

HEAT SHEET FOR INDOOR TRIATHLON

HEAT 1 7:00 AM

1. **Penn Garvich**- Advanced Male 39; 24 lengths swim, 10 mile bike, 3 mile run #85 (XL)
2. **Maryjon Large-More** – Advanced Female 64; 24 lengths swim, 10 mile bike, 3 mile run #86 (XL)
3. **Peter Trenkle** - Advanced Male 42; 24 lengths swim, 10 mile bike, 3 mile run #87 (XL)
4. **Jill Tillman** - Advanced Female 65; 24 lengths swim, 10 mile bike, 3 mile run #88 (L)
5. **Caroline Wathen**- Advanced Female 40; 24 lengths swim, 10 mile bike, 3 mile run#89 (M)
6. **Robert Warren**- Advanced Male 35; 24 lengths swim, 10 mile bike, 3 mile run#90 (M)

HEAT 2 7:20 AM

1. **Meagan Neal**- Beginner Female 35; 12 lengths swim, 5 mile bike, 1 mile run #94 (XL)
2. **Jocelyn Gulewich** - Beginner Female 19; 12 lengths swim, 5 mile bike, 1 mile run #104 (S)
3. **Gabriel Redman** – Beginner Male 13; 12 lengths swim, 5 mile bike, 1 mile run#98 (M)
4. **Maria Redman** –Beginner Adult Female 43; 12 lengths swim, 5 mile bike, 1 mile run#96 (L)
5. **Sean Redman** – Beginner Adult Male 49; 12 lengths swim, 5 mile bike, 1 mile run #97 (XL)
6. **Mira Redman** - Beginner Female 12; 12 lengths swim, 5 mile bike, 1 mile run#99 (M)

HEAT 3 7:40 AM

1. **Suzanne Sullins** – Beginner Female 52; 12 lengths swim, 5 mile bike, 1 mile run #93 (M)
2. **Jane Bentley**- Beginner Female 40; 12 lengths swim, 5 mile bike, 1 mile run #91 (M)
3. **Jack Wathen** – Beginner Male 8 (duathlon); 8 lengths swim, 1 mile run #100 (YM)
4. **Annie Wathen** – Beginner Female 8 (duathlon); 8 lengths swim, 1 mile run#101 (YM)
5. **Kathryn Weist** – Advanced Female 57; 24 lengths swim, 10 mile bike, 3 mile run #92 (M)
6. **April McCutcheon** - Beginner Female 44; 12 lengths swim, 5 mile bike, 1 mile run#95 (M)

7. **Charles Stuckey** – Advanced Male 40; 24 lengths swim, 10 mile bike(**TEAM**)#102 XL
8. **Allison Stuckey** – Advanced Female; 3 mile run (**TEAM**)#103 (M)
9. **Emma Morar**- Advanced Female 28; 24 length swim, 10 mile bike, 3 mile run (XL) #105

Heat 4

10. **Matthew Hames**- Advanced Male 41; 24 length swim, 10 mile bike, 3 mile run #106 (L)
11. **Shelly Hames**- Beginner 40; 12 length swim, 5 mile bike, 1 mile run #109 (M)
12. **Lauren Hames**- Beginner 18; 12 length swim, 5 mile bike, 1 mile run #107 (L)
13. **Leslie Hames**- Beginner 15; 12 length swim, 5 mile bike, 1 mile run #108 (L)