

## NS Sprints - Saturday, July 18, 2009 HEATS

7:00 AM	Race#	<b>1</b>	<b>Event</b>	<b>16</b>	<b>M Mix 2X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>		
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>		<b>Compsite Crew HRC/NSRC</b>			<b>NSRC</b>	<b>NSRC</b>	<b>HRC</b>	<b>NSRC</b>
	<b>Name(s)</b>	<b>Stroke</b>	Marjo Laurinolli		Carolyn Mills	Geradline Cooper		Diane D'Arcy	Laurie Nivan
		<b>Bow</b>	Barry Burgess		Robert Mills	Jeff Sawler		Paul Shaw	Steve McIntosh
	<b>Rank</b>								
	<b>Elapsed</b>								

7:10 AM	Race#	<b>2</b>	<b>Event</b>	<b>16</b>	<b>M Mix 2X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>		
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>		<b>NSRC</b>		<b>NSRC</b>	<b>HRC</b>	<b>NSRC</b>	<b>NSRC</b>	
	<b>Name(s)</b>	<b>Stroke</b>	Jason Wilson		Peter Webster	Julie Horrocks		Sean Warner	Dave McCulloch
		<b>Bow</b>	Krista Philips		Susan Smith	Mike Noddin		Vicki Fioratos	Laura Ross
	<b>Rank</b>								
	<b>Elapsed</b>								

7:20 AM	Race#	<b>3</b>	<b>Event</b>	<b>4</b>	<b>CG/JR W 1X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>		
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>		<b>NL CG</b>		<b>HRC</b>	<b>NSRC</b>	<b>NL CG</b>	<b>NSRC</b>	
	<b>Name(s)</b>		Jane Brodie		Kate Elbourne	Johanna Murrery		Hilary Sinclair	Kerith Gordon
	<b>Rank</b>								
	<b>Elapsed</b>								

7:30 AM	Race#	<b>4</b>	<b>Event</b>	<b>4</b>	<b>CG/JR W 1X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>		
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>		<b>NL CG</b>		<b>HRC</b>	<b>NSRC</b>	<b>HRC</b>	<b>NSRC</b>	
	<b>Name(s)</b>		Kiersten Van Gulick		Sara Burrill	Jessica Browne		Olivia Newton	Julia Mills
	<b>Rank</b>								
	<b>Elapsed</b>								

## NS Sprints - Saturday, July 18, 2009 HEATS

7:40 AM	Race#	<b>5</b>	Event	21	CG/JR M 2X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				MMRC	NB CG	NL CG	PE CG	
	Name(s)	Stroke			Alex Los	Mike Craig	Tyler Young	Jake Byrne	
		Bow			Brishen Hagan-Deshamps	Robin Overing	Ben Colbourne	Scott Murray	
	Rank								
	Elapsed								

7:50 AM	Race#	<b>6</b>	Event	21	CG/JR M 2X	Heat #2 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				NB CG	NL CG	FRC		
	Name(s)	Stroke			Simon Gagnon	Michael Noel	Rob Forestell		
		Bow			Ben Charron	Robert Roach	Andreas Marquis		
	Rank								
	Elapsed								

8:00 AM	Race#	<b>7</b>	Event	7	OP W 4X	Heat #1 of 2	2 to final plus next fastest		
					Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club				SJRC	HRC	KRC		
	Name(s)	Stroke			Kiersten Van Gulick	Sarah MacDonald	Gillian Layton		
		2			Karen Brodie	Krystyna Cowan	Patti Anglin		
		3			Katie Bruce	Vanessa Perry	Sherri Curry		
		Bow			Shannon Driscoll	Haley Kerr	Jennifer Petrovich		
	Rank								
	Elapsed								

8:10 AM **BREAK**

## NS Sprints - Saturday, July 18, 2009 HEATS

8:20 AM	Race#	<b>8</b>	<b>Event</b>	<b>7</b>	<b>OP W 4X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>
					Lane 1	Lane 2	Lane 3
			<b>Club</b>		NRSC	HRC	FRC
			<b>Name(s)</b>	<b>Stroke</b>	Kerith Gordon	Meg Lobb	Stesha Gruttner
				2	Susan Smith	Zoe Launcelott	Lindsay May
				3	Krista Philips	Laura Fraser	Stephanie Gillis
				<b>Bow</b>	Laura Ross	Melanie Goodday	Jennifer Fitzpatrick
			<b>Rank</b>				
			<b>Elapsed</b>				

8:30 AM	Race#	<b>9</b>	<b>Event</b>	<b>23</b>	<b>CG/JR W 2X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>
					Lane 1	Lane 2	Lane 3
			<b>Club</b>		NF CG	NS CG	HRC
			<b>Name(s)</b>	<b>Stroke</b>	Emma Colbourne	Browne, Jessica	Emily Hancock
					Victoria Morgan	Elbourne, Kate	Julia Redmond
				<b>Bow</b>			Danielle Caravan
			<b>Rank</b>				
			<b>Elapsed</b>				

8:40 AM	Race#	<b>10</b>	<b>Event</b>	<b>23</b>	<b>CG/JR W 2X</b>	<b>Heat # 2 of 2</b>	<b>2 to final plus next fastest</b>
					Lane 1	Lane 2	Lane 3
			<b>Club</b>			Compsite Crew HRC/NSRC	FRC
			<b>Name(s)</b>	<b>Stroke</b>	Johanna Murrary	Ashley Wright	Katie Bruce
					Makenna Cooke	Veronique Roy	Karen Brodie
				<b>Bow</b>			Jenny May
			<b>Rank</b>				
			<b>Elapsed</b>				

8:50 AM	Race#	<b>11</b>	<b>Event</b>	<b>10</b>	<b>OP M 1X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>
					Lane 1	Lane 2	Lane 3
			<b>Club</b>		MMRC	SJRC	HRC
			<b>Name(s)</b>		Pat Convey	Adam Shea	Dan Murray
							Jeff Sawler
							Mike Flynn
			<b>Rank</b>				
			<b>Elapsed</b>				

## NS Sprints - Saturday, July 18, 2009 HEATS

9:00 AM	Race#	<b>12</b>	<b>Event</b>	<b>10</b>	<b>OP M 1X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>		
			<b>Club</b>		<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
					MMRC	SJRC	FRC	SJRC	FRC
			<b>Name(s)</b>		Daniel Lalancette	Adam Power	Pat Cody	Craig Whittle	Jamie Abbass
			<b>Rank</b>						
			<b>Elapsed</b>						

**9:10 AM BREAK**

9:20 AM	Race#	<b>13</b>	<b>Event</b>	<b>20</b>	<b>M W 4X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>		
			<b>Club</b>		<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
					MMRC	HRC	NSRC		
			<b>Name(s)</b>	<b>Stroke</b>	Karen Kavanaugh	Julie Horrocks	Carolyn Mills		
				2	Carolyn Whiteway	Bonnie Anderson	Geraldine Cooper		
				3	Sue Duann	Lesley Griffiths	Laurie Nivan		
				<b>Bow</b>	JK Keeping	Diane D'Arcy	Chrystal Kennedy		
			<b>Rank</b>						
			<b>Elapsed</b>						

9:30 AM	Race#	<b>14</b>	<b>Event</b>	<b>20</b>	<b>M W 4X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>		
			<b>Club</b>		<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
					FRC	HRC	MMRC		
			<b>Name(s)</b>	<b>Stroke</b>	Heidi Liston	Alex Muton,	Sally Dean		
				2	Donna Bliss	Peggy Hemsworth	Jane Smith Van Horne		
				3	Barb Dugas	Karen Brown	Marilyn MacMullin		
				<b>Bow</b>	Brenda Gullison	Joan Backman	Jocelyn Pletz		
			<b>Rank</b>						
			<b>Elapsed</b>						

## NS Sprints - Saturday, July 18, 2009 HEATS

9:40 AM	Race#	<b>15</b>	<b>Event</b>	<b>11</b>	<b>CG/JR M 2-</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>			
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	
	<b>Club</b>				<b>NB CG</b>	<b>NS CG</b>	<b>NB CG</b>	<b>PE CG</b>	<b>NB CG</b>	
	<b>Name(s)</b>	<b>Stroke</b>			Brian Peters	Max Trzcinski	Keegan Drummond	Jake Byrne	Cameron Reid	
		<b>Bow</b>			Greg Tomney	Nick Troup	Greg Theriault	Scott Murray	Rob Alexander	
	<b>Rank</b>									
	<b>Elapsed</b>									

9:50 AM	Race#	<b>16</b>	<b>Event</b>	<b>11</b>	<b>CG/JR M 2-</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>			
					<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	
	<b>Club</b>					<b>NS CG</b>	<b>NB CG</b>	<b>NL CG</b>	<b>NB CG</b>	
	<b>Name(s)</b>	<b>Cox</b>				Alex Fraughton	Mike Craig	Mark Perry	Robin Overing	
		<b>Bow</b>				Niko MacLellan	Simon Gagnon	Brent Payne	Taylor Overing	
	<b>Rank</b>									
	<b>Elapsed</b>									

10:00 AM **BREAK**

## NS Sprints - Saturday, July 18, 2009 HEATS

10:10 AM Race # 17	Event	1	M M 4X	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club			NSRC	FRC	NSRC		
	Name(s)	Stroke		Peter Webster	Kevin Lunn	Jim Barr		
		2		Sean Warner	Jean-Noel Roy	Jason wilson		
		3		Barry Burgess	Andre Charron	Roger O'Neill		
		Bow		Robert Mills	Steve Watson	Ted Musset		
	Rank							
	Elapsed							

10:20 AM Race # 18	Event	2	OP W 2-	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club			MMRC	SJRC	FRC	KRC	
	Name(s)	Stroke		Jenna Pelham	Allison Delong	Janice Lawrence	Sarah Trott	
		Bow		Emily Duann	Alyssa Devereaux	Jennifer Fitzpatrick	Heather Peddle	
	Rank							
	Elapsed							

10:30 AM Race # 19	Event	3	M W 8+	FINAL				
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
	Club			MCRC	HRC			
	Name(s)	Cox		Julie Caines	Withrow, Yetta			
		Stroke		Karen Kavanaugh	D'Arcy, Diane			
		2		JK Keeping	Griffiths, Lesley			
		3		Sue Duann	Brown, Karen			
		4		Jane Smith-VanHorne	Anderson, Bonnie			
		5		Melanie Oaks	Sheppard, Dale			
		6		Carolyn Whiteway	Julie Horrocks			
		7		Marilyn MacMullin	Backman, Joan			
		Bow		Sally Dean	Hemsworth, Peggy			
	Rank							
	Elapsed							

# NS Sprints - Saturday, July 18, 2009 HEATS

**10:40 AM Race # 20** Event **4** CG/JR W 1X FINAL

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  
Name(s)

Rank					
Elapsed					

**10:50 AM Race # 21** Event **5** OP M 2- FINAL

Lane 1                      Lane 2                      Lane 3                      Lane 4                      Lane 5

Club                      SJRC  
 Name(s)    Stroke                      Adam Shea  
                     Bow                      Adam Power

Rank					
Elapsed					

**11:00 AM Race # 22** Event **6** N M 4+ FINAL

Lane 1                      Lane 2                      Lane 3                      Lane 4                      Lane 5

Club  
 Name(s)    Cox  
                     Stroke  
                     2  
                     3  
                     Bow

Rank					
Elapsed					

**11:10 AM BREAK**

# NS Sprints - Saturday, July 18, 2009 HEATS

11:20 AM Race #	<b>23</b>	<b>Event</b>	<b>7</b>	<b>OP W 4X</b>	<b>FINAL</b>		
				Lane 1	Lane 2	Lane 3	Lane 4
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2
							Lane 5
							2nd Heat 2
		<b>Club</b>					
		<b>Name(s)</b>	<b>Stroke</b>				
			2				
			3				
			<b>Bow</b>				
		<b>Rank</b>					
		<b>Elapsed</b>					

11:30 AM Race #	<b>24</b>	<b>Event</b>	<b>8</b>	<b>CG/JR W 2-</b>	<b>FINAL</b>		
				Lane 1	Lane 2	Lane 3	Lane 4
					NL CG		
					Allison Delong		
					Alyssa Devereaux		
							Lane 5
		<b>Club</b>					
		<b>Name(s)</b>	<b>Stroke</b>				
			Bow				
		<b>Rank</b>					
		<b>Elapsed</b>					

11:40 AM Race #	<b>25</b>	<b>Event</b>	<b>9</b>	<b>M W 4+</b>	<b>FINAL</b>		
				Lane 1	Lane 2	Lane 3	Lane 4
					HRC	KRC	
					Yetta Withrow	TBA	
					Lesley Griffiths	Gillian Layton	
					Bonnie Anderson	Sheri Currie	
					Diane D'Arcy	Jennifer Petrovich	
					Amy Moen	Patti Anglin	
		<b>Club</b>					
		<b>Name(s)</b>	<b>Cox</b>				
			<b>Stroke</b>				
			2				
			3				
			<b>Bow</b>				
		<b>Rank</b>					
		<b>Elapsed</b>					

## NS Sprints - Saturday, July 18, 2009 HEATS

11:50 AM Race #	<b>26</b>	<b>Event</b>	<b>10</b>	<b>OP M 1X</b>	<b>FINAL</b>				
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
		<b>Club</b>							
		<b>Name(s)</b>							
		<b>Rank</b>							
		<b>Elapsed</b>							

12:00 PM Race #	<b>27</b>	<b>Event</b>	<b>11</b>	<b>CG/JR M 2-</b>	<b>FINAL</b>				
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2	
		<b>Club</b>							
		<b>Name(s)</b>	<b>Stroke</b>						
			<b>Bow</b>						
		<b>Rank</b>							
		<b>Elapsed</b>							

12:10 PM BREAK

12:20 PM Race #	<b>28</b>	<b>Event</b>	<b>12</b>	<b>CG/JR W 8+</b>	<b>FINAL</b>				
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		<b>Club</b>			<b>NB CG</b>	<b>NL CG</b>	<b>HRC</b>		
		<b>Name(s)</b>	<b>Cox</b>		Danielle Caravan	Robert Roach	Alex Fraughton		
			<b>Stroke</b>		Michelle Roy	Allison Delong	Ruth Donald		
			<b>2</b>		Maggie Macvey	Stephanie Davis	Natalie Marsh		
			<b>3</b>		Erica Ganong	Jane Brodie	Julia Redmond		
			<b>4</b>		Laura Corscadden,	Alyssa Devereaux	Emily Hancock		
			<b>5</b>		Laura Simonds	Hilary Sinclair	Makenna Cooke		
			<b>6</b>		Ellen Langley	Hoilly Whelan	Olivia Newton		
			<b>7</b>		Jess Seguin	Amanda Ryan	Sara Burrill		
			<b>Bow</b>		Jen Johnston	Shannon Driscoll	Kate Elbourne		
		<b>Rank</b>							
		<b>Elapsed</b>							

## NS Sprints - Saturday, July 18, 2009 HEATS

12:30 PM Race # 29

Event	13	M M 4+	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			MMRC	NSRC - Exhibition		
Name(s)	Cox		Julie Caines	Ashley Mumford		
	Stroke		Grant Johnson	Jim Barr		
	2		Spencer Scott	Jason Wilson		
	3		Tim Oldfield	Roger O'Neill		
	Bow		Pierre Poirer	Krista Philips		
Rank						
Elapsed						

12:40 PM Race # 30

Event	14	N M 2X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			HRC			
Name(s)	Stroke		Omar Selim			
	Bow		Jonathan Adams			
Rank						
Elapsed						

12:50 PM Race # 31

Event	15	CG/JR M 8+	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			NB CG	NL CG		
Name(s)	Cox		Nicole Sanscartier	Robert Roach		
	Stroke		Keegan Drummond	Tyler Young		
	2		Greg Theriault	Paul Hussey		
	3		Cameron Reid	Mark Perry		
	4		Simon Gagnon	Chris Clark		
	5		Mike Craig	Zach Meaney		
	6		Taylor Overing	Ben Coulbourne		
	7		Robin Overing	Josh Sutton		
	Bow		Greg Tomney	Brent Payne		
Rank						
Elapsed						



# NS Sprints - Saturday, July 18, 2009 HEATS

1:40 PM Race #	<b>35</b>	<b>Event</b>	<b>19</b>	<b>N W 4+</b>	<b>FINAL</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
		<b>Club</b>			KRC			
		<b>Name(s)</b>	<b>Cox</b>		TAB			
			<b>Stroke</b>		TAB			
			2		TAB			
			3		TAB			
			<b>Bow</b>		TAB			
		<b>Rank</b>						
		<b>Elapsed</b>						

1:50 PM Race #	<b>36</b>	<b>Event</b>	<b>20</b>	<b>M W 4X</b>	<b>FINAL</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		<b>Club</b>						
		<b>Name(s)</b>	<b>Cox</b>					
			<b>Stroke</b>					
			2					
			3					
			<b>Bow</b>					
		<b>Rank</b>						
		<b>Elapsed</b>						

2:00 PM Race #	<b>37</b>	<b>Event</b>	<b>21</b>	<b>CG/JR M 2X</b>	<b>FINAL</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
				Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
		<b>Club</b>						
		<b>Name(s)</b>	<b>Stroke</b>					
			<b>Bow</b>					
		<b>Rank</b>						
		<b>Elapsed</b>						

2:10 PM **BREAK**

## NS Sprints - Saturday, July 18, 2009 HEATS

2:20 PM Race # 38	Event	22	OP W 8+	FINAL			
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Club			SJRC	HRC	FRC	
	Name(s)	Cox		Robert Roach	Yetta Withrow	Danielle Caravan	
		Stroke		Allison Delong	Heather McMillan	Janice Lawrence	
		2		Stephanie Davis	Haley Kerr	Jen Fitzpatrick	
		3		Jane Brodie	Zoe Launcelott	Lindsay May	
		4		Alyssa Devereaux	Meg Lobb	Stesha Gruttner	
		5		Hilary Sinclair	Krystyna Cowan	Stephanie Gillis	
		6		Hoilly Whelan	Vanessa Perry	Vanessa Paesani	
		7		Amanda Ryan	Melanie Goodday	Christina Hawkins	
		Bow		Shannon Driscoll	Laura Fraser	Simone Charron	
	Rank						
	Elapsed						

2:30 PM Race # 39	Event	23	CG/JR W 2X	FINAL			
			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						
	Name(s)	Stroke					
		Bow					
	Rank						
	Elapsed						

2:40 PM BREAK



# NS Sprints - Saturday, July 18, 2009 HEATS

3:20 PM Race # 42

**Event 26 M MIX 8+ DASH**

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
<b>Club</b>			<b>MMRC</b>	<b>HRC</b>	<b>NSRC</b>	
<b>Name(s)</b>	<b>Cox</b>		Julie Caines	Alex Fraughton	Ashley Mumford	
	<b>Stroke</b>		Karen Kavanaugh	Paul Shaw	Sean Warner	
	<b>2</b>		Carolyn Whiteway	Kevin Feltmate	Susan Smith	
	<b>3</b>		Grant Johnson	Mike Noddin	Barry Burgess	
	<b>4</b>		Pierre Poirer	Diane D'Arcy	Jason Wilson	
	<b>5</b>		Tim Oldfird	Lesley Griffiths	Carolyn Mills	
	<b>6</b>		Joe Rowlands	Bonnie Anderson	Chyrstal Kennedy	
	<b>7</b>		Sue Duann	Julie Horrocks	Geraldine Copper	
	<b>Bow</b>		JK Keeping	Alex Muton	Dave McCulloch	
<b>Rank</b>						
<b>Elapsed</b>						

## NS Sprints - Sunday, July 19, 2009 HEATS

<b>7:00 AM Race#</b>	<b>1</b>	<b>Event</b>	<b>28</b>	<b>M M 1X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		<b>Club</b>		SJRC	NSRC	FRC			
		<b>Name(s)</b>		Craig Whittle	Dave McCulloch	Kevin Lunn			
		<b>Rank</b>							
		<b>Elapsed</b>							

<b>7:10 AM Race#</b>	<b>2</b>	<b>Event</b>	<b>27</b>	<b>M M 1X</b>	<b>Heat #2 of 2</b>	<b>2 to final plus next fastest</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		<b>Club</b>		NSRC	FRC	NSRC			
		<b>Name(s)</b>		Sean Warner	Steve Watson	Jim Barr			
		<b>Rank</b>							
		<b>Elapsed</b>							

<b>7:20 AM Race#</b>	<b>3</b>	<b>Event</b>	<b>30</b>	<b>OP W 2X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		<b>Club</b>		MMRC	HRC	FRC		KRC	
		<b>Name(s) Stroke</b>		Emily Duann	Haley Kerr	Lindsay May		TBA	
		<b>Bow</b>		Jenna Pelham	Heather McMillan	Stesha Gruttner		TBA	
		<b>Rank</b>							
		<b>Elapsed</b>							

<b>7:30 AM Race#</b>	<b>4</b>	<b>Event</b>	<b>30</b>	<b>OP W 2X</b>	<b>Heat #1 of 2</b>	<b>2 to final plus next fastest</b>			
				Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
		<b>Club</b>		FRC	HRC	NSRC			
		<b>Name(s) Stroke</b>		Stephanie Gillis	Krystyna Cowan	Laura Ross			
		<b>Bow</b>		Vanessa Paesani	Vanessa Perry	Kerith Gordon			
		<b>Rank</b>							
		<b>Elapsed</b>							





## NS Sprints - Sunday, July 19, 2009 HEATS

9:00 AM BREAK

9:10 AM Race# 12	Event 45	M M C+ 2X	Heat #1 of 2	2 to final plus next fastest		
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club		NSRC	NSRC	HRC		
Name(s) Stroke		Barry Burgess	Peter Webster	Kevin Feltmate		
Bow		Dave McCulloch	Rober Mills	Paul Shaw		
Rank						
Elapsed						

9:20 AM Race# 13	Event 45	M M C+ 2X	Heat #2 of 2	2 to final plus next fastest		
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club		NSRC	FRC	NSRC		
Name(s) Stroke		Ted Mussett	Jean-Noel Roy	Steve McIntosh		
Bow		Roger O'Neill	Andre Charron	Jeff Sawler		
Rank						
Elapsed						

9:30 AM Race# 14	Event 41	OP W 1X	Heat #1 of 2	2 to final plus next fastest		
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club		HRC	NSRC	KRC		
Name(s)		Heather McMillan	Kerith Gordon	Heather Peddle		
Rank						
Elapsed						

9:40 AM Race# 15	Event 41	OP W 1X	Heat #2 of 2	2 to final plus next fastest		
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Club		MMRC	FRC	HRC		
Name(s)		Emily Duann	Janice Lawrence	Marjo Laurinolli		
Rank						
Elapsed						

9:50 AM BREAK

# NS Sprints - Sunday, July 19, 2009 HEATS

**9:50 AM BREAK**

<b>10:00 AM Race # 16</b>	<b>Event</b>	<b>27</b>	<b>M W 2X</b>		<b>FINAL</b>		
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	<b>Club</b>			NSRC	MMRC	NSRC	HRC
	<b>Name(s)</b>	<b>Stroke</b>		Susan Smith	Karen Kavanaugh	Laurie Nivan	Julie Horrocks
		<b>Bow</b>		Krista Phillips	Carolyn Whiteway	Chrystal Kennedy	Diane D'Arcy
	<b>Rank</b>						
	<b>Elapsed</b>						

<b>10:10 AM Race # 17</b>	<b>Event</b>	<b>28</b>	<b>M M 1X</b>		<b>FINAL</b>		
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
	<b>Club</b>						
	<b>Name(s)</b>						
	<b>Rank</b>						
	<b>Elapsed</b>						

<b>10:20 AM Race # 18</b>	<b>Event</b>	<b>29</b>	<b>M M C+ 1X</b>		<b>FINAL</b>		
			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
	<b>Club</b>						
	<b>Name(s)</b>						
	<b>Rank</b>						
	<b>Elapsed</b>						

## NS Sprints - Sunday, July 19, 2009 HEATS

<b>10:30 AM Race # 19</b>	<b>Event</b>	<b>30</b>	<b>OP W 2X</b>	<b>FINAL</b>			
			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						
	Name(s) Stroke						
	Bow						
	Rank						
	Elapsed						

<b>10:40 AM Race # 20</b>	<b>Event</b>	<b>31</b>	<b>CG/JR M 1X</b>	<b>FINAL</b>			
			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						
	Name(s)						
	Rank						
	Elapsed						

<b>10:50 AM Race # 21</b>	<b>Event</b>	<b>32</b>	<b>CG/JR W 4X</b>	<b>FINAL</b>			
			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						
	Name(s) Stroke						
		2					
		3					
		Bow					
	Rank						
	Elapsed						

**11:00 AM BREAK**

## NS Sprints - Sunday, July 19, 2009 HEATS

11:10 AM Race # 22

Event	33	M M 2X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			FRC	NSRC	FRC	
Name(s)	Stroke		Kevin Lunn	Jeff Sawler	Jean-Noel Roy	
	Bow		Steve Watson	Jason Wilson	Andre Charron	
Rank						
Elapsed						

11:20 AM Race # 23

Event	34	M W 1X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club				NSRC	HRC	
Name(s)				Laura Ross	Marjo Laurinolli	
Rank						
Elapsed						

11:30 AM Race # 24

Event	35	M W C+ 1X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	HRC	NSRC	FRC	MMRC
Name(s)		Sue Duann	Katherine Harman	Carolyn Mills	Barb Dugas	Jocelyn Pletz
Rank						
Elapsed						

11:40 AM Race # 25

Event	36	CG/JR M 4X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			NB CG	NL CG	Compsite Crew FRC/HRC	
Name(s)	Stroke		Mike Craig	Zach Meaney	Rob Forestell	
	2		Robin Overing	Michael Noel	Andreas Marquis	
	3		Simon Gagnon	Brent Payne	Chris Fetter	
	Bow		Ben Charron	Robert Roach	Connor Booker (HRC)	
Rank						
Elapsed						

## NS Sprints - Sunday, July 19, 2009 HEATS

11:50 AM Race # 26

Event	37	N W 2X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			HRC	FRC		
Name(s)	Stroke		Janette Rhee	Shelby Lyons		
	Bow		Zoe Launcelott	Caroline Forestell		
Rank						
Elapsed						

12:00 PM BREAK

12:10 PM Race # 27

Event	38	OP M 4-	FINAL		TROPHY	
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club			SJRC	FRC	HRC	
Name(s)	Stroke		Adam Shea	Pat Cody	Niko MacLellan	
	2		Paul Hussey	Jamie Abbass	Alex Fraughton	
	3		Craig Whittle	Steve Watson	Paul Shaw	
	Bow		Adam Power	Kevin Lunn	Dan Murray	
Rank						
Elapsed						

12:20 PM Race # 28

Event	39	M W C+ 2X	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		MMRC	MMRC	HRC	FRC	NSRC
Name(s)	Stroke	Jane Smith-VanHorne	Sally Dean	Lesley Griffiths	Barb Dugas	Geraldine Cooper
	Bow	JK Keeping	Jocelyn Pletz	Bonnie Anderson	Brenda Gullison	Carolyn Mills
Rank						
Elapsed						

## NS Sprints - Sunday, July 19, 2009 HEATS

12:30 PM Race # 29	<b>Event</b>	<b>40</b>	<b>CG/JR W 4-</b>	<b>FINAL</b>			
			<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>		<b>NB CG</b>	<b>NL CG</b>	<b>HRC</b>	<b>NB CG</b>	<b>NL CG</b>
	<b>Name(s)</b>	<b>Stroke</b>	Michelle Roy	Allison Delong	Natalie Marsh	Laura Simond	Hilary Sinclair
		2	Maggie Macvey	Alyssa Devereaux	Julia Redmond	Ellen Langley	Holly Whelan
		3	Erica Ganong	Jane Brodie	Emily Hancock	Jess Seguin	Amanda Ryan
	<b>Bow</b>		Laura Corscadden	Stephanie Davis	Ruth Donald	Jen Johnston	Shannon Driscoll
	<b>Rank</b>						
	<b>Elapsed</b>						

12:40 PM Race # 30	<b>Event</b>	<b>41</b>	<b>OP W 1X</b>	<b>FINAL</b>			
			<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
			Next fastest	2nd Heat 1	1st Heat 1	1st Heat 2	2nd Heat 2
	<b>Club</b>						
	<b>Name(s)</b>						
	<b>Rank</b>						
	<b>Elapsed</b>						

12:50 PM Race # 31	<b>Event</b>	<b>42</b>	<b>OP M 2X</b>	<b>FINAL</b>			
			<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
	<b>Club</b>			<b>SJRC</b>	<b>HRC</b>	<b>FRC</b>	
	<b>Name(s)</b>	<b>Stroke</b>		Adam Power	Dan Murray	Jamie Abbass	
		<b>Bow</b>		Craig Whittle	Ryan Weis	Pat Cody	
	<b>Rank</b>						
	<b>Elapsed</b>						

1:00 PM BREAK

## NS Sprints - Sunday, July 19, 2009 HEATS

1:10 PM Race # 32

Event	43	CG/JR M 4-	FINAL			
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		NS CG	NB CG	NL CG	NB CG	
Name(s)	Stroke		Max Trzcinski	Keegan Drummond	Paul Hussey	Mike Craig
	2		Niko McLellan	Simon Gagnon	Mark Perry	Rob Alexander
	3		Alex Fraughton	Cameron Reid	Josh Sutton	Robin Overing
	Bow		Nick Troup	Greg Theriault	Chris Clark	Greg Tomney
Rank						
Elapsed						

1:20 PM Race # 33

Event	44	OP W 4-	FINAL	TROPHY		
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Club		SJRC	HRC	KRC	FRC	HRC
Name(s)	Stroke	Allison Delong	HeatherMcMillan	Gillian Layton	Janice Lawrence	Melanie Goodday
	2	Alyssa Devereaux	Sarah MacDonald	Patti Anglin	Jennifer Fitzpatrick	Meg Lobb
	3	Jane Brodie	Vanessa Perry	Sherri Curry	Lindsay May	Zoe Launcelott
	Bow	Stephanie Davis	Haley Kerr	Jennifer Petrovich	Stesha Gruttner	Laura Fraser
Rank						
Elapsed						

1:30 PM Race # 34

Event	45	M M C+ 2X	FINAL			
		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						
Name(s)	Stroke					
	Bow					
Rank						
Elapsed						

## NS Sprints - Sunday, July 19, 2009 HEATS

1:40 PM Race # 35

Event	46	OP M 8+	FINAL		
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Name(s)	Cox	MMRC	SJRC	NSRC	
	Stroke	Julie Caines	Robert Roach	Ashley Mumford	
	2	Grant Johnson	Adam Shea	Robert Mills	
	3	Pierre Poirer	Adam Power	Peter Webster	
	4	Pat Convey	Craig Whittle	Sean Warmer	
	5	Spencer Scott	Brent Payne	Barry Burgess	
	6	Tim Oldfird	Zach Meaney	Jason Wilson	
	7	Joe Rowlands	Ben Colbourne	Steve McIntosh	
	Bow	Chris Williams	Mark Perry	Jim Barr	
		Dave MacKinnon	Michael Noel	Dave McCulloch	
Rank					
Elapsed					

1:50 PM Race # 36

Event	47	CG/JR M Lwt 4-	FINAL		
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Name(s)	Stroke	NS GC	NL CG		
	2	Max Trzcinski	Tyler Young		
	3	Niko McLellan	Paul Hussey		
	Bow	Alex Fraughton	Josh Sutton		
		Nick Troup	Chris Clark		
Rank					
Elapsed					

2:00 PM BREAK

## NS Sprints - Sunday, July 19, 2009 HEATS

2:10 PM Race # 37

### Event 48 OP M 8+ DASH

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
<b>Club</b>		<b>MMRC</b>	<b>SJRC</b>		
<b>Name(s) Cox</b>		Julie Caines	Robert Roach		
<b>Stroke</b>		Grant Johnson	Adam Shea		
2		Pierre Poirer	Adam Power		
3		Pat Convey	Craig Whittle		
4		Spencer Scott	Brent Payne		
5		Tim Oldfird	Zach Meaney		
6		Joe Rowlands	Ben Colbourne		
7		Chris Williams	Mark Perry		
<b>Bow</b>		Dave MacKinnon	Michael Noel		
<b>Rank</b>					
<b>Elapsed</b>					

2:20 PM BREAK

2:30 PM Race # 38

### Event 49 OP MIX 8+ DASH

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
<b>Club</b>		<b>SJRC</b>	<b>HRC</b>	<b>NSRC</b>	<b>SJRC</b>
<b>Name(s) Cox</b>		Robert Roach	Olivia Newton	Ashley Mumford	Ben Colbourne
<b>Stroke</b>		Tyler Young	Dan Murray	Sean Warner	Adam Shea
2		Paul Hussey	Vanessa Perry	Susan Smith	Adam Power
3		Hilary Sinclair	Meg Lobb	Jim Barr	Craig Whittle
4		Holly Whelan	Mel Goodday	Jason Wilson	Brent Payne
5		Amanda Ryan	Heather McMillan	Carolyn Mills	Allison Delong
6		Shannon Driscoll	Alex Fraughton	Chyrstal Kennedy	Stephanie Davis
7		Josh Sutton	Niko MacLellan	Gerdine Cooper	Jane Brodie
<b>Bow</b>		Chris Clark	Connor Booker	Dave McCulloch	Alyssa Devereaux
<b>Rank</b>					
<b>Elapsed</b>					

2:40 PM MEDALS CEREMONY (OAKWOOD HOUSE)