



# 2017 Capital Sprints

## Heat Sheet for Saturday, Jul 8

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1a	08:00 AM	Mens Open 1x Flight	<b>Baltimore</b> (C. OKeefe)	<b>Raleigh</b> (S. Stephenson)	<b>Swan Creek RC</b> (S. Price)	<b>Capital</b> (R. Best)	<b>Hampton Roads</b> (T. O'Loughlin)	<b>Potomac</b> (E. Caudron)
7a	08:07 AM	Mens/Womens Adaptive Open 1x L/T/A Flight 1	<b>Athletes Without Limits</b> (B. Worley)	<b>Athletes Without Limits</b> (J. Garcia)	<b>Capital</b> (D. Longo)	<b>Athletes Without Limits</b> (J. Boatner)	<b>Athletes Without Limits</b> (M. Worley)	
2a	08:14 AM	Mens Jr 1x Flight					<b>Washington Rowing School</b> (M. Proestel)	
3a	08:14 AM	Mens Novice 1x Flight		<b>Baltimore B</b> (T. Jones)	<b>Raleigh</b> (J. Davis)	<b>Baltimore A</b> (J. Franek)		
4a	08:21 AM	Womens Open 1x Flight	<b>Potomac B</b> (C. Dinion)	<b>Alexandria B</b> (J. Rubini)	<b>Rock Creek</b> (R. Hassani)	<b>Alexandria A</b> (A. Clark)	<b>Capital A</b> (R. Hollins)	<b>Potomac A</b> (O. Huxley)
5a	08:35 AM	Womens Jr 1x Flight		<b>Old Dominion A</b> (G. Vannatta)	<b>Resilient RC B</b> (L. Nicolai)	<b>Old Dominion A</b> (B. Markel)	<b>Resilient RC A</b> (A. Veizi)	
6a	08:42 AM	Womens Novice 1x Flight	<b>Capital</b> (S. Das)	<b>Baltimore B</b> (L. Rand)	<b>Baltimore A</b> (M. Wilson)	<b>Resilient RC</b> (V. Lanning)	<b>Raleigh</b> (D. Babineau)	
7b	08:49 AM	Mens/Womens Adaptive Open 1x L/T/A Flight 2				<b>Athletes Without Limits</b> (K. Crean)	<b>Capital</b> (S. Davies)	
8a	08:56 AM	Mens/Womens Adaptive 1x A/S Flight	<b>Capital</b> (J. Tezak)	<b>RCR</b> (V. Bugger)	<b>Capital</b> (S. Franks)	<b>RCR</b> (T. Roberts)	<b>RCR</b> (H. Humphreys)	<b>Medstar Paralympic</b> (H. Smith)

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9a	09:03 AM	Mens Masters 4+ Flight 1	<b>Capital D</b> (M. Pease) [A/32/0.5]	<b>D.C. Strokes B</b> (A. Blakeslee) [A/33/0.8]	<b>Western Reserve A</b> (S. Simpson) [A/33/0.8]	<b>Alexandria A</b> (A. Moburg-Jones) [A/34/1.1]	<b>Baltimore</b> (A. Zook) [A/27/0.0]	<b>D.C. Strokes A</b> (K. Kriese) [B/40/3.7]
9c	09:10 AM	Mens Masters 4+ Flight 2	<b>D.C. Strokes C</b> (B. Fisher) [B/42/1.2]	<b>Western Reserve B</b> (W. Rickman) [C/46/4.1]	<b>Capital C</b> (A. Swab) [C/43/1.8]	<b>D.C. Strokes D</b> (P. Heaton) [C/45/3.3]	<b>Capital B</b> (J. Abrams) [C/43/1.8]	<b>Virginia</b> (M. Scott) [B/40/0.0]
9d	09:17 AM	Mens Masters 4+ Flight 3	<b>Capital A</b> (R. Stedman) [D/54/4.3]	<b>Rock Creek A</b> (P. Thomas) [E/59/10.7]	<b>Oakton Masters Rowing Club</b> (S. DeTeresa) [E/59/10.7]	<b>Rock Creek A</b> (R. McClennan) [E/56/6.8]	<b>Alexandria C</b> (T. Fannon) [E/57/8.0]	<b>Swan Creek RC</b> (A. Albanir) [D/50/0.0]
9e	09:24 AM	Mens Masters 4+ Flight 4		<b>Western Reserve C</b> (R. Emmet) [F/63/0.0]	<b>Alexandria B</b> (M. Walsh) [G/66/4.9]	<b>Rock Creek A</b> (H. Baker) [F/63/0.0]		
10b	09:31 AM	Womens Masters 8+ Flight 1	<b>Prince William</b> (K. Changes) [B/38/1.1]	<b>Capital B</b> (A. Buck) [B/36/0.3]	<b>Alexandria B</b> (C. Urbanczyk) [B/37/0.7]	<b>Capital A</b> (C. Elias) [B/39/1.6]	<b>Western Reserve</b> (L. VanLear) [B/38/1.1]	<b>Capital D</b> (M. McMenamin) [A/35/0.0]
10c	09:38 AM	Womens Masters 8+ Flight 2	<b>Virginia</b> (E. Simon) [B/41/0.0]	<b>Carolina Masters</b> (E. Jenista) [C/49/5.8]	<b>Capital C</b> (B. Neumann) [C/43/1.2]	<b>Washington Rowing School</b> (A. Waguespack) [C/47/4.1]	<b>Alexandria A</b> (J. Bright) [C/45/2.6]	<b>Annapolis RC B</b> (H. Thomas) [B/41/0.0]
10d	09:45 AM	Womens Masters 8+ Flight 3	<b>Alexandria A</b> (P. Goodwin) [E/58/6.7]	<b>Annapolis RC A</b> (A. Iannaccone) [D/52/0.0]	<b>Rock Creek A</b> (B. Miller) [D/53/1.0]	<b>Capital E</b> (H. Scalzott) [D/54/2.1]	<b>Rock Creek B</b> (E. DiCarlo) [E/59/8.0]	
13a	09:45 AM	Mens Adaptive 2x LTA: Flight 1 Flight	<b>Capital A</b> (C. LINDERMAN)	<b>Athletes Without Limits C</b> (V. DSouza)	<b>Athletes Without Limits A</b> (L. Arnold)	<b>Capital A</b> (C. Lenneman)	<b>Athletes Without Limits B</b> (B. McGann)	<b>Athletes Without Limits D</b> (D. Guly)
11a	09:52 AM	Mens Masters 1x Flight 1		<b>Baltimore B</b> (M. Shields) [B/39/0.0]	<b>Capital A</b> (R. Best) [B/41/0.0]	<b>Hampton Roads B</b> (B. Krasney) [B/40/0.0]		
11b	09:59 AM	Mens Masters 1x Flight 2		<b>Potomac D</b> (E. Caudron) [D/51/4.4]	<b>Raleigh</b> (S. Stephenson) [C/47/0.0]	<b>Capital B</b> (F. slakey) [D/54/8.2]	<b>Carolina Masters B</b> (R. Kyle) [D/51/4.4]	
11c	10:06 AM	Mens Masters 1x Flight 3	<b>Capital C</b> (R. Reichart) [E/55/0.0]	<b>Unaff. (USA)</b> (B. Rusinovic) [E/56/0.0]	<b>Washington Rowing School D</b> (S. Plog) [E/57/0.0]	<b>Washington Rowing School C</b> (C. Arnold) [E/59/0.0]	<b>Carolina Masters A</b> (D. Margolis) [E/58/0.0]	

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11d	10:13 AM	Mens Masters 1x Flight 4	<b>Baltimore C</b> (M. Daemen) [F/61/0.0]	<b>Passaic River</b> (J. Levinson) [F/61/0.0]	<b>Washington Rowing School B</b> (D. McElrath) [F/62/0.0]	<b>Hampton Roads A</b> (N. Conner) [F/64/0.0]	<b>Potomac B</b> (W. Kostoff) [F/61/0.0]	
11e	10:20 AM	Mens Masters 1x Flight 5	<b>Baltimore A</b> (C. Wehmueller) [G/66/0.0]	<b>Potomac A</b> (C. Sutliff) [J/80/32.2]	<b>Washington Rowing School A</b> (d. parsons) [H/72/12.6]	<b>Rock Creek</b> (J. Bracewell) [H/70/8.2]	<b>Potomac C</b> (N. Young) [H/70/8.2]	
12a	10:27 AM	Womens Masters 1x Flight 1	<b>Capital B</b> (S. Acerra) [C/44/0.0]	<b>Baltimore</b> (L. Gamble) [D/54/11.0]	<b>Potomac</b> (C. Dinion) [D/53/9.7]	<b>Washington Rowing School B</b> (V. Lance) [E/55/12.4]	<b>Washington Rowing School B</b> (L. Arnold) [E/58/16.8]	
12c	10:34 AM	Womens Masters 1x Flight 2	<b>Rock Creek B</b> (R. Hassani) [F/62/0.0]	<b>Rock Creek A</b> (L. Porter) [F/62/0.0]	<b>Washington Rowing School A</b> (C. Cole) [F/61/0.0]	<b>Washington Rowing School B</b> (P. Jackman) [F/62/0.0]	<b>Capital A</b> (A. Diggs) [F/62/0.0]	
14a	10:41 AM	Mens Adaptive 2x LTA: Flight 2	<b>Athletes Without Limits A</b> (J. Boatner)	<b>Capital A</b> (I. Onafeko)	<b>Capital A</b> (H. Quayle)	<b>Athletes Without Limits B</b> (J. Garcia)	<b>Athletes Without Limits C</b> (M. Worley)	<b>Athletes Without Limits D</b> (B. Worley)
15a	10:48 AM	Womens Masters 2-Flight		<b>Annapolis RC A</b> (W. Smith) [D/54/8.2]	<b>Alexandria</b> (P. Jones) [C/47/0.0]	<b>Annapolis RC B</b> (D. Yatsuk) [E/59/15.6]		
16a	10:55 AM	Mens Masters 2-Flight		<b>Washington Rowing School</b> (S. Plog) [E/58/10.8]	<b>Swan Creek RC A</b> (A. Albanir) [D/50/0.0]	<b>Virginia</b> (O. Barth) [D/54/5.0]	<b>Swan Creek RC B</b> (J. Rahtz) [D/50/0.0]	
17a	11:02 AM	Mens Open 4x Flight		<b>Raleigh</b> (C. Jarmul)	<b>Rock Creek</b> (H. Baker)			
18a	11:02 AM	Mens Jr 4x Flight				<b>Swan Creek RC</b> (H. Baker)	<b>Resilient RC</b> (D. Yutin)	
20a	11:09 AM	Womens Jr 4x Flight		<b>Resilient RC B</b> (L. Rothaermel)	<b>Resilient RC A</b> (L. Nicolai)	<b>Swan Creek RC</b> (J. LeChien)		

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21a	11:16 AM	Mens Open 8+ Flight		<b>Capital</b> (M. Pease)	<b>RCR</b> (T. Rodgers)	<b>D.C. Strokes</b> (K. Kriese)		
22a	11:16 AM	Mens Jr 8+ Flight					<b>Swan Creek RC</b> (B. COOPER)	
24a	11:23 AM	Womens Open 4+ Flight		<b>Capital</b> (J. Marshall)	<b>Baltimore</b> (L. Rand)	<b>D.C. Strokes</b> (A. Edwards)	<b>Virginia</b> (M. Brannan)	
25a	11:30 AM	Womens Jr 4+ Flight		<b>Swan Creek RC</b> (r. cooper)	<b>Resilient RC</b> (A. Krobot)	<b>Mount Vernon</b> (A. Huffman)		
26a	11:30 AM	Womens Novice 4+ Flight					<b>Capital</b> (A. Seira)	
27a	11:37 AM	Mens/Womens Adaptive 1x T/A Flight		<b>RCR</b> (E. Bondeson)	<b>RCR</b> (G. Melder)	<b>Capital</b> (K. Marrs)	<b>Medstar Paralympic</b> (L. Bow)	
29a	11:44 AM	Womens Masters 2x Flight	<b>Carolina Masters</b> (E. Jenista) [B/40/1.1]	<b>Hampton Roads</b> (A. Shinofield) [E/55/14.3]	<b>Baltimore</b> (C. Shields) [B/38/0.0]	<b>Washington Rowing School</b> (L. Arnold) [E/56/15.6]	<b>Rock Creek</b> (P. Kristal) [E/56/15.6]	
30a	11:51 AM	Mens Masters 2x Flight 1	<b>Rock Creek A</b> (K. Fennelly) [G/65/7.7]	<b>Washington Rowing School</b> (d. parsons) [G/67/11.1]	<b>Western Reserve B</b> (K. Watterson) [F/60/0.0]	<b>Annapolis RC</b> (R. Biddle) [F/62/3.0]	<b>Rock Creek A</b> (H. Baker) [G/67/11.1]	
30b	11:58 AM	Mens Masters 2x Flight 2		<b>Hampton Roads</b> (P. McLaughlin) [E/57/0.0]	<b>Potomac/Baltimore</b> [Composite] (E. Caudron) [E/56/0.0]	<b>Capital/Potomac</b> [Composite] A (F. slakey) [E/57/0.0]	<b>Passaic River</b> (J. Levinson) [E/59/0.0]	
30c	12:05 PM	Mens Masters 2x Flight 3		<b>Capital B</b> (I. Onafeko) [C/43/4.7]	<b>Western Reserve A</b> (C. Clark) [A/33/0.0]	<b>Virginia</b> (O. Barth) [D/54/14.9]		

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28a	12:12 PM	Mixed 4+ Flight 1	<b>D.C. Strokes C</b> (G. Simoneau)	<b>Oakton Masters Rowing Club</b> (M. Dobry)	<b>D.C. Strokes B</b> (A. Edwards)	<b>Capital C</b> (M. McMenemy)	<b>Virginia A</b> (A. Farris Rogers)	<b>Capital B</b> (T. Kerns)
28b	12:19 PM	Mixed 4+ Flight 2	<b>D.C. Strokes A</b> (B. Forehand)	<b>Mount Vernon B</b> (I. McClure)	<b>Virginia A</b> (R. Dorn)	<b>Washington Rowing School</b> (C. Cole)	<b>Capital A</b> (M. Neumann)	<b>Mount Vernon A</b> (A. Badgett)
32a	12:26 PM	Mens Jr 2x Flight		<b>Resilient RC A</b> (D. Yutin)	<b>Resilient RC B</b> (P. Sheridan)	<b>Swan Creek RC</b> (M. Rahtz)		
36a	12:33 PM	Womens Adaptive 2x LTA Flight		<b>Medstar Paralympic</b> (S. Smith)	<b>Athletes Without Limits B</b> (L. Lecce)	<b>Athletes Without Limits A</b> (K. Crean)		
	12:40 PM	Lunch Break						
31a	01:30 PM	Mens Open 2x Flight	<b>Raleigh A</b> (C. Jarmul)	<b>Raleigh A</b> (J. Davis)	<b>Swan Creek RC</b> (W. Altier)	<b>Hampton Roads</b> (B. Krasney)	<b>Baltimore A</b> (P. Constantino)	<b>Baltimore B</b> (A. Zook)
34a	01:37 PM	Womens Jr 2x Flight 1		<b>Resilient RC C</b> (A. Veizi)	<b>Swan Creek RC B</b> (r. cooper)	<b>Old Dominion</b> (G. Vannatta)	<b>Resilient RC D</b> (N. LaJoie)	
34b	01:44 PM	Womens Jr 2x Flight 2		<b>Resilient RC E</b> (A. Gall)	<b>Swan Creek RC A</b> (O. Ondis)	<b>Resilient RC B</b> (L. Nicolai)	<b>Resilient RC A</b> (V. Lanning)	
35a	01:44 PM	Womens Open Lwt 2x Flight						<b>Alexandria</b> (A. Clark)
37a	01:51 PM	Womens Masters 4+ Flight 1	<b>Virginia A</b> (M. Townes) [A/30/0.0]	<b>Capital A</b> (A. Buck) [A/27/0.0]	<b>Alexandria A</b> (C. Urbanczyk) [A/35/0.0]	<b>D.C. Strokes A</b> (A. Edwards) [A/32/0.0]	<b>Annapolis RC A</b> (H. Thomas) [A/33/0.0]	<b>Western Reserve A</b> (L. VanLear) [A/35/0.0]
37b	01:58 PM	Womens Masters 4+ Flight 2	<b>Virginia A</b> (M. Brannan) [B/39/2.8]	<b>Western Reserve B</b> (R. Luken) [B/42/4.6]	<b>Capital D</b> (L. Cisek) [A/31/0.0]	<b>D.C. Strokes B</b> (G. Simoneau) [B/36/1.4]	<b>Capital C</b> (C. Fratzke) [B/37/1.9]	<b>Washington Rowing School</b> (C. Cole) [B/42/4.6]

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37c	02:05 PM	Womens Masters 4+ Flight 3	<b>Annapolis RC D</b> (A. Iannaccone) [C/45/0.0]	<b>Capital B</b> (S. Montgomery) [C/49/0.0]	<b>Alexandria A</b> (J. Bright) [C/49/0.0]	<b>Annapolis RC B</b> (S. Schmid) [C/49/0.0]	<b>Carolina Masters A</b> (E. Jenista) [C/43/0.0]	<b>Baltimore</b> (L. Rand) [C/44/0.0]
37d	02:12 PM	Womens Masters 4+ Flight 4		<b>Prince William</b> (J. Bishop) [D/51/0.0]	<b>Rock Creek A</b> (S. Moazed) [D/51/0.0]	<b>Virginia A</b> (L. Molin) [D/51/0.0]	<b>Carolina Masters B</b> (R. Brady) [D/51/0.0]	
37e	02:19 PM	Womens Masters 4+ Flight 5		<b>Rock Creek B</b> (B. Heck) [E/58/0.0]	<b>Annapolis RC C</b> (D. Yatsuk) [E/58/0.0]	<b>Rock Creek C</b> (E. DiCarlo) [F/61/4.2]		
38a	02:26 PM	Mens Masters 8+ Flight 1	<b>D.C. Strokes A</b> (A. Fish) [B/39/2.9]	<b>RCR</b> (T. Rodgers) [AA/24/0.0]	<b>D.C. Strokes B</b> (P. Heaton) [B/39/2.9]	<b>Western Reserve A</b> (S. Simpson) [B/40/3.4]	<b>D.C. Strokes C</b> (N. Paxton) [A/35/1.3]	<b>Capital B</b> (G. Dean) [C/47/8.0]
38b	02:33 PM	Mens Masters 8+ Flight 2	<b>Capital C</b> (M. Neumann) [C/48/0.0]	<b>Alexandria</b> (A. Moburg-Jones) [C/48/0.0]	<b>Capital D</b> (T. Heidel) [C/48/0.0]	<b>Western Reserve B</b> (K. Watterson) [D/54/5.8]	<b>Capital A</b> (R. Stedman) [D/52/3.7]	<b>Rock Creek</b> (R. McClennan) [F/60/13.0]
39a	02:40 PM	Mens Masters 4x Flight	<b>Hampton Roads</b> (B. Krasney) [C/45/0.0]	<b>Capital/Potomac</b> [Composite] (S. Rower) [D/50/4.1]				
40a	02:40 PM	Womens Masters 4x Flight			<b>Hampton Roads</b> (A. Shinofield) [C/47/1.5]	<b>Baltimore</b> (L. Gamble) [C/47/1.5]	<b>Raleigh</b> (A. McGovern) [C/45/0.0]	<b>Washington Rowing School</b> (P. Jackman) [E/57/11.5]
41a	02:47 PM	Mixed Adaptive 2x AS/TA Flight		<b>Medstar Paralympic</b> (L. Bow)	<b>Capital B</b> (s. Anderson)	<b>RCR</b> (J. Sloan)		
43a	02:54 PM	Mens Jr 4+ Flight		<b>Resilient RC</b> (P. Corrigan)	<b>Swan Creek RC A</b> (I. Fitzsimons)	<b>Mount Vernon</b> (S. Robinson)	<b>Swan Creek RC A</b> (B. Falk)	
44a	02:54 PM	Mens Novice 4+ Flight	<b>Capital</b> (D. Nursey)					
45a	03:01 PM	Mens Open 4+ Flight 1		<b>Baltimore</b> (A. Zook)	<b>Swan Creek RC</b> (A. Albanir)	<b>Athletes Without Limits</b> (N. Belvin)	<b>Virginia</b> (M. Scott)	

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45b	03:01 PM	Mens Open 4+ Flight 2		<b>D.C. Strokes B</b> (A. Fish)	<b>D.C. Strokes A</b> (J. McGuirk)	<b>Capital</b> (M. Pease)		
46a	03:15 PM	Womens Open 8+ Flight		<b>Capital B</b> (S. Montgomery)	<b>Capital A</b> (B. Neumann)			
47a	03:15 PM	Womens Jr 8+ Flight				<b>Resilient RC</b> (A. Veizi)	<b>Swan Creek RC</b> (J. LeChien)	
49a	03:22 PM	Mixed 2x Flight 1		<b>Hampton Roads</b> (N. Conner)	<b>Rock Creek</b> (J. Sierra)	<b>Raleigh</b> (S. Hartnell)	<b>Baltimore</b> (C. Shields)	
49b	03:22 PM	Mixed 2x Flight 2		<b>Potomac</b> (N. Davies)	<b>Capital B</b> (A. Diggs)	<b>Carolina Masters</b> (R. Kyle)	<b>Capital A</b> (M. Bureau)	
52a	03:36 PM	Mens Jr 2- Flight	<b>Swan Creek RC</b> (W. Darling)					
53a	03:36 PM	Womens Open 2- Flight						<b>Annapolis RC</b> (A. Iannaccone)
54a	03:36 PM	Womens Jr 2- Flight		<b>Resilient RC C</b> (L. Nicolai)	<b>Swan Creek RC</b> (G. Roberts)	<b>Resilient RC B</b> (R. Fogg)	<b>Resilient RC A</b> (V. Lanning)	
50a	03:43 PM	Mixed 8+ Flight 1	<b>Western Reserve A</b> (S. Simpson)	<b>Capital A</b> (S. Baker)	<b>Washington Rowing School</b> (C. Arnold)	<b>Capital C</b> (T. Kerns)	<b>Resilient RC</b> (D. Yutin)	
50b	03:50 PM	Mixed 8+ Flight 2	<b>Swan Creek RC</b> (B. Falk)	<b>D.C. Strokes A</b> (J. McGuirk)	<b>D.C. Strokes B</b> (S. O'Banion)	<b>Virginia</b> (O. Barth)	<b>Capital B</b> (K. Peterson)	
50c	03:57 PM	Mixed 8+ Flight 3	<b>Capital E</b> (H. Scalzott)	<b>Capital D</b> (M. Pease)	<b>Mount Vernon</b> (T. Daigle)	<b>Western Reserve B</b> (L. VanLear)	<b>Annapolis RC</b> (J. Bunce)	

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55a	04:04 PM	Mixed 4x Flight		<b>Capital</b> (A. Diggs)	<b>Rock Creek</b> (R. Hassani)	<b>Hampton Roads</b> (S. Smith)	<b>Raleigh</b> (S. Hartnell)	