**December 16, 2018** **3 x 1000m/3' rest**

| Men | | | | Women | | | |
|---|---|---|---|---|---|---|---|
| **Name** | **Club** | **AVG/500m** | **Time** | **Name** | **Club** | **AVG/500m** | **Time** |
| Russell Lawrence | SRC | 1:38.3 | 9:49.9 | Lily Jedlic | RRC | 1:57.2 | 11:43.6 |
| Dave Ukrainetz | SRC | 1:40.6 | 10:03.6 | Josie Halko | LRC | 1:59.0 | 11:54.4 |
| Ben Hersche | RRC | 1:43.0 | 10:18.3 | Jenalyn Simpkins | RRC | 1:59.0 | 11:54.5 |
| David Lopez | LRC | 1:44.9 | 10:29.4 | Molly Escott | RRC | 1:59.2 | 11:55.7 |
| Theo Diedrichson | SRC | 1:45.6 | 10:34.0 | Tracy Matthews | LRC | 1:59.8 | 11:59.1 |
| Matthew Johner | SRC | 1:47.7 | 10:46.4 | Lauren Matai | SRC | 2:00.0 | 12:00.2 |
| Johnathan McLeod | SRC | 1:49.5 | 10:57.2 | Elana Gelineau | SRC | 2:00.2 | 12:01.5 |
| Elijah Lopez | LRC | 1:52.4 | 11:14.8 | Nicole Golden | SRC | 2:03.0 | 12.18.5 |
| Thomas Farquhar | RRC | 1:53.0 | 11:18.0 | Karen Glazebrook | SRC | 2:04.8 | 12:29.2 |
| Steven Mellesmoen | SRC | 1:53.3 | 11:20.3 | Stella McLeod | RRC | 2:05.0 | 12:30.4 |
| Doug Zolinski | SRC | 1:54.3 | 11:25.8 | Shelby Lane | LRC | 2:06.3 | 12:36.2 |
| Henry Burdick | RRC | 1:54.3 | 11:26.0 | Drew Allen | RRC | 2:06.7 | 12:40.7 |
| Layne Allen | LRC | 1:56.0 | 11:36.1 | Rachel Way | LRC | 2:09.3 | 12:55.8 |
| Nick Barden | RRC | 1:58.4 | 11:50.6 | Megan Kish | SRC | 2:09.4 | 12:56.4 |
| Hayden Simair | RRC | 2:00.8 | 12:04.9 | Michelle Lopez | LRC | 2:09.9 | 12:59.5 |
| Grayson Laycock | SRC | 2:00.8 | 12:05.2 | Jo Tichkowsky | LRC | 2:09.9 | 12:59.5 |
| Max Pally | SRC | 2:03.8 | 12:22.8 | Mya Kelln | SRC | 2:11.2 | 13:07.7 |
| Jericho McLachlin | SRC | 2:05.9 | 12:35.7 | Courtney Blatz | SRC | 2:11.6 | 13:09.6 |
| Jacob Blazic | SRC | 2:13.4 | 13:20.9 | Bronwyn Evans | RRC | 2:14.7 | 13:28.7 |
| Matti Diedrichson | SRC | 2:59.9 | 17:59.7 | Lone Buchwaldt | SRC | 2:16.1 | 13:37.0 |
| | | | | Emily Lake | LRC | 2:16.6 | 13:39.6 |
| | | | | Carla Hale | LRC | 2:17.9 | 13:46.4 |
| | | | | Ella Matthews | LRC | 2:17.8 | 13:46.9 |
| | | | | Vanessa Guest | SRC | 2:22.3 | 14:13.9 |
| | | | | Loretta Eppen | LRC | 2:38.6 | 15:52.0 |