





<b>RACE 5</b>	<b>10:45 AM</b>	<b>4000m</b>											
	<b>WAVE 1</b>												<b>10:45:00</b>
1	Calvin	Austen	M	U16	2005	OSTL	4000m	14:52.0	St. Thomas				
2	Sam	Willisie	M	U16	2006	DPVC	4000m	14:53.0	Putnam				
3	Aj	Denomme	M	U16	2006	SUND	4000m	15:00.0	Goderich				
4	Ella	Heredi	F	U16	2006	WLEG	4000m	15:02.0	Windsor				
5	Braden	Klomps	M	U16	2005	SUND	4000m	15:05.0	Bayfield				
6	Tyson	Currah	M	U16	2006	DPVC	4000m	15:08.0	Dorchester				
7	Brayden	Walker	M	U16	2006	REDG	4000m	15:10.0	St. Catharines				
8	Brooklyn	Quanz	F	U16	2005	SAUG	4000m	15:25.0	Port Elgin				
9	Colby	Baigent	M	U16	2006	DPVC	4000m	15:26.0	Dorchester				11:00:26
	<b>WAVE 2</b>												<b>10:45:30</b>
1	Luke	Belanger	M	U16	2006	SAUG	4000m	15:30.0	Port Elgin				
2	Alec	Bruin	M	U16	2006	LWTF	4000m	15:30.0	London				
3	Landy	Cooke-Bith	M	U16	2006	BURL	4000m	15:30.0	Burlington				
4	Rebecca	Haney	F	U16	2005	SASW	4000m	15:44.0	Sarnia				
5	Hannah	McIntyre	F	U16	2005	DPVC	4000m	15:45.0	Dorchester				
6	Jeff	MacPhail	M	Master	1971	THAC	4000m	15:45.0	Dorchester				
7	Aidan	Playfair	M	U16	2006	SAUG	4000m	15:55.0	Port Elgin				
8	Sarah	Watson	F	U16	2005	BURL	4000m	15:55.0	Burlington				11:01:25
<b>RACE 6</b>	<b>11:15 AM</b>	<b>4000m</b>											
	<b>WAVE 1</b>												<b>11:15:00</b>
1	Talis	Baldwin	M	U16	2006	SUND	4000m	16:00.0	Clinton				
2	Redding	Maxwell	M	U16	2005	REDG	4000m	16:00.0	Vineland				
3	Jolanta	Clark	F	U16	2006	REDG	4000m	16:00.0	St. Catharines				
4	Amelia	Dodds	F	U16	2005	MCTC	4000m	16:00.0	Hamilton				
5	Kelly	Mantel	F	U16	2005	BRNT	4000m	16:00.0	Princeton				
6	Katie	Boyd	F	U16	2005	LLTA	4000m	16:22.0	London				
7	Keeley	Van Horne	M	U16	2006	DPVC	4000m	16:30.0	Dorchester				
8	Acadia	Tremain	F	U16	2005	LAUR	4000m	16:40.1	Waterloo				11:31:40
	<b>WAVE 2</b>												<b>11:15:30</b>
1	Tegan	Ceccanese	F	U16	2005	DPVC	4000m	16:54.0	Dorchester				
2	Jayla	Catto	F	U16	2006	SAUG	4000m	16:55.0	Port Elgin				
3	Jenna	Wideman	F	U16	2005	DPVC	4000m	16:55.0	London				
4	Justin	Barnes	M	U16	2006	DPVC	4000m	17:00.0	Dorchester				
5	Julie	Reiter	F	Master	1980	UNON	4000m	17:00.0	Leamington				
6	Pierre	Quevillon	M	Master	1969	UNON	4000m	17:00.0	Timmins				
7	Ainsley	Vasarhelyi	F	U16	2006	LWTF	4000m	17:00.0	London				11:32:30
	<b>WAVE 3</b>												<b>11:16:00</b>
1	Kate	Raoux	F	U16	2005	WLEG	4000m	17:40.0	Windsor				
2	Katelyn	Ellis	F	U16	2005	OHOC	4000m	17:45.0	Hamilton				
3	Ziqi (isabell)	Zheng	F	U16	2005	LWTF	4000m	18:50.0	London				
4	Kathy	Mantel	F	Master	1967	BRNT	4000m	19:00.0	Princeton				
5	Victoria	Murray	F	U16	2006	RCAO	4000m	19:30.0	Georgetown				
6	Grace	Bousfield	F	U16	2006	RCAO	4000m	20:30.0	Guelph				
7	Katherine	Willis	F	Master	1958	UTTC	4000m	20:49.0	Cambridge				11:36:49
<b>RACE 7</b>	<b>11:50 AM</b>	<b>6000m</b>											
	<b>WAVE 1</b>												<b>11:50:00</b>
1	Talman	Young	M	U20	2002	RCAO	6000m	18:20.0	Kitchener				
2	Paul	Popescu	M	U20	2002	WLEG	6000m	18:48.0	Windsor				
3	Tennessee	Tremain	M	U18	2003	LAUR	6000m	18:48.1	Waterloo				
4	Eric	Campbell	M	U18	2003	NOCO	6000m	18:48.1	St. Catharines				

5	Sacha	Schimmelp	M	U20	2002	REDG	6000m	19:00.0	St Catharines	
6	Adrian	Stubberfiel	M	U20	2002	WLEG	6000m	19:15.0	Chatham	
7	Dylan	Tan	M	U18	2003	WLEG	6000m	19:20.0	Windsor	
8	Brent	Hagerty	M	U18	2004	OSTL	6000m	19:30.0	St. Thomas	12:09:30
	<b>WAVE 2</b>									<b>11:50:30</b>
1	Mason	Basson	M	U18	2004	OSTL	6000m	19:32.0	St. Thomas	
2	Aiden	Coles	M	U18	2004	LWTF	6000m	19:35.0	St. Thomas	
3	Heath	McAllister	M	U18	2004	LWTF	6000m	19:40.0	London	
4	Will	Leather	M	U18	2004	LAUR	6000m	19:42.1	Waterloo	
5	Jackson	Hayes	M	U18	2003	LAUR	6000m	19:42.1	Guelph	
6	Brendan	Chapple	M	U18	2004	LAUR	6000m	19:42.1	Waterloo	
7	Stevan	Stajic	M	U18	2003	WLEG	6000m	19:45.0	Belle River	
8	Brennan	Tedley	M	U18	2004	WLEG	6000m	19:45.0	Windsor	12:10:15
	<b>WAVE 3</b>									<b>11:51:00</b>
1	Nolan	Carvalho	M	U18	2004	WLEG	6000m	19:56.0	Windsor	
2	Tristan	Coles	M	U18	2004	LWTF	6000m	19:57.0	St. Thomas	
3	Ian	Young	M	U18	2003	LWTF	6000m	19:57.0	London	
4	Matt	Lafleur	M	U18	2003	UWAC	6000m	19:59.0	Windsor	
5	David	Rule	M	U18	2003	OHOC	6000m	20:00.0	Hamilton	
6	Gavin	Chamandy	M	U18	2004	UWAC	6000m	20:00.0	Windsor	
7	Owen	Pink	M	U18	2003	DPVC	6000m	20:01.0	Dorchester	12:11:01
<b>RACE 8</b>	<b>12:25 PM</b>	<b>6000m</b>								
	<b>WAVE 1</b>									<b>12:25:00</b>
1	Jack	Lehto	M	U18	2004	BURL	6000m	20:07.0	Burlington	
2	Owen	Lloyd	M	U18	2004	LAUR	6000m	20:10.1	Cambridge	
3	Phillip	Hammell	M	U18	2003	LAUR	6000m	20:10.1	Kitchener	
4	Vincent	Moore	M	U18	2004	OSTL	6000m	20:15.0	St. Thomas	
5	Cohen	Martin	M	U18	2004	SAUG	6000m	20:30.0	Port Elgin	
6	Evan	Beach	M	U20	2004	NOCO	6000m	20:30.0	Grimsby	
7	Tristan	Bouius	M	U18	2004	SAUG	6000m	20:30.0	Port Elgin	
8	Harrison	Belanger	M	U18	2004	OSTL	6000m	20:30.0	St. Thomas	12:45:30
	<b>WAVE 2</b>									<b>12:25:30</b>
1	Dylan	Ferri	M	U18	2004	BURL	6000m	20:35.0	Burlington	
2	Nathan	Paul	M	U18	2004	LAUR	6000m	20:42.1	Kitchener	
3	Matteo	Mauro	M	U18	2003	LAUR	6000m	20:42.1	Guelph	
4	David	Cummings	M	U18	2003	LAUR	6000m	20:52.1	Waterloo	
5	Will	Betik	M	U18	2004	LAUR	6000m	20:52.1	Waterloo	
6	Aidan	Morton Nir	M	U20	2003	LAUR	6000m	20:52.1	Kitchener	
7	Thomas	Papalia	M	U20	2004	LAUR	6000m	20:52.1	Cambridge	
8	Derek	Milroy	M	U20	2003	LAUR	6000m	20:52.1	Kitchener	12:46:22
	<b>WAVE 3</b>									<b>12:26:00</b>
1	Adam	Woehl	M	U18	2003	REDG	6000m	21:00.0	Ridgeway	
2	Reese	Arnold	M	U18	2004	REDG	6000m	21:00.0	Beamsville	
3	Riley	Coles	M	U18	2003	REDG	6000m	21:00.0	St. Catharines	
4	Nathaniel	Smyth	M	U18	2004	REDG	6000m	21:00.0	St. Catharines	
5	Nick	Reimer	M	U20	2001	REDG	6000m	21:00.0	St Catharines	
6	Drew	Vanderberg	M	U18	2003	RCAO	6000m	21:00.0	Guelph Ontario	12:47:00
<b>RACE 9</b>	<b>1:00 PM</b>	<b>6000m</b>								
	<b>WAVE 1</b>									<b>13:00:00</b>
1	Lachlan	Nelson	M	U18	2004	REDG	6000m	21:00.0	St. Catharines	
2	Tom	Voss	M	U18	2004	MCTC	6000m	21:00.0	Hamilton	

3	Tristan	Hanson	M	U18	2004	UWAC	6000m	21:00.0	Windsor		
4	Adam	Kleinsmith	M	U18	2004	TETC	6000m	21:10.0	St Catharines		
5	Markus	Schroeder	M	U18	2003	LAUR	6000m	21:17.1	Waterloo		
6	Mason	Petrucci	M	U18	2004	TETC	6000m	21:30.0	St Catharines		
7	Max	Morton	M	U18	2004	LWTF	6000m	21:30.0	London		13:21:30
	<b>WAVE 2</b>										<b>13:00:30</b>
1	Connor	Pelletier	M	U18	2004	TETC	6000m	22:00.0	Port Colborne		
2	Annika	Ariano	F	U20	2001	OACS	6000m	22:00.0	Coldstream BC		
3	Olivia	Roussel	F	U20	2001	RCAO	6000m	22:00.0	Guelph		
4	Haley	Davis	F	U20	2002	RCAO	6000m	22:00.0	Guelph		
5	Sandra	Guga	F	U20	2001	MISS	6000m	22:00.0	Mississauga		
6	Dylan	Thompson	M	U18	2004	LAUR	6000m	22:17.1	Waterloo		
7	Alex	Hopkins	M	U18	2003	LAUR	6000m	22:17.1	Guelph		
8	Sam	Bennett	M	U18	2003	LAUR	6000m	22:17.1	Guelph		
9	Cole	Cyrenne	M	U18	2004	UWAC	6000m	22:20.0	Windsor		13:22:50
	<b>WAVE 3</b>										<b>13:01:00</b>
1	Ryan	Beauregard	M	U18	2003	TETC	6000m	22:30.0	St Catharines		
2	Dianne	Deboer	F	U18	2003	LAUR	6000m	22:31.1	Guelph		
3	Robin	Bresolin	F	U18	2003	WLEG	6000m	22:32.0	LaSalle		
4	Justin	Cole	M	U18	2003	OSTL	6000m	22:48.0	St. Thomas		
5	Ainsley	Rocheleau	F	U18	2004	WLEG	6000m	22:55.0	Windsor		
6	Svend-Emil	Poulsen	M	U18	2003	RCAO	6000m	23:00.0	Kitchener		
7	Thomah	Perinpanay	M	U18	2004	LLTA	6000m	23:00.0	London		
8	Olivia	Dodds	F	U18	2004	MCTC	6000m	23:00.0	Hamilton		
9	Jonathan	Clark	M	U20	2002	REDG	6000m	23:00.0	St. Catharines		13:24:00
<b>RACE 10</b>	<b>1:40 PM</b>	<b>6000m</b>									
	<b>WAVE 1</b>										<b>13:40:00</b>
1	Noah	Waldmann	M	U18	2003	SAUG	6000m	23:15.0	Port Elgin		
2	Hallee	Knelsen	F	U18	2003	OSTL	6000m	23:15.0	St. Thomas		
3	Jalen	Marcil	F	U18	2003	LWTF	6000m	23:20.0	London		
4	Laine	Young	F	U18	2004	SUND	6000m	23:24.0	Stratford		
5	Emma	Pegg	F	U18	2003	WLEG	6000m	23:30.0	Ridgetown		
6	Peter	Frielink	M	U20	2001	UNON	6000m	23:30.0	Oro Station		
7	Sarah	MacGillivray	F	U18	2004	LAUR	6000m	23:31.1	Waterloo		
8	Alex	Hesch	F	U18	2004	LAUR	6000m	23:31.1	Kitchener		
9	Alexandra	Hankins	F	U18	2003	LAUR	6000m	23:31.1	Cambridge		14:03:31
	<b>WAVE 2</b>										<b>13:40:30</b>
1	Victoria	Lamb	F	U18	2003	LWTF	6000m	23:40.0	London		
2	Samara	Quanz	F	U20	2002	SAUG	6000m	23:45.0	Port Elgin		
3	Mason	Arps	M	U18	2003	SAUG	6000m	23:45.0	Port Elgin		
4	Bronwyn	Garniss	F	U18	2004	SUND	6000m	23:50.0	Wingham		
5	Ana	Morariu	F	U18	2003	SAUG	6000m	24:00.0	Port Elgin		
6	Aiden	Hinsperger	M	U18	2003	SAUG	6000m	24:00.0	Port Elgin		
7	Elysse	Fleming	F	U18	2003	LWTF	6000m	24:00.0	London		
8	Anna	Grabowski	F	U18	2003	RCAO	6000m	24:30.0	Waterdown		
9	Lola	Bater	F	U18	2003	LAUR	6000m	24:31.1	Waterloo		14:05:01
	<b>WAVE 3</b>										<b>13:41:00</b>
1	Kellie	Elrick	F	U18	2003	RCAO	6000m	24:45.0	Guelph		
2	Edna	Vargas	F	U18	2003	LAUR	6000m	24:48.1	Waterloo		
3	Laine	Barnfield	F	U18	2004	LWTF	6000m	24:50.0	London		
4	Hilary	Bishop	F	U18	2003	RCAO	6000m	25:00.0	MILTON		
5	Katya	Vanderberg	F	U18	2004	RCAO	6000m	25:00.0	Guelph Ontario		

6	Georgia	Bernhard	F	U18	2004	RCAO	6000m	25:00.0	Guelph		14:06:00
<b>RACE 11 2:20 PM 6000m</b>											
<b>WAVE 1</b>											<b>14:20:00</b>
1	Trinity	Braithwaite	F	U18	2004	RCAO	6000m	25:30.0	Guelph		
2	Rachel	Patten	F	U18	2004	WLEG	6000m	25:30.0	Windsor		
3	Tegan	Parry	F	U18	2004	LWTF	6000m	25:50.0	London		
4	Kieran	Stewart	F	U18	2004	LAUR	6000m	26:31.1	Elimira		
5	Mackenzie	Pearce	F	U18	2004	BURL	6000m	26:50.5	Burlington		
6	Carter	Steffler	M	U18	2003	KWTF	6000m	26:59.0	Elmira		
7	Leah-Joy	Gaensler	F	U20	2001	UNON	6000m	27:00.0	Smiths Falls		
8	Lily	McBride	F	U18	2004	BURL	6000m	27:05.0	Burlington		14:47:05
<b>WAVE 2</b>											<b>14:20:30</b>
9	Claire	Craig	F	U18	2003	OSTL	6000m	27:20.0	St. Thomas		
10	Nathan	Reid-Welfo	M	U20	2001	UNON	6000m	27:30.0	Keswick		
11	Hunter	Buday	F	U18	2003	BURL	6000m	27:33.0	Burlington		
12	Jonathan	McGrath	M	U18	2003	KWTF	6000m	27:38.5	Elmira		
13	Annika	Brink	F	U20		UNON	6000m	28:00.0			
14	Isaac	Jyrkama	M	U18	2003	KWTF	6000m	29:47.8	Kitchener		
15	Abigail	Leishman	F	U20	2001	UNON	6000m	31:20.0	Welland		14:51:50
<b>RACE 12 3:05 PM 8000m</b>											
<b>WAVE 1</b>											<b>15:05:00</b>
1	Andrew	Davies	M	Open	2000	HARB	8000m	23:40.0	Hamilton		
2	Max	Turek	M	Open	1999	HARB	8000m	23:50.0	Whitby		
3	Mitchell	Ubene	M	Open	1998	RCAO	8000m	23:50.0	Tecumseh ON		
4	Brandon	Allen	M	Open	1995	WLEG	8000m	24:18.0	Amherstburg		
5	John	Perrier	M	Open	2000	RCAO	8000m	24:30.0	Guelph		
6	Nicholas	Bannon	M	Open	2000	RCAO	8000m	24:30.0	Shelburne		
7	Dylan	Alick	M	Open	1998	HARB	8000m	24:40.0	Mississauga		
8	Josh	Zilles	M	Open	1997	UWAC	8000m	24:45.0	Windsor		
9	Nicholas	Falk	M	Open	1991	UWAC	8000m	25:15.0	Windsor		15:30:15
<b>WAVE 2</b>											<b>15:05:30</b>
1	Brendan	Simone	M	Open	1999	UWAC	8000m	25:15.0	Windsor		
2	Adam	Schmidt	M	Open	2000	RCAO	8000m	25:20.0	Guelph		
3	Matthew	Pardo	M	Open	1997	WLEG	8000m	25:41.5	Amherstburg		
4	David	Marchant	M	Open	2000	HARB	8000m	26:00.0	Hamilton		
5	Cole	Hannam	M	Open	1999	UWAC	8000m	26:20.0	Windsor		
6	Ethan	Kruisselbrin	M	Open	2001	SAUG	8000m	26:30.0	Allenford		
7	Ryan	Sleiman	M	Open	1995	WLEG	8000m	26:37.0	Kingsville		
8	Alexander	Rocheleau	M	Open	1995	WLEG	8000m	26:37.8	Windsor		
9	Hannah	Woodhous	F	Open	1997	RCAO	8000m	26:50.0	Guelph		15:32:20
<b>WAVE 3</b>											<b>15:05:30</b>
1	Benjamin	Bonsma	M	Open	1997	UNON	8000m	27:30.0	Smithville		
2	Kiana	Gibson	F	Open	1999	RCAO	8000m	28:00.0	Guelph		
3	James	Scott	M	Open	2000	UNON	8000m	28:50.0	Mindemoya		
4	Sydney	Pattison	F	Open	1998	UWAC	8000m	29:00.0	Windsor		
5	Emily	Drake	F	Open	1998	LAUR	8000m	32:39.0	Stratford		
6	Raymond	Stearns	M	Open		UNON	8000m	33:00.0			
7	Leah	Routenburg	F	Open	2000	UNON	8000m	38:00.0	Grey Highlands		
8	Brooklyn	Penelton	F	Open	1998	UNON	8000m	40:00.0	Ancaster		15:45:30