

Final Schedule:

7:00pm – Women's 3000m

7:20pm – Men's 3000m

7:45pm – Heat 1 5000m

8:15pm – Heat 2 5000m

9:00pm – Men's 5000m Elite Section

Heats:

Women's 3000m

Johnston, Monica	Open	CHEB	11:31.00
Riley, Finn	Open	TLTC	11:50.00

Men's 3000m

King, Brett	Open	VAAC	8:58.00
Flemming, Owen	Open	HRHM	8:59.00
Gamble, Griffin	Open	CHEB	8:59.99
Quinton, Alex	Open	CHEB	9:15.00
MacKenzie, Conlan	Open	XTFC	9:23.52

Heat 1 5000m

Canning, Whitney	Open	UNA	18:59.00
Pound, Christine	Open	HRH	18:59.00
Wilson, Janie	Open	HRH	19:23.00
Lownie, Clara	Open	HRH	21:00.00
McHenry, Mary	Open	HRH	21:30.00
Spurr-Caveney, Amy	Open	HRH	22:30.00
Wilcox, Jake	Open	JLI	18:30.00
Kim, Eric	Open	HRH	18:50.00
Caveney, Liam	Open	HRH	19:00.00
Fournaud, Chris	Open	HRH	19:00.00
Peterson, Samuel	Open	UPEI	19:30.00
Cooke, Ian	Open	HRH	19:45.00
Casey, Adam	Open	HRHM	19:59.00
Thompson, David	Open	HRH	20:00.00
Phillips, Grant	Open	UNA	25:00.00
Bwisa, Jeff	Open	HRH	NT
Chaisson, Luka	Open	HRHM	NT
Cuthbert, Riley	Open	HRH	NT
Sulaimanov, Nursultan	Open	HRH	NT

Heat 2 5000m

Benoit, Eileen	Open	XTFC	17:48.00
James, Paula	Open	VAAC	17:56.00
Poirier, Erin	Open	HRH	18:15.00
Wieczorek, Maura	Open	HRH	18:15.00
Good, Benjamin	Open	XTFC	15:50.00
Pokotylets, Maksym	Open	UNA	15:50.00
Piccinin, Stephane	Open	HRH	15:55.00
Walker, Jonathan	Open	HRH	15:58.00
Fiander, Joseph	Open	UNNS	16:00.00
Freeman, Alec	Open	UNA	16:00.00
Gorman, Jeff	Open	UNNS	16:05.00
Holdway, Ian	Open	HRH	16:15.00
Firth, Mitchell	Open	HRH	17:00.00
Mason, Allister	Open	HRH	17:00.00
Rawling, Angus	Open	PPS	17:00.00
Lothead, Ryan	Open	HRH	17:30.00
McIntyre, Graham	Open	HRH	17:30.00
Robinson, Alan	Open	HRH	17:30.00
De Graaf, Chris	Open	HRH	17:47.00

Men's 5000m Elite Section

Peverill, Andrew	Open	UNNS	14:20.00
McDonald, Kieran	Open	HFST	14:31.67
Neuffer, Alex	Open	HRH	14:34.00
Grimshaw-Surette, Hudson	Open	SWNA	14:45.00
Benoit, Jacob	Open	XTFC	14:55.00
Gorman, Daniel	Open	CAF	14:55.00
Dewolfe, Cal	Open	UNNS	15:00.00
Izzeldin, Mustafa	Open	HRH	15:00.00
Robertson, Nick	Open	ISLA	15:00.00
Gallant, Luc	Open	XTFC	15:05.00