

NOSSA XC 2015

Sault Ste. Marie

School	MG	JG	SG	GTOT	MB	JB	SB	BTOT	TOTAL
Korah	10	10	--	20	2	10	8	20	40
Lo-Ellen Park	--	4	6	10	10	8	4	22	32
Espanola	--	6	1	7	8	--	10	18	25
Widdifield	2	--	10	12	4	--	6	10	22
Lockerby	--	8	4	12	--	--	--	0	12
Algonquin	8	1	2	11	--	--	--	0	11
St Joseph/Scollard	--	--	8	8	--	--	--	0	8
Elliot Lake	--	--	--	0	--	6	1	7	7
Marymount	6	--	--	6	--	--	--	0	6
Superior Hts	4	--	--	4	--	--	2	2	6
Notre-Dame	--	--	--	0	6	--	--	6	6
St Mary's	--	2	--	2	--	--	--	0	2
Chelmsford	1	--	--	1	--	--	--	0	1
Chippewa	--	--	--	0	1	--	--	1	1
Manitoulin	--	--	--	0	--	--	--	0	0
Lasalle	--	--	--	0	--	--	--	0	0
St Benedict	--	--	--	0	--	--	--	0	0
White Pines	--	--	--	0	--	--	--	0	0

NOSSA Cross Country Championships 2015**Hiawatha Kinsmen Park****Rankings****Event 1 Girls 3k Run CC Midget**

Name	Year School	Finals	Points
1 Ariane Saumure	Macdonald-Cartie	13:34.25	1
2 Catherine Héroux	ESC Algonquin	13:42.29	2
3 Katie Bethune	ESC Algonquin	13:43.96	3
4 Jade Hurley	Lively DSS	13:51.49	4
5 Mackenzie Rains	Korah CVS	14:06.97	5
6 Emma Ringette	Widdifield SS	14:34.62	6
7 Jillian Gleason	Joseph-Scollard	14:44.55	7
8 Jenna Faulkner	West Ferris SS	14:45.24	8
9 Natalie Marks De Chabris	Lo-Ellen Park SS	14:49.55	9
10 Maya Lortie	Korah CVS	15:00.14	10
11 Ruby Cheeseman	Korah CVS	15:03.90	11
12 Skylar Toms	Korah CVS	15:07.11	12
13 Eden Santi	Lo-Ellen Park SS	15:07.91	13
14 Jaime Schweyer	Marymount Regals	15:15.04	14
15 Catherine Mesich	Superior Hts CVS	15:17.99	15
16 Emily Heimonen	Superior Hts CVS	15:23.34	16
17 Olivia Simard	Korah CVS	15:28.30	17
18 Riley Coventry	St Mary's - SSMA	15:39.05	18
19 Megan Ierino	Marymount Regals	15:43.49	19
20 Shelia MacDougall	Widdifield SS	15:47.77	20
21 Julia Burns	Marymount Regals	15:49.18	21
22 Alyssa Smania	Marymount Regals	15:53.16	22
23 Ellexis MacDonald	St Mary's - SSMA	15:57.08	23
24 Dayna Templeton	Superior Hts CVS	16:07.92	24
25 Cassandra Carlson	Korah CVS	16:11.07	25
26 Maddie Campbell	Chelmsford Valle	16:14.09	26
27 Haley Gignac	Joseph-Scollard	16:16.12	27
28 Abby McLean	Superior Hts CVS	16:32.10	28
29 Lainie Donnelly	Chelmsford Valle	16:45.55	29
30 Josée Enman	ESC Algonquin	16:49.50	30
31 Sandra Wright	Korah CVS	16:58.26	31
32 Olivia Legendre	Marymount Regals	17:02.97	32
33 Jacklyn Krueger	St Benedict -Sud	17:03.59	33
34 Hannah Belanger	Widdifield SS	17:04.46	34
35 Hunter Jeff	West Ferris SS	17:12.52	35
36 Averil Gougeon	Lo-Ellen Park SS	17:18.91	36
37 Kate Dambremont	St Benedict -Sud	17:19.15	37
38 Danica Gagnon	ESC Algonquin	17:28.21	38
39 Sophie Kennepohl	W. C. Eaket SS	17:38.15	39
40 Julian Dawe	Korah CVS	17:38.55	40
41 Brittany Thornton	Marymount Regals	17:41.45	41
42 Madeline Coutu	Superior Hts CVS	17:43.48	42
43 Hanna Scott	Korah CVS	17:54.51	43
44 Grace Redmond	St Benedict -Sud	17:59.57	44
45 Bradyy Martin	Marymount Regals	18:08.87	45
46 Meghan Gough	Widdifield SS	18:12.96	46
47 Leah Duquette	Chelmsford Valle	18:18.27	47
48 Hannah Morningstar	St. Charles Coll	18:22.40	48
49 Kathryn Brady	Widdifield SS	18:31.71	49
50 Sierrah Sholtz	Joseph-Scollard	18:38.34	50
51 Jordan Lalonde	Marymount Regals	18:40.16	51
52 Mackenzie McMahon	ESC Algonquin	18:55.59	52

NOSSA Cross Country Championships 2015**Hiawatha Kinsmen Park****Rankings****Event 2 Boys 5k Run CC Midget**

Name	Year School	Finals	Points
1 Ethan Sheppard	Lockerby Comp Sc	18:09.21	1
2 Augustin Marks de Chabri	Lo-Ellen Park SS	18:09.85	2
3 Connor Jermy	Lo-Ellen Park SS	18:21.48	3
4 Keon Wallingford	Widdifield SS	18:40.51	4
5 Colin Withers	Espanola HS	18:56.14	5
6 Noah Gallant	Espanola HS	19:00.99	6
7 Lucas Mrozeerski	Lo-Ellen Park SS	19:10.26	7
8 Justin Watson	Notre-Dame -Sudb	19:11.12	8
9 Luca Nardi	Notre-Dame -Sudb	19:17.40	9
10 Declan MacDougal	Korah CVS	19:18.53	10
11 Jacob Socronsky	Lo-Ellen Park SS	19:39.77	11
12 Lukas Gauthier-Eadie	Espanola HS	19:48.45	12
13 Forrest Mandamin	White Pines CVS	19:54.65	13
14 Ryan Ouellette	École publiq	20:02.91	14
15 Zachari Mainville	Notre-Dame -Sudb	20:10.85	15
16 River McCubbin	Chippewa SS	20:14.83	16
17 John Stetch	Chippewa SS	20:17.46	17
18 Edward Steenhuis	Lockerby Comp Sc	20:21.19	18
19 Callum Bruser	Lo-Ellen Park SS	20:23.99	19
20 David Tyler	Elliot Lake SS	20:24.23	20
21 Cameron Oakes	Chelmsford Valle	20:28.45	21
22 Luke May	Korah CVS	20:29.98	22
23 Tony Piro	St Benedict -Sud	20:30.96	23
24 AJ Williamson	Joseph-Scollard	20:31.30	24
25 Jared Bishop	ESC Jeunesse-Nor	20:31.68	25
26 Daelin Henschel	Widdifield SS	20:35.86	26
27 Jacob Galema	Widdifield SS	20:38.05	27
28 Cameron Boland	Lo-Ellen Park SS	20:42.96	28
29 Jacob Fahey	Lockerby Comp Sc	20:44.29	29
30 Luc Couture	Notre-Dame -Sudb	20:48.11	30
31 Cole Davis	West Ferris SS	21:09.30	31
32 Tyler Dunn	Notre-Dame -Sudb	21:10.64	32
33 Jonnah Bennet	St Benedict -Sud	21:12.20	33
34 Brett Carr	St Mary's - SSMA	21:19.13	34
35 Caleb Parks	Espanola HS	21:36.57	35
36 Jeffrey Hamilton	Widdifield SS	21:45.16	36
37 Jordan Pinicivero	St Benedict -Sud	21:50.54	37
38 Montana Benson	Lo-Ellen Park SS	21:51.77	38
39 Cole Delarosbil	St Mary's - SSMA	22:20.34	39
40 Derek Jones	Chippewa SS	22:21.44	40
41 Jaden Grisdale	Korah CVS	22:46.88	41
42 Xander Perron	Korah CVS	22:49.66	42
43 Elam Wilson	Superior Hts CVS	22:57.95	43
44 Jake Venedam	St Benedict -Sud	23:04.36	44
45 Adam Kennedy	Joseph-Scollard	23:06.27	45
46 Kyle Foster	White Pines CVS	23:11.63	46
47 Michael Petella	Joseph-Scollard	23:13.44	47
48 Phoenix Collette	Chippewa SS	23:37.22	48
49 Dylan Label	Widdifield SS	23:37.75	49
50 Cory Pyne	Joseph-Scollard	23:39.20	50
51 Trent Heard	Elliot Lake SS	24:03.10	51
52 Sebastien Bouchard	Notre-Dame -Sudb	24:24.44	52

NOSSA Cross Country Championships 2015

Hiawatha Kinsmen Park

Rankings

Event 3 Girls 4k Run CC Junior

Name	Year School	Finals	Points
1 Nina Kucheran	Notre-Dame -Sudb	15:45.78	1
2 Robynne L'Ami	West Ferris SS	15:54.85	2
3 Hannah Jodoin	Korah CVS	15:58.54	3
4 Sydney Tarini	Lo-Ellen Park SS	16:04.20	4
5 Leah Ritacco	Korah CVS	16:20.00	5
6 Jady Pettenuzzo	Korah CVS	16:41.02	6
7 Sophie Laperrière	ESC Algonquin	16:44.94	7
8 Hillary Clark	Elliot Lake SS	16:46.89	8
9 Hannah Irwin	Widdifield SS	16:58.90	9
10 Shilo Rousseau	Central Algoma	17:05.99	10
11 Katie Keenan	Lockerby Comp Sc	17:08.02	11
12 Emma Klooster	Superior Hts CVS	17:11.34	12
13 Zena Pregent	Espanola HS	17:22.52	13
14 Kameryn Butler	Lockerby Comp Sc	17:23.05	14
15 Eva Laberge	Lockerby Comp Sc	17:38.88	15
16 Kylie Sullivan	Joseph-Scollard	17:40.48	16
17 Sam Barrett	Korah CVS	17:41.74	17
18 Morgan Smith	Lo-Ellen Park SS	17:44.60	18
19 Riley Rasom	Lockerby Comp Sc	17:51.81	19
20 MacKenna Podaltis	Espanola HS	17:54.58	20
21 Ally Buchan	Superior Hts CVS	17:56.75	21
22 Mary Grannary	Chippewa SS	17:57.69	22
23 Hailey Clark	Espanola HS	18:04.65	23
24 Leanne Britton-Foster	Elliot Lake SS	18:30.57	24
25 Angelica Rivera	Superior Hts CVS	18:45.31	25
26 Carlie Parker	Marymount Regals	18:54.74	26
27 Caelen Nadeau	St Mary's - SSMA	19:00.22	27
28 McKenna Perlin	Espanola HS	19:25.00	28
29 Summer Harman	St Mary's - SSMA	19:28.03	29
30 Olivia Oraziatti	St Mary's - SSMA	19:39.09	30
31 Ellen Perry	École publiq	19:41.79	31
32 Emma Caruso	ESC Algonquin	19:43.78	32
33 Sanskruti Patel	Korah CVS	19:44.72	33
34 Bridget Spoel	Lo-Ellen Park SS	19:44.95	34
35 Sydney Pigeon	St Mary's - SSMA	19:51.98	35
36 Taylor Elliot	Korah CVS	19:58.52	36
37 Molly Taylor	Chippewa SS	20:11.84	37
38 Jessica Kelso	West Ferris SS	20:13.06	38
39 Ashley Roberts	Widdifield SS	20:16.98	39
40 Kate Mah	Widdifield SS	20:21.30	40
41 Danielle Seguin	Joseph-Scollard	20:25.75	41
42 Katie Robertson	Widdifield SS	20:46.45	42
43 Alexa Mouton	Lo-Ellen Park SS	20:50.52	43
44 Abby Etmanski	ESC Algonquin	21:18.13	44
45 Makayla Dénomée	ESC Algonquin	21:40.95	45
46 Britney Lebel	Widdifield SS	21:43.16	46
47 Bailey Lebel	Widdifield SS	21:44.57	47
48 Alexie Clement	Notre-Dame -Sudb	21:49.44	48
49 Randi Saunders	Korah CVS	21:52.94	49
50 Frankie McMahon	Marymount Regals	22:05.43	50
51 Laura Gough	Widdifield SS	23:45.08	51
52 Mackenzie Jacobs	Elliot Lake SS	23:58.02	52

NOSSA Cross Country Championships 2015
Hiawatha Kinsmen Park
Rankings

....Event 4 Boys 6k Run CC Junior

3	Elliot Lake SS - Elliot L	51	1	9	20	21	22
	Total Time:	1:36:37.53					
	Average:	24:09.39					

NOSSA Cross Country Championships 2015**Hiawatha Kinsmen Park****Rankings****Event 5 Girls 5k Run CC Senior**

Name	Year School	Finals	Points
1 Megan Cruickshank	ESC Algonquin	20:38.00	1
2 Erin Hansel	West Ferris SS	20:54.32	2
3 Alyssa Randall	Widdifield SS	20:58.37	3
4 Kennedy Parks	Espanola HS	21:05.46	4
5 Allison Caswell	Lo-Ellen Park SS	21:06.80	5
6 Miranda Boudreau	Lockerby Comp Sc	21:25.37	6
7 Elaine D'Agostino	Joseph-Scollard	21:29.49	7
8 Sophie Pereira	ES du Sacre-Coeu	21:34.83	8
9 Meaghan Kelly	Joseph-Scollard	21:46.07	9
10 Ann-Marie Fredette	Widdifield SS	21:52.54	10
11 Marina Sinicrope	École publiq	21:57.02	11
12 Liana Hryniewicz	Korah CVS	22:13.74	12
13 Chloe Hunt	Chippewa SS	22:23.52	13
14 Olivia Wolfram	Widdifield SS	22:32.02	14
15 Natalie Lefebvre	Notre-Dame -Sudb	22:41.48	15
16 Karly Hellstrom	Lasalle SS	22:47.04	16
17 Jileen Kiloy	Joseph-Scollard	22:49.77	17
18 Shaylan Oakes	Elliot Lake SS	22:53.21	18
19 Kaitlyn Kennepohl	W. C. Eaket SS	22:58.70	19
20 Nicole Conlin	Lo-Ellen Park SS	23:04.12	20
21 Madi Kellestine	Lo-Ellen Park SS	23:04.59	21
22 Emma McArthur	Joseph-Scollard	23:19.51	22
23 Bronwyn Cooper	Lockerby Comp Sc	23:22.43	23
24 Claudia Schlosser	Joseph-Scollard	23:25.48	24
25 Karissa Merrylees	Manitoulin SS	23:39.57	25
26 Cassandra Smith	W. C. Eaket SS	23:42.24	26
27 Emily Drenth	Widdifield SS	23:47.08	27
28 McKenzie Turner	Manitoulin SS	24:05.68	28
29 Kate Richards	Lo-Ellen Park SS	24:14.00	29
30 Emily Pollard	Superior Hts CVS	24:20.50	30
31 Fiona Kirkham-Keating	Superior Hts CVS	24:21.55	31
32 Kyla Bruni	Lo-Ellen Park SS	24:33.27	32
33 Karly Piro	St Benedict -Sud	24:40.83	33
34 Emma McDougall	Lockerby Comp Sc	24:42.20	34
35 Alexandra Héroux	ESC Algonquin	24:44.87	35
36 Emma-Lee Wilson	Superior Hts CVS	24:46.85	36
37 Emmanuelle Faucher	ESC Algonquin	24:53.02	37
38 Katie Renaud	Espanola HS	24:55.23	38
39 Sila McGuffin	Korah CVS	24:56.36	39
40 Hailey Horton	ESC Jeunesse-Nor	25:03.65	40
41 Avery Gaboury	Joseph-Scollard	25:07.66	41
42 Melanie Aiton	Joseph-Scollard	25:11.38	42
43 Jordann Gauvreau	Joseph-Scollard	25:16.12	43
44 Jessica Marshall	Manitoulin SS	25:18.70	44
45 Alison Brazeau	Joseph-Scollard	25:20.66	45
46 Jenna Miller	Lasalle SS	25:31.77	46
47 Heather Nakanishi	Widdifield SS	25:32.41	47
48 Meghan Yachuk	Espanola HS	25:39.48	48
49 Kierstin Williams	White Pines CVS	25:43.30	49
50 Brooke Walker	Widdifield SS	25:47.21	50
51 Katia Paypompee	Elliot Lake SS	25:48.17	51
52 Sarah Yukich	Korah CVS	25:55.20	52

NOSSA Cross Country Championships 2015**Hiawatha Kinsmen Park****Rankings****....Event 5 Girls 5k Run CC Senior**

4	Lockerby Composite S - Su	120	6	23	34	57				
	Total Time:	1:35:43.96								
	Average:	23:55.99								
5	ESC Algonquin - North Bay	139	1	35	37	66	68	78	81	
	Total Time:	1:37:29.14								
	Average:	24:22.29								
6	Espanola HS - Espanola	143	4	38	48	53	77			
	Total Time:	1:37:36.69								
	Average:	24:24.18								
7	Korah CVS - Sault Ste Mar	158	12	39	52	55	60	62	75	76
	Total Time:	1:39:15.57								
	Average:	24:48.90								
8	Manitoulin SS - M'Chigeen	164	25	28	44	67				
	Total Time:	1:40:30.61								
	Average:	25:07.66								
9	Superior Hts C & VS - SS	180	30	31	36	83				
	Total Time:	1:44:33.87								
	Average:	26:08.47								
10	Lasalle SS - Sudbury	183	16	46	58	63	64			
	Total Time:	1:41:16.28								
	Average:	25:19.07								
11	Elliot Lake SS - Elliot L	186	18	51	56	61	79	80	85	
	Total Time:	1:41:26.07								
	Average:	25:21.52								
12	Marymount Regals	254	54	59	70	71				
	Total Time:	1:48:44.75								
	Average:	27:11.19								

NOSSA Cross Country Championships 2015**Hiawatha Kinsmen Park****Rankings****Event 6 Boys 7k Run CC Senior**

Name	Year School	Finals	Points
1 Reuben DuRand	Widdifield SS	22:54.60	1
2 Brendan Costello	Lo-Ellen Park SS	23:26.11	2
3 Jerryd McLeod-Maenpaa	White Pines CVS	23:47.85	3
4 Caleb Beland	Bish Alex Carter	24:04.00	4
5 Adriaan Vandermeer	Chippewa SS	24:40.33	5
6 Nick Keenan	Superior Hts CVS	24:55.21	6
7 Stavros Gallant	Lockerby Comp Sc	25:00.75	7
8 Justin Leale	Espanola HS	25:07.39	8
9 Logan Emiry	Espanola HS	25:14.54	9
10 Colton Lafrance	Espanola HS	25:26.93	10
11 Ben Lagadin	Lively DSS	25:27.37	11
12 Matteo Reich	Korah CVS	25:33.42	12
13 Finn Taylor	Superior Hts CVS	25:39.92	13
14 Sean Anderson	Lockerby Comp Sc	25:52.48	14
15 Noah Naccarato	Korah CVS	26:08.76	15
16 Jamison Douville	Elliot Lake SS	26:14.65	16
17 Isaiah Graber	White Pines CVS	26:30.00	17
18 Dawson Nootchtai	St Benedict -Sud	26:35.28	18
19 Jarod Milford	Lo-Ellen Park SS	26:38.79	19
20 Shane Charron	Korah CVS	26:42.38	20
21 Aiden Best	Lo-Ellen Park SS	26:51.17	21
22 Matthew Leale	Espanola HS	26:58.04	22
23 Sebastian Gingras	Korah CVS	27:01.10	23
24 Alex Labelle	Widdifield SS	27:18.03	24
25 James Manro	Lasalle SS	27:20.89	25
26 Jacques Tiessen	Elliot Lake SS	27:22.97	26
27 Connor McCarthy	Widdifield SS	27:33.21	27
28 Casey Crowe	Lo-Ellen Park SS	27:35.18	28
29 Noah Silvano	Korah CVS	27:49.25	29
30 James Mesich	Superior Hts CVS	27:51.09	30
31 Alex Gelymch	Korah CVS	28:00.26	31
32 Chris Dodds	Lo-Ellen Park SS	28:02.21	32
33 Carter Henschel	Widdifield SS	28:07.13	33
34 Kyle Reinhardt	W. C. Eaket SS	28:13.02	34
35 Jarod Roy	W. C. Eaket SS	28:18.25	35
36 Theoren McGregor	Espanola HS	28:23.95	36
37 Dawson Horner	École publiq	28:24.52	37
38 Kolton Weaver	St Benedict -Sud	28:38.16	38
39 Cameron Haslehurst	Widdifield SS	28:43.81	39
40 Aidrian Marcolini	St Benedict -Sud	28:50.47	40
41 Hayden Kelso	Chippewa SS	28:59.04	41
42 Joe Snyder	Widdifield SS	29:03.11	42
43 Elijah Everest	Widdifield SS	29:11.72	43
44 Alex Crowe	Lockerby Comp Sc	29:20.63	44
45 Jarod Paypompee	Elliot Lake SS	29:26.28	45
46 Hasandeep Chambal	Lo-Ellen Park SS	29:29.42	46
47 Conrad Naponse	St Benedict -Sud	29:40.34	47
48 Sean Smith	Korah CVS	29:41.86	48
49 William Scott	Manitoulin SS	29:42.39	49
50 Tanner Sullivan	Joseph-Scollard	29:42.73	50
51 Bailey Dale	Joseph-Scollard	29:43.07	51
52 Zane Johnston	Elliot Lake SS	29:52.83	52

NOSSA Cross Country Championships 2015
Hiawatha Kinsmen Park
Rankings

Event 7 Mixed 3k Run CC Para Race Para

Name	Year School	Finals	Points
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Results - Men 3000 Run

1 Jordan Burke	M Lo-Ellen Park SS	28:53.64	1
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NOSSA Cross Country Championships 2015
Hiawatha Kinsmen Park
Performance List - NOSSA XC

Event 1 Girls 3k Run CC Midget (15)

Name	School	Seed Time
1 Ariane Saumure	NOMC	13:34.25
2 Catherine Héroux	NOAL	13:42.29
3 Katie Bethune	NOAL	13:43.96
4 Jade Hurley	NOLI	13:51.49
5 Mackenzie Rains	NOKO	14:06.97
6 Emma Ringette	NOWI	14:34.62
7 Jillian Gleason	NOSJ	14:44.55
8 Jenna Faulkner	NOWF	14:45.24
9 Skylar Toms	NOKO	15:07.11
10 Olivia Simard	NOKO	15:28.30
11 Cassandra Carlsc	NOKO	16:11.07
12 Josée Enman	NOAL	16:49.50
13 Sandra Wright	NOKO	16:58.26
14 Danica Gagnon	NOAL	17:28.21
15 Mackenzie McM	NOAL	18:55.59

Event 2 Boys 5k Run CC Midget (14)

Name	School	Seed Time
1 Ethan Sheppard	NOLK	18:09.21
2 Augustin Marks	NOLO	18:09.85
3 Connor Jermyn	NOLO	18:21.48
4 Keon Wallingfo	NOWI	18:40.51
5 Colin Withers	NOES	18:56.14
6 Noah Gallant	NOES	19:00.99
7 Lucas Mrozeersk	NOLO	19:10.26
8 Justin Watson	NOND	19:11.12
9 Luca Nardi	NOND	19:17.40
10 Declan MacDoug	NOKO	19:18.53
11 Jacob Socronsky	NOLO	19:39.77
12 Lukas Gauthier-I	NOES	19:48.45
13 Callum Bruser	NOLO	20:23.99
14 Caleb Parks	NOES	21:36.57

Event 3 Girls 4k Run CC Junior (14)

Name	School	Seed Time
1 Nina Kucheran	NOND	15:45.78
2 Robynne L'Ami	NOWF	15:54.85
3 Hannah Jodoin	NOKO	15:58.54
4 Sydney Tarini	NOLO	16:04.20
5 Leah Ritacco	NOKO	16:20.00
6 Jady Pettenuzzc	NOKO	16:41.02
7 Sophie Laperrière	NOAL	16:44.94
8 Hillary Clark	NOEL	16:46.89
9 Katie Keenan	NOLK	17:08.02
10 Kameryn Butler	NOLK	17:23.05
11 Eva Laberge	NOLK	17:38.88
12 Sam Barrett	NOKO	17:41.74
13 Riley Rasom	NOLK	17:51.81
14 Sanskruti Patel	NOKO	19:44.72

Event 4 Boys 6k Run CC Junior (15)

Name	School	Seed Time
1 Nicholas Lamber	NOEL	20:48.19
2 Andrew Budau	NOKO	21:28.47
3 Connor Tait	NOKO	21:30.49
4 James Scott	NOMI	21:46.50
5 Josh Tillson	NOLO	21:47.36

6 Ryan Venditti	NOSJ	22:04.72
7 Jacob Verslype	NOSH	22:11.64
8 Kelly Thompson	NOLO	23:36.24
9 Noah Dickinson	NOEL	23:37.13
10 Sam Johnston	NOLO	23:41.48
11 Taylor Barker	NOKO	24:00.92
12 Denver Lambert	NOKO	24:26.62
13 Joe Beaupre	NOKO	25:07.32
14 James Norrie	NOLO	26:42.60
15 Arno Ryser	NOLO	27:06.76

Event 5 Girls 5k Run CC Senior (16)

Name	School	Seed Time
1 Megan Cruicksh	NOAL	20:38.00
2 Erin Hansel	NOWF	20:54.32
3 Alyssa Randall	NOWI	20:58.37
4 Kennedy Parks	NOES	21:05.46
5 Allison Caswell	NOLO	21:06.80
6 Miranda Boudrea	NOLK	21:25.37
7 Elaine D'Agostin	NOSJ	21:29.49
8 Meaghan Kelly	NOSJ	21:46.07
9 Ann-Marie Fred	NOWI	21:52.54
10 Olivia Wolfram	NOWI	22:32.02
11 Jileen Kiloy	NOSJ	22:49.77
12 Emma McArthur	NOSJ	23:19.51
13 Claudia Schlosse	NOSJ	23:25.48
14 Emily Drenth	NOWI	23:47.08
15 Heather Nakanis	NOWI	25:32.41
16 Brooke Walker	NOWI	25:47.21

Event 6 Boys 7k Run CC Senior (15)

Name	School	Seed Time
1 Reuben DuRand	NOWI	22:54.60
2 Brendan Costelle	NOLO	23:26.11
3 Jerryd McLeod-M	NOWP	23:47.85
4 Caleb Beland	NOAC	24:04.00
5 Adriaan Vandern	NOCW	24:40.33
6 Justin Leale	NOES	25:07.39
7 Logan Emiry	NOES	25:14.54
8 Colton Lafrance	NOES	25:26.93
9 Matteo Reich	NOKO	25:33.42
10 Noah Naccarato	NOKO	26:08.76
11 Shane Charron	NOKO	26:42.38
12 Matthew Leale	NOES	26:58.04
13 Sebastian Gingra	NOKO	27:01.10
14 Theoren McGreg	NOES	28:23.95
15 Levi Vermeer	NOES	31:19.93

Event 7 Mixed 3k Run CC Para Race Para (1)

Name	School	Seed Time
1 Jordan Burke	M NOLO	28:53.64