Workbench Heat Sheet for Soturday M

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	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
1	08:00	Mens Double Heat 1 Top 3 Places to Finals		Christchurch (C. Sullivan)	Great Bridge (A. Lachowicz)	Gloucester (j. cheatham)	Jeb Stuart (J. Generous)	West Potomac (J. Barger)	
2	08:06	Mens Double Heat 2 Top 3 Places to Finals		Fairfax (D. Kirkendall)	W Albermarle (C. Bowser)	Gar-Field (A. Stanford)	Granby (D. O'Leary)	Potomac (R. Dyer)	
3	08:12	Womens Double Heat 1 Top 3 Places to Finals		Mathews (A. Daniels)	Hickory (E. Vesely)	Cox (M. Cronquist)	West Potomac (H. Ouf)		
4	08:18	Womens Double Heat 2 Top 3 Places to Finals	Potomac (C. Sadler)	W Albermarle B (K. Jefferson)	Christchurch (M. Jayne)	W Albermarle A (J. Alcorn)	Hylton (S. lanni)		
5	08:24	Womens 2nd Four Heat 1 Top 3 Places to Finals		Washington- Lee (C. Meek)	Langley (A. Fultz)	South County (J. Byers)	Norfolk Academy (O. Stewart- John)		
6	08:30	Womens 2nd Four Heat 2 Top 3 Places to Finals		Gar-Field (J. loayza)	Episcopal (R. Bennert)	Gloucester (B. Priode)	PACC (L. Rogers)		
7	08:36	Mens Junior Four Heat 1 Top 3 Places to Finals	First Colonial (M. Nixon)	Woodbridge (A. Salmeron)	Woodson (B. Pease)	Hylton (J. Martin)	Great Bridge (M. Hubbard)	West Springfield (n. scott)	
8	08:42	Mens Junior Four Heat 2 Top 3 Places to Finals	Norfolk Academy (Z. Kitts)	Granby (D. Beach)	South County (T. Coffman)	TC Williams (b. blakeslee)	Jeb Stuart (C. Sullivan)	Fairfax (K. Gadre)	
9	08:48	Womens Junior Four Heat 1 Top 2 Places to Finals		Granby (S. Dorman)	McLean (A. Bertholon)	Woodson (E. Hubbard)	Forest Park (J. Fouche)		

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
10	08:54	Womens Junior Four Heat 2 Top 2 Places to Finals		Christchurch (A. Snow)	South County (E. Hayes)	Woodbridge (A. Kinneberg)	Wakefield (M. Krause)	Jeb Stuart (A. Abedl- Rahem)	
11	09:00	Womens Junior Four Heat 3 Top 2 Places to Finals			Langley (S. Dubois)	Episcopal (C. Sobin)	First Colonial (K. Gallant)	Gar-Field (N. White)	
12	09:06	Womens Junior Eight Heat 1 Top 3 Places to Finals		Washington- Lee (S. Zielinski)	Madison (C. Thomas)	Gtown Visi (M. Boyd)	Norfolk Academy (K. Littel)		
13	09:12	Womens Junior Eight Heat 2 Top 3 Places to Finals		Woodbridge (E. Kemp)	L Braddock (S. Kirwan)	West Springfield (K. Fisher)	Hylton (B. Teixeira)		
14	09:18	Mens Junior Eight Heat 1 Top 3 Places to Finals		Forest Park (A. Garcia)	Jefferson (J. Valery)	South County (B. Rothberg)	First Colonial (T. Pati)		
15	09:24	Mens Junior Eight Heat 2 Top 3 Places to Finals		Wakefield (G. Corbett)	Woodbridge (N. Johnson)	Langley (T. Findley)	West Potomac (G. Bowerfind)		
16	09:30	Womens Lightweight Four Heat 1 Top 3 Places to Finals	Forest Park (A. Frank)	Great Bridge (P. Rabidoux)	Woodson (S. Henris)	McLean (A. Zele)	James River (C. Allen)		
17	09:36	Womens Lightweight Four Heat 2 Top 3 Places to Finals	Potomac (H. Sadler)	Mt Vernon (G. Doss)	Woodbridge (K. Hansen)	Gar-Field (C. Kim)	Granby (I. Beaver)		
18	09:42	Mens Lightweight Four Heat 1 Top 3 Places to Finals	First Colonial (D. Mulvey)	Madison (Z. Diamond)	Woodson (J. Adie)	Hylton (Z. Mihalovich)	Granby (G. Rodriguez)		
19	09:48	Mens Lightweight Four Heat 2 Top 3 Places to Finals		West Springfield (W. Hayes)	Great Bridge (C. Hull)	McLean (D. Chovil)	James River (S. McClaskie)	PACC (S. Simko)	
20	09:54	Mens 2nd Eight Heat 1 Top 3 Places to Finals	L Braddock (S. Hutfles)	Madison (K. Theisen)	St. Albans (A. Togias)	Robinson (J. DuHadway)	Westfield (N. Fletcher)	West Springfield (E. Marquez)	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
21	10:00	Mens 2nd Eight Heat 2 Top 3 Places to Finals	Forest Park (J. Kendrick)	Oakton (C. Turley)	Jefferson (R. Madani)	Yorktown (J. Doyon)	Washington-Lee (B. Killalea)	McLean (S. Bryan)	
22	10:06	Womens 2nd Eight Heat 1 Top 3 Places to Finals	Gtown Visi (M. Gurdon)	Robinson (A. Missar)	Madison (M. Patrick)	Oakton (R. Bhatia)	Yorktown (E. Margosis)		
23	10:12	Womens 2nd Eight Heat 2 Top 3 Places to Finals		TC Williams (E. Breeding)	Jefferson (M. Lund)	NCS (M. Clark)	Westfield (E. Kearns)		
24	10:18	Mens 1st Four Heat 1 Top 3 Places to Finals Remaining to Petite Finals	Norfolk Academy (B. Leach)	Gloucester (J. Kidd)	Mathews (Z. Payne)	Woodson (Y. Al-Amin)	Madison (W. Whitfield)	James River (J. Stitzer)	
25	10:24	Mens 1st Four Heat 2 Top 3 Places to Finals Remaining to Petite Finals		Langley (N. Howe)	St. Albans (T. O'Shea)	TC Williams (c. pattisall)	South County (C. Ferguson)	Hickory (K. Aldridge)	
26	10:30	Womens 1st Four Heat 1 Top 2 Places to Finals Next 2 Best Places to Petite Finals	James River (L. Johnson)	Washington- Lee (T. Leonard)	Langley (M. Iglesias)	West Potomac (A. Soyka)	South County (S. Stansbury)	PACC (G. Negus)	
27	10:36	Womens 1st Four Heat 2 Top 2 Places to Finals Next 2 Best Places to Petite Finals	Mt Vernon (K. Schneider)	Fairfax (L. trieber)	McLean (M. Wheeler)	West Springfield (S. Davis)	L Braddock (T. Martinez- Braschi)	First Colonial (L. Swanson)	
28	10:42	Womens 1st Four Heat 3 Top 2 Places to Finals Next 2 Best Places to Petite Finals	Hylton (L. Long)	Gar-Field (A. Nedd)	Gloucester (E. Keane)	Episcopal (M. Winston)	Hickory (H. St. John)	Norfolk Academy (M. Huston)	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
29	10:48	Mens 1st Eight Heat 1 Top 2 Places to Finals Next 2 Best Places to Petite Finals	PACC (C. Rice)	Oakton (M. Becker)	St. Albans (F. Atwood)	Washington-Lee (A. Heinzman)	West Springfield (M. Oclander)	Mt Vernon (A. Sampong)	
30	10:54	Mens 1st Eight Heat 2 Top 2 Places to Finals Next 2 Best Places to Petite Finals		Forest Park (T. Mead)	Jefferson (e. ruscus)	Westfield (C. Schultz)	L Braddock (H. Walch)	Bishop Sullivan (M. Farina)	
31	11:00	Mens 1st Eight Heat 3 Top 2 Places to Finals Next 2 Best Places to Petite Finals		McLean (A. Cavanaugh)	Yorktown (A. Knizner)	Madison (M. Weiner)	Robinson (N. Sirney)	Cox (C. Hurst)	
32	11:06	Womens 1st Eight Heat 1 Top 2 Places to Finals Next 2 Best Places to Petite Finals	West Potomac (L. Jacobs)	Oakton (M. Springer)	Madison (G. Lawless)	Yorktown (J. Townshend)	Forest Park (K. Poole)		
33	11:12	Womens 1st Eight Heat 2 Top 2 Places to Finals Next 2 Best Places to Petite Finals		Woodson (S. Haines)	NCS (L. Starr)	Robinson (R. Bynum)	Gtown Visi (C. Cooney)	Bishop Sullivan (M. Prokopius)	
34	11:18	Womens 1st Eight Heat 3 Top 2 Places to Finals Next 2 Best Places to Petite Finals	Sidwell Friends (S. Pongrace)	Westfield (L. Anhalt)	Jefferson (C. Maher)	TC Williams (K. Banchoff)	L Braddock (K. Patterson)		
35	11:24	Mens 2nd Four Final	Mathews (A. Phillips)	TC Williams (S. Hanoura)	Langley (M. Talamantes)	South County (C. White)	James River (C. Chamberlain)	Norfolk Academy (J. Stiffler)	
36	11:32	Womens Single Final	Christchurch A (L. Waite)	Great Bridge (C. Adams)	W Albermarle (D. Lucas)	St. Steph & St. Agnes (K. Baldridge)	Cox (M. Winters)	Wakefield (S. Heisey)	Christchurch B (E. girvan)

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
37	11:40	Mens Single Final	Cox (T. Rupp)	Albemarle HS (M. Korbon)	Christchurch (W. Banfield)	Sidwell Friends (G. Young)	Jeb Stuart (Z. Danker- Feldman)	W Albermarle (O. Coleman)	Mathews (W. Riley)
38	11:48	Mens Junior Double Final		Jeb Stuart (T. Simpson)	Christchurch (j. ord)	Great Bridge (H. Goan)	W Albermarle (M. Simonds)		
	12:00	Break							
39	12:40	Mens 1st Quad Final	Gar-Field A (S. Arthur)	Gar-Field A (J. Yarrington)	Hylton (C. Condray)	Woodbridge (L. Wilks)	Christchurch (W. Hall)	Potomac (j. kovach)	
40	12:50	Womens 1st Quad Final		Hylton (A. Teixeira)	Woodbridge (M. Tallman)	Mathews (M. Haynes)	Jeb Stuart (A. Telleria)		
41	01:00	Mens Double Final	3rd from Mens Double Heat 1	2nd from Mens Double Heat 2	1st from Mens Double Heat 1	1st from Mens Double Heat 2	2nd from Mens Double Heat 1	3rd from Mens Double Heat 2	
42	01:10	Womens Double Final	3rd from Womens Double Heat 1	2nd from Womens Double Heat 2	1st from Womens Double Heat 1	1st from Womens Double Heat 2	2nd from Womens Double Heat 1	3rd from Womens Double Heat 2	
43	01:20	Womens 2nd Four Final	3rd from Womens 2nd Four Heat 1	2nd from Womens 2nd Four Heat 2	1st from Womens 2nd Four Heat 1	1st from Womens 2nd Four Heat 2	2nd from Womens 2nd Four Heat 1	3rd from Womens 2nd Four Heat 2	
44	01:30	Mens Junior Four Final	3rd from Mens Junior Four Heat 1	2nd from Mens Junior Four Heat 2	1st from Mens Junior Four Heat 1	1st from Mens Junior Four Heat 2	2nd from Mens Junior Four Heat 1	3rd from Mens Junior Four Heat 2	
45	01:40	Womens Junior Four Final	2nd from Womens Junior Four Heat 2	1st from Womens Junior Four Heat 3	1st from Womens Junior Four Heat 1	1st from Womens Junior Four Heat 2	2nd from Womens Junior Four Heat 1	2nd from Womens Junior Four Heat 3	
46	01:50	Mens Junior Eight Final	3rd from Mens Junior Eight Heat 1	2nd from Mens Junior Eight Heat 2	1st from Mens Junior Eight Heat 1	1st from Mens Junior Eight Heat 2	2nd from Mens Junior Eight Heat 1	3rd from Mens Junior Eight Heat 2	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
47	02:00	Womens Junior Eight Final	3rd from Womens Junior Eight Heat 1	2nd from Womens Junior Eight Heat 2	1st from Womens Junior Eight Heat 1	1st from Womens Junior Eight Heat 2	2nd from Womens Junior Eight Heat 1	3rd from Womens Junior Eight Heat 2	
48	02:10	Mens Ltwt 2x Final	Jeb Stuart A (C. Slocum)	TC Williams (c. varela)	Great Bridge (P. Jordan)	Granby (N. Price)	Woodbridge (J. LaChance)	Jeb Stuart B (E. Finley)	
49	02:20	Womens Ltwt 2x Final			Woodbridge (A. Wassenberg)	Great Bridge (M. Curran)	James River (L. Nguyen)		
50	02:30	Mens Lightweight Four Final	3rd from Mens Lightweight Four Heat 1	2nd from Mens Lightweight Four Heat 2	1st from Mens Lightweight Four Heat 1	1st from Mens Lightweight Four Heat 2	2nd from Mens Lightweight Four Heat 1	3rd from Mens Lightweight Four Heat 2	
51	02:40	Womens Lightweight Four Final	3rd from Womens Lightweight Four Heat 1	2nd from Womens Lightweight Four Heat 2	1st from Womens Lightweight Four Heat 1	1st from Womens Lightweight Four Heat 2	2nd from Womens Lightweight Four Heat 1	3rd from Womens Lightweight Four Heat 2	
52	02:50	Mens Lightweight Eight Final		TC Williams (C. Brooks)	Woodson (C. Ramage)	McLean (C. Vignali)			
53	03:00	Womens Lightweight Eight Final		L Braddock (M. Spoutz)	McLean (A. Meade)	Washington-Lee (E. Janson)			
54	03:10	Mens 2nd Eight Final	3rd from Mens 2nd Eight Heat 1	2nd from Mens 2nd Eight Heat 2	1st from Mens 2nd Eight Heat 1	1st from Mens 2nd Eight Heat 2	2nd from Mens 2nd Eight Heat 1	3rd from Mens 2nd Eight Heat 2	
55	03:20	Womens 2nd Eight Final	3rd from Womens 2nd Eight Heat 1	2nd from Womens 2nd Eight Heat 2	1st from Womens 2nd Eight Heat 1	1st from Womens 2nd Eight Heat 2	2nd from Womens 2nd Eight Heat 1	3rd from Womens 2nd Eight Heat 2	

	Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
56	03:30	Mens 1st Four Petite Final	6th from Mens 1st Four Heat 1	5th from Mens 1st Four Heat 2	4th from Mens 1st Four Heat 1	4th from Mens 1st Four Heat 2	5th from Mens 1st Four Heat 1		
57	03:40	Mens 1st Four Final	3rd from Mens 1st Four Heat 1	2nd from Mens 1st Four Heat 2	1st from Mens 1st Four Heat 1	1st from Mens 1st Four Heat 2	2nd from Mens 1st Four Heat 1	3rd from Mens 1st Four Heat 2	
58	03:50	Womens 1st Four Petite Final	4th from Womens 1st Four Heat 3	4th from Womens 1st Four Heat 1	3rd from Womens 1st Four Heat 2	3rd from Womens 1st Four Heat 1	3rd from Womens 1st Four Heat 3	4th from Womens 1st Four Heat 2	
59	04:00	Womens 1st Four Final	2nd from Womens 1st Four Heat 2	1st from Womens 1st Four Heat 3	1st from Womens 1st Four Heat 1	1st from Womens 1st Four Heat 2	2nd from Womens 1st Four Heat 1	2nd from Womens 1st Four Heat 3	
60	04:10	Mens 1st Eight Petite Final	4th from Mens 1st Eight Heat 2	3rd from Mens 1st Eight Heat 3	3rd from Mens 1st Eight Heat 1	3rd from Mens 1st Eight Heat 2	4th from Mens 1st Eight Heat 1	4th from Mens 1st Eight Heat 3	
61	04:20	Mens 1st Eight Final	2nd from Mens 1st Eight Heat 2	1st from Mens 1st Eight Heat 3	1st from Mens 1st Eight Heat 1	1st from Mens 1st Eight Heat 2	2nd from Mens 1st Eight Heat 1	2nd from Mens 1st Eight Heat 3	
62	04:30	Womens 1st Eight Petite Final	4th from Womens 1st Eight Heat 2	3rd from Womens 1st Eight Heat 3	3rd from Womens 1st Eight Heat 1	3rd from Womens 1st Eight Heat 2	4th from Womens 1st Eight Heat 1	4th from Womens 1st Eight Heat 3	
63	04:40	Womens 1st Eight Final	2nd from Womens 1st Eight Heat 2	1st from Womens 1st Eight Heat 3	1st from Womens 1st Eight Heat 1	1st from Womens 1st Eight Heat 2	2nd from Womens 1st Eight Heat 1	2nd from Womens 1st Eight Heat 3	