



SATURDAY, FEBRUARY 24, 2024

Host at the University of Manitoba

RACE RESULTS: By Race Wave

YOUTH EVENT - Wave 1

Swim: 10 minutes

Bike: 15 Minutes

Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Teagan Ross	500	1000	6.76	845	2100	1050	2,895
Xavier Atwal	450	900	6.60	825	2100	1050	2,775
Jack Neal	500	1000	5.15	644	1700	850	2,494
Ethan Gudmundson	400	800	5.47	684	1900	950	2,434
Leif Newton	425	850	5.31	664	1600	800	2,314
Anna Ward	375	750	6.44	805	1400	700	2,255
Carys Davies	350	700	5.47	684	1600	800	2,184

ADULT SHORT COURSE - Wave 2

Swim: 10 minutes

Bike: 15 Minutes

Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Megan Van Heyst	650	1300	8.05	1,006	2000	1000	3,306
Terron Baker	475	950	8.37	1,046	2400	1200	3,196
Natalia Kurlowicz	550	1100	7.56	945	2100	1040	3,085
Joanne Hutlet	475	950	7.08	885	1800	900	2,735
Tamara Thiessen	425	850	7.24	905	1800	900	2,655
Laura Imhoff	425	850	7.08	885	1800	900	2,635
Angie Cerilli	350	700	6.92	865	2100	1040	2,605
Sarah Lesperance	375	750	7.24	905	1800	900	2,555
Annabelle Wold	350	700	6.28	785	1900	940	2,425

ADULT SHORT COURSE - Wave 3

Swim: 10 minutes

Bike: 15 Minutes

Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Will Thrift	575	1150	8.37	1,046	2200	1100	3,296
Nathan Melvin	425	850	8.69	1,086	2000	1000	2,936
Adrienne Barber	450	900	6.76	845	2100	1040	2,785
Carisa Laternus	400	800	8.85	1,106	1700	840	2,746
Kathleen Kinsner	550	1100	7.40	925	1400	700	2,725
Heather Sigvaldason	425	850	6.12	764	1700	840	2,454
Melanie Melvin	375	750	6.92	865	1500	740	2,355
Laleethya Godayalage	275	550	6.12	764	1500	740	2,054

ADULT LONG COURSE - Wave 4

Swim: 15 minutes

Bike: 20 Minutes

Run: 15 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Anthony Densmore	850	1700	10.30	1,287	3100	1540	4,527
Rene Beaumont	725	1450	9.98	1,247	3600	1800	4,497
Paul Beaulieu	800	1600	11.27	1,408	2900	1440	4,448
Juan pablo Quiñonez	825	1650	9.82	1,227	2700	1340	4,217
Steven Pauls	700	1400	10.30	1,287	3000	1500	4,187
Darren Reimer	650	1300	11.10	1,388	2900	1440	4,128
Edwin Suebzon	675	1350	10.30	1,287	2900	1440	4,077
Ming Hoi Fai	700	1400	7.89	986	2900	1440	3,826
Christine Beaumont	675	1350	9.50	1,187	2500	1240	3,777
Laura Prince	625	1250	8.05	1,006	2500	1240	3,496
Diana Prince	550	1100	7.72	966	2600	1300	3,366

ADULT LONG COURSE - Wave 5

Swim: 15 minutes

Bike: 20 Minutes

Run: 15 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Max Neustaedter	900	1800	11.59	1,448	3000	1500	4,748
Artem Krutilin	875	1750	9.98	1,247	3000	1500	4,497
Spencer Kauenhofen	725	1450	10.46	1,308	3400	1700	4,458
Christopher Dunn	950	1900	9.98	1,247	2400	1200	4,347
Tony Hoess	650	1300	11.59	1,448	2600	1300	4,048
Wayne Yarchuk	775	1550	9.66	1,207	2400	1200	3,957
Derek Caners	600	1200	9.17	1,147	3000	1500	3,847
Bronwen Davies	725	1450	9.17	1,147	2200	1100	3,697
Andrea Bilash	650	1300	8.85	1,106	2500	1240	3,646
Janet Sustrik	500	1000	8.21	1,026	2500	1240	3,266

