



2023 Robert E. Day Jr. Capital Sprints

Heat Sheet for Saturday, Jul 8

Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
1a 08:00	Mens Open 1x Flight 1	Wakefield (D. Cushman)	Williamsburg (D. Lawson)	Occoquan (V. Corja)	Capital (T. Rempe)	Raleigh Rowing Center (B. Quinn)
1b 08:07	Mens Open 1x Flight 2	Pelham (C. Clark)	Raleigh Rowing Center (S. Stephenson)	Riverside (A. Xue)	Raleigh Rowing Center (A. Helms)	Wakefield (M. Stronberg)
2 08:14	Womens Open 1x Final		Williamsburg (A. King)	Capital (L. Fish)	Raleigh Rowing Center (A. McGovern)	
3a 08:21	Womens Jr 1x Flight 1	Pegasus (E. Myers)	Capital (A. Nelson)	Williamsburg (L. Oney)	Pegasus (S. Fernandez)	
3b 08:28	Womens Jr 1x Flight 2		Pegasus (J. Durnall)	Capital (S. Smith)	Unity Boat Club (R. Watson)	Pegasus (K. Sanderell)
4 08:35	Mens Adaptive 1x PR3 ID / 1x PR3 PD Final		Unity Boat Club (C. Montrose)	Unity Boat Club (L. Arnold)	Unity Boat Club (J. Garcia)	Unity Boat Club (J. Boatner)
5 08:45	Mens Adaptive 1x PR1 / Inclusion 2x PR1 / Novice 2x Inclusion PR3 ID Final	Capital (B. Yang)	Capital (B. Hannibal)	Capital (S. Franks)	Unity Boat Club D (M. Scott)	Unity Boat Club E (B. Yimer)
7b 08:55	Womens Masters 8+ Flight 2	Capital A (E. Schnittman) [C/43/0.0]	Baltimore B (A. Trustman) [C/48/0.0]	Capital C (R. Cheney) [C/48/0.0]	Annapolis RC (M. Hentschel) [C/47/0.0]	Capital A (J. Battistini) [C/43/0.0]

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7a	09:01	Womens Masters 8+ Flight 1	Three Rivers A (M. Olinzock) [B/41/3.6]	D.C. Strokes (S. Signorelli) [A/34/0.7]	Capital B (J. Tujague) [B/42/4.2]	Carolina Masters Rowing/Raleigh Rowing Center [Composite] A (E. Jenista) [B/38/2.1]	Baltimore A (K. Marano) [A/31/0.0]
7c	09:07	Womens Masters 8+ Flight 3		Gray Knights (K. Lane) [E/56/3.3]	Carolina Masters Rowing/Occoquan/Raleigh Rowing Center [Composite] B (M. Patterson) [D/53/0.0]	Three Rivers B (V. Keenan) [F/61/9.6]	Potomac (D. Kozlowski) [E/55/2.2]
6	09:13	Mens Masters 8+ Flight	Three Rivers (J. Weaver) [C/44/5.3]	Capital A (A. Waiters) [D/52/12.0]	Capital B (D. Hou) [A/33/0.2]	Baltimore (D. Shackelford) [A/32/0.0]	
9a	09:19	Mens Jr 8+ Flight 1	Swan Creek RC A (A. Gargalovic)	TBC Racing A (I. Scheller)	Unaff. (USA) (C. Mester)	DeMatha (N. Scott)	TBC Racing B (B. Heberlig)
9b	09:25	Mens Jr 8+ Flight 2		TBC Racing D (V. Antoshin)	TBC Racing C (D. Arauz-Duarte)	Swan Creek RC B (A. Guarino)	TBC Racing D (L. Sampson)
16	09:31	Mens Jr 4x Final	Pegasus (K. Shuler)	Capital (C. Chesner)	TBC Racing (D. Leighton)	Baltimore (K. Sims)	
8	09:37	Womens Open 8+ Final			Baltimore (E. Polydefkis)	TBC Racing (E. Olin)	
10	09:43	Womens Open 2x Final	Capital (I. Clarke-Marshall)	Williamsburg A (K. Morse)	Carolina Masters Rowing (N. Wiley)	Potomac (S. Osborn)	Williamsburg B (A. King)
11a	09:50	Mens Open 2x Flight 1		Baltimore (O. Adams)	Asian Persuasion (a. xue)	TBC Racing (J. Galang)	Williamsburg A (T. Flippen)
11b	09:57	Mens Open 2x Flight 2	Wakefield (M. Stronberg)	Raleigh Rowing Center (B. Quinn)	Capital (T. Hagedorn)	Williamsburg A (D. Lawson)	Unity Boat Club (J. Martini)

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12a	10:04	Mens Masters 4+ Flight 1	D.C. Strokes (R. Milton) [B/37/2.2]	Baltimore (D. Hopkins) [AA/26/0.0]	Capital C (C. Goham) [A/32/0.5]	Baltimore (D. Shackelford) [B/37/2.2]	
12b	10:10	Mens Masters 4+ Flight 2	Three Rivers (S. Carlson) [E/58/7.3]	Capital B (C. Floyd) [D/52/0.0]	Annapolis RC (D. Smith) [E/57/5.9]	Capital A (C. Sweeney) [E/59/8.6]	Washington Rowing School (D. McElrath) [H/73/32.2]
13	10:16	Inclusion 2x PR3 PD/VI Flight	Three Rivers A (A. Barras)	Unity Boat Club A (J. Boatner)	Three Rivers A (M. Ostrowski)	Unity Boat Club B (J. Boldt)	Three Rivers A (T. Swiantek)
14	10:26	Inclusion 2x PR3 ID Final		Unity Boat Club C (C. Montrose)	Unity Boat Club A (J. Garcia)	Capital (C. Lenneman)	Unity Boat Club A (L. Arnold)
15	10:36	Womens Jr 4x Final	Pegasus (S. Hechinger)	Williamsburg (E. Lawson)	Pegasus (E. Meade)	Capital (I. Brookes-Weiss)	Pegasus (S. Fernandez)
17a	10:42	Womens Masters 4+ Flight 1		Baltimore A (K. Marano) [A/29/0.0]	Capital B (K. Peterson) [C/43/5.4]	Annapolis RC B (M. Hentschel) [B/39/3.0]	
17b	10:48	Womens Masters 4+ Flight 2	Washington Rowing School (V. Ladisch) [D/50/5.9]	Baltimore A (J. Hines) [C/43/0.0]	Carolina Masters Rowing A (E. Jenista) [C/47/3.1]	CHAOS (T. Lathrop) [C/43/0.0]	Three Rivers A (K. Ripper) [C/49/5.0]
17c	10:54	Womens Masters 4+ Flight 3		Potomac (D. Kozlowski) [D/53/0.0]	Capital A (R. Freedman) [D/50/0.0]	Annapolis RC A (S. Doerfler) [D/53/0.0]	
17d	11:00	Womens Masters 4+ Flight 4		Gray Knights (C. Conger) [H/71/24.9]	Carolina Masters Rowing B (B. Shaz) [G/65/14.3]	Three Rivers B (V. Reeves) [E/55/0.0]	
18a	11:06	Mens Masters 1x Flight 1		Alexandria (M. Comey) [A/28/0.0]	Occoquan (V. Corja) [AA/23/0.0]	Capital (T. Hagedorn) [A/27/0.0]	Riverside (A. Xue) [A/28/0.0]
18b	11:13	Mens Masters 1x Flight 2	Potomac (G. Dolphin) [A/34/0.3]	Three Rivers (S. Carlson) [B/39/2.7]	Hampton Roads (T. O'Loughlin) [A/34/0.3]	CHAOS (J. Valdez-Lopez) [A/33/0.0]	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
18c	11:20	Mens Masters 1x Flight 3		Raleigh Rowing Center (S. Stephenson) [D/53/2.5]	Potomac (S. Knight) [D/51/0.0]	Raleigh Rowing Center (A. Whelan) [E/58/9.6]	
18d	11:27	Mens Masters 1x Flight 4	Alexandria (P. Heimberg) [E/57/0.0]	Potomac (D. Radack) [E/58/0.0]	Raleigh Rowing Center (D. Tamburro) [E/58/0.0]	Capital (J. Anderson) [E/57/0.0]	Potomac (J. Socolovsky) [E/59/0.0]
18e	11:34	Mens Masters 1x Flight 5		Potomac (J. Froemming) [F/64/0.0]	Capital (K. Brown) [F/63/0.0]	Washington Rowing School (S. Plog) [F/63/0.0]	Alexandria (S. Levinson) [F/64/0.0]
18f	11:41	Mens Masters 1x Flight 6		Capital (B. Reichart) [F/61/0.0]	D.C. Strokes (F. Slakey) [F/60/0.0]	Capital (R. Shapiro) [F/61/0.0]	Three Rivers (R. Thomson) [F/60/0.0]
18g	11:48	Mens Masters 1x Flight 7	Washington Rowing School (J. Herbers) [H/70/10.1]	Capital (C. Arnold) [G/65/0.0]	Monmouth (J. Levinson) [G/67/3.9]	Capital (R. Kern) [G/68/5.9]	Washington Rowing School (L. Curran) [J/80/34.1]
19a	11:55	Mens Jr 1x Flight 1		RCR (I. Fleming)	Pegasus (A. Chen)	Capital (J. Hudson)	Unity Boat Club (C. Amoussou)
19b	12:02	Mens Jr 1x Flight 2	Unity Boat Club (C. McBride)	RCR (V. Cummins)	Pegasus (W. Curtis)	Williamsburg (K. Wade)	
19c	12:09	Mens Jr 1x Flight 3		Unity Boat Club (H. Weaver)	Pegasus (K. Shuler)	Williamsburg (C. Voelpel)	
	12:15	Break					
20a	12:50	Womens Novice 1x Flight 1	TBC Racing (E. Olin)	Capital (S. Sarkar Das)	Pegasus (L. Bonifante)	Capital (D. Carlier)	Pegasus (E. Strickland)
20b	12:57	Womens Novice 1x Flight 2	Pegasus (K. Mina)	Unity Boat Club (C. Wilson)	Capital (A. Woodring)	Pegasus (E. Meade)	
21	01:04	Mens Novice 1x Final		Pegasus (M. Grimaldos-Garcia)	Capital (J. Huddle)	Unity Boat Club (J. Boldt)	Capital (U. Jagoda Arachchige)

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
22a	01:11	Womens Masters 1x Flight 1	Capital (J. Blass) [AA/26/0.0]	Three Rivers (K. Ripper) [B/37/2.5]	Capital (S. Mack) [A/31/0.4]	Three Rivers (V. Reeves) [C/45/8.1]	Capital (J. Heidmous) [B/41/4.9]
22b	01:18	Womens Masters 1x Flight 2	Annapolis RC (C. Voorhees) [F/62/6.6]	Raleigh Rowing Center (J. Tamburro) [E/58/0.0]	Washington Rowing School (L. Arnold) [F/64/10.2]	Potomac (L. Porter) [G/68/18.0]	Washington Rowing School (C. Cole) [G/67/16.0]
23	01:25	Open Gender Jr 2x Final		Wakefield (M. Kim)	Capital (J. Hudson)		
25	01:31	Mens Jr 2-Final		DeMatha A (G. Joseph)	DeMatha C (N. Rascher)	DeMatha D (E. Umana)	DeMatha B (L. O'Connor)
24b	01:38	Mixed Masters 2x Flight 2		Williamsburg (E. Argo) [B/39/1.4]	Raleigh Rowing Center A (A. Koptieva) [B/36/0.0]	Raleigh Rowing Center A (D. Tamburro) [C/45/5.3]	
24c	01:45	Mixed Masters 2x Flight 3		Carolina Masters Rowing (R. Kyle) [D/54/0.0]	Raleigh Rowing Center A (A. Helms) [D/51/0.0]	Hampton Roads (T. OBrien) [D/54/0.0]	
24d	01:52	Mixed Masters 2x Flight 4	Washington Rowing School (S. Plog) [G/65/14.3]	CHAOS (R. Wiley) [E/55/0.0]	Capital A (M. Escarcega) [E/58/3.9]	D.C. Strokes (F. Slakey) [E/56/1.3]	
24a	01:59	Mixed Masters 2x Flight 1		Capital B (U. Jagoda Arachchige) [A/29/0.1]	Whitman Crew (E. Olin) [AA/26/0.0]	Raleigh Rowing Center A (A. McGovern) [A/35/1.4]	Riverside/Capital [Composite] (A. Xue) [A/30/0.2]
26	02:06	Womens Jr 8+ Final	TBC Racing D (L. Beller)	TBC Racing B (K. Blass)	Swan Creek RC (M. Katona)	TBC Racing A (A. Claud)	TBC Racing C (E. Boniface)
38b	02:12	Womens Masters 4x Flight 2	Three Rivers B (D. Carter) [F/61/11.6]	Raleigh Rowing Center A (M. Patterson) [D/54/3.1]	Three Rivers A (A. Fox) [D/54/3.1]	Baltimore (L. Gamble) [D/51/0.0]	Three Rivers B (T. Yanowitz) [G/65/17.4]
38a	02:18	Womens Masters 4x Flight 1	Raleigh Rowing Center A (D. Smith) [B/36/1.6]	CHAOS (E. Hogan) [C/43/5.1]	Raleigh Rowing Center A (M. Hoos) [AA/25/0.0]	Capital (R. Hollins) [C/48/8.8]	Williamsburg (R. Michelle) [C/48/8.8]

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
27	02:24	Mens Novice 4+/ Womens Novice 4+ Final		Capital (E. Bacon)	D.C. Strokes (K. Spears)	Swan Creek RC (W. Graham)	
28a	02:30	Womens Open 4+ Flight 1		Carolina Masters Rowing A (E. Jenista) [C/45/7.0]	TBC Racing A (E. Olin) [Under 21/20/0.0]	Baltimore A (E. Polydefkis) [Under 21/20/0.0]	
28b	02:36	Womens Open 4+ Flight 2		Carolina Masters Rowing B (N. Wiley) [C/47/8.6]	TBC Racing A (E. Sugarman) [Under 21/18/0.0]	Baltimore B (M. Woods) [Under 21/19/0.0]	
29b	02:42	Mixed Masters 4+ Flight 2		Gray Knights (R. Nieweg) [E/59/10.7]	Three Rivers B (E. Ensminger) [D/53/3.2]	Capital (M. JOYCE) [D/50/0.0]	
29a	02:48	Mixed Masters 4+ Flight 1		Three Rivers A (E. Honnold) [A/34/0.0]	CHAOS (J. Valdez-Lopez) [C/43/4.4]	Three Rivers C (M. Evans) [B/41/3.1]	
30a	02:54	Womens Jr 4+ Flight 1		TBC Racing B (C. Cerione)	Capital (T. Foard)	TBC Racing A (F. Capelli)	Swan Creek RC A (S. Duncan)
30b	03:00	Womens Jr 4+ Flight 2		TBC Racing C (K. Blass)	Swan Creek RC B (M. Katona)	TBC Racing D (S. Merriman)	
31a	03:06	Mens Masters 2x Flight 1	Potomac B (S. Knight) [C/48/7.8]	Alexandria B (P. Heimberg) [B/42/3.2]	Capital A (S. McLaughlin) [C/43/3.8]	Potomac A (J. Carrasco) [B/36/0.0]	Three Rivers (W. Sabourin) [C/49/8.8]
31b	03:13	Mens Masters 2x Flight 2	Williamsburg (H. Hagan) [E/57/5.9]	Capital A (M. Escarcega) [D/54/2.2]	Washington Rowing School (L. Curran) [I/78/42.7]	Alexandria A (J. Levinson) [G/65/17.7]	Baltimore (C. Krupiarz) [D/52/0.0]
32e	03:20	Womens Masters 2x Flight 5		Three Rivers (A. Fox) [G/65/10.4]	Capital/Washington Rowing School [Composite] (L. Arnold) [G/65/10.4]	Three Rivers (D. Carter) [F/61/4.2]	Baltimore (L. Gamble) [E/58/0.0]
32a	03:27	Womens Masters 2x Flight 1		Raleigh Rowing Center (E. Winger) [AA/23/0.0]	Raleigh Rowing Center (M. Gaines) [A/27/0.0]	Potomac (S. Osborn) [A/30/0.2]	Three Rivers (A. Raimondi) [A/31/0.3]

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
32b	03:34	Womens Masters 2x Flight 2	Baltimore (A. Waguespack) [A/34/0.0]	Capital (E. Crowley) [A/34/0.0]	Carolina Masters Rowing (B. Shaz) [B/42/3.8]	CHAOS (E. Hogan) [B/39/2.0]	Williamsburg (D. Lawson) [B/41/3.1]
32c	03:41	Womens Masters 2x Flight 3		Raleigh Rowing Center (M. Patterson) [C/48/0.0]	Swan Creek RC (K. Henderson) [C/44/0.0]	Carolina Masters Rowing (E. Jenista) [C/46/0.0]	Williamsburg (K. Morse) [C/47/0.0]
32d	03:48	Womens Masters 2x Flight 4		Capital (R. Hollins) [D/54/0.0]	Three Rivers (V. Keenan) [D/51/0.0]	Three Rivers A (K. Thomson) [D/50/0.0]	
33	03:55	Mens Open 4+ Final	Unaff. (USA) (S. Stamas)	TBC Racing (B. Mattice)	Capital (D. O'Brien)	Baltimore (O. Adams)	
34a	04:01	Mens Masters 4x Flight 1		Raleigh Rowing Center (B. Quinn) [C/44/1.9]	Baltimore (T. Bingham) [B/41/0.0]	Potomac (J. Carrasco) [B/42/0.6]	
34b	04:07	Mens Masters 4x Flight 2		Three Rivers (R. Ulsh) [F/63/13.4]	Capital (C. Arnold) [D/52/0.0]	CHAOS (" McCoppin) [F/61/10.6]	
35a	04:13	Mens Jr 4+ Flight 1	Swan Creek RC A (A. Gargalovic)	TBC Racing A (I. Scheller)	Capital (C. Chesner)	DeMatha A (Z. Goodwin)	
35c	04:19	Mens Jr 4+ Flight 3		TBC Racing C (B. Heberlig)	DeMatha B (B. Cibor)	TBC Racing B (C. Schlosser)	
35b	04:25	Mens Jr 4+ Flight 2	TBC Racing B (D. Arauz-Duarte)	Swan Creek RC B (D. Drab)	TBC Racing B (J. Morgan)	TBC Racing C (K. O'Neil)	
36	04:31	Mens Jr 2x Final	Wakefield (D. Cushman)	Williamsburg (C. Voelpel)	Pegasus (W. Curtis)	Unity Boat Club (C. Amoussou)	
37a	04:38	Womens Jr 2x Flight 1		Baltimore (B. Roberts)	Capital A (C. Bernasconi)	Williamsburg A (I. Baur)	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
37b	04:45	Womens Jr 2x Flight 2		Capital A (A. Woodring)	Williamsburg A (L. Oney)	Capital A (S. Smith)	
39	04:52	Mixed Masters 4x Flight		Three Rivers (V. Keenan) [C/49/6.8]	Potomac (S. Osborn) [B/39/0.0]	Williamsburg (R. Michelle) [D/54/11.7]	CHAOS (E. Hogan) [E/56/13.9]
40a	04:58	Mixed Masters 8+ Flight 1	Three Rivers A (J. Weaver) [A/32/0.2]	Capital B (E. Bacon) [B/41/3.6]	D.C. Strokes A (R. Milton) [B/36/1.3]	Capital D (E. Webb) [A/31/0.0]	D.C. Strokes (K. Spears) [A/33/0.4]
40b	05:04	Mixed Masters 8+ Flight 2		Capital E (J. Dumas) [D/50/3.4]	Capital A (M. JOYCE) [D/50/3.4]	Capital C (B. Kalanyan) [C/46/0.0]	
40c	05:10	Mixed Masters 8+ Flight 3		Washington Rowing School (V. Ladisch) [F/61/3.9]	Three Rivers C (T. Yanowitz) [F/61/3.9]	Gray Knights (R. Nieweg) [E/58/0.0]	Three Rivers B (B. Rumora) [E/58/0.0]