

Start time First Name Last Name Race

6:15 Check in begins
6:55 Duathlon Race Brief on front lawn

7:10	Norma-Jean	Worden-Rogers	Duathlon
7:10	Edith	Laliberté	Duathlon
7:10	Jeremy	Law	Duathlon
7:10	mike	todd	Duathlon
7:10	Maryse	Laliberte	Duathlon
7:10	Chantal	Dufresne	Duathlon
7:10	Pelletier	Rémi	Duathlon
7:10	Doran	Donovan	Duathlon
7:10	Alan	Miner	Duathlon
7:10	Barry	Fisher	Duathlon
7:10	Marc	Furlotte	Duathlon
7:10	Alex	MacEachern	Duathlon
7:20	Kali	Caulier	Super Sprint 1 Triathlon
7:20	Lydia	McInerney	Super Sprint 1 Triathlon
7:20	Devon	Theriault	Super Sprint 1 Triathlon
7:20	Darragh	Somers	Super Sprint 1 Triathlon
7:20	Michael	Beattie	Super Sprint 1 Triathlon
7:20	Devon	Pye	Super Sprint 1 Triathlon
7:20	George	Shannon	Super Sprint 1 Triathlon
7:30	Lisa	McKenna	Super Sprint 1 Triathlon
7:30	Nancy	Neatt	Super Sprint 1 Triathlon
7:30	Keri	Jackson	Super Sprint 1 Triathlon
7:30	Jill	Manderson	Super Sprint 1 Triathlon
7:30	Lorena	boutilier	Super Sprint 1 Triathlon
7:30	Sherry	Carter	Super Sprint 1 Triathlon
7:50	Matt	Webb	Super Sprint 1 Triathlon
7:50	Kevin	Neatt	Super Sprint 1 Triathlon
7:50	Keith	Burse	Super Sprint 1 Triathlon
7:50	David	Waugh	Super Sprint 1 Triathlon
7:50	Robert	MacDonald	Super Sprint 1 Triathlon
7:50	Robert	Patenaude	Super Sprint 1 Triathlon
7:50	Michael	Boutilier	Super Sprint 1 Triathlon
8:10	Laura	MacMillan	Super Sprint 2 Triathlon
8:10	Myriska	Caulier	Super Sprint 2 Triathlon
8:10	Francine	Heelan	Super Sprint 2 Triathlon
8:10	Louise	Moodie	Super Sprint 2 Triathlon
8:25	Cole	MacDonell	Super Sprint 2 Triathlon
8:25	Conor	Gillespie-Friesen	Super Sprint 2 Triathlon
8:25	Bryan	Bell	Super Sprint 2 Triathlon
8:25	David	MacKenzie	Super Sprint 2 Triathlon
8:25	Liam	McInerney	Super Sprint 2 Triathlon
8:25	Ian	Forbes	Super Sprint 2 Triathlon

8:25	Aodhan	Somers	Super Sprint 2 Triathlon
8:25	Brigham	Poole	Super Sprint 2 Triathlon
8:25	Daniel	Avery	Super Sprint 2 Triathlon
8:45	Nerissa	Mulligan	Super Sprint 2 Triathlon
8:45	Kate	Dobson	Super Sprint 2 Triathlon
8:45	Cleo	Burke	Super Sprint 2 Triathlon
8:45	Sabrina	Murray	Super Sprint 2 Triathlon
8:45	Malcolm	Boyle	Super Sprint 2 Triathlon
8:45	Paul	Brikis	Super Sprint 2 Triathlon
8:45	Stu	Ducklow	Super Sprint 2 Triathlon
8:45	David	Mundy	Super Sprint 2 Triathlon
8:45	Dion	Mckay	Super Sprint 2 Triathlon
9:15	Emily	Wood	Junior Sprint
9:15	Meggie	Soehl	Junior Sprint
9:15	Lucie	Vaverova	Junior Sprint
9:15	Jill	King	Junior Sprint
9:35	Graham	Muise	Junior Sprint
9:35	Joshua	Arsenault	Junior Sprint
9:35	Matthew	Beattie	Junior Sprint
9:35	Matt	Piggott	Junior Sprint
9:35	Brad	Piggott	Junior Sprint
9:35	Rene	Boudreau	Junior Sprint
9:35	Patrick	Mulherin	Junior Sprint
9:35	Jacob	Meisner	Junior Sprint
9:35	MacGregor	Grant	Junior Sprint
9:35	Taylor	Doucette	Junior Sprint
9:35	Parker	Vaughan	Junior Sprint
9:55	rick	woodburn	Sprint Distance Triathlon
9:55	Pat	Kennedy	Sprint Distance Triathlon
9:55	Pierre	Laporte	Sprint Distance Triathlon
9:55	Ian	Hill	Sprint Distance Triathlon
9:55	Douglas	Tupper	Sprint Distance Triathlon
9:55	Denis	Choquette	Sprint Distance Triathlon
9:55	Kevin	Hardy	Sprint Distance Triathlon
9:55	Steve	Saunders	Sprint Distance Triathlon
9:55	Paul	Shore	Sprint Distance Triathlon
9:55	Christopher	Richter	Sprint Distance Triathlon
9:55	Ron	MacDougall	Sprint Distance Triathlon
10:35	Kelly	Cox	Sprint Distance Triathlon
10:35	Andrea	Ouellette	Sprint Distance Triathlon
10:35	Denise	Mader	Sprint Distance Triathlon
10:35	Meaghan	McNamara	Sprint Distance Triathlon
10:35	Isabel	Lucas	Sprint Distance Triathlon
10:35	Monique	MacFarlane Conrad	Sprint Distance Triathlon
10:35	Tammy	Slaunwhite	Sprint Distance Triathlon
10:35	Janice	Campbell	Sprint Distance Triathlon
10:35	Patty	Livingston	Sprint Distance Triathlon

10:35 Erin	Thibault	Sprint Distance Triathlon
10:35 Delores	McKeen	Team
11:10 Tom	Rogers	Sprint Distance Triathlon
11:10 James	Tremblay	Sprint Distance Triathlon
11:10 Peter	Theriault	Sprint Distance Triathlon
11:10 Phillip	Caulier	Sprint Distance Triathlon
11:10 Donald	MacDonald	Sprint Distance Triathlon
11:10 James	McMillin	Sprint Distance Triathlon
11:10 Jonathan	Larlee	Sprint Distance Triathlon
11:10 Andrew	Tilley	Sprint Distance Triathlon
11:10 John	McInerney	Sprint Distance Triathlon
11:10 Jim	Ross	Sprint Distance Triathlon
11:10 greg	young	Sprint Distance Triathlon
11:30 Debi	Peverill	Sprint Distance Triathlon
11:30 Andrea	Baldwin	Sprint Distance Triathlon
11:30 Hayley	Burton	Sprint Distance Triathlon
11:30 Darlene	Caulier	Sprint Distance Triathlon
11:30 Karyn	Dolmont	Sprint Distance Triathlon
11:30 Marilyn	Pincock	Sprint Distance Triathlon
11:30 Shelley	Joudrey	Sprint Distance Triathlon
11:30 Patty	MacKinnon	Sprint Distance Triathlon
11:30 Virginia	Soehl	Sprint Distance Triathlon
11:50 Cory	Tetford	Sprint Distance Triathlon
11:50 Robert	Molloy	Sprint Distance Triathlon
11:50 Bruce	Ploughman	Sprint Distance Triathlon
11:50 Ian	McGrath	Sprint Distance Triathlon
11:50 Brett	Phillips	Sprint Distance Triathlon
11:50 Tom	Soehl	Sprint Distance Triathlon
11:50 peter	mackenzie	Sprint Distance Triathlon
11:50 Dan	Thompson	Sprint Distance Triathlon
11:50 Dan	Tremblay	Sprint Distance Triathlon
11:50 Scott	Jones	Sprint Distance Triathlon
11:50 Joel	Miller	Sprint Distance Triathlon
12:10 Elaine	Mattatall	Sprint Distance Triathlon
12:10 Allison	Geddes	Sprint Distance Triathlon
12:10 Nicola	Babstock	Sprint Distance Triathlon
12:10 Sarah	Mitchell	Sprint Distance Triathlon
12:10 Heather	Doucette	Sprint Distance Triathlon
12:10 Kelley	Polley	Sprint Distance Triathlon
12:10 Susan	Ploughman	Sprint Distance Triathlon
12:10 Dana	Phillips	Sprint Distance Triathlon
12:10 Carmelitta	MacIntyre	Sprint Distance Triathlon
12:30 Kevin	Walsh	Sprint Distance Triathlon
12:30 Tony	Walker	Sprint Distance Triathlon
12:30 Ryan	Gibbs	Sprint Distance Triathlon
12:30 Mathieu	Truchon	Sprint Distance Triathlon
12:30 Trevor	MacLean	Sprint Distance Triathlon

12:30	David	Keefe	Sprint Distance Triathlon
12:30	Patrick	Somers	Sprint Distance Triathlon
12:30	Maxime	Fournier	Sprint Distance Triathlon
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12:50	Brent	Limbeek	Sprint Distance Triathlon
12:50	Kharim	Schliewinsky	Sprint Distance Triathlon
12:50	David	Wilkie	Sprint Distance Triathlon
12:50	Geoff	Bennett	Sprint Distance Triathlon
12:50	Jason	Lawton	Sprint Distance Triathlon
12:50	Shannon	Wicks	Sprint Distance Triathlon
12:50	Steven	Crepeault	Sprint Distance Triathlon
12:50	Alex	Barlow	Sprint Distance Triathlon

12:30-2:15pm KIDS OF STEEL CHECK IN

2:30 PM KIDS OF STEEL BEGINS *Delayed start due to large numbers of adults in morning*

