

Heat Sheet

Regatta: 2009 USRowing NW Junior Regionals

Event	Time	Description	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
39A	08:00 AM	Mens Ltwt 4+-Heat 01	Vashon- A	Commence- A	Everett- A	GreenLke- A	LStevens- A			
*03 Boats Advance to FINAL										
39B	08:08 AM	Mens Ltwt 4+-Heat 02	Bainbrid- A	LkOswego- A	Sammamsh- A	LStevens- A	MtBaker- A			
*03 Boats Advance to FINAL										
40A	08:16 AM	Womens Ltwt 4+-Heat 01		Everett- A	Pocock- A	HolyName- A	Commence- A			
*03 Boats Advance to FINAL										
40B	08:24 AM	Womens Ltwt 4+-Heat 02		LStevens- A	HolyName- A	GreenLke- A	Pocock- A			
*03 Boats Advance to FINAL										
18	08:32 AM	Mens Varsity 2--Final	Vashon- A	RoseCity- A	Commence- B	LkOswego- B	Sammamsh- A	RoseCity- B	Commence- A	
19	08:40 AM	Womens Varsity 2--Final	LkOswego- A	Commence- A	Pocock- A	Sammamsh- A	Lakeside- A			
01A	08:50	Mens	LStevens- A	Vashon- A	OregonAR- A	Bainbrid- B	North Ca- B			

	AM	Novice 2x-Heat 01								
*01+ Boats Advance to FINAL										
01B	09:00 AM	Mens Novice 2x-Heat 02	GreenLke- B	LkUnion- A	Vancouve- A	OrcasIsl- A	Everett- A	Vashon- B		
*01+ Boats Advance to FINAL										
01C	09:10 AM	Mens Novice 2x-Heat 03	Sammamsh- A	Ashland - B	LkUnion- B	Pocock- A	Commence- A	North Ca- A		
*01+ Boats Advance to FINAL										
01D	09:20 AM	Mens Novice 2x-Heat 04	Ashland - A	Vancouve- B	GreenLke- A	Bainbrid- A	LkOswego- A			
*01+ Boats Advance to FINAL										
13	09:28 AM	Womens 3 Varsity 8+-Final		RoseCity- A	RoseCity- B	Sammamsh- A	GreenLke- A			
15A	09:38 AM	Mens Novice 4+-Heat 01	Bainbrid- A	OregonAR- A	LkUnion- A	Sammamsh- A	GreenLke- A			
*02 Boats Advance to FINAL										
15B	09:48 AM	Mens Novice 4+-Heat 02		Olympia - A	RoseCity- A	Lakeside- A	Everett- A			
*02 Boats Advance to FINAL										
15C	09:58 AM	Mens Novice 4+-Heat 03		Commence- A	LkOswego- A	MtBaker- A	Pocock- A			

*02 Boats Advance to FINAL										
02A	10:08 AM	Womens Novice 2x-Heat 01	Ashland - A	Sammamsh-A	Pocock- A	MtBaker- A	LkUnion- A			
*02 Boats Advance to FINAL										
02B	10:18 AM	Womens Novice 2x-Heat 02	Lakeside- A	North Ca- B	Everett- B	Bainbrid- A	LkUnion- B			
*02 Boats Advance to FINAL										
02C	10:28 AM	Womens Novice 2x-Heat 03	LkOswego-A	Everett- A	LStevens- A	Vancouve- A	Bainbrid- B			
*02 Boats Advance to FINAL										
10	10:36 AM	Mens 5 Varsity 4+-Final	GreenLke-B	RoseCity- B	Everett- A	GreenLke- A	Sammamsh-A	RoseCity- A	Sammamsh-B	
*02 Boats Advance to FINAL										
16A	10:51 AM	Mens Ltwt 2x-Heat 01	Sammamsh-A	Olympia - A	Vancouve- B	Pocock- B	OregonAR-A			
*02 Boats Advance to FINAL										
16B	10:59 AM	Mens Ltwt 2x-Heat 02	Vancouve-A	Pocock- A	LkUnion- A	LStevens- A	Ashland - A			
*02 Boats Advance to FINAL										
16C	11:08 AM	Mens Ltwt 2x-Heat 03	Pocock- C	Vancouve-C	Vashon- A	LkOswego- A	LStevens- B	OrcasIsl- A		
*02 Boats Advance to FINAL										
21A	11:18 AM	Womens Novice 4+-Heat 01	OregonAR-A	HolyName-A	Pocock- A	Lakeside- A	GreenLke-A	Bainbrid- A	Commence-A	
*03 Boats Advance to FINAL										

21B	11:28 AM	Womens Novice 4+-Heat 02	LkOswego- A	RoseCity- A	Sammamsh- A	MtBaker- A	Olympia - A	Everett- A		
*03 Boats Advance to FINAL										
24A	11:36 AM	Womens Ltwt 2x-Heat 01	Lakeside- A	Ashland - A	LkOswego- A	Vancouve- A	Sammamsh- A	LStevens- A	Pocock- A	
*03 Boats Advance to FINAL										
24B	11:44 AM	Womens Ltwt 2x-Heat 02	MtBaker- A	North Ca- B	OrcasIsl- A	LStevens- B	Bainbrid- A	Commence- A	LkUnion- A	
*03 Boats Advance to FINAL										
03	11:52 AM	Womens 5 Varsity 4+-Final	RoseCity- B	HolyName- A	RoseCity- A	GreenLke- A	RoseCity- C			
32A	12:00 PM	Womens Varsity 4x+-Heat 01		LStevens- A	Pocock- A	OregonAR- A	Vashon- A			
*03 Boats Advance to FINAL										
32B	12:08 PM	Womens Varsity 4x+-Heat 02	Ashland - A	Bainbrid- A	LkUnion- A	Sammamsh- A	LkOswego- A			
*03 Boats Advance to FINAL										
31A	12:16 PM	Mens Varsity 4x+-Heat 01	OrcasIsl- A	LStevens- A	Pocock- A	Sammamsh- A	Vashon- A			
*03 Boats Advance to FINAL										

31B	12:24 PM	Mens Varsity 4x+-Heat 02	Ashland - A	Everett- A	OregonAR- A	LkUnion- A	Vancouve- A	Olympia - A		
*03 Boats Advance to FINAL										
04A	13:05 PM	Womens 3 Varsity 2x-Heat 01	Ashland - B	LkOswego- B	Pocock- A	LkUnion- B	GreenLke- A			
*02 Boats Advance to FINAL										
04B	13:15 PM	Womens 3 Varsity 2x-Heat 02	Pocock- A	Sammamsh- B	LkUnion- A	Lakeside- A	Ashland - A			
*02 Boats Advance to FINAL										
04C	13:25 PM	Womens 3 Varsity 2x-Heat 03	Ashland - C	LStevens- B	LkOswego- A	OregonAR- A	Sammamsh- A	Sammamsh- C		
*02 Boats Advance to FINAL										
05A	13:35 PM	Mens 2 Novice 4+-Heat 01	Pocock- A	MtBaker- A	RoseCity- B	OregonAR- A	LkOswego- A	Lakeside- A		
*03 Boats Advance to FINAL										
05B	13:45 PM	Mens 2 Novice 4+-Heat 02	RoseCity- A	LkOswego- B	Sammamsh- A	Everett- A	GreenLke- A	RoseCity- C		
*03 Boats Advance to FINAL										
26	13:53 PM	Womens 2 Ltwt 4+-Final		MtBaker- A	HolyName- A	GreenLke- A	LStevens- A			
06	14:03 PM	Mens Youth	Vashon- A	Sammamsh- A	LStevens- A	OrcasIsl- A	MtBaker- A			

		4x+-Final								
07	14:13 PM	Womens Youth 4x+-Final			MtBaker- C	LStevens- A	GreenLke- A			
29	14:33 PM	Mens 2 Ltw 4+-Final		Everett- A	LkOswego- A	MtBaker- A	GreenLke- A			
08A	14:43 PM	Womens 2 Novice 4+-Heat 01	HolyName- A	Sammamsh- A	RoseCity- C	Bainbrid- A	OregonAR- A	MtBaker- A	RoseCity- B	
*03 Boats Advance to FINAL										
08B	14:53 PM	Womens 2 Novice 4+-Heat 02	RoseCity- A	Bainbrid- B	Everett- A	Sammamsh- B	GreenLke- A	Commence- A		
*03 Boats Advance to FINAL										
09A	15:01 PM	Mens 3 Varsity 2x-Heat 01	Ashland - A	OregonAR- B	Sammamsh- B	LkUnion- A	Pocock- A			
*03 Boats Advance to FINAL										
09B	15:09 PM	Mens 3 Varsity 2x-Heat 02	Vancouve- A	LkUnion- B	OregonAR- A	Lakeside- A	Sammamsh- A	Olympia - A		
*03 Boats Advance to FINAL										
11	07:00 AM	Mens Varsity 8+-Final	RoseCity- A	MtBaker- A	Everett- A	GreenLke- A	Sammamsh- A			

12	07:08 AM	Womens Varsity 8+-Final	Sammamsh- A	MtBaker- A	Everett- A	GreenLke- A	RoseCity- A	HolyName- A	Olympia - A	
46A	07:16 AM	Mens Varsity 2x-Heat 01	Vancouve- A	Ashland - A	Sammamsh- A	Pocock- A	Olympia - A			
*03 Boats Advance to FINAL										
46B	07:24 AM	Mens Varsity 2x-Heat 02	LkUnion- A	LkOswego- A	North Ca- A	LStevens- A	OregonAR- A	Vashon- A		
*03 Boats Advance to FINAL										
47A	07:32 AM	Womens Varsity 2x-Heat 01	Pocock- A	LkUnion- A	Sammamsh- A	North Ca- A	LStevens- A			
*03 Boats Advance to FINAL										
47B	07:40 AM	Womens Varsity 2x-Heat 02	OregonAR- A	Vancouve- A	Vashon- A	Ashland - A	LkOswego- A			
*03 Boats Advance to FINAL										
14	07:48 AM	Womens 3 Varsity 4+-Final	Everett- A	GreenLke- A	Pocock- A	RoseCity- A	MtBaker- A	HolyName- A		
15	07:58 AM	Mens Novice 4+-Final								
16	08:06 AM	Mens Ltwt 2x-Final								

17	08:14 AM	Mens 2 Varsity 8+-Final		Everett- A	RoseCity- A	MtBaker- A	GreenLke- A			
37A	08:22 AM	Womens 2 Varsity 2x-Heat 01	Ashland - A	LkOswego- A	LStevens- A	Sammamsh- A	Vancouve- A			
*03 Boats Advance to FINAL										
37B	08:30 AM	Womens 2 Varsity 2x-Heat 02		Vashon- A	OregonAR- A	LkUnion- A	Pocock- A			
*03 Boats Advance to FINAL										
20	08:38 AM	Womens Ltwt 8+-Final	HolyName- A	Sammamsh- A	MtBaker- A	Everett- A	GreenLke- A	Commence- A		
21	08:48 AM	Womens Novice 4+-Final								
38A	08:56 AM	Mens 2 Varsity 2x-Heat 01		Ashland - A	Vancouve- A	LkUnion- A	Sammamsh- A			
*03 Boats Advance to FINAL										
38B	09:04 AM	Mens 2 Varsity 2x-Heat 02		OregonAR- A	Olympia - A	Vashon- A	Pocock- A			
*03 Boats Advance to FINAL										
22	09:12 AM	Mens Ltwt 8+-Final	GreenLke- A	Sammamsh- A	Everett- A	LkOswego- A	Lakeside- A	MtBaker- A		

23	09:20 AM	Womens 2 Varsity 8+-Final	MtBaker- A	GreenLke- A	Sammamsh- A	RoseCity- A	HolyName- A	Everett- A		
24	09:28 AM	Womens Ltwt 2x-Final								
35A	09:36 AM	Mens Varsity 1x-Heat 01	ORU- B. SCHREINER	OregonAR- G. WICKS	North Ca- D. MORGAN	Vashon- W. KICINSKI	LkUnion- M. WALES			
*03 Boats Advance to FINAL										
35B	09:44 AM	Mens Varsity 1x-Heat 02	Bainbrid- S. GRIFFIN	Pocock- A. JOHNSON	Vancouve- J. RUSSELL	OrcasIsl- F. GROPP	LStevens- D. BARR	LkOswego- N. SIPE		
*03 Boats Advance to FINAL										
25	09:52 AM	Mens 4 Varsity 4+-Final			GreenLke- A	RoseCity- A	Everett- A			
30	10:00 AM	Mens 3 Varsity 8+-Final		RoseCity- A	GreenLke- A	RoseCity- B	Everett- A			
55A	10:20 AM	Mens Novice 8+-Heat 01	Everett- A	Bainbrid- A	RoseCity- A	Pocock- A	OregonAR- A			
*03 Boats Advance to FINAL										
55B	10:30 AM	Mens Novice 8+-Heat 02	Sammamsh- A	Lakeside- A	MtBaker- A	LkOswego- A	OrcasIsl- A			

*03 Boats Advance to FINAL										
31	10:38 AM	Mens Varsity 4x+-Final								
*03 Boats Advance to FINAL										
32	10:46 AM	Womens Varsity 4x+-Final								
*03 Boats Advance to FINAL										
27	10:54 AM	Mens 3 Varsity 4+-Final		MtBaker- A	RoseCity- A	GreenLke- A	Everett- A			
*03 Boats Advance to FINAL										
28	11:02 AM	Womens 4 Varsity 4+-Final	GreenLke- A	Everett- A	RoseCity- A	HolyName- A	MtBaker- A			
*03 Boats Advance to FINAL										
56A	11:10 AM	Mens Ltwt 1x-Heat 01	Ashland - T. SELL	Pocock- I. WHEELER	Vancouve- N. DRAPELA	LkUnion- W. ZHOU	Sammamsh- S. BATH			
*03 Boats Advance to FINAL										
56B	11:18 AM	Mens Ltwt 1x-Heat 02	LkUnion- N. MILLER	Sammamsh- M. ESSIG	Pocock- S. BROWN	Vancouve- F. WEIDNER	OrcasIsl- M. BORMAN			
*03 Boats Advance to FINAL										
34A	11:38 AM	Womens Varsity 4+-Heat 01	OregonAR- A	HolyName- A	MtBaker- A	GreenLke- A	Pocock- A	Olympia - A		
*03 Boats Advance to FINAL										
34B	11:46 AM	Womens Varsity 4+-Heat 02	Commence- A	RoseCity- A	Everett- A	Lakeside- A	Sammamsh- A	Bainbrid- A		

*03 Boats Advance to FINAL									
33A	11:54 AM	Mens Varsity 4+-Heat 01	Bainbrid- A	LkUnion- A	LkOswego- A	GreenLke- A	Commence- A		
*03 Boats Advance to FINAL									
33B	12:02 PM	Mens Varsity 4+-Heat 02	Olympia - A	MtBaker- A	Everett- A	RoseCity- A	Lakeside- A		
*03 Boats Advance to FINAL									
54A	12:12 PM	Womens Novice 8+-Heat 01	Bainbrid- A	GreenLke- A	Pocock- A	Everett- A	OregonAR- A	Sammamsh- A	
*03 Boats Advance to FINAL									
54B	12:22 PM	Womens Novice 8+-Heat 02	RoseCity- A	MtBaker- A	Lakeside- A	HolyName- A	Olympia - A	LkOswego- A	
*03 Boats Advance to FINAL									
41A	13:02 PM	Womens Novice 4x+-Heat 01		MtBaker- B	Pocock- A	LkUnion- A	Sammamsh- A	Ashland - A	
*03 Boats Advance to FINAL									
41B	13:12 PM	Womens Novice 4x+-Heat 02	Lakeside- A	North Ca- A	Vancouve- A	MtBaker- A	LkUnion- B	LStevens- A	
*03 Boats Advance to FINAL									
43A	13:20 PM	Womens 2 Varsity		GreenLke- A	OregonAR- A	Everett- A	HolyName- A		

		4+-Heat 01								
*03 Boats Advance to FINAL										
43B	13:28 PM	Womens 2 Varsity 4+-Heat 02		Lakeside- A	RoseCity- A	Olympia - A	MtBaker- A			
*03 Boats Advance to FINAL										
44A	13:36 PM	Womens Ltw 1x-Heat 01	Vancouve- S. SANCHES	OrcasIsl- S. TIDWELL	Vashon- M. HAFLINGER	LkUnion- K. MASLER	Ashland - A. BARTH			
*03 Boats Advance to FINAL										
44B	13:44 PM	Womens Ltw 1x-Heat 02		GreenLke- M. SCOTT	OrcasIsl- G. THOMPSON	Vancouve- C. KIMSEY	LkUnion- E. FRAMSON			
*03 Boats Advance to FINAL										
45A	14:04 PM	Womens Novice 1x-Heat 01	North Ca- D. VOGT	Sammamsh- I. RUNGE	Vashon- S. FLORIAN	GreenLke- I. SCOTT	OregonAR- N. DUTTON			
*03 Boats Advance to FINAL										
45B	14:14 PM	Womens Novice 1x-Heat 02		Vancouve- E. ROSE	North Ca- M. LYKINS	Sammamsh- A. MCLAUHLIN	OrcasIsl- H. SMART			
*03 Boats Advance to FINAL										
50A	14:22 PM	Mens 2 Varsity 4+-Heat 01		MtBaker- A	RoseCity- A	GreenLke- A	OregonAR- A			
*03 Boats Advance to FINAL										
50B	14:30 PM	Mens 2 Varsity 4+-Heat 02		LkOswego- A	Everett- A	Olympia - A	Commence- A			

*03 Boats Advance to FINAL									
48A	14:40 PM	Mens Novice 4x+-Heat 01	Everett- B	Sammamsh- A	Vashon- A	LkUnion- A	LStevens- A		
*03 Boats Advance to FINAL									
48B	14:50 PM	Mens Novice 4x+-Heat 02	GreenLke- A	Vancouve- A	Everett- A	North Ca- A	MtBaker- A		
*03 Boats Advance to FINAL									
59A	14:58 PM	Mens 2 Varsity 1x-Heat 01		LkUnion- M. MOGAN	Sammamsh- N. STILIN	Pocock- S. SKALBANIA	Olympia - E. RILEY		
*03 Boats Advance to FINAL									
59B	15:06 PM	Mens 2 Varsity 1x-Heat 02		LkUnion- J. WEINSTEIN	Vancouve- J. BENTSON-ROYAL	North Ca- G. MCGUIRE	OregonAR- D. NIEMI		
*03 Boats Advance to FINAL									
49A	15:16 PM	Womens 2 Novice 8+-Heat 01		GreenLke- A	RoseCity- A	HolyName- A	Everett- A		
*03 Boats Advance to FINAL									
49B	15:26 PM	Womens 2 Novice 8+-Heat 02		Pocock- A	Sammamsh- A	MtBaker- A	Bainbrid- A		
*03 Boats Advance to FINAL									
57A	15:34 PM	Mens 2 Varsity 4x+-Heat 01	Sammamsh- A	Pocock- B	Vancouve- A	Olympia - A	Sammamsh- B		

*03 Boats Advance to FINAL										
57B	15:42 PM	Mens 2 Varsity 4x+-Heat 02		OregonAR- A	Vashon- A	Ashland - A	Pocock- A			
*03 Boats Advance to FINAL										
58A	15:50 PM	Womens 2 Varsity 4x-Heat 01	Ashland - B	Pocock- B	Vashon- A	Ashland - C	Sammamsh- A			
*03 Boats Advance to FINAL										
58B	15:58 PM	Womens 2 Varsity 4x-Heat 02		LkOswego- A	OregonAR- A	Pocock- A	Ashland - A			
*03 Boats Advance to FINAL										
33	07:00 AM	Mens Varsity 4+-Final								
34	07:08 AM	Womens Varsity 4+-Final								
35	07:16 AM	Mens Varsity 1x-Final								
36	07:24 AM	Womens Varsity 1x-Final	LkUnion- L. JAFFE	North Ca- H. WAHLMAN	Vancouve- R. WORTHY	Pocock- F. SULLIVAN	Everett- A	North Ca- C. ROBINSON	LkOswego- M. MILLER	
37	07:32 AM	Womens 2 Varsity								

		2x-Final								
38	07:40 AM	Mens 2 Varsity 2x-Final								
39	07:48 AM	Mens Ltwt 4+-Final								
40	07:58 AM	Womens Ltwt 4+-Final								
41	07:58 AM	Womens Novice 4x+-Final								
43	08:24 AM	Womens 2 Varsity 4+-Final								
44	08:32 AM	Womens Ltwt 1x-Final								
45	08:42 AM	Womens Novice 1x-Final								
46	08:50 AM	Mens Varsity 2x-Final								

47	08:58 AM	Womens Varsity 2x-Final							
48	09:18 AM	Mens Novice 4x+-Final							
49	09:28 AM	Womens 2 Novice 8+-Final							
50	09:36 AM	Mens 2 Varsity 4+-Final							
51	09:44 AM	Womens 2 Varsity 1x-Final	LkUnion- E. TORMEY	North Ca- C. ROBINSON	Vancouve- M. MCNAMARA	Pocock- C. JOHNSON	LkOswego- A. LUND	Vancouve- M. HICKEY	
53	09:52 AM	Mens 2 Novice 8+-Final			Sammamsh- A	MtBaker- A	RoseCity- A		
54	10:02 AM	Womens Novice 8+-Final							
55	10:12 AM	Mens Novice 8+-Final							

56	10:20 AM	Mens Ltwt 1x-Final								
57	10:28 AM	Mens 2 Varsity 4x+-Final								
58	10:36 AM	Womens 2 Varsity 4x-Final								
59	10:44 AM	Mens 2 Varsity 1x-Final								
60A	10:52 AM	Mens HS 8+-Heat 01	Sammamsh- A	Lakeside- A	RoseCity- B	MtBaker- A	OregonAR- A	Bainbrid- A		
*03 Boats Advance to FINAL										
60B	11:00 AM	Mens HS 8+-Heat 02	Olympia - A	LkOswego- A	OrcasIsl- A	Lakeside- B	RoseCity- A	Vashon- A		
*03 Boats Advance to FINAL										
52A	11:08 AM	Womens HS 8+-Heat 01	Lakeside- A	OregonAR- A	RoseCity- A	HolyName- A	GreenLke- A			
*03 Boats Advance to FINAL										
52B	11:17 AM	Womens HS 8+-Heat		Bainbrid- A	Vashon- A	LkOswego- A	MtBaker- A			

		02								
*03 Boats Advance to FINAL										
01	08:48 AM	Mens Novice 2x-Final								
02	08:58 AM	Womens Novice 2x-Final								
04	10:08 AM	Womens 3 Varsity 2x-Final								
05	10:18 AM	Mens 2 Novice 4+-Final								
60	10:52 AM	Mens HS 8+-Final								
09	11:18 AM	Mens 3 Varsity 2x-Final								
52	12:18 PM	Womens HS 8+-Final								
08	12:28 PM	Womens 2 Novice 4+-Final								

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