

**District Total Points**  
 LSSD 1681.87  
 NCD 1624.85  
 SOD 1601.12  
 NOD 1389.29

**Counting For District Team Total**  
 Next 5 athletes

**CPL Listing:** 3rd CPL Dist Seeding List / 3rd CPL Sprint Seeding List

District	Last Name	First Name	YOB	Gender	Club	Sprint	Distance	Best
NCD	Denis	Katherine	1996	Women	Nakkertok Nc	82.63	78.89	82.63
NCD	Ranahan	Chloe	2000	Women	Nakkertok Nc	80.53	77.68	80.53
NCD	Pouw	Alison	1998	Women	Nakkertok Nc	79	75.44	79
NCD	Thomas	Lilli	2003	Women	Nakkertok Nc	77.53	70.64	77.53
NCD	Stowe	Alyssa	1997	Women	Carleton Uni	77.11	76.58	77.11
NCD	Macintosh	Sarah	2001	Women	Nakkertok Nc	77.11	76.03	77.11
NCD	Mason	Katherine	2001	Women	Nakkertok Nc	76.19	73.57	76.19
NCD	Shapansky	Teagan	2001	Women	Nakkertok Nc	0	75.43	75.43
NCD	Lyons	Jasmine	2002	Women	Nakkertok Nc	72.23	74.34	74.34
NCD	Stowe	Caitlyn	2001	Women	Nakkertok Nc	70.02	73.7	73.7
NCD	Norman	Maddie	2002	Women	Nakkertok Nc	68.31	71.88	71.88
NCD	Hess	Annika	2004	Women	Nakkertok Nc	71.86	61.03	71.86
NCD	Semeniuk	Katya	2003	Women	Nakkertok Nc	66.93	71.66	71.66
NCD	Macintosh	Katherine	2003	Women	Nakkertok Nc	66.78	70.88	70.88
NCD	Howard	Shelby	1998	Women	Carleton Uni	70.51	67.42	70.51
NCD	Grall-Johnso	Pierre	1999	Men	Nakkertok Nc	91.44	87.83	91.44
NCD	Kirkham	Aidan	1998	Men	Nakkertok Nc	88.1	90.22	90.22
NCD	Zechel	Maks	1997	Men	Nakkertok Nc	86.89	87.68	87.68
NCD	Perrault	Finnbar	1999	Men	Nakkertok Nc	85	80.38	85
NCD	Pierce	Ezra	1999	Men	Nakkertok Nc	82.74	83.94	83.94
NCD	Allan	Tyler	2001	Men	Nakkertok Nc	83.55	82.08	83.55
NCD	Milley	Ben	2000	Men	Nakkertok Nc	83.48	83.28	83.48
NCD	Howard	Brendon	1996	Men	Nakkertok Nc	79.8	82.62	82.62
NCD	Pegrum	Devon	2000	Men	Nakkertok Nc	79.55	81.99	81.99
NCD	Pow	Cameron	2001	Men	Nakkertok Nc	81.1	81.36	81.36
NCD	Daly	Graham	1999	Men	Nakkertok Nc	81.34	78.88	81.34
NCD	Pelchat	Guillaume	2002	Men	Pembroke &	75.33	80.37	80.37
NCD	Cheney	Nicholas	1999	Men	Nakkertok Nc	79.07	73.61	79.07
NCD	Allan	Luke	2003	Men	Nakkertok Nc	75.33	77.94	77.94
NCD	Kealey	Evan	1999	Men	Nakkertok Nc	77.43	75.1	77.43

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LSSD	Richardson	Annika	1998	Women	Lappe Nordic	89.66	87.83	89.66
LSSD	Serratore	Mia	1996	Women	Big Thunder	88.7	83.08	88.7
LSSD	Compton	Lisle	1998	Women	Kenora Nord	87.51	88.14	88.14
LSSD	White	Sadie	1996	Women	Big Thunder	88.11	87.76	88.11
LSSD	Stewart	Heidi	2000	Women	Big Thunder	83.7	79.59	83.7
LSSD	Stewart	Anna	2003	Women	Big Thunder	79.53	75.64	79.53
LSSD	Hamm	Camille	1996	Women	Big Thunder	75.19	77.01	77.01
LSSD	Inklia	Laura	1997	Women	Lappe Nordic	76.74	76.41	76.74
LSSD	Fowler	Beth	1998	Women	Big Thunder	72.79	69.59	72.79
LSSD	Kiskila	Carley	2004	Women	Big Thunder	64.51	71.66	71.66
LSSD	Ailey	Brooke	2004	Women	Lappe Nordic	62.1	66.61	66.61
LSSD	Cullinan	Sarah	2004	Women	Big Thunder	0	65.41	65.41
LSSD	Carr	Ainsley	2002	Women	Big Thunder	56.52	64.85	64.85
LSSD	Demetrakop	Olivia	2002	Women	Big Thunder	0	64.37	64.37
LSSD	Zavit	Hannah	2004	Women	Lappe Nordic	52.41	62.88	62.88
LSSD	Ritchie	Graham	1998	Men	Big Thunder	92.67	90.87	92.67
LSSD	Thompson	Malcolm	2000	Men	Big Thunder	90.71	86.35	90.71
LSSD	Way-Ne	Geoffrey	1996	Men	Big Thunder	88.6	82.97	88.6
LSSD	Thompson	Noah	1998	Men	Big Thunder	88.44	87.54	88.44
LSSD	Meekis	Kai	2000	Men	Big Thunder	87.33	86.69	87.33
LSSD	Foster	Fergus	1997	Men	Big Thunder	86.64	84.8	86.64
LSSD	Randall	Nicholas	2000	Men	Big Thunder	84.64	80.48	84.64
LSSD	Schlyter	Erik	2001	Men	Big Thunder	84.28	83.8	84.28
LSSD	Quinn	Tobias	1998	Men	Big Thunder	81.88	75.54	81.88
LSSD	Serratore	Frederick	1999	Men	Big Thunder	80.82	79.58	80.82
LSSD	Luoma	Aleksi	2000	Men	Big Thunder	78.3	78.7	78.7
LSSD	Hollmann	Max	2002	Men	Big Thunder	56.49	73.62	73.62
LSSD	Randall	Alexander	2002	Men	Big Thunder	66.36	72.36	72.36
LSSD	Zavit	Josh	2002	Men	Lappe Nordic	67.66	70.31	70.31
LSSD	Randall	Matthew	2004	Men	Big Thunder	47.48	61.69	61.69

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SOD	Rousseau	Shilo	2000	Women	Barrie Cross	81.9	80	81.9
SOD	Wortley	Tess	2000	Women	Highlands Tr	81.53	74.64	81.53
SOD	Pekos	Zoe	1998	Women	Barrie Cross	74.81	81.37	81.37
SOD	Loewen	Shaylynn	2000	Women	Georgian Noi	81.04	79.52	81.04
SOD	Roach	Jessica	1998	Women	Team Hardw	76.97	73.95	76.97
SOD	Beck	Colleen	2001	Women	Georgian Bay	73.03	74.07	74.07
SOD	De Fazio	Claudia	2001	Women	Barrie Cross	74.07	73.11	74.07
SOD	Barber	Leyla	2002	Women	Team Hardw	69.04	72.02	72.02
SOD	Rousseau	Chandra	2002	Women	Barrie Cross	66.61	71.63	71.63
SOD	Marshall	Sophia	2003	Women	Highlands Tr	69.46	71.43	71.43
SOD	Shearing	Fiona	2002	Women	Team Hardw	70.2	70.07	70.2
SOD	Macdonald	Sierra	2002	Women	Team Hardw	69.9	67.34	69.9
SOD	Shannon	Julia	2002	Women	Barrie Cross	65.78	69.66	69.66
SOD	Lane	Marsha	2001	Women	Georgian Noi	68.99	68.01	68.99
SOD	Smith	Julian	1996	Men	Georgian Bay	93.76	90.18	93.76
SOD	Jackson	Ryan	1997	Men	Barrie Cross	87.17	90.88	90.88
SOD	Dodgson	Finn	1999	Men	Barrie Cross	85.77	89.67	89.67
SOD	Greer	Samuel	1996	Men	Highlands Tr	88.62	88.13	88.62
SOD	Maycock	Alexander	1999	Men	Mono Nordic	87.21	84.23	87.21
SOD	Maclean	Alec	1999	Men	Team Hardw	82.3	81.75	82.3
SOD	Barber	Declan	1999	Men	Team Hardw	77.04	75.72	77.04
SOD	Beck	Dylan	2001	Men	Georgian Bay	74.53	75.58	75.58
SOD	Poole	Nick	2001	Men	Georgian Noi	74.33	74.34	74.34
SOD	Kidner	Reid	2002	Men	Team Hardw	71.56	74.23	74.23
SOD	Grocott	Sebastian	2001	Men	Highlands Tr	71.48	72.19	72.19
SOD	De Gans	Riley	2002	Men	Arrowhead N	63.36	71.87	71.87
SOD	Schlenker	Wesley	2001	Men	Georgian Bay	69.27	70.52	70.52
SOD	Varieur	Zak	2003	Men	Barrie Cross	69.66	70.24	70.24
SOD	Johnstone	Nathan	1998	Men	Arrowhead N	0	69.74	69.74

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NOD	Mihell	Erika	1997	Women	Soo Finnish	80.31	78.97	80.31
NOD	Caswell	Allison	1999	Women	Walden Cros	71.25	71.52	71.52
NOD	Drake	Emily	1998	Women	North Bay Nc	69.43	71.46	71.46
NOD	Kornell	Kristen	2001	Women	Porcupine Sk	71.42	67.89	71.42
NOD	Slater	Sophia	1999	Women	North Bay Nc	68.78	70.59	70.59
NOD	Hurley	Jayde	2001	Women	Walden Cros	67.69	0	67.69
NOD	Bach	Emerson	1999	Women	North Bay Nc	62.82	62.65	62.82
NOD	Richards	Kate	1999	Women	Walden Cros	0	60.84	60.84
NOD	Braund	Fiona	2002	Women	North Bay Nc	54.23	58.73	58.73
NOD	Bachiu	Chandyn	2003	Women	Walden Cros	47	55.62	55.62
NOD	Bachiu	Kallia	2003	Women	Walden Cros	44.88	54.96	54.96
NOD	Parks	Maggie	2004	Women	Walden Cros	45.36	51.67	51.67
NOD	Levesque	Danica	2002	Women	Walden Cros	40.13	50.26	50.26
NOD	D'Hondt	Sarah	2004	Women	Temiskaming	48.54	45.59	48.54
NOD	Vodusek	Julia	2006	Women	Porcupine Sk	0	39.82	39.82
NOD	Reich	Matteo	1998	Men	Soo Finnish	82.72	80.84	82.72
NOD	Gingras	Sebastien	1999	Men	Soo Finnish	81.71	77.13	81.71
NOD	Macdougall	Declan	2001	Men	Soo Finnish	79.71	79.88	79.88
NOD	Barrett	Gavan	2002	Men	Soo Finnish	69.16	73.81	73.81
NOD	Mahaffy	Max	2002	Men	Walden Cros	70.1	69.87	70.1
NOD	Cartmill	Joshua	1997	Men	Laurentian N	0	68.26	68.26
NOD	Sullivan	Noah	2000	Men	North Bay Nc	66.83	66.05	66.83
NOD	Mashinter	Kendyn	2002	Men	Walden Cros	66.45	64.58	66.45
NOD	Boland	Cameron	2001	Men	Walden Cros	64.61	0	64.61
NOD	Jones	Derek	2001	Men	North Bay Nc	63.46	63.92	63.92
NOD	Wiss	Patrick	2004	Men	Walden Cros	58.98	61.77	61.77
NOD	Lefebvre	Henri	2005	Men	Walden Cros	52.09	38.18	52.09
NOD	Macdougall	Martin	2003	Men	Soo Finnish	41.72	49.37	49.37
NOD	Radey	Brandon	2004	Men	Walden Cros	42.61	46.46	46.46