

HAMMER the ERG 2025 FINAL DRAW

1000m & 500m Events

Events 2 & 8

8:00AM

Masters Men (D-E) 1k							Recreational Men 1k						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
					Unaff. Settimi, G.	LBC Akitt, G.	LBC Bellengere, R.						

Events 4 & 5 & 6

8:10AM

Masters Women (A-C) 1k						Masters Women (F+) 1k		Masters Women (D-E) 1k					
1	2	3	4	5	6	7	8	9	10	11	12	13	14
					LBC Vraets, A.	LBC Repa, M.	LBC Beintema, J.	Unaff. Liska, D.					

Event 7 (1 of 2)

8:20AM

Bantam Men 1k													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
		RC Kaira, E.	RC Phung, M.	RC Arroyo, E.	RC Gray, M.	RC Amand, C.	RC Flus, C.	RC Gunton, B.	NFRC Valderrama, R.	RC Kim, A.	RC Amyote, J.	RC Donath, A.	

Event 7 (2 of 2)

8:30AM

Bantam Men 1k													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
		RC Spicer, T.	RC He, J.	RC Steacie, L.	RC Weng, M.	RC Meng, Y.	RC Tan, H.	RC Trakas, P.	NFRC Peddle, J.	RC Quach, R.	RC Pickett, C.	RC Wang, D.	

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Event 9 8:40AM

Bantam Women 1k													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
			RC Ji, D.	RC Liu, Z.	RC Jennings, C.	NFRC Quintyn, R.	NFRC Stark, C.	RC Weng, Megan	RC Weng, Maggie	RC Qi, E.			

Events 10 & 12 8:50AM

Recreational Women 1k							Crossfit Women 1k						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						LBC Bellengere, J.	Unaff. Liska, D.						

Event 13 9:00AM

Coxie Crawl 500m													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						McMAS Huo, J.	NDRC Cirello, D.						

-----BREAK-----

HAMMER CHALLENGE EVENTS

Events 14 & 15 9:20AM

HAMMER CHALLENGE Junior Men							HAMMER CHALLENGE Junior Women						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						LBC Riley, N.	LBC Metwally, F.	NDRC Watt, T.	NDRC Szentgyorgyi, J.				

HAMMER the ERG 2025 FINAL DRAW

Events 16 & 18

9:30AM

HAMMER CHALLENGE U23/Open Men							HAMMER CHALLENGE U23/Open Women						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						LBC Bellengere, R.	Unaff. Holmes, L.	McMAS Hickey, M.					

Events 17 & 19

9:40AM

HAMMER CHALLENGE Masters Men							HAMMER CHALLENGE Masters Women						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						LBC Akitt, G.	LBC Vraets, A.	LBC Repa, M.	Unaff. Liska, D.				

-----BREAK-----

2000m Events

Event 20

10:00AM

U17 61.5kg Women													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
				NDRC Okosun, A.	STM Manseau, L.	NFRC Deprez, L.	NDRC Youk, S.	NDRC Szentgyorgyi, J.	NFRC Stewart, M.				

Event 21

10:15AM

U17 Women													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
WNR Clark, B.	WNR Jones, L.	LBC Metwally, F.	NDRC Weeks, R.	STM Grant, A.	STM Dimayuga, D.	STM Kouwenberg, A.	NFRC Matthews, L.	WNR Mather, A.	WNR McNally, S.	WNR Ross, A.	WNR Shortt, C.	WNR Suntz, M.	

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Event 22 10:30AM

U17 75kg Men													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
			NDRC Maroney, E.	NDRC John, J.	NDRC Collee, H.	NFRC Gale, T.	WNR Seminario, G.	STM Heinrichs, J.	NFRC Remollino, A.				

Event 23 10:45AM

U17 Men													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
	STM Sienna, I.	STM Dickson, E.	STM Cervi, R.	NFRC Xu, A.	NDRC Woronchak, L.	DMHS Bosnjak, L.	STM Gramlow, S.	STM Kauppinen, N.	WNR DiCarlo, N.	WNR Leith, D.	WNR Schneider, J.		

Event 24 11:00AM

U19 61.5kg Women													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
				DMHS Hamm, R.	NFRC Hodgson, A.	Eden Lane, L.	NDRC Milojevic Teixeira, M.	NDRC Moda, D.					

Event 25 11:15AM

U19 75kg Men													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
		STM Luciani, A.	DMHS Braley, C.	SWCS Patterson-Raby, L.	RC Winterbottom, L.	DMHS Patitucci, D.	DMHS Hunt, D.	NFRC Pearson, L.	WNR Rogers, Q.	WNR Winslade, M.			

Event 26 11:30AM

U19 Women													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
NFRC Parrent, G.	NFRC Higgs, M.	NFRC Kelly, S.	NFRC Laliberte, L.	NFRC Egorova, K.	SWCS Soyka Rozendall, P.	SWCS Biktimirova, K.	NFRC Gates, V.	NFRC Sexton, D.	DMHS Burcher, S.	WNR Djerfi, K.	WNR Dodgson, M.	WNR VanGeel, A.	

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Event 27

11:45AM

U19 Men													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
		NDRC Dummer, L.	DMHS Hardy, M.	DMHS VanderVaart, J.	STF Ciocca, J.	RC Kidd, A.	NFRC Quintyn, M.	RC Leal, E.	NFRC Takacs, K.	LBC Riley, N.	WNR Jennings, Q.		

Events 32 & 33

12:00PM

Novice Women							Novice Men						
1	2	3	4	5	6	7	8	9	10	11	12	13	14
						McMAS Hickey, M.	McMAS Borhani, M.	McMAS Miller, J.	McMAS Rabuka, N.				

Events 29 & 30 & 37

12:15PM

U23 Women						Open Men		U23 Men Ltwt					
1	2	3	4	5	6	7	8	9	10	11	12	13	14
					Unaff. Holmes, L.	LBC Bellengere, R.	Unaff. Watts, D.	Unaff. Fletcher, E.					