

# SAIT XC Open

## September 21, 2013

### 1 km results

Runner	Category	Team	Bib#	Time	Place
Jack Wesolowski	M0011	COTC	809	03:46	1
Martin Undheim	M0011	COTC	808	03:50	2
Abigail Vander Merwe	F0011	0	693	03:52	3
Aiden Hastie	M0011	COTC	807	03:53	4
Lincoln Hoel	M0011	0	811	04:09	5
Jasmine Szucs	F0011	AAAC	801	04:26	6
Maya Hand	F0011	AAAC	804	04:42	7
Jinaye Shomachuk	F0011	AAAC	805	05:06	8
Lilie Szucs	F0011	AAAC	802	05:09	9
Kaylee Leach	F0011	AAAC	803	05:15	10

# SAIT XC Open

## September 21, 2013

### 2 km results

Runner	Category	Team	Bib#	Time	Place	Pace/km
Brock Hoel	M1213	0	818	07:46	1	03:53
Gabrielle Wesolowski	F1213	COTC	816	08:01	2	04:01
Isaac Wetmore	M1213	AAAC	812	08:24	3	04:12
Alistair Baron	M1213	AAAC	813	08:27	4	04:13
Ava Sleik	F1213	AAAC	815	08:47	5	04:24
Tessa Petrus	F1213	COTC	819	08:59	6	04:30
Gillian Dennehy	F1213	CWTC	817	09:03	7	04:32
Sam Rajah	F1213	AAAC	814	09:33	8	04:46

# SAIT XC Open

## September 21, 2013

### 3 km results

Runner	Category	Team	Bib#	Time	Place	AAAC	COTC	CWTC	Pace/km
Scott Chalupiak	M1415	AAAC	820	11:08	1	1			03:43
Aaron Ahl	M1415	0	832	11:45	2				03:55
Kai Spierenburg	M1415	CWTC	828	11:56	3			3	03:59
Daniel van der Merwe	M1415	CWTC	829	12:02	4			4	04:01
Regev Stilman	M1415	COTC	827	12:13	5		5		04:04
Terryl Shomachuk	M1415	AAAC	821	12:47	6	6			04:16
Coulton Schroeder	M1415	CWTC	692	13:32	7			7	04:31
Nathan Cushman	M1415	CWTC	831	13:32	8			8	04:31
Shea Meidinger	F1415	COTC	825	14:12	9		9		04:44
Emma Hastie	F1415	COTC	824	14:27	10		10		04:49
Ellen Nielsen	F1415	COTC	826	14:36	11		11		04:52
Jordan Stadnyk	F1415	AAAC	822	14:41	12	12			04:54
Michaela Bianchini	F1415	CWTC	830	14:52	13			13	04:57
Sarah Chmilar	F1415	COTC	823	15:26	14		14		05:09
# of runners scoring					14	3	5	5	
total best 4 runners							35	22	
rank on best 4 runners							2	1	
total best 3 runners						19	24	14	
rank on best 3 runners						2	3	1	
total best 3 women+best 3 men									
rank on best 3 women and men									
						AAAC	COTC	CWTC	



Feliz Ozgur	F2034	GPRC	624	29:35	73													05:55
Gladys Kurgat	F0019	LCK	668	30:01	74	74												06:00
Samantha Larke	F0019	CWTC	689	30:14	75												75	06:03
Kyra McNeil	F2034	LAKE	634	30:35	76													06:07
Dominique McCleary	F0019	STMU	617	30:36	77									77				06:07
Ricki Thiessen	F0019	STMU	618	30:42	78									78				06:08
Natasha Hepp	F0019	AUG	659	32:45	79				79									06:33
Megan Kent	F0019	LAKE	630	33:01	80													06:36
Meghan Wilcox	F2034	NAIT	616	33:08	81				81									06:38
Mikayla Minish	F0019	LAKE	628	33:12	82													06:38
Carol Cheung	F0019	AUG	662	34:44	83				83									06:57
Megan Laws	F2034	LAKE	629	35:19	84													07:04
Ola Otolatunde	F2034	LAKE	631	36:41	85													07:20

# of runners scoring      85   10   12   8   4   7   3   9   7   7   0   0   3   5   0   1   1   8

total best 4 runners      91   60   120   167   85   203   93   286   60   10

rank on best 4 runners      5   2   7   8   4   9   6   10   3   1

total best 3 runners      61   38   82   96   52   175   143   206   219   37   6

rank on best 3 runners      6   3   7   8   4   10   9   11   12   2   1

total best 3 women+best 3 men      86   119   170   245   114   310   231   378   460   48   46

rank on best 3 women and men      3   5   7   9   4   10   8   11   12   2   1

LCK	SAIT	RDC	CUCA	GMU	NAIT	AUG	GPRC	LAKE	CITC	AAAC	STMU	RRAC	CALT	TAC	CWTC	Open
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Richelle Hoar	AUG	657	28:48	70	55	x					x										05:46
Barbara Jackson	CUCA	647	28:52	71	56	43		43													05:46
Kaylee Bannerman	LAKE	632	28:59	72	57	44							44								05:48
Feliz Ozgur	GPRC	624	29:35	73	58	x					x										05:55
Gladys Kurgat	LCK	668	30:01	74	59	x	x														06:00
Samantha Larke	CWTC	689	30:14	75												75			16		06:03
Kyra McNeil	LAKE	634	30:35	76	60	45							45								06:07
Dominique McCleary	STMU	617	30:36	77											77					17	06:07
Ricki Thiessen	STMU	618	30:42	78											78					18	06:08
Natasha Hepp	AUG	659	32:45	79	61	x					x										06:33
Megan Kent	LAKE	630	33:01	80	62	46							46								06:36
Meghan Wilcox	NAIT	616	33:08	81	63	47			47												06:38
Mikayla Minish	LAKE	628	33:12	82	64	48							48								06:38
Carol Cheung	AUG	662	34:44	83	65	x					x										06:57
Megan Laws	LAKE	629	35:19	84	66	49							49								07:04
Ola Otolatunde	LAKE	631	36:41	85	67	x							x								07:20

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring	85	67	49	6	6	6	4	6	3	6	6	6	0	0	3	5	0	1	1	8	18
# of non-scoring runners			18	4	6	2	0	1	0	3	1	1									
total best 4 runners				53	30	76	105	48		130	55	171				60				10	
rank on best 4 runners				3	1	5	6	2		7	4	8									
total best 3 runners				35	18	51	62	27	103	93	28	125			219	37				6	
rank on best 3 runners				4	1	5	6	2	8	7	3	9									
total best 3 women+best 3 men				45	61	101	153	54	185	136	63	231			460	48				46	
rank on best 3 women and men				1	3	5	7	2	8	6	4	9									
	LCK	SAIT	RDC	CUCA	GMU	NAIT	AUG	GPRC	LAKE	CITC	AAAC	STMU	RRAC	CALT	TAC	CWTC	Open				

note: ACAC team scores based on ACAC placing, whereas open and hs team scores based on overall placing





Mike Van Tighem	Open	699	42:40	81																81	26	05:20	
Surinder Rayet	NAIT	717	44:25	82	56	x				x													05:33
Andrew Ulicki	STMU	721	44:42	83																			05:35
Rawat Gaurav	GPRC	729	45:29	84	57	x																	05:41
Willy Garcia	STMU	722	50:02	85																			06:15

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring	85	49	6	6	5	5	6	6	6	6	3	1	2	3	8	1	5	0	8	28
# of non-scoring runners		8	0	2	0	0	0	4	1	1	0									
total best 4 runners		27	66	93	133	40	121	73	61						24		98			66
rank on best 4 runners		1	4	6	8	2	7	5	3											
total best 3 runners		10	43	50	91	27	82	43	35	106					241	11			53	40
rank on best 3 runners		1	4	6	8	2	7	4	3	9										
total best 3 women+best 3 men		45	61	101	153	54	185	136	63	231					460	48				46
rank on best 3 women and men		1	3	5	7	2	8	6	4	9										
		LCK	SAIT	RDC	CUCA	GMU	NAIT	AUG	GPRC	LAKE	CITC	AAAC	STMU	RRAC	CALT	TAC	CWTC	Open		

note: ACAC team scores based on ACAC placing, whereas open and hs team scores based on overall placing



