

2019 RowOntario Small Boat Regatta

Race Results

Event: 1 Mens 2-

Progression Rule: 1-6 to F A, 7-12 to Final B

Race: 1-TT 1

Status: Official

Date: 2019-05-26

Chief Judge:

Time: 9:00:00 AM

Place	Lane	Boat	Club	Age	H'cap	Time Split		Adj. Time	%	Adj. Split	Status
1	4	A - Jancso-Szabo (4)	ARGN	18	00:00.00	00:06:58.36	00:00.00	00:06:58.36	0.00%	00:00.00	Finished
2	7	A - Stewart (7)	BROCKU	20	00:00.00	00:07:02.73	00:04.37	00:07:02.73	1.04%	00:04.37	Finished
3	8	A - Doyle (8)	UWO	20	00:00.00	00:07:07.59	00:09.23	00:07:07.59	2.21%	00:09.23	Finished
4	9	A - Veld (9)	ELCS		00:00.00	00:07:08.61	00:10.25	00:07:08.61	2.45%	00:10.25	Finished
5	2	B - Sullivan (2)	UWO	21	00:00.00	00:07:19.77	00:21.41	00:07:19.77	5.12%	00:21.41	Finished
6	6	A - Weber-Martin (6)	GLPH	21	00:00.00	00:07:23.50	00:25.14	00:07:23.50	6.01%	00:25.14	Finished
7	5	C - Langelaan (5)	UWO	19	00:00.00	00:07:28.07	00:29.71	00:07:28.07	7.10%	00:29.71	Finished
0	1	B - Voelkner (1)	BROCKU	22	00:00.00	00:07:05.01	00:00.00	00:00:00.00	0.00%	00:00.00	Scratch
0	3	A - Reid (3)	UWO	23	00:00.00	00:00:00.00	00:00.00	00:00:00.00	0.00%	00:00.00	Scratch

Heat Comments

2019 RowOntario Small Boat Regatta

Race Results

Event: 2 Womens 2-

Progression Rule: 1-6 to F A

Race: 2-TT 1

Status: Official

Date: 2019-05-26

Time: 9:08:00 AM

Chief Judge:

Place	Lane	Boat	Club	Age	H'cap	Time Split		Adj. Time	%	Adj. Split	Status
1	17	A - Adams (17)	KRC	22	00:00.00	00:07:47.24	00:00.00	00:07:47.24	0.00%	00:00.00	Finished
2	15	A - Maloney (15)	BROCKU	20	00:00.00	00:07:54.39	00:07.15	00:07:54.39	1.53%	00:07.15	Finished
3	14	A - Meschkuleit (14)	DRC	18	00:00.00	00:07:54.51	00:07.27	00:07:54.51	1.56%	00:07.27	Finished
4	13	A - Hutton (13)	WSTRN	20	00:00.00	00:08:01.81	00:14.57	00:08:01.81	3.12%	00:14.57	Finished
5	16	A - Kelley (16)	UWO	20	00:00.00	00:08:17.84	00:30.60	00:08:17.84	6.55%	00:30.60	Finished

Heat Comments

2019 RowOntario Small Boat Regatta

Race Results

Event: 3 Mens 1x

Progression Rule: Case 4: 14 to 15 entries,
13-18 to Final C, 19-24 to
Final D, 25-30 to Final E,

Chief Judge:

Race: 3-TT 1

Status: Official

Date: 2019-05-26

Time: 9:16:00 AM

Place	Lane	Boat	Club	Age	H'cap	Time	Split	Adj. Time	%	Adj. Split	Status
1	24	A - Finley (24)	BROCKU	25	00:00.00	00:07:16.16	00:00.00	00:07:16.16	0.00%	00:00.00	Finished
2	35	C - Markewich (35)	BROCKU	20	00:00.00	00:07:18.31	00:02.15	00:07:18.31	0.49%	00:02.15	Finished
3	43	A - Simpson (43)	ARGN	18	00:00.00	00:07:22.91	00:06.75	00:07:22.91	1.55%	00:06.75	Finished
4	31	D - May (31)	BROCKU	19	00:00.00	00:07:22.96	00:06.80	00:07:22.96	1.56%	00:06.80	Finished
5	30	C - Gogan (30)	UWO	21	00:00.00	00:07:24.42	00:08.26	00:07:24.42	1.89%	00:08.26	Finished
6	27	A - Bryenton (27)	KRC	22	00:00.00	00:07:24.53	00:08.37	00:07:24.53	1.92%	00:08.37	Finished
7	39	A - Harris (39)	GLPH	18	00:00.00	00:07:27.67	00:11.51	00:07:27.67	2.64%	00:11.51	Finished
8	28	A - Bullock (28)	PTRB	22	00:00.00	00:07:27.83	00:11.67	00:07:27.83	2.68%	00:11.67	Finished
9	54	F - Kozak (54)	UWO	23	00:00.00	00:07:33.21	00:17.05	00:07:33.21	3.91%	00:17.05	Finished
10	40	A - Law (40)	SNRC	18	00:00.00	00:07:34.76	00:18.60	00:07:34.76	4.26%	00:18.60	Finished
11	56	D - Oldham (56)	LBC		00:00.00	00:07:35.32	00:19.16	00:07:35.32	4.39%	00:19.16	Finished
12	34	E - Cinquina (34)	UWO	19	00:00.00	00:07:35.53	00:19.37	00:07:35.53	4.44%	00:19.37	Finished
13	32	B - Been (32)	HNLNBC	20	00:00.00	00:07:36.41	00:20.25	00:07:36.41	4.64%	00:20.25	Finished
14	21	B - Giesbrecht (21)	BROCKU	25	00:00.00	00:07:38.57	00:22.41	00:07:38.57	5.14%	00:22.41	Finished
15	36	C - Newell (36)	DRC	20	00:00.00	00:07:38.94	00:22.78	00:07:38.94	5.22%	00:22.78	Finished
16	26	A - Amesbury (26)	LBC	22	00:00.00	00:07:39.83	00:23.67	00:07:39.83	5.43%	00:23.67	Finished
17	41	D - Seawright (41)	DRC	17	00:00.00	00:07:41.39	00:25.23	00:07:41.39	5.78%	00:25.23	Finished
18	55	A - Nuccitelli (55)	ELCS	16	00:00.00	00:07:41.67	00:25.51	00:07:41.67	5.85%	00:25.51	Finished
19	33	C - Austin (33)	LBC	20	00:00.00	00:07:42.54	00:26.38	00:07:42.54	6.05%	00:26.38	Finished
20	49	B - Dmytrenko (49)	LBC	27	00:00.00	00:07:42.99	00:26.83	00:07:42.99	6.15%	00:26.83	Finished
21	48	A - (48)	DRC	34	00:00.00	00:07:44.48	00:28.32	00:07:44.48	6.49%	00:28.32	Finished
22	46	E - Appleton (46)	DRC	17	00:00.00	00:07:45.12	00:28.96	00:07:45.12	6.64%	00:28.96	Finished
23	25	A - Vovk (25)	HNLNBC	28	00:00.00	00:07:45.32	00:29.16	00:07:45.32	6.69%	00:29.16	Finished
24	42	F - Krol (42)	DRC	18	00:00.00	00:07:45.45	00:29.29	00:07:45.45	6.72%	00:29.29	Finished
25	20	B - Butler (20)	UWO	23	00:00.00	00:07:46.49	00:30.33	00:07:46.49	6.95%	00:30.33	Finished
26	29	B - Willis (29)	PTRB	22	00:00.00	00:07:50.16	00:34.00	00:07:50.16	7.80%	00:34.00	Finished
27	22	B - Thomas (22)	DRC	29	00:00.00	00:07:59.14	00:42.98	00:07:59.14	9.85%	00:42.98	Finished
28	37	A - Masciangelo (37)	UWO	20	00:00.00	00:08:01.54	00:45.38	00:08:01.54	10.40%	00:45.38	Finished
29	45	A - Everett (45)	HSS	18	00:00.00	00:08:08.64	00:52.48	00:08:08.64	12.03%	00:52.48	Finished
30	52	A - Hyman (52)	NFRC	49	00:00.00	00:08:18.12	01:01.96	00:08:18.12	14.21%	01:01.96	Finished
31	38	D - Brodie-Brown (38)	UWO	20	00:00.00	00:08:23.05	01:06.89	00:08:23.05	15.34%	01:06.89	Finished
32	47	C - Lindsay (47)	HSS	16	00:00.00	00:08:25.31	01:09.15	00:08:25.31	15.85%	01:09.15	Finished
33	44	B - Gomez (44)	HSS	17	00:00.00	00:08:40.36	01:24.20	00:08:40.36	19.30%	01:24.20	Finished
34	53	A - Dwyer (53)	WSTRN	66	00:00.00	00:10:22.07	03:05.91	00:10:22.07	42.62%	03:05.91	Finished
0	23	A - Castillo (23)	CAMBR	28	00:00.00	00:09:12.62	00:00.00	00:00:00.00	0.00%	00:00.00	Scratch
0	50	B - Waddell (50)	CAMBR	46	00:00.00	00:10:40.36	00:00.00	00:00:00.00	0.00%	00:00.00	Scratch
0	51	A - (51)	MRC	32	00:00.00	00:00:00.00	00:00.00	00:00:00.00	0.00%	00:00.00	DNS

Race Results

Heat Comments

2019 RowOntario Small Boat Regatta

Race Results

Event: 4 Mens Para 1x

Progression Rule: From Time Trial

Race: 4-TT 1

Status: Official

Date: 2019-05-26

Time: 9:45:00 AM

Chief Judge:

Place	Lane	Boat	Club	Age	H'cap	Time	Split	Adj. Time	%	Adj. Split	Status
1	57	A - Martel (57)	SRC	17	00:00.00	00:09:37.36	00:00.00	00:09:37.36	0.00%	00:00.00	Finished

Heat Comments

2019 RowOntario Small Boat Regatta

Race Results

Event: 5 Womens 1x

Progression Rule: Case 4: 14 to 15 entries,
13-18 to Final C, 19-24 to
Final D

Race: 5-TT 1
Status: Official
Date: 2019-05-26
Time: 9:55:00 AM

Chief Judge:

Place	Lane	Boat	Club	Age	H'cap	Time	Split	Adj. Time	%	Adj. Split	Status
0	69	C - Clarke (69)	UWO	20	00:00.00	00:00:00.00	00:00.00	00:00:00.00	0.00%	00:00.00	Finished
1	79	A - Kimmins (79)	HNLNBC	30	00:00.00	00:07:54.70	00:00.00	00:07:54.70	0.00%	00:00.00	Finished
2	61	A - Zanatta (61)	BROCKU	24	00:00.00	00:08:07.75	00:13.05	00:08:07.75	2.75%	00:13.05	Finished
3	66	A - Urabe (66)	UWO	20	00:00.00	00:08:11.82	00:17.12	00:08:11.82	3.61%	00:17.12	Finished
4	62	B - Chase (62)	KRC	22	00:00.00	00:08:19.40	00:24.70	00:08:19.40	5.20%	00:24.70	Finished
5	60	B - Thornton (60)	UWO	41	00:00.00	00:08:20.88	00:26.18	00:08:20.88	5.52%	00:26.18	Finished
6	76	B - Thomas (76)	SCRC	18	00:00.00	00:08:23.87	00:29.17	00:08:23.87	6.14%	00:29.17	Finished
7	63	A - Carlton (63)	KRC	22	00:00.00	00:08:24.00	00:29.30	00:08:24.00	6.17%	00:29.30	Finished
8	74	A - Hill (74)	ARGN	18	00:00.00	00:08:26.63	00:31.93	00:08:26.63	6.73%	00:31.93	Finished
9	72	A - Maillet (72)	LBC	18	00:00.00	00:08:27.82	00:33.12	00:08:27.82	6.98%	00:33.12	Finished
10	71	B - Isnor (71)	BROCKU	19	00:00.00	00:08:27.96	00:33.26	00:08:27.96	7.01%	00:33.26	Finished
11	67	A - Burns (67)	PTRB	20	00:00.00	00:08:29.85	00:35.15	00:08:29.85	7.40%	00:35.15	Finished
12	64	B - Toljagic (64)	HNLNBC	22	00:00.00	00:08:35.69	00:40.99	00:08:35.69	8.63%	00:40.99	Finished
13	70	B - Tombs (70)	PTRB	19	00:00.00	00:08:38.65	00:43.95	00:08:38.65	9.26%	00:43.95	Finished
14	65	A - Camplin (65)	SCRC	20	00:00.00	00:08:40.75	00:46.05	00:08:40.75	9.70%	00:46.05	Finished
15	80	A - Murphy (80)	DRC	18	00:00.00	00:08:43.05	00:48.35	00:08:43.05	10.19%	00:48.35	Finished
16	68	D - Morris (68)	UWO	20	00:00.00	00:08:49.16	00:54.46	00:08:49.16	11.47%	00:54.46	Finished
17	75	A - Pritchard (75)	WSTRN	17	00:00.00	00:08:53.78	00:59.08	00:08:53.78	12.45%	00:59.08	Finished
18	78	A - MacDonald (78)	BARC	17	00:00.00	00:08:54.25	00:59.55	00:08:54.25	12.54%	00:59.55	Finished
19	81	G - Isado (81)	DRC		00:00.00	00:09:03.07	01:08.37	00:09:03.07	14.40%	01:08.37	Finished
20	77	A - Wellman (77)	HSS	18	00:00.00	00:09:17.14	01:22.44	00:09:17.14	17.37%	01:22.44	Finished
21	73	B - March (73)	BARC	17	00:00.00	00:09:35.93	01:41.23	00:09:35.93	21.33%	01:41.23	Finished

Heat Comments

2019 RowOntario Small Boat Regatta

Results of Racing

May 26, 2019

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
Time	Event	Description	Race	Number	Prefix	Dist	Progression Rules	Trophy	Status
1:30 PM	1	Mens 2-	F B	6		2000	From Time Trial		Official

1:38 PM	1	Mens 2-	Final	7		2000	From Time Trial		Official
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Western Ontario		Western Ontario		Argonaut		Brock U		E.L. Crossley		Guelph RC	
B - Sullivan (2)		A - Doyle (8)		A - Jancso-Szabo (4)		A - Stewart (7)		A - Veld (9)		A - Weber-Martin (6)	
6		4		1		2		3		5	
7:21.67 (+ 25.76)		7:15.08 (+ 19.17)		6:55.91		6:58.38 (+ 2.47)		7:02.50 (+ 6.59)		7:18.94 (+ 23.03)	
Sullivan, Daniel	Stroke	Doyle, Marcus	Stroke	Jancso-Szabo, Basil	Stroke	Stewart, Sam	Stroke	Veld, Campbell	Stroke	Weber-Martin, Caela	Stroke
Brandt, Alexander	Bow	Veenstra, Dustyn	Bow	Zimbel, Sam	Bow	Hohnstein, Erik	Bow	Darling, Owen	Bow	Grambow, Karl	Bow

1:46 PM	2	Womens 2-	Final	8		2000	From Time Trial		Official
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Western Ontario		Don RC		Kingston		Brock U		WSTRN/UWO			
A - Kelley (16)		A - Meschkuleit (14)		A - Adams (17)		A - Maloney (15)		A - Hutton (13)			
5		4		1		2		3			
8:28.97 (+ 46.70)		7:51.72 (+ 9.45)		7:42.27		7:46.62 (+ 4.35)		7:49.68 (+ 7.41)			
Kelley, Leslie	Stroke	Meschkuleit, Maya	Stroke	Adams, Paige	Stroke	Maloney, Anna	Stroke	Hutton, Grace	Stroke		
Taylor, Eden	Bow	Breen, Katherine	Bow	Deane, Cassidy	Bow	Gadsdon, Lauren	Bow	Baranowski, Nicole	Bow		

1:54 PM	3	Mens 1x	F F	9		2000	From Time Trial		Official
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Island Lake		Western Ontario		Island Lake		Western					
B - Gomez (44)		D - Brodie-Brown (38)		C - Lindsay (47)		A - Dwyer (53)					
		3		1		2		Scratch			
8:28.42 (+ 15.51)		8:12.91		8:16.62 (+ 3.71)							
Gomez, Chris		Sculler		Brodie-Brown, Luke		Sculler		Lindsay, Simon		Sculler	
								Dwyer, Jim		Sculler	

Results of Racing

May 26, 2019

Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6		Lane 7		Lane 8	
Time	Event	Description				Race	Number	Prefix	Dist	Progression Rules	Trophy				Status
2:02 PM	3	Mens 1x				F E	10		2000	From Time Trial					Official
Island Lake		Don RC		Western Ontario		Peterborough		Western Ontario		Niagara Falls					
A - Everett (45)		B - Thomas (22)		B - Butler (20)		B - Willis (29)		A - Masciangelo (37)		A - Hyman (52)					
6		3		1		2		4		5					
8:07.89 (+ 33.31)		7:47.46 (+ 12.88)		7:34.58		7:35.50 (+ .92)		7:51.26 (+ 16.68)		8:07.81 (+ 33.23)					
Everett, Quinn	Sculler	Thomas, Lorne	Sculler	Butler, Johnathon	Sculler	Willis, Shane	Sculler	Masciangelo, Zack	Sculler	Hyman, Jim	Sculler				
2:10 PM	3	Mens 1x				F D	11		2000	From Time Trial					Official
HANLAN BC		Don RC		Leander		Leander		Don RC		Don RC					
A - Vovk (25)		A - (48)		C - Austin (33)		B - Dmytrenko (49)		E - Appleton (46)		F - Krol (42)					
6		5		2		3		4		1					
7:48.13 (+ 22.45)		7:47.81 (+ 22.13)		7:42.87 (+ 17.19)		7:43.36 (+ 17.68)		7:44.34 (+ 18.66)		7:25.68					
Vovk, Andrei	Sculler			Austin, Lucas	Sculler	Dmytrenko, Matthew	Sculler	Appleton, John-Wesl	Sculler	Krol, Adam	Sculler				
2:18 PM	3	Mens 1x				F C	12		2000	From Time Trial					Official
Don RC		Don RC		HANLAN BC		Brock U		Leander		E.L. Crossley					
D - Seawright (41)		C - Newell (36)		B - Been (32)		B - Giesbrecht (21)		A - Amesbury (26)		A - Nuccitelli (55)					
6		3		5		1		2		4					
7:44.99 (+ 23.91)		7:35.36 (+ 14.28)		7:37.48 (+ 16.40)		7:21.08		7:31.70 (+ 10.62)		7:36.29 (+ 15.21)					
Seawright, Eric	Sculler	Newell, Connor	Sculler	Been, Terek	Sculler	Giesbrecht, Jacob	Sculler	Amesbury, Hunter	Sculler	Nuccitelli, Scott	Sculler				
2:26 PM	3	Mens 1x				F B	13		2000	From Time Trial					Official
Leander		Western Ontario		Guelph RC		Peterborough		South Niagara		Western Ontario					
D - Oldham (56)		F - Kozak (54)		A - Harris (39)		A - Bullock (28)		A - Law (40)		E - Cinquina (34)					
5		6		3		1		4		2					
7:29.70 (+ 14.58)		7:31.37 (+ 16.25)		7:24.01 (+ 8.89)		7:15.12		7:25.09 (+ 9.97)		7:19.86 (+ 4.74)					
Oldham, Aubrey	Sculler	Kozak, Benjamin	Sculler	Harris, Stephen	Sculler	Bullock, Daniel	Sculler	Law, David	Sculler	Cinquina, Jonathan	Sculler				
2:34 PM	3	Mens 1x				Final	14		2000	From Time Trial					Official
Western Ontario		Argonaut		Brock U		Brock U		Brock U		Kingston					
C - Gogan (30)		A - Simpson (43)		A - Finley (24)		C - Markewich (35)		D - May (31)		A - Bryenton (27)					
5		6		1		2		4		3					
7:23.78 (+ 12.38)		7:29.39 (+ 17.99)		7:11.40		7:15.65 (+ 4.25)		7:22.14 (+ 10.74)		7:19.70 (+ 8.30)					
Gogan, Patrick	Sculler	Simpson, William	Sculler	Finley, Matthew	Sculler	Markewich, Thomas	Sculler	May, Johan	Sculler	Bryenton, Michael	Sculler				

Results of Racing

May 26, 2019

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
Time	Event	Description	Race	Number	Prefix	Dist	Progression Rules	Trophy	Status
2:52 PM	4	Mens Para 1x	Final	15		2000	From Heats		Official
						Sudbury			
						A - Martel (57)			
						1			
						9:48.02			
						Martel, Alexandre	Sculler		
2:52 PM	5	Womens 1x	F D	16		2000	From Time Trial		Official
		Barrie	Don RC	Island Lake					
		B - March (73)	G - Isado (81)	A - Wellman (77)					
		3	1	2					
		10:00.18 (+ 45.46)	9:14.72	9:33.37 (+ 18.65)					
		March, Jessica	Sculler	Isado, Melisa	Sculler	Wellman, Kady	Sculler		
3:00 PM	5	Womens 1x	F C	17		2000	From Time Trial		Official
		Western	Don RC	Peterborough	St. Catharines	Western Ontario	Barrie		
		A - Pritchard (75)	A - Murphy (80)	B - Tombs (70)	A - Camplin (65)	D - Morris (68)	A - MacDonald (78)		
		5	1	3	2	6	4		
		8:52.79 (+ 10.99)	8:41.80	8:47.24 (+ 5.44)	8:46.16 (+ 4.36)	9:02.19 (+ 20.39)	8:50.61 (+ 8.81)		
		Pritchard, Jamie	Sculler	Murphy, Regan	Sculler	Tombs, Brianna	Sculler	Camplin, Rebecca	Sculler
		Morris, Sabrina	Sculler	MacDonald, Ceilidh	Sculler				
3:08 PM	5	Womens 1x	F B	18		2000	From Time Trial		Official
		Peterborough	Leander	Kingston	Argonaut	Brock U	HANLAN BC		
		A - Burns (67)	A - Maillet (72)	A - Carlton (63)	A - Hill (74)	B - Isnor (71)	B - Toljagic (64)		
		1	5	2	4	3	6		
		8:30.46	8:43.60 (+ 13.14)	8:33.41 (+ 2.95)	8:38.82 (+ 8.36)	8:35.53 (+ 5.07)	8:51.32 (+ 20.86)		
		Burns, Paige	Sculler	Maillet, Abbey	Sculler	Carlton, Jane	Sculler	Hill, Bianca	Sculler
		Isnor, Jordan	Sculler	Toljagic, Julia	Sculler				
3:16 PM	5	Womens 1x	Final	19		2000	From Time Trial		Official
		Western Ontario	Western Ontario	HANLAN BC	Brock U	Kingston	St. Catharines		
		B - Thornton (60)	A - Urabe (66)	A - Kimmins (79)	A - Zanatta (61)	B - Chase (62)	B - Thomas (76)		
		6	2	1	3	4	5		
		8:47.49 (+ 35.61)	8:19.83 (+ 7.95)	8:11.88	8:30.98 (+ 19.10)	8:37.88 (+ 26.00)	8:41.60 (+ 29.72)		
		Thornton, Jane	Sculler	Urabe, Kyra	Sculler	Kimmins, Mika	Sculler	Zanatta, Carly	Sculler
		Chase, Greta	Sculler	Thomas, Madison	Sculler				

ROW ONTARIO Small Boat Trials

RCA NextGen Hub SKILLS COMPETITION

STATION 1: 360* Boat Turn

Instructions: Begin from a stationary position. Count down 3-2-1-GO! Athlete is required to turn 360 degrees. Timer stops when back to the start position and a score is taken. Reset. Repeat, this time in the opposite direction. Record the second score.

Scoring: 20 seconds = 10 points
1 point deducted for every + 5 seconds

Bow #	Athlete	Time #1	Score #1	Time #2	Score #2
84	Tianna McElligot	1:10	0	1:22	0
85	Elisa Bolinger	0:41	6	0:41	6
86	Hannah Elliot	0:49	5	0:51	4
87	Fiona Elliot	0:52	4	0:55	4

STATION 2: Rigger Dips

Instructions: Begin from a balanced stationary position. Count down 3-2-1-GO! Athlete is required to shift their balance to dip the oarlock end of their rigger in the water, then shift to dip the oarlock end of their other rigger in the water, repeating back and forth as quickly as they can. Goal is to achieve as many rigger dips as possible in 30 seconds.

Scoring: 1 point per each 6 reps
Reps are only counted if the rigger makes contact with the water.

Bow #	Athlete	# of completed reps	Score
84	Tianna McElligot	12	2
85	Elisa Bolinger	18	3
86	Hannah Elliot	38	6.3
87	Fiona Elliot	30	5

ROW ONTARIO Small Boat Trials

RCA NextGen Hub SKILLS COMPETITION

STATION 3: Handle Dips

Instructions: Begin from a balanced stationary position. Count down 3-2-1-GO! Athlete is required to dip their handle in the water, then the opposite side, repeating back and forth as quickly as they can. Goal is to achieve as many handle dips as possible in 30 seconds.

Scoring: 1 point per rep
Reps are only counted if the handle makes contact with the water.

Bow #	Athlete	# of completed reps	Score
84	Tianna McElligot	1	1
85	Elisa Bolinger	1	1
86	Hannah Elliot	18	18
87	Fiona Elliot	16	16

STATION 4: Loaded Roll-Ups

Instructions: Begin from a balanced stationary position, with blades squared and buried at the release position. Count down 3-2-1-GO! Athlete is required to back their blades to the catch position then take 1 stroke. After each attempt, athlete will reset at the release position for a total of 10 attempts.

Scoring: 1 point per successful rep

Bow #	Athlete	# of completed reps	Score
84	Tianna McElligot	8	8
85	Elisa Bolinger	4	4
86	Hannah Elliot	1	1
87	Fiona Elliot	3	3

ROW ONTARIO Small Boat Trials

RCA NextGen Hub SKILLS COMPETITION

STATION 5: 500m Minimum Strokes

Instructions: Athletes will begin from a stationary position, lined up at the finish line in a lane and pointed South (toward the start). Count down 3-2-1-GO! Athlete is required to row 500m in as few strokes as possible. Athletes will be responsible for counting their own strokes and will report their result at the end of the piece.

Scoring:

500m Minimum Strokes (From a standing start)	
17-19 strokes	10 points
20-22 strokes	9 points
23-25 strokes	8 points
26-28 strokes	7 points
29-31 strokes	6 points
32-34 strokes	5 points
35-37 strokes	4 points
38-40 strokes	3 points
41-43 strokes	2 points
44+	1 point

Bow #	Athlete	# of strokes	Score
84	Tianna McElligot	44	1
85	Elisa Bolinger	29	6
86	Hannah Elliot	52	1
87	Fiona Elliot	57	6

STATION 6: 500m Side-by-Side

Instructions: Athletes will line up at the starting gates as if for a full 2000m race, which will involve backing into the start platform where a boat holder will be waiting. The Umpires will do a full start sequence; the start will be indicated by a horn and a light changing from red to green, but timing will be done manually by stopwatch. Athletes will race to the 500m line.

ROW ONTARIO Small Boat Trials

RCA NextGen Hub SKILLS COMPETITION

Scoring:

500m Side-by-Side (From a fixed start)	
Fastest Time	20 points
2nd Fastest	19 points
3rd Fastest	18 points
4th Fastest	17 points
5th Fastest	16 points
...etc.	...etc.

<i>Bow #</i>	<i>Athlete</i>	<i>Finish Placing</i>	<i>Score</i>
84	Tianna McElligot	2 nd	19
85	Elisa Bolinger	1 st	20
86	Hannah Elliot	3 rd	18
87	Fiona Elliot	4 th	17