

Caitlin Setser Lane 1 Event 3 Erg Chipper	Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Advanced Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters
Jeremy Mitchell Lane 2 Event 3 Erg Chipper	Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Advanced Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters
Caitlin Arthur Lane 3 Event 3 Erg Chipper	Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Advanced Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters
Susan Jessup Lane 4 Event 3 Erg Chipper	Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Intermediate Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters

<p>Lindsi Fisher Lane 5 Event 3 Erg Chipper</p>	<p>Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Intermediate Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters</p>
<p>Jessica Brown Lane 6 Event 3 Erg Chipper</p>	<p>Heat 1: Newbies Heat 2: Newbies Heat 3: Newbies Heat 4: Newbies Heat 5: Intermediate Heat 6: Intermediate Heat 7: Intermediate Heat 8: Intermediate Heat 9: Intermediate Heat 10: Masters Heat 11: Masters</p>
<p>Grace Billups & Kenna Compton FLOATER WORKOUT -Split time and judging as needed. - Event runs from 8:00-11:30 -Athletes should bring you a score card but I provided extras.</p>	<p>8:00-11:30 Floater In a 90 Second Window... 10 Dball over shoulder (70/50/50/30) Max Calorie Bike (Adv/Int/Mast/Newb)</p>