



**Ontario  
Canoe  
Sprint  
Racing  
Affiliation**

## **Ocup #4 - *Long Distance Regata***

**20-Sep-15**

**Hosted by the *South Niagara Canoe Club***

# **WELCOME!**

**Event:** OCup 4 – Ontario Long Distance Regatta



**Date:** Sunday, September 20

**Venue:** South Niagara Canoe Club, Welland, ON



**Purpose:**

The competition objectives are to provide an appropriate post-competition season event for development and High Performance Athlete Development (HPAD) athletes.

**Competition *Specifics***

The format will include U13, U15, U17, Open, and Masters (25+) events.

5. The competition will be run with modified ICF racing rules. For example, the 20,000m, 10,000m & 6000m event will follow the Canadian National Sprint Racing Long Distance Canoeing Championships procedures. The 2000m event will be run as a Team Pursuit (teams of 2 or 3), starting every 30 seconds. Each team's time will stop when the last team member crosses the finish line. Event rules will be reviewed with the coaches at the Club Representative pre-competition meeting on: Sunday, September 20 @ 8:30 am at the South Niagara Canoe Club

**Awards/Burgee & *OCup Series Points***

Prizes will be awarded to the Top 3 performances in each category. Burgee points will be awarded to the Top 8 performances in each category (see table below). OCup Series Grand Champion points will combine a clubs total points from all four (4) OCup events (OCup 1, OCup 2, OCup 3 and OCup 4). OCup Series Excellence Award points will combine a clubs total points from all four (4) OCup events, divided by the number of club participants in each events. For example, Club "X" receives 100 points at OCup 1 with 10 participants. Club "X" will receive 10 points towards the OCup Series Excellence Award.

| Position of Finish | Total Points |    |
|--------------------|--------------|----|
|                    | 1            | 16 |
|                    | 2            | 8  |
|                    | 3            | 6  |
|                    | 4            | 5  |
|                    | 5            | 4  |
|                    | 6            | 3  |
|                    | 7            | 2  |
|                    | 8            | 1  |

**Thank You!**

OCSRA would like to thank the South Niagara Canoe Club and its volunteers for hosting the Ocup #4, the event officials, and OCSRA's funding partners.



**OCSRA's Ocup #4 Race Card - September 20, 2015**

|  |
|--|
| 9:30 am 20,000km mass start                                      |
| 10:00 am 10,000km mass start                                     |
| 11:30 am 6,000km mass start                                      |
| 12:15 pm Lunch & Morning Awards                                  |
| 1:00 pm 2,000m Team Pursuit (starting in pairs every 30 seconds) |
| 2:00 pm Afternoon Awards   |

| 9:30am |                               | Men's K-1 & K-2 20,000m |         |                |                     |        |  |
|--------|-------------------------------|-------------------------|---------|----------------|---------------------|--------|--|
| Lane   | Crew                          | Club                    | Event   | place in event | place (tl distance) | Time   |  |
| 1      | Andrei Zoubakine              | RHCC                    | Masters | 2              | 12                  | 110.51 |  |
| 2      | Andrew Ivanov                 | RHCC                    | Masters | 1              | 6                   | 105.55 |  |
| 3      | Bogdan Dramov                 | BBCC                    | Open    | 3              | 3                   | 101.27 |  |
| 4      | Lochlen Farquharson           | RCC                     | Open    | dnf            |                     | DNF    |  |
| 5      | Nigel Rockett                 | BBCC                    | Open    | 2              | 2                   | 100.24 |  |
| 6      | Sam Roworth                   | BBCC                    | Open    | 1              | 1                   | 99.23  |  |
| 7      | Cameron Lang                  | RHCC                    | U17     | 4              | 13                  | 112.15 |  |
| 8      | David Stewart                 | RHCC                    | U17     | 3              | 9                   | 109.29 |  |
| 9      | Eric Weston                   | RHCC                    | U17     | 6              | 22                  | 117.51 |  |
| 10     | Brendan Rogers                | RHCC                    | U17     | dnf            |                     | DNF    |  |
| 11     | Alex Ivanov                   | RHCC                    | U17     | 5              | 19                  | 116.26 |  |
| 12     | Nico Tsaousidis               | RHCC                    | U17     | DNF            |                     | DNF    |  |
| 13     | Oskar Morawski                | RHCC                    | U17     | 1              | 4                   | 103.07 |  |
| 14     | Ryan Reid                     | RHCC                    | U17     | -              | 29                  | 128.57 |  |
| 15     | Alex Slamen                   | BBCC                    | U17     | 7              | 24                  | 120.21 |  |
| 16     | Connor Petroff                | BBCC                    | U17     | 8              | 25                  | 122.44 |  |
| 17     | Bryan Davey                   | RCC                     | U17     | 2              | 8                   | 106.06 |  |
| 18     | Sam Abbott-Tate, David Coyne  | SNCC                    | U17 K2  | 1              | 7                   | 106.05 |  |
| 19     | Maxim Alexio, Allin Demopolis | BCC                     | U17 K2  | dnf            |                     | DNF    |  |
| 20     | Sam Looper, Alex Bowman       | BCC                     | U17 K2  | 2              | 5                   | 105.32 |  |

| 9:30am |                    | Men's C-1 & C-2 20,000m |       |       |    |        |  |
|--------|--------------------|-------------------------|-------|-------|----|--------|--|
| Lane   | Crew               | Club                    | Event | Place |    | Time   |  |
| 21     | Jean Luc Cinq-Mars | RHCC                    | U17   | 2     | 27 | 125.1  |  |
| 22     | Liam Powers-Kelly  | RCC                     | U17   | 1     | 26 | 122.45 |  |

| 9:30am |                  | Women's K-1 & K-2 20,000m |       |   |    |        |  |
|--------|------------------|---------------------------|-------|---|----|--------|--|
| Lane   | Crew             | Club                      | Event |   |    | Time   |  |
| 23     | August Sibthorpe | RCC                       | Open  | 5 | 17 | 114.02 |  |
| 24     | Courtney Stott   | BBCC                      | Open  | 1 | 10 | 110.11 |  |
| 25     | Hayley Plante    | BBCC                      | Open  | 3 | 14 | 112.19 |  |
| 26     | Lexy Vincent     | RCC                       | Open  | 4 | 15 | 114    |  |
| 27     | Olivia Petroff   | BBCC                      | Open  | 6 | 30 | 133.39 |  |
| 28     | Tula Morawska    | RHCC                      | U17   | 3 | 20 | 116.3  |  |
| 29     | Danica Jekic     | RHCC                      | U17   | 7 | 31 | 143.48 |  |
| 30     | Emma Sewell      | BBCC                      | U17   | 5 | 23 | 119.14 |  |
| 31     | Lucy Pennyfather | BCC                       | U17   | 1 | 16 | 114.01 |  |
| 32     | Samantha Sula    | BBCC                      | U17   | 2 | 18 | 115.48 |  |
| 33     | Danielle Russell | RCC                       | U17   | 4 | 21 | 117.43 |  |
| 34     | Caitlin Boyle    | BBCC                      | u17   | 6 | 28 | 127.55 |  |
| 55     | KC Fraser        | bbcc                      | open  | 2 | 11 | 110.12 |  |

| 9:30am |              | Women's C-1 & C-2 20,000m |       |   |    |        |
|--------|--------------|---------------------------|-------|---|----|--------|
| Lane   | Crew         | Club                      | Event |   |    |        |
| 35     | Emily Little | BCC                       | U17   | 1 | 35 | 144.03 |

| 10:00am |                      | Men's K-1 & K-2 10,000m |         |   |    |       |
|---------|----------------------|-------------------------|---------|---|----|-------|
| Lane    | Crew                 | Club                    | Event   |   |    |       |
| 36      | Borisse Prochounine  | RHCC                    | Masters | 1 | 12 | 60.04 |
| 37      | Andrei Berliaev      | RHCC                    | Masters | 2 | 18 | 61.02 |
| 38      | Stefan Samoila       | BBCC                    | PARA    | 1 | 35 | 67.22 |
| 39      | Suleiman Muse        | BBCC                    | PARA    | 2 | 42 | 71.22 |
| 40      | Tyler Hippiie        | BCC                     | open    | 1 | 3  | 52.01 |
| 41      | Evan Landry          | SNCC                    | Open    | 2 | 9  | 57.26 |
| 42      | Isaac Clapp          | Cobourg                 | U17     | 1 | 1  | 50.31 |
| 43      | Justin Dobson        | CPCC                    | U17     | 3 | 5  | 53.28 |
| 44      | Thomas Paquette      | CPCC                    | U17     | 2 | 4  | 53.27 |
| 45      | John Reid            | RHCC                    | U15     | 3 | 10 | 59.45 |
| 46      | Issac Nay            | RHCC                    | U15     | 6 | 17 | 60.49 |
| 47      | Raphael Moretti      | RHCC                    | U15     |   |    | dns   |
| 48      | Bronson Pascoe       | RHCC                    | U15     |   |    | dns   |
| 49      | Kadan Johnson        | Cobourg                 | U15     | 1 | 2  | 50.32 |
| 57      | Alexis Savard-Dourin | BCC                     | U15     | 2 | 7  | 53.51 |
| 58      | Iain Headlock        | BCC                     | U15     | 7 | 22 | 61.25 |
| 59      | Cameron Humes        | BCC                     | U15     | 5 | 13 | 60.06 |
| 60      | Mathew Rouse         | BCC                     | U15     | 4 | 11 | 59.59 |
| 61      | Brendan Arndt        | BCC                     | U15     | - | 30 | 63.25 |
| 62      | Noah Westwater       | BCC                     | U15     | 8 | 23 | 61.27 |

| 10:00am |                   | Men's C-1 & C-2 10,000m |         |   |    |       |
|---------|-------------------|-------------------------|---------|---|----|-------|
| Lane    | Crew              | Club                    | Event   |   |    |       |
| 50      | Vlad Pankratov    | RHCC                    | Masters | 1 | 27 | 62.18 |
| 51      | Sam Pennyfather   | BCC                     | Open    | 1 | 8  | 55.17 |
| 52      | Pat Owens         | BBCC                    | Open    | 2 | 20 | 61.21 |
| 53      | Elijah Everest    | NBCC                    | U17     | 2 | 33 | 64.38 |
| 54      | Austen Brown      | RCC                     | U17     | 1 | 25 | 62.04 |
| 55      | Adam Richard      | RCC                     | U15     |   |    | dns   |
| 56      | Tristan De Cotiis | RHCC                    | U15     | 3 | 43 | 75.03 |
| 63      | Mathew Hipple     | BCC                     | U15     | 1 | 15 | 60.22 |
| 64      | Ben Sprang        | BCC                     | U15     |   |    | dns   |
| 65      | Max Perry         | BCC                     | U15     | 2 | 28 | 62.28 |

| 10:00am | Women's K-1 & K-2 10,000m     |         |        |   |    |       |
|---------|-------------------------------|---------|--------|---|----|-------|
| Lane    | Crew                          | Club    | Event  |   |    |       |
| 66      | Erica Scarff                  | BBCC    | PARA   | 1 | 39 | 69.07 |
| 67      | Julia Toljagic                | BBCC    | Open   | 1 | 14 | 60.09 |
| 68      | catherine penney              | BCC     | u17    |   |    | DNS   |
| 69      | Morgan Clapp                  | Cobourg | U17    | 1 | 26 | 62.08 |
| 70      | Lena Kirkham                  | CPCC    | U15    | 1 | 16 | 60.23 |
| 71      | Danika Bridgeman              | CPCC    | U17    |   |    | DNS   |
| 72      | Cat Penny                     | BCC     | U17    |   |    | DNS   |
| 73      | Annie Messenger               | BCC     | U17    | 2 | 41 | 69.57 |
| 74      | Maddie Vernooy, Makenna Humes | BCC     | U17 K2 | 1 | 6  | 53.5  |
| 75      | Ally Hughes, Anya Churns      | BCC     | U17 K2 | 2 | 19 | 61.18 |
| 76      | Sarah Nagy                    | RHCC    | U15    | 2 | 21 | 61.24 |
| 77      | Elizabeth Zoubakine           | RHCC    | U15    | 6 | 32 | 64.34 |
| 78      | Isabella Pascoe               | RHCC    | U15    |   | 40 | 69.26 |
| 79      | Brooklyn Wodehouse            | RHCC    | U15    | 4 | 29 | 63    |
| 80      | Lauren Cinq-Mars              | RHCC    | U15    |   | 44 | 75.3  |
| 81      | Grace Tsaousidis              | RHCC    | U15    | 5 | 31 | 64.1  |
| 82      | Emma Zoldy                    | Cobourg | U15    | 3 | 24 | 61.38 |
| 83      | Jenna Neat                    | BCC     | U15    | 8 | 38 | 68.17 |
| 84      | Erin Demopolis                | BCC     | U15    | 7 | 34 | 65.37 |

| 10:00am | Women's C-1 & C-2 10,000m |      |       |   |    |       |
|---------|---------------------------|------|-------|---|----|-------|
| Lane    | Crew                      | Club | Event |   |    |       |
| 85      | Lindsay Irwin             | CPCC | U15   | 1 | 36 | 67.58 |
| 86      | Faith Lannandrea          | BCC  | U15   |   |    | dns   |
| 72      | KATE PENNYFATHER          | BCC  | U15   | 2 | 37 | 68.05 |

| 11:30am | Men's K-1 & K-2 6000m |             |       |            |
|---------|-----------------------|-------------|-------|------------|
| Lane    | Crew                  | Club        | Event |            |
| 1       | maxim alexio          | BCC         | U17   | 1 1 32.04  |
| 2       | James Mann            | PRCC        | U17   | 3 3 33.04  |
| 3       | William Mann          | PRCC        | U17   | 4 5 34.18  |
| 4       | RAHAEL MORETTI        | RHCC        | U15   | - 48 47.18 |
| 5       | Bradley Davey         | Cobourg     | U17   | 5 8 34.39  |
| 6       | Liam Forgie           | PRCC        | U15   | 8 29 41.18 |
| 7       | Trevor Grant          | MCC         | U15   |            |
| 8       | BRONSON PASCOE        | RHCC        | U15   | 6 24 39.19 |
| 9       | Daniel McColm         | NBCC        | U15   | 7 27 40.32 |
| 10      | Will Baayen           | Cobourg     | U15   | 1 4 33.34  |
| 11      | Liam Cameron          | Cobourg     | U15   | 4 10 35.38 |
| 12      | Elliot Smith          | BBCC        | U15   | 5 22 39.04 |
| 13      | Michael Cuzzetto      | MCC         | U15   | 3 7 34.38  |
| 14      | Dusan Zdravkovic      | PRCC        | U15   | 2 6 34.34  |
| 15      | Jackson Skeoch        | MCC         | U13   | 2 11 35.38 |
| 16      | Sam Martin-Chase      | Collingwood | U13   | 3 38 43.35 |
| 17      | Thomas Patarell       | Cobourg     | U13   | 5 44 45.13 |
| 18      | Hayden Kralik         | MCC         | U13   | 1 9 35.31  |
| 19      | Jackson Skeoch        | MCC         | U13   |            |
| 20      | Sebastian Chrzanowki  | MCC         | U13   |            |
| 21      | Trevor Grant          | MCC         | U13   |            |
| 22      | Aiden Davis           | SNCC        | U13   | 4 42 45.05 |
| 67      | Allin Demopolis       | bcc         | u17   | 2 2 32.05  |

| 11:30am | Men's C-1 & C-2 6000m |      |       |            |
|---------|-----------------------|------|-------|------------|
| Lane    | Crew                  | Club | Event |            |
| 23      | Tristan Forgie        | PRCC | U17   | 2 47 47.17 |
| 24      | Aiden Trellis         | BCC  | U17   | 1 18 38.27 |
| 25      | Hunter Ruttan         | MCC  | U15   | 4 33 42.55 |
| 26      | Elias Cabral          | MCC  | U15   | 3 30 41.46 |
| 27      | Jeff Owens            | BBCC | U15   | 2 23 39.09 |
| 28      | Jess Owens            | BBCC | U15   | 5 49 47.28 |
| 29      | Marc Cinq-Mars        | RHCC | U13   | 1 41 44.45 |
| 30      | Austin Pigeon         | SNCC | U13   | 2 57 66.34 |
| 66      | ADAM RICHARD          | RCC  | U15   | 1 13 36.4  |
| 64      | Ben Srang             | bcc  | u15   | 6 52 48.46 |

| 11:30am | Women's K-1 & K-2 6000m |             |         |   |    |       |
|---------|-------------------------|-------------|---------|---|----|-------|
| Lane    | Crew                    | Club        | Event   |   |    |       |
| 31      | Mary Chambers           | RHCC        | Masters | 1 | 16 | 38.04 |
| 32      | Marisa Battista         | SNCC        | U17     |   |    | DNS   |
| 33      | Emma Keary              | RCC         | U15     | - | 39 | 43.44 |
| 34      | Lillian Culp            | SNCC        | U15     | 2 | 14 | 36.5  |
| 35      | DANIKA BRIDGEMAN        | CPC         | U17     | 1 | 36 | 43.2  |
| 36      | Rowan Latreille         | CPC         | U15     |   |    | DNS   |
| 37      | Priya Raj               | BBCC        | U15     |   |    | DNS   |
| 38      | Natalie Smith           | BBCC        | U15     | 8 | 34 | 43.03 |
| 39      | Kirpa Dhillon           | BCC         | U15     | 3 | 19 | 38.46 |
| 40      | Brooke Westwater        | BCC         | U15     |   |    | DNS   |
| 41      | Evelyn Sprang           | BCC         | U15     | - | 50 | 47.41 |
| 42      | Catherine Dalton        | BCC         | U15     | 7 | 32 | 42.5  |
| 43      | Alisha D'souza          | MCC         | U15     | - | 37 | 43.35 |
| 44      | Jusrina Bawa            | ORCC        | U15     | 4 | 21 | 39.01 |
| 45      | Sara Sippert Szollos    | ORCC        | U15     | 5 | 25 | 39.29 |
| 46      | Samantha Stein          | BBCC        | U15     | 1 | 12 | 36.02 |
| 47      | Stephie Molnar          | BBCC        | U15     | 6 | 31 | 42.49 |
| 48      | Katy Stewart            | RHCC        | U13     | 3 | 20 | 38.46 |
| 49      | Jade Needham            | RHCC        | U13     | 1 | 15 | 37.47 |
| 50      | Maria Ivanov            | RHCC        | U13     | 6 | 40 | 43.58 |
| 51      | Angelina Pascoe         | RHCC        | U13     | 5 | 28 | 40.54 |
| 52      | Brooke Westwater        | BCC         | U13     | 2 | 17 | 38.13 |
| 53      | Alexa Button            | CPC         | U13     | 7 | 45 | 45.35 |
| 54      | Stephanie Draycott      | BBCC        | U13     | 8 | 46 | 46.54 |
| 55      | Nadine Oliynyk          | Collingwood | U13     | 4 | 26 | 40.02 |

| 11:30am | Women's C-1 & C-2 6000m |         |       |   |    |       |
|---------|-------------------------|---------|-------|---|----|-------|
| Lane    | Crew                    | Club    | Event |   |    |       |
| 56      | Ali Stacey              | PRCC    | U15   | 4 | 53 | 49    |
| 57      | Gillian Ferguson        | Cobourg | U15   |   |    | DNS   |
| 58      | Grace Rockett           | BBCC    | U15   | 1 | 35 | 43.05 |
| 59      | Gabrielle Bowman        | BCC     | U15   | 5 | 54 | 49.39 |
| 60      | Lily Armstrong          | BCC     | U15   | 6 | 55 | 52.04 |
| 61      | KATE PENNYFATHER        | BCC     | U15   |   |    | DNS   |
| 62      | Blair Kingdon           | BCC     | U15   | 3 | 51 | 47.52 |
| 63      | Mackenzie Sparks        | PRCC    | U15   | 2 | 43 | 45.12 |
|         | KATE PENNYFATHER        | BCC     | U13   |   |    | DNS   |
| 65      | Breanna Lunn            | CPC     | U13   | 1 | 56 | 52.45 |



| 1:00pm   | Team Pursuit (Men & Women combined) Singles 2000m   |         |         |   |    |       |
|----------|---|---------|---------|---|----|-------|
| Lane     | Crew  | Club    | Event   |   |    |       |
| 12,12    | Andrei Zoubakine, Andrew Ivanov                     | RHCC    | Masters | 1 | 8  | 10.19 |
| 2,2,2    | BRYAN DAVEY, LOCHLEN FARQUENSON                     | BBCC    | Open    | 2 | 4  | 9.31  |
| 4,4,4    | Matt Husson, Julia Toljagic, Olivia Petroff         | BBCC    | Open    | 3 | 9  | 10.31 |
| 3,3,3    | Samantha Sula, Courtney Stott, Hayley Pante         | BBCC    | Open    | 4 | 10 | 10.33 |
| 1,1,1    | Sam Roworth, Nigel Rockett, Bogdan                  | RCC     | Open    | 5 | 1  | 8.35  |
| 26,26    | Maria Ivanov, Angelina Davidson                     | RHCC    | U13     | 1 | 25 | 12.59 |
| 30,30,30 | Hayden Kralik, Jackson Skeoch, Sebastian Chrzanowki | MCC     | U13     | 2 | 28 | 13.59 |
| 22,22    | Sarah Nagy, Katy Stewart                            | RHCC    | U15     | 1 | 15 | 11.31 |
| 27,27    | Will Baayen & Liam Cameron                          | Cobourg | U15     | 2 | 17 | 11.42 |
| 20,20,20 | John Reid, Issac Nay, Bronson Pascoe                | RHCC    | U15     | 3 | 18 | 12    |
| 23,23    |   | 0 RHCC  | U15     | 4 | 19 | 12.05 |
| 24,24    | Brooklyn Wodehouse, GRACE TSAUOSSAKIS               | RHCC    | U15     | 5 | 22 | 12.11 |
| 28,28,28 | Mike Cuzzetto, Elias Cabral, Elisha D'Souza         | MCC     | U15     | 6 | 26 | 13    |
| 25,25    | Isabella Pascoe, Lauren Cinq-Mars                   | RHCC    | U15     | 7 | 27 | 13.35 |
| 21,21    | Marc Cinq-Mars, Tristan De Cotiis                   | RHCC    | U15     | 8 | 29 | 14.02 |
| 31       | ADAM RICHARD, EMMA KERRY                            | RCC     | U15     | - | 30 | 14.2  |
| 29,29    | Breanna Lunn, Alexa Button, LINDSAY IRWIN           | CPCC    | U15     | - | 31 | 16.35 |
| 5,5      | David Stewart, Oskar Morawski                       | RHCC    | U17     | 1 | 2  | 9.19  |
| 6,6      | Isaac Clapp & Kadan Johnson                         | Cobourg | U17     | 2 | 3  | 9.28  |
| 9,9      | Brendan Rogers, Nico Tsaousidis                     | RHCC    | U17     | 3 | 5  | 9.39  |
| 15,15,15 | Justin Dobson, Thomas Paquette                      | CPCC    | U17     | 4 | 6  | 10.12 |
| 10,10    | Alex Ivanov, Cameron Lang                           | RHCC    | U17     | 5 | 11 | 10.35 |
| 7,7      | Tula Morawska, Jean Luc Cinq-Mars                   | RHCC    | U17     | 6 | 12 | 10.49 |
| 11,11    | Ryan Reid, Eric Weston                              | RHCC    | U17     | 7 | 13 | 10.54 |
| 14,14    | Morgan Clapp & Emma Zoldy                           | Cobourg | U17     | 8 | 14 | 11.23 |
| 8,8      | Connor Petroff, Alex Slamen                         | BBCC    | U17     | - | 16 | 11.34 |
| 18,18,18 | Danika Bridgeman, DANIELLE RUSSELL                  | CPCC    | U17     | - | 20 | 12.09 |
| 19,19    | Austen Brown, LIAM POWERS KELLY                     | RCC     | U17     | - | 21 | 12.1  |
| 17,17,17 | Caitlin Boyle, Emma Sewell, Samantha                | BBCC    | U17     | - | 23 | 12.11 |
| 16,16    | Danica Jekic, Raphael Moretti                       | RHCC    | U17     | - | 24 | 12.42 |
| 13,13,13 | LEXY VINCENT , AUGUST SIBTHORNE                     | RCC     | U19     | 1 | 7  | 10.14 |