

Saint John FUNdamentals Meet

Saturday December 16th, 2017

Division List

Bib	#	Last Name	First Name	M/F	Club
1-black	5	Wasson	Angela	F	Codiac
	6	Harding	Felix	M	SJASSC
	7	Adams	Christine	F	FASSCI
	8	Xu	Mathew	M	St. Croix
	9	MacDougall	Courtney	F	SJASSC
	10	Haslett	Nick	M	SJASSC

Bib	#	Last Name	First Name	M/F	Club
2-burgandy	7	Munro	Nora	F	SJASSC
	8	Luong	Jadon	M	SJASSC
	9	White	Austin	M	Hampton
	10	Lawless	Sophia	F	SJASSC
	11	Richards	Noah	M	FASSCI
	20	Tayes	Walker	M	Hampton

3-turquoise	2	Mullen	Noah	M	Codiac
	6	Stevens	Macullam	M	SJASSC
	7	Daigle	Juliana	F	Codiac
	10	Sampson	Carter	M	Hampton
	20	Tu	Shirley	F	SJASSC
	30	Bell-Smith	Juliet	F	SJASSC

4-dusty blue	2	Perrin	Carter	M	FASSCI
	3	Hollett	David	M	Hampton
	4	Dochstader	Colin	M	SJASSC
	5	Head	Brayden	M	SJASSC
	6	Stymiest	Griffin	M	FASSCI
	7	Tu	Ashley	F	SJASSC

5-white	5	Doherty	Simon	M	FASSCI
	6	Fisher	Julia	F	Codiac
	7	Leger Davis	Isaac	M	Codiac
	8	Tao	Liam	M	FASSCI
	9	Longo	Anna	F	SJASSC
	10	Margaris	Darius	M	SJASSC

6-mauve	2	Haarsma	Dylan	M	Hampton
	3	Doherty	Lillian	F	St. Croix
	4	Zwicker	Liam	M	St. Croix
	5	White	Lucy	F	Hampton
	6	Harrigan	Maeve	F	St. Croix
	7	Butler	Cole	M	St. Croix

7-lime green	6	Harding	Beatrice	F	SJASSC
	7	Tu	Maggie	F	SJASSC
	8	MacKinley	Ashlyn	F	SJASSC
	10	Tong	Haiyi	F	SJASSC
	11	Plausteiner	Julien	M	SJASSC

8-beige	10	Chedore Frenette	Charles	M	SJASSC
	12	Hottzman	Isaac	M	SJASSC
	20	Sgrosso	Luca	M	SJASSC
	21	McKenna	Michaela	F	SJASSC
	30	McKenna	Carmen	F	SJASSC

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BLOCK #1 - Longer distance					
Race	Group	Direction	Track	Laps	Dist
1	black	CC	100m	6L	600
2	burgundy	CC	100m	5L	500
3	turquoise	CC	100m	5L	500
4	dusty blue	CC	100m	4L	500
5	white	CC	100m	4L	400
6	mauve	CC	85 m	4L	340
7	lime green	CC	85 m	3L	255
8	beige	CC	85 m	2L	170

BLOCK #2 - Fast race					
Race	Group	Direction	Track	Laps	Dist
9	black	CC	100m	2L	200
10	burgundy	CC	100m	2L	200
11	turquoise	CC	100m	2L	200
12	dusty blue	CC	100m	2L	200
13	white	CC	100m	2L	200
14	mauve	CC	85 m	2L	170
15	lime green	CC	85 m	2L	170
16	beige	CC	85 m	2L	170

BLOCK #3 - From a Knee start					
Race	Groups	Direction	Track	Laps	Dist
17	black	CC	100M	4L	400
18	burgundy	CC	100M	4L	400
19	turquoise	CC	100M	3L	300
20	dusty blue	CC	85M	3L	255
21	white	CC	85M	3L	255
22	mauve	CC	85M	2 L	170
23	lime green	CC	85M	2 L	170
24	beige	CC	85M	1 L	85

BLOCK #4 - Agility Races from crazy start					
Race	Group	Direction	Track	Laps	Dist
25	black	CC	100m	3L	300
26	burgundy	CC	100m	3L	300
27	turquoise	CC	85m	3L	255
28	dusty blue	CC	85m	3L	255
29	white	CC	85M	3L	255
30	mauve	CC	85M	2L	170
31	lime green	CC	85M	2L	170
32	beige	CC	85M	1L	85

LUNCH 12:15-12:45pm

Crazy Start Examples: Lying on back, Seated facing away from line, lying face down, seated (do 180) up and go

Block #5 - N2N Team Push Relays			
Race	Group	Distance	Teams
33	black burgundy	N2N	Angela, Nick, Nora , Walker; Felix, Courtney, Jadon, Noah; Christine, Matthew, Austin, Sophia
34	turquoise dusty blue	N2N	Noah, David, Colin; Macullum, Carter P. Brayden; Juliana, Juliet, Griffin; Carter, Shirley, Ashley
35	white mauve	N2N	Simon, Lillian, Liam; Julia, Dylan, Lucy; Isaac, Darius, Maeve; Liam, Anna, Cole
36	lime green beige	Center Line	Beatrice, Haiyi, Julien, Luca, Michael Maggie, Ashlyn, Charles, Isaac, Carmen

BLOCK #6 - Teams - Ball chase			
Race	Group	Distance	Teams
37	black burgundy	whole rink	Angela ,Jadon, Austin Felix, Nora , Sophia Mathew, Courtney, Walker Christine, Nick, Noah
38	turquoise dusty blue	whole rink	Noah, David, Colin; Macullum, Carter P. Brayden; Juliana, Juliet, Griffin; Carter, Shirley, Ashley
39	white mauve	far Blue	Simon, Lillian, Liam; Julia, Dylan, Lucy; Isaac, Darius, Maeve ; Liam, Anna, Cole
40	lime green beige	center line	Beatrice ,Haiyi, Julien, Luca, Michael Maggie, Ashlyn, Charles, Isaac, Carmen

BLOCK #7 - TEAM board pad sliding race			
Race	Groups	Distance	Teams
41	black burgundy	N2N	Angela ,Jadon, Austin Felix, Nora , Sophia Mathew, Courtney, Walker Christine, Nick, Noah
42	turquoise dusty blue	N2N	Noah, David, Colin; Macullum, Carter P. Brayden; Juliana, Juliet, Griffin; Carter, Shirley, Ashley
43	white mauve	N2N	Simon, Lillian, Liam; Julia, Dylan, Lucy; Isaac, Darius, Maeve ; Liam, Anna, Cole
44	lime green beige	center line	Beatrice ,Haiyi, Julien, Luca, Michael Maggie, Ashlyn, Charles, Isaac, Carmen

Races may be added or removed depending on time