Noon Heat 10/16								
Short Course: Swim- 300 yrds Bike- 10 Miles Run- 3 Miles								
Long Course: Swim- 500 yrds Bike- 15 Miles Run- 5 Miles								
Name	Short or Long	Outside or inside	SWIM	BIKE			RUN	OVERALL TIME
			TIME	TIME	Bike #	OVERALL	TIME	
Cort Smith	S		6:25	37:04		43:29		1:21:55
Bob Boles	L		10:48	54:13		1:05:01	1:05:30	2:18:18
Jeff Oberle	L		10:09	48:11		58:20	47:27	1:48:03
John Stahr	S		4:24	29:18		33:42	27:49	1:01:31
Trista Stahr	S		5:39	32:56		38:35	27:57	1:07:35
Tariq Quadri	S		4:24	29:18		33:43	26:05	59:07
John Moore	S		6:33	39:02		45:35	31:37	1:16:12
Jeff Wood	S		7:55	32:05		44:32	33:14	1:17:14
Erik Hamilton	S		5:19	34:30		39:49	24:14	1:03:03
Dianna Shank	S		6:26	35:47		42:13	40:15	1:24:10

1:30:00 AM Heat 10/16							
Short Course: Swim- 300 yrds Bike- 10 Miles Run- 3 Miles							
Long Course: Swim- 500 yrds Bike- 15 Miles Run- 5 Miles							
Name	Short or Long	SWIM	BIKE			RUN	OVERALL TIME
		TIME	TIME	Bike #	OVERALL	TIME	
Jennifer Schnelting	L	9:27			1:04:33	43:12	1:54:12
Ross Brayton	L	9:31			1:03:38	1:13:21	2:25:30
Adam Duchek	S	2:28			30:47	28:00	1:05:50
Mike Duchek	S	5:43			44:29	27:19	1:17:31
Anna Wright	S	7:28			52:33	37:10	1:54:00
Paul Wright	S	7:18			52:44	37:10	1:54:00

3:00:00 PM Heat 10/16								
Short Course: Swim- 300 yrds Bike- 10 Miles Run- 3 Miles								
Long Course: Swim- 500 yrds Bike- 15 Miles Run- 5 Miles								
Name	Short or Long	outside or inside	SWIM	BIKE			RUN	OVERALL TIME
			TIME	TIME	Bike #	OVERALL	TIME	
Kathy Simon	S		6:58	31:55		43:36	35:13	1:24:53
Trevor Wolfe	S		6:29	31:12		37:41	26:45	1:08:49
Tricia Peterson	S		11:41	29:52		40:41	29:30	1:10:11