

| 8:00:00 AM Event #5 Junior Men C4 1000m | | | | |
|---|---|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Andreas Diitmer, Stephen Frosham, Adam Richard, Isaac Finkelstein | RCC | DIRECT | DIRECT |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 8:07:00 AM Event #6 U19 Men & Junior Mens C2 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Conor O'Neill, Isaac Finkelstein | RCC | 4.05.06 | 1 |
| Lane 5 | | | | |
| Lane 6 | Andrey Gorelov, Chris Tabri | CPCC | 4.41.56 | 2 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 8:14:00 AM Event #7 U19 Men K4 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 5 | Alexander Hoferek, Bryan Davey, Patrick Fahey, Owen Rainboth | RCC | 3.24.06 | 1 |
| Lane 6 | Jarod Brushett, Adam Richard, Jacob Hammel, Jacob Smith | RCC | 3.27.19 | 2 |
| Lane 4 | Thomas Paquette, Justin Dobson, Raine Giff, Aidan Dumont | CPPC | 3.56.97 | 3 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 8:21:00 AM Event #8 U15 Men C4 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 5 | Peter Bradley, Kieran Graham, Matt Cobden, Patrick Harrington | RCC | 4.52.77 | 1 |
| Lane 2 | Colin Drain, Anik Marchildon, Vishva Prabhu, Stephane Zafiu | ORCC | 5.06.50 | 2 |
| Lane 3 | Sam Smith, Mark McGarrity, Tom Rennick, Clayton Sibthorpe | RCC | 5.20.66 | 3 |
| Lane 6 | Bryce Ritchie, Scott Bentley, Sam Paquette, Alex Barkell | CPCC | 5.23.95 | 4 |
| Lane 7 | Ethan Page, Lucas Oravsky, Julia Riberio, Tamas Hazy | ORCC | 5.37.43 | 5 |
| Lane 4 | Tyler Chenette, Benoit Davies, Victor Savulescu, Connor Chamoun | PICC | 5.43.35 | 6 |
| Lane 8 | Max Marin-Bawa, Patrick Santos-Barry, Shane Mahoney, Jere | RCC | 5.47.81 | 7 |
| Lane 9 | | | | |
| 8:28:00 AM Event #9 Junior Women K1 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Diana Carranco (2) | RCC | DIRECT | DIRECT |
| Lane 5 | Melissa Black (1) | RCC | DIRECT | DIRECT |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 8:35:00 AM Event #10 U19 Women K1 1000m | | | | |
|---|---------------------------------------|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | Katie Hoferek | RCC | 4.35.93 | 1 |
| Lane 4 | Emma McAvoy | ORCC | 4.59.74 | 2 |
| Lane 6 | Ellie Lanouette | CPCC | 5.05.16 | 3 |
| Lane 7 | Gisela Grossman | RCC | 5.06.46 | 4 |
| Lane 3 | Emma Keary | RCC | 5.21.93 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 8:42:00 AM Event #11 U16 Men K1 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 4 | Jacob Price | RCC | 4.09.44 | 1 |
| Lane 5 | Clayton Sibthorpe | RCC | 4.15.75 | 2 |
| Lane 6 | Raine Giff | CPCC | 4.18.06 | 3 |
| Lane 7 | Noah Voroney | RCC | 4.20.64 | 4 |
| Lane 3 | Gavin Redwood-Wheeler | CPCC | 4.22.51 | 5 |
| Lane 2 | Ben Moizer | ORCC | 4.33.60 | 6 |
| Lane 10 | Mathieu Symons | SLCC | 4.37.60 | 7 |
| Lane 9 | Sam Paquette | CPCC | 4.39.01 | 8 |
| Lane 8 | Colin Drain | ORCC | 4.39.96 | 9 |
| Lane 1 | Nicholas Symons | SLCC | DNF | |
| 8:49:00 AM Event #12 Junior Men K1 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 6 | Joseph Spratt | RCC | 3.52.90 | 1 |
| Lane 4 | Lochlen Farquharson | RCC | 4.00.20 | 2 |
| Lane 3 | Benoit Lacroix | RCC | 4.01.25 | 3 |
| Lane 5 | Chris Tabri | CPCC | 4.03.75 | 4 |
| Lane 8 | Adrian Richardon | RCC | 4.13.16 | 5 |
| Lane 7 | David Hallman | CPCC | 4.21.25 | 6 |
| Lane 9 | | | | |
| 8:56:00 AM Event #13 U19 Men K1 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 4 | Alexander Hoferek | RCC | 3.54.11 | 1 |
| Lane 6 | Owen Rainboth | RCC | 3.56.36 | 2 |
| Lane 5 | Bryan Davey | RCC | 3.57.53 | 3 |
| Lane 7 | Thomas Paquette | CPCC | 4.05.34 | 4 |
| Lane 3 | Patrick Fahey | RCC | 4.08.08 | 5 |
| Lane 8 | Jarod Brushett | RCC | 4.09.45 | 6 |
| Lane 2 | Jacob Smith | RCC | 4.18.71 | 7 |
| Lane 9 | | | | |
| 9:03am Event #14 &15 U15 Men K2 1000m - Heat 1 and 2 | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 3 | Patrick Harrington, Clayton Sibthorpe | RCC | 4.20.04 | 1 |
| Lane 4 | Max Hong, Alex Jessup | NBCC | 4.20.81 | 2 |
| Lane 2 | Colin Drain, Stephane Zafiu | ORCC | 4.21.95 | 3 |
| Lane 3 | Scott Bentley, Alex Barkell | CPCC | 4.23.87 | 4 |
| Lane 5 | Gavin Redwood-Wheeler, Sam Paquette | CPCC | 4.28.42 | 5 |
| Lane 5 | Tyler Chenette, Benoit Davies | PICC | 4.31.72 | 6 |
| Lane 7 | Victor Savulescu, Connor Chamoun | PICC | 4.39.72 | 7 |
| Lane 6 | Mark McGarrity, Peter Bradley | RCC | 4.44.61 | 8 |

| | | | | |
|---------------|---|-------------|-------------|---------------|
| Lane 9 | Ethan Page, Anik Marchildon | ORCC | 4.45.69 | 9 |
| Lane 4 | Bryce Ritchie, Julian Robero | CPCC | 5.12.98 | 10 |
| Lane 6 | Ethan McCallum, Jack MacInnis | SLCC | 5.22.45 | 11 |
| Lane 1 | Lucas Oravsky, Vishva Prabhu | ORCC | 5.32.22 | 12 |
| Lane 7 | Max Marin Barra, Tristan Harris | RCC | 6.03.39 | 13 |
| Lane 8 | Tom Rennick, Shane Mahoney | RCC | DNF | |
| Lane 2 | Jeremy Price, Patrick Santos Currie | RCC | DNF | |
| | | | | |
| | | | | |
| 9:17am | Event #16 U19/Junior Men C1 1000m | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 2 | Isaac Finkelstein | RCC | 4.17.07 | 1 |
| Lane 3 | Adam Richard | RCC | 4.34.32 | 2 |
| Lane 1 | Conor O'Neill | RCC | 4.45.10 | 3 |
| Lane 4 | | | | |
| Lane 5 | | | | |
| Lane 7 | Ben Tardioli | RCC | 4.20.93 | 1 |
| Lane 6 | Mark Singer | RCC | 4.26.65 | 2 |
| Lane 8 | Andrey Gorelov | CPCC | 4.47.06 | 3 |
| Lane 9 | | | | |
| | | | | |
| 9:24am | Event #17 U19 Women C1 1000m | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | Lindsay Iwrin | CPCC | 5.03.60 | 1 |
| Lane 5 | Courtney Spratt | RCC | 5.08.70 | 2 |
| Lane 3 | Nikole Gorelova | CPCC | 5.24.23 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| | | | | |
| 9:31am | Event #18 U17 Men K1 1000m | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 6 | Alessandro Bussa | RCC | 3.58.54 | 1 |
| Lane 3 | Aidan Dumont | CPCC | 3.59.33 | 2 |
| Lane 4 | Joshua Mahoney | RCC | 4.13.14 | 3 |
| Lane 5 | Max Kerrigan | NBCC | 4.15.82 | 4 |
| Lane 2 | Rohan Gulyani | ORCC | 4.28.18 | 5 |
| Lane 7 | Michael Silveira | RCC | 4.29.99 | 6 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| | | | | |
| 9:38am | Event #19A U16 Women K1 1000m - Heat 1 -- Top 3 next 3 fastest times | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 7 | Hayley Conrad | RCC | 4.38.31 | 1 |
| Lane 3 | Sarah Merserau | RCC | 4.56.77 | 2 |
| Lane 4 | Lily Maher | CPCC | 5.00.50 | 3 |
| Lane 6 | Claudèle Vézina | PICC | 5.21.10 | 4 |
| Lane 2 | Kate Berry | RCC | 5.23.32 | 5 |
| Lane 5 | Jenna Wicks | CPCC | SCR | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 9:45am Event #19 U16 Women K1 1000m - Heat 2 -- Top 3 next 3 fastest times | | | | |
|---|---|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 7 | Toshka Besharah | RCC | 4.46.51 | 1 |
| Lane 6 | Chloe Martin | RCC | 4.46.74 | 2 |
| Lane 3 | Jessica Reddin | RCC | 4.49.62 | 3 |
| Lane 4 | Gabby Leverette | CPCC | 4.52.53 | 4 |
| Lane 5 | Sofia Pizzuto | ORCC | 5.53.78 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 9:52am Event #20 Junior/Senior Women K2 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Melissa Black, August Sibthorpe</i> | RCC | 4.07.32 | 1 |
| Lane 5 | <i>Jennifer Cross, Diana Carranco</i> | RCC | 4.10.40 | 2 |
| Lane 4 | <i>Gen L'Abbe, Emma McAvoy</i> | ORCC | 4.12.09 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | <i>Kate Braddon, Lexy Vincent</i> | RCC | 3.56.60 | 1 |
| 9:59am Event #21 U19B Women K2 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | Katie Hoferek, Emma Rainboth | RCC | 4.08.78 | 1 |
| Lane 4 | Ellie Lanouette, Lily Maher | CPCC | 4.36.50 | 2 |
| Lane 3 | Gisela Grossman, Emma Keary | RCC | 4.45.14 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 10:06am Event #22 Junior Men K4 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Lochlen Farquharson, Joseph Sprattm Benoit Lacroix, Alexander Hoffer</i> | RCC | DIRECT | DIRECT |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 10:13am Event #23 U16 Men C1 1000m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 3 | Matthew O'Neill | RCC | 4.19.53 | 1 |
| Lane 4 | Logan Gauthier | RCC | 4.21.74 | 2 |
| Lane 5 | Kieran Graham | RCC | 4.37.31 | 3 |
| Lane 2 | Max Hong | NBCC | 5.23.80 | 4 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 10:20am Event #24 U15 Women K4 1000m | | | | |
|--|--|------|---------|--------|
| Lane | Crew | Club | Time | Finish |
| Lane 4 | <i>Toshka Besharah, Alex Joab, Leeya Nagpal, Felicia</i> | RCC | 4.00.29 | 1 |
| Lane 8 | <i>Serena Jetley, Cayley Fortier, Kyla Drouin, Darcie Worswick</i> | RCC | 4.09.14 | 2 |
| Lane 3 | <i>Gwyneth Durocher, Sydney Doidge, Avery Durocher, Grace Hong</i> | NBCC | 4.15.40 | 3 |
| Lane 5 | <i>Alison Hayward, Natasha Stewart, Murrina Bawa, Ina Zeng</i> | RCC | 4.16.45 | 4 |
| Lane 7 | <i>Sierra Fallis, Sara Buzdugan, Grace Campbell, Chiara Pizzuto</i> | ORCC | 4.37.46 | 5 |
| Lane 9 | <i>Abby Brousseau, Lea Skerett, Lauren Wilkes, Kenzie Girgis</i> | RCC | 4.41.68 | 6 |
| Lane 1 | <i>Alanna You, Abbey MacMillan, Brianna Buttera, Claire Ponesse</i> | RCC | 4.43.97 | 7 |
| Lane 6 | <i>Riya Reeyal, Maria Tierrafria, Abbey Cameron, Dorothy Goddard, EXHIBITION</i> | PICC | 4.56.42 | 8 |
| Lane 10 | <i>Kennedy Macey, Katherine Frazer, Kasey Carswell, Gabby Beaudoin</i> | GAN | DIRECT | DIRECT |
| Lane 2 | <i>Abbey Cameron, Dorothy Goddard, Mackenzie Haines, need</i> | CPCC | SCR | |
| 10:27am Event #25 U17 Men C1 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | <i>Ensby Brule</i> | CPCC | 4.20.44 | 1 |
| Lane 8 | <i>Alec Sibthorpe</i> | RCC | 4.32.16 | 2 |
| Lane 5 | <i>Cian Brushett</i> | RCC | 4.37.83 | 3 |
| Lane 6 | <i>Ben Higgs</i> | CPCC | 4.47.10 | 4 |
| Lane 3 | <i>Olan Bradford</i> | RCC | 4.59.01 | 5 |
| Lane 7 | <i>Noah Hawryluck</i> | ORCC | 5.03.28 | 6 |
| Lane 9 | | | | |
| 10:34am Event #26 U17 Men K2 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 8 | <i>Alessandro Bussa, Jacob Price</i> | RCC | 3.40.45 | 1 |
| Lane 4 | <i>Aidain Dumont, Raine Giff</i> | CPCC | 3.42.99 | 2 |
| Lane 3 | <i>Clayton Sibthorpe, Joshua Mahoney</i> | RCC | 3.56.07 | 3 |
| Lane 5 | <i>Noah Voroney, Michael Silveira</i> | RCC | 3.58.91 | 4 |
| Lane 6 | <i>Rohan Gulyani, Ben Moizer</i> | ORCC | 4.04.64 | 5 |
| Lane 9 | <i>Nicholas Symons, Matthieu Symons</i> | SLCC | 4.07.04 | 6 |
| Lane 2 | <i>Stephane Zafiu, Colin Drain</i> | ORCC | DNF | |
| Lane 7 | <i>Gavin Redwood-Wheelre, Sam Paquette</i> | CPCC | DNF | |
| 10:41am Event #27 U19 Women & Junior Women's C2 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Lindsay Irwin, Nikole Gorelova</i> | CPCC | 4.49.55 | 1 |
| Lane 5 | <i>Breanna Lunn, Evie McDonald</i> | CPCC | 5.03.71 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | <i>Courtney Spratt, Rowan Hardy-Kavanagh</i> | RCC | 4.25.15 | 1 |
| COURSE BREAK - 15 minutes | | | | |
| 10:48am Event #28 U17 Men's C4 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Matthew O'Neill, Logan Gauthier, Kieran Graham, Alec Sibthorpe</i> | RCC | 4.26.50 | 1 |
| Lane 4 | <i>Cian Brushett, Olan Bradford, Matthew Cobden, Peter Bradely</i> | RCC | 4.45.09 | 2 |
| Lane 6 | <i>Ensby Brule, Ben Higgs, Raine Giff, Gavin Redwood-Wheeler</i> | CPCC | 5.03.16 | 3 |
| Lane 3 | <i>Colin Drain, Noah Hawryluck, Rohan Gulyani, Ben Moizer</i> | ORCC | 5.05.72 | 4 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 10:55am Event #29 Junior Men K2 1000m - Final | | | | |
|--|--|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Joseph Spratt, Lochlen Farquharson</i> | RCC | 3.50.36 | 1 |
| Lane 4 | <i>Chris Tabri, David Hallam</i> | CPCC | 3.52.84 | 2 |
| Lane 3 | <i>Owen Rainboth, Benoit Lacroix</i> | RCC | SCR | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 11:02am Event #30 U16 Women C1 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 4 | <i>Evie McDonald</i> | CPCC | 5.10.44 | 1 |
| Lane 5 | <i>Ella Hodgson-Pageau</i> | RCC | 5.12.43 | 2 |
| Lane 3 | <i>Breanna Lunn</i> | CPCC | 5.14.01 | 3 |
| Lane 9 | <i>Mackenzie Haines</i> | CPCC | 5.33.53 | 4 |
| Lane 8 | <i>Stephanie Belliveau</i> | RCC | 5.34.39 | 5 |
| Lane 7 | <i>Clara Gibbon</i> | RCC | 5.37.72 | 6 |
| Lane 6 | <i>Meredith Munn</i> | RCC | 5.46.09 | 7 |
| Lane 2 | <i>Claudèle Vézina</i> | PICC | SCR | |
| 11:09am Event #31 U17 Men K4 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 6 | <i>Alessandro Busa, Jacob Price, Clayton Sibthorpe, Joshua Mahoney</i> | RCC | 3.34.41 | 1 |
| Lane 3 | <i>Aidan Dumont, Raine Giff, Ensby Brule, Gavin Redwood-Wheeler</i> | CPCC | 3.41.16 | 2 |
| Lane 5 | <i>Stephane Zafiu, Colin Drain, Rohan Gulyani, Ben Moizer</i> | ORCC | 3.43.36 | 3 |
| Lane 4 | <i>Michael Silveira, Noah Voroney, Peter Bradley, Patrick Harrington</i> | RCC | 3.43.62 | 4 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 11:16am Event #32 U16 Women K1 1000m - Final - Posted after the heats | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 5 | Hayley Conrad | RCC | 4.27.40 | 1 |
| Lane 3 | Chloe Martin | RCC | 4.31.99 | 2 |
| Lane 4 | Toshka Besharah | RCC | 4.33.72 | 3 |
| Lane 2 | Jessica Reddin | RCC | 4.39.40 | 4 |
| Lane 8 | Gabby Leverette | CPCC | 4.46.47 | 5 |
| Lane 7 | Lily Maher | CPCC | 4.51.71 | 6 |
| Lane 6 | Sarah Merserau | RCC | 4.57.22 | 7 |
| Lane 1 | Claudele Vezina | PICC | 5.24.11 | 8 |
| Lane 9 | Kate Berry | RCC | 5.28.19 | 9 |
| 11:23am Event #33 U19 Men K2 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | Alexander Hoferek, Bryan Davey | RCC | 3.34.88 | 1 |
| Lane 3 | Patrick Fahey, Owen Rainboth | RCC | 3.38.19 | 2 |
| Lane 4 | Thomas Paquette, Aidan Dumont | CPCC | 3.39.49 | 3 |
| Lane 6 | Jarod Brushett, Jacob Smith | RCC | 3.42.08 | 4 |
| Lane 7 | Jacob Hammel, Johsua Mahoney | RCC | 4.00.63 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 11:30am Event #34 Junior Women C2 1000m - Final | | | | |
|--|--|------|----------|--------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | | | | |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 11:37am Event #35 U19 Men IC4 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Logan Gauthier, Kieran Graham, Matthew O'Neill, Alec Sibthorpe | RCC | DIRECT | DIRECT |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 11:44am Event #36 U17 Men C2 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | Matthew O'Neill, Logan Gauthier | RCC | 4.00.32 | 1 |
| Lane 6 | Cian Brushett, Kieran Graham | RCC | 4.07.52 | 2 |
| Lane 3 | Ensby Brule, Ben Higgs | CPCC | 4.30.43 | 3 |
| Lane 7 | Samuel Smith, Matthew Cobden | RCC | 4.42.69 | 4 |
| Lane 5 | Noah Hawryluck, Colin Drain | ORCC | 5.11.21 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 11:51am Event #37 U15 Women C2 1000m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 7 | Ella Hodsgon-Pageau, Mila Soulliere | RCC | 4.52.71 | 1 |
| Lane 9 | Mackenzie Haines, Evie McDonald | CPCC | 4.57.93 | 2 |
| Lane 8 | Clara Gibbon, Teagan Stewart | RCC | 5.01.52 | 3 |
| Lane 6 | Kenzie Girgis, Janina Winnicki | RCC | 5.27.11 | 4 |
| Lane 2 | Claire Ponesse, Serena Jetley | RCC | 5.39.93 | 5 |
| Lane 1 | Grace Campbell, Sara Buzdugan | ORCC | 5.40.94 | 6 |
| Lane 3 | Emily Best, Julia Kennedy | PICC | 6.35.17 | 7 |
| Lane 4 | Chloe Belliveau, Madison Conrad | RCC | 7.09.08 | 8 |
| Lane 5 | Riya Reyal, Maria Tierrafria | PICC | 11.34.05 | 9 |
| LUNCH BREAK | | | | |
| 12:55:00 PM Event #38 U19 Men K1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 9 | Alexander Hoferek | RCC | 1.44.79 | 1 |
| Lane 8 | Bryan Davey | RCC | 1.46.44 | 2 |
| Lane 7 | Owen Rainboth | RCC | 1.48.11 | 3 |
| Lane 2 | Thomas Paquette | CPCC | 1.49.19 | 4 |
| Lane 6 | Justin Dobson | CPCC | 1.49.36 | 5 |
| Lane 5 | Jarod Brushett | RCC | 1.51.43 | 6 |
| Lane 1 | Patrick Fahey | RCC | 1.53.43 | 7 |
| Lane 3 | Jacob Smith | RCC | 1.54.31 | 8 |
| Lane 4 | Max Kerrigan | NBCC | 1.55.45 | 9 |

| 1:00:00 PM Event #39 Junior & Senior Women K2 500m - Final | | | | |
|---|---|-------------|---------|--------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 5 | Diana Carranco, Jennifer Cross | RCC | 1.54.75 | 1 |
| Lane 3 | Melissa Black, Katie Hoferek | RCC | 1.55.58 | 2 |
| Lane 4 | Gen L'Abbe, Emma McAvoy | ORCC | 1.59.70 | 3 |
| Lane 2 | Trina Poots, Meredith Curren | RCC | 2.20.10 | 4 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | Rowan Hardy-Kavanaugh, Kate Braddon | RCC | 1.52.80 | 1 |
| Lane 9 | | | | |
| 1:05:00 PM Event #40 U15 Men C15 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Tiegan Scott's Crew</i> | RCC | 2.07.41 | 1 |
| Lane 5 | | | | |
| Lane 6 | <i>MIXED EXHIBITION CREW</i> | EXB | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:10:00 PM Event #41 U17 Women C4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Meredith Munn, Clara Gibbon, Ella Hodgson-Pageau, Mila Soulliere</i> | RCC | 2.25.98 | 1 |
| Lane 6 | <i>Stephanie Belliveau, Teagan Stewart, Janina Winnicki, Madison Conrad</i> | RCC | 2.35.99 | 2 |
| Lane 5 | <i>Sofia Pizzuto, Sara Buzdugan, Grace Campbell, Katie Devenny</i> | ORCC | 2.44.82 | 3 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:15:00 PM Event #42 U19 Women C2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Lindsay Irwin, Nikole Gorelova | CPCC | 2.17.48 | 1 |
| Lane 5 | Courtney Spratt, Michaela Ermanovics | RCC | 2.21.26 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:20:00 PM Event #43 U19 Women K1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 4 | Katie Hoferek | RCC | 2.08.76 | 1 |
| Lane 5 | Emma McAvoy | ORCC | 2.21.59 | 2 |
| Lane 3 | Elli Lanouette | CPCC | 2.25.73 | 3 |
| Lane 6 | Gisela Grossman | RCC | 2.27.41 | 4 |
| Lane 2 | Emma Keary | RCC | 2.35.18 | 5 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 1:25:00 PM Event #44 Junior Men K2 500m - Final | | | | |
|--|---|-------------|---------|--------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Joseph Spratt, Lochlen Farquharson</i> | RCC | 1.39.17 | 1 |
| Lane 7 | <i>Justin Dobson, Colin Black</i> | CPCC | 1.41.36 | 2 |
| Lane 3 | <i>Bryan Davey, Benoit Lacroix</i> | RCC | 1.44.29 | 3 |
| Lane 4 | <i>Chris Tabri, Thomas Paquette</i> | CPCC | 1.47.45 | 4 |
| Lane 6 | <i>Pat Lester, David Hallam</i> | CPCC | 1.50.01 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:30:00 PM Event #45 Junior Men C1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | <i>Mark Singer</i> | RCC | 2.00.15 | 1 |
| Lane 3 | <i>Andrey Gorelov</i> | CPCC | 2.07.66 | 2 |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:35:00 PM Event #46 U17 Women K1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Olivia Pucci</i> | RCC | 2.10.92 | 1 |
| Lane 3 | <i>Maren Bradley</i> | RCC | 2.11.42 | 2 |
| Lane 6 | <i>Emma Rainboth</i> | RCC | 2.13.90 | 3 |
| Lane 4 | <i>Jusrina Bawa</i> | RCC | 2.17.54 | 4 |
| Lane 7 | <i>Claudèle Vézina</i> | PICC | 2.40.18 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:40:00 PM Event #47 Junior Women K4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | | | | |
| Lane 5 | <i>Katie Hoferek, Diana Carranco, Jennifer Cross, Maren Bradley</i> | RCC | DIRECT | DIRECT |
| Lane 6 | <i>Jessica Reddin, Sarah Mersereau, Hayley Conrad, Chloe Martin</i> | RCC | DIRECT | DIRECT |
| Lane 7 | <i>Kyla Drouin, Alexandra Joab, Serena Jetley, Leeya Nagpal</i> | RCC | DIRECT | DIRECT |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:45:00 PM Event #48 U19 Men C2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Ensby Brule, Ben Higgs</i> | CPCC | SCR | |
| Lane 5 | <i>Conor O'Neill, Isaac Finkelstein</i> | RCC | DIRECT | DIRECT |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 1:50:00 PM Event #49 U19 Women K2 500m - Final | | | | |
|--|----------------------------------|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | Katie Hoferek, Emma Rainboth | RCC | 1.59.77 | 1 |
| Lane 3 | Ellie Lanouette, Gabby Leverette | CPCC | 2.08.54 | 2 |
| Lane 4 | Gisela Grossman, Emma Keary | RCC | 2.18.81 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 1:55:00 PM Event #50 Junior Men K1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 8 | Joseph Spratt | RCC | 1.46.57 | 1 |
| Lane 3 | Lochlen Farquharson | RCC | 1.49.06 | 2 |
| Lane 6 | Benoit Lacroix | RCC | 1.51.36 | 3 |
| Lane 5 | Kyle Smith | ORCC | 1.52.02 | 4 |
| Lane 4 | Chris Tabri | CPCC | 1.53.37 | 5 |
| Lane 2 | Adrian Richardson | RCC | 1.57.39 | 6 |
| Lane 7 | David Hallman | CPCC | 2.09.12 | 7 |
| Lane 9 | | | | |
| 2:00:00 PM Event #51 Junior Men C2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | NO RACE | | | |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | Andrey Gorelov, Ensby Brule | CPCC | DIRECT | DIRECT |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:05:00 PM Event #52 U17 Women K2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 2 | Hayley Conrad, Toshka Besharah | RCC | 1.53.43 | 1 |
| Lane 6 | Olivia Pucci, Maren Bradley | RCC | 1.55.92 | 2 |
| Lane 4 | Jessica Reddin, Chloe Martin | RCC | 1.57.15 | 3 |
| Lane 1 | Gabby Leverette, Lilly Maher | CPCC | 2.06.14 | 4 |
| Lane 9 | Jusrina Bawa, Sarah Mersereau | RCC | 2.10.90 | 5 |
| Lane 8 | Darcie Worswick, Kyla Drouin | RCC | 2.15.20 | 6 |
| Lane 7 | Claudèle Vézina, Emily Best | PICC | 2.26.01 | 7 |
| Lane 5 | Sofia Pizzuto, Sierra Fallis | ORCC | 2.29.64 | 8 |
| Lane 3 | Jenna Wicks, McKinley Van Klei | CPCC | DNF | |
| 2:10:00 PM Event #53 U19 Women C1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | Lindsay Irwin | CPCC | 2.27.82 | 1 |
| Lane 4 | Michaela Ermanovics | RCC | 2.30.58 | 2 |
| Lane 3 | Nikole Gorelova | CPCC | 2.31.41 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 2:35:00 PM Event #58 U19 Men C1 500m - Final | | | | |
|--|---|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | | | | |
| Lane 6 | Adam Richard | RCC | 2.07.32 | 1 |
| Lane 5 | Conor O'Neill | RCC | 2.11.55 | 2 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:15:00 PM Event #54 U17 Women C2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 8 | Breanna Lunn, Evie McDonald | CPCC | 2.16.38 | 1 |
| Lane 5 | Teagan Stewart, Clara Gibbon | RCC | 2.21.57 | 2 |
| Lane 3 | Meredith Munn, Ella Hodgson-Pageau | RCC | 2.22.59 | 3 |
| Lane 7 | Mila Souilliere, Stephanie Belliveau | RCC | 2.27.31 | 4 |
| Lane 6 | Sara Buzdugan, Grace Campbell | ORCC | 2.48.74 | 5 |
| Lane 4 | Sofia Pizzuto, Katie Devenny | ORCC | DNF | |
| Lane 9 | | | | |
| 2:20:00 PM Event #55 U19 Women K4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | Ellie Lanouette, Gabby Leverette, Lilly Maher, Jenna Wicks | CPCC | 2.00.69 | 1 |
| Lane 5 | Gisela Grossman, Emma Keary, Cayley Fortier, Felicia Dionne | RCC | 2.06.62 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:45:00 PM Event #61 U19 Men K2 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | Alexander Hoferek, Bryan Davey | RCC | 1.52.82 | 1 |
| Lane 5 | Jacob Hammel, Owen Rainboth | RCC | 1.53.98 | 2 |
| Lane 6 | Jarod Brushett, Patrick Fahey | RCC | 1.55.26 | 3 |
| Lane 3 | Justin Dobson, Aidan Dumont | CPCC | DNS | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:30:00 PM Event #57 Junior Women K1 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | Gen L'Abbe | ORCC | 1.59.65 | 1 |
| Lane 7 | August Sibthorpe | RCC | 2.02.04 | 2 |
| Lane 3 | Kate Braddon | RCC | 2.04.51 | 3 |
| Lane 5 | Melissa Black | RCC | 2.05.83 | 4 |
| Lane 6 | Diana Carranco | RCC | 2.13.36 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |

| COURSE BREAK - 20 MINUTES | | | | |
|---|--|------|---------|--------|
| 2:25:00 PM Event #56 Junior Women C4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 5 | <i>Jade Puddington, Isabelle Fradette, Lisa Cotie, Marie-Andree Jacques</i> | RCC | 2:36.32 | 1 |
| Lane 4 | <i>Sara Buzdugan, Gen L'Abbe, Emma McAvoy, Sofia Pizzuto</i> | ORCC | 2:37.75 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:40:00 PM Event #59 U17 Men C15 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Andres Carranco's Crew</i> | | DIRECT | DIRECT |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 2:50:00 PM Event #62 U17 Women K4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 7 | <i>Olivia Pucci, Toshka Besharah, Hayley Conrad, Maren Bradley</i> | RCC | 1:44.39 | 1 |
| Lane 1 | <i>Jessica Reddin, Sarah Mersereau, Chloe Martin, Emma Rainboth</i> | RCC | 1:46.82 | 2 |
| Lane 8 | <i>Jusrina Bawa, Alex Joab, Felicia Dionne, Leeya Nagpal</i> | RCC | 1:57.95 | 3 |
| Lane 2 | <i>Gabby Leverette, Lilly Maher, Jenna Wicks, McKinley Van Klei</i> | CPCC | 1:58.16 | 4 |
| Lane 4 | <i>Murrina Bawa, Natasha Stewart, Ina Zeng, Alison Hayward</i> | RCC | 2:02.80 | 5 |
| Lane 3 | <i>Sofia Pizzuto, Sierra Fallis, Sara Buzdugan, Grace Campbell</i> | ORCC | 2:16.88 | 6 |
| Lane 5 | | | | |
| Lane 6 | <i>Serena Jetley, Kyla Drouin, Darcie Worwick, Cayley Fortier</i> | RCC | DNF | |
| Lane 9 | | | | |
| 2:55:00 PM Event #63 U19/Open Women IC4 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Lindsay Irwin, Nikole Gorelova, Evie McDonald, Breanna Lunn</i> | CPCC | 2:09.99 | 1 |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | <i>Rowan Hardy-Kavanagh, Kate Braddon, Courtney Spratt, Michaela Emanovics</i> | RCC | 2:04.83 | 1 |
| Lane 9 | | | | |
| 3:00:00 PM Event #64 U19 Men C15 500m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Andres Carranco's Crew</i> | | DIRECT | DIRECT |
| Lane 4 | | | | |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 3:05:00 PM Event #65 U17 Women C15 500m - Final | | | | |
|---|---|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Reid Farquharson's Crew</i> | RCC | 2.07.94 | 1 |
| Lane 4 | | | | |
| Lane 5 | <i>Conor O'Neill's Crew</i> | RCC | 2.10.81 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| COURSE BREAK | | | | |
| 3:25:00 PM Event #66 Junior/Senior Women K2 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Lexy Vincent, Melissa Black</i> | RCC | 42.32 | 1 |
| Lane 4 | <i>Gen L'Abbe, Emma McAvoy</i> | ORCC | 46.65 | 2 |
| Lane 3 | <i>Diana Carranco, Jessica Reddin</i> | RCC | | DNF |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | <i>Kate Braddon, August Sibthorpe</i> | RCC | 42.59 | 1 |
| 3:28:00 PM Event #67 U19 Women K2 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | <i>Ellie Lanouette, Gabby Leverette</i> | CPCC | 49.6 | 1 |
| Lane 3 | <i>Gisela Grossman, Emma Keary</i> | RCC | 53.1 | 2 |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:31:00 PM Event #68 U17 Mixed C15 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | Reid Farquharson's Crew | RCC | 43.85 | 1 |
| Lane 5 | Andres Carranco's Crew | RCC | 48.45 | 2 |
| Lane 3 | Justin Rancourt's Crew | ORCC | 48.95 | 3 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:34:00 PM Event #69 Junior Men K1 200 m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 7 | Joseph Spratt | RCC | 37.78 | 1 |
| Lane 5 | Kyle Smith | ORCC | 38.07 | 2 |
| Lane 6 | Benoit Lacroix | RCC | 40.11 | 3 |
| Lane 3 | Chris Tabri | CPCC | 41.76 | 4 |
| Lane 4 | David Hallman | CPCC | 46.72 | 5 |
| Lane 8 | Lochlen Farquharson | RCC | SCR | |
| Lane 9 | | | | |

| 3:37:00 PM Event #70 U19 Men C2 200m | | | | |
|---|--|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Adam Richard, Isaac Finkelstein</i> | RCC | DIRECT | DIRECT |
| Lane 4 | | | | |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:40:00 PM Event #71 U19 Men K2 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 6 | <i>Alexander Hoferek, Bryan Davey</i> | RCC | 36.01 | 1 |
| Lane 3 | <i>Thomas Paquette, Justin Dobson</i> | CPCC | 38.45 | 2 |
| Lane 5 | <i>Owen Rainboth, Jacob Smith</i> | RCC | 38.72 | 3 |
| Lane 4 | <i>Jarod Brushett, Patrick Fahey</i> | RCC | 38.9 | 4 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:43:00 PM Event #72 Junior Men C1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Mark Singer</i> | RCC | 44.7 | 1 |
| Lane 7 | <i>Andrey Gorelov</i> | CPCC | 45.48 | 2 |
| Lane 6 | <i>David Carranco</i> | RCC | 49.49 | 3 |
| Lane 4 | <i>Carl Jette</i> | RCC | 52.69 | 4 |
| Lane 5 | <i>Drew Hodges (BYE)</i> | RCC | DIRECT | DIRECT |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:46:00 PM Event #73 U19 Women's C2 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | <i>Courtney Spratt, Michaela Ermanovis</i> | RCC | 52.09 | 1 |
| Lane 3 | <i>Lindsay Irwin, Nikole Gorelov</i> | CPCC | 53.85 | 2 |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 3:49:00 PM Event #74A U16 Men Heat 1 K1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 5 | <i>Gavin Redwood-Wheeler</i> | CPCC | 45.28 | 1 |
| Lane 2 | <i>Scott Bentley</i> | CPCC | 45.48 | 2 |
| Lane 4 | <i>Nicholas Symons</i> | SLCC | 47.34 | 3 |
| Lane 3 | <i>Noah Voroney</i> | RCC | 47.78 | 4 |
| Lane 7 | <i>Ben Moizer</i> | ORCC | 47.95 | 5 |
| Lane 6 | <i>Stephane Zafiu</i> | ORCC | 48.94 | 6 |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 3:52:00 PM Event #74B U16 Men Heat 2 K1 200m | | | | |
|---|----------------------------|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 6 | <i>Jacob Price</i> | RCC | 42.05 | 1 |
| Lane 4 | <i>Raine Giff</i> | CPCC | 42.89 | 2 |
| Lane 9 | <i>Matt Symmons</i> | SLCC | 43.71 | 3 |
| Lane 3 | <i>Clayton Sibthorpe</i> | RCC | 43.94 | 4 |
| Lane 8 | <i>Tyler Chenette</i> | PICC | 45.59 | 5 |
| Lane 5 | <i>Colin Drain</i> | ORCC | 45.94 | 6 |
| Lane 7 | <i>Sam Paquette</i> | CPCC | 47.02 | 7 |
| Lane 2 | <i>Alexander Jessup</i> | NBCC | 47.78 | 8 |
| | | | | |
| 3:55:00 PM Event #75 U16 Men's C1 200 m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Matthew O'Neill</i> | RCC | 44.75 | 1 |
| Lane 6 | <i>Logan Gauthier</i> | RCC | 45.37 | 2 |
| Lane 7 | <i>Kieran Graham</i> | RCC | 45.7 | 3 |
| Lane 8 | <i>Max Hong</i> | NBCC | 50.51 | 4 |
| Lane 4 | <i>Matthew Cobden</i> | RCC | 52.86 | 5 |
| Lane 3 | <i>Samuel Smith</i> | RCC | 54.89 | 6 |
| Lane 9 | | | | |
| | | | | |
| 3:58:00 PM Event #76 U16 Women's K1 200 M Heat 1 | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 6 | <i>Toshka Besharah</i> | RCC | 48.83 | 1 |
| Lane 4 | <i>Hayley Conrad</i> | RCC | 49.3 | 2 |
| Lane 5 | <i>Jessica Reddin</i> | RCC | 50.92 | 3 |
| Lane 3 | <i>Gabby Leverette</i> | CPCC | 53.83 | 4 |
| Lane 8 | <i>Felicia Dionne</i> | RCC | 56.02 | 5 |
| Lane 7 | <i>Jenna Wicks</i> | CPCC | 57.17 | 6 |
| Lane 1 | <i>Ina Zeng</i> | RCC | 59.58 | 7 |
| Lane 9 | <i>Alison Hayward</i> | RCC | 59.87 | 8 |
| Lane 2 | <i>Natasha Stewart</i> | RCC | 1.00.95 | 9 |
| | | | | |
| 4:01:00 PM Event #77 U16 Women's K1 200 M Heat 2 | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 7 | <i>Chloe Martin</i> | RCC | 48.4 | 1 |
| Lane 4 | <i>Lilly Maher</i> | CPCC | 54.58 | 2 |
| Lane 9 | <i>Gwynet Durocher</i> | NBCC | 57.63 | 3 |
| Lane 3 | <i>Sarah Mersereau</i> | RCC | 57.98 | 4 |
| Lane 1 | <i>Kate Berry</i> | RCC | 1.01.51 | 5 |
| Lane 2 | <i>Cayley Fortier</i> | RCC | 1.01.73 | 6 |
| Lane 5 | <i>Claudèle Vézina</i> | PICC | 1.01.98 | 7 |
| Lane 8 | <i>Munrina Bawa</i> | RCC | 1.03.83 | 8 |
| Lane 6 | <i>Sofia Pizzuto</i> | ORCC | 1.07.97 | 9 |
| | | | | |
| 4:04:00 PM Event #78 U16 Women's C1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 9 | <i>Ella Hosgon-Pageau</i> | RCC | 52.7 | 1 |
| Lane 6 | <i>Evie McDonald</i> | CPCC | 53.57 | 2 |
| Lane 8 | <i>Breanna Lunn</i> | CPCC | 55.88 | 3 |
| Lane 5 | <i>Clara Gibbon</i> | RCC | 57.8 | 4 |
| Lane 7 | <i>Stephanie Belliveau</i> | RCC | 1.01.06 | 5 |
| Lane 4 | <i>Meredith Munn</i> | RCC | 1.03.03 | 6 |
| Lane 3 | <i>MacKenzie Haines</i> | CPCC | 1.04.81 | 7 |
| Lane 1 | <i>Teagan Stewart</i> | RCC | 1.05.75 | 8 |
| Lane 2 | <i>Grace Campbell</i> | ORCC | 1.06.08 | 9 |

| 4:07:00 PM Event #79 U19 Men's K1 200m | | | | |
|--|--|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 5 | <i>Alexander Hoferek</i> | RCC | 38.27 | 1 |
| Lane 6 | <i>Bryan Davey</i> | RCC | 40.93 | 2 |
| Lane 7 | <i>Justin Dobson</i> | CPCC | 41.72 | 3 |
| Lane 3 | <i>Patrick Fahey</i> | RCC | 41.94 | 4 |
| Lane 2 | <i>Jacob Smith</i> | RCC | 42.49 | 5 |
| Lane 4 | <i>Thomas Paquette</i> | CPCC | 42.84 | 6 |
| Lane 8 | <i>Jarod Brushett</i> | RCC | 43.25 | 7 |
| Lane 9 | | | | |
| | | | | |
| 4:10:00 PM Event #80 U17 Men K1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 7 | <i>Alessandro Busa</i> | RCC | 40.36 | 1 |
| Lane 4 | <i>Aidan Dumont</i> | CPCC | 41.17 | 2 |
| Lane 6 | <i>Max Kerrigan</i> | NBCC | 41.37 | 3 |
| Lane 5 | <i>Joshua Mahoney</i> | RCC | 42.37 | 4 |
| Lane 8 | <i>Rohan Gulyani</i> | ORCC | 46.17 | 5 |
| Lane 3 | <i>Michael Silveira</i> | RCC | 47.38 | 6 |
| Lane 2 | <i>Matthieu Symons</i> | SLCC | SCR | |
| Lane 9 | | | | |
| | | | | |
| 4:13:00 PM Event #81 U17 Men C1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 4 | <i>Ensbj Brule</i> | CPCC | 43.67 | 1 |
| Lane 6 | <i>Alec Sibthorpe</i> | RCC | 45.1 | 2 |
| Lane 5 | <i>Cian Brushett</i> | RCC | 47.33 | 3 |
| Lane 8 | <i>Ben Higgs</i> | CPCC | 47.81 | 4 |
| Lane 3 | <i>Olan Bradford</i> | RCC | 50.14 | 5 |
| Lane 7 | <i>Noah Hawryluck</i> | ORCC | 52.2 | 6 |
| Lane 9 | | | | |
| | | | | |
| 4:16:00 PM Event #82 Junior Women C2 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Isabelle Fradette, Marie-Andree Jacques</i> | RCC | DIRECT | DIRECT |
| Lane 4 | | | | |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| | | | | |
| 4:19:00 PM Event #83 U17 Women K1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | <i>Olivia Pucci</i> | RCC | 46.11 | 1 |
| Lane 5 | <i>Maren Bradley</i> | RCC | 46.32 | 2 |
| Lane 6 | <i>Jusrina Bawa</i> | RCC | 51.01 | 3 |
| Lane 4 | <i>Emma Rainboth</i> | RCC | 51.2 | 4 |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 4:22:00 PM Event #84 U19 Mixed C15 200m | | | | |
|--|--|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Pat Lester's Crew</i> | CPCC | 47.47 | 1 |
| Lane 5 | <i>Joel Hazan's Crew</i> | ORCC | 49.85 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:31:00 PM Event #87 U19 Men C1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 5 | <i>Adam Richard</i> | RCC | 46.45 | 1 |
| Lane 4 | <i>Conor O'Neill</i> | RCC | 47.67 | 2 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:25:00 PM Event #85 U19 Women C1 200m | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 5 | <i>Courtney Spratt</i> | RCC | 52.8 | 1 |
| Lane 2 | <i>Lindsay Irwin</i> | CPCC | 53.32 | 2 |
| Lane 3 | <i>Michaela Ermanovics</i> | RCC | 53.51 | 3 |
| Lane 4 | <i>Nikole Gorelov</i> | CPCC | 53.86 | 4 |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:34:00 PM Event #88 Junior Women K1 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 7 | <i>Lexy Vincent</i> | RCC | 45.21 | 1 |
| Lane 4 | <i>August Sibthorpe</i> | RCC | 45.73 | 2 |
| Lane 6 | <i>Gen L'Abbe</i> | ORCC | 46.08 | 3 |
| Lane 5 | <i>Melissa Black</i> | RCC | 46.79 | 4 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:28:00 PM Event #86 Junior Men K2 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 5 | <i>Joseph Spratt, Lochlen Farquharson</i> | RCC | 37.22 | 1 |
| Lane 7 | <i>Owen Rainboth, Ben Lacroix</i> | RCC | 37.42 | 2 |
| Lane 6 | <i>Chris Tabri, Pat Lester</i> | CPCC | 38.21 | 3 |
| Lane 4 | <i>Justin Raincourt, Joel Hazzan</i> | ORCC | 40.17 | 4 |
| Lane 3 | <i>David Hallam, Gavin-Redwood-Wheeler</i> | CPCC | 44.49 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |

| 4:37:00 PM Event #89 U19 Women K1 200m | | | | |
|---|------------------------------|-------------|-------------|---------------|
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 7 | <i>Katie Hoferek</i> | RCC | 48.49 | 1 |
| Lane 4 | <i>Emma McAvoy</i> | ORCC | 53.87 | 2 |
| Lane 5 | <i>Ellie Lanouette</i> | CPCC | 54.1 | 3 |
| Lane 3 | <i>Gisela Grossmna</i> | RCC | 54.69 | 4 |
| Lane 6 | <i>Emma Keary</i> | RCC | 59.97 | 5 |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:40:00 PM Event #90 Junior Mixed C15 200m - Final | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 1 | | | | |
| Lane 2 | | | | |
| Lane 3 | | | | |
| Lane 4 | <i>Joel Hazzan's Crew</i> | ORCC | DIRECT | DIRECT |
| Lane 5 | | | | |
| Lane 6 | | | | |
| Lane 7 | | | | |
| Lane 8 | | | | |
| Lane 9 | | | | |
| 4:43:00 PM Event #91 U16 Women K1 200m - Final -- Posted after the heats | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 5 | <i>Toshka Besharah</i> | RCC | 44.43 | 1 |
| Lane 4 | <i>Chloe Martin</i> | RCC | 46.81 | 2 |
| Lane 6 | <i>Hayley Conrad</i> | RCC | 47.2 | 3 |
| Lane 7 | <i>Jessica Reddin</i> | RCC | 48.51 | 4 |
| Lane 8 | <i>Gabby Leverette</i> | CPCC | 52.22 | 5 |
| Lane 3 | <i>Lilly Maher</i> | CPCC | 53.34 | 6 |
| Lane 1 | <i>Felicia Dionne</i> | RCC | 52.94 | 7 |
| Lane 2 | <i>Gwynet Durocher</i> | NBCC | 55.95 | 8 |
| Lane 9 | <i>Jenna Wicks</i> | CPCC | 56.87 | 9 |
| 4:46:00 PM Event #92 U16 Men K1 200m - Final -- Posted after the heats | | | | |
| Lane | Crew | Club | Time | Finish |
| Lane 4 | <i>Jacob Price</i> | RCC | 41.63 | 1 |
| Lane 8 | <i>Clayton Sibthorpe</i> | RCC | 42.61 | 2 |
| Lane 3 | <i>Raine Giff</i> | CPCC | 43.1 | 3 |
| Lane 2 | <i>Matthieu Symons</i> | SLCC | 43.81 | 4 |
| Lane 5 | <i>Gavin Redwood-Wheeler</i> | CPCC | 44.76 | 5 |
| Lane 9 | <i>Colin Drain</i> | ORCC | 45.04 | 6 |
| Lane 1 | <i>Tyler Chenette</i> | PICC | 45.33 | 7 |
| Lane 6 | <i>Scott Bentley</i> | CPCC | 45.71 | 8 |
| Lane 7 | <i>Nicholas Symons</i> | SLCC | 46.24 | 9 |