



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



				MENTOR COMPETITION COORDINATOR		Charles Montpetit	
SESSION # 1				MORNING		COMPETITION COORDINATOR	
February 2, 2024				13-Over Prelims		MEET MANAGER	
				WARM-UP:		8:30 AM	
				BRIEFING:		8:45 AM	
				START:		9:30 AM	
				FINISH (EST):		11:30 AM	
				OFFICIALS COORDINATOR		Marybeth Creskey	
SESSION REFEREE		STARTER		CHIEF TIMER		ASSISTANT CHIEF TIMER	
Andrew Barton (NKB)**		Christopher Ritchie		Julie Hewitt (NKB)		John Boyer	
REFEREE EVALUATOR							
Cynthia Pincott							
Bruce Sheppard				ADMINISTRATIVE DESK		Shadow	
				Ian Joiner **		Evelyn Barker (GSH) **	
				Nathalie Quirion (GO)			
				CHIEF FINISH JUDGE		CHIEF RECORDER	
				David Moore (ROCS)* *		Allison Gaudaur (PSAC) **	
						SAFETY MARSHALL	
						Jennifer Chalmers (Perth)	
						Alana Fenwick (GSH)	
						Victoria Atherton	
						Jean Lanca	
JUDGES OF STROKES & TURNS:				TIMEKEEPERS:			
TURN JUDGES		START END		TURN END		LANE 1:	
Lanes 1-2		Steph Duffey		Peter Sweetnam		Claudia Lozano	
Lanes 3-4		Alex Lareau		Kelly Rhodenizer		Steve Coles	
Lanes 5-6		Karen Majka (GSH)		Isabelle Coda		Yanping Chen (GSH) **	
Lanes 7-8		Colleen Forestier**		Jess Dawson		Jessica Gordon	
STROKE JUDGES:		STANDS SIDE		LIFEGUARD ROOM SIDE		LANE 3:	
		Claude Viau (OYO) **		Andrea Currie (ROCS)**		Matt Hull	
		Heidi Wechselberger (NKB)				Cheryl McGrath	
RUNNER		ANNOUNCER		CHECK IN		LANE 4:	
Scott Doidge		Laura Corker (GSH)		Joanne Stober		Lisa McCormick	
						Dave Cooper (ROCS)	
						LANE 5:	
						Andrew McKenna	
						Janet Lai	
						LANE 6:	
						Ken Tran	
						Declan Sweetnam	
						LANE 7:	
						Youri Gendel (GSH)	
						James Hayes	
						LANE 8:	
						Annie Turner	
						Victoria Atherton	
						SPARES	
						Maggie Martin	
				** sign off request			



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 2	AFTERNOON		WARM-UP:	12:00 PM		MENTOR COMPETITION COORDINATOR	Charles Montpetit
February 2, 2024	12-U Timed Finals		BRIEFING:	12:15 PM		COMPETITION COORDINATOR	Nancy Beland
			START:	1:00 PM		MEET MANAGER:	William Van Straaten
			FINISH (EST):	4:00 PM		OFFICIALS COORDINATOR:	Francesca MacDonald
							Robert Tyler (GSH)
							Marybeth Creskey

SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	CHIEF FINISH JUDGE	CHIEF RECORDER	ELECTRONICS OPERATOR
Andrew Barton (NKB) **	Evelyn Barker (GSH)	Derek de Vlieger **	Leanne Clare	Jocelyn Jay	Scott Wilson (GSH)	Marybeth Creskey	Arthur Villaneuva
REFEREE EVALUATOR							
Cynthia Pincott						SAFETY MARSHALL	
Bruce Sheppard		ADMINISTRATIVE DESK				Sue Chiumera	Ha Nguyen
		Marybeth Creskey	Karen Majka (GSH)				Leigh MacKenzie

JUDGES OF STROKES & TURNS:			TIMEKEEPERS:		
TURN JUDGES	START END	TURN END	LANE 1:	Elodie Pons (ROCS) **	Youri Gendel (GSH) **
Lanes 1-2	Janice Harding (KBM) **	Natalie Bowles	LANE 2:	Sergey Apanasevich (GSH)	Aimee McDevitt **
Lanes 3-4	Jason Trang	Bridget Mooney**	LANE 3:	Pablo Frank (GSH) **	Kari Dore (GSH) **
Lanes 5-6	Isabelle Coda	Sue Kelly**	LANE 4:	Jim Yang (GSH)	Celine Brown
Lanes 7-8	Lori McKenna	Peter Sweetnam	LANE 5:	Claude Viau (OYO) **	Laura Griggs **
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE	LANE 6:	Yan Wang (GSH) **	Gregory Addicks **
	Karin Burbridge (GSH) **	Kelly McKay (GSH) **	LANE 7:	Xiofeng Zhu (GSH) **	Andrew Atherton
	Sheldon Leong (ROCS)	Christopher MacDonald (NKB)	LANE 8:	Lindsey Williams **	Sarah Heidinga **
			SPARES		
RUNNER	ANNOUNCER	CHECK IN			
Callum Macgregor	Laura Corker (GSH)	Declan Sweetnam			

AWARDS			** sign off request
Vicki Chalmer	Sameena Khalil		



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 3	EVENING		WARM-UP:	4:30 PM		COMPETITION COORDINATOR:	Nancy Beland
February 2, 2024	13-Over Finals		BRIEFING:	4:45 PM			William Van Straaten
			START:	5:30 PM		MEET MANAGER:	Francesca MacDonald
			FINISH (EST):	7:15 PM			Robert Tyler (GSH)
						OFFICIALS COORDINATOR:	Marybeth Creskey
SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	CHIEF RECORDER	CHIEF JUDGE ELECTRONICS	ELECTRONICS OPERATOR
Bruce Sheppard	Christopher Ritchie	Reuben Ludmer	Kelly Rhodenizer	Jocelyn Jay	Marybeth Creskey	Colleen Forestier	Claudia Lozano
Dan Scott	Chris Duffin (NKB)						
				ADMINISTRATIVE DESK		SAFETY MARSHALL	
	AWARDS			Allison Gaudaur (Perth)**		Yan Wang (GSH)	Quynh Do (GSH)
	Mariola Grabinski	Chris Xu (GSH)				Ziaofeng Zhu (GSH)	Quynh-Lam Le (GSH)
JUDGES OF STROKES & TURNS:				TIMEKEEPERS:			
TURN JUDGES	START END	TURN END		LANE 1:	Alana Fenwick (GSH)**	Christine Conlin (GSH) **	
Lanes 1-2	Claudia Bouchard (GSH) **	Leigh Wahay (Perth)**		LANE 2:	Christopher Piche	Amy Licari	
Lanes 3-4	Jamie Hollingworth (ROCS)	Alex Lareau		LANE 3:	Rene Forestier	Dave Cooper (ROCS)	
Lanes 5-6	Adele Casuga (ROCS)	Maria Acero (GSH)		LANE 4:	Youri Gendel (GSH)	Andrea Currie (ROCS)	
Lanes 7-8	Jeanne Kam (GSH)	Peter Sweetnam **		LANE 5:	Tristan Nuyens (GSH)	Derek Seely (ROCS)	
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE		LANE 6:	Kate Moulds	Greg Moulds	
	Kelly McKay (GSH)	Lizaveta Butsko		LANE 7:	Eric Sun (NKB)	Katherine Boyes (ROCS) **	
	Michelle Bryden (Perth)**			LANE 8:	Anna Gesikowska (GSH)	Erin Oma (ROCS)	
				SPARES			
RUNNER	ANNOUNCER	CHECK IN					
Thach Le (GSH)	Matt de Vlieger	Kayne Carr (GSH)					
						Printed:	2/4/2024
			** sign off request				



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 4	MORNING	WARM-UP:	8:30 AM	COMPETITION COORDINATOR	Nancy Beland	
February 3, 2024	13-Over Prelims	BRIEFING:	8:45 AM		William Van Straaten	
		START:	9:30 AM		MEET MANAGER	Francesca MacDonald
		FINISH (EST):	11:30 AM		Robert Tyler (GSH)	
				OFFICIALS COORDINATOR	Marybeth Creskey	

SESSION REFEREE	STARTER	CHIEF TIMER	ACT	MEET MANAGEMENT ASSISTANT	CHIEF FINISH JUDGE	CHIEF RECORDER	ELECTRONICS OPERATOR
Julie Hewitt (NKB)**	Allison Gaudaur (PSAC)**	David Moore (ROCS)**	Kelly McKay (GSH)	Jocelyn Jay	Dominique Milne (ROCS)**	Heidi Wechselberger	Rene Forestier

REFEREE EVALUATOR	ADMINISTRATIVE DESK		SAFETY MARSHALL	
Charles Montpetit	Robert Tyler (GSH)**	Scott Wilson (GSH)**	Yanping Chen (GSH)	Claude Viau (OYO)**
Siobhan Muldowney			Cindy Spence (GSH)	Jennifer Chalmers (Perth)

JUDGES OF STROKES & TURNS:			TIMEKEEPERS:		
TURN JUDGES	START END	TURN END	LANE 1:		
Lanes 1-2	Jamie Hollingworth (ROCS)	Heather Castillo (GSH)	LANE 2:	Elodie Pons (ROCS)**	Jim Thomson (ROCS)
Lanes 3-4	Christopher Ritchie	Claude Viau (OYO)**	LANE 3:	Derek Seely (ROCS)	Thach Le (GSH)
Lanes 5-6	James Corker (GSH)**	Alex Lareau**	LANE 4:	Jessica Dawson	Jeremy Laliberte (ROCS)
Lanes 7-8	Meagan Enticknap	Reuben Ludmer	LANE 5:	Etta Stevens (GSH)**	Kim Cardinal (ROCS)**
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE	LANE 6:	Kevin Zheng (GSH)**	Youri Gendel (GSH)
	Kelly Rhodenizer**	Leigh Wahay (GSH)**	LANE 7:	Ken Tran	Kira Leung (GSH)
	Bitapi Ray (GSH)**	Colleen Forestier**	LANE 8:	Annie Turner**	Kari Dore (GSH)
			SPARES	Quynh-Lam Le (GSH)	Quynh Do (GSH)
				John Boyer	

RUNNER	ANNOUNCER	CHECK IN	
Penelope Bornstein	Claudia Lozano	Jessica Gorden	** sign off request



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 5	AFTERNOON		WARM-UP:	12:00 PM		COMPETITION COORDINATOR	Nancy Beland
February 3, 2024	12-U Timed Finals		BRIEFING:	12:15 PM			William Van Straaten
			START:	1:00 PM		MEET MANAGER:	Francesca MacDonald
			FINISH (EST):	3:30 PM			Robert Tyler (GSH)
						OFFICIALS COORDINATOR:	Marybeth Creskey
SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	CHIEF FINISH JUDGE	CHIEF RECORDER	ELECTRONICS OPERATOR
Julie Hewitt (NKB)**	Angus MacDonald	Wendy McCutcheon	Claude Vlau (OYO)	Scott Wilson (GSH)	Jason Pantarotto **	Marybeth Creskey	Andrew McKenna
REFEREE EVALUATOR						Christopher Ritchie	
Charles Montpetit						SAFETY MARSHALL	
Siobhan Muldowney		ADMINISTRATIVE DESK				Sue Chiumera	Ha Nguyen
		Ian Joiner**	Erin Chapple			Jeremy Tschinkel	Kari Dore (GSH)
JUDGES OF STROKES & TURNS:			TIMEKEEPERS:				
TURN JUDGES	START END	TURN END	LANE 1:	Sergey Apanasevich (GSH)	Maggie Archibald**		
Lanes 1-2	Claudia Bouchard (GSH)**	Christine Atwood (ROCS)	LANE 2:	Kate Rafter **	Pablo Frank (GSH)		
Lanes 3-4	Janice Harding (KBM)**	Alexandra Leonard (ROCS)**	LANE 3:	Lindsey Willams **	Tobin Kelly **		
Lanes 5-6	Natalie Bowles **	Sue Kelly **	LANE 4:	Gregory Addicks **	Kevin Zheng (GSH)		
Lanes 7-8	Kira Leung (GSH)**	James Corker (GSH)	LANE 5:	Crystal Morris **	Ashley Nelson		
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE	LANE 6:	Harnoop Sandhu (GSH) **	Yadwinder Sandhu (GSH) **		
	Ian Joiner	Kelly Mckay (GSH)	LANE 7:	Yan Wang (GSH) **	Xiaofeng Zhu (GSH)		
	Trent Peden (Perth) **	Katherine Henderson **	LANE 8:	David Burbridge (GSH) **	Patrick Dean		
			SPARES	Sonja Taylor (EBSC)			
RUNNER	ANNOUNCER	CHECK IN					
Stephen & Agnes Morris	Cynthia Shelswell	Kyle MacDonald					
AWARDS			** sign off request				
Laura Griggs	Sameena Khalil						



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 6	EVENING		WARM-UP:	4:00 PM		COMPETITION COORDINATOR	Nancy Beland
February 3, 2024	13-Over Finals		BRIEFING:	4:15 PM		MEET MANAGER:	William Van Straaten Francesca MacDonald
			START:	5:00 AM			Robert Tyler (GSH)
			FINISH (EST):	7:10 PM		OFFICIALS COORDINATOR:	Marybeth Creskey
SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	ELECTRONICS OPERATOR	CHIEF RECORDER	CHIEF JUDGE ELECTRONICS
Charles Montpetit	Angus Macdonald	Reuben Ludmer	Leanne Clare	Jocelyn Jay	Lizaveta Butsko	Billie Greenaway (GSH)	Colleen Forestier **
Siobhan Muldowney	Wendy McCutcheon						
				ADMINISTRATIVE DESK		SAFETY MARSHALL	
				Evelyn Barker (GSH)		Yan Wang (GSH)	Sean Griffin
	AWARDS					Ziaofeng Zhu (GSH)	Abby Griffin
	Mariola Grabinski	Gabriela Manoiu (GSH)					
JUDGES OF STROKES & TURNS:				TIMEKEEPERS:			
TURN JUDGES	START END	TURN END		LANE 1:	Ionut Filip (GSH)**	Youri Gendel (GSH)	
Lanes 1-2	Karin Burbridge (GSH)**	Natalie Bowles		LANE 2:	Leigh MacKenzie	Nicolas Dunbar (GSH)	
Lanes 3-4	Natalia Pak (ROCS)	Maria Acero (GSH)		LANE 3:	Christy Griffin	Pierre Barber**	
Lanes 5-6	Jeanne Kam (GSH)	Colin Murphy (GSH)		LANE 4:	Zachary Pantarotto	Samuel Lanca	
Lanes 7-8	Andrea Currie (ROCS)**	Karen Majka (GSH)		LANE 5:	Dylan Pantarotto	Calum MacDonald	
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE		LANE 6:	Euan Van Straaten	Alexander Pershukevich	
	Claudia Bouchard (GSH)**	Janice Palmer		LANE 7:	Elizabeth Drent**	Amy Licari	
	Bitapi Ray (GSH)	Eric Danek (ROCS)		LANE 8:	Lisa McCormick	Jean Lanca**	
				SPARES			
RUNNER	ANNOUNCER	CHECK IN					
Darlene Moll	Matt de Vlieger	Julie Lanca	** sign off request				



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 7	MORNING	WARM-UP:	8:30 AM	COMPETITION COORDINATOR	Nancy Beland
February 4, 2024	13-Over Prelims	BRIEFING:	8:45 AM		William Van Straaten
		START:	9:30 AM	MEET MANAGER	Francesca MacDonald
		FINISH (EST):	11:50 AM		Robert Tyler (GSH)
				OFFICIALS COORDINATOR	Marybeth Creskey

SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	CHIEF FINISH JUDGE	CHIEF RECORDER	ELECTRONICS OPERATOR
Karen Hogan (GO)	Christopher Ritchie (mentor) (W) Kelly Rhodenizer (M)	Colleen Forestier	John Boyer	Darren Gallacher (UC)	Pascale Gallacher	David Moore (ROCS) **	Thach Le (GSH)
REFEREE SHADOW		ADMINISTRATIVE DESK				SAFETY MARSHALL	
Robert Tyler (GSH)		Adele Casuga (ROCS) **	Denise Klenk (NKB) **			Cindy Spence (GSH)	Yadwinder Sandhu (GSH)
						Harnoop Sandhu (GSH)	Jessica Gordon

JUDGES OF STROKES & TURNS:		
TURN JUDGES	START END	TURN END
Lanes 1-2	Jeanne Kam (GSH)	Diana Kurtyan (GSH)**
Lanes 3-4	Jim Thomson (ROCS)	Alex Lareau **
Lanes 5-6	Alexandru Luchian (GSH)	Kelly Krumreich (KBM) **
Lanes 7-8	Bitapi Ray (GSH)**	Lizaveta Butsko
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE
	Cynthia Handler (NKB) **	Kelly McKay (GSH) **
	Isabelle Coda	Andrea Currie (ROCS)**

TIMEKEEPERS:		
LANE 1:	Youri Gendel (GSH)	Jim Yang (GSH)
LANE 2:	Matt Hull**	Derek Seely (ROCS) **
LANE 3:	Etta Stevens (GSH)	Katherine Boyes (ROCS)**
LANE 4:	Jeremy Laliberte (ROCS)	Simon Cardinal (ROCS)**
LANE 5:	Kevin Zheng (GSH)	Carolina Woo (ROCS)**
LANE 6:	Ken Tran**	Gregory Moulds**
LANE 7:	Claude Viau (OYO) **	Traceylyn Watchorn**
LANE 8:	Yevhen Kurtyan (GSH)**	Quynh Do (GSH)
SPARES	Annie Turner	

RUNNER	ANNOUNCER	CHECK IN
Boyd Thomson (ROCS)	Rene Forestier	Yu-Ming Xu

** sign off request



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



SESSION # 8	AFTERNOON	WARM-UP:	12:00 PM	COMPETITION COORDINATOR:	Nancy Beland
February 4, 2024	12-U Timed Finals	BRIEFING:	12:15 PM	MEET MANAGER:	William Van Straaten Francesca MacDonald Robert Tyler (GSH)
		START:	1:00 PM	OFFICIALS COORDINATOR:	Marybeth Creskey
		FINISH (EST):	3:30 PM		

SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	CHIEF FINISH JUDGE	CHIEF RECORDER	ELECTRONICS OPERATOR
Christopher Ritchie	Evelyn Barker (GSH) **	Derek de Vlieger	Lindsey Williams	Todd Williams	Julie Hewitt (NKB)	Marybeth Creskey	Tristan Nuyens

		ADMINISTRATIVE DESK			SAFETY MARSHALL	
		Marybeth Creskey			Ha Nguyen	Jim Yang (GSH)
					Jeremy Tschinkel	Oliver Gomes

JUDGES OF STROKES & TURNS:			TIMEKEEPERS:		
TURN JUDGES	START END	TURN END	LANE 1:		
Lanes 1-2	Karen Majka (GSH)	Natalia Pak (ROCS)	LANE 2:	Sergey Apanasevich (GSH)	Kevin Zheng (GSH)
Lanes 3-4	Kelly Mckay (GSH)	Lori McKenna	LANE 3:	Michael Bassett **	Ben Greenaway (GSH)
Lanes 5-6	Natalie Bowles **	Janice Palmer	LANE 4:	David Burbridge (GSH) **	Ender Turkoglu (GSH)
Lanes 7-8	Jason Trang (GSH)	Melanie Fournier (GSH) **	LANE 5:	Sonja Taylor (EBSC)	Patrick Dean
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE	LANE 6:	Dominic Mackenzie	Leigh Mackenzie
	Trent Peden (Perth)**	Claude Viau (OYO) **	LANE 7:	Larissa Dunbar (GSH)**	Yan Wang (GSH)
	Christopher MacDonald (NKB) **		LANE 8:	Etta Stevens (GSH)	Ziaofeng Zhu (GSH)
			SPARES	Keomany Ker (GSH)	Youri Gendel (GSH)
				Matilda Amos	

RUNNER	ANNOUNCER	CHECK IN
Sarah Heidinga	Mitch Charness	Celine Brown

AWARDS	
Laura Griggs	Sameena Khalil

** sign off request



EASTERN ONTARIO WINTER REGIONAL CHAMPIONSHIPS 2024



**ROC
SWIMMING**

SESSION # 9	EVENING	WARM-UP:	4:00 PM	COMPETITION COORDINATOR:	Nancy Beland
February 4, 2024	13-Over Finals	BRIEFING:	4:15 PM		William Van Straaten
		START:	5:00 PM	MEET MANAGER:	Francesca MacDonald
		FINISH (EST):	7:30 PM		Robert Tyler (GSH)
				OFFICIALS COORDINATOR:	Marybeth Creskey

SESSION REFEREE	STARTER	CHIEF TIMER	ASSISTANT CHIEF TIMER	MEET MANAGEMENT ASSISTANT	ELECTRONICS OPERATOR	CHIEF RECORDER	CHIEF JUDGE ELECTRONICS
Wendy McCutcheon	Angus MacDonald	Kelly McKay (GSH) **	Jason Pantarotto	Jocelyn Jay	Rahul Bhardwaj (OYO)	Marybeth Creskey	Dominique Milne (rocs) **
Chris Duffin (NKB)	Julie Hewitt (NKB)						

ADMINISTRATIVE DESK

Evelyn Barker (GSH)

SAFETY MARSHALL

Yan Wang (GSH)	Laura Rennick (GSH)
Ziaofeng Zhu (GSH)	Jill Hull

AWARDS

Mariola Grabinski	Gabriela Manoiu (GSH)
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JUDGES OF STROKES & TURNS:

TURN JUDGES	START END	TURN END
Lanes 1-2	Colin Murphy (GSH)	Janice Smith (GO)
Lanes 3-4	Alex Lareau **	Jamie Hollingworth (ROCS)
Lanes 5-6	Adele Casuga (ROCS)	Bitapi Ray (GSH)
Lanes 7-8	Eric Danek (ROCS)	Jim Thomson (ROCS)
STROKE JUDGES:	STANDS SIDE	LIFEGUARD ROOM SIDE
	Calum MacDonald	Colleen Forestier
	Jeanne Kam (GSH)	Michelle Bryden (Perth) **

TIMEKEEPERS:

LANE 1:	LANE 2:	LANE 3:	LANE 4:	LANE 5:	LANE 6:	LANE 7:	LANE 8:	SPARES
Alana Fenwick (GSH)	Ender Turkoglu (GSH)	Jean Lanca	Zachary Pantarotto	Dylan Pantarotto	Jason Wen	Stella Hiltz	Pierre Barber	Sammy Lanca
Dave Cooper (ROCS)	Youri Gendel (GSH)	Anna Gesikowska (GSH)	Molly Barber	Henry de Vlieger	Grace McIntosh (GO)	Jason Hiltz-Laforge	Shane Smith	

RUNNER	ANNOUNCER	CHECK IN
Boyd Thomson (ROCS)	Matt de Vlieger	Addison Smith

** sign off request