

Pirates Invitational XC
10/4/2013
Memorial Park - Brockville, ON

Midget Boys

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	Kingston	68	18:15.16	2	17	21	28	58	64	85	86	124										
2	Glebe	69	18:18.09	5	13	19	32	47	68	75	81	128										
3	T.I.S.S.	74	18:24.69	8	11	24	31	35	36	45	46											
4	Theriault	84	18:07.15	1	10	34	39	42	51	73	76	102	137									
5	N-Dame(C.Pl)	120	18:55.61	7	25	27	61															
6	Gen Panet	121	18:55.97	12	26	40	43	65	67	89	103	105	111	127	139							
7	Smiths Falls	166	19:20.33	6	14	69	77	146														
8	Sacred Heart	194	19:44.12	22	48	52	72	114														
9	Holy Cross	195	19:43.38	37	41	54	63	140														
10	Regiopolis	209	19:38.75	3	55	59	92	108														
11	Opeongo	294	20:56.52	16	57	109	112	119														
12	L'Escalpe	340	21:25.99	33	94	106	107	121														
13	Almonte	367	21:45.37	44	88	115	120															
14	Holy Trinity Corn	369	20:48.17	38	62	117																
15	Char-Lan	384	23:10.38	18	84	133	149															
16	Jeanne-Lajoie	389	21:23.38	30	66	141																
17	S.Carleton	389	21:23.48	9	90	138																
18	Loyola	394	19:33.90	15	74																	
19	St. Michael	396	19:34.55	20	71																	
20	Marie Rivier	413	21:29.41	49	96	116																
21	Arnprior	431	20:14.79	56	70																	
22	Tagwi	434	22:31.43	95	101	113	125	135	136													
23	Frontenac	443	20:32.57	60	78																	
24	Fellows	460	21:30.46	23	132																	
25	Madawaska	463	16:57.72	4																		
26	St. Mary (Brock)	480	21:35.31	53	122																	
27	St. Max Kolbe	488	18:56.44	29																		
28	Seaway	489	21:42.73	91	93																	
29	Brockville	502	21:57.78	79	118																	

Midget Boys

30	N. Dundas	50 4	25:23.8 8	80	12 6	14 8	15 0
31	St. John	50 9	19:47.8 2	50			
32	A.Y. Jackson	50 9	22:09.0 8	10 0	10 4		
33	Renfrew	51 6	23:26.5 9	99	12 3	14 2	
34	Loyalist	54 1	21:15.6 9	82			
35	Bayridge	54 2	21:18.5 6	83			
36	St. Lawrence	54 6	21:32.5 0	87			
37	Perth	54 6	23:39.4 2	98	14 3		
38	Ange Gabriel	55 0	25:12.3 2	13 0	13 1	14 4	14 5
39	Ernesto wn	55 6	21:55.9 3	97			
40	St. Jos Cornw	56 9	22:35.2 2	11 0			
41	S. Grenville	58 8	23:50.4 0	12 9			
42	Queen Eliz.	59 3	24:19.6 2	13 4			
43	Napane e	60 6	27:17.3 6	14 7			
44	Ganano que	61 0	29:16.9 9	15 1			

PL	Athlete	Team	Time	Score
1	Plamondon, Mathieu	Therault	16:04.27	1
2	Drover, Alex	Kingston	16:50.77	2
3	Bates, Paul	Regiopolis	16:52.38	3
4	Stoppa, Jonathon	Madawaska	16:57.72	4
5	Harris, Teagan	Glebe	17:29.11	5
6	Menzies, Vince	Smiths Falls	17:38.36	6
7	Hickey, Matt	N-Dame(C.PI)	17:43.67	7
8	Rafuse, Carter	T.I.S.S.	17:47.92	8
9	Caughey, Ian	S.Carleton	17:59.07	9
10	Deschamps, Reagan	Therault	17:59.34	10
11	Dillon, Cameron	T.I.S.S.	18:00.37	11
12	Martin, Chris	Gen Panet	18:01.14	12
13	Grall, Pierre	Glebe	18:05.87	13
14	Menzies, Adam	Smiths Falls	18:20.32	14
15	Luther, Brendan	Loyola	18:24.63	15
16	Alexander, Kieran	Opeongo	18:33.27	16
17	Workman, Graeme	Kingston	18:33.57	17
18	MacDonald, Colin	Char-Lan	18:34.13	18
19	Kealey, Evan	Glebe	18:36.15	19
20	VanVliet, William	St. Michael	18:36.94	20
21	Yorek, Bertug	Kingston	18:40.66	21
22	Reid, Ryan	Sacred Heart	18:42.48	22
23	Csisztu, Thomas	Fellowes	18:47.57	23
24	Payette, Jared	T.I.S.S.	18:49.83	24
25	Mitchell, Eric	N-Dame(C.PI)	18:51.99	25
26	Shamess, Wyatt	Gen Panet	18:54.04	26
27	Underwood, Jared	N-Dame(C.PI)	18:55.34	27
28	Smith, Nathan	Kingston	18:55.65	28
29	Graenert, Justin	St. Max Kolbe	18:56.44	29

PL	Athlete	Team	Time	Score
30	Bourque, Daniel	Jeanne-Lajoi	18:57.89	30
31	Forsberg, Zyon	T.I.S.S.	19:00.64	31
32	Powers-Kelly, Liam	Glebe	19:01.25	32
33	Sabbah, Hani	L'Escale	19:02.30	33
34	Gelinas, Brandon	Therault	19:02.85	34
35	Morin, Drew	T.I.S.S.	19:05.20	35
36	Pruner, Jonah	T.I.S.S.	19:05.73	36
37	Badalato, Chase	Holy Cross	19:20.48	37
38	Vida, Nick	Holy Trinity Corn	19:21.90	38
39	Leclair, Cedric	Therault	19:22.16	39
40	Thomas, Daniel	Gen Panet	19:22.35	40
41	Terpstra, Cole	Holy Cross	19:23.44	41
42	Rondeau-McNair, Isaac	Therault	19:23.68	42
43	Kearney, Nevan	Gen Panet	19:26.37	43
44	Rafuse, Lewis	Almonte	19:29.02	44
45	Brayton, Nick	T.I.S.S.	19:39.21	45
46	Gartley, Colin	T.I.S.S.	19:41.14	46
47	Girgis, Karver	Glebe	19:41.95	47
48	Alcantara-Aquino, Noah	Sacred Heart	19:46.12	48
49	Chabot, Xavier	Marie Rivier	19:46.72	49
50	Kettyle, Blake	St. John	19:47.82	50
51	Deschamps, Ryan	Therault	19:50.82	51
52	McLean, Leo	Sacred Heart	19:51.41	52
53	Roy, Edward	St. Mary (Brock)	19:53.37	53
54	Quinton, Connor	Holy Cross	19:56.14	54
55	Jansen, Matthew	Regiopolis	19:58.16	55
56	Desjardins, Cole	Arnprior	20:00.52	56
57	Edwards, Colin	Opeongo	20:01.93	57
58	Amouri, Nuri	Kingston	20:02.91	58
59	Cregg, Liam	Regiopolis	20:03.39	59
60	Vowles, James	Frontenac	20:10.61	60
61	Meddings, Harry	N-Dame(C.PI)	20:11.44	61
62	Maekinnon, Paddy-Shea	Holy Trinity Corn	20:12.05	62
63	Johnston, Stephen	Holy Cross	20:13.48	63
64	Mclver, Cam	Kingston	20:14.04	64
65	Oelke, Hayden	Gen Panet	20:14.66	65
66	Roy, Gabriel	Jeanne-Lajoi	20:19.78	66
67	Gibson, Jason	Gen Panet	20:24.45	67
68	Buettner, Devan	Glebe	20:25.39	68
69	Ricketts, Dustin	Smiths Falls	20:28.60	69
70	Donis, Sebastian	Arnprior	20:29.06	70
71	Berger, Landon	St. Michael	20:32.16	71
72	Falzone, Mike	Sacred Heart	20:36.47	72
73	Roy, Mathew	Therault	20:41.20	73
74	Morrow, Makafui	Loyola	20:43.17	74
75	Moore, Aidan	Glebe	20:48.20	75
76	Couture, Kyle	Therault	20:52.87	76
77	Kelford, Aiden	Smiths Falls	20:54.07	77
78	Leonard, Eric	Frontenac	20:54.54	78
79	Welch, Jacob	Brockville	20:55.02	79
80	McCooye, Cole	N. Dundas	20:56.07	80
81	Jones, Wills	Glebe	21:04.07	81
82	Ascough, Josiah	Loyalist	21:15.69	82
83	Meyers, Cameron	Bayridge	21:18.56	83
84	Craig, Grant	Char-Lan	21:20.39	84
85	Udovc, Rudy	Kingston	21:29.46	85
86	Rogalsky, Arden	Kingston	21:32.17	86

PL	Athlete	Team	Time	Score
87	McDonald, William	St. Lawrence	21:32.50	87
88	Shearman, Adrian	Almonte	21:32.72	88
89	Bauernschmitt, Nicholas	Gen Panet	21:34.14	89
90	Chennette, Gregory	S.Carleton	21:38.11	90
91	Thompson, Cole	Seaway	21:39.47	91
92	McConkey, John	Regiopolis	21:41.09	92
93	Ault, Kyle	Seaway	21:46.00	93
94	Mackenzie, Alexander	L'Escale	21:50.62	94
95	Moran, Josh	Tagwi	21:51.17	95
96	Scott, Michael	Marie Rivier	21:53.31	96
97	Cook, Conner	Ernestown	21:55.93	97
98	Desjardine, Paul	Perth	21:56.89	98
99	Bennett, Jessie	Renfrew	22:00.56	99
100	Mihan, Kayvon	A.Y. Jackson	22:05.37	100
101	Picard, Ryan	Tagwi	22:08.29	101
102	Godda, Ryan	Theriacult	22:09.30	102
103	O'Connor, Josh	Gen Panet	22:09.86	103
104	Walters, Leighton	A.Y. Jackson	22:12.80	104
105	Wiseman, Connor	Gen Panet	22:19.08	105
106	Lepage, Danick	L'Escale	22:19.37	106
107	Godin, Alexandre	L'Escale	22:31.69	107
108	MacGillivray, Chris	Regiopolis	22:33.14	108
109	Ratcliffe, Robert	Opeongo	22:33.39	109
110	Vandermeer, Devin	St. Jos Cornw	22:35.22	110
111	Jones, Reagan	Gen Panet	22:36.78	111
112	Enright, Brendan	Opeongo	22:37.51	112
113	Pasqua, Kyle	Tagwi	22:40.65	113
114	Crocket, Liam	Sacred Heart	22:42.40	114
115	Gervais, Sam	Almonte	22:46.36	115
116	Turcotte, Noah	Marie Rivier	22:48.21	116
117	MacGillies, John	Holy Trinity Corn	22:50.57	117
118	Perry, Nicholas	Brockville	23:00.54	118
119	McHale, Liam	Opeongo	23:04.95	119
120	Franklin, Mack	Almonte	23:13.41	120
121	Villeneuve, Nicholas	L'Escale	23:16.68	121
122	Mendez, Ben	St. Mary (Brock)	23:17.25	122
123	Hemsley, Verdon	Renfrew	23:22.59	123
124	DeBruin, Josh	Kingston	23:24.44	124
125	Manley, Will	Tagwi	23:25.61	125
126	Carr, Bayden	N. Dundas	23:36.99	126
127	Hewitt, Ryan	Gen Panet	23:41.59	127
128	Smith, Oisin	Glebe	23:42.78	128
129	Jones, Andrew	S. Grenville	23:50.40	129
130	Coleman, Michael	Ange Gabriel	23:55.91	130
131	Tremblay, Jacques	Ange Gabriel	24:06.19	131
132	Remes-Gavin, Kael	Fellowes	24:13.35	132
133	Emard, Evan	Char-Lan	24:17.62	133
134	Scott, Shane	Queen Eliz.	24:19.62	134
135	Beaudette, Alex	Tagwi	24:28.90	135
136	Taylor-Rawlings, Adam	Tagwi	24:32.85	136
137	Fortin, Levis	Theriacult	24:33.08	137
138	Parsons, Jacob	S.Carleton	24:33.28	138
139	Hendry, Kyle	Gen Panet	24:40.37	139
140	Macdonald, William	Holy Cross	24:45.40	140
141	Buxcey, Liam	Jeanne-Lajoi	24:52.49	141
142	Brydges, Spencer	Renfrew	24:56.65	142
143	Fournier, Brad	Perth	25:21.96	143

PL	Athlete	Team	Time	Score
144	Hesketh, Andre	Ange Gabriel	26:08.83	144
145	McBride, James	Ange Gabriel	26:38.36	145
146	Hall, David	Smiths Falls	27:14.49	146
147	Barstow, Keith	Napanee	27:17.36	147
148	Yull, Mark	N. Dundas	28:28.58	148
149	Harris, Cody	Char-Lan	28:29.39	149
150	Baron, Josh	N. Dundas	28:33.90	150
151	Woods, Ryan	Gananoque	29:16.99	151

Junior Boys

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	Glebe	67	23:21.79	5	13	17	32	50														
2	St. Michael	76	23:46.61	12	19	21	24	29	57	74												
3	Theriault	96	23:37.95	3	15	27	51															
4	T.I.S.S.	101	24:07.22	11	26	31	33	37	39	62	63	87	97									
5	Louis Riel	114	24:12.11	8	9	45	52															
6	Kingston	150	24:09.19	2	46	48	54	61	68													
7	Gen Panet	176	25:13.34	23	36	47	70	82	83	94	95											
8	St. John	183	25:33.19	14	25	67	77															
9	Regiopolis	184	25:18.21	6	35	65	78															
10	Smiths Falls	214	26:05.83	30	34	71	79	80														
11	Marie Rivier	258	23:17.27	7	20																	
12	Opeongo	268	25:42.55	18	59	76																
13	St. Max Kolbe	273	27:11.24	41	69	75	88	102	113													
14	St. Jos Cornw	294	24:24.79	10	53																	
15	Holy Trinity Corn	297	24:29.83	28	38																	
16	Perth	316	26:50.68	56	64	81																
17	Char-Lan	320	27:57.02	22	72	111																
18	Lasalle	336	26:02.73	4	101																	
19	N. Dundas	347	29:06.83	73	84	86	104															
20	Holy Trinity Kanat	349	20:13.87	1																		
21	Fellowes	352	27:38.11	16	105																	
22	N.Grenville	358	28:32.08	55	92	96																
23	Holy Cross	381	30:15.25	90	91	93	107	109														
24	Seaway	388	24:54.65	40																		
25	Loyalist	390	25:01.53	42																		
26	L'Escal	391	25:08.23	43																		
27	Frontenac	392	25:09.71	44																		
28	St. Mary (Brock)	397	25:22.06	49																		
29	Almonte	406	25:42.84	58																		
30	Mackenzie	408	25:43.85	60																		
31	A.Y. Jackson	414	26:29.18	66																		
32	Jeanne-Lajoi	433	28:56.22	85																		

Junior Boys

33	Arnprior	43	29:33.8	89
		7	2	
34	N-Dame(C.PI)	44	32:18.3	10 11
		3	8	0 2
35	Ange Gabriel	44	30:10.2	98
		6	4	
36	Napane e	44	30:10.4	99
		7	5	
37	Col. By	45	31:05.7	10 3
		1	9	
38	Rideau	45	31:39.1	10 6
		4	4	
39	Bayridg e	45	32:08.5	10 8
		6	4	
40	Tagwi	45	32:36.6	11 0
		8	8	
41	Renfre w	46	35:23.7	11 4
		2	2	

PL	Athlete	Team	Time	Score
1	Day, Owen	Holy Trinity Kanat	20:13.87	1
2	Linscott, Cameron	Kingston	20:17.78	2
3	Boucher, Bradd	Therault	21:19.15	3
4	Dowdall, Ryan	Lasalle	21:25.64	4
5	Dillabaugh, Darion	Glebe	21:49.26	5
6	Sagriff, Paul	Regiopolis	21:57.68	6
7	Guyon, Julien	Marie Rivier	22:40.18	7
8	Campbell, Nick	Louis Riel	22:54.22	8
9	Robillard, Felix	Louis Riel	23:07.91	9
10	Croney, Matthias	St. Jos Cornw	23:09.63	10
11	Chinyaradzo, Jacob	T.I.S.S.	23:16.35	11
12	Marques, Justin	St. Michael	23:18.98	12
13	Burney, Andrew	Glebe	23:25.75	13
14	Scattolon, Marco	St. John	23:26.24	14
15	Beaudin, Zachary	Therault	23:32.45	15
16	Hardwick, Jacob	Fellowes	23:37.59	16
17	Uhthoff, Marcus	Glebe	23:41.00	17
18	Afelski, Ryan	Opeongo	23:43.75	18
19	Boland, Callum	St. Michael	23:50.70	19
20	Hickling, Benjamin	Marie Rivier	23:54.37	20
21	Healey, Owen	St. Michael	23:54.85	21
22	Fraser, Isaac	Char-Lan	23:57.54	22
23	Powell, Colin	Gen Panet	24:00.80	23
24	White, Austin	St. Michael	24:01.92	24
25	Monaghan, Brandon	St. John	24:02.29	25
26	Kerans, Chris	T.I.S.S.	24:13.68	26
27	Johns, Philippe	Therault	24:14.55	27
28	McCabe, Nathan	Holy Trinity Corn	24:17.21	28
29	Brown, Drake	St. Michael	24:19.32	29
30	Oosthusian, Danie	Smiths Falls	24:25.71	30
31	Brown, Cameron	T.I.S.S.	24:26.18	31
32	Harrison, Nick	Glebe	24:31.18	32
33	Cowan, Sam	T.I.S.S.	24:32.68	33
34	Yanosik, Justin	Smiths Falls	24:33.78	34
35	Hunt, Anson	Regiopolis	24:39.86	35
36	Frampton, Nathan	Gen Panet	24:40.35	36
37	Howard, Michael	T.I.S.S.	24:41.10	37
38	Ryan, Michael	Holy Trinity Corn	24:42.46	38
39	Johnson, Mitchel	T.I.S.S.	24:50.55	39
40	Hanna, Andrew	Seaway	24:54.65	40

PL	Athlete	Team	Time	Score
41	Walsh, Riley	St. Max Kolbe	24:54.88	41
42	Rickard, Travis	Loyalist	25:01.53	42
43	Gaumont, Mikael	L'Escale	25:08.23	43
44	Kellar, Zack	Frontenac	25:09.71	44
45	Gosselin, Maxime	Louis Riel	25:16.92	45
46	Scott, Sebastian	Kingston	25:17.78	46
47	Weisenberg, Nolan	Gen Panet	25:20.27	47
48	Simpson, Will	Kingston	25:21.07	48
49	Groves, Logan	St. Mary (Brock)	25:22.06	49
50	Adriaanse, Adam	Glebe	25:25.46	50
51	Buczkowski, Taylor	Therault	25:25.68	51
52	Brazeau, Jonah	Louis Riel	25:29.39	52
53	Deamond, Liam	St. Jos Cornw	25:39.96	53
54	Morelli, Edwin	Kingston	25:40.16	54
55	Reed, Harrison	N.Grenville	25:40.89	55
56	Smith, Peter	Perth	25:41.56	56
57	Wilson, Jake	St. Michael	25:42.56	57
58	Farrier, Liam	Almonte	25:42.84	58
59	Kelly, Colton	Opeongo	25:43.23	59
60	Lee, Connor	Mackenzie	25:43.85	60
61	Jauvet, Felix	Kingston	25:51.30	61
62	Burton, Connor	T.I.S.S.	26:02.36	62
63	McMunn, Spencer	T.I.S.S.	26:09.88	63
64	Echlin, Gage	Perth	26:20.96	64
65	Connors, Robert	Regiopolis	26:21.53	65
66	Sarwal, Priya	A.Y. Jackson	26:29.18	66
67	Marks, Tyler	St. John	26:37.72	67
68	Anjilver, Huxley	Kingston	26:39.63	68
69	Gheron, Josh	St. Max Kolbe	26:41.11	69
70	Hartwick, Jesse	Gen Panet	26:51.97	70
71	Thompson, Riley	Smiths Falls	26:58.03	71
72	Dirven, Sebastien	Char-Lan	26:58.73	72
73	Ross, Kyle	N. Dundas	27:24.92	73
74	Wilson, Hunter	St. Michael	27:29.61	74
75	Moldoveanu, Armand	St. Max Kolbe	27:38.08	75
76	Weller, Patrick	Opeongo	27:40.67	76
77	Saumure, Michael	St. John	28:06.54	77
78	Foster, Braiden	Regiopolis	28:13.77	78
79	Campbell, Simon	Smiths Falls	28:25.83	79
80	McCloy, Devon	Smiths Falls	28:28.80	80
81	Kimbal, Matt	Perth	28:29.54	81
82	Moore, Chandler	Gen Panet	28:31.59	82
83	Luesink, Tommy	Gen Panet	28:44.48	83
84	Chambers, Quinn	N. Dundas	28:52.83	84
85	Lachance, Samuel	Jeanne-Lajoi	28:56.22	85
86	Gutknecht, Thomas	N. Dundas	28:58.44	86
87	Walsh, Rielly	T.I.S.S.	29:13.77	87
88	Torraville, Dylan	St. Max Kolbe	29:30.89	88
89	Jefferies, Liam	Arnprior	29:33.82	89
90	Penney, Kyle	Holy Cross	29:35.48	90
91	Flisikowski, Adam	Holy Cross	29:46.35	91
92	Cameron, Nicholas	N.Grenville	29:48.64	92
93	Flisikowski, Jacob	Holy Cross	29:54.79	93
94	Donaldson, Jack	Gen Panet	29:55.00	94
95	Wolffgram, Christian	Gen Panet	30:06.25	95
96	Poole, Mitchell	N.Grenville	30:06.72	96
97	MacGregor, Sean	T.I.S.S.	30:07.14	97

PL	Athlete	Team	Time	Score
98	Wilhelm, Connor	Ange Gabriel	30:10.24	98
99	Lloyd, Ethan	Napanee	30:10.45	99
100	Fernandes, Eric	N-Dame(C.PI)	30:36.73	100
101	Dain, Michael	Lasalle	30:39.83	101
102	Lee, Yoon Soo	St. Max Kolbe	30:40.03	102
103	Bell, Aidan	Col. By	31:05.79	103
104	Ross, Cory	N. Dundas	31:11.16	104
105	Ciphery, Matt	Fellowes	31:38.63	105
106	Burns, Jesse	Rideau	31:39.14	106
107	Martins, Andrew	Holy Cross	31:44.41	107
108	Rogers, Jack	Bayridge	32:08.54	108
109	Cifala, Jacob	Holy Cross	32:33.35	109
110	Presley, Kyle	Tagwi	32:36.68	110
111	Quan, Brandon	Char-Lan	32:54.81	111
112	Perkins, Jacob	N-Dame(C.PI)	34:00.05	112
113	Smith, Ethan	St. Max Kolbe	34:21.33	113
114	Clouthier, Doug	Renfrew	35:23.72	114
115				
116				

Senior Boys

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	Gen Panet	32	23:13.19	3	4	9	16	33	63	65	67	89	105	107	131	140						
2	Theriault	93	24:53.41	12	25	26	30	44	53	78	115											
3	Kingston	98	24:49.76	11	21	32	34	36	56	81	83	84	101									
4	Sacred Heart	100	25:06.34	22	23	27	28	38														
5	Renfrew	103	24:50.38	6	18	37	42	49	111	167												
6	Glebe	114	25:08.48	8	24	39	43															
7	Holy Cross	147	25:41.38	13	15	55	64	72	88	122	145											
8	T.I.S.S.	153	25:35.38	2	46	47	58	80	98	116	147	159	161									
9	Napanee	259	27:44.65	51	59	74	75	149														
10	Col. By	298	25:41.35	7	40	69																
11	N. Dundas	354	29:29.36	48	71	82	153															
12	Regiopolis	358	29:45.24	50	97	102	109															
13	Loyola	367	27:29.33	5	17	163																
14	Holy Trinity Corn	370	29:39.70	66	85	91	128	166														
15	L'Escalpe	383	29:47.73	10	119	124	130	135	152	171												
16	Perth	406	28:43.15	14	45	165																
17	Tagwi	411	30:39.94	31	110	134	136	164	172	178												
18	Almonte	421	28:52.58	60	73	106																
19	Brookfield	422	30:47.36	62	70	139	151															
20	S.Carleton	429	29:15.12	35	52	160																
21	Bayridge	440	31:10.39	54	104	126	156															
22	Smiths Falls	440	30:59.00	79	113	123	125															
23	St. John	460	31:23.30	99	108	121	132	138	154	173												
24	St. Michael	462	26:35.40	20	77																	
25	A.Y. Jackson	471	30:22.64	19	100	170																
26	Rideau	493	30:40.09	57	117	137																
27	N-Dame(C.PI)	505	33:29.12	92	103	129	181															
28	Mackenzie	526	28:52.12	68	93																	
29	St. Mary (Brock)	532	31:23.43	76	133	141																
30	Carleton Pl	537	31:47.99	61	146	148																
31	Gloucest	550	22:06.55	1																		
32	Loyalist	551	30:00.26	90	96																	

Senior Boys

33	St. Max Kolbe	57 8	25:29.6 8	29			
34	Fellowes	57 9	30:45.6 5	94	12	0	
35	Louis Riel	59 0	26:08.5 0	41			
36	N.Grenville	59 1	31:25.9 4	11	11	2	4
37	Lasalle	60 6	33:48.8 5	87	16	8	16 9
38	Jeanne-Lajoi	63 5	29:12.9 9	86			
39	Brockville	64 4	30:15.6 3	95			
40	Le Relais	65 1	33:31.7 0	14	14	2	4
41	Char-Lan	65 2	34:54.2 3	15	15	5	15 8
42	Gananoque	66 7	31:37.8 8	11			
43	Ange Gabriel	66 9	37:17.0 0	15	16	0	17 18 0
44	Ernesto wn	67 6	32:03.1 1	12			
45	Athens	68 3	35:34.0 5	14	17	3	5
46	St. Jos Cornw	71 5	37:44.5 8	17	17	4	6
47	Seaway	72 8	40:37.1 2	17			9

PL	Athlete	Team	Time	Score
1	Abdulkarim, Farah	Gloucester	22:06.55	1
2	Wynands, Eric	T.I.S.S.	22:26.85	2
3	Serviss, Sam	Gen Panet	22:35.41	3
4	Paquette, Adam	Gen Panet	22:37.77	4
5	Borg, Preston	Loyola	22:47.90	5
6	Pettigrew, John	Renfrew	22:56.18	6
7	Richardson, Adam	Col. By	22:56.44	7
8	Bernst, Alex	Glebe	23:09.03	8
9	Royce, Brandon	Gen Panet	23:23.83	9
10	Favero, Jonathan	L'Escale	23:27.76	10
11	Workman, Ben	Kingston	23:33.60	11
12	Banks, Ryan	Theriac	23:37.62	12
13	Kimmerer, Chris	Holy Cross	23:57.86	13
14	Somerville, Tommy	Perth	24:01.91	14
15	Besselink, Jonathan	Holy Cross	24:06.19	15
16	Serviss, Max	Gen Panet	24:15.76	16
17	LaBella, Scott	Loyola	24:18.30	17
18	Agnew, Sam	Renfrew	24:24.58	18
19	Howard, Brendon	A.Y. Jackson	24:30.69	19
20	VanKoppen, Linsey	St. Michael	24:36.84	20
21	Lacasandile, Riley	Kingston	24:38.84	21
22	Freemantle, Ben	Sacred Heart	24:54.58	22
23	Fernandes, Isaiah	Sacred Heart	24:54.84	23
24	Zechel, Maks	Glebe	25:06.80	24
25	Ritchie, Connor	Theriac	25:09.77	25
26	Delage, Samuel	Theriac	25:15.16	26
27	Ulgjati, Eric	Sacred Heart	25:16.17	27
28	Nobert, Andrew	Sacred Heart	25:19.77	28
29	Pare, Tim	St. Max Kolbe	25:29.68	29
30	Deschamps, Reece	Theriac	25:31.09	30
31	Choi, Jihun	Tagwi	25:32.31	31

PL	Athlete	Team	Time	Score
32	Mallaly, Nate	Kingston	25:32.52	32
33	Smith, Nathan	Gen Panet	25:33.57	33
34	Ostiguy, Tim	Kingston	25:34.09	34
35	Lewis, Sean	S.Carleton	25:47.64	35
36	Pulver, Ben	Kingston	25:50.13	36
37	Zangerl, Alan	Renfrew	25:50.83	37
38	Popa, Alec	Sacred Heart	25:54.65	38
39	Kerzner, Alex	Glebe	26:04.63	39
40	Ford, James	Col. By	26:08.13	40
41	Moricz, Vincent	Louis Riel	26:08.50	41
42	Bennett, Connor	Renfrew	26:09.96	42
43	Spoerel, Seb	Glebe	26:13.47	43
44	Buczowski, Nicholas	Theriacult	26:15.28	44
45	Oliver, Derek	Perth	26:15.90	45
46	Coburn, Carlos	T.I.S.S.	26:19.37	46
47	Cowan, Eric	T.I.S.S.	26:21.78	47
48	Quinton, Jake	N. Dundas	26:33.25	48
49	Scheunerman, Ben	Renfrew	26:33.73	49
50	Ewing, Riley	Regiopolis	26:33.97	50
51	Murphy, Josh	Napanee	26:43.96	51
52	Flanders, Jaydyn	S.Carleton	26:45.70	52
53	Duhan, Scott	Theriacult	26:57.09	53
54	Campbell, Mac	Bayridge	26:58.17	54
55	Grady, Jordan	Holy Cross	27:00.07	55
56	Flavin, Emile	Kingston	27:06.90	56
57	Raison, Scott	Rideau	27:13.05	57
58	Taugher, Connor	T.I.S.S.	27:13.53	58
59	Weatherhead, Adam	Napanee	27:21.33	59
60	Desrosiers, Justin	Almonte	27:21.66	60
61	Oschoterena, Jorge	Carleton Pl	27:24.10	61
62	Graham, Robbie	Brookfield	27:24.52	62
63	Wiebe, Michael	Gen Panet	27:26.89	63
64	Penney, Ryan	Holy Cross	27:41.41	64
65	Frampton, Brennan	Gen Panet	27:52.23	65
66	Samson, Nehul	Holy Trinity Corn	27:53.58	66
67	DiGiasinto, Nick	Gen Panet	27:54.52	67
68	Chi, Kevin	Mackenzie	27:55.21	68
69	Goomer, Kanishk	Col. By	27:59.48	69
70	Robertson, Grant	Brookfield	28:03.96	70
71	Casselmann, Jordan	N. Dundas	28:04.18	71
72	St. Peter, Jacob	Holy Cross	28:05.12	72
73	Giles, Jordan	Almonte	28:14.99	73
74	Manley, Dalton	Napanee	28:22.59	74
75	Hinds, Cullen	Napanee	28:30.74	75
76	Wade, Tobin	St. Mary (Brock)	28:33.55	76
77	Kazkowski, Gareth	St. Michael	28:33.98	77
78	Cote, Paul	Theriacult	28:36.57	78
79	Closs, Garrett	Smiths Falls	28:37.08	79
80	Gartley, Nathan	T.I.S.S.	28:41.04	80
81	Riddell, Daniel	Kingston	28:44.62	81
82	Thurler, Marc	N. Dundas	28:46.02	82
83	Mclver, Zach	Kingston	28:48.15	83
84	Hefnawi, Ossama	Kingston	28:49.84	84
85	Preston, Matthew	Holy Trinity Corn	28:52.57	85
86	Stoyles, Joshua	Jeanne-Lajoi	29:12.99	86
87	Burns, Bruce	Lasalle	29:29.11	87
88	Mills, Sam	Holy Cross	29:34.63	88

PL	Athlete	Team	Time	Score
89	Brisette, Cory	Gen Panet	29:43.43	89
90	Vezina, Cole	Loyalist	29:44.61	90
91	Nagy, Tamas	Holy Trinity Corn	29:45.87	91
92	Pruner, Isaac	N-Dame(C.PI)	29:46.46	92
93	McKenna, Aidan	Mackenzie	29:49.03	93
94	Higgins, Colten	Fellowes	29:49.36	94
95	Hodges, Philip	Brockville	30:15.63	95
96	Imamura, Kenta	Loyalist	30:15.92	96
97	Spratt, Joseph	Regiopolis	30:26.75	97
98	Smith, Dawson	T.I.S.S.	30:30.61	98
99	Adrain, Aidan	St. John	30:32.29	99
100	Franklin, Josh	A.Y. Jackson	30:35.64	100
101	Curtis, Jamie	Kingston	30:36.20	101
102	Prior, Eric	Regiopolis	30:45.87	102
103	Costello, KC	N-Dame(C.PI)	30:48.89	103
104	Krampitz, Mitch	Bayridge	30:51.58	104
105	Wiseman, Dylan	Gen Panet	30:56.57	105
106	Rudyk, Aaron	Almonte	31:01.11	106
107	Wiebe, Matthew	Gen Panet	31:04.37	107
108	Pilon, Philip	St. John	31:04.91	108
109	Smith-Fruitti, Martin	Regiopolis	31:14.39	109
110	Allen, Chris	Tagwi	31:16.53	110
111	Bennett, Josh	Renfrew	31:20.14	111
112	Sheets, Graham	N.Grenville	31:23.14	112
113	Street, Nick	Smiths Falls	31:23.34	113
114	Hudson, Brandan	N.Grenville	31:28.74	114
115	Raymond, Eric	Theriacult	31:31.23	115
116	Kruis, Jon	T.I.S.S.	31:31.64	116
117	Turnbull, Mackenzie	Rideau	31:36.19	117
118	Twist, Dylan	Gananoque	31:37.88	118
119	Dupuis, Nikolas	L'Escale	31:39.70	119
120	Musclow, Sean	Fellowes	31:41.96	120
121	Boast, Avery	St. John	31:45.90	121
122	Raymond, Brayden	Holy Cross	31:50.19	122
123	Boldt, Marshall	Smiths Falls	31:54.75	123
124	Sabourin, Gabriel	L'Escale	31:55.10	124
125	Naylor, Sam	Smiths Falls	32:00.85	125
126	Platt, Derek	Bayridge	32:01.04	126
127	McMillan, Jacob	Ernestown	32:03.11	127
128	Gadbois, Bennet	Holy Trinity Corn	32:06.81	128
129	Moriarty, Mike	N-Dame(C.PI)	32:08.05	129
130	Dechamplain, Eric	L'Escale	32:08.38	130
131	Spence, Dylan	Gen Panet	32:09.87	131
132	Munroe, Lindsay	St. John	32:10.11	132
133	McCracken, David	St. Mary (Brock)	32:15.91	133
134	McKee, Josh	Tagwi	32:49.33	134
135	Leduc, Simon	L'Escale	33:00.44	135
136	Brambilla, Andrea	Tagwi	33:01.61	136
137	Sly, Ian	Rideau	33:11.06	137
138	McGuire, Shamus	St. John	33:15.45	138
139	Graham, Tommy	Brookfield	33:15.66	139
140	Glen, Robert	Gen Panet	33:17.78	140
141	Armstrong, Riley	St. Mary (Brock)	33:20.85	141
142	Parent, Charly	Le Relais	33:22.05	142
143	Yang, Matt	Athens	33:22.32	143
144	Thibert, Patrick	Le Relais	33:41.36	144
145	Richmond, Riley	Holy Cross	33:44.02	145

PL	Athlete	Team	Time	Score
146	Simpson, Nick	Carleton PI	33:58.69	146
147	Morrell, Cory	T.I.S.S.	34:00.13	147
148	Irwin, Henry	Carleton PI	34:01.18	148
149	McClelland, Dan	Napanee	34:20.59	149
150	Atchison, Sebastien	Ange Gabriel	34:22.26	150
151	Akkacha, Khalil	Brookfield	34:25.30	151
152	Rosevear, Nicolas	L'Escale	34:30.42	152
153	KleinBoonschate, Walter	N. Dundas	34:33.99	153
154	Cauley, Luke	St. John	34:42.60	154
155	Emard, Evan	Char-Lan	34:47.88	155
156	Ralston, Quintin	Bayridge	34:50.79	156
157	Cole, Adam	Char-Lan	34:57.04	157
158	McDiarmid, Dylan	Char-Lan	34:57.78	158
159	Morin, Jordy	T.I.S.S.	35:10.03	159
160	Cole, Matt	S.Carleton	35:12.03	160
161	Evans, Andrew	T.I.S.S.	35:12.34	161
162	Hesketh, Guillaume	Ange Gabriel	35:13.38	162
163	Collins, Jacob	Loyola	35:21.80	163
164	Tremblay, Guy	Tagwi	35:33.90	164
165	Wilson, Nigel	Perth	35:51.64	165
166	Knight, Melese	Holy Trinity Corn	35:52.09	166
167	Clouthier, Mack	Renfrew	35:56.17	167
168	Graham, Jesse	Lasalle	35:56.55	168
169	Taylor, Brayden	Lasalle	36:00.90	169
170	Chopra, Anand	A.Y. Jackson	36:01.62	170
171	Bigras, Joshua	L'Escale	36:04.80	171
172	Elshof, Jordan	Tagwi	36:34.40	172
173	Goralczyk, Luke	St. John	36:45.25	173
174	Smail, Quinn	St. Jos Cornw	37:43.21	174
175	Withers, Trevor	Athens	37:45.79	175
176	Plamondon, David	St. Jos Cornw	37:45.96	176
177	Larocque, Alexis	Ange Gabriel	38:36.10	177
178	Canham, Brennan	Tagwi	40:17.00	178
179	Garcia, Lorenzo	Seaway	40:37.12	179
180	Hardy, Mitchel	Ange Gabriel	40:56.27	180
181				
182	Schooley, Jacob	N-Dame(C.PI)	41:13.11	181

Midget Girls

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	Glebe	33	14:24.4 4	2	5	12	14	15	50	55	61	89											
2	T.I.S.S.	35	14:37.9 6	4	8	10	13	20	33	35	36	58	70	73	76	12 1	12 3						
3	Col. By	94	15:27.5 6	7	22	23	42																
4	Jeanne -Lajoi	14 3	16:02.5 1	28	32	37	46																
5	St. Mary (Brock)	14 6	15:42.8 1	3	25	34	84	90	10 8	11 2	11 4	12 9											
6	Sacred Heart	17 7	15:56.1 0	1	48	56	72																
7	St. John	18 1	16:13.4 3	9	29	65	78																
8	St. Max Kolbe	19 1	16:21.5 1	16	38	63	74																
9	Gen Panet	26 3	17:04.6 2	19	41	10 1	10 2	10 9	11 1														
10	Kingsto n	28 7	16:36.6 2	6	27	11 8																	
11	Brockvil le	28 7	17:20.0 6	43	57	80	10 7																
12	Fronten ac	28 8	16:30.1 4	30	40	82																	
13	Regiop olis	29 9	17:25.8 2	21	69	96	11 3																
14	Napane e	33 4	17:55.4 9	53	62	10 0	11 9																
15	Theriau lt	33 6	15:52.4 6	18	45																		
16	A.Y. Jackso n	34 4	15:58.2 4	17	54																		
17	Bayridg e	35 3	16:09.6 6	31	49																		
18	Madaw aska	35 3	19:11.3 3	47	83	88	13 5																
19	Marie Rivier	35 8	16:13.6 3	26	59																		
20	N.Gren ville	36 3	17:54.0 3	86	87	93	97																
21	Le Relais	37 9	17:57.9 7	52	67	12 4																	
22	Lasalle	38 2	16:40.8 0	24	85																		
23	S. Grenvill e	39 7	17:48.1 2	64	98	99																	
24	Holy Trinity Corn	40 0	18:11.6 0	44	10 3	11 7																	
25	Ganan oque	40 3	17:01.7 6	39	91																		
26	Char- Lan	41 4	17:08.3 7	66	75																		
27	S.Carle ton	42 0	17:12.6 5	68	79																		
28	Holy Cross	42 2	14:56.3 9	11																			
29	Arnprio r	44 8	17:43.8 2	81	94																		
30	Loyola	46 2	16:35.3 4	51																			
31	Loyalist	47 1	16:45.9 1	60																			
32	Perth	48 0	20:01.2 0	10 6	11 0	12 8																	

Midget Girls

33	Seawa y	48 2	16:59.8 9	71
34	Renfre w	48 2	20:24.7 9	77 13 2
35	N- Dame(C.Pl)	49 2	19:36.7 8	92 12 7
36	Almont e	50 3	19:39.4 8	10 12 5 5
37	Fellowe s	50 6	18:06.8 4	95
38	Rideau	50 9	19:48.1 9	11 12 6 0
39	Ernesto wn	51 5	18:37.5 4	10 4
40	Smiths Falls	52 1	22:12.3 5	12 13 13 2 0 3
41	N. Dundas	52 6	19:29.2 8	11 5
42	Ange Gabriel	53 7	20:54.6 4	12 6
43	Tagwi	53 8	23:23.6 8	13 13 1 4

PL	Athlete	Team	Time	Score
1	Reid, Catherine	Sacred Heart	13:21.78	1
2	Shepherd, Keili	Glebe	13:32.92	2
3	Alkerton, Brittany	St. Mary (Brock)	13:40.37	3
4	Meek, Madelynn	T.I.S.S.	13:57.16	4
5	Saravanamuttoo, Kendall	Glebe	14:04.77	5
6	Quinell, Jackie	Kingston	14:14.90	6
7	Jian, Amy	Col. By	14:33.61	7
8	Doonan, Hanna	T.I.S.S.	14:43.36	8
9	Thornton, Kate	St. John	14:45.91	9
10	Jenkins, Amy	T.I.S.S.	14:51.34	10
11	Murphy, Claudia	Holy Cross	14:56.39	11
12	Larkin, Anna	Glebe	14:59.50	12
13	Blakely, Alyssa	T.I.S.S.	15:00.00	13
14	Millar, Kate	Glebe	15:00.60	14
15	Welburn, Anna	Glebe	15:08.14	15
16	Sartor, Nikki	St. Max Kolbe	15:08.85	16
17	Edwards, Kaija	A.Y. Jackson	15:18.29	17
18	Charette, Makayla	Theriac	15:18.91	18
19	Serviss, Lauren	Gen Panet	15:19.43	19
20	Brown, Brittany	T.I.S.S.	15:21.13	20
21	Smith, Maddy	Regiopolis	15:25.01	21
22	Unrau, Doria	Col. By	15:28.76	22
23	Morris, Sabrina	Col. By	15:33.28	23
24	Adam, Bella	Lasalle	15:41.17	24
25	Anderson, Payton	St. Mary (Brock)	15:42.19	25
26	Tremblay, Emilie	Marie Rivier	15:42.43	26
27	Drake, Sage	Kingston	15:42.99	27
28	Stoyles, Sarah	Jeanne-Lajoi	15:43.66	28
29	Fournier, Mackenzie	St. John	15:43.87	29
30	Walker, Ashley	Frontenac	15:48.73	30
31	Nobles, Catherine	Bayridge	15:48.98	31
32	Jennings, Kate	Jeanne-Lajoi	15:53.61	32
33	Myatt, Brooke	T.I.S.S.	15:54.34	33
34	Brugma, Maddie	St. Mary (Brock)	15:55.28	34
35	Leigh, Carlyann	T.I.S.S.	15:58.63	35
36	Cushing, Sarah	T.I.S.S.	16:02.29	36
37	Bell, Mackenzie	Jeanne-Lajoi	16:06.55	37

PL	Athlete	Team	Time	Score
38	Popa, Elise	St. Max Kolbe	16:08.71	38
39	Renwick, Amy	Gananoque	16:09.58	39
40	Kissick, Katie	Frontenac	16:10.75	40
41	Hambelton, Kaitlyn	Gen Panet	16:10.97	41
42	Batsford, Kelly	Col. By	16:14.63	42
43	Black, Ellee	Brockville	16:19.96	43
44	Jeaurond, Lara	Holy Trinity Corn	16:22.79	44
45	Ethier, Kari	Theriac	16:26.02	45
46	Seguin, Maela	Jeanne-Lajoi	16:26.23	46
47	Ridout, Susanna	Madawaska	16:27.38	47
48	Vander Doelen, Nicole	Sacred Heart	16:29.79	48
49	Zechel, Anni	Bayridge	16:30.34	49
50	MacKay, Ciara	Glebe	16:31.27	50
51	Mascarenhas, Cassandra	Loyola	16:35.34	51
52	Devine, Chloe	Le Relais	16:36.29	52
53	Collard, Emma	Napanee	16:37.39	53
54	Layer, Alex	A.Y. Jackson	16:38.20	54
55	Sullivan, Adrianna	Glebe	16:39.09	55
56	Pople, Emily	Sacred Heart	16:40.04	56
57	Segal, Chloe	Brockville	16:43.13	57
58	Plotz, Hannah	T.I.S.S.	16:44.00	58
59	Scott, Emma	Marie Rivier	16:44.83	59
60	Barrett, Paige	Loyalist	16:45.91	60
61	McClure, Reilley	Glebe	16:46.81	61
62	Manley, Sierra	Napanee	16:50.42	62
63	Streef, Katrina	St. Max Kolbe	16:54.16	63
64	Eyre, Julia	S. Grenville	16:55.34	64
65	Culham-Putnaki, Gabbi	St. John	16:56.43	65
66	Pasco, Emma	Char-Lan	16:56.82	66
67	Cholette, Vanessa	Le Relais	16:57.56	67
68	Seiler, Ryann	S.Carleton	16:57.76	68
69	Couture, Beth	Regiopolis	16:58.55	69
70	Cassidy, Kathryn	T.I.S.S.	16:58.75	70
71	Stewart, Kaitlyn	Seaway	16:59.89	71
72	Boutin, Arika	Sacred Heart	17:12.80	72
73	Bradford, Adi	T.I.S.S.	17:14.13	73
74	Scott, Jennifer	St. Max Kolbe	17:14.33	74
75	Warden, Lee-Ann	Char-Lan	17:19.92	75
76	O'Connor, Bronwyn	T.I.S.S.	17:22.21	76
77	Virgin, Taylor	Renfrew	17:25.47	77
78	Retty, Shannon	St. John	17:27.52	78
79	Helgason, Katrina	S.Carleton	17:27.56	79
80	Schonewille, Corinne	Brockville	17:28.49	80
81	Enright, Brye	Arnprior	17:29.21	81
82	Kinney, Sarah	Frontenac	17:30.96	82
83	Kluke, Theresa	Madawaska	17:32.46	83
84	Bell, Kaylyn	St. Mary (Brock)	17:33.42	84
85	Mulvihill, Katie	Lasalle	17:40.43	85
86	Hastings, Claire	N.Grenville	17:42.52	86
87	Maher, Grace	N.Grenville	17:44.49	87
88	Shroeder, Mushana	Madawaska	17:45.63	88
89	Lorruoso, Gabriella	Glebe	17:48.73	89
90	Spencer, Amber	St. Mary (Brock)	17:51.16	90
91	Twist, Mckayla	Gananoque	17:53.94	91
92	Wattie, Mikayla	N-Dame(C.PI)	17:54.75	92
93	Hudson, Morgan	N.Grenville	17:57.80	93
94	Neill, Maddie	Arnprior	17:58.43	94

PL	Athlete	Team	Time	Score
95	Reckzin, Taylor	Fellowes	18:06.84	95
96	Smallegange, Makayla	Regiopolis	18:08.39	96
97	Armour, Catherine	N.Grenville	18:11.32	97
98	Carmichael, Danika	S. Grenville	18:11.59	98
99	Morton, Shaela	S. Grenville	18:17.43	99
100	King, Ella	Napanee	18:21.97	100
101	Haggerity-Leisla, Zoe	Gen Panet	18:22.71	101
102	Schroeder, Enya	Gen Panet	18:25.38	102
103	Scott, Makenna	Holy Trinity Corn	18:32.00	103
104	Dejong, Alexis	Ernestown	18:37.54	104
105	Norman, Amelia	Almonte	18:42.82	105
106	McGrath, Sierra	Perth	18:47.54	106
107	Wilson, Adelaide	Brockville	18:48.69	107
108	Arthurs, Hannah	St. Mary (Brock)	18:50.24	108
109	Paquette, Emily	Gen Panet	18:53.29	109
110	Strong, Lilly	Perth	19:01.94	110
111	Rannou, Stacy	Gen Panet	19:02.21	111
112	Stewart, Allie	St. Mary (Brock)	19:05.54	112
113	Hampton, Kenzie	Regiopolis	19:11.33	113
114	Martin, Rachel	St. Mary (Brock)	19:13.96	114
115	Quinton, Jamie	N. Dundas	19:29.28	115
116	Lynn, Chloe	Rideau	19:35.34	116
117	Oathwhite, Allison	Holy Trinity Corn	19:40.02	117
118	Ellemers, Mitzi	Kingston	19:51.98	118
119	Tulloch, Courtney	Napanee	19:52.20	119
120	Snider, Natalie	Rideau	20:01.06	120
121	Harper, Molly	T.I.S.S.	20:03.19	121
122	Volbon, Madison	Smiths Falls	20:05.70	122
123	Gates, Morgan	T.I.S.S.	20:16.89	123
124	Danchuck-Lauzon, Brennah	Le Relais	20:20.07	124
125	Henshaw, Griffen	Almonte	20:36.15	125
126	Mboma, Myriam	Ange Gabriel	20:54.64	126
127	Girard, Angel	N-Dame(C.PI)	21:18.81	127
128	Atterbury, Cyan	Perth	22:14.14	128
129	Elliott, Olivia	St. Mary (Brock)	22:21.10	129
130	Huneault, Korrina	Smiths Falls	22:59.17	130
131	Van Loon, Aimee	Tagwi	23:14.17	131
132	Delarge, Abby	Renfrew	23:24.12	132
133	McGarry, Michelle	Smiths Falls	23:32.18	133
134	Kuhn, Jessica	Tagwi	23:33.20	134
135	Aide, Sydney	Madawaska	24:59.87	135

Junior Girls

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	Theriault	58	17:18.25	4	12	16	26	27	34	42												
2	Glebe	66	17:13.03	2	19	22	23	67	83													
3	Kingston	67	17:39.02	6	14	18	29															
4	T.I.S.S.	84	17:45.74	8	9	28	39	45	51	66												
5	Jeanne-Lajoi	92	17:35.16	3	24	25	40	53														
6	Regiopolis	162	16:59.98	1	5	46																
7	Gen Panet	169	19:10.82	10	32	52	75	103														
8	A.Y. Jackson	179	19:17.41	20	37	54	68	102														
9	St. Michael	203	19:37.37	36	49	57	61															
10	Loyola	239	20:07.18	50	59	60	70	96														
11	Perth	244	20:16.74	41	56	69	78	82	97	99												
12	St. Mary (Brock)	244	22:25.23	15	31	90	108	109														
13	N.Grenville	254	21:03.88	7	30	107																
14	L'Escalpe	266	19:44.37	21	58	77																
15	Almonte	273	20:58.61	38	63	85	87															
16	St. John	281	20:13.19	17	74	80																
17	Seaway	282	20:21.83	11	73	88																
18	Ernesto wn	297	18:51.76	33	43																	
19	Col. By	320	19:30.00	44	55																	
20	Smiths Falls	323	21:56.94	64	84	86	89	104														
21	Loyalist	332	20:31.20	13	98																	
22	Holy Cross	334	22:12.35	72	76	92	94															
23	Carleton Pl	368	18:44.24	35																		
24	Opeongo	380	19:32.97	47																		
25	Rideau	381	19:34.64	48																		
26	St. Jos Cornw	383	22:17.13	62	100																	
27	N. Dundas	385	22:02.72	71	93																	
28	Bayridge	397	22:34.01	81	95																	
29	Sacred Heart	398	20:33.08	65																		
30	Char-Lan	412	21:31.83	79																		
31	N-Dame (C.Pl)	424	22:54.09	91																		
32	Le Relais	434	24:22.97	101																		

Junior Girls

33	Lasalle	43	26:11.6	10
		8	2	5
34	Tagwi	43	27:25.2	10
		9	7	6

PL	Athlete	Team	Time	Score
1	MacDougall, Branna	Regiopolis	14:58.75	1
2	Marshall, Katherine	Glebe	15:10.09	2
3	Adam, Erin	Jeanne-Lajoi	15:28.52	3
4	Beland, Alexa	Theriacult	15:45.06	4
5	Burns, Kendra	Regiopolis	16:36.41	5
6	Scott, Heidi	Kingston	16:38.98	6
7	Wrona, Darien	N.Grenville	16:41.28	7
8	Brett, Alex	T.I.S.S.	16:43.59	8
9	Birtch, Rayanna	T.I.S.S.	16:56.74	9
10	Smith, Abi	Gen Panet	17:04.87	10
11	Gilmour, Brynn	Seaway	17:17.61	11
12	Kvas, Maia	Theriacult	17:18.77	12
13	Harry, Jordan	Loyalist	17:21.14	13
14	Farmer, Jaycee	Kingston	17:28.97	14
15	Malone, Jenna	St. Mary (Brock)	17:38.72	15
16	Labranche, Kiana	Theriacult	17:45.72	16
17	Brackenbury, Meaghan	St. John	17:47.89	17
18	Whitehead, Johanna	Kingston	17:49.07	18
19	Greene, Katherine	Glebe	17:49.37	19
20	Howard, Shelby	A.Y. Jackson	17:49.64	20
21	Charron, Amelie	L'Escafe	17:51.56	21
22	Rupar, Erika	Glebe	17:54.34	22
23	Aiello, Bianca	Glebe	17:58.32	23
24	Angelkovski, Marissa	Jeanne-Lajoi	17:59.02	24
25	Tallon, Megan	Jeanne-Lajoi	18:00.40	25
26	Galipeau, Alexi	Theriacult	18:23.47	26
27	Ginglo-Robert, Olivia	Theriacult	18:24.60	27
28	Gowland-Wood, Tory	T.I.S.S.	18:30.31	28
29	Porter, Rachel	Kingston	18:39.06	29
30	Collinson, Taylor	N.Grenville	18:40.01	30
31	Hardy, Celine	St. Mary (Brock)	18:41.29	31
32	Clarke, Hannah	Gen Panet	18:41.54	32
33	McNichols, Emma	Ernestown	18:43.69	33
34	Saudino, Karlee	Theriacult	18:43.94	34
35	Hogeschurz, Katelyn	Carleton Pl	18:44.24	35
36	Keating, Melissa	St. Michael	18:44.68	36
37	Dahanayake, Jessica	A.Y. Jackson	18:47.08	37
38	McCann, Hilary	Almonte	18:47.27	38
39	Warren, Tara	T.I.S.S.	18:52.33	39
40	McCann, Bernadette	Jeanne-Lajoi	18:52.72	40
41	Baillon, Anique	Perth	18:53.30	41
42	Cote-Girard, Rosi	Theriacult	18:54.18	42
43	McAuley, Lizzy	Ernestown	18:59.83	43
44	Kim, Darane	Col. By	19:09.48	44
45	Richards, Vanessa	T.I.S.S.	19:15.39	45
46	Adshade, Emma	Regiopolis	19:24.81	46
47	Smith, Sasha	Opeongo	19:32.97	47
48	Blair, Kara	Rideau	19:34.64	48
49	Hitsman, Charlotte	St. Michael	19:37.70	49
50	Sardo, Rachel	Loyola	19:38.41	50
51	Libby, Teri-Anna	T.I.S.S.	19:39.18	51
52	Chalmers-Wein, Jeris	Gen Panet	19:40.71	52

PL	Athlete	Team	Time	Score
53	Rochon, Aurilia	Jeanne-Lajoi	19:45.10	53
54	Strong, Teisha	A.Y. Jackson	19:45.64	54
55	Liang, Irene	Col. By	19:50.52	55
56	Bell, Kiera	Perth	19:51.96	56
57	Lee, Tyannha	St. Michael	19:52.19	57
58	Chenier, Marie-Eve	L'Escale	19:52.77	58
59	Yanishevsky, Sophia	Loyola	19:57.26	59
60	LaPointe, Margaret	Loyola	20:00.27	60
61	Mulvaney, Grace	St. Michael	20:14.92	61
62	Nurse, Amanda	St. Jos Cornw	20:17.30	62
63	Perry, Kara	Almonte	20:20.75	63
64	Tones, Kathleen	Smiths Falls	20:28.85	64
65	Roberts, Eryn	Sacred Heart	20:33.08	65
66	Harper, Katherine	T.I.S.S.	20:35.37	66
67	Goodwin-Sutton, Zoe	Glebe	20:36.03	67
68	Brannen, Mackenzie	A.Y. Jackson	20:47.30	68
69	Lennon, Bree	Perth	20:50.10	69
70	Stoddart, Cassidy	Loyola	20:52.80	70
71	Barlow, Patricia	N. Dundas	21:07.03	71
72	Lackey, Rachel	Holy Cross	21:14.73	72
73	Howard, Kristina	Seaway	21:15.06	73
74	Munroe, Sydney	St. John	21:15.43	74
75	Beattie, Cassidy	Gen Panet	21:16.18	75
76	Maloney, Hayley	Holy Cross	21:23.67	76
77	Camire, Sabrina	L'Escale	21:28.79	77
78	MacDonald, Phillipa	Perth	21:31.60	78
79	Reed, Georgia	Char-Lan	21:31.83	79
80	Hamilton, Natasha	St. John	21:36.25	80
81	Jarvis, Sara	Bayridge	21:53.38	81
82	Todd-Bachelder, Chloe	Perth	22:04.76	82
83	Smith, Hanna	Glebe	22:09.02	83
84	Tones, Kailee	Smiths Falls	22:14.64	84
85	Schnause, Anna	Almonte	22:17.19	85
86	Smyth, Allyson	Smiths Falls	22:20.28	86
87	Bentley, Gillian	Almonte	22:29.26	87
88	Howard, Stormy	Seaway	22:32.84	88
89	Peters, Kayla	Smiths Falls	22:44.01	89
90	Dymond, Sara	St. Mary (Brock)	22:51.98	90
91	O'Brien, Elise	N-Dame(C.PI)	22:54.09	91
92	Thompson, Kelly	Holy Cross	22:56.71	92
93	St Marseille, ShaeLee	N. Dundas	22:58.42	93
94	Lynch, Olivia	Holy Cross	23:14.30	94
95	Hamelinck, Jenna	Bayridge	23:14.64	95
96	Walker, Alexandra	Loyola	23:19.51	96
97	Brownlee, Robin	Perth	23:29.84	97
98	Hamilton, Emma	Loyalist	23:41.26	98
99	Buker, Emelia	Perth	24:13.53	99
100	Parks, Anna	St. Jos Cornw	24:16.96	100
101	Bourcier, Karine	Le Relais	24:22.97	101
102	Gerkema, Rosalie	A.Y. Jackson	24:48.39	102
103	Ilingworth, Charley	Gen Panet	25:23.34	103
104	Boisclair, Brianna	Smiths Falls	25:24.12	104
105	Wale, Carlee	Lasalle	26:11.62	105
106	Middleton, Marin	Tagwi	27:25.27	106
107	Cote, Zoe	N.Grenville	27:50.36	107
108	Durant, Lexy	St. Mary (Brock)	30:28.93	108
109	Annable, Courtney	St. Mary (Brock)	30:50.58	109

Senior Girls

Rank	Team	Score	Avg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	T.I.S.S.	31	19:17.6	5	7	9	10	14	16	27	36	50	72	78	93	97	99						
2	Almonte	136	21:06.1	6	8	58	64	85	103	112	129	141											
3	Sacred Heart	136	21:33.7	11	26	42	57	101															
4	Louis Riel	143	21:59.7	25	35	37	46	56	80	156													
5	Glebe	145	20:57.2	1	15	61	68	77															
6	Kingston	147	21:50.8	18	30	40	59	70															
7	Regiopolis	190	22:02.3	2	47	52	89	137															
8	St. Michael	203	22:40.6	22	28	39	114																
9	Loyola	207	22:10.3	3	53	65	86																
10	Holy Cross	227	23:09.2	38	41	54	94																
11	Fellowes	232	22:39.7	12	21	82	117																
12	Col. By	240	23:01.4	29	55	66	90	134															
13	St. Mary (Brock)	252	23:12.4	43	49	73	87	107	123	149													
14	Perth	315	22:35.6	32	60	63																	
15	Renfrew	323	24:02.7	17	84	104	118	146															
16	Smiths Falls	339	24:08.1	75	81	88	95	102	121	133	151	154											
17	Lasalle	346	24:35.6	44	79	98	125																
18	Madawaska	351	23:02.0	24	76	91																	
19	Theriuait	367	20:43.4	13	33																		
20	N-Dame (C.PI)	371	21:08.3	19	31																		
21	Tagwi	392	25:20.1	48	100	109	135	147	148	157													
22	Loyalist	403	22:00.0	20	62																		
23	St. Max Kolbe	434	25:44.7	83	110	111	130	132															
24	A.Y. Jackson	435	22:58.9	45	69																		
25	Gen Panet	454	25:58.8	106	113	115	120	122															
26	St. John	485	28:43.0	51	131	145	158																
27	S.Carleton	487	27:05.6	92	119	126	150	152															
28	Mackenzie	487	18:53.1	4																			
29	N.Grenville	506	20:59.8	23																			
30	Arnprior	517	21:56.9	34																			
31	St. Jos Cornw	528	25:48.7	67	140																		
32	Napaneee	545	25:52.2	108	116																		

Senior Girls

33	Jeanne -Lajoi	55 4	23:24.7 0	71
34	Rideau	55 7	23:27.7 6	74
35	Ganan oque	56 0	28:37.1 3	10 14 15 5 2 3
36	Athens	57 6	27:11.6 5	12 12 7 8
37	Char- Lan	57 9	24:56.6 4	96
38	Carleto n Pl	58 6	28:56.8 2	13 14 14 9 3 4
39	N. Dundas	59 5	28:06.4 5	13 13 6 8
40	Ernesto wn	60 7	26:50.3 4	12 4
41	Queen Eliz.	63 8	32:59.1 8	15 5
42	St. Lawren ce	64 2	35:38.0 2	15 9

PL	Athlete	Team	Time	Score
1	Smith, Claire	Glebe	17:07.38	1
2	Drouin, Emily	Regiopolis	18:26.60	2
3	McGuire, Cailie	Loyola	18:33.36	3
4	Steer, Molly	Mackenzie	18:53.19	4
5	Serson, Courtney	T.I.S.S.	19:05.70	5
6	Shearman, Alanna	Almonte	19:07.15	6
7	Carmichael, Emily	T.I.S.S.	19:09.04	7
8	Stowe, Alyssa	Almonte	19:09.31	8
9	Bennett, Rachel	T.I.S.S.	19:27.51	9
10	Morin, Paige	T.I.S.S.	19:28.45	10
11	Carley, Hannah	Sacred Heart	19:37.47	11
12	McDonald, Abby	Fellowes	19:39.94	12
13	Malette, Melanie	Therault	19:46.39	13
14	McClintock, Maddy	T.I.S.S.	20:11.03	14
15	Barrett, Emma	Glebe	20:22.39	15
16	Wiltse, Joah	T.I.S.S.	20:24.04	16
17	Deslaurier, Saralyn	Renfrew	20:26.26	17
18	Amson, Noa	Kingston	20:26.49	18
19	Straznicki, Lydia	N-Dame(C.PI)	20:37.99	19
20	Walker, Kristina	Loyalist	20:55.14	20
21	Johnston, Zoe	Fellowes	20:55.61	21
22	Bohn, Katie	St. Michael	20:57.62	22
23	Hibberd, Dana	N.Grenville	20:59.88	23
24	Reid, Elizabeth	Madawaska	21:02.27	24
25	Robertson, Caroline	Louis Riel	21:08.46	25
26	Houlahan, Kristie	Sacred Heart	21:10.46	26
27	Ferguson, Chelsea	T.I.S.S.	21:11.00	27
28	Casey, Kaitlin	St. Michael	21:25.16	28
29	Williams, Laura	Col. By	21:29.17	29
30	Troje, Clara	Kingston	21:34.73	30
31	Adair, Hannah	N-Dame(C.PI)	21:38.78	31
32	MacDonald, Stella	Perth	21:40.11	32
33	Nadon, Marie-Pierre	Therault	21:40.45	33
34	Wheeler, Hailey	Arnprior	21:56.95	34
35	Deland, Kiana	Louis Riel	21:58.48	35
36	Jenkins, Colleen	T.I.S.S.	21:58.70	36
37	Heroux, Emily	Louis Riel	22:11.90	37
38	Papadakis, Christina	Holy Cross	22:21.40	38

PL	Athlete	Team	Time	Score
39	Bennett, Natalie	St. Michael	22:23.25	39
40	Shenfield, Amanda	Kingston	22:24.21	40
41	Shonniker, Jenna	Holy Cross	22:30.26	41
42	Hebert, Miranda	Sacred Heart	22:30.45	42
43	Wheeler, Hannah	St. Mary (Brock)	22:31.17	43
44	McDade, Erica	Lasalle	22:36.07	44
45	Paterson, Bronwyn	A.Y. Jackson	22:36.26	45
46	Mills, Addison	Louis Riel	22:40.12	46
47	Mahoney, Samantha	Regiopolis	22:40.33	47
48	Barker, Sarah	Tagwi	22:41.48	48
49	Jonker, Kathryn	St. Mary (Brock)	22:42.08	49
50	Payette, Kelsey	T.I.S.S.	22:42.43	50
51	Millotte, Megan	St. John	22:44.54	51
52	Belfour, Katie	Regiopolis	22:46.99	52
53	Chorazyczewski, Monika	Loyola	22:49.34	53
54	Moore, Shayla	Holy Cross	22:53.12	54
55	St-Amant, Julia	Col. By	22:53.94	55
56	Mills, Brittany	Louis Riel	22:55.26	56
57	Lawton, Kyra	Sacred Heart	22:56.75	57
58	Douglas, Jillian	Almonte	22:56.96	58
59	McNeely, Paige	Kingston	22:57.86	59
60	Ireton, Hilary	Perth	22:58.26	60
61	Beale, Brianna	Glebe	23:00.04	61
62	Drews, Lotte	Loyalist	23:05.04	62
63	Stewart, Tia	Perth	23:08.67	63
64	Larkin, Jillian	Almonte	23:11.28	64
65	Jarillo Osorio, Jimena	Loyola	23:13.82	65
66	Tang, Grace	Col. By	23:16.48	66
67	Daze, Josee	St. Jos Cornw	23:17.96	67
68	Rhead, Julianna	Glebe	23:19.20	68
69	Mistry, Reena	A.Y. Jackson	23:21.73	69
70	Pulver, Gabrielle	Kingston	23:22.71	70
71	Tremblay, Sophie	Jeanne-Lajoi	23:24.70	71
72	Phillips, Sarah	T.I.S.S.	23:25.93	72
73	Allard, Emily	St. Mary (Brock)	23:26.53	73
74	Thompson-Halladay, Courtney	Rideau	23:27.76	74
75	Peladeau, Bree	Smiths Falls	23:33.31	75
76	Yantha, Katrina	Madawaska	23:33.55	76
77	Hertel, Ophelia	Glebe	23:34.01	77
78	Benson, Sam	T.I.S.S.	23:39.95	78
79	Rostant-Kritikou, Ellie	Lasalle	23:40.50	79
80	Breiding, Bianca	Louis Riel	23:43.51	80
81	Petasi, Petra	Smiths Falls	23:49.52	81
82	Mantifel, Melissa	Fellowes	23:50.81	82
83	Crossley, Paige	St. Max Kolbe	23:51.62	83
84	Bulmer, Megan	Renfrew	23:54.27	84
85	Tolgyesi, Alli	Almonte	24:00.28	85
86	O'Shea, Michelle	Loyola	24:04.99	86
87	Kearney, Taylor	St. Mary (Brock)	24:10.00	87
88	Bastian, Sarah	Smiths Falls	24:14.46	88
89	DeSasio, Noel	Regiopolis	24:15.47	89
90	O'Hare, Kamie	Col. By	24:26.04	90
91	Paplinskie, Theresa	Madawaska	24:30.37	91
92	Swafford, Sarah	S.Carleton	24:43.44	92
93	Andrews, Kasey	T.I.S.S.	24:51.04	93
94	Lobo, Angela	Holy Cross	24:52.13	94
95	Bisonette, Brooke	Smiths Falls	24:55.45	95

PL	Athlete	Team	Time	Score
96	Shwartz, Katie	Char-Lan	24:56.64	96
97	Alonso, Elba	T.I.S.S.	25:01.28	97
98	St. Denis, Danika	Lasalle	25:01.59	98
99	Hayward, Kristen	T.I.S.S.	25:04.09	99
100	McDonald, Lauren	Tagwi	25:06.70	100
101	Hickey, Lian	Sacred Heart	25:17.09	101
102	Seeley, Madison	Smiths Falls	25:23.04	102
103	Tamas, Ruth	Almonte	25:25.87	103
104	Jacks, Carlin	Renfrew	25:30.51	104
105	Crottie, Ashley	Gananoque	25:34.77	105
106	Gen, Sidney	Gen Panet	25:35.77	106
107	Woods, Caitlyn	St. Mary (Brock)	25:38.71	107
108	Cain, Carley	Napanee	25:39.31	108
109	Lynch, Jillian	Tagwi	25:40.50	109
110	Frimeth, Hannah	St. Max Kolbe	25:44.07	110
111	Dante, Daniella	St. Max Kolbe	25:47.94	111
112	Kadoke-Scantlebury, Emily	Almonte	25:49.65	112
113	Chomyn, Kyra	Gen Panet	25:50.21	113
114	Lilly, Taylor	St. Michael	25:56.62	114
115	Joseph, Denica	Gen Panet	25:56.90	115
116	McKinney, Shannon	Napanee	26:05.16	116
117	Tran, Mitsuki	Fellowes	26:12.57	117
118	Gill, Sabrina	Renfrew	26:19.99	118
119	Stevens, Charlotte	S.Carleton	26:28.24	119
120	Martin, Jennifer	Gen Panet	26:32.46	120
121	Beauregard, Megan	Smiths Falls	26:33.01	121
122	Blain, Amiee	Gen Panet	26:33.21	122
123	Jackett, Mariah	St. Mary (Brock)	26:45.11	123
124	Spafford, Heather	Ernestown	26:50.34	124
125	Clark, Leah	Lasalle	27:04.38	125
126	Hill-Shakoor, Kaitlyn	S.Carleton	27:05.43	126
127	Newman, Kyla	Athens	27:09.40	127
128	Baker, Sara	Athens	27:13.91	128
129	Wark, Jordan	Almonte	27:32.85	129
130	Cook, Alex	St. Max Kolbe	27:35.37	130
131	Lavigne, Melissa	St. John	27:36.14	131
132	Benoit, Morgan	St. Max Kolbe	27:39.59	132
133	Gow, Sam	Smiths Falls	27:40.60	133
134	Mihan, Ariana	Col. By	27:45.73	134
135	Morrisette, Maxine	Tagwi	27:52.09	135
136	Thompson, Cassandra	N. Dundas	28:03.75	136
137	Dorego, Victoria	Regiopolis	28:06.81	137
138	Johnson, Ashley	N. Dundas	28:09.15	138
139	Sensenstein, Samantha	Carleton Pl	28:15.57	139
140	Bouvier, Nicole	St. Jos Cornw	28:19.56	140
141	Toshack, Allison	Almonte	28:25.58	141
142	MacDonald, Sabrina	Gananoque	28:50.66	142
143	Kilcollins, Sierra	Carleton Pl	29:17.34	143
144	Simpson, Teagan	Carleton Pl	29:17.56	144
145	McParland, Dana	St. John	29:20.02	145
146	Bryden, Beth	Renfrew	29:22.05	146
147	Morrisette, Katie	Tagwi	29:32.96	147
148	DeVries, Sydney	Tagwi	29:34.60	148
149	Horton, Liz	St. Mary (Brock)	29:44.09	149
150	Khawas, Nadia	S.Carleton	30:05.66	150
151	Taber, Emily	Smiths Falls	30:09.85	151
152	Koldewey, Anna	S.Carleton	30:10.28	152

PL	Athlete	Team	Time	Score
153	Woods, Julie	Gananoque	31:25.98	153
154	Steele, Kayla	Smiths Falls	31:45.64	154
155	Graham, Jazmin	Queen Eliz.	32:59.18	155
156	Lessard, Laura	Louis Riel	33:52.57	156
157	Mullin, Hanna	Tagwi	34:06.48	157
158	Trudel, Samantha	St. John	35:11.37	158
159	Whitford, Kassie	St. Lawrence	35:38.02	159
	Stringer, Leah	St. John		