

Rowing Canada Aviron
2010 Carded Athletes List

Card	Lwt. Men	Hwt. Women	Lwt. Women	Hwt. Men	Adaptive
SR1/S R2	Lewis, Michael		Cameron, Tracy	Byrnes, Andrew	Montgomery, Meghan
	Vandor, Douglas		Jennerich, Lindsay	Howard, Malcolm	Nolan, Victoria
	Sylvester, Cameron		Preston, Sheryl	VanKnotsenburg, Steve	Therault, Anthony
				Dunaway, James	Starkey, Stu
				Bergen, Gabe	Comeau, Laura
				O'Farrell, Derek	
				Csima, Doug	
				Gibson, Rob	
				Laidlaw, Mark	
				Calder, David	
				Frandsen, Scott	
				Hamilton, Kyle	
				Kreek, Adam	
				Light, Kevin	
				Price, Brian	
				Rutledge, Ben	
				Seiterle, Dominic	
				Wetzel, Jake	
SR	Sasi, John	Guloien, Krista		Casaca, Daniel	
		Stefancic, Romina		Lang, Max	
		Thompson-Willie, Lesley			
		Rumball, Jane			
		Bonikowsky, Sarah			
		Brzozowicz, Ashley			
		DeVos, Peggy			
		Morin, Andreanne			
		Marquardt, Darcy			
		DeJong, Rachele			
C-1	McKall, Terry	Kisil, Sandra		McCabe, Conlin	
	Myers, Tim	Tuters, Jennifer			
	Gowdy, Simon	Hutchins, Lauren			
		Lagzdins, Larissa			
		Darling, Emma			
D	Jarvis, Morgan	Penney, Isolda	Forget, Lindsay	Jacob, Anthony	Daniel, Steve
	Breuer, Jake	McCord, Elizabeth		Berkhout, Fraser	
	Matthews, Danny	Mastracci, Natalie		Braithwaite, Mike	
	Meyers, Ryan	Black, Sarah		Crothers, Will	
				Dean, Will	
				Morris, Josh	
				Wilkinson, Michael	

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Long List/On Hold

Card	Lwt. Men	Hwt. Women	Lwt. Women	Hwt. Men	Adaptive
SR1/ SR2			Kok, Melanie		
D	Jensen, Matt *	McCarty, Cristin	Wells, Lauren	Dembicki, Peter *	More-Wilson, Papito
	Ballard, Robert	Hearn, Kathleen	Herman, Katya	Kowlayk, Kevin	Wallace, Katie
	King, Travis	MacIntosh, Courtney	Lahdenrahnta, Tanya	Lausberg, Matt	
	Crisan, Rares	Kennedy, Kim	Cuthbertson, Amber	Seymour, Gareth	
	Guiry, Andy	Cowal, Laura	Jeffery, Kristin	Holmes, Brent	
	Metcalfe, Josh	Schuurman, Nicole	Pilote-Bouchard, Catherine	Connolly, Stephen	
		Madlung, Alison	Baxter, Ricki	Roth, Geoff	
		Ganes, Carolyn	Meiklejohn, Alex	Evans, Matt	
		Hanson, Janine	Twyman, Kathryn	Parsons, Blake	
		Wilkinson, Lauren	Bedard, Emma	Sabo-Walsh, Ronan	
		Morrison, Stephanie	Gregory, Rebecca	Anderson, Richard	
		Schuurman, Jody		Crowley, Spencer	
		O'Sullivan, Kira		McClelland, Pete	
		Brown, Ashton			
		Shaw, Erica			
		DeBoef, Rosie			
		Griffiths, Nora			
		Vair, Audra			
		Nurse, Cristy			

Lightweight Men

Up to 2 additional athletes may be nominated for D Cards by March 30 to those who raced in the National Championships Regatta and:

- a) met an erg standard of 20:00min for 6k, or
- b) be in the training centre full time and rank in the monthly on water and ergometer testing

Heavyweight Women

Athletes on the long list may be eligible for carding nomination subject to achieving an ergometer benchmark of 22:00min for 6k, or 7:00 for 2k by March 30th. Athletes achieving the benchmark will be ranked and up to 4 athletes may be nominated for D Cards.

Lightweight Women

Athletes on the long list may be eligible for carding nomination subject to achieving an ergometer benchmark of 23:00min for 6k, or 7:20 for 2k by March 30th. Athletes achieving the benchmark

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will be ranked and up to 3 athletes may be nominated for D Cards.

Heavyweight Men

Up to 4 additional athletes may be nominated for D Cards by March 30 to those who raced in the National Championships Regatta and:

- a) met an erg standard of 19:00min for 6K, or
- b) be in the training centre full time and rank in the monthly on water and ergometer testing

Adaptive

Athletes on the long list may be eligible for carding subject to improved adherence to the ergometer monitoring program and improved reporting of training logs