

31ST Annual Mile High Sprints – 2/6/2016

ROCKY MOUNTAIN ROWING CLUB @ CROSSFIT VERVE, DENVER, CO

7am – Hour of Power – 60" for Meters

Lane 1	G. Ast	13,655M	2nd
Lane 2	D. Gauger	15,349M	1st

8:05am – 30" Piece

Lane 1	J Costello	(men's age 13-49)	7815M	1st
Lane 2	C. Flannigan	(men's age 13-49)	7730M	2nd
Lane 3	S. El-Sayed	(men's age (50+))	6718M	1st
Lane 4	J. Schmit	(men's age (50+))	6100M	2nd
Lane 5	K. Lodmill	(women's age 13-49)	6095m	1st
Lane 6	M. Griffes	(women's age 50+)	5725	1st

8:45am – 2000 meter men's 30-49

Lane 1	J Costello	(men's age 30-39)	6:28.5	1st
Lane 2	E. Hoyl	(men's age 30-39)	6:47.6	2nd
Lane 3	R. Madden	(men's age 30-39)	7:15.9	
Lane 4	A. Bujan	(men's age 30-39)	7:00.2	3rd
Lane 5	B. Payer	(men's age 30-39)	LWT	1st
Lane 6	A. Kreider	(men's age 40-49)	6:57.0	1st

9:00am – 2000 meter men's 50+

Lane 1	D. Dammann	(men's age 50-59)	7:11.1	1st	
Lane 2	E. Kiker	(men's age 50-59)	SCRATCH		
Lane 2	H. Brunner	(men's age 60-69)	7:15.0	1st	
Lane 3	J. Schmit	(men's age 60-69)	9:37.0	2nd	
Lane 4	P. Francis	(men's age 60-69)	LWT	1ST	
Lane 5	D. Smith	(men's 70+)	LWT	9:18.1	2nd
				(CRASH B Qualifying Time – 9:57.0)	
Lane 6	B. Moyle	(men's 70+)	LWT	8:51.8	1st

9:15am – 2000 meter men's 19-29 HEAT ONE

Lane 1	R. Matthews	6:38.0	2ND
Lane 2	T. Jeffries	6:35.1	1ST
Lane 3	J. Danahey	6:41.8	3RD
Lane 4	J. Dempsey	6:46.0	
Lane 5	P. Kauss	6:43.3	
Lane 6	S. Richardson	6:55.3	
Lane 7	T. Banning	6:51.9	
Lane 8	B. Hagonau		
Lane 9	M. Lindley	6:54.6	
Lane 10	P. Graca	6:59.4	
Lane 11	T. Ryan		
Lane 12	T. Van Der Voor		

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9:30am – 2000 meter men's 19-29 HEAT TWO

Lane 1	M. Niehaus		
Lane 2	S. Pruitt	6:56.8	
Lane 3	M. Agha	7:08.5	
Lane 4	T. Marshall	7:04.6	
Lane 5	J. Wiegman	6:58.7	
Lane 6	M. Fisher	7:05.4	
Lane 7	M. Anntonucci	7:11.0	
Lane 8	N. Huebler	7:20.6	
Lane 9	Z. Talpas	7:09.5	
Lane 10	H. Holloway		
Lane 11	J. Blackwell		
Lane 12	G. Contag	7:00.8	

9:45am – 2000 meter men's 19-29 HEAT THREE

Lane 1	J. Boyd		
Lane 2	C. Johnson	7:07.6	
Lane 3	I. Hanneman	7:14.5	
Lane 4	M. Lubivy		
Lane 5	A. Swanson	7:35.2	
Lane 6	T. Yousof (LWT)		
Lane 7	S. Gibel (LWT)	8:01.1	

10:00am – 2000 meter men's 19-29 HEAT FOUR LWT

Lane 1	M. McNally	6:50.7	
Lane 2	J. Holtestaul	LWT	1st
Lane 3	J. Goldt	LWT	3rd
Lane 4	A. Mohan	LWT	2nd
Lane 5	B. Assayg		
Lane 6	I. Everitt	LWT	
Lane 7	B. Bitterlin	7:22.2	
Lane 8	P. Fitzrandolph	LWT	
Lane 9	W. Jensen	LWT	
Lane 10	T. Leveccia	LWT	
Lane 11	A. Bunce	LWT	
Lane 12	E. Tucker		

10:15am – 2000 meter women's 19-29 HEAT ONE

Lane 1	J. Manley	7:32.2	1ST
Lane 2	S. Faust	8:09.4	
Lane 3	M. Lomis		
Lane 4	E. Wolf	7:58.6	2ND
Lane 5	S. Wakerlin		
Lane 6	K. Gibbons	8:28.4	
Lane 7	A. Mor	8:25.3	
Lane 8	L. Eger	8:07.1	3RD
Lane 9	K. Anella	8:17.3	
Lane 10	A. Okeson	8:43.8	
Lane 11	B. Birdsong	8:27.0	
Lane 12	P. Tyman		

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10:30am – 2000 meter women's 19-29 HEAT TWO (LWT?)

Lane 1	C. Pauley	LWT	8:26.7	1ST
Lane 2	A. Swain		8:22.1	
Lane 3	M. Hoos	LWT	8:31.1	2ND
Lane 4	D. Dizon	LWT	8:31.1	2ND
Lane 5	A. Chen		DNF	
Lane 6	V. Schultz		8:45.9	
Lane 7	C. Squires		8:32.0	
Lane 8	S. Ranzo		8:35.5	
Lane 9	S. Lippman		8:47.0	
Lane 10	K. Crooning			
Lane 11	F. Matson		8:50.6	
Lane 12	C. Roming			

10:45am – 2000 meter women's Junior and 30 and up

Lane 1	S. Sutton	Junior 14-18	7:45.4	1ST
Lane 2	R. Cunningham	30-39	7:26.6	1ST
Lane 3	K. Newman	40-49	7:35.6	1ST
Lane 4	M. Page	40-49 LWT	7:47.3	1ST
Lane 5	S. Borden	50-59	7:36.3	1ST
(CRASH B Qualifying Time – 7:40.7)				
Lane 6	A. Cuthbertson	50-59	8:27.6	2ND
Lane 7	S. North	50-59	8:35.0	3RD
Lane 8	J. Degerberg	50-59	9:30.4	
Lane 9	M. Griffes	60-69	9:33.9	1ST
Lane 10	S. Butcher	60-69 LWT	9:11.9	2ND
Lane 11	A. Strobridge	60-69 LWT	8:25.4	1ST
(CRASH B Qualifying Time – 8:40.0)				
Lane 12	J. Marriott	70-79	9:15.3	1ST
(CRASH B Qualifying Time – 9:25.7)				

11:00 am – 500 meter men's OVER 50

Lane 1	S. Haines	1:28.3	2ND
Lane 2	E. Kiker SCRATCH		
Lane 2	J. Schmit	2:00.6	
Lane 3	D. Smith	1:56.6	
Lane 4	P. Francis	1:43.2	3RD
Lane 5	T. Yousof (19-29)		
Lane 5	M. Gasper	1:27.4	1ST
Lane 6	B. Moyle	1:56.6	

11:07 am – 500 meter men's Under 50 HEAT ONE

Lane 1	R. Matthews	1:26.6	1 ST
Lane 2	T. Jeffries	1:27.3	2 nd
Lane 3	J. Danahey	1:29.0	
Lane 4	J. Dempsey	1:32.5	
Lane 5	M. Niehaus		
Lane 6	S. Pruitt	1:38.2	
Lane 7	T. Banning	1:27.6	3 rd
Lane 8	B. Hagenau		
Lane 9	M. Lindley	1:32.7	
Lane 10	P. Graca	1:32.1	
Lane 11	T. Ryan		
Lane 12	T. Van Der Voor		

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11:14 am – 500 meter men's Under 50 HEAT Two

Lane 1	M. Fisher		1:33.1
Lane 2	M. Anntonucci		1:36.3
Lane 3	N. Huebler		1:39.3
Lane 4	Z. Talpas		1:31.8
Lane 5	H. Halloway		
Lane 6	J. Blackwell		
Lane 7	G. Contag		1:29.9
Lane 8	J. Boyd		
Lane 9	C. Johnson		1:31.1
Lane 10	I. Hanneman		1:36.1
Lane 11	M. Lubivy		
Lane 12	A. Swanson		1:39.2

11:21am – 500 meter men's 19-29 HEAT THREE LWT??

Lane 1	M. McNally		1:28.7	
Lane 2	J. Holtstaul	LWT	1:29.9	1 st
Lane 3	J. Goldt	LWT	1:36.1	3 rd
Lane 4	A. Mohan	LWT	1:32.9	2 nd
Lane 5	B. Assays			
Lane 6	I. Everitt	LWT	1:36.2	
Lane 7	B. Bitterlin		1:37.4	
Lane 8	P. Fitzrandolph	LWT	1:39.0	
Lane 9	W. Jensen	LWT	1:42.8	
Lane 10	T. Leveccia	LWT	1:37.3	
Lane 11	A. Bunce	LWT	1:43.7	
Lane 12	E. Tucker			

11:28am – 500 meter women's 19-29 HEAT ONE

Lane 1	J. Manley		1:36.9	1 st
Lane 2	S. Faust		1:44.1	2 nd
Lane 3	M. Lemie			
Lane 4	E. Wolf		1:51.4	
Lane 5	S. Wakerlin			
Lane 6	A. Swain		1:55.6	
Lane 7	M. Hoos (moved to Heat 2)			
Lane 8	L. Eger		1:45.3	3 rd
Lane 9	K. Anella		1:45.6	
Lane 10	A. Okeson		1:54.0	
Lane 11	B. Birdsong		1:52.5	
Lane 12	P. Tyman			

11:35am – 500 meter women's 19-29 HEAT TWO & 50 PLUS

Lane 1	D. Dizon		1:53.3	2 nd LWT
Lane 4	M. Hoos		1:53.0	1 st LWT
Lane 2	A. Chen			
Lane 3	V. Schultz		1:50.2	
Lane 4	C. Squires		1:56.8	
Lane 5	S. Ranzo		1:57.8	
Lane 6	S. Lippman		1:59.4	
Lane 7	K. Croening			
Lane 8	F. Matson		1:59.0	
Lane 1	S. North		1:55.9	2 nd 50+
Lane 9	S. Borden		1:41.7	1 st 50+

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12:00 ADAPTIVE FIXED SEAT & OTHER ADAPTIVE ROWERS/LTA 1000M

Lane 1	Katya	LTA W	4:28.8
Lane 2	John	LTA M	4:30.2
Lane 3	Cheyenne	LTA	4:55.8
Lane 4	Nev		4:16.0
Lane 5	Brian		3:44.0
Lane 6	Denise		5:08.9
Lane 7	Trinh	TA	7:28.1
Lane 8	Lindsey	AS	7:28.1
Lane 2 (H2)	Anna	AS	10:10.0

12:40 Wounded Veterans Event

Lane 1	Jeff	5:48.1	
Lane 2	Irish	4:22.7	
Lane 3	Rich	4:44.1	
Lane 4	Eric	4:36.7	
Lane 5	Chris	4:11.1	
Lane 6	Mike	3:59.3	1st
Lane 7	Drake	4:07.3	2nd
Lane 8	Christine	5:20.9	2nd
Lane 9	Domingo	4:08.0	3rd
Lane 10	Lexi	4:18.7	1st
Lane 11	Zhen	4:28.5	
Lane 12	Juanito	4:17.0	

Coach & Cox Throw Down 1000M

1 st Place	SM2	3:45.5
2 nd Place	AM	3:57.5
3 rd Place	SM	4:02.5
4 th Place	RS	4:05.0
5 th Place	KC	4:08.0
6 th Place	JD	4:17.0

MIXED TEAM 4x 1000M

Team 1	3:41.1	
Team 2	3:48.5	
Team 3	3:35.1	1st
Team 4	3:46.4	
Team 5	3:48.4	
Team 6	3:40.9	
Team 7	3:36.9	3rd
Team 8	3:48.5	
Team 9	3:35.5	2nd
Team 10	3:39.0	