRC	FRC
Name(s)		Jessica Browne Kate Elbourne	Trina Stevens Mel Goodday	Mallory Troup Alex Mayher	Simone Charron Sophie Forestell
Rank		1	DNF	2	3
Elapsed		02:12.00		02:20.32	02:41.22
Finish Split				00:06.32	00:27.22

1:00 Race 33 Event 24 JRM1X - 500meters

Winning Time 02:29.54

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		HRC	KRC	HRC	MMRC
Name(s)		Niko Maclellan	Nathan Blaise	Connor Booker	Brishen Deschampes
Rank		1	3	4	2
Elapsed		02:29.54	02:43.84	02:48.37	02:34.75
Finish Split			00:14.30	00:18.83	00:05.21

1:10 BREAK

1:30 Race 34 Event 25 NM2X - 500meters

Winning Time 02:50.7

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	Exhibition MMRC	HRC	
Name(s)		Dexter Arnold Dexter Van Dam	Avery Podgorenko Josh Weisschok	Omar Selim Leo Farran	
Rank		2	1	1	
Elapsed		03:18.00	02:38.63	02:50.75	
Finish Split		00:27.25			

ICEBREAKER 2010 - Saturday, May 22

1:45 Race 35 Event 26 NW2X - 500meters

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		KRC	HRC		
Name(s)		Mary Langley Sarah Manderville	Julie McLellan Tracey Evans		

Rank		RACE CANCELLED	SCRATCH		
Elapsed					
Finish Split					

2:00 BREAK

2:15 Race 36 Event 27 MMIX8+ Dash

Winning Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NSRC	HRC		
Name(s)	COX	TBA TBA TBA TBA TBA TBA TBA TBA TBA	Tracey Evans Kevin Feltmate Mike Noddin John Tallon Jim Thompkins Lesley Griffiths Alex Muton Kathy Tallon Jackie Pidduck		

Rank		RACE CANCELLED	SCRATCH		
Elapsed					
Finish Split					

ICEBREAKER 2010 - Saturday, May 22

2:30 Race **37** Event 28 SRMIX8+ Dash

Winning Time **01:56.16**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		KRC	MMRC/FRC/HRC	KRC	
Name(s)	cox	Sarah Manderville Samatha McMullin Adrienne Ervin Sandy Archer Matt Snelgrove Cole Northrup Ben McMullin Stella Fulton Alexa Kolyvas	Karen Kavanaugh Brishen Deschamps Alex Los Sara - HRC Laura - FRC Emily Duann Tara Barnett Poirier, Pierre Joshua Weisschock	Gina Absolm Nicole Tongue Brianna Stewart Noah Klotz-Mosher Jack Summerhayes Eric Lee Micheal Hamilton Mary Langley Alice Smith	

Rank		2	1	3	
Elapsed		01:57.19	01:56.16	02:20.50	
Finish Split		00:01.03		00:24.34	

2:45 Race **38** Event 28 SRMIX8+ Dash

Winning Time **02:05.37**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		KRC - Yellow Card	HRC	KRC	
Name(s)	cox	Lauren Whitenect Alex Roscoe Nathan Blais Luke Grant AJ Voutour Mollie McGuire Mary Kate McGuire Madeleine Theriault Jaclynn Reid	Jack Evans Dan Murray Niko MacLellan Leo Farran Connor Booker Mel Goodday Trina Stevens Krystyna Cowan Liz Dickson	Mary Langley Carol Amaro Sarah Hand Costa Kolyvas Andrew Johnston Alex Schuppert Christian Noel Haley Brittain Teresa Connell	

Rank		2	1	3	
Elapsed		02:07.28	02:05.37	02:36.16	
Finish Split		00:01.91		00:30.79	

3:00 Race 39 Event 28 SRMIX8+ Dash

Winning Time 01:57.41

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			<i>1st Heat 1</i>	<i>1st Heat 2</i>	
Club			MMRC/FRC/HRC	HRC	
Name(s)	cox		Karen Kavanaugh Brishen Deschampes Alex Los Sara - HRC Laura - FRC Emily Duann Tara Barnett Poirier, Pierre Joshua Weisschock	Jack Evans Dan Murray Niko MacLellan Leo Farran Connor Booker Mel Goodday Trina Stevens Krystyna Cowan Liz Dickson	

Rank			1	2	
Elapsed			01:57.41	01:58.28	
Finish Split				00:00.87	

3:15 Lunch and MEDALS