

## Women's

TRI-DATE & PARTICIPANT NAME	Short Course					Points for improving time					
	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Partici pation (5)	Swi m (1)	Bike (1)	Run (1)	overall (3)	Total Pts
<b>October 15, 2017</b>											
Breanna Kersting	0:05:52	0:22:19	0:31:46	0:37:46	1:10:45	5	1	1	1	3	11
Dianna Shank	0:06:56	0:22:58	0:33:14	0:38:50	1:13:35	5	1	1	1	3	11
Kay Hathcock	0:07:08	0:19:57	0:30:10	0:39:14	1:11:32	5	1	1	1	3	11
<b>October 29, 2017</b>											
Breanna Kersting	0:05:43	0:20:51	0:29:16	0:32:27	1:03:02	5	1	1	1	3	11
Dianna Shank	0:06:36	0:20:52	0:30:23	0:35:33	1:07:03	5	1	1	1	3	11
Gina Goebel	0:05:26	0:20:52	0:28:05	0:29:07	0:59:06	5	1	1	1	3	11
Kay Hathcock	0:06:39	0:20:03	0:29:28	0:38:38	1:09:13	5	1		1	3	10
Wendy Ochoa	0:06:20	0:22:49	0:33:11	0:33:58	1:06:58	5	1	1	1	3	11
<b>November 12, 2017</b>											
Dianna Shank	0:06:50	0:21:45	0:31:30	0:37:14	1:09:39	5					5
Kay Hathcock	0:06:56	0:20:20	0:30:34	0:36:20	1:08:12	5			1	3	9
Gina Goebel	0:05:32	0:20:00	0:28:20	0:29:12	0:59:09	5		1			6
Wendy Ochoa	0:06:00	0:20:16	0:30:56	0:31:27	1:04:07	5	1	1	1	3	11
Diane Vaughan	0:05:30	0:20:56	0:30:20	0:36:27	1:07:57	5	1	1	1	3	11
Emily Johnson	0:05:12	0:19:47	0:27:00	0:23:17	0:51:11	5	1	1	1	3	11
Mellisa Strachan	0:07:07	0:19:49	0:30:02	0:33:50	1:04:48	5	1	1	1	3	11
Dawn Blazier	0:08:29	0:19:30	0:31:00	0:37:35	1:09:48	5	1	1	1	3	11
Sarah Dwiggin	0:11:35	0:22:09	0:38:50	0:45:54	1:26:34	5	1	1	1	3	11
Rene Tucker	0:07:22	0:21:03	0:31:26	0:39:54	1:12:30	5	1	1	1	3	11
<b>November 26, 2017</b>											
Dianna Shank	0:06:58	0:22:33	0:33:13	0:35:48	1:11:30	5			1		6
Kay Hathcock	0:06:35	0:20:15	0:30:01	0:36:55	1:09:22	5	1	1			7
Gina Goebel	0:05:30	0:22:48	0:30:50	0:29:36	1:02:02	5	1				6
Wendy Ochoa	0:06:03	0:19:48	0:29:11	0:31:27	1:01:17	5		1		3	9
Sarah Dwiggin	0:08:59	0:20:58	0:35:21	0:33:56	1:10:00	5	1	1	1	3	11
<b>December 10, 2017</b>											
Dianna Shank	0:06:43	0:22:41	0:33:47	0:36:02	1:11:24	5	1			3	9
Kay Hathcock	0:06:35	0:21:05	0:31:48	0:36:06	1:13:11	5			1		6

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	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Participation (5)	Swim (1)	Bike (1)	Run (1)	overall (3)	Total Pts
Gina Goebel	0:05:12	0:20:02	0:27:34	0:29:20	0:56:54	5	1	1	1	3	11
Wendy Ochoa	0:06:09	0:19:29	0:28:12	0:32:26	1:01:45	5		1	1		7
<b>December 17, 2017</b>											
Gina Goebel	0:05:07	0:19:56	0:27:39	0:29:00	0:57:37	5	1	1	1		8
Kay Hathcock	0:06:42	0:20:03	0:30:02	0:39:38	1:10:54	5		1		3	9
Breanna Kersting	0:05:51	0:21:57	0:31:36	0:37:30	1:10:29	5					5
Dianna Shank	0:06:42	0:20:53	0:30:28	0:37:00	1:08:48	5	1	1		3	10
Wendy Ochoa	0:05:46	0:20:42	0:28:20	0:28:13	0:57:35	5	1		1	3	10
Dawn Blazier	0:08:48	0:20:40	0:32:37	0:37:24	1:11:12	5			1		6
Kim Kropp	0:09:57	0:21:18	0:34:11	0:23:41	0:59:17	5	1	1	1	3	11
<b>December 31, 2017</b>											
Kay Hathcock	0:06:27	0:19:53	0:29:30	0:39:01	1:09:43	10	2	2	2	6	22
Breanna Kersting	0:05:48	0:20:06	0:29:18	0:36:30	1:07:07	10	2	2	2	6	22
Deb Ritter	0:06:16	0:20:15	0:28:50	0:22:56	1:08:17	10	2	2	2	6	22
Jessica Perkins	0:08:28	0:22:38	0:35:50	0:55:46	1:40:00	10	2	2	2	6	22
Jeanna Clark	0:05:51	0:28:10	0:19:58	0:25:35	0:54:42	10	2	2	2	6	22
Dianna Shank	0:07:06	0:20:11	0:30:37	0:36:11	1:07:45	10		2	2	6	20
Laurie Schreyer	0:08:18	0:26:08	0:38:28	0:37:50	1:17:54	10	2	2	2	6	22
Emily Johnson	0:04:57	0:19:47	0:27:17	0:24:28	0:52:35	10	2				12
Cindy Angeli	0:06:37	0:20:01	0:30:30	0:40:53	1:12:46	10	2	2	2	6	22
Annalee Menz	0:07:13	0:19:51	0:29:09	0:31:18	1:01:14	10	2	2	2	6	22
Gina Goebel	0:05:17	0:19:31	0:27:29	0:29:54	0:58:18	10		2			12
Wendy Ochoa	0:06:03	0:19:51	0:28:36	0:33:41	1:03:15	10		2			12
<b>January 14, 2018</b>											
Gina Goebel	0:05:09	0:20:00	0:27:43	0:30:30	0:59:05	5	1				6
Cindy Angeli	0:06:26	0:19:57	0:30:30	0:40:42	1:11:40	5	1	1	1	3	11
Kay Hathcock	0:07:01	0:21:16	0:31:30	0:36:46	1:09:30	5					5
Breanna Kersting	0:05:50	0:20:05	0:29:18	0:32:59	1:03:20	5		1	1	3	10
Dianna Shank	0:06:35	0:23:04	0:30:37	0:37:08	1:11:14	5	1				6
Kathy Simon	0:07:28	0:22:20	0:32:18	0:33:21	1:05:00	5	1	1	1	3	11

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	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Participation (5)	Swim (1)	Bike (1)	Run (1)	overall (3)	Total Pts
Mary Love	0:06:47	0:19:47	0:30:28	0:32:35	1:06:00	5	1	1	1	3	11
Wendy Ochoa	0:06:13	0:19:53	0:28:36	0:38:20	1:04:05	5					5
Dawn Blazier	0:08:20	0:20:05	0:32:37	0:38:20	1:11:04	5	1	1		3	10
Laia Pons	0:03:55	0:20:05	28:00:00	0:31:52	0:59:18	5	1	1	1	3	11
Kim Kropp	0:08:56	0:23:25	0:34:11	0:24:59	0:59:24	5	1				6
Ashley Pitzer	0:04:53	0:19:48	0:25:15	0:26:38	0:53:45	5	1	1	1	3	11
Jacquie Bird	0:08:56	0:23:25	0:35:15	0:38:05	1:15:44	5	1	1	1	3	11
<b>January 28, 2018</b>											
Kay Hathcock	0:06:57	0:19:54	0:29:45	0:36:11	1:07:11	5	1		1	3	10
Wende Ochoa	0:06:02	0:21:22	0:32:29	0:34:01	1:08:22	5	1		1		7
Lauren Brown	0:06:41	0:21:37	0:32:17	0:37:11	1:11:26	5	1	1	1	3	11
Breanna Kersting	0:05:40	0:19:59	0:28:33	0:30:23	0:59:52	5	1	1	1	3	11
Cindy Angeli	0:06:15	0:23:23	0:33:22	0:40:18	1:15:15	5	1		1		7
Tania Anson	0:06:30	0:19:55	0:29:44	0:26:43	0:57:57	5	1	1	1	3	11
Laia Pons	0:03:55	0:20:17	0:26:17	0:29:34	0:56:50	5			1	3	9
<b>February 11, 2018</b>											
Kay Hathcock	0:07:00	0:20:13	0:30:49	0:37:37	1:09:38	5					5
Dianna Shank	0:06:21	0:20:38	0:29:48	0:38:23	1:09:15	5	1	1		3	10
Kelly Farrell	0:05:05	0:20:39	0:29:34	0:23:00	0:53:20	5	1	1	1	3	11
Makenna Seghers	0:04:07	0:27:00	0:33:10	0:25:10	1:00:40	5	1	1	1	3	11
Dawn Blazier	0:07:38	0:20:34	0:31:31	0:36:45	1:10:16	5	1		1	3	10
Sheila Farrell	0:05:48	0:21:41	0:30:20	0:22:03	0:55:16	5	1	1	1	3	11
Laurie Schreyer	0:07:51	0:21:02	0:34:36	0:33:57	1:11:11	5	1	1	1	3	11
Laia Pons	0:03:55	0:19:47	0:25:32	0:32:53	0:59:11	5		1			6
Kim Kropp	0:09:42	0:19:51	0:32:18	0:24:02	0:58:20	5		1	1	3	10
Ashley Pitzer	0:04:17	0:19:48	0:26:58	0:25:44	0:54:15	5	1		1		7
<b>February 18, 2018</b>											
Lauren Brown	0:06:57	0:22:42	0:32:40	0:36:07	1:11:49	5					5
Gina Goebel	0:04:59	0:20:20	0:28:20	0:28:49	0:58:00	5	1		1	2	9
Kay Hathcock	0:06:39	0:19:50	0:29:39	0:36:00	1:06:56	5	1	1	1	3	11

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	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Partici pation (5)	Swi m (1)	Bike (1)	Run (1)	overall (3)	Total Pts
Dianna Shank	0:06:34	0:20:10	0:29:40	0:36:50	1:07:44	5		1	1	3	10
Wende Ochoa	0:06:06	0:19:59	0:28:40	0:32:41	1:02:23	5		1	1	3	10
Kathy Simon	0:07:32	0:19:53	0:31:20	0:32:42	1:06:02	5		1	1		7
Cindy Angeli	0:05:18	0:20:40	0:29:15	0:39:50	1:10:52	5	1		1	3	10
Melissa Chatfield	0:07:15	0:29:36	0:42:35	0:41:28	1:25:38	5	1	1	1	3	11
Sarah Weyhrich	0:04:53	0:23:39	0:31:37	0:40:37	1:13:59	5	1	1	1	3	11
<b>March 4, 2018</b>											
Kay Hathcock	0:06:40	0:19:50	0:31:17	0:33:04	1:05:30	5			1	3	9
Kathy Simon	0:07:19	0:19:48	0:30:58	0:30:35	1:03:14	5	1		1	3	10
Breanna Kersting	0:05:44	0:20:00	0:29:12	0:30:04	1:00:23	5					5
Jessica Seavers	0:09:03	0:22:17	0:34:00	0:31:54	1:09:09	5	1	1	1	3	11
Teresa Alvarez	0:08:43	0:20:05	0:34:16	0:35:27	1:11:22	5	1	1	1	3	11
Lindsay Newman	0:06:25	0:19:53	0:29:52	0:35:20	1:07:12	5	1	1	1	3	11
Amanda Sutter	0:07:17	0:26:05	0:38:20	0:35:04	1:14:26	5	1	1	1	3	11
Judy Wallut	0:07:17	0:22:54	0:33:40	0:35:29	1:10:12	5	1	1	1	3	11
Laurie Schreyer	0:08:09	0:19:53	0:31:39	0:38:36	1:11:30	5		1			6
<b>March 18, 2018</b>											
Kay Hathcock	0:06:57	0:19:49	0:29:46	0:36:35	1:07:50	5		1			6
Dianna Shank	0:06:28	0:20:25	0:29:46	0:36:19	1:07:41	5	1		1	3	10
Laurie Schreyer	0:07:38	0:20:02	0:32:50	0:32:59	1:07:20	5	1	1	1	3	11
Kim Kropp	0:10:15	0:19:54	0:33:16	0:37:39	1:05:55	5					5
Teresa Alvarez	0:07:28	0:22:38	0:36:38	0:34:42	1:12:42	5	1		1	3	10
Dawn Blazier	0:08:28	0:21:00	0:34:24	0:37:10	1:14:40	5					5
Kelly Heizer	0:07:00	0:20:07	0:29:11	0:29:18	0:59:22	5	1	1	1	3	11
Michelle Hinton	0:06:28	0:20:20	0:29:40	0:27:08	0:57:56	5	1	1	1	3	11
Ashley Pitzer	0:04:06	0:19:57	0:26:50	0:24:49	0:57:20	5	1		1		7
Emily Stevenson	0:06:21	0:21:22	0:31:14	0:26:46	0:59:28	5	1	1	1	3	11
<b>April 8, 2018</b>											
Breanna Kersting	0:05:24	0:20:25	0:29:15	0:29:47	1:01:25	5	1		1		7

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Melissa Chatfield	0:07:02	0:23:14	0:42:35	0:41:30	1:21:50	5	1	1		3	10
Michelle Hinton	0:06:04	0:20:00	0:28:59	0:24:19	54:15:00	5	1	1	1	3	11
Kelcie Miller	0:09:30	0:23:14	0:29:40	0:42:38	1:24:55	5	1	1	1	3	11
Sarah Weyhrich	0:05:07	0:23:00	0:30:41	0:43:55	1:16:10	5		1			6
Emily Stevenson	0:06:21	0:21:22	0:31:14	0:26:13	1:01:39	5			1		6
Cindy Angeli	0:06:52	0:22:01	0:32:31	0:41:08	1:15:15	5					5
Dana Harman	0:08:08	0:21:52	0:43:25	0:44:40	1:32:30	5	1	1	1	3	11
Kathy Simon	0:06:31	0:19:46	0:30:54	0:31:24	1:03:30	5	1	1			7
Kay Hathcock	0:06:45	0:20:04	0:30:28	0:37:36	1:09:15	5	1	1			7
Dianna Shank	0:06:42	0:19:54	0:30:00	0:37:28	1:09:11	5		1	1		7
Jessica Perkins	0:09:00	0:20:33	0:35:03	0:46:09	1:24:20	5		1	1	3	10
Wende Ochoa	0:06:17	0:19:58	0:29:31	0:35:22	1:06:03	5		1			6
<b>April 22, 2018</b>											
Kay Hathcock	0:06:27	0:20:04	0:30:10	0:36:35	1:07:48	5	1	1	1	3	11
Breanna Kersting	0:05:34	0:19:57	0:28:24	0:29:38	0:59:10	5		1	1	3	10
Dianna Shank	0:06:36	0:23:30	0:31:12	0:35:39	1:07:25	5	1		1	3	10
Wende Ochoa	0:10:45	0:19:58	0:29:31	0:35:22	1:06:03	5		1			6
Dana Harman	0:07:24	0:20:44	0:33:55	0:43:43	1:23:17	5		1	1	3	10
Lindsay Newman	0:06:25	0:21:19	0:31:56	0:35:20	1:07:12	5					5
Ashley Holahan	0:06:41	0:20:10	0:29:15	0:28:05	1:00:23	5	1	1	1	3	11