Noon Heat 10/30								
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	
Dawn Blazer	S		10:02	37:24		53:25		
Bob Boles	L		10:02	51:37		1:07:45		
Jeff Oberle	S		5:46	28:65		38:15	26:14	1:06:00
Tricia Peterson	S		5:25	28:46		37:28	26:10	1:04:57
Tariq Quadri	S		4:25	26:00		32:51		
John Stahr	L		8:07	45:45				
Trista Stahr	S		5:42	29:39		37:42	25:50	1:04:39
Trevor Wolfe	S		6:23	30:12		40:53	28:39	1:09:32

1:30 ~~Noon~~ Heat 10/30

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	
Ross Brayton			6:17	32:15		44:20	37:00	1:24:00
Sravan Pathi			12:15	32:51		49:40	32:51	1:23:57
Kathy Simon			7:05	33:24		44:40	33:37	1:20:06
Anna Wright			7:30	33:06		45:34	37:21	1:27:14
Paul Wright			5:50	33:23		43:14	27:22	1:12:21
Mike Duchek	L		9:29	50:48		1:05:17	48:48	2:00:00
Adam Duchek	L		8:38	44:59		56:48	51:00	1:49:40
Devon Duchek	S		10:09	53:48		1:16:44	24:30	2:28:26
Bob Hassett	S		6:41	34:01		49:08	37:00	1:30:29
Jolene Patterson	S		5:55	37:35		50:02	43:06	1:37:42
Jeff Wood	S		7:15	29:32		42:28	42:16	1:34:40
Erik Hamilton	S		5:19	31:03		39:25	24:12	1:00:01
Steven Matcin	S L		8:50	42:33		53:57	35:51	1:31:08
Aaron Sestrich			5:12	28:36		36:27	26:25	1:05:46