



Final Results

2024 FGPC Kan U Hakit Sprints

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Heats

Race 1		Mixed Heat		
Lane	Place		Time	
1	2	NOPC Nanaimo/Comox	8:17.178	
2	1	FGPC Gorge Outrigger Mixed 1	7:45.263	
3	3	FGPC Gorge Outrigger Mixed 3	8:34.112	
Advancements		Teams advance based on Time and Place to Races 11 to 14		

Race 2		Mixed Heat		
Lane	Place		Time	
1	2	FGPC Huligans	10:13.316	
2	1	FGPC Gorge Outrigger Mixed 2	8:56.256	
3	3	NOPC Hydro Therapy	10:17.204	
Advancements		Teams advance based on Time and Place to Races 11 to 14		

Race 3		Mixed Heat		
Lane	Place		Time	
1	3	GPC SeaWolves Mixed	9:14.679	
2	1	DZPC Firehydrant	8:27.348	
3	2	Geronimo BeachKids EX	9:13.561	
Advancements		Teams advance based on Time and Place to Races 11 to 14		

Race 4		Mixed Heat		
Lane	Place		Time	
1	3	SPC Suncoast Mixed 60+ Orange	9:23.181	
2	2	DZPC Firebuoy	9:17.826	
3	1	DZPC Firebucket	8:43.575	
Advancements		Teams advance based on Time and Place to Races 11 to 14		

Race 5		Open Heat		
Lane	Place		Time	
1	2	NOPC OCAdventurers	9:39.735	
2	1	DZPC Firehose	8:56.325	
3	3	DZPC Matt's Left Bicep	10:05.144	
Advancements		Teams advance based on Time and Place to Races 15 and 16		

Race 6		Open Heat		
Lane	Place		Time	
1	1	FGPC IM Open 1	9:01.918	
2	2	DZPC Matt's Right Bicep	9:30.080	
3	3	SPC Suncoast Yellow	9:30.247	
Advancements		Teams advance based on Time and Place to Races 15 and 16		

Womens Heat			
10:30 AM			
Race 7	Lane	Place	Time
	1	2	FGPC Racy Ladies 10:35.870
	2		Geronimo Lady Esther DNR
	3	1	NOPC Just 4 Kicks 10:05.290
Advancements	Teams advance based on Time and Place - To Races 17 to 20		

Womens Heat			
10:45 AM			
Race 8	Lane	Place	Time
	1	2	GPC SeaWolves 9:56.524
	2	1	CVCRC Wild Women of the West Coast 9:23.107
	3	3	FGPC IM Women 2 10:12.440
Advancements	Teams advance based on Time and Place - To Races 17 to 20		

Womens Heat			
11:00 AM			
Race 9	Lane	Place	Time
	1	3	SPC Suncoast Women 60+ 9:54.757
	2	1	FGPC Gorge Outrigger Womens 50+ 9:16.552
	3	2	CVCRC Salish Sea Sirens 9:40.592
Advancements	Teams advance based on Time and Place - To Races 17 to 20		

Womens Heat			
11:15 AM			
Race 10	Lane	Place	Time
	1	2	FGPC IM Women 3 10:19.577
	2	3	FGPC IM Women 1 10:59.951
	3	1	Geronimo Pringles 9:58.740
Advancements	Teams advance based on Time and Place - To Races 17 to 20		

Semi-Finals

Mixed Semi			
11:30 AM			
Race 11	Lane	Place	Time
	1	3	NOPC Hydro Therapy 10:48.495
	2	2	FGPC Gorge Outrigger Mixed 2 8:48.675
	3	1	NOPC Nanaimo/Comox 8:26.203
Advancements	Teams advance to Mixed Finals based on combined Heat + Semi time		

Mixed Semi			
11:45 AM			
Race 12	Lane	Place	Time
	1	2	SPC Suncoast Mixed 60+ Orange 9:35.100
	2	1	DZPC Firebucket 8:54.492
	3		Geronimo BeachKids EX DNR
Advancements	Teams advance to Mixed Finals based on combined Heat + Semi time		

Mixed Semi			
12:00 PM			
Race 13	Lane	Place	Time
	1	3	GPC SeaWolves Mixed 9:21.665
	2	1	DZPC Firehydrant 8:18.018
	3	2	DZPC Firebuoy 8:56.887
Advancements	Teams advance to Mixed Finals based on combined Heat + Semi time		

Mixed Semi			
12:15 PM			
Race 14	Lane	Place	Time
	1	2	FGPC Gorge Outrigger Mixed 3 8:38.943
	2	1	FGPC Gorge Outrigger Mixed 1 7:38.866
	3	3	FGPC Huligans 10:11.002
Advancements	Teams advance to Mixed Finals based on combined Heat + Semi time		

Short Break

Open Semi			
1:00 PM			
Race 15	Lane	Place	Time
	1	3	DZPC Matt's Left Bicep 10:04.015
	2	1	FGPC IM Open 1 8:44.685
	3	2	DZPC Matt's Right Bicep 8:57.949
Advancements	Teams advance to Men's Finals based on combined Heat + Semi time		

Open Semi			
1:15 PM			
Race 16	Lane	Place	Time
	1	3	SPC Suncoast Yellow 9:44.285
	2	1	DZPC Firehose 8:38.352
	3	2	NOPC OCAdventurers 9:16.273
Advancements	Teams advance to Men's Finals based on combined Heat + Semi time		

Women's Semi			
1:30 PM			
Race 17	Lane	Place	Time
	1		
	2	2	10:14.551
	3	1	9:20.964
		NOPC Just 4 Kicks	
		CVCRC Salish Sea Sirens	
Advancements	Teams advance to Women's Finals based on combined Heat + Semi time		

Women's Semi			
1:45 PM			
Race 18	Lane	Place	Time
	1	3	10:38.723
	2	2	9:53.961
	3	1	9:20.677
		FGPC IM Women 1 EX	
		Geronimo Pringles	
		GPC SeaWolves	
Advancements	Teams advance to Women's Finals based on combined Heat + Semi time		

Women's Semi			
2:00 PM			
Race 19	Lane	Place	Time
	1	3	10:22.567
	2	1	9:15.066
	3	2	10:06.317
		FGPC IM Women 2	
		CVCRC Wild Women of the West Coast	
		FGPC IM Women 3	
Advancements	Teams advance to Women's Finals based on combined Heat + Semi time		

Women's Semi			
2:15 PM			
Race 20	Lane	Place	Time
	1	2	9:41.325
	2	1	9:02.919
	3	3	10:19.046
		SPC Suncoast Women 60+	
		FGPC Gorge Outrigger Womens 50+	
		FGPC Racy Ladies	
Advancements	Teams advance to Women's Finals based on combined Heat + Semi time		

Finals

Mixed Final B				
2:30 PM				
Race 21	Lane	Place		Time
	1	2	FGPC Gorge Outrigger Mixed 2	8:23.469
	2	1	FGPC Gorge Outrigger Mixed 3	8:18.781
	3	3	DZPC Firebucket	8:24.587

Mixed Final A				
2:45 PM				
Race 22	Lane	Place		Time
	1	2	DZPC Firehydrant	8:00.283
	2	1	FGPC Gorge Outrigger Mixed 1	7:22.879
	3	3	NOPC Nanaimo/Comox	8:01.201

Open Final B				
3:00 PM				
Race 23	Lane	Place		Time
	1	3	DZPC Matt's Left Bicep	9:23.560
	2	1	NOPC OCAntenturers	8:58.869
	3	2	SPC Suncoast Yellow	9:06.059

Open Final A				
3:15 PM				
Race 24	Lane	Place		Time
	1	3	DZPC Matt's Right Bicep	8:41.726
	2	1	DZPC Firehose	8:19.871
	3	2	FGPC IM Open 1	8:25.426

Women's Final B				
3:30 PM				
Race 25	Lane	Place		Time
	1	3	NOPC Just 4 Kicks	9:56.969
	2	1	GPC SeaWolves	9:09.605
	3	2	SPC Suncoast Women 60+	9:31.360

Women's Final A				
3:45 PM				
Race 26	Lane	Place		Time
	1	3	CVCRC Salish Sea Sirens	9:02.425
	2	1	FGPC Gorge Outrigger Womens 50+	8:45.408
	3	2	CVCRC Wild Women of the West Coast	8:50.797