

**Women Cross Country  
Traveling Roster**

1	Anderson	Kate
2	Andres	Renee
3	Chehowy	Kathryn
4	Forman	Sarah
5	Hik	Felicity
6	Hnatyshyn	Ella
7	Jones	Melissa
8	Kryschuk	Lauren
9	Lategan	Conné
10	LeBlanc	Caitlin
11	Manor	Meghan
12	Paterson	Rhian
13	Simpson	Emily
14	Ulrich	Anna
15		

**Cross Country  
Training Roster**

York	Mikaela
MacCallum	Mhairi
Winegarden	Anneke
Kitt	Nicole

**Men Cross Country  
Traveling Roster**

1	Daniel	Stefan
2	Ferrie	Colin
3	Forman	Matthew
4	Gregor	Chris
5	Grieco	Ryan
6	Guidinger	Jonathan
7	Hamm	Liam
8	Harrison	Lucas
9	James	Alexander
10	Kiyonaga	Tyler
11	Lutz	Eric
12	Matusin	Karan
13	McNish	David
14	Murray	Liam
15	Ord	Greg
16	Pennock	Russell
17	Thiessen	Max

**Cross Country  
Training Roster**

Afzal	Baasil
Baron	Alistair
Celis	Juan
Dib	Abdelkader
Foley	Braden
Liew	Nathanael
Naess	Jan Erik
Plenos	John
Polz	Matthew
Svoboda	Michael
Vera	Daniel

**Head Coach**

Lamont Doug

**Assistant Coaches:**

Adams	Steve
Crook	Terry

**Athletic Therapists**

Rauch	Jenna
Waddell	Savannah
Ward	Brock

**Manager**

Kendrick Nathan