GROUP A: 5:50pm			
Carri	Lawrence	15km	LATTE
Cynthia	Araujo	25km	LATTE
Ingrid	Hansel	15km	LATTE
Jade	Arignon	15km	CAPP
Jen	Miller	15km	CAPP
Marja	Fipke	15km	LATTE
Milan	Boric	15km	ESPRESSO
Samia	Umeris	15km	LATTE
Trudi	Trask	15km	LATTE

GROUP B: 5:55pm			
Alec	Goodwin	25km	CAPP
Carla	McKenzie	25km	LATTE
Corinne	Stone	25km	LATTE
Erin	Strong	25km	LATTE
Glennys	Jurome	25km	LATTE
Jenn	Goodwin	25km	LATTE
Judy	Richardson	25km	LATTE
Lisa	Tezram	25km	LATTE
Maggie	Dwernychuk	25km	LATTE
Matt	Husain	25km	LATTE
Rosanne	Smith	25km	LATTE

GROUP C: 6:00pm			
Amanda	Newitt	25km	CAPP
Amanda	Driscoll	50km	CAPP
Cam	McAlpine	50km	CAPP
Erika	Ingram	50km	CAPP
Erin	Jackson	50km	CAPP
Helen	Furuya	25km	CAPP
Julia	Walker	25km	CAPP
Kari	Fargo	50km	CAPP
Michelle	Hoodless	25km	CAPP
Natalie	McNamara	25km	CAPP
Tina	Geddes	25km	CAPP

GROUP D: 6:05pm			
Alexander	Boland	25km	ESPRESSO
Carolyn	Hawes	25km	CAPP
Christian	Brandt	25km	CAPP
Jared	Huber	15km	CAPP
Lynn	Harshenin	25km	ESPRESSO
Marci	Skinner	25km	CAPP
Marni	King	25km	CAPP
Martine	Hickman	25km	CAPP
Missy	Blackburn	25km	CAPP
Natasha	Verrier	25km	ESPRESSO
Patricia	Patton	25km	CAPP
Rich	Sutton	25km	CAPP
Ryan	Esbjerg	25km	CAPP
Shelley	Wood	25km	CAPP

GROUP E: 6:10pm			
Halyna	Petryshyn	50km	CAPP
Justice	Marks	50km	CAPP
Kyle	Finnerty	50km	CAPP
Lindsay	Finnerty	50km	CAPP
Lisa	Auger	50km	ESPRESSO
Lucy	Tuplin	50km	ESPRESSO
Madelaine	Sumner	50km	CAPP
Mia	Bent	50km	CAPP
Pavla	Lounova	50km	CAPP
Sam	Pridham	50km	ESPRESSO
Shane	Sondermann	50km	ESPRESSO
Shauna	Connaughton	50km	ESPRESSO

WEDNESDAY October 7th

Springfield Park = see calendar for parking instructions

Meet Coach R at the large Gazebo for instructions.

Do not show up if you're sick or around anyone who is sick

Please wear your mask and do your best to distance yourself for the instructions.

See the google calendar for our complete COVID procedures.

Thank you.