

U19 Women

Final points standings after Cup #4 — Lakeside Park, St. Catharines, 19 September 2026

ATHLETES

33

JOINT LEADERS

Naomi Cousins & Rose LaFrance 340

CUPS RACED

4 of 4

Full standings

Every athlete in this category, cup by cup.

#	ATHLETE	CLUB	CUP 1	CUP 2	CUP 3	CUP 4	TOTAL
1	Naomi Cousins *	Ridley College Rowing	60	150	–	130	340
1	Rose LaFrance *	Brockville RC	–	125	125	90	340
3	Autumn Prior	Orillia RC	75	–	–	140	215
4	Natalie Bellerby	Don RC	125	–	75	–	200
5	Frances Berry	Brockville RC	–	80	75	–	155
6	Sloane Fournier	Brockville RC	–	25	125	–	150
7	Willow Shepherd	Orillia RC	25	–	–	85	110
8	Margaux Coville	Brockville RC	–	–	55	50	105
9	Zoey Van Gulck	Kingston RC	–	85	–	–	85
10	Isabelle Austen	St. Catharines RC	75	–	–	–	75
11	Ashley De Silva Piques	St. Catharines RC	65	–	–	–	65
11	Kiran Rodgers	Elizabeth City RC	–	65	–	–	65
13	Dakota Roffey	Brockville RC	–	–	55	–	55
13	Elizabeth Brown	Elizabeth City RC	–	55	–	–	55
13	Violet Najjar	Don RC	55	–	–	–	55
16	Adelle Fulton	Ridley College Rowing	–	–	–	50	50
16	Isabella St. John	Brockville RC	–	25	–	25	50
16	Madeleine Oabel	Ridley College Rowing	25	–	–	25	50
19	Eva Hindle	Collingwood RC	–	–	–	40	40
19	Yiwen Zhao	Ridley College Rowing	15	–	–	25	40
21	Natalie Simpson	Ridley College Rowing	15	–	–	15	30
22	Danika Myre	Brockville RC	–	–	25	–	25
22	Eden Helmstaedt	Kingston RC	–	25	–	–	25
22	Faye Bowen	Ridley College Rowing	25	–	–	–	25
22	Gabriella Oleschuk	Kingston RC	–	25	–	–	25
22	Mica Mulligan	Kingston RC	–	25	–	–	25
22	Michelle Gao	Ridley College Rowing	25	–	–	–	25
28	Kate Taylor	Brockville RC	–	15	–	–	15
28	Lara Mueller	Ridley College Rowing	–	–	–	15	15
28	Megan Whitty	Ridley College Rowing	–	–	–	15	15
28	Paisley MacDonald	Cambridge RC	15	–	–	–	15
28	Phoebe Zeng	Ridley College Rowing	–	–	–	15	15
28	Victoria Bristow	Ridley College Rowing	–	–	–	15	15

* **Joint champions.** Naomi Cousins and Rose LaFrance finished level on 340 points. The tiebreaker in section 10 of the Series document does not separate them: at Cup #4 each placed higher in one Series class, and both attended three Cups. They share first place.

How points are awarded. Athletes score in the Olympic coastal classes only — C1x and CMix2x. First 75, second 65, third 60, fourth 55, quarter-finalist 25, round of 16 15, time trial completed 10. Where a field is smaller than sixteen, every athlete who competes is deemed to have reached the round of 16; smaller than eight, the quarter-final.

Series champions are awarded in the four categories, with a club champion to the club whose athletes earn the most cumulative points across the season. Athletes level on points share a place unless the tiebreaker (section 10) decides a top-three place.

Standings are provisional until ratified. rowontario.ca/beach-series