Noon Heat 12/18								
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	
~~Dianna Shank~~								
Trista Stahr	S	I	5:38	29:48		37:30	27:20	1:06:16
John Stahr	S	I	4:27	27:55		34:19	26:34	1:02:00
Cort Smith	S	I	6:03	33:14		41:47	35:04	1:19:15
Tariq Quadri	S	I	4:24	26:03		33:02	23:24	57:00
Erik Hamilton	S	I	5:28	30:15		38:34	28:38	1:09:00
Tricia Peterson	L	I	9:50	45:01		58:32	45:15	1:46:30
Stacie McClure	S	I	6:36	32:36		49:19	46:25	1:35:52
Jeff oberle	S	O	5:32	27:29		36:45	25:44	1:05:03
John Moore	S	I	6:14	31:13		40:36	37:25	1:14:21
Trevor Wolfe	S	I	6:20	28:44		37:50	29:00	1:10:15
Kathy Simon	S	I	7:00	31:43		42:31	34:10	1:17:30
Ross Brayron	S	I	6:05	30:56		41:35	42:13	1:26:35
Jennifer Schnelting	L	I	8:47	46:45		1:01:42	46:45	1:51:21

1:30:00 PM Heat 12/18							
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	
Jeff Wood	S	7:05	28:41		41:20	46:09	1:31:10
David DeJean	L	9:51	46:34		59:01	48:30	1:51:50
Tim Almstedt	S	6:06	30:55		40:49	29:13	1:12:37
Mike Duchek	L	9:39	46:19		1:01:21	49:49	1:54:22
Adam Duchek	L	9:22	48:38		1:01:15	49:37	1:53:00
Devon Duchek							
Angela Walsh	S	4:19	30:07		37:31	29:32	1:09:16
Paul Wright	S	5:21	28:08		35:29	27:31	1:05:13

2:30:00 PM Heat 12/18							
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	
Todd Smith	S	6:21	28:32		37:32	34:48	1:13:58