

7:00 AM	Hour of Power	Lane 1 Jared Oldenburg Unaffiliated	Lane 2 OGRE Lodmill RMRC	Lane 3 Scott Noble RMRC	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
8:10 AM	1/2 Hour of Power	S. Paul Unaffiliated (13-49) Men's	P. Dunlaevy Unaffiliated (13-49) Men's	L. Feinman Unaffiliated (13-49) Men's	D. Gauger Unaffiliated (50+) Men's	J. Schmit Unaffiliated (50+) Men's	R. Royce BCR (13-49) Women's	K. Lodmill RMRC (13-49) Women's	M. Griffes RMRC (50+) Women's		
8:50 AM	Men's 40+ 2k open & Light	J. Georgeff Unaffiliated Open (40-49)	L. Feinman Unaffiliated Lightweight (40-49)	T. Hernacki FIT Lightweight (50-59)	H. Brunner RMRC Open (60-69)	J. Schmit Unaffiliated Open (60-69)	T. Noyes Flatirons Crossfit Open (>70)	D. Smith RMRC Lightweight (>70)			
9:10 AM	Men's 19-29 open & Light Heat 1	D. Estrella RMRC	R. Hansen CU	J. Danahey CU	D. Armer-Derner CrossFit MOB	M. McNally CU LWT?	D. Tsvankin CU	J. Farrell CU LWT?	J. Dempsey CU	S. Pruitt CU	Timmy Loar Crossfit South Denver 30-39
9:25 AM	Men's 19-29 open & Light Heat 2	T. Banning CU	G. Contag CU	J. Holtestaul CU LWT?	R. Sammartino CU	T. Arrasmith CU	A. Mohan CU	T. Jeffries CU	C. Johnson CU	J. Goldt CU	W. Jensen CU
9:40 AM	Men's 19-29 open & Light Heat 3	J. Creek Fort Collins - Juniors 14-18	K. Parmley CU	C. Davis CU LWT?	T. Ruckstuhl CU	J. Schwartz CU	M. Niehaus CU	N. Huebler CU	A. Falsiroli CU	N. Berentstein CU	T. Myers CU LWT?
9:55 AM	Men's 19-29 open & Light Heat 4	M. Tripp CU LWT?	J. Boyd CU	N. Smith CU	I. Shulterbrant CU	I. Hanemann CU	G. Pacheco CU LWT?				
10:10 AM	Women's 19-29 open & Light Heat 1	M. Page Colorado Rowing 30-39 - LWT	J. Hemphill CU	A. Brennan CU	A. McGowand CU	C. Polk CU	A. Dooley CU	O. Owlett CU	A. Okeson CU	A. Trejos CU	M. Hoos CU
10:30 AM	Women's 19-29 open & Light Heat 2	C. DeSutter Unaffiliated	S. Faust CU	J. Whiddon CU	P. Longley CU	C. Dizon CU	A. Kilgore CU	S. Sutton Fort Collins - Juniors 14-18			
10:50 AM	Women's 40+ open & Light	J. Thornton CrossFit Denver Open (40-49)	L. Bodley Unaff. (USA) Lightweight (40-49)	A. Cuthbertson Mile High Open (50-59)	K. Pauly Rocky Mountain Open (50-59)	S. Butcher Longmont Sculling Lightweight (60-69)	A. Strobridge Mile High Lightweight (60-69)	J. Marriott Unaff. (USA) Open (>70)			
11:10 AM	Men's 500 40+ open & Light	L. Feinman Unaffiliated (USA) LWT	D. Smith Rocky Mountain Rowing Club LWT	J. Tate Unaffiliated (USA)	J. Schmit Unaffiliated (USA)						
11:20 AM	Men's 500 19-39 open & Light Heat 1	R. Hansen CU	J. Danahey CU	P. Kauss Crossfit Golden	D. Armer-Derner CrossFit MOB	J. Costello Unaff. (USA)	Timmy Loar Crossfit South Denver	M. McNally CU LWT?	D. Tsvankin CU	J. Farrell CU LWT?	J. Dempsey CU
11:30 AM	Men's 500 19-39 open & Light Heat 2	S. Pruitt CU	T. Banning CU	G. Contag CU	J. Holtestaul CU LWT?	R. Sammartino CU	T. Arrasmith CU	A. Mohan CU	T. Jeffries CU	C. Johnson CU	J. Goldt CU
11:40 AM	Men's 500 19-39 open & Light Heat 3	W. Jensen CU	K. Parmley CU	C. Davis CU LWT?	T. Ruckstuhl CU	J. Schwartz CU	M. Niehaus CU	N. Huebler CU	A. Falsiroli CU	N. Berentstein CU	T. Myers CU LWT?
11:50 AM	Men's 19-29 open & Light	M. Tripp CU	J. Boyd CU	N. Smith CU	I. Shulterbrant CU	I. Hanemann CU	G. Pacheco CU				

Heat 4	LWT?					LWT?				
12:00 PM Women's 500 open & Light 19-49	J. Hemphill CU	A. Brennan CU	A. McGowand CU	C. Polk CU	A. Dooley CU	O. Owlett CU	A. Okeson CU	J. Thornton CrossFit Denver	A. Trejos CU	M. Hoos CU
12:10 PM Women's 500 open & Light 19-49	S. Faust CU	J. Whiddon CU	P. Longley CU	C. Dizon CU	A. Kilgore CU	V. Mcallister Rocky Mountain Rowing Club 50+ Open	J. Marriott Unaffiliated (USA) 50+ Open			
12:20 PM Adaptive Rowers	J. Schmit									
12:50 PM Veteran's Event										
1:10 PM CU TEAM 1k's										
1:50 PM Mxed 2x's - 1k	J. Schmit									
2:00 PM Kid or Parent/Child										