

| | | Teams | | Kingston Collegiate | | Regiopoli Notre Dame Catholic High School | | Ottawa Rowing Club | | Glebe Collegiate Institute | | Kingston Rowing Club | | Holy Cross - Kingston | | Brockville Rowing Club | | Ashbury College Rowing Team | | De La Salle School | | Osgoode Township High School | | Colonel By Secondary School | | College Nouvelles Frontières Rowing Team | | Frontenac Secondary School | | Nepean High School | | Lisgar Collegiate Institute | | Elmwood School | | Quinte | |
|-----------|-------------|------------------|-------------------------|---------------------|-------------------------|---|-----------------------------------|--------------------|--------------------------------|----------------------------|-----------------------|----------------------|------------------------|-----------------------|-----------------|------------------------|--|-----------------------------|--|--------------------|--|------------------------------|--|-----------------------------|--|--|--|----------------------------|--|--------------------|--|-----------------------------|--|----------------|--|--------|--|
| Race Time | Event # | Lane | 1 | PLACE | 2 | PLACE | 3 | PLACE | 4 | PLACE | 5 | PLACE | 6 | PLACE | 7 | PLACE | | | | | | | | | | | | | | | | | | | | | |
| 8:00 AM | 4 - HEAT 1 | Jr A Girls 1x | DLS L. Papillon | 1 | RND N. Albrough | DNF | KRC S. Holland | SCRATCH | GCI M. Mihorean | 3 | HCSS L. Leishman | 2 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:05 AM | 4 - HEAT 2 | Jr A Girls 1x | KNGC E. Wannemacher | 3 | RND C. Turner | 4 | GCI M. Hemphill | 2 | RND H. Moran-MacDonald | 5 | Elmwood G. McNally | 1 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 AM | | 1 Jr B Boys 2x | KRC O. Newbigging | SCRATCH | BRKVL J. Coleman | 1 | GCI J. Hemphill | 2 | ORC J. Patry | 5 | KRC A. Abicht | 4 | AC J. Duo Gao | 3 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:25 AM | | 2 Nov Girls 8+ | Elmwood M. Wu | 2 | GCI A. Barr | 1 | GCI (Jr A boys 8+) S. Hopkins | EX | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:35 AM | | 3 Nov Boys 4x+ | BRKVL C. Ranger | 1 | GCI B Falkner | 2 | ORC N. McDermid | 3 | RND (Jr A Boys 4x) Z. Betts | EX | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 AM | FINAL 4 | Jr A Girls 1x | DLS L. Papillon | 2 | GCI M. Mihorean | 6 | HCSS L. Leishman | 3 | Elmwood G. McNally | 1 | GCI M. Hemphill | 4 | KNGC E. Wannemacher | 5 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:55 AM | | 6 Jr B Girls 4+ | GCI E. Geoffrion | 1 | OTHS A. Walton | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:15 AM | | 7 Jr A Girls 4x | ORC L. Papillon | 2 | RND A. Mombourquette | 4 | ORC E. Chouinard | 3 | GCI J. Bernst | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:25 AM | | 8 Jr A Boys 2x | ORC L. Weekes | 2 | Quinte B. Rivers | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:35 AM | | 9 Jr A Boys 4+ | GCI H. Van Eyk | 1 | OTHS M. Blaney | 3 | ORC M. Lokhonia | 2 | Quinte B. Rivers | SCRATCH | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 AM | 11 - HEAT 1 | Jr B Girls 2x | ORC S. Kovacevic | 3 | BRKVL I. Howley | 2 | GCI M. Mihorean | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:05 AM | 11 - HEAT 2 | Jr B Girls 2x | AC E. Khatchadourian | 4 | ORC K. Berry | 3 | Elmwood O. Rice Hui | 1 | ORC L. Bond | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 AM | | 12 Nov Boys 8+ | GCI J. Malaty | 3 | KRC B. Mahood | 2 | OTHS E. McIntosh | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:45 AM | FINAL 11 | Jr B Girls 2x | GCI M. Mihorean | 1 | BRKVL I. Howley | 3 | Elmwood O. Rice Hui | 2 | ORC L. Bond | 3 | ORC K. Berry | 3 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:55 AM | | 13 Nov Girls 4x+ | Elmwood N. Watt | 2 | GCI S. Moore | 1 | Quinte B. Rivers | EX | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:05 AM | | 14 Jr A Boys 1x | AC A. Lokhonia | 3 | CNF D. Johnson | 5 | FSS C. Hay | 1 | GCI M. Maclean-Max | 2 | Nepean F. Duncan | 4 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:25 AM | | 16 Jr B Boys 4+ | KRC W. Vandenburg | 1 | KRC D. Bradizza | 2 | Quinte (Jr A Girls 4+) L. Lane | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:35 AM | | 18 Jr A Girls 2x | LCI L. Blume | 3 | Elmwood C. Bascombe | 2 | GCI M. Weston | 1 | RND H. Moran-MacDonald | 7 | CB K. Linscott | 6 | DLS L. Papillon | 4 | GCI S. Steel | 5 | | | | | | | | | | | | | | | | | | | | | |
| 11:45 AM | | 20 Jr B Girls 4x | Elmwood H. Gerring | 2 | Elmwood R. Sandhu | 3 | ORC K. Berry | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 PM | | 22 Mixed 8+ | GCI Sasha | 3 | GCI A. Barr | 1 | GCI J. Malaty | 6 | OTHS E. McIntosh | 5 | ORC M. McLeod | 2 | RND C. Turner | 4 | AC | 7 | | | | | | | | | | | | | | | | | | | | | |

| Event Number | Event | Winner |
|---------------------|---------------|----------------------|
| 1 | Jr B Boys 2x | BRKVL - J. COLEMAN |
| 2 | Nov Girls 8+ | GCI - A. BARR |
| 3 | Nov Boys 4x+ | BRKVL - C.RANGER |
| 4 | Jr A Girls 1x | ELMWOOD - G. MCNALLY |
| 6 | Jr B Girls 4+ | GCI - E. GEOFFRION |
| 7 | Jr A Girls 4x | GCI - J. BERNST |
| 8 | Jr A Boys 2x | QUINTE - B. RIVERS |
| 9 | Jr A Boys 4+ | GCI - H. VAN EYK |
| 12 | Nov Boys 8+ | OTHS - E. MCINTOSH |
| 11 | Jr B Girls 2x | GCI - M. MIHOREAN |
| 13 | Nov Girls 4x+ | GCI - S. MOORE |
| 14 | Jr A Boys 1x | FSS - C. HAY |
| 16 | Jr B Boys 4+ | KRC - W. VANDENBERG |
| 18 | Jr A Girls 2x | GCI - M. WESTON |
| 20 | Jr B Girls 4x | ORC - K. BERRY |
| 22 | Mixed 8+ | GCI - A. BARR |