

2023 Pacific Distance Carnival Schedule

5:20pm	Women's	200m
5:30pm	Men's	200m
5:45pm	Mixed	Wheelchair 800m
5:50pm	Men's	800m heat 1
5:55pm	Women's	800m heat 1
6:00pm	Men's	800m heat 2
6:05pm	Women's	800m heat 2
6:10pm	Men's	800m heat 3
6:15pm	Women's	800m heat 3
6:20pm	Men's	800m heat 4
6:35pm	Mixed	Embrace The Pace 5000m Heat #1 (seed times 17:30+)
7:10pm	Mixed	Embrace The Pace 5000m Heat #2 (seed times <17:30)
7:35pm	Men's	3000m
7:50pm	Women's	3000m
8:05pm	Men's	10000m
8:40pm	Women's	10000m

5:45 pm - Mixed 800m Wheelchair

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club	
1	1		Tiana	Hesmert	WCRS	F
2	2		Paulo	Guerrero	WCRS	M

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club	
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5:50pm - Men's 800m - Heat 1

1	1		Matt	Pinsonneault	PETF
2	2		Will	Van Schagen	VRTC
3	3		Ammad	Hussain	VRTC
4	4		Zachary	Kennedy	KJAK
5	5		Miles	Powell	PIHR
6	6		Samuel	May	VRTC
7	7		Miles	Hayden	PETF

6:00pm - Men's 800m - Heat 2

1	1		Liam	Stanley	PIHR
2	2		Theo	Serowka	PIHR
3	3		Basil	Parkins	PIHR
4	4		Matthew	Hopkins	VETC
5	5		Maverik	Rahkola	PETF
6	6		Mackenzie	Lascelle	VRTC
7	7		Mitchell	Klassen	TBIR
8-in	8		Micah	Logie	UNBC
8-out	9		Noah	Louwerse	LANG

6:10pm - Men's 800m - Heat 3

1	1		Tion	McLeish	VETC
2	2		Bernardo	Sada	OATF
3	3		Braden	Ahl	CALT
4	4		Michael	Barber	PIHR
5	5		Mark	Molina	VRTC
6	6		Joseph	Curtis	UNBC
7	7		Jose	Castro	HORI
8	8		Joel	Perriard	UNA

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
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6:20pm - Men's 800m - Heat 4

1	1		Richard	Torres	UNBC
2	2		Hudson	Irvine	OATF
3	3		Tomas	Chapman	UNBC
4	4		Devon	Meadows	COQC
5	5		Paul	Fisher	TBIR
6	6		Kirubel	Bogale	UNBC
7	7		Andrew	Thomson	UNBC
8-in	8		Jordan	Schmidt	UNBC
8-out			Pacer - Ryan Goudron - 54-55 at 400m		

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
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5:55pm - Women's 800m - Heat 1

1	1		Clara	Yetman	UNNL
2	2		Rachael	Watkins	UNBC
3	3		Amelia	Kristen	TBIR
4	4		Monika	Arcadi	CITY
5	5		Madalene	Gibson	TWUS
6	6		Selin	Tasdemir	KJAK
7	7		Ava	Gauthier	NTFC
8	8		Adrianna	Buitelaar	VRTC

6:05pm - Women's 800m - Heat 2

1-in	1		Ilona	Zrinyi	VETC
1-out	2		Tatum	Wade	UNAT
2	3		Alexandria	Varty	UNBC
3	4		Sofie	Ohrling	UVIC
4	5		Nanette	Novak-Klotz	TBIR
5	6		Kate	Cameron	NTFC
6	7		Maggie	Epp	VRTC
7	8		Charlie	Packford	PIHR
8-in	9		Delaney	Chan	UVIC
8-out	10		Chloe	Symon	TBIR

6:15pm - Women's 800m - Heat 3

1	1		Holly	MacGillivray	TBIR
2	2		Megan	Roxby	UNBC
3	3		Maya	Baechler	TBIR
4	4		Rachel	Mortimer	TBIR
5	5		Alexa	Dow	PIHR
6	6		Mikayla	Tinkham	NORM
7-in	7		Madison	Heisterman	NTFC
7-out	8		Alison	Andrews-Paul	UNBC
8-in	9		Julianne	Labach	UNSK
8-out			Pacer - TBD - 61 at 400m		

6:35pm - Embrace The Pace - Heat 1

Hip	FIRST NAME	LAST NAME	Club
PACER - Trevor Hofbauer - 17:30 pace			
1	Keila	Stark	UNBC
2	Kenton	Hirowatari	UNBC
3	Delphine	Gosselin	TBIR
4	Katherine	Watson	VFAC
5	Lauren	Andrews	POLA
6	Sabrina	Wilkie	UNBC
7	Madelyn	Brunt	THUN
8	Rhian	Paterson	CITC
9	Greg	Rola	STRI
PACER - Kevin O'Connor - 19:00 pace			
10	Ria	Gill	UNBC
11	Darryl	Pongracz	GRIT
12	Alita	Dommann	WVAN
13	Ben	Ashby	UNA
14	Lily	Gentile	CITC
15	Ben	Lui	VFAC
16	Christina	Peet Williams	VETC
17	Amy	Windle	GRIT
PACER - Evan Dunfee - 20:00 pace			
18	Oliver	Flack	UNA
19	Mark	Francis	UNAT
20	Bill	Cunliffe	UNA
21	Brian	Stewart	UNA
22	Nico	Bernardi	POLA
23	Ellen	Clague	VFAC
24	Ken	Price	UNA
25	Ania	Ziemirska	BDAC

7:10pm - Embrace The Pace - Heat 2

Hip	FIRST NAME	LAST NAME	Club
1	PACER - Justin Kent - 15:15 pace		
2	James	Lamers	VFAC
3	Aven	Kifle	TBIR
4	Mark	Klassen	UNBC
5	Alexandre	Banks	VFAC
6	Christopher	Chan	M2M2
7	Evan	Miller	TBIR
8	Sebastien	Cino	TBIR
9	Matt	Noseworthy	TBIR
10	James	Connelly	TBIR
11	Conor Brendan	Dunne	UNA
	PACER - Trevor Hofbauer - 16:15 pace		
12	Hans	Zimmerling	VFAC
13	Noah	Bloom	RUNG
14	Evgeniy	Panzhinskiy	UNBC
15	Glenn	Saqui	UNA
16	Thom	Peters	M2M2
17	Nathan	Peters	UNA
18	Patrick	Baylis	UNA
19	Vincent	Pagot	UNBC
20	Felix	Evans	VFAC
21	Jamie	Hennessey	UNA
22	Liam	Watson	VFAC

7:35pm - Men's 3000m

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
1-in	1		Owen	Sandquist-Sherman	PIHR
1-out	2		Stephanus	Snyman	OATF
2-in	3		Jacob	Webster	VETC
2-out	4		Brock	Jensen	UNAB
3-in	5		Connor	Block	TBIR
3-out	6		Finn	Carlson	TBIR
4-in	7		William	Pidduck	PHYS
4-out	8		Matthew	Thibodeau	TBIR
5-in	9		Lungelo Charlie	Mlotshwa	PIHR
5-out	10		Tyler	Browne	PIHR
6-in	11		Aiden	Miller	CTC1
6-out	12		Jaiveer	Tiwana	CTC1
7-in	13		Riley	Miller	CTC1
7-out	14		Dylan	Uhrich	TBIR
8-in	15		Henry	Ruckman-Utting	UNBC
8-out	16		Gabe	Vanhezewijk	UVIC
1	17		Jaxon	Kuchar	VETC
2	18		Jacob	Wadhwani	UNBC
3	19		Chris	Taylor	TBIR
4	20		Ephrem	Mekonnen	UNBC
5	21		Anton	Kuipers	UVIC
6	22		Cole	Dinsdale	UNBC
7	PACER - Paul Fisher - 65"/lap (4:20 at 1600m) - 8:08 pace				

7:50pm - Women's 3000m

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
1-in	1		Samara	Cockburn	VETC
1-out	2		Ella	Marion	CALT
2-in	3		Katelyn	Cotterell	TBIR
2-out	4		Elysse	Fleming	TBIR
3-in	5		Zoe	Doorenspleet	TBIR
3-out	6		Amelia	Pfohl	TBIR
4-in	7		Sophie	Dodd	TBIR
4-out	8		Sandra	Kilmartin	TBIR
5-in	9		Jennifer	Erickson	UNBC
5-out	10		Rebecca	Bassett	UNBC
6-in	11		Glynis	Sim	TBIR
6-out	12		Briana	Scott	MI2M
7			PACER #1 - Mikayla Tinkham - 72"/lap (4:48 at 1600m) - 9:00 pace		
8			PACER #2 - Sarah Inglis - 72"/lap (6:00 at 2km/7:12 at 2.4km) - 9:00 pace		

8:05pm - Men's 10000m

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
1-in	1		Donald	Taggart	PENI
1-out	2		Yemane	Mulugeta	OATF
2-in	3		Pierre-Yves	Normandin	JAKO
2-out	4		Aidan	Anderson	UNBC
3-in	5		Félix	Quirion	SHER
3-out	6		David	Girardin	CAUL
4-in	7		Patrice	Labonté	CAUL
4-out	8		Kyle	Grieve	MOAC
5-in	9		John	Perrier	TBIR
5-out	10		Connor	Black	LWTF
6-out	11		Jonathan	Tedeschi	CAUL
7-in	12		Thomas	Broatch	TBIR
7-out	13		Benjamin	Preisner	UNBC
8	14		Michael	Morgan	SLIG
1	15		Daniel	Mulusht Zewdu	PIHR
2	16		Jeremy	Coughler	LWTF
3	17		Perry	Mackinnon	SHER
4	18		Juan Luis	Barrios	THE
5	19		Andrew	Alexander	UNON
6	PACER - Justin Kent - 69"/lap - 28:40 pace				
7	PACER - John Gay - 69"/lap - 28:40 pace				

8:40pm - Women's 10000m

Lane	Hip	Bib	FIRST NAME	LAST NAME	Club
1-in	1		Jenna	McFadyen	STFC
1-out	2		Rachel	Mortimer	TBIR
2-in	3		Kyla	Becker	TBIR
2-out	4		Ally	Ginther	TBIR
3-in	5		Katrina	Allison	TBIR
3-out	6		Kate	Maccary	CENT
4-in	7		Katie	Newlove	TBIR
4-out	8		Marley	Beckett	TBIR
5-in	9		Katelyn	Ayers	VETC
5-out	10		Caroline	Pomerleau	ZIND
6-in	11		Cleo	Boyd	PHYS
6-out	12		Leslie	Sexton	TBIR
7-in	13		Gabriela	Debues-Stafford	UNON
7-out	14		Natasha	Wodak	PIHR
8-in			PACER #1 - Sarah Inglis - 77"/lap (9:36 at 3km) - 32:00 pace		
8-out			PACER #2 - Natalia Allen - 77"/lap (16:00 at 5km) - 32:00 pace		
9			PACER #3 - Holly MacGillivray - 81-82"/lap (17:00 at 5km) - 34:00 pace		