

2023 Spring Sprint - 2023-04-22 to 2023-04-23**Psych Sheet**

#1 Mixed 100 LC Meter Freestyle								
Name	Age Team	Seed Time						
1 Roos, River	M18 NRST	54.15	60 Cruickshank, Devyn	W15 COMOX	1:13.43	122 Lee, Sophia	W11 COMOX	1:42.53
2 Mountstevens, Rohin	M16 HST	54.61	61 Hayduk, Cassidy	W14 CRKW	1:13.83	123 Cox, Linnea	W11 NRST	1:42.67
3 Van Luven, Robert	M16 CHIN	56.35	62 Groome, Nicola	W15 NRST	1:14.64	124 Power, Grace	W10 NRST	1:44.20
4 Cheon, Noah	M14 HST	58.20	63 Cocksedge-hamilton, Adiant	W13 WIND	1:15.02	125 Hynd, Nora	W10 CHIN	1:44.30
5 Simard, Bodie	M16 HST	58.83	64 Skene, Jaxson	M15 CRKW	1:15.04	126 Schulte, Aveline	W12 CRKW	1:45.67
6 Elzinga, Lukas	M16 NRST	59.65	65 Yu, Anne	W13 ISC	1:15.23	127 Millns, Jax	M8 CRKW	1:45.67
7 Feschuk, Finn	M16 NRST	1:00.28	66 Flood, Brooklynn	W12 NRST	1:15.31	128 MacDonald, Beth	W11 NRST	1:50.44
8 Evans, Alex	M16 NRST	1:00.35	67 Garcia, Irene	W16 NRST	1:15.54	129 Buhr, Westley	M12 NRST	1:52.20
9 Alexander-Mitchell, Nolan	M18 CHIN	1:01.78	68 Tsai, Josh	M12 ISC	1:15.78	130 Martin, James	M12 NRST	1:52.40
10 Hynd, Ava	W16 CHIN	1:02.11	69 Rapp, Eva-Rose	W13 DST	1:16.01	131 Tindall, Luc	M9 NRST	1:56.05
11 Sheppard, Kennadie	W15 ISC	1:02.17	70 Van Der Mark, Samantha	W15 NRST	1:16.26	132 Marshall, Owen	M10 NRST	1:58.98
12 McCartney, Brody	M14 DST	1:02.37	71 Howard, London	W14 ISC	1:17.09	133 Hals, Lauren	W10 NRST	2:00.00
13 Macluskie, Nadia	W16 COMOX	1:02.47	72 Scott, Moriah	W12 CRKW	1:17.23	134 MacKay, Rya Robinson	W11 NRST	2:00.00
14 MacGregor, Kailie	W14 DST	1:02.76	73 Baldwin, Lauren	W16 NRST	1:17.32	135 Macluskie, Elyse	W11 COMOX	2:04.42
15 McPherson, Taylor	W13 NRST	1:03.39	74 McGuire, Alea	W12 NRST	1:17.65	136 White, Declan	M9 NRST	2:08.06
16 Patterson, Cameron	M13 NRST	1:03.74	75 Webber, Grace	W15 NRST	1:17.86	137 Shi, Don	M9 NRST	2:08.18
17 Barberie, Danielle	W16 NRST	1:03.77	76 Macalister, Xander	M11 NRST	1:19.02	138 Hearsey, Aiden	M9 NRST	2:10.33
18 Johannson, Brooke	W15 HST	1:04.04	77 Thompson, Lily	W13 HST	1:19.88	139 Scarr, Aarylyn	W12 NRST	2:15.15
19 Smith, Bayden	M14 HST	1:04.33	78 Atashband, Sophia	W13 DST	1:19.88	140 Groome, Charlotte	W11 NRST	2:19.13
20 Schaffner, Nina	W16 NRST	1:04.42	79 Stevenson, Phoebe	W11 NRST	1:20.29	141 Kohlruess, Aria	W12 LCSC	2:40.38
21 Karasz, Levi	M16 CRKW	1:04.56	80 Fletcher, Mathilda	W13 NRST	1:20.72	142 Strong, Isla	W9 NRST	2:45.00
22 Forsyth, Caius	M17 CHIN	1:04.99	81 Hicks, Abigail	W14 LCSC	1:20.82	143 Mali, Austin	M11 ISC	NT
23 Sprott, Jaime	W15 NRST	1:05.07	82 Weeks, Claire	W12 CRKW	1:20.90	144 Tran, Daniel	M12 ISC	NT
24 Stephen, Taelin	W14 LCSC	1:05.12	83 Gerbrandt, Samuel	M13 DST	1:21.59	145 Nesbitt, Rayelle	W11 ISC	NT
25 Blackburn, Connor	M15 NRST	1:05.15	84 Pellerin, Anabelle	W12 COMOX	1:22.87	146 Chatupromwong, Bella	W12 ISC	NT
26 Perry, Laine	W17 COMOX	1:05.49	85 Saccucci, Bennett	M10 COMOX	1:23.20	147 Shaver, Beckston	M11 ISC	NT
27 Runge, Luise	W18 NRST	1:05.71	86 Hutton, Mikhayla	W15 NRST	1:23.22	148 Warder, Elliot	M11 ISC	NT
28 de Jong, Sylvia	W13 NRST	1:06.09	87 Van Der Mark, Avery	W12 NRST	1:24.13	149 Millar, Charlie	W11 ISC	NT
29 Revenberg, Ava	W17 COMOX	1:06.47	88 Miller, Aryah	W12 NRST	1:24.35	150 Sabourin, Marianne	W12 ISC	NT
30 Ivantyshyn, Vasyl	M13 NRST	1:06.66	89 Bignell, Kate	W12 CRKW	1:24.58	151 Gregson, Edie	W11 ISC	NT
31 Nel, Luc	M13 COMOX	1:06.76	90 Graham, Ayla	W12 DST	1:24.85	152 Eames, Raina	W11 ISC	NT
32 van den Berg, Kyle	M14 NRST	1:06.83	91 Broome, Caia	W14 CHIN	1:25.00	153 Stewart, Jordan	W11 ISC	NT
33 Owens, Keyana	W15 CRKW	1:07.06	92 Rapp, Charlie	W11 DST	1:25.01	154 Dunaway, Teagan	W10 DST	NT
34 Saunders, Nicole	W17 NRST	1:07.38	93 MacGregor, Waylin	M10 DST	1:25.11	155 Castells, Ot	M15 DST	NT
35 Stiwich, Ryca	W15 DST	1:07.48	94 Nadiger, Kaitlyn	W12 ISC	1:26.84	156 Ruiter, Chelsea	W10 DST	NT
36 Gerbrandt, Gabriel	M15 DST	1:07.52	95 Reid, Waymouth	M11 COMOX	1:26.84	157 Condly, Ilan	W11 COMOX	NT
37 Revenberg, Grace	W18 COMOX	1:08.23	96 McQuillin, Connor	M12 COMOX	1:26.92	158 Roundhill, Tyla	W12 COMOX	NT
38 Lewall, Noah	M13 COMOX	1:08.33	97 Hynd, Nadia	W11 CHIN	1:27.68	159 St-Laurent, Rose	W12 COMOX	NT
39 McArthur, Kenzie	W13 CRKW	1:08.35	98 Horncastle, Owen	M12 NRST	1:28.76	160 Sulek, Tuesday	W11 COMOX	NT
40 Nel, Sophie	W15 COMOX	1:08.69	99 Paproski, Keana	W10 NRST	1:29.97	161 McDonald, Mykah	W11 COMOX	NT
41 Ho-Gillis, Jay	W15 COMOX	1:08.79	100 Krestinski, Luke	M13 CRKW	1:30.00	162 Jiang, Sophia	W12 COMOX	NT
42 Hynd, Keira	W14 CHIN	1:09.21	101 Millns, Isabella	W9 CRKW	1:30.00	163 Pellerin, Simon	M10 COMOX	NT
43 Zehtab, Atria	W16 HST	1:09.50	102 Flood, Zoey	W10 NRST	1:30.18	164 Schnell, Noah	M11 LCSC	NT
44 Chernov, Solena	W15 COMOX	1:09.76	103 Yee, Raya	W12 NRST	1:31.00	165 Searle, Tea	W11 LCSC	NT
45 Barr, Shelby	W14 NRST	1:09.77	104 Liu, Alex	M13 NRST	1:31.66	166 Tavakoli, Lara	W12 ISC	NT
46 Lutz, Noah	M12 NRST	1:09.85	105 Armstrong, Aaliyah	W12 NRST	1:31.69			
47 Chalker, Mackenzie	W14 NRST	1:09.91	106 Gonzales, Graydon	M11 LCSC	1:32.18			
48 Dagostini, Alessio	M15 NRST	1:10.15	107 Jackson, Charlee	W13 NRST	1:33.48			
49 Vose, Ella	W15 CRKW	1:10.55	108 Krestinski, Jesse	M10 CRKW	1:34.56			
50 Krestinski, Joshua	M15 CRKW	1:10.90	109 Dion, Teegan	W14 CRKW	1:34.56			
51 Vanjecek, Oliver	M14 CRKW	1:11.11	110 Henderson, Scarlettte	W13 CRKW	1:34.56			
52 Allen, Frances	W15 CHIN	1:11.27	111 Naicker, Kimaya	W10 CRKW	1:34.56			
53 Rossen, Kinsey	W14 HST	1:11.30	112 Bartlett, Ethan	M12 CHIN	1:35.00			
54 Bains, Zoe	W13 NRST	1:12.21	113 Christensen, Charlotte	W10 NRST	1:35.46			
55 White, Rosanna	W12 NRST	1:12.42	114 Greer, Cassandra	W13 NRST	1:36.39			
56 Dumont, Wyland	M14 DST	1:12.80	115 Lewall, Cameron	M11 COMOX	1:37.05			
57 Cox, Ainsley	W15 NRST	1:13.30	116 Catton-Cox, Christopher	M12 NRST	1:37.07			
58 Mceachen, Julianna	W15 NRST	1:13.38	117 van den Berg, Ryan	M9 NRST	1:37.73			
59 Johnson, Keira	W14 COMOX	1:13.42	118 Schulte, Edouard	M13 CRKW	1:40.00			
			119 Riddell, Niamh	W13 NRST	1:40.24			
			120 Gong, Michael	M11 NRST	1:40.40			
			121 Rechon-Reguet, Alexia	W11 NRST	1:41.32			

#2 Mixed 50 LC Meter Butterfly		
Name	Age Team	Seed Time
1 Simard, Bodie	M16 HST	26.36
2 Roos, River	M18 NRST	27.00
3 Elzinga, Lukas	M16 NRST	27.37
4 Van Luven, Robert	M16 CHIN	27.84
5 Gunther, Ayva D	W16 WIND	29.29
6 Evans, Alex	M16 NRST	29.45
7 Southen, Sam	M16 COMOX	30.00
8 Karasz, Levi	M16 CRKW	30.03
9 Johannson, Brooke	W15 HST	30.06
10 McPherson, Taylor	W13 NRST	30.20
11 Sheppard, Kennadie	W15 ISC	30.38
12 Hynd, Ava	W16 CHIN	30.71
13 Forsyth, Caius	M17 CHIN	31.00
14 Alexander-Mitchell, Nolan	M18 CHIN	31.00

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#2 ... (Mixed 50 LC Meter Butterfly)

15	Feschuk, Finn	M16 NRST	31.44
16	Macluskie, Tobias	M15 COMOX	31.54
17	Macluskie, Nadia	W16 COMOX	31.64
18	Raume, Jordan	M18 COMOX	31.67
19	Wang, Winona	W14 NRST	31.67
20	Patterson, Cameron	M13 NRST	31.72
21	Fergus, Jack	M13 NRST	31.79
22	Cottrell, Kelana	W12 NRST	32.05
23	Millns, Zac	M14 CRKW	32.31
24	Lathangue, Kaya	W17 COMOX	32.41
25	Choquette, Lincoln	W17 HST	32.46
26	Chalker, Mackenzie	W14 NRST	32.46
27	Woldnik, Sasha	M13 COMOX	32.80
28	Ivantyshyn, Vasyl	M13 NRST	32.99
29	Zehtab, Atria	W16 HST	33.11
30	Sprott, Jaime	W15 NRST	33.44
31	Hynd, Keira	W14 CHIN	33.45
32	Runge, Luise	W18 NRST	34.03
33	van den Berg, Kyle	M14 NRST	34.10
34	Revenberg, Ava	W17 COMOX	34.57
35	Odonnell, Russell M	M13 WIND	34.59
36	Barr, Shelby	W14 NRST	34.59
37	Felt, Kayla	W12 ISC	34.91
38	Rossen, Kinsey	W14 HST	34.99
39	Saxon, Chase	M14 ISC	35.16
40	Brown, Brayden	M14 CRKW	35.33
41	Denneny, Ava	W15 ISC	35.36
42	Cox, Ainsley	W15 NRST	35.49
43	Smith, Bayden	M14 HST	35.50
44	Dagostini, Alessio	M15 NRST	35.71
45	Pendergast, Gavin	M16 NRST	35.82
46	Johnson, Keira	W14 COMOX	36.02
47	Perry, Laine	W17 COMOX	36.22
48	Mceachen, Julianna	W15 NRST	36.42
49	Krestinski, Joshua	M15 CRKW	36.78
50	Palmer, Hudson	M14 NRST	36.81
51	Revenberg, Julia	W15 COMOX	36.83
52	Medler, Samuel	M16 ISC	36.95
53	Price, Jaden	W13 ISC	37.16
54	Widmeyer, Simone	W16 NRST	37.17
55	James, Edward	M12 DST	37.52
56	Price, Taylor	W15 ISC	37.68
57	Mussellam, Gabriel B	M13 WIND	37.73
58	Wigger, Logan	M15 COMOX	37.76
59	Groome, Nicola	W15 NRST	37.85
60	Lowres, Reid	M13 ISC	38.16
61	Paproski, Kailyn	W12 NRST	38.67
62	Rapp, Eva-Rose	W13 DST	39.01
63	Saunders, Nicole	W17 NRST	39.30
64	Lutz, Meghan	W15 NRST	39.32
65	Cruickshank, Devyn	W15 COMOX	39.47
66	Bains, Zoe	W13 NRST	39.98
67	Garcia, Irene	W16 NRST	41.03
68	Baldwin, Lauren	W16 NRST	41.04
69	Lutz, Noah	M12 NRST	41.81
70	Rapp, Charlie	W11 DST	42.01
71	Van Der Mark, Samantha	W15 NRST	43.15
72	Webber, Grace	W15 NRST	43.28
73	Vose, Ella	W15 CRKW	43.34
74	Thompson, Lily	W13 HST	44.66

75	Broome, Caia	W14 CHIN	45.00
76	Hudec, Stella	W12 CHIN	45.00
77	McGuire, Alea	W12 NRST	45.19
78	Horncastle, Owen	M12 NRST	45.45
79	Macluskie, Elyse	W11 COMOX	45.55
80	Scott, Moriah	W12 CRKW	45.67
81	Vanjcek, Oliver	M14 CRKW	45.67
82	Elford, Will	M16 ISC	46.36
83	McGuire, Ashton	M9 NRST	46.63
84	Macalister, Xander	M11 NRST	46.71
85	Fletcher, Mathilda	W13 NRST	46.86
86	Good, Siena	W13 CHIN	47.47
87	Millns, Isabella	W9 CRKW	47.89
88	Krestinski, Luke	M13 CRKW	48.98
89	Trenholm, Adelaide	W12 NRST	49.58
90	Naicker, Kimaya	W10 CRKW	49.99
91	Schulte, Aveline	W12 CRKW	50.00
92	Schulte, Edouard	M13 CRKW	50.00
93	Catton-Cox, Christopher	M12 NRST	50.51
94	Pellerin, Anabelle	W12 COMOX	51.12
95	Lord, Isla	W15 ISC	51.42
96	Hynd, Nora	W10 CHIN	52.70
97	Schneider, Jacob	M15 ISC	53.72
98	Cajolet, Chloe	W12 NRST	54.47
99	Armstrong, Lilah	W9 NRST	54.73
100	Jackson, Charlee	W13 NRST	55.41
101	Nesbitt, Annika	W14 ISC	56.31
102	Millns, Jax	M8 CRKW	56.78
103	Dion, Teegan	W14 CRKW	56.78
104	Henderson, Scarlett	W13 CRKW	56.78
105	Macalister, Liv	W10 NRST	57.33
106	Crockford, Noah	M14 ISC	57.80
107	Brideau, Tyce	M16 CRKW	59.45
108	MacKay, Rya Robinson	W11 NRST	1:00.00
109	Woodward, Aline	W14 ISC	1:04.42
110	Liu, Alex	M13 NRST	1:05.05
111	Martin, James	M12 NRST	1:15.00
112	Shi, Don	M9 NRST	1:15.00
113	Tran, Daniel	M12 ISC	NT
114	Nesbitt, Rayelle	W11 ISC	NT
115	Chatupromwong, Bella	W12 ISC	NT
116	Miller, Charlie	M14 ISC	NT
117	Howard, London	W14 ISC	NT
118	Sabourin, Philippe	M14 ISC	NT
119	Ruiter, Matthew	M14 DST	NT
120	Lempinen, Nina	W10 DST	NT
121	Chadt, Eva	W15 DST	NT
122	Castells, Ot	M15 DST	NT
123	Graham, Ayla	W12 DST	NT
124	Ruiter, Chelsea	W10 DST	NT
125	Condly, Ilan	W11 COMOX	NT
126	Roundhill, Tyla	W12 COMOX	NT
127	Reid, Waymouth	M11 COMOX	NT
128	Jiang, Sophia	W12 COMOX	NT
129	Kohlruess, Aria	W12 LCSC	NT
130	Stiwich, Nella	W11 DST	NT

#3 Mixed 100 LC Meter Backstroke

Name	Age Team	Seed Time	
1	Gonzales, Colton	M13 LCSC	1:01.64
2	Roos, River	M18 NRST	1:02.44
3	Pearse, Peyton	M15 NRST	1:05.24

4	McCartney, Brody	M14 DST	1:07.57
5	Gunther, Ayva D	W16 WIND	1:08.90
6	Cheon, Noah	M14 HST	1:09.18
7	Haugen, Sarah	W15 CRKW	1:10.50
8	Barberie, Danielle	W16 NRST	1:10.82
9	Millns, Zac	M14 CRKW	1:11.11
10	Schaffner, Nina	W16 NRST	1:11.32
11	MacGregor, Kailie	W14 DST	1:11.70
12	Pendergast, Gavin	M16 NRST	1:13.91
13	Lewall, Noah	M13 COMOX	1:14.08
14	Saxon, Chase	M14 ISC	1:14.16
15	Owens, Keyana	W15 CRKW	1:14.91
16	Saunders, Daniel	M14 NRST	1:15.36
17	Stephen, Taelin	W14 LCSC	1:15.68
18	Blackburn, Connor	M15 NRST	1:15.76
19	de Jong, Sylvia	W13 NRST	1:16.00
20	Cottrell, Kelana	W12 NRST	1:16.06
21	Scott, Moriah	W12 CRKW	1:16.17
22	Lutz, Noah	M12 NRST	1:16.71
23	Fergus, Jack	M13 NRST	1:17.66
24	Hynd, Keira	W14 CHIN	1:17.69
25	Allen, Frances	W15 CHIN	1:18.93
26	Brown, Brayden	M14 CRKW	1:19.12
27	Saunders, Nicole	W17 NRST	1:19.54
28	Forsyth, Caius	M17 CHIN	1:20.16
29	Revenberg, Grace	W18 COMOX	1:21.43
30	Good, Siena	W13 CHIN	1:22.00
31	Zehtab, Atria	W16 HST	1:22.15
32	Cox, Ainsley	W15 NRST	1:22.71
33	Cockledge-hamilton, Adiant	W13 WIND	1:22.93
34	Riendl-Ling, Cassia	W12 NRST	1:22.96
35	MacGregor, Lauchlin	M12 DST	1:23.10
36	Lord, Isla	W15 ISC	1:23.33
37	Krestinski, Joshua	M15 CRKW	1:23.45
38	Widmeyer, Simone	W16 NRST	1:25.16
39	Tsai, Josh	M12 ISC	1:26.88
40	Stiwich, Ryca	W15 DST	1:26.94
41	Hutton, Mikhayla	W15 NRST	1:26.97
42	Flood, Brooklynn	W12 NRST	1:27.65
43	Yu, Anne	W13 ISC	1:27.75
44	Dagostini, Alessio	M15 NRST	1:27.82
45	Johnson, Nathan	M16 COMOX	1:28.76
46	Van Der Mark, Samantha	W15 NRST	1:28.76
47	McGuire, Alea	W12 NRST	1:31.36
48	Van Der Mark, Avery	W12 NRST	1:32.21
49	Brideau, Tyce	M16 CRKW	1:32.63
50	Stevenson, Phoebe	W11 NRST	1:34.80
51	Hicks, Abigail	W14 LCSC	1:34.92
52	Broome, Caia	W14 CHIN	1:35.00
53	McQuillin, Connor	M12 COMOX	1:35.15
54	Baldwin, Lauren	W16 NRST	1:35.26
55	Schneider, Jacob	M15 ISC	1:35.51
56	Atashband, Sophia	W13 DST	1:35.78
57	Gonzales, Graydon	M11 LCSC	1:36.70
58	Horncastle, Owen	M12 NRST	1:37.08
59	Hynd, Nadia	W11 CHIN	1:37.23
60	Millns, Isabella	W9 CRKW	1:39.99
61	Schulte, Aveline	W12 CRKW	1:40.00
62	Weeks, Claire	W12 CRKW	1:40.00
63	Eames, Raina	W11 ISC	1:41.56
64	Flood, Zoey	W10 NRST	1:42.98
65	Nadiger, Kaitlyn	W12 ISC	1:43.42

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#3 ... (Mixed 100 LC Meter Backstroke)

66	Miller, Aryah	W12 NRST	1:43.93
67	Rapp, Charlie	W11 DST	1:44.01
68	Mitchell, Sapphire F	W13 WIND	1:45.00
69	Hayduk, Cassidy	W14 CRKW	1:45.30
70	Reid, Waymouth	M11 COMOX	1:45.45
71	Yee, Raya	W12 NRST	1:45.56
72	Krestinski, Jesse	M10 CRKW	1:45.67
73	Schulte, Edouard	M13 CRKW	1:45.67
74	Henderson, Scarlettte	W13 CRKW	1:45.67
75	Shaver, Beckston	M11 ISC	1:45.97
76	McArthur, Kenzie	W13 CRKW	1:46.62
77	Greer, Cassandra	W13 NRST	1:48.37
78	Lee, Sophia	W11 COMOX	1:50.15
79	Preston, Angus	M13 DST	1:50.52
80	Riddell, Niamh	W13 NRST	1:53.19
81	Cox, Linnea	W11 NRST	1:54.34
82	Gong, Michael	M11 NRST	1:55.10
83	van den Berg, Ryan	M9 NRST	1:55.80
84	Bartlett, Ethan	M12 CHIN	1:58.00
85	Tindall, Luc	M9 NRST	2:02.58
86	Gregson, Edie	W11 ISC	2:08.99
87	Jackson, Charlee	W13 NRST	2:12.99
88	Marshall, Owen	M10 NRST	2:13.25
89	Hearsey, Aiden	M9 NRST	2:16.19
90	Kohlruss, Aria	W12 LCSC	2:20.00
91	Rechon-Reguet, Alexia	W11 NRST	2:26.56
92	White, Declan	M9 NRST	2:27.08
93	Groome, Charlotte	W11 NRST	2:30.00
94	McGuire, Ashton	M9 NRST	2:30.00
95	Buhr, Westley	M12 NRST	2:30.46
96	Strong, Isla	W9 NRST	2:45.00
97	Chatupromwong, Bella	W12 ISC	NT
98	Warder, Elliot	M11 ISC	NT
99	Millar, Charlie	W11 ISC	NT
100	Sabourin, Marianne	W12 ISC	NT
101	Stewart, Jordan	W11 ISC	NT
102	Dunaway, Teagan	W10 DST	NT
103	Chadt, Eva	W15 DST	NT
104	MacGregor, Waylin	M10 DST	NT
105	Castells, Ot	M15 DST	NT
106	Ruiter, Chelsea	W10 DST	NT
107	Condly, Ilan	W11 COMOX	NT
108	Roundhill, Tyla	W12 COMOX	NT
109	St-Laurent, Rose	W12 COMOX	NT
110	Lewall, Cameron	M11 COMOX	NT
111	McDonald, Mykah	W11 COMOX	NT
112	Jiang, Sophia	W12 COMOX	NT
113	Pellerin, Simon	M10 COMOX	NT
114	Schnell, Noah	M11 LCSC	NT
115	Searle, Tea	W11 LCSC	NT
116	Tavakoli, Lara	W12 ISC	NT

#4 Mixed 200 LC Meter Breaststroke

Name	Age Team	Seed Time	
1	Smith, Bayden	M14 HST	2:35.97
2	Elzinga, Lukas	M16 NRST	2:44.87
3	Mountstevens, Rohin	M16 HST	2:46.26
4	Haugen, Sarah	W15 CRKW	2:52.31
5	Wang, Winona	W14 NRST	2:53.14
6	Johnson, Nathan	M16 COMOX	2:54.02

7	Palmer, Hudson	M14 NRST	2:55.30
8	Choquette, Lincoln	W17 HST	2:57.33
9	Alexander-Mitchell, Nolan	M18 CHIN	2:58.00
10	Gong, Michael	M11 NRST	2:59.59
11	Sprott, Jaime	W15 NRST	3:00.71
12	Feschuk, Finn	M16 NRST	3:01.31
13	McPherson, Taylor	W13 NRST	3:01.82
14	Widmeyer, Simone	W16 NRST	3:03.68
15	Miller, Charlie	M14 ISC	3:03.91
16	Rossen, Kinsey	W14 HST	3:05.32
17	Stiwich, Ryca	W15 DST	3:09.15
18	Evans, Alex	M16 NRST	3:11.78
19	Good, Siena	W13 CHIN	3:12.23
20	Nesbitt, Annika	W14 ISC	3:15.16
21	Odonnell, Russell M	M13 WIND	3:16.08
22	Price, Jaden	W13 ISC	3:17.00
23	Ruiter, Matthew	M14 DST	3:18.68
24	Revenberg, Ava	W17 COMOX	3:19.70
25	Lowres, Reid	M13 ISC	3:21.95
26	Groome, Nicola	W15 NRST	3:24.75
27	Woodward, Aline	W14 ISC	3:25.16
28	Hudec, Stella	W12 CHIN	3:25.29
29	Crockford, Noah	M14 ISC	3:25.36
30	Medler, Samuel	M16 ISC	3:27.27
31	Gonzales, Colton	M13 LCSC	3:28.26
32	Thompson, Lily	W13 HST	3:29.77
33	James, Edward	M12 DST	3:30.11
34	Paproski, Kailyn	W12 NRST	3:30.55
35	Skene, Jaxson	M15 CRKW	3:30.71
36	Pendergast, Gavin	M16 NRST	3:31.82
37	Webber, Grace	W15 NRST	3:34.23
38	Gerbrandt, Samuel	M13 DST	3:35.88
39	Price, Taylor	W15 ISC	3:37.17
40	Rapp, Eva-Rose	W13 DST	3:39.01
41	Dion, Teegan	W14 CRKW	3:45.67
42	Bignell, Kate	W12 CRKW	3:45.67
43	Mitchell, Sapphire F	W13 WIND	3:48.00
44	Pellerin, Anabelle	W12 COMOX	3:49.83
45	Paproski, Keana	W10 NRST	3:50.55
46	Elford, Will	M16 ISC	3:56.77
47	MacGregor, Waylin	M10 DST	3:59.33
48	Flood, Zoey	W10 NRST	4:03.05
49	Felt, Kayla	W12 ISC	4:06.28
50	Greer, Cassandra	W13 NRST	4:06.43
51	Scarr, Aarylyn	W12 NRST	5:00.00
52	Mali, Austin	M11 ISC	NT
53	Chatupromwong, Bella	W12 ISC	NT
54	Dunaway, Teagan	W10 DST	NT
55	Lempinen, Nina	W10 DST	NT
56	Preston, Angus	M13 DST	NT
57	Saccucci, Bennett	M10 COMOX	NT
58	Sulek, Tuesday	W11 COMOX	NT
59	Stiwich, Nella	W11 DST	NT

#5 Mixed 200 LC Meter IM

Name	Age Team	Seed Time	
1	Simard, Bodie	M16 HST	2:15.05
2	Raume, Jordan	M18 COMOX	2:15.20
3	Mountstevens, Rohin	M16 HST	2:16.04
4	Pearse, Peyton	M15 NRST	2:20.53
5	Southen, Sam	M16 COMOX	2:28.32
6	Barberie, Danielle	W16 NRST	2:31.28

7	Macluskie, Tobias	M15 COMOX	2:31.49
8	Haugen, Sarah	W15 CRKW	2:33.19
9	Wang, Winona	W14 NRST	2:33.85
10	Lathangue, Kaya	W17 COMOX	2:35.22
11	Brideau, Tyce	M16 CRKW	2:35.52
12	Macluskie, Nadia	W16 COMOX	2:35.98
13	Perry, Laine	W17 COMOX	2:36.99
14	Elford, Will	M16 ISC	2:37.02
15	Schaffner, Nina	W16 NRST	2:37.50
16	Van Luven, Robert	M16 CHIN	2:37.73
17	McCartney, Brody	M14 DST	2:39.14
18	Nel, Sophie	W15 COMOX	2:40.00
19	Revenberg, Julia	W15 COMOX	2:40.49
20	Felt, Kayla	W12 ISC	2:40.89
21	Hynd, Ava	W16 CHIN	2:41.64
22	Woldnik, Sasha	M13 COMOX	2:41.73
23	Millns, Zac	M14 CRKW	2:42.51
24	Patterson, Cameron	M13 NRST	2:42.89
25	Ivantyshyn, Vasyl	M13 NRST	2:44.01
26	Cottrell, Kelana	W12 NRST	2:44.51
27	Miller, Charlie	M14 ISC	2:45.87
28	Nel, Luc	M13 COMOX	2:46.10
29	Medler, Samuel	M16 ISC	2:46.16
30	Wigger, Logan	M15 COMOX	2:46.88
31	Gerbrandt, Gabriel	M15 DST	2:48.20
32	Owens, Keyana	W15 CRKW	2:49.23
33	de Jong, Sylvia	W13 NRST	2:49.42
34	Allen, Frances	W15 CHIN	2:50.98
35	Ho-Gillis, Jay	W15 COMOX	2:52.57
36	Denneny, Ava	W15 ISC	2:53.11
37	Johannson, Brooke	W15 HST	2:53.42
38	Blackburn, Connor	M15 NRST	2:54.81
39	Price, Jaden	W13 ISC	2:56.38
40	Karasz, Levi	M16 CRKW	2:56.78
41	MacGregor, Lauchlin	M12 DST	2:58.73
42	Lutz, Meghan	W15 NRST	2:58.82
43	Garcia, Irene	W16 NRST	2:59.32
44	Howard, London	W14 ISC	3:00.42
45	Saunders, Daniel	M14 NRST	3:00.69
46	Riendl-Ling, Cassia	W12 NRST	3:03.08
47	Lowres, Reid	M13 ISC	3:04.15
48	McArthur, Kenzie	W13 CRKW	3:05.48
49	Tsai, Josh	M12 ISC	3:06.33
50	Mceachen, Julianna	W15 NRST	3:06.41
51	White, Rosanna	W12 NRST	3:06.77
52	Hayduk, Cassidy	W14 CRKW	3:07.24
53	Crockford, Noah	M14 ISC	3:07.55
54	Chernov, Solena	W15 COMOX	3:08.51
55	James, Edward	M12 DST	3:09.96
56	Bignell, Kate	W12 CRKW	3:10.90
57	Brown, Brayden	M14 CRKW	3:11.96
58	Mussellam, Gabriel B	M13 WIND	3:12.00
59	Gerbrandt, Samuel	M13 DST	3:12.64
60	Hals, Lauren	W10 NRST	3:12.67
61	Schneider, Jacob	M15 ISC	3:12.87
62	Woodward, Aline	W14 ISC	3:14.75
63	Yu, Anne	W13 ISC	3:15.13
64	Bains, Zoe	W13 NRST	3:15.17
65	Vose, Ella	W15 CRKW	3:15.80
66	Johnson, Keira	W14 COMOX	3:18.22
67	Nesbitt, Annika	W14 ISC	3:20.06
68	Hutton, Mikhayla	W15 NRST	3:23.84

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#5 ... (Mixed 200 LC Meter IM)

69	Flood, Brooklynn	W12 NRST	3:25.74
70	Vanjecek, Oliver	M14 CRKW	3:33.33
71	Weeks, Claire	W12 CRKW	3:33.33
72	Graham, Ayla	W12 DST	3:35.01
73	Atashband, Sophia	W13 DST	3:36.81
74	Trenholm, Adelaide	W12 NRST	3:38.11
75	Hynd, Nadia	W11 CHIN	3:39.44
76	Lord, Isla	W15 ISC	3:41.39
77	Armstrong, Aaliyah	W12 NRST	3:43.06
78	Miller, Aryah	W12 NRST	3:43.23
79	Christensen, Charlotte	W10 NRST	3:50.33
80	Sabourin, Marianne	W12 ISC	3:53.88
81	Hynd, Nora	W10 CHIN	3:54.45
82	Bartlett, Ethan	M12 CHIN	4:00.00
83	Cajolet, Chloe	W12 NRST	4:07.26
84	Van Der Mark, Avery	W12 NRST	4:09.30
85	Catton-Cox, Christopher	M12 NRST	4:09.30
86	Liu, Alex	M13 NRST	4:10.10
87	Armstrong, Lilah	W9 NRST	4:24.88
88	Skene, Jaxson	M15 CRKW	4:29.72
89	Macalister, Liv	W10 NRST	4:49.21
90	Power, Grace	W10 NRST	5:00.00
91	Saxon, Chase	M14 ISC	24:10.16
92	Mali, Austin	M11 ISC	NT
93	Tran, Daniel	M12 ISC	NT
94	Nesbitt, Rayelle	W11 ISC	NT
95	Nadiger, Kaitlyn	W12 ISC	NT
96	Chatupromwong, Bella	W12 ISC	NT
97	Shaver, Beckston	M11 ISC	NT
98	Warder, Elliot	M11 ISC	NT
99	Millar, Charlie	W11 ISC	NT
100	Sabourin, Philippe	M14 ISC	NT
101	Gregson, Edie	W11 ISC	NT
102	Eames, Raina	W11 ISC	NT
103	Stewart, Jordan	W11 ISC	NT
104	Chadt, Eva	W15 DST	NT
105	Ruiter, Chelsea	W10 DST	NT
106	MacDonald, Beth	W11 NRST	NT
107	Tavakoli, Lara	W12 ISC	NT
108	Stiwich, Nella	W11 DST	NT

#6 Mixed 100 LC Meter Butterfly

Name	Age Team	Seed Time
1	Simard, Bodie	M16 HST 58.22
2	Roos, River	M18 NRST 59.11
3	Mountstevens, Rohin	M16 HST 1:02.27
4	Pearse, Peyton	M15 NRST 1:03.10
5	Evans, Alex	M16 NRST 1:04.89
6	Elzinga, Lukas	M16 NRST 1:04.97
7	Wang, Winona	W14 NRST 1:07.06
8	Van Luven, Robert	M16 CHIN 1:08.00
9	Johannson, Brooke	W15 HST 1:08.18
10	Sheppard, Kennadie	W15 ISC 1:08.30
11	Gunther, Ayva D	W16 WIND 1:08.55
12	Macluskie, Tobias	M15 COMOX 1:09.11
13	Schaffner, Nina	W16 NRST 1:09.56
14	Millns, Zac	M14 CRKW 1:11.11
15	Woldnik, Sasha	M13 COMOX 1:11.12
16	McCartney, Brody	M14 DST 1:12.08
17	Brideau, Tyce	M16 CRKW 1:13.06

18	Elford, Will	M16 ISC	1:13.16
19	Haugen, Sarah	W15 CRKW	1:13.53
20	Gerbrandt, Gabriel	M15 DST	1:14.42
21	Lathangue, Kaya	W17 COMOX	1:14.55
22	Raume, Jordan	M18 COMOX	1:14.68
23	Zehtab, Atria	W16 HST	1:14.81
24	Ivantyshyn, Vasyl	M13 NRST	1:14.95
25	Forsyth, Caius	M17 CHIN	1:15.00
26	Cheon, Noah	M14 HST	1:15.10
27	Saxon, Chase	M14 ISC	1:15.16
28	Karasz, Levi	M16 CRKW	1:15.67
29	Sprott, Jaime	W15 NRST	1:16.69
30	van den Berg, Kyle	M14 NRST	1:16.74
31	Runge, Luise	W18 NRST	1:17.54
32	Chalker, Mackenzie	W14 NRST	1:17.79
33	Rossen, Kinsey	W14 HST	1:18.10
34	Medler, Samuel	M16 ISC	1:18.94
35	Miller, Charlie	M14 ISC	1:19.98
36	Perry, Laine	W17 COMOX	1:20.50
37	Blackburn, Connor	M15 NRST	1:21.07
38	Barr, Shelby	W14 NRST	1:21.11
39	Hynd, Keira	W14 CHIN	1:21.14
40	Ho-Gillis, Jay	W15 COMOX	1:21.51
41	Denneny, Ava	W15 ISC	1:21.65
42	Felt, Kayla	W12 ISC	1:21.97
43	Lord, Isla	W15 ISC	1:22.16
44	Stephen, Taelin	W14 LCSC	1:22.51
45	Brown, Brayden	M14 CRKW	1:23.26
46	Johnson, Keira	W14 COMOX	1:24.09
47	Smith, Bayden	M14 HST	1:24.15
48	Stiwich, Ryca	W15 DST	1:24.42
49	Price, Jaden	W13 ISC	1:26.25
50	Wigger, Logan	M15 COMOX	1:26.86
51	Howard, London	W14 ISC	1:28.76
52	Schneider, Jacob	M15 ISC	1:30.05
53	Price, Taylor	W15 ISC	1:30.45
54	Ruiter, Matthew	M14 DST	1:30.45
55	Lutz, Noah	M12 NRST	1:31.13
56	James, Edward	M12 DST	1:31.39
57	Saunders, Daniel	M14 NRST	1:32.32
58	Revenberg, Julia	W15 COMOX	1:32.79
59	Krestinski, Joshua	M15 CRKW	1:33.33
60	Lowres, Reid	M13 ISC	1:33.68
61	Good, Siena	W13 CHIN	1:35.00
62	Nesbitt, Annika	W14 ISC	1:35.16
63	Fergus, Jack	M13 NRST	1:35.54
64	Dagostini, Alessio	M15 NRST	1:35.97
65	Dumont, Wyland	M14 DST	1:38.66
66	Thompson, Lily	W13 HST	1:38.99
67	Baldwin, Lauren	W16 NRST	1:40.80
68	Crockford, Noah	M14 ISC	1:42.45
69	Gerbrandt, Samuel	M13 DST	1:42.99
70	Woodward, Aline	W14 ISC	1:43.59
71	Atashband, Sophia	W13 DST	1:46.35
72	MacGregor, Lauchlin	M12 DST	1:47.43
73	Yu, Anne	W13 ISC	1:50.62
74	Trenholm, Adelaide	W12 NRST	1:50.72
75	Graham, Ayla	W12 DST	1:54.82
76	Krestinski, Jesse	M10 CRKW	1:59.99
77	Preston, Angus	M13 DST	2:01.62
78	Armstrong, Lilah	W9 NRST	2:02.74
79	Mali, Austin	M11 ISC	NT

80	Tran, Daniel	M12 ISC	NT
81	Shaver, Beckston	M11 ISC	NT
82	Tsai, Josh	M12 ISC	NT
83	Millar, Charlie	W11 ISC	NT
84	Sabourin, Marianne	W12 ISC	NT
85	Sabourin, Philippe	M14 ISC	NT
86	Dunaway, Teagan	W10 DST	NT
87	Chadt, Eva	W15 DST	NT
88	MacGregor, Kailie	W14 DST	NT
89	Ruiter, Chelsea	W10 DST	NT
90	Macluskie, Elyse	W11 COMOX	NT
91	Lewall, Cameron	M11 COMOX	NT
92	Gonzales, Graydon	M11 LCSC	NT
93	Kohlross, Aria	W12 LCSC	NT
94	Hicks, Abigail	W14 LCSC	NT
95	Groome, Nicola	W15 NRST	NT
96	Garcia, Irene	W16 NRST	NT

#7 Mixed 50 LC Meter Breaststroke

Name	Age Team	Seed Time
1	Elzinga, Lukas	M16 NRST 31.28
2	Smith, Bayden	M14 HST 33.98
3	Barberie, Danielle	W16 NRST 34.82
4	Johnson, Nathan	M16 COMOX 35.74
5	Schaffner, Nina	W16 NRST 36.10
6	Alexander-Mitchell, Nolan	M18 CHIN 36.90
7	Runge, Luise	W18 NRST 37.33
8	Palmer, Hudson	M14 NRST 37.45
9	Choquette, Lincoln	W17 HST 38.23
10	Owens, Keyana	W15 CRKW 38.34
11	Feschuk, Finn	M16 NRST 38.35
12	Pendergast, Gavin	M16 NRST 38.45
13	Patterson, Cameron	M13 NRST 38.81
14	McPherson, Taylor	W13 NRST 38.89
15	Widmeyer, Simone	W16 NRST 39.00
16	Nel, Sophie	W15 COMOX 39.32
17	Rossen, Kinsey	W14 HST 39.38
18	Miller, Charlie	M14 ISC 39.52
19	Sheppard, Kennadie	W15 ISC 39.63
20	Allen, Frances	W15 CHIN 39.67
21	Revenberg, Julia	W15 COMOX 39.73
22	Odonnell, Russell M	M13 WIND 41.00
23	Perry, Laine	W17 COMOX 41.50
24	Paproski, Kailyn	W12 NRST 41.50
25	Elford, Will	M16 ISC 41.64
26	Gonzales, Colton	M13 LCSC 41.80
27	Cottrell, Kelana	W12 NRST 42.44
28	Barr, Shelby	W14 NRST 42.79
29	Felt, Kayla	W12 ISC 42.88
30	Revenberg, Ava	W17 COMOX 42.96
31	Hudec, Stella	W12 CHIN 43.34
32	Skene, Jaxson	M15 CRKW 43.47
33	Medler, Samuel	M16 ISC 43.63
34	Bains, Zoe	W13 NRST 43.63
35	Fergus, Jack	M13 NRST 43.91
36	Saunders, Nicole	W17 NRST 44.21
37	Scott, Moriah	W12 CRKW 44.44
38	Macluskie, Tobias	M15 COMOX 44.51
39	Lowres, Reid	M13 ISC 44.76
40	Thompson, Lily	W13 HST 44.91
41	Crockford, Noah	M14 ISC 45.16
42	Price, Jaden	W13 ISC 45.16

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#7 ... (Mixed 50 LC Meter Breaststroke)				#8 Mixed 50 LC Meter Freestyle					
	Name	Age	Team	Seed Time		Name	Age	Team	Seed Time
43	Mussellam, Gabriel B	M13	WIND	45.40	103	Martin, James	M12	NRST	1:15.00
44	Brideau, Tyce	M16	CRKW	45.71	104	Shi, Don	M9	NRST	1:15.00
45	Vanjecek, Oliver	M14	CRKW	45.78	105	White, Declan	M9	NRST	1:15.00
46	Macluskie, Nadia	W16	COMOX	46.06	106	Strong, Isla	W9	NRST	1:15.00
47	Krestinski, Joshua	M15	CRKW	46.78	107	Hearsey, Aiden	M9	NRST	1:19.44
48	Cocksedge-hamilton, Adiant	W13	WIND	47.02	108	Mali, Austin	M11	ISC	NT
49	Pellerin, Anabelle	W12	COMOX	47.61	109	Nadiger, Kaitlyn	W12	ISC	NT
50	Johannson, Brooke	W15	HST	47.62	110	Warder, Elliot	M11	ISC	NT
51	Stevenson, Phoebe	W11	NRST	47.62	111	Stewart, Jordan	W11	ISC	NT
52	Lathangue, Kaya	W17	COMOX	48.09	112	Dunaway, Teagan	W10	DST	NT
53	Wang, Wilmer	M11	NRST	48.66	113	MacGregor, Waylin	M10	DST	NT
54	Hynd, Nadia	W11	CHIN	48.94	114	Roundhill, Tyla	W12	COMOX	NT
55	Mitchell, Saphire F	W13	WIND	49.25	115	St-Laurent, Rose	W12	COMOX	NT
56	Krestinski, Luke	M13	CRKW	49.99	116	Sulek, Juno	W8	COMOX	NT
57	Bartlett, Ethan	M12	CHIN	50.00	117	McDonald, Mykah	W11	COMOX	NT
58	Schulte, Aveline	W12	CRKW	50.00	118	Jiang, Sophia	W12	COMOX	NT
59	Schulte, Edouard	M13	CRKW	50.00	119	Pellerin, Simon	M10	COMOX	NT
60	Chernov, Solena	W15	COMOX	50.50	120	Kohlruess, Aria	W12	LCSC	NT
61	Broome, Caia	W14	CHIN	51.00	121	Schnell, Noah	M11	LCSC	NT
62	Miller, Aryah	W12	NRST	51.75	122	Searle, Tea	W11	LCSC	NT
63	Armstrong, Aaliyah	W12	NRST	51.80	123	Tavakoli, Lara	W12	ISC	NT
64	Van Der Mark, Avery	W12	NRST	52.42	124	Stiwich, Nella	W11	DST	NT
65	Flood, Zoey	W10	NRST	53.15					
66	Cajolet, Chloe	W12	NRST	53.54					
67	Greer, Cassandra	W13	NRST	53.80					
68	Sulek, Tuesday	W11	COMOX	53.98					
69	Saxon, Chase	M14	ISC	54.01					
70	Hynd, Nora	W10	CHIN	54.12					
71	Fletcher, Mathilda	W13	NRST	54.26					
72	Krestinski, Jesse	M10	CRKW	54.32					
73	Lord, Isla	W15	ISC	54.43					
74	Naicker, Kimaya	W10	CRKW	55.55					
75	Lee, Sophia	W11	COMOX	56.28					
76	Paproski, Keana	W10	NRST	56.43					
77	Dion, Teegan	W14	CRKW	56.78					
78	Condly, Ilan	W11	COMOX	57.00					
79	Christensen, Charlotte	W10	NRST	57.08					
80	McQuillin, Connor	M12	COMOX	57.61					
81	Riddell, Niamh	W13	NRST	57.91					
82	Jackson, Charlee	W13	NRST	58.85					
83	Gregson, Edie	W11	ISC	58.90					
84	Millns, Jax	M8	CRKW	58.90					
85	Henderson, Scarlettte	W13	CRKW	59.09					
86	Woodward, Aline	W14	ISC	59.15					
87	Millns, Isabella	W9	CRKW	59.99					
88	Nesbitt, Annika	W14	ISC	1:00.09					
89	Yee, Raya	W12	NRST	1:00.55					
90	MacDonald, Beth	W11	NRST	1:00.90					
91	McGuire, Ashton	M9	NRST	1:00.99					
92	Nesbitt, Rayelle	W11	ISC	1:01.27					
93	Rechon-Reguet, Alexia	W11	NRST	1:01.39					
94	Macalister, Liv	W10	NRST	1:01.63					
95	Reid, Waymouth	M11	COMOX	1:02.42					
96	Gonzales, Graydon	M11	LCSC	1:02.63					
97	van den Berg, Ryan	M9	NRST	1:03.54					
98	Buhr, Westley	M12	NRST	1:05.07					
99	Power, Grace	W10	NRST	1:06.14					
100	Groome, Charlotte	W11	NRST	1:06.91					
101	Gong, Michael	M11	NRST	1:10.26					
102	Hals, Lauren	W10	NRST	1:14.51					
37	Odonnell, Russell M	M13	WIND	30.55	37	Odonnell, Russell M	M13	WIND	30.55
38	Saunders, Nicole	W17	NRST	30.62	38	Saunders, Nicole	W17	NRST	30.62
39	Fergus, Jack	M13	NRST	30.65	39	Fergus, Jack	M13	NRST	30.65
40	McArthur, Kenzie	W13	CRKW	30.73	40	McArthur, Kenzie	W13	CRKW	30.73
41	Choquette, Lincoln	W17	HST	30.76	41	Choquette, Lincoln	W17	HST	30.76
42	Smith, Bayden	M14	HST	30.77	42	Smith, Bayden	M14	HST	30.77
43	de Jong, Sylvia	W13	NRST	30.89	43	de Jong, Sylvia	W13	NRST	30.89
44	Nel, Sophie	W15	COMOX	30.95	44	Nel, Sophie	W15	COMOX	30.95
45	Stiwich, Ryca	W15	DST	31.00	45	Stiwich, Ryca	W15	DST	31.00
46	Gerbrandt, Gabriel	M15	DST	31.10	46	Gerbrandt, Gabriel	M15	DST	31.10
47	Zehtab, Atria	W16	HST	31.35	47	Zehtab, Atria	W16	HST	31.35
48	Hynd, Keira	W14	CHIN	31.35	48	Hynd, Keira	W14	CHIN	31.35
49	Chernov, Solena	W15	COMOX	31.36	49	Chernov, Solena	W15	COMOX	31.36
50	Widmeyer, Simone	W16	NRST	31.40	50	Widmeyer, Simone	W16	NRST	31.40
51	Skene, Jaxson	M15	CRKW	31.50	51	Skene, Jaxson	M15	CRKW	31.50
52	Ho-Gillis, Jay	W15	COMOX	31.55	52	Ho-Gillis, Jay	W15	COMOX	31.55
53	Lewall, Noah	M13	COMOX	31.57	53	Lewall, Noah	M13	COMOX	31.57
54	Chalker, Mackenzie	W14	NRST	31.69	54	Chalker, Mackenzie	W14	NRST	31.69
55	Wigger, Logan	M15	COMOX	31.85	55	Wigger, Logan	M15	COMOX	31.85
56	Bains, Zoe	W13	NRST	31.92	56	Bains, Zoe	W13	NRST	31.92
57	Lutz, Noah	M12	NRST	32.06	57	Lutz, Noah	M12	NRST	32.06
58	Cocksedge-hamilton, Adiant	W13	WIND	32.18	58	Cocksedge-hamilton, Adiant	W13	WIND	32.18
59	Riendl-Ling, Cassia	W12	NRST	32.34	59	Riendl-Ling, Cassia	W12	NRST	32.34
60	Denneny, Ava	W15	ISC	32.58	60	Denneny, Ava	W15	ISC	32.58
61	Johnson, Keira	W14	COMOX	32.89	61	Johnson, Keira	W14	COMOX	32.89
62	Dumont, Wyland	M14	DST	32.92	62	Dumont, Wyland	M14	DST	32.92
63	Cruickshank, Devyn	W15	COMOX	32.92	63	Cruickshank, Devyn	W15	COMOX	32.92
64	Howard, London	W14	ISC	33.14	64	Howard, London	W14	ISC	33.14
65	Hayduk, Cassidy	W14	CRKW	33.15	65	Hayduk, Cassidy	W14	CRKW	33.15
66	Lutz, Meghan	W15	NRST	33.18	66	Lutz, Meghan	W15	NRST	33.18
67	Van Der Mark, Samantha	W15	NRST	33.21	67	Van Der Mark, Samantha	W15	NRST	33.21
68	Tsai, Josh	M12	ISC	33.22	68	Tsai, Josh	M12	ISC	33.22
69	White, Rosanna	W12	NRST	33.30	69	White, Rosanna	W12	NRST	33.30
70	Mussellam, Gabriel B	M13	WIND	33.55	70	Mussellam, Gabriel B	M13	WIND	33.55
71	Mceachen, Julianna	W15	NRST	33.74	71	Mceachen, Julianna	W15	NRST	33.74
72	Paproski, Kailyn	W12	NRST	33.87	72	Paproski, Kailyn	W12	NRST	33.87
73	Scott, Moriah	W12	CRKW	33.90	73	Scott, Moriah	W12	CRKW	33.90
74	Garcia, Irene	W16	NRST	33.92	74	Garcia, Irene	W16	NRST	33.92
75	Stevenson, Phoebe	W11	NRST	34.06	75	Stevenson, Phoebe	W11	NRST	34.06
76	Flood, Brooklynn	W12	NRST	34.10	76	Flood, Brooklynn	W12	NRST	34.10
77	Groome, Nicola	W15	NRST	34.15	77	Groome, Nicola	W15	NRST	34.15
78	Schneider, Jacob	M15	ISC	34.34	78	Schneider, Jacob	M15	ISC	34.34
79	Mitchell, Saphire F	W13	WIND	34.79	79	Mitchell, Saphire F	W13	WIND	34.79
80	Webber, Grace	W15	NRST	34.89	80	Webber, Grace	W15	NRST	34.89
81	Baldwin, Lauren	W16	NRST	34.95	81	Baldwin, Lauren	W16	NRST	34.95
82	Thompson, Lily	W13	HST	34.96	82	Thompson, Lily	W13	HST	34.96
83	Hudec, Stella	W12	CHIN	35.25	83	Hudec, Stella	W12	CHIN	35.25
84	McGuire, Alea	W12	NRST	35.54	84	McGuire, Alea	W12	NRST	35.54
85	Weeks, Claire	W12	CRKW	35.67	85	Weeks, Claire	W12	CRKW	35.67
86	Van Der Mark, Avery	W12	NRST	35.71	86	Van Der Mark, Avery	W12	NRST	35.71
87	Horncastle, Owen	M12	NRST	36.79	87	Horncastle, Owen	M12	NRST	36.79
88	Cajolet, Chloe	W12	NRST	36.80	88	Cajolet, Chloe	W12	NRST	36.80
89	Macalister, Xander	M11	NRST	36.80	89	Macalister, Xander	M11	NRST	36.80
90	Fletcher, Mathilda	W13	NRST	36.85	90	Fletcher, Mathilda	W13	NRST	36.85
91	Bignell, Kate	W12	CRKW	36.92	91	Bignell, Kate	W12	CRKW	36.92
92	Trenholm, Adelaide	W12	NRST	36.96	92	Trenholm, Adelaide	W12	NRST	36.96
93	Broome, Caia	W14	CHIN	37.00	93	Broome, Caia	W14	CHIN	37.00
94	Pellerin, Anabelle	W12	COMOX	37.43	94	Pellerin, Anabelle	W12	COMOX	37.43
95	Miller, Aryah	W12	NRST	37.83	95	Miller, Aryah	W12	NRST	37.83
96	Macluskie, Elyse	W11	COMOX	38.19	96	Macluskie, Elyse	W11	COMOX	38.19
97	Nadiger, Kaitlyn	W12	ISC	38.75	97	Nadiger, Kaitlyn	W12	ISC	38.75
98	Gonzales, Graydon	M11	LCSC	39.03	98	Gonzales, Graydon	M11	LCSC	39.03
99	Reid, Waymouth	M11	COMOX	39.61	99	Reid, Waymouth	M11	COMOX	39.61

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#8 ... (Mixed 50 LC Meter Freestyle)			#9 Mixed 200 LC Meter Backstroke					
			Name	Age Team	Seed Time			
100	Wang, Wilmer	M11 NRST 39.77	160	Roundhill, Tyla	W12 COMOX NT	49	Chalker, Mackenzie	W14 NRST 3:00.46
101	McQuillin, Connor	M12 COMOX 39.88	161	St-Laurent, Rose	W12 COMOX NT	50	Lowres, Reid	M13 ISC 3:00.48
102	Sabourin, Marianne	W12 ISC 39.89	162	Sulek, Juno	W8 COMOX NT	51	Johnson, Nathan	M16 COMOX 3:00.71
103	Schulte, Aveline	W12 CRKW 39.99	163	Saccucci, Bennett	M10 COMOX NT	52	Revenberg, Grace	W18 COMOX 3:01.48
104	Bartlett, Ethan	M12 CHIN 40.00	164	McDonald, Mykah	W11 COMOX NT	53	Price, Jaden	W13 ISC 3:02.80
105	Millns, Isabella	W9 CRKW 40.00	165	Jiang, Sophia	W12 COMOX NT	54	Chernov, Solena	W15 COMOX 3:03.07
106	Paproski, Keana	W10 NRST 40.24	166	Pellerin, Simon	M10 COMOX NT	55	James, Edward	M12 DST 3:04.59
107	Hynd, Nora	W10 CHIN 40.36	167	Schnell, Noah	M11 LCSC NT	56	Mceachen, Julianna	W15 NRST 3:05.53
108	Armstrong, Aaliyah	W12 NRST 40.90	168	Searle, Tea	W11 LCSC NT	57	White, Rosanna	W12 NRST 3:05.54
109	van den Berg, Ryan	M9 NRST 41.23	169	Tavakoli, Lara	W12 ISC NT	58	Dumont, Wyland	M14 DST 3:06.92
110	Yee, Raya	W12 NRST 41.28	170	Stiwich, Nella	W11 DST NT	59	Fletcher, Mathilda	W13 NRST 3:07.23
111	Jackson, Charlee	W13 NRST 41.78				60	Van Der Mark, Samantha	W15 NRST 3:08.62
112	Lewall, Cameron	M11 COMOX 42.41				61	Weeks, Claire	W12 CRKW 3:09.09
113	Christensen, Charlotte	W10 NRST 42.43				62	Flood, Brooklynn	W12 NRST 3:09.41
114	James, Edward	M12 DST 42.62	1	Mountstevens, Rohin	M16 HST 2:17.48	63	Webber, Grace	W15 NRST 3:11.29
115	Catton-Cox, Christopher	M12 NRST 42.68	2	Pearse, Peyton	M15 NRST 2:18.23	64	Price, Taylor	W15 ISC 3:12.11
116	Hicks, Abigail	W14 LCSC 42.96	3	Gonzales, Colton	M13 LCSC 2:21.26	65	Woodward, Aline	W14 ISC 3:13.48
117	Rechon-Reguet, Alexia	W11 NRST 43.87	4	McCartney, Brody	M14 DST 2:27.24	66	McGuire, Alea	W12 NRST 3:15.38
118	Sulek, Tuesday	W11 COMOX 44.40	5	McPherson, Taylor	W13 NRST 2:30.45	67	Cruickshank, Devyn	W15 COMOX 3:17.89
119	Henderson, Scarlett	W13 CRKW 44.44	6	Southen, Sam	M16 COMOX 2:31.00	68	Macalister, Xander	M11 NRST 3:20.20
120	Greer, Cassandra	W13 NRST 44.51	7	Felt, Kayla	W12 ISC 2:32.33	69	Stevenson, Phoebe	W11 NRST 3:21.83
121	Lee, Sophia	W11 COMOX 44.63	8	Cheon, Noah	M14 HST 2:32.49	70	Widmeyer, Simone	W16 NRST 3:24.41
122	Riddell, Niamh	W13 NRST 45.31	9	Nel, Luc	M13 COMOX 2:32.57	71	Hynd, Nadia	W11 CHIN 3:24.53
123	Naicker, Kimaya	W10 CRKW 45.55	10	Elford, Will	M16 ISC 2:33.06	72	Good, Siena	W13 CHIN 3:26.74
124	Millns, Jax	M8 CRKW 45.67	11	Saxon, Chase	M14 ISC 2:33.16	73	Horncastle, Owen	M12 NRST 3:30.30
125	Krestinski, Jesse	M10 CRKW 45.67	12	Evans, Alex	M16 NRST 2:33.67	74	Atashband, Sophia	W13 DST 3:32.95
126	Dion, Teegan	W14 CRKW 45.67	13	Raume, Jordan	M18 COMOX 2:34.00	75	Bignell, Kate	W12 CRKW 3:34.61
127	Macalister, Liv	W10 NRST 46.50	14	Feschuk, Finn	M16 NRST 2:34.10	76	Christensen, Charlotte	W10 NRST 3:38.56
128	Power, Grace	W10 NRST 46.90	15	Choquette, Lincoln	W17 HST 2:34.98	77	Hudec, Stella	W12 CHIN 3:40.00
129	Hals, Lauren	W10 NRST 47.08	16	Sprott, Jaime	W15 NRST 2:36.02	78	Flood, Zoey	W10 NRST 3:40.77
130	McGuire, Ashton	M9 NRST 47.61	17	Barberie, Danielle	W16 NRST 2:36.07	79	Nesbitt, Annika	W14 ISC 3:48.17
131	Martin, James	M12 NRST 47.88	18	Hynd, Ava	W16 CHIN 2:36.89	80	Hynd, Nora	W10 CHIN 3:50.00
132	Condly, Ilan	W11 COMOX 48.00	19	Gunther, Ayva D	W16 WIND 2:37.30	81	Lewall, Cameron	M11 COMOX 3:54.92
133	Buhr, Westley	M12 NRST 49.63	20	Lewall, Noah	M13 COMOX 2:40.29	82	Vose, Ella	W15 CRKW 3:55.23
134	Groome, Charlotte	W11 NRST 49.97	21	Brown, Brayden	M14 CRKW 2:40.90	83	Cajole, Chloe	W12 NRST 3:59.55
135	Krestinski, Luke	M13 CRKW 49.99	22	Saunders, Daniel	M14 NRST 2:42.63	84	Armstrong, Aaliyah	W12 NRST 3:59.55
136	Schulte, Edouard	M13 CRKW 50.00	23	Lutz, Meghan	W15 NRST 2:43.38	85	Catton-Cox, Christopher	M12 NRST 4:07.77
137	MacDonald, Beth	W11 NRST 50.37	24	Ivantyshyn, Vasyl	M13 NRST 2:43.59	86	Armstrong, Lilah	W9 NRST 5:00.00
138	Hearsey, Aiden	M9 NRST 50.76	25	de Jong, Sylvia	W13 NRST 2:44.53	87	Marshall, Owen	M10 NRST 5:00.00
139	Tindall, Luc	M9 NRST 50.85	26	Stephen, Taelin	W14 LCSC 2:44.63	88	Tran, Daniel	M12 ISC NT
140	Gong, Michael	M11 NRST 52.45	27	Medler, Samuel	M16 ISC 2:45.50	89	Nesbitt, Rayelle	W11 ISC NT
141	Strong, Isla	W9 NRST 1:05.00	28	Owens, Keyana	W15 CRKW 2:45.67	90	Nadiger, Kaitlyn	W12 ISC NT
142	Kohlruess, Aria	W12 LCSC 1:14.37	29	Gerbrandt, Gabriel	M15 DST 2:45.75	91	Shaver, Beckston	M11 ISC NT
143	Marshall, Owen	M10 NRST 1:15.00	30	Zehtab, Atria	W16 HST 2:49.77	92	Warder, Elliot	M11 ISC NT
144	Shi, Don	M9 NRST 1:15.00	31	Miller, Charlie	M14 ISC 2:49.80	93	Yu, Anne	W13 ISC NT
145	White, Declan	M9 NRST 1:15.00	32	Allen, Frances	W15 CHIN 2:50.00	94	Millar, Charlie	W11 ISC NT
146	Mali, Austin	M11 ISC NT	33	Hynd, Keira	W14 CHIN 2:50.07	95	Sabourin, Marianne	W12 ISC NT
147	Tran, Daniel	M12 ISC NT	34	Barr, Shelby	W14 NRST 2:50.60	96	Sabourin, Philippe	M14 ISC NT
148	Nesbitt, Rayelle	W11 ISC NT	35	Saunders, Nicole	W17 NRST 2:51.86	97	Gregson, Edie	W11 ISC NT
149	Shaver, Beckston	M11 ISC NT	36	Millns, Zac	M14 CRKW 2:52.66	98	Eames, Raina	W11 ISC NT
150	Warder, Elliot	M11 ISC NT	37	Riendl-Ling, Cassia	W12 NRST 2:52.67	99	Stewart, Jordan	W11 ISC NT
151	Millar, Charlie	W11 ISC NT	38	Palmer, Hudson	M14 NRST 2:52.74	100	Lempinen, Nina	W10 DST NT
152	Sabourin, Philippe	M14 ISC NT	39	van den Berg, Kyle	M14 NRST 2:52.92	101	Gerbrandt, Samuel	M13 DST NT
153	Gregson, Edie	W11 ISC NT	40	Ruiter, Matthew	M14 DST 2:54.59	102	Chadt, Eva	W15 DST NT
154	Eames, Raina	W11 ISC NT	41	Crockford, Noah	M14 ISC 2:55.16	103	Graham, Ayla	W12 DST NT
155	Stewart, Jordan	W11 ISC NT	42	Lord, Isla	W15 ISC 2:55.25	104	Ruiter, Chelsea	W10 DST NT
156	Dunaway, Teagan	W10 DST NT	43	McArthur, Kenzie	W13 CRKW 2:55.55	105	Saccucci, Bennett	M10 COMOX NT
157	Lempinen, Nina	W10 DST NT	44	MacGregor, Lauchlin	M12 DST 2:55.59	106	Tindall, Luc	M9 NRST NT
158	MacGregor, Waylin	M10 DST NT	45	Hayduk, Cassidy	W14 CRKW 2:58.27	107	Tavakoli, Lara	W12 ISC NT
159	Atashband, Sophia	W13 DST NT	46	Forsyth, Caius	M17 CHIN 2:58.85			
			47	Haugen, Sarah	W15 CRKW 2:59.17			
			48	Scott, Moriah	W12 CRKW 2:59.62			

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#10 Mixed 400 LC Meter IM

Name	Age Team	Seed Time
1 Wang, Winona	W14 NRST	5:26.25
2 MacGregor, Kailie	W14 DST	5:39.76
3 Cottrell, Kelana	W12 NRST	5:43.43
4 Alexander-Mitchell, Nolan	M18 CHIN	5:45.00
5 Karasz, Levi	M16 CRKW	5:55.55
6 Ruitter, Matthew	M14 DST	6:05.79
7 Hayduk, Cassidy	W14 CRKW	7:00.00
8 Skene, Jaxson	M15 CRKW	7:00.00
9 Owens, Keyana	W15 CRKW	7:00.00
10 Millns, Zac	M14 CRKW	7:00.00
11 Brown, Brayden	M14 CRKW	7:00.00
12 McArthur, Kenzie	W13 CRKW	7:00.00
13 Weeks, Claire	W12 CRKW	7:20.00
14 Vose, Ella	W15 CRKW	7:20.83
15 Bignell, Kate	W12 CRKW	7:49.99
16 Brideau, Tyce	M16 CRKW	8:40.05
17 Schneider, Jacob	M15 ISC	NT
18 Stiwich, Ryca	W15 DST	NT
19 MacGregor, Waylin	M10 DST	NT
20 Preston, Angus	M13 DST	NT
21 Haugen, Sarah	W15 CRKW	NT

#11 Mixed 200 LC Meter Freestyle

Name	Age Team	Seed Time
1 Mountstevens, Rohin	M16 HST	1:59.02
2 Simard, Bodie	M16 HST	2:07.50
3 Cheon, Noah	M14 HST	2:10.04
4 Alexander-Mitchell, Nolan	M18 CHIN	2:12.45
5 Southen, Sam	M16 COMOX	2:13.28
6 Sheppard, Kennadie	W15 ISC	2:13.73
7 Macluskie, Nadia	W16 COMOX	2:13.88
8 Elzinga, Lukas	M16 NRST	2:13.93
9 Van Luven, Robert	M16 CHIN	2:14.03
10 Hynd, Ava	W16 CHIN	2:15.69
11 McCartney, Brody	M14 DST	2:19.27
12 Smith, Bayden	M14 HST	2:21.16
13 Woldnik, Sasha	M13 COMOX	2:21.26
14 Revenberg, Ava	W17 COMOX	2:22.15
15 Pendergast, Gavin	M16 NRST	2:22.31
16 Fairweather, Anna	W15 NRST	2:22.67
17 MacGregor, Lauchlin	M12 DST	2:22.92
18 Ivantyshyn, Vasyl	M13 NRST	2:23.01
19 Stiwich, Ryca	W15 DST	2:25.22
20 Wigger, Logan	M15 COMOX	2:25.59
21 Stephen, Taelin	W14 LCSC	2:26.04
22 van den Berg, Kyle	M14 NRST	2:26.15
23 Forsyth, Caius	M17 CHIN	2:26.17
24 Sprott, Jaime	W15 NRST	2:26.30
25 Gerbrandt, Gabriel	M15 DST	2:29.10
26 Lewall, Noah	M13 COMOX	2:29.72
27 Ho-Gillis, Jay	W15 COMOX	2:30.19
28 Runge, Luise	W18 NRST	2:30.39
29 Blackburn, Connor	M15 NRST	2:30.75
30 Nel, Sophie	W15 COMOX	2:31.17
31 Allen, Frances	W15 CHIN	2:31.51
32 Ruitter, Matthew	M14 DST	2:31.67
33 Hynd, Keira	W14 CHIN	2:35.78
34 Mceachen, Julianna	W15 NRST	2:38.59
35 Riendl-Ling, Cassia	W12 NRST	2:39.50

36 Groome, Nicola	W15 NRST	2:39.58
37 Cox, Ainsley	W15 NRST	2:39.97
38 White, Rosanna	W12 NRST	2:40.94
39 Tsai, Josh	M12 ISC	2:41.30
40 Cruickshank, Devyn	W15 COMOX	2:42.67
41 Howard, London	W14 ISC	2:44.83
42 Garcia, Irene	W16 NRST	2:45.45
43 MacGregor, Kailie	W14 DST	2:45.68
44 Flood, Brooklynn	W12 NRST	2:48.14
45 Webber, Grace	W15 NRST	2:48.84
46 Mussellam, Gabriel B	M13 WIND	2:50.00
47 Dagostini, Alessio	M15 NRST	2:50.05
48 Van Der Mark, Samantha	W15 NRST	2:50.94
49 Baldwin, Lauren	W16 NRST	2:51.28
50 Schneider, Jacob	M15 ISC	2:52.99
51 Macalister, Xander	M11 NRST	2:56.48
52 McGuire, Alea	W12 NRST	2:57.91
53 Fletcher, Mathilda	W13 NRST	2:58.97
54 James, Edward	M12 DST	2:59.51
55 Hudec, Stella	W12 CHIN	3:00.00
56 Trenholm, Adelaide	W12 NRST	3:01.48
57 Broome, Caia	W14 CHIN	3:05.00
58 MacGregor, Waylin	M10 DST	3:05.17
59 Van Der Mark, Avery	W12 NRST	3:05.17
60 Graham, Ayla	W12 DST	3:06.77
61 Stevenson, Phoebe	W11 NRST	3:09.51
62 Hynd, Nadia	W11 CHIN	3:10.21
63 Nadiger, Kaitlyn	W12 ISC	3:14.02
64 Yu, Anne	W13 ISC	3:14.40
65 Flood, Zoey	W10 NRST	3:21.08
66 Paproski, Keana	W10 NRST	3:21.85
67 Bartlett, Ethan	M12 CHIN	3:22.00
68 Horncastle, Owen	M12 NRST	3:25.77
69 Lewall, Cameron	M11 COMOX	3:29.58
70 Gonzales, Graydon	M11 LCSC	3:29.75
71 Riddell, Niamh	W13 NRST	3:30.55
72 van den Berg, Ryan	M9 NRST	3:39.89
73 Sulek, Tuesday	W11 COMOX	3:40.45
74 Cox, Linnea	W11 NRST	3:40.99
75 Lee, Sophia	W11 COMOX	3:44.34
76 Armstrong, Lilah	W9 NRST	3:48.26
77 Hals, Lauren	W10 NRST	3:55.80
78 Power, Grace	W10 NRST	3:56.76
79 Macalister, Liv	W10 NRST	4:19.98
80 Hearsey, Aiden	M9 NRST	4:35.33
81 Marshall, Owen	M10 NRST	4:50.30
82 Martin, James	M12 NRST	5:00.00
83 Shi, Don	M9 NRST	5:00.00
84 Rechon-Reguet, Alexia	W11 NRST	5:00.36
85 Mali, Austin	M11 ISC	NT
86 Stambuis, Ari	M10 ISC	NT
87 Tran, Daniel	M12 ISC	NT
88 Nesbitt, Rayelle	W11 ISC	NT
89 Goulet, Payton	W12 ISC	NT
90 Gregson, Edie	W11 ISC	NT
91 Eames, Raina	W11 ISC	NT
92 Hourston, Cooper	M11 ISC	NT
93 Dunaway, Teagan	W10 DST	NT
94 McCauley, Nolan	M12 DST	NT
95 Lempinen, Nina	W10 DST	NT
96 Gerbrandt, Samuel	M13 DST	NT
97 Castells, Ot	M15 DST	NT

98 Ruitter, Chelsea	W10 DST	NT
99 McQuillin, Connor	M12 COMOX	NT
100 Johnson, Keira	W14 COMOX	NT
101 Saccucci, Bennett	M10 COMOX	NT
102 MacDonald, Beth	W11 NRST	NT
103 Dunaway, Kieran	M9 DST	NT
104 Stiwich, Nella	W11 DST	NT

#12 Mixed 50 LC Meter Backstroke

Name	Age Team	Seed Time
1 Gonzales, Colton	M13 LCSC	28.50
2 Van Luven, Robert	M16 CHIN	28.86
3 Roos, River	M18 NRST	29.69
4 Simard, Bodie	M16 HST	29.90
5 Southen, Sam	M16 COMOX	30.38
6 Pearse, Peyton	M15 NRST	30.84
7 Elzinga, Lukas	M16 NRST	31.37
8 Gunther, Ayva D	W16 WIND	31.63
9 Cheon, Noah	M14 HST	32.21
10 Wang, Winona	W14 NRST	32.37
11 Schaffner, Nina	W16 NRST	32.61
12 McPherson, Taylor	W13 NRST	32.71
13 Evans, Alex	M16 NRST	32.72
14 Hynd, Ava	W16 CHIN	32.75
15 Raume, Jordan	M18 COMOX	32.91
16 Barberie, Danielle	W16 NRST	33.55
17 Pendergast, Gavin	M16 NRST	33.81
18 Revenberg, Julia	W15 COMOX	33.99
19 Feschuk, Finn	M16 NRST	34.36
20 Hynd, Keira	W14 CHIN	34.47
21 Macluskie, Tobias	M15 COMOX	34.51
22 de Jong, Sylvia	W13 NRST	34.71
23 Cottrell, Kelana	W12 NRST	34.79
24 Forsyth, Caius	M17 CHIN	34.87
25 Sprott, Jaime	W15 NRST	34.92
26 Stephen, Taelin	W14 LCSC	35.15
27 Lutz, Meghan	W15 NRST	35.34
28 Barr, Shelby	W14 NRST	35.36
29 Fergus, Jack	M13 NRST	35.60
30 Revenberg, Ava	W17 COMOX	36.18
31 Felt, Kayla	W12 ISC	36.44
32 Nel, Luc	M13 COMOX	36.65
33 Good, Siena	W13 CHIN	36.67
34 Gossman, Taylor	W15 ISC	36.71
35 Cox, Ainsley	W15 NRST	36.73
36 Runge, Luise	W18 NRST	37.15
37 Dagostini, Alessio	M15 NRST	37.17
38 Allen, Frances	W15 CHIN	37.20
39 Odonnell, Russell M	M13 WIND	37.42
40 Lutz, Noah	M12 NRST	37.46
41 Palmer, Hudson	M14 NRST	37.72
42 Cocksedge-hamilton, Adiant	W13 WIND	38.11
43 White, Rosanna	W12 NRST	38.67
44 Flood, Brooklynn	W12 NRST	38.73
45 Chalker, Mackenzie	W14 NRST	38.95
46 Rossen, Kinsey	W14 HST	39.11
47 Riendl-Ling, Cassia	W12 NRST	39.48
48 Lowres, Reid	M13 ISC	39.77
49 Widmeyer, Simone	W16 NRST	40.09
50 Mussellam, Gabriel B	M13 WIND	40.27
51 Paproski, Kailyn	W12 NRST	40.31
52 Saxon, Chase	M14 ISC	40.71

2023 Spring Sprint - 2023-04-22 to 2023-04-23**Psych Sheet**

#12 ... (Mixed 50 LC Meter Backstroke)			#13 Mixed 200 LC Meter Butterfly			#14 Mixed 100 LC Meter Breaststroke					
Name	Age	Team	Name	Age	Team	Name	Age	Team			
53 Price, Jaden	W13	ISC	40.81	113 Shi, Don	M9	NRST	1:15.00	15 Fairweather, Anna	W15	NRST	1:24.63
54 Van Der Mark, Samantha	W15	NRST	40.90	114 Stamhuis, Ari	M10	ISC	NT	16 Sprott, Jaime	W15	NRST	1:24.86
55 Mceachen, Julianna	W15	NRST	41.22	115 Howard, London	W14	ISC	NT	17 MacGregor, Kailie	W14	DST	1:24.90
56 Fletcher, Mathilda	W13	NRST	41.65	116 Goulet, Payton	W12	ISC	NT	18 Rossen, Kinsey	W14	HST	1:25.19
57 Garcia, Irene	W16	NRST	41.75	117 Hourston, Cooper	M11	ISC	NT	19 Nel, Sophie	W15	COMOX	1:25.66
58 Hudec, Stella	W12	CHIN	41.98	118 McCauley, Nolan	M12	DST	NT	20 Ruitter, Matthew	M14	DST	1:25.70
59 Stevenson, Phoebe	W11	NRST	41.98	119 Gerbrandt, Samuel	M13	DST	NT	21 Patterson, Cameron	M13	NRST	1:26.91
60 McGuire, Alea	W12	NRST	42.10	120 McQuillin, Connor	M12	COMOX	NT	22 Hynd, Ava	W16	CHIN	1:27.47
61 Crockford, Noah	M14	ISC	42.28	121 Condly, Ilan	W11	COMOX	NT	23 Felt, Kayla	W12	ISC	1:28.84
62 Macluskie, Elyse	W11	COMOX	42.35	122 St-Laurent, Rose	W12	COMOX	NT	24 Gossman, Taylor	W15	ISC	1:29.21
63 Woodward, Aline	W14	ISC	42.42	123 Cruickshank, Devyn	W15	COMOX	NT	25 Good, Siena	W13	CHIN	1:29.55
64 Macalister, Xander	M11	NRST	42.65	124 Johnson, Keira	W14	COMOX	NT	26 Wigger, Logan	M15	COMOX	1:29.68
65 Webber, Grace	W15	NRST	42.72	125 Sulek, Juno	W8	COMOX	NT	27 Medler, Samuel	M16	ISC	1:29.88
66 Mitchell, Saphire F	W13	WIND	42.90	126 Saccucci, Bennett	M10	COMOX	NT	28 Gonzales, Colton	M13	LCSC	1:30.34
67 Hynd, Nadia	W11	CHIN	43.18	127 McDonald, Mykah	W11	COMOX	NT	29 Cottrell, Kelana	W12	NRST	1:30.68
68 Groome, Nicola	W15	NRST	43.18	128 Pellerin, Simon	M10	COMOX	NT	30 Odonnell, Russell M	M13	WIND	1:30.74
69 Trenholm, Adelaide	W12	NRST	43.72	129 Schnell, Noah	M11	LCSC	NT	31 Stiwich, Ryca	W15	DST	1:30.84
70 Elford, Will	M16	ISC	43.93	130 Searle, Tea	W11	LCSC	NT	32 Paproski, Kailyn	W12	NRST	1:35.47
71 Broome, Caia	W14	CHIN	44.00	131 Dunaway, Kieran	M9	DST	NT	33 Hudec, Stella	W12	CHIN	1:35.91
72 Johnson, Nathan	M16	COMOX	44.02	132 Stiwich, Nella	W11	DST	NT	34 Crockford, Noah	M14	ISC	1:36.07
73 Hicks, Abigail	W14	LCSC	44.22	#13 Mixed 200 LC Meter Butterfly			35 Blackburn, Connor	M15	NRST	1:36.11	
74 Van Der Mark, Avery	W12	NRST	44.45	Name	Age	Team	Seed Time	36 Bains, Zoe	W13	NRST	1:36.19
75 Horncastle, Owen	M12	NRST	44.59	1 Roos, River	M18	NRST	2:16.90	37 Lutz, Meghan	W15	NRST	1:38.12
76 Miller, Aryah	W12	NRST	44.92	2 Pearse, Peyton	M15	NRST	2:21.69	38 Elford, Will	M16	ISC	1:38.18
77 Christensen, Charlotte	W10	NRST	45.51	3 Boone, Sidney	W15	ISC	2:30.52	39 Lord, Isla	W15	ISC	1:38.37
78 Baldwin, Lauren	W16	NRST	45.64	4 Woldnik, Sasha	M13	COMOX	2:38.56	40 Price, Jaden	W13	ISC	1:38.39
79 Chernov, Solena	W15	COMOX	45.70	5 McPherson, Taylor	W13	NRST	2:40.12	41 Lowres, Reid	M13	ISC	1:39.12
80 Reid, Waymouth	M11	COMOX	45.80	6 Saxon, Chase	M14	ISC	2:45.16	42 Johnson, Nathan	M16	COMOX	1:39.97
81 Armstrong, Aaliyah	W12	NRST	45.89	7 Elzinga, Lukas	M16	NRST	2:49.49	43 Lutz, Noah	M12	NRST	1:40.07
82 Denny, Ava	W15	ISC	46.27	8 Lord, Isla	W15	ISC	2:53.16	44 Nesbitt, Annika	W14	ISC	1:40.26
83 Yee, Raya	W12	NRST	46.27	9 Elford, Will	M16	ISC	2:54.63	45 White, Rosanna	W12	NRST	1:40.37
84 Cajolet, Chloe	W12	NRST	46.40	10 Price, Jaden	W13	ISC	2:58.16	46 Cox, Ainsley	W15	NRST	1:40.80
85 Wang, Wilmer	M11	NRST	46.65	11 Medler, Samuel	M16	ISC	2:58.96	47 Macalister, Xander	M11	NRST	1:41.12
86 Gonzales, Graydon	M11	LCSC	46.67	12 Felt, Kayla	W12	ISC	3:01.94	48 Mussellam, Gabriel B	M13	WIND	1:42.10
87 Lord, Isla	W15	ISC	46.68	13 Crockford, Noah	M14	ISC	3:06.16	49 Howard, London	W14	ISC	1:43.60
88 Catton-Cox, Christopher	M12	NRST	46.82	14 Lowres, Reid	M13	ISC	3:09.16	50 Woodward, Aline	W14	ISC	1:43.60
89 Paproski, Keana	W10	NRST	47.26	15 Denny, Ava	W15	ISC	3:14.67	51 Yu, Anne	W13	ISC	1:43.63
90 Hynd, Nora	W10	CHIN	47.89	16 Ivantyshyn, Vasyl	M13	NRST	3:16.61	52 Broome, Caia	W14	CHIN	1:45.00
91 Jackson, Charlee	W13	NRST	48.94	17 Woodward, Aline	W14	ISC	3:20.16	53 Mitchell, Saphire F	W13	WIND	1:45.60
92 Medler, Samuel	M16	ISC	49.62	18 Nesbitt, Annika	W14	ISC	3:26.16	54 Webber, Grace	W15	NRST	1:45.68
93 McGuire, Ashton	M9	NRST	49.88	19 Baldwin, Lauren	W16	NRST	3:51.02	55 Hicks, Abigail	W14	LCSC	1:45.75
94 Sulek, Tuesday	W11	COMOX	50.03	20 Armstrong, Lilah	W9	NRST	5:00.00	56 Pellerin, Anabelle	W12	COMOX	1:46.39
95 Nesbitt, Annika	W14	ISC	50.34	21 Schneider, Jacob	M15	ISC	NT	57 Tsai, Josh	M12	ISC	1:47.42
96 Lee, Sophia	W11	COMOX	50.60	22 Ruitter, Matthew	M14	DST	NT	58 Wang, Wilmer	M11	NRST	1:47.49
97 Lewall, Cameron	M11	COMOX	51.67	#14 Mixed 100 LC Meter Breaststroke			59 Bartlett, Ethan	M12	CHIN	1:48.00	
98 Rechon-Reguet, Alexia	W11	NRST	51.81	Name	Age	Team	Seed Time	60 Saunders, Daniel	M14	NRST	1:49.09
99 Riddell, Niamh	W13	NRST	51.84	1 Simard, Bodie	M16	HST	1:12.02	61 Mceachen, Julianna	W15	NRST	1:49.60
100 Gong, Michael	M11	NRST	51.98	2 Smith, Bayden	M14	HST	1:12.49	62 Armstrong, Aaliyah	W12	NRST	1:52.08
101 van den Berg, Ryan	M9	NRST	52.48	3 Mountstevens, Rohin	M16	HST	1:13.33	63 Ho-Gillis, Jay	W15	COMOX	1:52.20
102 MacDonald, Beth	W11	NRST	53.48	4 Roos, River	M18	NRST	1:17.10	64 Sulek, Tuesday	W11	COMOX	1:52.83
103 Cox, Linnea	W11	NRST	53.93	5 Pearse, Peyton	M15	NRST	1:18.34	65 Graham, Ayla	W12	DST	1:55.18
104 Bartlett, Ethan	M12	CHIN	55.00	6 Schaffner, Nina	W16	NRST	1:18.98	66 MacGregor, Lauchlin	M12	DST	1:55.34
105 Hearsey, Aiden	M9	NRST	57.33	7 Palmer, Hudson	M14	NRST	1:22.31	67 Gong, Michael	M11	NRST	1:55.55
106 Martin, James	M12	NRST	57.87	8 Macluskie, Tobias	M15	COMOX	1:22.91	68 Jackson, Charlee	W13	NRST	1:56.06
107 Groome, Charlotte	W11	NRST	1:01.02	9 Feschuk, Finn	M16	NRST	1:23.15	69 Trenholm, Adelaide	W12	NRST	1:56.45
108 Buhr, Westley	M12	NRST	1:01.26	10 Runge, Luise	W18	NRST	1:23.27	70 Cajolet, Chloe	W12	NRST	1:56.46
109 Kohlruss, Aria	W12	LCSC	1:04.49	11 Widmeyer, Simone	W16	NRST	1:24.01	71 Miller, Aryah	W12	NRST	1:56.77
110 Marshall, Owen	M10	NRST	1:06.18	12 Pendergast, Gavin	M16	NRST	1:24.27	72 Van Luven, Robert	M16	CHIN	1:56.93
111 Strong, Isla	W9	NRST	1:10.00	13 McPherson, Taylor	W13	NRST	1:24.29	73 Flood, Zoey	W10	NRST	1:57.03
112 White, Declan	M9	NRST	1:10.04	14 Sheppard, Kennadie	W15	ISC	1:24.36	74 Saxon, Chase	M14	ISC	1:58.09
								75 Christensen, Charlotte	W10	NRST	1:58.54
								76 Atashband, Sophia	W13	DST	1:58.73

2023 Spring Sprint - 2023-04-22 to 2023-04-23

Psych Sheet

#14 ... (Mixed 100 LC Meter Breaststroke)							
77	Gonzales, Graydon	M11 LCSC	2:00.62	8	MacGregor, Lauchlin	M12 DST	4:53.53
78	Paproski, Keana	W10 NRST	2:00.71	9	Alexander-Mitchell, Nolan	M18 CHIN	4:55.98
79	Hynd, Nora	W10 CHIN	2:01.18	10	Nel, Luc	M13 COMOX	5:03.14
80	MacGregor, Waylin	M10 DST	2:02.56	11	Evans, Alex	M16 NRST	5:04.08
81	Hynd, Nadia	W11 CHIN	2:05.12	12	Barberie, Danielle	W16 NRST	5:04.21
82	Lee, Sophia	W11 COMOX	2:05.39	13	Allen, Frances	W15 CHIN	5:07.32
83	Yee, Raya	W12 NRST	2:05.55	14	de Jong, Sylvia	W13 NRST	5:08.61
84	Nadiger, Kaitlyn	W12 ISC	2:08.51	15	Gunther, Ayva D	W16 WIND	5:10.00
85	MacDonald, Beth	W11 NRST	2:09.86	16	Johnson, Nathan	M16 COMOX	5:10.00
86	Macluskie, Elyse	W11 COMOX	2:10.52	17	Saunders, Daniel	M14 NRST	5:11.26
87	Riddell, Niamh	W13 NRST	2:10.73	18	Rossen, Kinsey	W14 HST	5:14.92
88	Power, Grace	W10 NRST	2:15.00	19	van den Berg, Kyle	M14 NRST	5:15.44
89	Macalister, Liv	W10 NRST	2:15.65	20	Chernov, Solena	W15 COMOX	5:19.80
90	Buhr, Westley	M12 NRST	2:21.65	21	Palmer, Hudson	M14 NRST	5:20.55
91	Hals, Lauren	W10 NRST	2:25.10	22	Gerbrandt, Gabriel	M15 DST	5:23.51
92	Groome, Charlotte	W11 NRST	2:30.00	23	Fergus, Jack	M13 NRST	5:28.09
93	McGuire, Ashton	M9 NRST	2:30.00	24	Lewall, Noah	M13 COMOX	5:29.26
94	Catton-Cox, Christopher	M12 NRST	2:34.52	25	Barr, Shelby	W14 NRST	5:35.55
95	White, Declan	M9 NRST	2:45.00	26	Patterson, Cameron	M13 NRST	5:36.07
96	Strong, Isla	W9 NRST	2:45.00	27	Fairweather, Anna	W15 NRST	5:37.17
97	Mali, Austin	M11 ISC	NT	28	Revenberg, Julia	W15 COMOX	5:38.33
98	Stamhuis, Ari	M10 ISC	NT	29	Macluskie, Tobias	M15 COMOX	5:40.00
99	Tran, Daniel	M12 ISC	NT	30	Tsai, Josh	M12 ISC	5:45.73
100	Nesbitt, Rayelle	W11 ISC	NT	31	Chalker, Mackenzie	W14 NRST	5:46.89
101	Goulet, Payton	W12 ISC	NT	32	Dagostini, Alessio	M15 NRST	5:57.95
102	Gregson, Edie	W11 ISC	NT	33	Good, Siena	W13 CHIN	6:00.00
103	Eames, Raina	W11 ISC	NT	34	Yu, Anne	W13 ISC	6:06.84
104	Hourston, Cooper	M11 ISC	NT	35	Lutz, Meghan	W15 NRST	6:13.70
105	Dunaway, Teagan	W10 DST	NT	36	Riendl-Ling, Cassia	W12 NRST	6:19.27
106	McCauley, Nolan	M12 DST	NT	37	Atashband, Sophia	W13 DST	6:29.87
107	Lempinen, Nina	W10 DST	NT	38	Bains, Zoe	W13 NRST	6:43.04
108	McCartney, Brody	M14 DST	NT	39	Paproski, Kailyn	W12 NRST	6:47.55
109	Gerbrandt, Samuel	M13 DST	NT	40	Stamhuis, Ari	M10 ISC	6:51.34
110	Chadt, Eva	W15 DST	NT	41	Eames, Raina	W11 ISC	NT
111	Gerbrandt, Gabriel	M15 DST	NT	42	Hourston, Cooper	M11 ISC	NT
112	Castells, Ot	M15 DST	NT	43	McCauley, Nolan	M12 DST	NT
113	Ruiter, Chelsea	W10 DST	NT	44	Chadt, Eva	W15 DST	NT
114	McQuillin, Connor	M12 COMOX	NT	45	Castells, Ot	M15 DST	NT
115	Condly, Ilan	W11 COMOX	NT	46	Graham, Ayla	W12 DST	NT
116	St-Laurent, Rose	W12 COMOX	NT	47	James, Edward	M12 DST	NT
117	Sulek, Juno	W8 COMOX	NT	48	Reid, Waymouth	M11 COMOX	NT
118	Saccucci, Bennett	M10 COMOX	NT	49	Macluskie, Elyse	W11 COMOX	NT
119	McDonald, Mykah	W11 COMOX	NT	50	Pellerin, Anabelle	W12 COMOX	NT
120	Pellerin, Simon	M10 COMOX	NT				
121	Kohlruss, Aria	W12 LCSC	NT				
122	Schnell, Noah	M11 LCSC	NT				
123	Searle, Tea	W11 LCSC	NT				
124	Rechon-Reguet, Alexia	W11 NRST	NT				
125	Dunaway, Kieran	M9 DST	NT				
126	Stiwich, Nella	W11 DST	NT				

#15 Mixed 400 LC Meter Freestyle

Name	Age Team	Seed Time	
1	Cheon, Noah	M14 HST	4:37.12
2	Raume, Jordan	M18 COMOX	4:38.24
3	Feschuk, Finn	M16 NRST	4:38.68
4	Wang, Winona	W14 NRST	4:40.71
5	Boone, Sidney	W15 ISC	4:46.62
6	Macluskie, Nadia	W16 COMOX	4:49.01
7	McCartney, Brody	M14 DST	4:50.25