



2017 Capital Sprints

Heat Sheet for Saturday, Jul 8

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	07:15 AM	Coaches & Coxswains Meeting						
1a	08:00 AM	Mens Open 1x Flight	Baltimore (C. OKeefe)	Raleigh (S. Stephenson)	Swan Creek RC (S. Price)	Capital (R. Best)	Hampton Roads (T. O'Loughlin)	Potomac (E. Caudron)
7a	08:07 AM	Mens/Womens Adaptive Open 1x L/T/A Flight 1	Athletes Without Limits (B. Worley)	Athletes Without Limits (J. Garcia)	Capital (D. Longo)	Athletes Without Limits (J. Boatner)	Athletes Without Limits (M. Worley)	
2a	08:14 AM	Mens Jr 1x Flight	Capital (A. Mahr)	Washington Rowing School (M. Proestel)				
3a	08:14 AM	Mens Novice 1x Flight			Raleigh (J. Davis)	Baltimore A (J. Franek)	Baltimore B (T. Jones)	Capital (J. Hickman)
4a	08:21 AM	Womens Open 1x Flight	Potomac B (C. Dinion)	Alexandria B (J. Rubini)	Rock Creek (R. Hassani)	Alexandria A (A. Clark)	Capital A (R. Hollins)	Potomac A (O. Huxley)
5a	08:28 AM	Womens Jr 1x Flight	Capital (E. Wolfe)	Old Dominion A (G. Vannatta)	Resilient RC B (L. Nicolai)	Old Dominion A (B. Markel)	Resilient RC A (A. Veizi)	Capital (R. Hovanex)
6a	08:35 AM	Womens Novice 1x Flight	Capital Y (S. Das)	Baltimore B (L. Rand)	Baltimore A (M. Wilson)	Resilient RC (V. Lanning)	Raleigh (D. Babineau)	Capital (A. Gorlick)
7b	08:42 AM	Mens/Womens Adaptive Open 1x L/T/A Flight 2				Athletes Without Limits (K. Crean)	Capital (S. Davies)	

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8a	08:49 AM	Mens/Womens Adaptive 1x A/S Flight 1	Capital (J. Tezak)	RCR (V. Bugger)	Capital (S. Franks)	RCR (H. Humphreys)		
8b	08:49 AM	Mens/Womens Adaptive 1x A/S Flight 2					RCR (T. Roberts)	Medstar Paralympic (H. Smith)
9a	08:56 AM	Mens Masters 4+ Flight 1	Capital D (M. Pease) [A/32/0.5]	D.C. Strokes B (A. Blakeslee) [A/33/0.8]	Western Reserve A (S. Simpson) [A/33/0.8]	Alexandria A (A. Moburg-Jones) [A/34/1.1]	Baltimore (A. Zook) [A/27/0.0]	D.C. Strokes A (K. Kriese) [B/40/3.7]
9c	09:03 AM	Mens Masters 4+ Flight 2	D.C. Strokes C (B. Fisher) [B/42/1.2]	Western Reserve B (W. Rickman) [C/46/4.1]	Capital C (A. Swab) [C/43/1.8]	D.C. Strokes D (P. Heaton) [C/45/3.3]	Capital B (J. Abrams) [C/43/1.8]	Virginia (M. Scott) [B/40/0.0]
9d	09:10 AM	Mens Masters 4+ Flight 3	Capital A (R. Stedman) [D/54/4.3]	Rock Creek A (P. Thomas) [E/59/10.7]	Oakton Masters Rowing Club (S. DeTeresa) [E/59/10.7]	Rock Creek A (R. McClennan) [E/56/6.8]	Alexandria C (T. Fannon) [E/57/8.0]	Swan Creek RC (A. Albanir) [D/50/0.0]
9e	09:17 AM	Mens Masters 4+ Flight 4		Western Reserve C (R. Emmet) [F/63/0.0]	Alexandria B (M. Walsh) [G/66/4.9]	Rock Creek A (H. Baker) [F/63/0.0]		
10b	09:24 AM	Womens Masters 8+ Flight 1	Prince William (K. Changes) [B/38/1.1]	Capital B (A. Buck) [B/36/0.3]	Alexandria B (C. Urbanczyk) [B/37/0.7]	Capital A (C. Elias) [B/39/1.6]	Western Reserve (L. VanLear) [B/38/1.1]	Capital D (M. McMenamin) [A/35/0.0]
10c	09:31 AM	Womens Masters 8+ Flight 2	Virginia (E. Simon) [B/41/0.0]	Carolina Masters (E. Jenista) [C/49/5.8]	Capital C (B. Neumann) [C/43/1.2]	Washington Rowing School (A. Waguespack) [C/47/4.1]	Alexandria A (J. Bright) [C/45/2.6]	Annapolis RC B (H. Thomas) [B/41/0.0]
10d	09:38 AM	Womens Masters 8+ Flight 3	Alexandria A (P. Goodwin) [E/58/6.7]	Annapolis RC A (A. Iannaccone) [D/52/0.0]	Rock Creek A (B. Miller) [D/53/1.0]	Capital E (H. Scalzott) [D/54/2.1]	Rock Creek B (E. DiCarlo) [E/59/8.0]	
13a	09:45 AM	Mens Adaptive 2x LTA: Flight 1 Flight	Capital A (C. LINDERMAN)	Athletes Without Limits C (V. DSouza)	Athletes Without Limits A (L. Arnold)	Capital A (C. Lenneman)	Athletes Without Limits B (B. McGann)	Athletes Without Limits D (D. Guly)

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11a	09:52 AM	Mens Masters 1x Flight 1		Baltimore B (M. Shields) [B/39/0.0]	Capital A (R. Best) [B/41/0.0]	Hampton Roads B (B. Krasney) [B/40/0.0]		
11b	09:59 AM	Mens Masters 1x Flight 2		Potomac D (E. Caudron) [D/51/4.4]	Raleigh (S. Stephenson) [C/47/0.0]	Capital B (F. slakey) [D/54/8.2]	Carolina Masters B (R. Kyle) [D/51/4.4]	
11c	10:06 AM	Mens Masters 1x Flight 3	Capital C (R. Reichart) [E/55/0.0]	Unaff. (USA) (B. Rusinovic) [E/56/0.0]	Washington Rowing School D (S. Plog) [E/57/0.0]	Washington Rowing School C (C. Arnold) [E/59/0.0]	Carolina Masters A (D. Margolis) [E/58/0.0]	
11d	10:13 AM	Mens Masters 1x Flight 4	Baltimore C (M. Daemen) [F/61/0.0]	Passaic River (J. Levinson) [F/61/0.0]	Washington Rowing School B (D. McElrath) [F/62/0.0]	Hampton Roads A (N. Conner) [F/64/0.0]	Potomac B (W. Kostoff) [F/61/0.0]	
11e	10:20 AM	Mens Masters 1x Flight 5	Baltimore A (C. WehmueLLer) [G/66/0.0]	Potomac A (C. Sutliff) [J/80/32.2]	Washington Rowing School A (d. parsons) [H/72/12.6]	Rock Creek (J. Bracewell) [H/70/8.2]	Potomac C (N. Young) [H/70/8.2]	
12a	10:27 AM	Womens Masters 1x Flight 1	Capital B (S. Acerra) [C/44/0.0]	Baltimore (L. Gamble) [D/54/11.0]	Potomac (C. Dinion) [D/53/9.7]	Washington Rowing School B (V. Lance) [E/55/12.4]	Washington Rowing School B (L. Arnold) [E/58/16.8]	
12c	10:34 AM	Womens Masters 1x Flight 2	Rock Creek B (R. Hassani) [F/62/0.0]	Rock Creek A (L. Porter) [F/62/0.0]	Washington Rowing School A (C. Cole) [F/61/0.0]	Washington Rowing School B (P. Jackman) [F/62/0.0]	Capital A (A. Diggs) [F/62/0.0]	
14a	10:41 AM	Mens Adaptive 2x LTA: Flight 2 Flight	Athletes Without Limits A (J. Boatner)	Capital A (I. Onafeko)	Capital A (H. Quayle)	Athletes Without Limits B (J. Garcia)	Athletes Without Limits C (M. Worley)	Athletes Without Limits D (B. Worley)
15a	10:48 AM	Womens Masters 2-Flight		Annapolis RC A (W. Smith) [D/54/8.2]	Alexandria (P. Jones) [C/47/0.0]	Annapolis RC B (D. Yatsuk) [E/59/15.6]		
16a	10:55 AM	Mens Masters 2-Flight		Washington Rowing School (S. Plog) [E/58/10.8]	Swan Creek RC A (A. Albanir) [D/50/0.0]	Virginia (O. Barth) [D/54/5.0]	Swan Creek RC B (J. Rahtz) [D/50/0.0]	

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
17a	11:02 AM	Mens Open 4x Flight	Raleigh (C. Jarmul)					
18a	11:02 AM	Mens Jr 4x Flight				Swan Creek RC (H. Baker)	Resilient RC (D. Yutin)	
20a	11:09 AM	Womens Jr 4x Flight		Resilient RC B (L. Rothaermel)	Resilient RC A (L. Nicolai)	Swan Creek RC (J. LeChien)		
21a	11:16 AM	Mens Open 8+ Flight		Capital (M. Pease)	RCR (T. Rodgers)	D.C. Strokes (K. Kriese)		
22a	11:16 AM	Mens Jr 8+ Flight					Swan Creek RC (B. COOPER)	
24a	11:23 AM	Womens Open 4+ Flight		Capital (J. Marshall)	Baltimore (L. Rand)	D.C. Strokes (A. Edwards)	Virginia (M. Brannan)	
25a	11:30 AM	Womens Jr 4+ Flight		Swan Creek RC (r. cooper)	Resilient RC (A. Krobot)	Mount Vernon (A. Huffman)		
26a	11:30 AM	Womens Novice 4+ Flight					Capital (A. Seira)	
27a	11:37 AM	Mens/Womens Adaptive 1x T/A Flight 1		RCR (E. Bondeson)	RCR (G. Melder)	Capital (K. Marrs)		
27b	11:37 AM	Mens/Womens Adaptive 1x T/A Flight 2					Medstar Paralympic (L. Bow)	
29a	11:44 AM	Womens Masters 2x Flight	Carolina Masters (E. Jenista) [B/40/1.1]	Hampton Roads (A. Shinofield) [E/55/14.3]	Baltimore (C. Shields) [B/38/0.0]	Washington Rowing School (L. Arnold) [E/56/15.6]	Rock Creek (P. Kristal) [E/56/15.6]	

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
30a	11:51 AM	Mens Masters 2x Flight 1	Rock Creek A (K. Fennelly) [G/65/7.7]	Washington Rowing School (d. parsons) [G/67/11.1]	Western Reserve B (K. Watterson) [F/60/0.0]	Annapolis RC (R. Biddle) [F/62/3.0]	Rock Creek A (H. Baker) [G/67/11.1]	
30b	11:58 AM	Mens Masters 2x Flight 2		Hampton Roads (P. McLaughlin) [E/57/0.0]	Potomac/Baltimore [Composite] (E. Caudron) [E/56/0.0]	Capital/Potomac [Composite] A (F. slakey) [E/57/0.0]	Passaic River (J. Levinson) [E/59/0.0]	
30c	12:05 PM	Mens Masters 2x Flight 3		Capital B (I. Onafeko) [C/43/4.7]	Western Reserve A (C. Clark) [A/33/0.0]	Virginia (O. Barth) [D/54/14.9]		
28a	12:12 PM	Mixed 4+ Flight 1	D.C. Strokes C (G. Simoneau)	Oakton Masters Rowing Club (M. Dobry)	D.C. Strokes B (A. Edwards)	Capital C (M. McMenamin)	Virginia A (A. Farris Rogers)	Capital B (T. Kerns)
28b	12:19 PM	Mixed 4+ Flight 2	D.C. Strokes A (B. Forehand)	Mount Vernon B (I. McClure)	Virginia A (R. Dorn)	Washington Rowing School (C. Cole)	Capital A (M. Neumann)	Mount Vernon A (A. Badgett)
32a	12:26 PM	Mens Jr 2x Flight		Resilient RC A (D. Yutin)	Resilient RC B (P. Sheridan)	Swan Creek RC (M. Rahtz)		
36a	12:33 PM	Womens Adaptive 2x LTA Flight		Medstar Paralympic (S. Smith)	Athletes Without Limits B (L. Lecce)	Athletes Without Limits A (K. Crean)		
	12:40 PM	Lunch Break						
31a	01:30 PM	Mens Open 2x Flight	Raleigh A (C. Jarmul)	Raleigh A (J. Davis)	Swan Creek RC (W. Altier)	Hampton Roads (B. Krasney)	Baltimore A (P. Constantino)	Baltimore B (A. Zook)
34a	01:37 PM	Womens Jr 2x Flight 1		Resilient RC C (A. Veizi)	Swan Creek RC B (r. cooper)	Old Dominion (G. Vannatta)	Resilient RC D (N. LaJoie)	
34b	01:44 PM	Womens Jr 2x Flight 2	WITH EVENT 35	Resilient RC E (A. Gall)	Swan Creek RC A (O. Ondis)	Resilient RC B (L. Nicolai)	Resilient RC A (V. Lanning)	

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
35a	01:44 PM	Womens Open Ltwt 2x Flight	WITH EVENT 34b						Alexandria (A. Clark)
37a	01:51 PM	Womens Masters 4+ Flight 1	Virginia A (M. Townes) [A/30/0.0]	Capital A (A. Buck) [A/27/0.0]	Alexandria A (C. Urbanczyk) [A/35/0.0]	D.C. Strokes A (A. Edwards) [A/32/0.0]	Annapolis RC A (H. Thomas) [A/33/0.0]	Western Reserve A (L. VanLear) [A/35/0.0]	
37b	01:58 PM	Womens Masters 4+ Flight 2	Virginia A (M. Brannan) [B/39/2.8]	Western Reserve B (R. Luken) [B/42/4.6]	Capital D (L. Cisek) [A/31/0.0]	D.C. Strokes B (G. Simoneau) [B/36/1.4]	Capital C (C. Fratzke) [B/37/1.9]	Washington Rowing School (C. Cole) [B/42/4.6]	
37c	02:05 PM	Womens Masters 4+ Flight 3	Annapolis RC D (A. Iannaccone) [C/45/0.0]	Capital B (S. Montgomery) [C/49/0.0]	Alexandria A (J. Bright) [C/49/0.0]	Annapolis RC B (S. Schmid) [C/49/0.0]	Carolina Masters A (E. Jenista) [C/43/0.0]	Baltimore (L. Rand) [C/44/0.0]	
37d	02:12 PM	Womens Masters 4+ Flight 4		Prince William (J. Bishop) [D/51/0.0]	Rock Creek A (S. Moazed) [D/51/0.0]	Virginia A (L. Molin) [D/51/0.0]	Carolina Masters B (R. Brady) [D/51/0.0]		
37e	02:19 PM	Womens Masters 4+ Flight 5		Rock Creek B (B. Heck) [E/58/0.0]	Annapolis RC C (D. Yatsuk) [E/58/0.0]	Rock Creek C (E. DiCarlo) [F/61/4.2]			
38a	02:26 PM	Mens Masters 8+ Flight 1	D.C. Strokes A (A. Fish) [B/39/2.9]	RCR (T. Rodgers) [AA/24/0.0]	D.C. Strokes B (P. Heaton) [B/39/2.9]	Western Reserve A (S. Simpson) [B/40/3.4]	D.C. Strokes C (N. Paxton) [A/35/1.3]	Capital B (G. Dean) [C/44/5.8]	
38b	02:33 PM	Mens Masters 8+ Flight 2	Capital C (M. Neumann) [C/48/8.8]	Alexandria (A. Moburg-Jones) [C/48/8.8]	Capital D (T. Heidel) [C/48/8.8]	Western Reserve B (K. Watterson) [D/54/14.6]	Capital A (R. Stedman) [Under 21/0/0.0]	Rock Creek (R. McClennan) [F/60/21.8]	
39a	02:40 PM	Mens Masters 4x Flight		Potomac (N. Holland) [C/48/2.3]	Rock Creek (H. Baker) [G/66/23.9]	Hampton Roads (B. Krasney) [C/45/0.0]			
40a	02:47 PM	Womens Masters 4x Flight		Washington Rowing School (P. Jackman) [E/57/12.2]	Hampton Roads (A. Shinofield) [C/47/2.2]	Baltimore (L. Gamble) [C/47/2.2]	Raleigh (C. Urbanczyk) [C/44/0.0]		
41a	02:54 PM	Mixed Adaptive 2x AS/TA Flight		Medstar Paralympic (L. Bow)	Capital B (s. Anderson)	RCR (J. Sloan)			

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
43a	03:01 PM	Mens Jr 4+ Flight		Resilient RC (P. Corrigan)	Swan Creek RC A (I. Fitzsimons)	Mount Vernon (S. Robinson)	Swan Creek RC A (B. Falk)	
44a	03:01 PM	Mens Novice 4+ Flight	Capital (D. Nursey)					
45a	03:08 PM	Mens Open 4+ Flight 1		Baltimore (A. Zook)	Swan Creek RC (A. Albanir)	Athletes Without Limits (N. Belvin)	Virginia (M. Scott)	
45b	03:15 PM	Mens Open 4+ Flight 2		D.C. Strokes B (A. Fish)	D.C. Strokes A (J. McGuirk)	Capital (M. Pease)		
46a	03:22 PM	Womens Open 8+ Flight			Capital A (B. Neumann)			
47a	03:22 PM	Womens Jr 8+ Flight				Resilient RC (A. Veizi)	Swan Creek RC (J. LeChien)	
49a	03:29 PM	Mixed 2x Flight 1		Hampton Roads (N. Conner)	Rock Creek (J. Sierra)	Raleigh (S. Hartnell)	Baltimore (C. Shields)	
49b	03:36 PM	Mixed 2x Flight 2		Potomac (N. Davies)	Capital B (A. Diggs)	Carolina Masters (R. Kyle)	Capital A (M. Bureau)	
52a	03:43 PM	Mens Jr 2- Flight	Swan Creek RC (W. Darling)					
53a	03:43 PM	Womens Open 2- Flight						Annapolis RC (A. Iannaccone)
54a	03:43 PM	Womens Jr 2- Flight		Resilient RC C (L. Nicolai)	Swan Creek RC (G. Roberts)	Resilient RC B (R. Fogg)	Resilient RC A (V. Lanning)	

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
50a	03:50 PM	Mixed 8+ Flight 1	Western Reserve A (S. Simpson)	Capital A (S. Baker)	Washington Rowing School (C. Arnold)	Capital C (T. Kerns)	Resilient RC (D. Yutin)	
50b	03:57 PM	Mixed 8+ Flight 2	Swan Creek RC (B. Falk)	D.C. Strokes A (J. McGuirk)	D.C. Strokes B (S. O'Banion)	Virginia (O. Barth)	Capital B (K. Peterson)	
50c	04:04 PM	Mixed 8+ Flight 3	Capital E (H. Scalzott)	Capital D (M. Pease)	Mount Vernon (T. Daigle)	Western Reserve B (L. VanLear)	Annapolis RC (J. Bunce)	
55a	04:11 PM	Mixed 4x Flight		Capital (A. Diggs)	Rock Creek (R. Hassani)	Hampton Roads (S. Smith)	Raleigh (S. Hartnell)	