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|---------|-----------|---|-----------|---------|
| 8:00 AM | Event #61 | U16 Men K1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ethan Firth | OR | 2:05.74 |
| 2 | 6 | Rylan Carrigan | PI | 2:08.53 |
| 3 | 4 | Kai Tobin | SE | 2:10.04 |
| 4 | 7 | Eugene Legge | CH | 2:14.63 |
| 5 | 2 | Luc Campbell | MA | 2:18.87 |
| 6 | 3 | Walton Craig | SE | 2:19.02 |
| 7 | 8 | Santino Rostek | MA | 2:22.35 |
| 8 | 1 | Roman Sabinski | MM | 2:46.21 |
| | 9 | | | |
| | | Top 6 in each heat to semi-final | | |
| 8:05 AM | Event #62 | U16 Men K1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Braden Lawrence | MA | 2:01.11 |
| 2 | 7 | Sam Allison | CH | 2:03.77 |
| 3 | 6 | Andrew Hall | CH | 2:05.48 |
| 4 | 4 | Nevo Harel | CH | 2:08.01 |
| 5 | 3 | Jack Briand | MA | 2:10.82 |
| 6 | 2 | Tate Levy | CH | 2:13.50 |
| 7 | 8 | Braden Reinhardt | OR | 2:15.60 |
| SCR | 1 | Zachary D'Amour | BA | |
| | 9 | | | |
| | | Top 6 in each heat to semi-final | | |
| 8:10 AM | Event #63 | U16 Men K1 | 500m | Heat #3 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Nathan Leger | CH | 2:07.79 |
| 2 | 6 | Kaden Hope | PI | 2:14.15 |
| 3 | 7 | Ewen Whyte | MA | 2:15.89 |
| 4 | 3 | Deigo Ramos | MM | 2:17.71 |
| 5 | 4 | Ibrahim Rassi | SA | 2:19.79 |
| 6 | 8 | Bo Lowery | OR | 2:25.96 |
| 7 | 2 | Yonatan Ginovker | MA | 2:36.72 |
| | 1 | | | |
| | 9 | | | |
| | | Top 6 in each heat to semi-final | | |
| 8:15 AM | Event #64 | U16 Men K1 | 500m | Heat #4 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Nicholas LaPierre | MM | 2:07.75 |
| 2 | 4 | Nicholas Albert | CH | 2:09.15 |
| 3 | 6 | Hayden Dill | PI | 2:10.56 |
| 4 | 7 | Morgan Whyte | SA | 2:16.01 |
| 5 | 8 | Adam Macdonald | MA | 2:20.21 |
| 6 | 2 | Gavin Peddle | OR | 2:21.02 |
| 7 | 3 | Ryan Latta | OR | 2:30.60 |
| 8 | 9 | Xander Woodward | PI | 2:47.05 |
| | 1 | | | |
| | | Top 6 in each heat to semi-final | | |

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|---------|-----------|--|-----------|---------|
| 8:20 AM | Event #65 | U16 Men K1 | 500m | Heat #5 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Aidan Ferguson | SE | 2:06.01 |
| 2 | 4 | Owen Macdonald | MA | 2:07.39 |
| 3 | 7 | Gavin Clarke | MA | 2:09.26 |
| 4 | 6 | Jackson St-Hilaire | OR | 2:11.96 |
| 5 | 3 | Ben Jones | CH | 2:13.97 |
| 6 | 2 | Alastair Land | MA | 2:21.13 |
| 7 | 1 | Simon Daigle | MM | 2:31.57 |
| SCR | 8 | Aden MacDonald | PI | |
| | 9 | | | |
| | | Top 6 in each heat to semi-final | | |
| 8:25 AM | Event #66 | U16 Men K1 | 500m | Heat #6 |
| Place | Lane | Name | Club | Time |
| 1 | 3 | William Kooyman | CH | 2:06.59 |
| 2 | 4 | Carter Naugler | PI | 2:10.63 |
| 3 | 7 | Garrison Woodford | SE | 2:11.95 |
| 4 | 6 | Conrad Hoogerboord | CH | 2:13.42 |
| 5 | 5 | Leif Mitchell | BA | 2:15.13 |
| 6 | 2 | William Jennings | MA | 2:17.83 |
| 7 | 1 | Adam Rizwan | SA | 2:36.35 |
| DNS | 8 | Devin Munro | SA | |
| | 9 | | | |
| | | Top 6 in each heat to semi-final | | |
| 8:30 AM | Event #67 | U16 Women K1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Brianna Smith | MA | 2:22.23 |
| 2 | 4 | Maura Macumber | MA | 2:23.63 |
| 3 | 6 | Zahra Celikkanat | MA | 2:25.53 |
| 4 | 7 | Fiona Day | CH | 2:32.18 |
| 5 | 3 | Claire Tolson | CH | 2:33.32 |
| 6 | 8 | Sierra Kelly | PI | 2:41.44 |
| 7 | 2 | Josephine Hoegg-Chapman | PI | 2:45.39 |
| | 1 | | | |
| | 9 | | | |
| | | Top 5 in each heat + 3 next best overall times to semi-finals | | |
| 8:35 AM | Event #68 | U16 Women K1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ivy Murphy | BA | 2:21.36 |
| 2 | 4 | Jenna Wile | MA | 2:25.52 |
| 3 | 6 | Kyanna Hope | PI | 2:29.82 |
| 4 | 7 | Sarah Johnson | BA | 2:37.28 |
| 5 | 3 | Claire Casey | MA | 2:39.81 |
| 6 | 2 | Heidi Brown | CH | 2:44.04 |
| 7 | 8 | Addison Hilden | PI | 2:53.92 |
| | 1 | | | |
| | 9 | | | |
| | | Top 5 in each heat + 3 next best overall times to semi-finals | | |

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|---------|-----------|--|-----------|---------|
| 8:40 AM | Event #69 | U16 Women K1 | 500m | Heat #3 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Mia Giles | MA | 2:20.01 |
| 2 | 4 | Myah Cacao Ewing | MA | 2:21.33 |
| 3 | 6 | Ella Taylor | CH | 2:23.47 |
| 4 | 2 | Claire Naugler | PI | 2:35.97 |
| 5 | 3 | Kiara LeVasseur | CH | 2:36.14 |
| 6 | 8 | Kyra Hector | KE | 2:36.53 |
| 7 | 7 | Sophia Kerr | CH | 2:37.35 |
| | 1 | | | |
| | 9 | | | |
| | | Top 5 in each heat + 3 next best overall times to semi-finals | | |
| 8:45 AM | Event #70 | U16 Women K1 | 500m | Heat #4 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Mya Cowper | SE | 2:22.56 |
| 2 | 5 | Shane Macmillan | CH | 2:23.59 |
| 3 | 6 | Amelia Frank | PI | 2:32.41 |
| 4 | 3 | Charlotte Hilton | CH | 2:34.72 |
| 5 | 2 | Ava Woodman | PI | 2:34.89 |
| 6 | 7 | Carley Frizzle | CH | 2:39.37 |
| 7 | 8 | Elizabeth Eisner | PI | 2:53.90 |
| 8 | 1 | Gabby Rolfe | PI | 2:59.65 |
| | 9 | | | |
| | | Top 5 in each heat + 3 next best overall times to semi-finals | | |
| 8:50 AM | Event #71 | U16 Women K1 | 500m | Heat #5 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Sara Gardin | MA | 2:22.12 |
| 2 | 6 | Megan Gallahue | CH | 2:25.05 |
| 3 | 3 | Melayna James | MM | 2:32.58 |
| 4 | 7 | Ella Yunace | MM | 2:36.29 |
| 5 | 2 | Sarah Leger | CH | 2:39.24 |
| 6 | 1 | Bianca Batten | AB | 2:42.71 |
| 7 | 8 | Josie Duffy | CH | 2:51.59 |
| SCR | 5 | Abigail Page | SE | |
| | 9 | | | |
| | | Top 5 in each heat + 3 next best overall times to semi-finals | | |
| 8:55 AM | Event #72 | U16 Men C1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Duncan Giles | SE | 2:24.41 |
| 2 | 5 | Ethan Page | SE | 2:26.50 |
| 3 | 4 | Daniel Pike | MM | 2:29.22 |
| 4 | 3 | <i>Alexander Macneil</i> | MA | 2:31.12 |
| 5 | 8 | <i>Joshua Fraser</i> | MA | 2:37.17 |
| 6 | 7 | <i>Thomas Tran</i> | MA | 2:39.63 |
| 7 | 2 | <i>Max Lundrigan</i> | MA | 2:41.03 |
| 8 | 9 | <i>Tyler Lane</i> | SE | 2:44.92 |
| 9 | 1 | <u>Matthew MacDonald</u> | SA | 2:50.07 |
| | | 1-3 to Final A, 4-7 + next best overall time to semi, rest to Final B | | |

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|---------|-----------|--|-----------|---------|
| 9:00 AM | Event #73 | U16 Men C1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Aidan Martell | MA | 2:24.64 |
| 2 | 4 | Alex Neaves | MA | 2:26.37 |
| 3 | 6 | Ryan Chouinard | MM | 2:26.86 |
| 4 | 3 | <i>Brendan Canning</i> | <i>BA</i> | 2:33.62 |
| 5 | 7 | <i>Evan Thom</i> | <i>SE</i> | 2:35.99 |
| 6 | 8 | <i>Morgan Wach</i> | <i>OR</i> | 2:36.98 |
| 7 | 1 | <i>Jack MacNeil</i> | <i>SA</i> | 2:41.80 |
| 8 | 2 | <u>Ty Sutton</u> | <u>MM</u> | 2:44.98 |
| 9 | 9 | <u>Liam O'Neill</u> | <u>SA</u> | 3:08.95 |
| | | 1-3 to Final A, 4-7 + next best overall time to semi, rest to Final B | | |
| 9:05 AM | Event #74 | U16 Women C1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Amelia Smith | MA | 2:44.07 |
| 2 | 4 | <i>Rylee MacKinnon</i> | <i>MA</i> | 2:45.29 |
| 3 | 6 | <i>Ella Adams</i> | <i>MM</i> | 2:47.65 |
| 4 | 7 | <i>Katie MacMillan</i> | <i>MM</i> | 2:56.76 |
| 5 | 8 | <i>Rachel Smith</i> | <i>BA</i> | 2:59.63 |
| 6 | 2 | <i>Jenna Lamontagne</i> | <i>SA</i> | 3:19.58 |
| DNS | 3 | Sienna Jones | CH | |
| | 1 | | | |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |
| 9:10 AM | Event #75 | U16 Women C1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Jayden Kendziora | MA | 2:54.79 |
| 2 | 4 | <i>Elle MacKenzie</i> | <i>CH</i> | 2:58.36 |
| 3 | 6 | <i>Mia Fabrizi</i> | <i>CH</i> | 3:01.04 |
| 4 | 7 | <i>Emma Yule</i> | <i>SA</i> | 3:04.18 |
| 5 | 3 | <i>Aleah Lane</i> | <i>MM</i> | 3:18.12 |
| 6 | 8 | <i>Emma Browne</i> | <i>CH</i> | 3:37.09 |
| | 1 | | | |
| | 2 | | | |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |
| 9:15 AM | Event #76 | U16 Women C1 | 500m | Heat #3 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Victoria Tran | MA | 2:47.08 |
| 2 | 6 | <i>Ella Cozens</i> | <i>CH</i> | 2:56.16 |
| 3 | 2 | <i>Olivia Harrison</i> | <i>BA</i> | 2:57.06 |
| 4 | 7 | <i>Abigail Campbell</i> | <i>SA</i> | 2:59.09 |
| 5 | 5 | <i>Faith Anderson</i> | <i>BA</i> | 3:10.57 |
| 6 | 3 | <i>Clara Whytewood</i> | <i>SA</i> | 3:23.59 |
| 7 | 8 | <i>Lucy Van Berkel</i> | <i>MM</i> | 3:30.62 |
| | 1 | | | |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |

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|---------|-----------|--|------------|---------|
| 9:20 AM | Event #77 | U18 Men K1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ian Gaudet | BA | 1:58.27 |
| 2 | 4 | <i>Keaton Brown</i> | <i>CH</i> | 2:02.82 |
| 3 | 6 | <i>Carson Leslie</i> | <i>MM</i> | 2:05.70 |
| 4 | 3 | <i>Sam Amirault (U17)</i> | <i>CH</i> | 2:08.69 |
| 5 | 2 | <i>Cameron Brown</i> | <i>SA</i> | 2:13.47 |
| 6 | 8 | <i>Riley Winchester (U17)</i> | <i>KE</i> | 2:19.14 |
| 7 | 1 | <i>Eric Batten (U17)</i> | <i>AB</i> | 2:50.56 |
| 8 | 7 | <u>Nate Davies (U17)</u> | <u>MM</u> | 3:01.67 |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |
| 9:25 AM | Event #78 | U18 Men K1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Craig Johnson | SE | 2:00.44 |
| 2 | 4 | <i>Robert Walsh</i> | <i>SE</i> | 2:02.09 |
| 3 | 6 | <i>Eli Nowlan (U17)</i> | <i>SE</i> | 2:07.54 |
| 4 | 3 | <i>Callum Wheatley</i> | <i>CH</i> | 2:08.41 |
| 5 | 7 | <i>Rowan Gray</i> | <i>SA</i> | 2:09.01 |
| 6 | 2 | <i>Samuel D'Amour (U17)</i> | <i>SE</i> | 2:16.21 |
| 7 | 8 | <i>Luke Lee (U17)</i> | <i>MA</i> | 2:17.96 |
| 8 | 1 | <u>Elliott Thrush</u> | <u>MM</u> | 2:28.87 |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |
| 9:30 AM | Event #79 | U18 Men K1 | 500m | Heat #3 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Cole Parsons | BA | 2:02.80 |
| 2 | 4 | <i>Alex Erith-Ellwood (U17)</i> | <i>SE</i> | 2:05.03 |
| 3 | 6 | <i>David LeBlanc (U17)</i> | <i>SE</i> | 2:06.50 |
| 4 | 3 | <i>Benjamin Carew (U17)</i> | <i>SE</i> | 2:10.49 |
| 5 | 2 | <i>Devin Joy (U17)</i> | <i>MM</i> | 2:12.13 |
| 6 | 7 | <i>Evan Ring (U17)</i> | <i>BA</i> | 2:13.07 |
| 7 | 8 | <i>Jonathan Magee</i> | <i>KE</i> | 2:18.53 |
| SCR | 1 | Austin Galliot (U17) | OR | |
| | 9 | | | |
| | | 1st to Final A, 2-7 to semi-finals, rest to Final C | | |
| 9:35 AM | Event #80 | Open Men K1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Mitchell Barran | EXH | 1:57.32 |
| 2 | 6 | Paul LaPierre | MM | 1:58.54 |
| 3 | 4 | Daniel Clattenburg | MM | 2:01.45 |
| 4 | 7 | Matthew Audas | CH | 2:05.23 |
| 5 | 3 | <i>James Erith-Ellwood</i> | <i>SE</i> | 2:06.34 |
| 6 | 8 | <i>Adam Scott</i> | <i>MM</i> | 2:16.79 |
| 7 | 2 | <i>Tanner MacDonald</i> | <i>OR</i> | 2:22.65 |
| 8 | 1 | <i>Austin Cleveland</i> | <i>SA</i> | 2:34.49 |
| | 9 | | | |
| | | 1-3 to Final A, rest to semi-final | | |

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|-------------|-----------|---|------------|----------------|
| 9:40 AM | Event #81 | Open Men K1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Alex Canning | BA | 1:55.37 |
| 2 | 5 | Jacob Steele | MA | 1:56.16 |
| 3 | 6 | Jack Hall | BA | 1:57.22 |
| 4 | 3 | <i>Xavier LeVasseur</i> | <i>CH</i> | 2:04.67 |
| 5 | 7 | <i>Liam Ring</i> | <i>BA</i> | 2:05.18 |
| 6 | 2 | <i>Matthew Pyle</i> | <i>BA</i> | 2:06.21 |
| 7 | 8 | <i>Caleb Gray</i> | <i>SA</i> | 2:21.76 |
| | 1 | | | |
| | 9 | | | |
| | | 1-3 to Final A, rest to semi-final | | |
| 9:45 AM | Event #82 | Open Women K1 | 500m | Heat #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Natalie Davison | EXH | 2:06.10 |
| 2 | 4 | Anna Negulic | MA | 2:09.48 |
| 3 | 6 | Alexa Irvin | MA | 2:10.15 |
| 4 | 3 | Lucy MacLeod | MM | 2:18.36 |
| 5 | 7 | <i>Emily Munroe</i> | <i>BA</i> | 2:21.27 |
| 6 | 2 | <i>Olivia Denman</i> | <i>MM</i> | 2:24.90 |
| | 1 | | | |
| | 8 | | | |
| | 9 | | | |
| | | 1-3 to Final A, rest to semi-final | | |
| 9:50 AM | Event #83 | Open Women K1 | 500m | Heat #2 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Riley Melanson | CH | 2:15.97 |
| 2 | 6 | Lily Baert | SE | 2:17.67 |
| 3 | 7 | Jessica Hogg | SE | 2:18.88 |
| 4 | 3 | <i>Anna O'Brien</i> | <i>SE</i> | 2:21.90 |
| 5 | 2 | <i>Lilly MacPherson</i> | <i>SA</i> | 2:56.34 |
| DNS | 8 | Megan McNeil | CH | |
| SCR | 5 | Grace Whebby | MM | |
| | 1 | | | |
| | 9 | | | |
| | | 1-3 to Final A, rest to semi-final | | |
| Lunch Break | | | | |
| 11:20 AM | Event #84 | U16 Men K1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Sam Allison | CH | 2:15.25 |
| 2 | 5 | Nicholas LaPierre | MM | 2:17.75 |
| 3 | 4 | <i>Kaden Hope</i> | <i>PI</i> | 2:18.70 |
| 4 | 7 | <i>Hayden Dill</i> | <i>PI</i> | 2:21.30 |
| 5 | 3 | Gavin Clarke | MA | 2:21.61 |
| 6 | 8 | <u>Conrad Hoogerboord</u> | <u>CH</u> | 2:27.35 |
| 7 | 9 | Tate Levy | CH | 2:30.61 |
| 8 | 2 | Luc Campbell | MA | 2:33.72 |
| 9 | 1 | Bo Lowery | OR | 2:33.93 |
| | | Top 2 + next best overall time to Final A, 3x3rd + 4x4th + top 2x5th to Final B, 2x5th + 4x6th + top 3x7th to Final C, rest to Final D | | |

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|----------|-----------|---|-----------|---------|
| 11:25 AM | Event #85 | U16 Men K1 | 500m | Semi #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ethan Firth | OR | 2:07.14 |
| 2 | 6 | Rylan Carrigan | PI | 2:11.98 |
| 3 | 8 | <i>Jackson St-Hilaire</i> | <i>OR</i> | 2:14.77 |
| 4 | 4 | <i>Nicholas Albert</i> | <i>CH</i> | 2:16.57 |
| 5 | 2 | <u>Jack Briand</u> | <u>MA</u> | 2:19.12 |
| 6 | 3 | <u>Garrison Woodford</u> | <u>SE</u> | 2:19.32 |
| 7 | 7 | <u>Ewen Whyte</u> | <u>MA</u> | 2:19.65 |
| 8 | 9 | Walton Craig | SE | 2:27.50 |
| 9 | 1 | Gavin Peddle | OR | 2:35.45 |
| | | Top 2 + next best overall time to Final A, 3x3rd + 4x4th + top 2x5th to Final B, 2x5th + 4x6th + top 3x7th to Final C, rest to Final D | | |
| 11:30 AM | Event #86 | U16 Men K1 | 500m | Semi #3 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Braden Lawrence | MA | 2:07.33 |
| 2 | 6 | William Kooyman | CH | 2:08.50 |
| 3 | 4 | <i>Owen Macdonald</i> | <i>MA</i> | 2:11.06 |
| 4 | 9 | <i>Leif Mitchell</i> | <i>BA</i> | 2:14.58 |
| 5 | 7 | <i>Andrew Hall</i> | <i>CH</i> | 2:14.90 |
| 6 | 8 | <u>Morgan Whyte</u> | <u>SA</u> | 2:19.81 |
| 7 | 3 | <u>Eugene Legge</u> | <u>CH</u> | 2:20.63 |
| 8 | 2 | Ibrahim Rassi | SA | 2:21.63 |
| 9 | 1 | Alastair Land | MA | 2:25.60 |
| | | Top 2 + next best overall time to Final A, 3x3rd + 4x4th + top 2x5th to Final B, 2x5th + 4x6th + top 3x7th to Final C, rest to Final D | | |
| 11:35 AM | Event #87 | U16 Men K1 | 500m | Semi #4 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Aidan Ferguson | SE | 2:09.85 |
| 2 | 5 | Nathan Leger | CH | 2:10.04 |
| 3 | 4 | Carter Naugler | PI | 2:10.27 |
| 4 | 3 | <i>Nevo Harel</i> | <i>CH</i> | 2:12.50 |
| 5 | 7 | <i>Kai Tobin</i> | <i>SE</i> | 2:16.84 |
| 6 | 1 | <u>Ben Jones</u> | <u>CH</u> | 2:19.51 |
| 7 | 8 | <u>Deigo Ramos</u> | <u>MM</u> | 2:20.39 |
| 8 | 9 | William Jennings | MA | 2:22.54 |
| 9 | 2 | Adam Macdonald | MA | 2:29.24 |
| | | Top 2 + next best overall time to Final A, 3x3rd + 4x4th + top 2x5th to Final B, 2x5th + 4x6th + top 3x7th to Final C, rest to Final D | | |
| 11:40 AM | Event #88 | U16 Women K1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Maura Macumber | MA | 2:28.19 |
| 2 | 4 | Jenna Wile | MA | 2:28.56 |
| 3 | 5 | Sara Gardin | MA | 2:28.85 |
| 4 | 7 | <i>Kyanna Hope</i> | <i>PI</i> | 2:32.20 |
| 5 | 3 | <i>Ella Taylor</i> | <i>CH</i> | 2:33.65 |
| 6 | 2 | <i>Charlotte Hilton</i> | <i>CH</i> | 2:43.19 |
| 7 | 9 | <u>Ava Woodman</u> | <u>PI</u> | 2:46.44 |
| 8 | 8 | <u>Claire Naugler</u> | <u>PI</u> | 2:51.07 |
| 9 | 1 | <u>Sarah Leger</u> | <u>CH</u> | 2:51.70 |
| SCR | 0 | Carley Frizzle | CH | |
| | | 1-3 to Final A, 4-6 to Final B, 7-9 to Final C | | |

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|----------|-----------|--|-----------|---------|
| 11:45 AM | Event #89 | U16 Women K1 | 500m | Semi #2 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Brianna Smith | MA | 2:27.64 |
| 2 | 4 | Myah Cacao Ewing | MA | 2:29.46 |
| 3 | 7 | Zahra Celikkanat | MA | 2:29.92 |
| 4 | 6 | <i>Mya Cowper</i> | <i>SE</i> | 2:31.76 |
| 5 | 3 | <i>Amelia Frank</i> | <i>PI</i> | 2:43.44 |
| 6 | 8 | <i>Sarah Johnson</i> | <i>BA</i> | 2:44.26 |
| 7 | 9 | <u>Kiara LeVasseur</u> | <u>CH</u> | 2:47.12 |
| 8 | 1 | <u>Kyra Hector</u> | <u>KE</u> | 2:51.30 |
| 9 | 2 | <u>Ella Yunace</u> | <u>MM</u> | 2:52.10 |
| | | 1-3 to Final A, 4-6 to Final B, 7-9 to Final C | | |
| 11:50 AM | Event #90 | U16 Women K1 | 500m | Semi #3 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ivy Murphy | BA | 2:26.04 |
| 2 | 6 | Mia Giles | MA | 2:30.05 |
| 3 | 4 | Shane Macmillan | CH | 2:30.43 |
| 4 | 7 | <i>Megan Gallahue</i> | <i>CH</i> | 2:36.02 |
| 5 | 3 | <i>Melayna James</i> | <i>MM</i> | 2:40.09 |
| 6 | 2 | <i>Claire Tolson</i> | <i>CH</i> | 2:41.31 |
| 7 | 8 | <i>Fiona Day</i> | <i>CH</i> | 2:42.83 |
| 8 | 9 | <i>Claire Casey</i> | <i>MA</i> | 2:45.39 |
| 9 | 1 | <i>Sophia Kerr</i> | <i>CH</i> | 2:49.40 |
| | | 1-3 to Final A, 4-6 to Final B, 7-9 to Final C | | |
| 11:55 AM | Event #91 | U16 Men C1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Alexander Macneil | MA | 2:41.00 |
| 2 | 5 | Brendan Canning | BA | 2:42.44 |
| 3 | 9 | Max Lundrigan | MA | 2:46.98 |
| 4 | 4 | <i>Evan Thom</i> | <i>SE</i> | 2:48.19 |
| 5 | 2 | <i>Jack MacNeil</i> | <i>SA</i> | 2:52.09 |
| 6 | 3 | <i>Morgan Wach</i> | <i>OR</i> | 2:52.69 |
| 7 | 8 | <i>Thomas Tran</i> | <i>MA</i> | 2:52.89 |
| 8 | 7 | <i>Joshua Fraser</i> | <i>MA</i> | 2:59.93 |
| 9 | 1 | <i>Tyler Lane</i> | <i>SE</i> | 3:13.28 |
| | | 1-3 to Final A, rest to Final B | | |
| 12:00 PM | Event #92 | U16 Women C1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Mia Fabrizi | CH | 3:05.23 |
| 2 | 5 | Ella Cozens | CH | 3:10.72 |
| 3 | 7 | Abigail Campbell | SA | 3:15.41 |
| 4 | 3 | <i>Katie MacMillan</i> | <i>MM</i> | 3:22.61 |
| 5 | 8 | <i>Rachel Smith</i> | <i>BA</i> | 3:23.96 |
| 6 | 9 | <i>Lucy Van Berkel</i> | <i>MM</i> | 3:51.69 |
| 7 | 2 | <i>Emma Browne</i> | <i>CH</i> | 3:59.03 |
| SCR | 4 | Olivia Harrison | BA | |
| | 1 | | | |
| | | 1-3 to Final A, 4-7+ next best time to Final B, rest to Final C | | |

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|----------|-----------|--|-----------|---------|
| 12:05 PM | Event #93 | U16 Women C1 | 500m | Semi #2 |
| Place | Lane | Name | Club | Time |
| 1 | 8 | Faith Anderson | BA | 2:54.01 |
| 2 | 4 | Ella Adams | MM | 2:58.51 |
| 3 | 6 | Elle MacKenzie | CH | 2:58.81 |
| 4 | 5 | <i>Rylee MacKinnon</i> | <i>MA</i> | 2:59.95 |
| 5 | 7 | <i>Emma Yule</i> | <i>SA</i> | 3:09.80 |
| 6 | 3 | <i>Aleah Lane</i> | <i>MM</i> | 3:23.85 |
| 7 | 2 | <i>Clara Whyte</i> | <i>SA</i> | 3:35.27 |
| 8 | 9 | <i>Jenna Lamontagne</i> | <i>SA</i> | 3:43.65 |
| | 1 | | | |
| | | 1-3 to Final A, 4-7+ next best time to Final B, rest to Final C | | |
| 12:10 PM | Event #94 | U18 Men K1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Eli Nowlan (U17) | SE | 2:07.21 |
| 2 | 5 | Robert Walsh | SE | 2:07.66 |
| 3 | 4 | David LeBlanc (U17) | SE | 2:08.69 |
| 4 | 3 | <i>Sam Amirault (U17)</i> | <i>CH</i> | 2:11.44 |
| 5 | 7 | <i>Benjamin Carew (U17)</i> | <i>SE</i> | 2:12.06 |
| 6 | 8 | <i>Cameron Brown</i> | <i>SA</i> | 2:14.65 |
| 7 | 9 | <i>Luke Lee (U17)</i> | <i>MA</i> | 2:20.02 |
| 8 | 2 | <u>Samuel D'Amour (U17)</u> | <u>SE</u> | 2:22.19 |
| 9 | 1 | <u>Jonathan Magee</u> | <u>KE</u> | 2:23.66 |
| | | 1-3 to Final A, 4-7+ next best time to Final B, rest to Final C | | |
| 12:15 PM | Event #95 | U18 Men K1 | 500m | Semi #2 |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Carson Leslie | MM | 2:02.04 |
| 2 | 6 | Keaton Brown | CH | 2:02.93 |
| 3 | 5 | Alex Erith-Ellwood (U17) | SE | 2:03.69 |
| 4 | 8 | <i>Devin Joy (U17)</i> | <i>MM</i> | 2:08.42 |
| 5 | 7 | <i>Callum Wheatley</i> | <i>CH</i> | 2:11.46 |
| 6 | 3 | <i>Rowan Gray</i> | <i>SA</i> | 2:15.82 |
| 7 | 9 | <i>Riley Winchester (U17)</i> | <i>KE</i> | 2:19.91 |
| 8 | 2 | <i>Evan Ring (U17)</i> | <i>BA</i> | 2:20.60 |
| 9 | 1 | <u>Eric Batten (U17)</u> | <u>AB</u> | 2:50.28 |
| | | 1-3 to Final A, 4-7+ next best time to Final B, rest to Final C | | |
| 12:20 PM | Event #96 | Open Men K1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Xavier LeVasseur | CH | 2:02.26 |
| 2 | 6 | James Erith-Ellwood | SE | 2:04.27 |
| 3 | 4 | Liam Ring | BA | 2:05.43 |
| 4 | 3 | Matthew Pyle | BA | 2:05.92 |
| 5 | 7 | <i>Adam Scott</i> | <i>MM</i> | 2:14.87 |
| 6 | 2 | <i>Caleb Gray</i> | <i>SA</i> | 2:21.94 |
| 7 | 8 | <i>Tanner MacDonald</i> | <i>OR</i> | 2:22.51 |
| 8 | 9 | <i>Austin Cleveland</i> | <i>SA</i> | 2:30.76 |
| | 1 | | | |
| | | 1-3 to Final A, rest to Final B | | |

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|-------------|------------|--|-----------|---------|
| 12:25 PM | Event #97 | Open Women K1 | 500m | Semi #1 |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Anna O'Brien | SE | 2:15.52 |
| 2 | 6 | Emily Munroe | BA | 2:21.95 |
| 3 | 7 | Olivia Denman | MM | 2:27.98 |
| 4 | 4 | <i>Lilly MacPherson</i> | SA | 2:48.19 |
| | 1 | | | |
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| | 3 | | | |
| | 8 | | | |
| | 9 | | | |
| | | 1-3 to Final A, rest to Final B | | |
| Lunch Break | | | | |
| 1:55 PM | Event #98 | U16 Men K1 | 500m | Final D |
| Place | Lane | Name | Club | Time |
| 1 | 7 | William Jennings | MA | 2:17.30 |
| 2 | 5 | Tate Levy | CH | 2:18.32 |
| 3 | 4 | Ibrahim Rassi | SA | 2:20.98 |
| 4 | 2 | Alastair Land | MA | 2:21.52 |
| 5 | 3 | Luc Campbell | MA | 2:22.44 |
| 6 | 6 | Walton Craig | SE | 2:22.69 |
| 7 | 9 | Adam Macdonald | MA | 2:27.08 |
| 8 | 8 | Gavin Peddle | OR | 2:31.37 |
| 9 | 1 | Bo Lowery | OR | 2:33.18 |
| | | | | |
| | | | | |
| 2:00 PM | Event #99 | U16 Men K1 | 500m | Final C |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Gavin Clarke | MA | 2:13.43 |
| 2 | 5 | Jack Briand | MA | 2:15.37 |
| 3 | 7 | Morgan Whyte | SA | 2:15.63 |
| 4 | 3 | Ben Jones | CH | 2:15.99 |
| 5 | 8 | Conrad Hoogerboord | CH | 2:18.11 |
| 6 | 4 | Garrison Woodford | SE | 2:18.44 |
| 7 | 1 | Deigo Ramos | MM | 2:19.33 |
| 8 | 9 | Eugene Legge | CH | 2:19.60 |
| 9 | 2 | Ewen Whyte | MA | 2:22.06 |
| | | | | |
| | | | | |
| 2:05 PM | Event #100 | U16 Men K1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Owen Macdonald | MA | 2:06.66 |
| 2 | 7 | Nicholas Albert | CH | 2:07.19 |
| 3 | 9 | Andrew Hall | CH | 2:08.08 |
| 4 | 8 | Nevo Harel | CH | 2:09.72 |
| 5 | 5 | Jackson St-Hilaire | OR | 2:11.93 |
| 6 | 4 | Kaden Hope | PI | 2:13.15 |
| 7 | 3 | Leif Mitchell | BA | 2:14.60 |
| 8 | 1 | Kai Tobin | SE | 2:14.81 |
| 9 | 2 | Hayden Dill | PI | 2:15.89 |
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| 2:10 PM | Event #101 | U16 Men K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ethan Firth | OR | 2:03.56 |
| 2 | 6 | Braden Lawrence | MA | 2:07.65 |
| 3 | 7 | Sam Allison | CH | 2:08.64 |
| 4 | 8 | William Kooyman | CH | 2:08.91 |
| 5 | 9 | Nicholas LaPierre | MM | 2:09.75 |
| 6 | 2 | Nathan Leger | CH | 2:11.30 |
| 7 | 4 | Aidan Ferguson | SE | 2:14.33 |
| 8 | 1 | Carter Naugler | PI | 2:15.07 |
| 9 | 3 | Rylan Carrigan | PI | 2:18.07 |
| | | | | |
| | | | | |
| 2:15 PM | Event #102 | U16 Women K1 | 500m | Final C |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Fiona Day | CH | 2:35.81 |
| 2 | 3 | Claire Casey | MA | 2:38.45 |
| 3 | 4 | Ava Woodman | PI | 2:39.54 |
| 4 | 5 | Kiara LeVasseur | CH | 2:40.59 |
| 5 | 9 | Sophia Kerr | CH | 2:42.93 |
| 6 | 7 | Kyra Hector | KE | 2:44.68 |
| 7 | 2 | Ella Yunace | MM | 2:45.13 |
| 8 | 8 | Claire Naugler | PI | 2:45.50 |
| 9 | 1 | Sarah Leger | CH | 2:47.67 |
| | | | | |
| | | | | |
| 2:20 PM | Event #103 | U16 Women K1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Mya Cowper | SE | 2:27.56 |
| 2 | 8 | Ella Taylor | CH | 2:30.75 |
| 3 | 4 | Kyanna Hope | PI | 2:31.92 |
| 4 | 6 | Megan Gallahue | CH | 2:32.84 |
| 5 | 1 | Charlotte Hilton | CH | 2:36.86 |
| 6 | 9 | Claire Tolson | CH | 2:37.28 |
| 7 | 7 | Amelia Frank | PI | 2:37.50 |
| 8 | 3 | Melayna James | MM | 2:40.05 |
| 9 | 2 | Sarah Johnson | BA | 2:40.25 |
| | | | | |
| | | | | |
| 2:25 PM | Event #104 | U16 Women K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Ivy Murphy | BA | 2:17.06 |
| 2 | 3 | Mia Giles | MA | 2:18.57 |
| 3 | 5 | Brianna Smith | MA | 2:19.09 |
| 4 | 7 | Myah Cacao Ewing | MA | 2:23.28 |
| 5 | 4 | Maura Macumber | MA | 2:25.15 |
| 6 | 1 | Sara Gardin | MA | 2:25.48 |
| 7 | 9 | Shane Macmillan | CH | 2:27.53 |
| 8 | 2 | Zahra Celikkanat | MA | 2:28.86 |
| 9 | 8 | Jenna Wile | MA | 2:29.32 |
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| 2:30 PM | Event #105 | U16 Men C1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 1 | Liam O'Neill | SA | 2:32.10 |
| 6 | 2 | Ty Sutton | MM | 2:36.17 |
| 5 | 3 | Joshua Fraser | MA | 2:37.63 |
| 2 | 4 | Morgan Wach | OR | 2:38.44 |
| 1 | 5 | Evan Thom | SE | 2:42.21 |
| 3 | 6 | Jack MacNeil | SA | 242.54 |
| 4 | 7 | Thomas Tran | MA | 2:44.94 |
| 8 | 8 | Tyler Lane | SE | 2:45.51 |
| 7 | 9 | Matthew MacDonald | SA | 3:08.29 |
| | | | | |
| | | | | |
| 2:35 PM | Event #106 | U16 Men C1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Duncan Giles | SE | 2:26.37 |
| 2 | 3 | Ethan Page | SE | 2:28.72 |
| 3 | 2 | Daniel Pike | MM | 2:29.21 |
| 4 | 5 | Aidan Martell | MA | 2:29.55 |
| 5 | 7 | Ryan Chouinard | MM | 2:31.34 |
| 6 | 6 | Alex Neaves | MA | 2:32.15 |
| 7 | 8 | Alexander MacNeil | MA | 2:32.66 |
| 8 | 1 | Brendan Canning | BA | 2:34.95 |
| 9 | 9 | Max Lundrigan | MA | 2:39.65 |
| | | | | |
| | | | | |
| 2:40 PM | Event #107 | U16 Women C1 - NO RACE | 500m | Final C |
| Place | Lane | Name | Club | Time |
| | 1 | | | |
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| | 9 | | | |
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| 2:45 PM | Event #108 | U16 Women C1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Rylee MacKinnon | MA | 2:56.22 |
| 2 | 7 | Rachel Smith | BA | 3:00.52 |
| 3 | 4 | Emma Yule | SA | 3:01.73 |
| 4 | 6 | Katie MacMillan | MM | 3:07.95 |
| 5 | 3 | Aleah Lane | MM | 3:10.75 |
| 6 | 2 | Clara Whytewood | SA | 3:16.34 |
| 7 | 9 | Lucy Van Berkel | MM | 3:16.78 |
| 8 | 8 | Emma Browne | CH | 3:25.94 |
| 9 | 1 | Jenna Lamontagne | SA | 3:39.05 |
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|---------|------------|--------------------------|------|---------|
| 2:50 PM | Event #109 | U16 Women C1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 7 | Faith Anderson | BA | 2:44.16 |
| 2 | 5 | Jayden Kendziora | MA | 2:46.72 |
| 3 | 6 | Victoria Tran | MA | 2:49.24 |
| 4 | 8 | Ella Adams | MM | 2:50.21 |
| 5 | 4 | Amelia Smith | MA | 2:50.77 |
| 6 | 3 | Mia Fabrizi | CH | 2:51.83 |
| 7 | 9 | Elle MacKenzie | CH | 2:52.12 |
| 8 | 2 | Ella Cozens | CH | 2:53.71 |
| 9 | 1 | Abigail Campbell | SA | 3:02.94 |
| | | | | |
| | | | | |
| 2:55 PM | Event #110 | U18 Men K1 | 500m | Final C |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Samuel D'Amour (U17) | SE | 2:13.44 |
| 2 | 4 | Jonathan Magee | KE | 2:14.53 |
| 3 | 7 | Elliott Thrush | MM | 2:26.75 |
| 4 | 6 | Eric Batten (U17) | AB | 2:35.27 |
| 5 | 3 | Nate Davies | MM | 2:46.86 |
| | 1 | | | |
| | 2 | | | |
| | 8 | | | |
| | 9 | | | |
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| 3:00 PM | Event #111 | U18 Men K1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Devin Joy (U17) | MM | 2:03.41 |
| 2 | 6 | Sam Amirault (U17) | CH | 2:04.33 |
| 3 | 4 | Callum Wheatley | CH | 2:04.89 |
| 4 | 3 | Rowan Gray | SA | 2:05.20 |
| 5 | 7 | Benjamin Carew (U17) | SE | 2:05.49 |
| 6 | 8 | Cameron Brown | SA | 2:09.48 |
| 7 | 9 | Luke Lee (U17) | MA | 2:14.58 |
| 8 | 1 | Evan Ring (U17) | BA | 2:15.72 |
| 9 | 2 | Riley Winchester (U17) | KE | 2:16.16 |
| | | | | |
| | | | | |
| 3:05 PM | Event #112 | U18 Men K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Ian Gaudet | BA | 1:51.52 |
| 2 | 7 | Carson Leslie | MM | 1:55.79 |
| 3 | 5 | Craig Johnson | SE | 1:56.07 |
| 4 | 8 | Keaton Brown | CH | 1:57.73 |
| 5 | 9 | Alex Erith-Ellwood (U17) | SE | 1:58.73 |
| 6 | 6 | Cole Parsons | BA | 1:59.77 |
| 7 | 2 | Robert Walsh | SE | 2:02.27 |
| 8 | 1 | David LeBlanc (U17) | SE | 2:06.04 |
| 9 | 3 | Eli Nowlan (U17) | SE | 2:11.68 |
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| 3:10 PM | Event #113 | U18 Women K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Raine Myers (U17) | BA | 2:14.48 |
| 2 | 4 | Molly Rusinak-Short (U17) | SE | 2:15.74 |
| 3 | 3 | Emily Parsons | BA | 2:16.80 |
| 4 | 6 | Fiona O'Donnell (U17) | SE | 2:17.27 |
| 5 | 7 | Sophie Bouvette | BA | 2:21.08 |
| 6 | 2 | Livia Nauss (U17) | SE | 2:26.79 |
| 7 | 8 | Georgia Tousignant (U17) | MM | 2:36.63 |
| 8 | 1 | Carly James (U17) | OR | 2:41.13 |
| | 9 | | | |
| | | | | |
| 3:15 PM | Event #114 | U18 Men C1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Matthew Zinck (U17) | SE | 2:14.91 |
| 2 | 4 | Eric Chouinard (U17) | MM | 2:19.48 |
| 3 | 6 | Jai Paliwal (U17) | SE | 2:21.34 |
| 4 | 3 | Seamus Cote-Moss (U17) | MA | 2:27.45 |
| 5 | 2 | Zachary Wincey (U17) | MA | 2:33.95 |
| 6 | 7 | Matthew Koch | MA | 2:35.68 |
| 7 | 8 | Austin Galliot (U17) | OR | 2:49.73 |
| | 1 | | | |
| | 9 | | | |
| | | | | |
| 3:20 PM | Event #115 | U18 Women C1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Ava Carew | SE | 2:28.55 |
| 2 | 6 | Geneva Bond | MA | 2:33.84 |
| 3 | 3 | Aja Deeble (U17) | MM | 2:36.49 |
| 4 | 7 | Kavita Thomas | MA | 2:37.28 |
| 5 | 2 | Sarah Neville (U17) | MM | 2:41.91 |
| 6 | 8 | Jacqueline Moore (U17) | SE | 2:43.16 |
| 7 | 4 | Jacy Grant | CH | 2:52.24 |
| 8 | 1 | Miranda James (U17) | MM | 2:53.83 |
| 9 | 0 | Juliette Gunn (U17) | BA | 2:56.87 |
| 10 | 9 | Bailey Gray | CH | 2:57.35 |
| | | | | |
| 3:25 PM | Event #116 | Open Men K1 | 500m | Final B |
| Place | Lane | Name | Club | Time |
| 1 | 4 | Tanner MacDonald | OR | 2:13.54 |
| 2 | 5 | Adam Scott | MM | 2:15.50 |
| 3 | 6 | Caleb Gray | SA | 2:19.42 |
| 4 | 7 | Austin Cleveland | SA | 2:31.34 |
| | 1 | | | |
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|---------|------------|--------------------------------|------|---------|
| 3:30 PM | Event #117 | Open Men K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Alex Canning | BA | 1:54.14 |
| 2 | 4 | Jacob Steele | MA | 1:54.45 |
| 3 | 7 | Paul LaPierre | MM | 1:55.02 |
| 4 | 6 | Mitchell Barran | EXH | 1:56.33 |
| 5 | 3 | Jack Hall | BA | 1:58.68 |
| 6 | 8 | Xavier LeVasseur | CH | 2:00.34 |
| 7 | 9 | Liam Ring | BA | 2:03.60 |
| 8 | 2 | Matthew Audas | CH | 2:04.25 |
| 9 | 1 | James Erith-Ellwood | SE | 2:05.39 |
| 10 | 0 | Matthew Pyle | BA | 2:06.49 |
| | | | | |
| | | | | |
| 3:35 PM | Event #118 | Open Women K1 - NO RACE | 500m | Final B |
| Place | Lane | Name | Club | Time |
| | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | Lilly MacPherson | SA | |
| | 6 | | | |
| | 7 | | | |
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| | 9 | | | |
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| 3:40 PM | Event #119 | Open Women K1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 6 | Natalie Davison | EXH | 2:06.64 |
| 2 | 5 | Riley Melanson | CH | 2:08.43 |
| 3 | 7 | Anna Negulic | MA | 2:10.24 |
| 4 | 4 | Lily Baert | SE | 2:13.49 |
| 5 | 3 | Jessica Hogg | SE | 2:14.27 |
| 6 | 8 | Alexa Irvin | MA | 2:15.99 |
| 7 | 0 | Olivia Denman | MM | 2:16.51 |
| 8 | 2 | Lucy MacLeod | MM | 2:17.22 |
| 9 | 1 | Anna O'Brien | SE | 2:17.62 |
| 10 | 9 | Emily Munroe | BA | 2:22.43 |
| | | | | |
| | | | | |
| 3:45 PM | Event #120 | Open Men C1 | 500m | Final A |
| Place | Lane | Name | Club | Time |
| 1 | 5 | Craig Spence | CH | 2:02.96 |
| 2 | 4 | Andrew Billard | MA | 2:04.75 |
| 3 | 3 | Tyler Laidlaw | SA | 2:06.13 |
| 4 | 6 | Bret Himmelman | MA | 2:07.38 |
| 5 | 8 | Connor McGregor | MM | 2:14.05 |
| 6 | 2 | Nick Baert | SE | 2:17.38 |
| 7 | 7 | Mark James | SE | 2:26.48 |
| 8 | 1 | Mason Koch | MA | 2:32.25 |
| DNS | 9 | Nikolas Koch | MA | |
| | | | | |

| 3:50 PM | Event #121 | Open Women C1 | 500m | Final A |
|---------|------------|------------------|------|---------|
| Place | Lane | Name | Club | Time |
| 1 | 5 | Sloan MacKenzie | CH | 2:31.29 |
| 2 | 4 | Marlee MacIntosh | MA | 2:31.99 |
| 3 | 6 | Jessica MacKay | MA | 2:47.47 |
| 4 | 7 | Maeve LeBlanc | SE | 2:59.27 |
| 5 | 2 | Enya Pouliot | SA | 3:14.29 |
| DNS | 3 | Olivia Fogarty | SA | |
| | 1 | | | |
| | 8 | | | |
| | 9 | | | |