



2022 lululemon Pacific Distance Carnival and Canadian 10,000m Championships SCHEDULE & HEAT SHEETS

4:00pm	Mixed	10000m Racewalk
5:00pm	Women's	800m
5:10pm	Women's	Sport Burnaby 1500m
5:20pm	Men's	Sport Burnaby 1500m
5:30pm	Mixed	M2M Chase The Pace 5000m Heat #1 (seed times 21:30-30:00)
6:10pm	Mixed	M2M Chase The Pace 5000m Heat #2 (seed times 19:30-21:00)
6:40pm	Mixed	M2M Chase The Pace 5000m Heat #3 (seed times 18:10-19:25)
7:10pm	Mixed	M2M Chase The Pace 5000m Heat #4 (seed times 16:45-18:00)
7:40pm	Mixed	M2M Chase The Pace 5000m Heat #5 (seed times 14:44 to 16:28)
8:05pm	Women's	Morrey Auto Group 10000m
8:45pm	Men's	Morrey Auto Group 10000m

4:00 pm - Mixed 10000m Racewalk

Heat	Hip	FIRST NAME	LAST NAME	Club
1	1	Alger	Liang	TBIR
1	2	Tyler	Wilson	UNBC
1	3	Olivia	Lundman	UBCT
1	4	Heath	Semeniuk	UNBC
1	5	Katelynn	Ramage	UNBC
1	6	Mihail	Larin	UNBC

5:00 pm - Women's 800m

Heat	Hip	FIRST NAME	LAST NAME	Club
1	1	Morgan	Foster	STAN
1	2	Tamara	Harris	TBIR
1	3	Jade	Lenton	LANG

5:10 pm - Sport Burnaby Women's 1500m

Heat	Hip	FIRST NAME	LAST NAME	Club
1		Ally	Ginther	
1	1	Julianne	Labach	UNSK
1	2	Mikayla	Tinkham	NORM
1	3	Sandra	Kilmartin	TBIR
1	4	Angelina	Shandro	PIHR
1	5	Chloe	Turner	CALT
1	6	Maella	Hodgson	OATF
1	7	Christina	Peet Williams	CHWK
1	8	Ella	Ballard	PIHR
1	9	Ella	Madsen	COQC
1	10	Rianne	McHugh	UCAC
1	11	Nanette	Novak-Klotz	TBIR
1	12	Viviana	Li	CTC1
1	13	Mackenzie	Hack	OATF
1	14	Alicia	Ranahan	SFUT
1	15	Ella	Wigmore	WVAN

5:20 pm - Sport Burnaby Men's 1500m

Heat	Hip	FIRST NAME	LAST NAME	Club
1		Carlos	Vargas	
1	1	Christian	Gravel	TBIR
1	2	Cole	Dinsdale	UNBC
1	3	Michael	Schriemer	UNBC

1	4	Kaelan	House	UNBC
1	5	Sam	Wensink	PACT
1	6	Michael	Barber	PIHR
1	7	Andrew	Thomson	UNBC
1	8	Stefan	Biro	UNBC
1	9	Jaxon	Kuchar	UNBC
1	10	Micah	Logie	UNBC
1	11	Dean	Ellenwood	PACT
1	12	Liam	Stanley	PIHR
1	13	Braden	Ahl	UNAB
1	14	Kai	Martland	TBIR
1	15	Max	Holmes	TBIR
1	16	Kaelem	Dumont	OATF
1	17	Keyaan	Jivraj	WVAN
1	18	Lucas	Robertson	WVAN
1	19	Adam	Rentz	TBIR
1	20	Nate	Richardson	TBIR

5:30pm - M2M Chase the Pace 5000m Heat#1

Heat	FIRST NAME	LAST NAME		Club
1	Sean	Collins	M	LULU
1	David	Whitehead	M	UNA
1	Kelsey	Mulvihill	F	M2M2
1	Colin	Wilson	M	LULU
1	Liz	Price	F	M2M
1	Keiko	Ayuba	F	UNA
1	Jess	Yeoman	F	LULU
1	Cameron	Pel	M	EAST
1	Kayla	Hermiston	F	KAML
1	Meaghan	Murray	F	M2M2
1	Katie	Mai	F	M2M
1	Sydney	Uhlmann	F	M2M
1	Charlotte	Dewar	F	LULU
1	Graham	Baker	M	UNA
1	Virendra	Bhattad	M	M2M
1	Ellen	Clague	F	VFAC
1	Georgia	McClelland	F	LULU
1	Gary	Franco	M	LULU
1	Gavin	Rimmer	M	UNA
1	Alison	Wong	F	M2M
1	Linge	Xie	M	M2M
1	Charles	Mackey	M	UNBC
1	Alex	Lafonde	M	UNA
1	Fernanda	Pizzolatto	F	UNA
1	Susannah	Duvall-Luck	F	#1 M

6:10pm - M2M Chase the Pace 5000m Heat#2

Heat	FIRST NAME	LAST NAME		Club
2	Kelsey	Fyfe	F	M2M2
2	Yun Han	Yap	M	M2M
2	Max	Smillie	M	TURF
2	Kashtin	Bogart	M	M2M2
2	Connor	McLaughlin	M	LULU
2	Felix	Yu	M	LULU
2	Kelsey	Hunter	F	UNBC
2	Ben	Jackson	M	LULU
2	Carol	Montgomery	F	GREY
2	Darryl	Pongracz	M	GRIT
2	Luke	Li	M	M2M
2	Nicholas	Faestel	M	UNA
2	Travis	Tookey	M	LULU
2	Katherine	Lavoie	F	LULU
2	Ryan	Jansonius	M	UNA
2	Mathew	Milne	M	M2M
2	Alistair	Eggo	M	M2M
2	Andrew	Neumann	M	M2M
2	Richard	Poole	M	LULU
2	Owen	Hope	M	LULU
2	Jarred	Zhang	M	CART
2	Andrew	Li	M	M2M
2	Andrea	Chambers	F	M2M2
2	Shelby	Hancock	F	GRIT
2	Josh	Vines	M	UNA

6:40pm - M2M Chase the Pace 5000m Heat#3

Heat	FIRST NAME	LAST NAME		Club
3	Ben	Lui	M	VFAC
3	Emma	Jourdain	F	VFAC
3	Michael	Schwandt	M	UNBC
3	Anne	Clubb	F	M2M
3	Carlie	Pipe	F	ELIT
3	Carla	Parsons	F	UNA
3	Edwan	Chan	M	UNA
3	Mark	Dawson	M	M2M
3	Colin	Kroeger	M	OATF
3	Grace	Keenleyside	F	M2M
3	Melanie	Van Soeren	F	VFAC
3	Alexandria	Varty	F	UNA
3	Genevieve	Caufope	F	VFAC

3	Todd	Nickel	M	M2M2
3	Kennedy	Okondo	M	UNBC
3	Spencer	Zeng	M	M2M
3	Derrick	Lin	M	M2M2
3	Steven	Huynh	M	M2M2
3	David	Robins	M	FSRC
3	Connor	Emeny	M	LULU
3	Mark	Topacio	M	LULU
3	Shirley	Chen	F	VFAC
3	Monika	Arcadi	F	CITY
3	Greg	Rola	M	STRI
3	Jonas	Caruana	M	M2M2

7:10pm - M2M Chase the Pace 5000m Heat #4
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Heat	FIRST NAME	LAST NAME		Club
4	Thom	Peters	M	M2M2
4	Michael	Suey	M	M2M
4	Kevin	O'Connor	M	VFAC
4	Enrique	Pedroso	M	CART
4	Marley	Beckett	F	UNBC
4	Rob	Browning	M	PACE
4	Felix	Evans	M	VFAC
4	Liam	Watson	M	VFAC
4	Dan	Bewley	M	M2M2
4	Jasmine	Feddema	F	GECA
4	Eric	Thompson	M	UNA
4	Megan	Crocker	F	TNOR
4	Keila	Stark	F	UNBC
4	Katherine	Watson	F	VFAC
4	Kenton	Hirowatari	M	M2M
4	Tyler	Chuang	M	LULU
4	Fergus	Kung	M	M2M
4	Katherine	Carbeck	F	UNBC
4	Warren	McCulloch	M	UNA
4	Andy	Dean	M	M2M2
4	Sarah	Carter	F	LULU
4	Corri	Longridge	F	UNA
4	Joshua	Chambers	M	M2M2
4	Alex	Emeny	M	LULU
4	Verner	Lofstrand	M	IGUA

7:40pm - M2M Chase the Pace 5000m Heat #5
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Heat	FIRST NAME	LAST NAME		Club
5	Louis-Carlos	Vargas	M	ZIND
5	Ron	Loewen	M	TBIR
5	Nicolas	Jirot	M	UNBC
5	Connor	Nicol	M	OATF
5	James	Lamers	M	VFAC
5	Yemane	Mulugeta	M	OATF
5	Mark	Klassen	M	UNBC
5	Cassian	Murray-White	M	GECA
5	Nicholas	Browne	M	VFAC
5	Christopher	Chan	M	M2M
5	Sebastian	Cino	M	TBIR
5	Imran	Khoja	M	UNBC
5	Patrick	Mackinnon	M	DVTC
5	Matt	Melnik	M	UNA
5	Thomas	Somerville	M	UNBC
5	Ammad	Hussain	M	TBIR
5	Yabi	Davidoff	M	TBIR
5	Hector	Guerrero	M	VFAC
5	Matt	Noseworthy	M	VFAC
5	Charles	Perrot-Minot	M	TBIR
5	Lance	Risseeuw	M	M2M
5	Noah	Bloom	M	RUNG
5	Lewis	Sullivan	M	VFAC

8:05pm – Morrey Auto Women's 10000m
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Heat	Hip	FIRST NAME	LAST NAME	Club
1		Mikayla	Tinkham	
1	1	Leslie	Sexton	TBIR
1	2	Sasha	Gollish	UNON
1	3	Victoria	Coates	DVTC
1	4	Anne-Marie	Comeau	CAUL
1	5	Élissa	Legault	CAVD
1	6	Katrina	Allison	TBIR

8:45pm – Morrey Auto Men's 10000m
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Heat	Hip	FIRST NAME	LAST NAME	Club
1		Cole	Dinsdale	
1	1	Lucas	Bruchet	MI2M
1	2	Rory	Linkletter	UNAB
1	3	Charles	Philibert-Thiboutot	CAUL
1	4	Jeremy	Coughler	LWTF

1	5	Connor	Black	LWTF
1	6	Phil	Parrot-Migas	LWTF
1	7	Maximus	Thiessen	UCAC
1	8	Thomas	Broatch	TBIR
1	9	Alexander	Maxwell	UNON
1	10	Brendan	Wong	COQC
1	11	Matthew	Hope	GECA
1	12	Derek	Scott	UNBC
1	13	Teferi	Kebede Balcha	UNBC