

CIS Cross Country Championships
Kingston, ON
November 9, 2019

(as of October 26 2019)

Women		Elig	
1 Ahloy	Mikaela	4	F
2 Anderson	Kate	5	F
3 Forman	Sarah	4	F
4 Manor	Meghan	4	F
5 Paterson	Rhian	2	F
6 Serviss	Kelsey	3	F
7 Simpson	Emily	4	F

Alternates			
1 Andres	Renee	2	F
2 Borgfjord	Sadie	3	F
3 Kryschuk	Lauren	1	F

COACHES

Lamont	Doug	M
Adams	Steve	M

ATHLETIC THERAPIST

Creguer-Norgate	Judith Kelsey	F
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Men		Elig	
1 Daniel	Stefan	4	M
2 Guidinger	Jonathan	4	M
3 James	Alexander	4	M
4 Lutz	Eric	3	M
5 Pennock	Russell	5	M
6 Thiessen	Max	2	M
7 Travaglini	Matthew	5	M

Alternates			
1 Kiyonaga	Tyler	4	M
2 Ord	Greg	4	M
3 Naess	Jan Erik	1	M