

**FEMALE SEEDING FOR RACES***1500m*

|          |           | <i>Time</i> | <i>Rank</i> | <i>2 RACES</i> |
|----------|-----------|-------------|-------------|----------------|
| Heidi    | Evans     | 2.3462      | 1           | A              |
| Rikki    | Doak      | 2.3491      | 2           | B              |
| Alyssa   | Seymour   | 2.3557      | 3           | B              |
| Sarah    | Gilbert   | 2.3563      | 4           | A              |
| Danielle | Dumouchel | 2.3613      | 5           | A              |
| Courtney | Saurrault | 2.3885      | 6           | B              |
| Maggie   | Oliver    | 99          | 7           | B              |

*500m*

|          |           | <i>Time</i> | <i>Rank</i> | <i>2 RACES</i> |
|----------|-----------|-------------|-------------|----------------|
| Rikki    | Doak      | 0.4818      | 1           | A              |
| Heidi    | Evans     | 0.4823      | 2           | B              |
| Danielle | Dumouchel | 0.4836      | 3           | B              |
| Sarah    | Gilbert   | 0.4894      | 4           | A              |
| Alyssa   | Seymour   | 0.4911      | 5           | A              |
| Courtney | Saurrault | 0.4956      | 6           | B              |
| Maggie   | Oliver    | 99          | 7           | B              |

*1000m**2 RACES*

|          |           | <i>Time</i> | <i>Rank</i> |   |
|----------|-----------|-------------|-------------|---|
| Rikki    | Doak      | 1.4119      | 1           | A |
| Danielle | Dumouchel | 1.4125      | 2           | B |
| Alyssa   | Seymour   | 1.4131      | 3           | B |
| Sarah    | Gilbert   | 1.4158      | 4           | A |
| Courtney | Saurrault | 1.418       | 5           | A |
| Heidi    | Evans     | 1.4228      | 6           | B |
| Maggie   | Oliver    | 99          | 7           | B |