

2010 Capital Sprints Regatta

Heat Sheet for Saturday, July 10

Time	Race	Description	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00	1	Mens Adaptive LTA 1x			CRC M. Vegas	CRC C. Linderman	CRC J. Beagle	
8:08	2	Mixed Adaptive Arms Only 2x			CRC C. Davis	CRC B. Herman		
8:16	3	Mens Open/Novice 4+			CRC L. Stancik	CLRA D. King	CRC TBD	
8:24	4	Mens Open 2x			CRC M. Fowle	Gonzaga D. White	TRRA H. Cohen	
8:32	5	Womens Novice 1x		WRS D. Monroe	RowNY(A) M. Vanderlinden	RowNY(B) M. Warshaw	CRC D. Haney	
8:40	6	Womens Open/Ltwt 1x		TRRA D. Millet	TRRA T. Yanowitz	CRC P. Besteman	TRRA J. Langzettel	
8:48	7	Womens Masters 1x	ACR B. Ralston (30)	CRC R. Hollins (44)	TRRA A. Wenscel (50)	TRRA W. Lomicka (52)	BRC A. Couwenhoven (56)	CRC P. Soller (63)
8:56	8a	Mens Masters 4+ A		CRC L. Stancik (34)	DCSRC R. Freedman (35)	TRRA B. Dorenkott (30)	DCSRC (B) M. Stratmoen (34)	DCSRC (D) S. O'Sullivan (35)
9:04	8b	Mens Masters 4+ B		TRRA J. Bowlby (36)	CLRA D. King (36)	CRC(A) L. Lehnert (37)	DCSRC(C) E. Morgan (42)	CRC(B) A. Potter (37)
9:12	8c	Mens Masters 4+ C		CRC S. McKay (47)	ACR I. Walsh (44)	TRRA R. Steigerwald (45)	TRRA(B) J. Capretti (45)	ACR(B) M. Lucban (49)
9:20	8d	Mens Masters 4+ D/E		BRC A. Hall (52)	TRRA(B) E. Killmayer (59)	CLRA(B) J. Whiting (51)	ACRC R. Roberts (59)	
9:28	9	Womens Masters 2-			BRC E. Turtle (47)	BRC M. Penning		
9:36	10a	Mens Masters 1x C/D/E		BRC A. Garzino- Demon (45)	PBC N. Holland (50)	CRC P. Folger (50)	BRC M. Daemen (54)	CLRA A. Vafae (55)

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9:44	10b	Mens Masters 1x E/F/G		Seymour D. Eichler (61)	PBC N. Young (63)	CLRA(B) B. Flynn (56)	BRC C. Wehmueller (59)	TRRA R. Ulsh (66)
9:52	11	Mens Novice 8+			DCSRC M. Stratmoen	CRC TBD	DCSRC E. Underhill	
10:00	12	Womens Novice 8+			DCSRC E. Morgan	CRC TBD		
10:08	13a	Womens Open 4+		BRC D. Chin	CRC(A) G. Abel	ARC L. Roman	CRC(B) Steff McKay	TRRA S. Berkovich
10:16	13b	Womens Open 4+		RowNY C. Sevilla	CRC(C) Sue McKay	TRRA(B) E. Fishback	CRC T. Tenaglia	ACR B. Shipp
10:24	14a	Mens Masters 8+ A/B		CRC L. Stancik (31)	DCSRC R. Freedman (34)	CRC S. Calvert (35)	DCSRC(B) S. O'Sullivan (36)	DCSRC© C. Jones (41)
10:32	14b	Mens Masters 8+ C/D/E		BRC D. Chin (46)	TRRA M. Lee (45)	CLRA J. Whiting (48)	ACR I. Walsh (50)	TRRA S. Carr (59)
10:40	15	Mixed Adaptive T/A 2x			CRC L. Piereth	CRC(B) J. Tezak		
10:48	16	Womens Open Ltwt 2x			BRC M. Penning	CRC P. Besteman		
10:56	17	Mens Novice/Junior 1x		WRS M. Lautenberger	CRC M. Allen	PBC G. Young	CRC G. Kraus	
11:04	18	Womens Masters 4x		TRRA L. Suplick (43)	BRC(B) A. Kleine (43)	BRC L. Pipitone (50)	TRRA A. Fox (52)	
11:12	19	Womens Open 8+	TRRA S. Berkovich	CRC G. Abel	RowNY M. Sanchez	CRC(B) L. Stancik	TRRA(B) E. Fishback	RowNY(B) E. Savarese
11:20	20	Mens Open 8+			TRRA J. Bowlby	CRC Steff McKay		
11:28	LUNCH BREAK							

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12:00	21a	Womens Masters 2x A/B/C		TRRA E. Bowman (27)	ACR B. Ralston (33)	BRC(B) S. Bausch (42)	CRC C. Dinion (45)	
12:08	21b	Womens Masters 2x D		TRRA B. Ensminger (51)	TRRA(B) A. Pfenningwerth (51)	TRRA(C) A. Fox (51)	TRRA(D) A. Ciccola (53)	BRC H. Hutton (54)
12:16	21c	Womens Masters 2x E			TRRA(B) J. Odenheimer (55)	CLRA(B) B. Heck (57)	CLRA L. McCarthy (57)	
12:24	22	Mens Masters 2-		DCSRC K. Kriese (41)	Marietta K. Sutter (45)	CLRA Y. Kuvan (46)	BRC M. Chin (51)	
12:32	23	Mens Open Ltwt 1x			CRC J. Carrasco	ACR N. Uber		
12:40	24a	Womens Masters 8+ A	ACR A. Shankles	BRC S. Ember (32)	DCSRC M. Stratmoen (32)	CRC R. Friend (32)	CRC M. Unnikrishnan (33)	CRC G. Abel (35)
12:48	24b	Womens Masters 8+ B			TRRA S. Berkovich (36)	CRC(B) L. Stancik (38)	TRRA R. Steigerwald (39)	
12:56	24c	Womens Masters 8+ C/E		Rock Creek(B) D. Boucher (46)	TRRA B. Dorenkott (46)	CLRA D. King (48)	Rock Creek S. Cox (49)	ACRM B. Freitag (55)
1:04	25	Womens Jr 8+			RowNY D. Matute	Seymour J. Mashado	RowNY C. Sevilla	
1:12	26	Womens Novice 4+			CRC TBD	RowNY C. DiManio	CRC E. Harkness	
1:20	27a	Mens Masters 2x B/C		BRC C. Morrison (39)	CLRA J. Flynn (42)	BRC A. Garzino (46)	CRC P. Lally (46)	
1:28	27b	Mens Masters 2x C/D/E		Marietta K. Sutter (45)	HRRC S. Smith (47)	Fairmount R. Lipa (54)	TRRA W. Anderson (57)	
1:36	28a	Womens Masters 4+ A		TRRA R. Steigerwald (30)	CRC T. Tenaglia (29)	DCSRC(B) R. Freedman (31)	CRC(C) Steff McKay (31)	DCSRC M. Stratmoen (33)

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1:44	28b	Womens Masters 4+ A		CRC(B) L. Stancik (32)	TRRA(C) B. Dorenkott (32)	DCSRC(C) J. Beddia (35)	CRC S. Bezanson (31)	ACR B. Shipp
1:52	28c	Womens Masters 4+ B/C	BRC D. Chin (37)	ACRM K. Snyder (37)	TRRA S. Berkovich (38)	CRC G. Abel (38)	CLRA J. Whiting (43)	Rock Creek D. Boucher (47)
2:00	28d	Womens Masters 4+ D/E	ARC L. Roman (50)	TRRA(B) E. Fishback (51)	TRRA(B) M. Lee (51)	TRRA E. Killmeyer (53)	WeCanRow T. Felker (55)	Rock Creek (B) S. Cox (58)
2:08	29	Womens Open 4x			CRC A. Schreffler	TRRA K. Stutz		
2:16	30	Womens Jr 4+		Seymour J. Mashado	RowNY D. Matute	RowNY(B) M. Sanchez	RowNY(C) E. Savarese	Seymour TBD
2:24	31	Mens Masters 4x			TRRA B. Disalle (33)	ACR J. Caple (53)	CRC J. Carasco (35)	
2:32	32a	Mixed 8+		TRRA R. Steigerwald	BRC M. Penning	CRC C. Constantine	DCSRC R. Freedman	TRRA E. Killmeyer
2:40	32b	Mixed 8+		TRRA S. Berkovich	CLRA J. Whiting	CRC(A) B. Schwartz	DCSRC(B) M. Stratmoen	CRC© N. Kellner
2:48	32c	Mixed 8+		TRRA(B) E. Fishback	DCSRC(C) N. Zahran	CRC(B) K. Erbeling	CLRA (B) D. King	
2:56	33a	Mixed 2x		ACR N. Uber	BRC A. Garzino	CRC P. Besteman	CLRA A. Vafae	
3:04	33b	Mixed 2x		BRC C. Wehmuller	TRRA J. Dillon	PBC Z. Galis	TRRA R. Ball	WRS C. Cole