

Participant	Affiliation	Time	Avg_Pace	Place	Distance	SPM
IN-PERSON-Mixed 2x Father/Son (1000m, 500m each)						
Rhodes,Rhodes	Undi	3:06.7	1:33.3	1	1000	41
Dobbins,Dobbins	Holy	3:14.4	1:37.2	2	1000	33
McGowan,McGowan	Holy	3:22.3	1:41.1	3	1000	39
Shapiro,Shapiro	Lowe	3:30.2	1:45.1	4	1000	37
Marrero,Marrero	Holy	3:31.0	1:45.5	5	1000	41
Spitzen,Spitzen	Lowe	3:36.6	1:48.3	6	1000	38
McKeown,McKeown	Holy	3:37.5	1:48.7	7	1000	28
Bolgonone,Bolgonone	Holy	3:41.0	1:50.5	8	1000	41
Noto,Noto	Holy	3:47.9	1:53.9	9	1000	34
Palshikar,Palshikar	Whit	3:48.5	1:54.2	10	1000	32
IN-PERSON-Mixed Mother/Son (1000m 500m each)						
El-Habr,El-Habr	Holy	3:26.5	1:43.2	1	1000	33
Conoscenti,Conoscenti	Holy	3:42.3	1:51.1	2	1000	39
Urban,Urban	Holy	4:11.4	2:05.7	3	1000	31
IN-PERSON-Mixed 2x Father/Daughter (1000m, 500m each)						
Long,Long	Radn	3:25.0	1:42.5	1	1000	37
Conroy, Conroy	Whit	3:31.5	1:45.7	2	1000	38
Rasmussen,Rasmussen	Germ	3:31.9	1:45.9	3	1000	39
Thur,Thur	Lowe	3:48.9	1:54.4	4	1000	37
Cooleen,Cooleen	Cons	3:51.3	1:55.6	5	1000	33
Edwards,Edwards	Lowe	3:55.3	1:57.6	6	1000	31
Pelletier,Pelletier	Lowe	4:40.7	2:20.3	7	1000	34
IN-PERSON-Mixed Mother/Daughter(1000m, 500m each)						
Reynolds,Reynolds	Lowe	3:38.8	1:49.4	1	1000	34
Rauer,Rauer	Lowe	3:45.3	1:52.6	2	1000	39
Baker,Safran	Lowe	3:55.9	1:57.9	3	1000	31
Kupstas,Kupstas	Lowe	4:28.7	2:14.3	4	1000	40
IN-PERSON-Mens Open Relay (2000M- 500M/each)						
Kupstas,Stricker, Walls, Lin	Lowe	6:25.9	1:36.4	1	2000	39
Steingard, Munroe,Silio,Scutti	Lowe	6:27.3	1:36.8	2	2000	38
IN-PERSON-Mens Under-19 4-person Relay (2000 M- 500M/each)						
Stein, Flanagan,Nichilo,Curtis	Whit	5:55.0	1:28.7	1	2000	40
IN-PERSON-Womens Under-19 4-person Relay (2000M- 500M/each)						
Lay, Levensten,Xu, Barth	Whit	6:55.8	1:43.9	1	2000	38
Oberdiek,Baker,Wall,Reynolds	Lowe	7:19.8	1:49.9	2	2000	33
Ferrandino, Mehler,Christensen,Condon	Vill	7:43.8	1:55.9	3	2000	34
Angelucci,Carlson,Webb,Taylor	Vill	8:10.6	2:02.6	4	2000	36
Doughty,Phillips,Aguilar,Carlson	Vill	8:30.1	2:07.5	5	2000	35
IN-PERSON-*Mens CrossFit Individual Sprint - 500m						
Schipper	Vill	1:22.6	1:22.6	1	500	42
Boehm	Fair	1:24.0	1:24.0	2	500	41
IN-PERSON-Mens Crew Parent 500M sprint						
Pettit	Conc	1:59.2	1:59.2	1	500	43
IN-PERSON-Boys Middle School (1000m) 14 yrs or younger FISA Rule						
Arendt	Whit	3:22.9	1:41.4	1	1000	32
Davis	Newp	3:32.5	1:46.2	2	1000	36
Schalick	Whit	3:34.6	1:47.3	3	1000	32
Walish	Whit	3:48.1	1:54.0	4	1000	29
Messner	Whit	3:50.3	1:55.1	5	1000	31
Goldfine	Whit	3:53.5	1:56.7	6	1000	32
Dorsey	Whit	3:57.0	1:58.5	7	1000	33
Bauml	Whit	4:00.4	2:00.2	8	1000	33
Davis-Booth	Whit	4:12.3	2:06.1	9	1000	32
Levine	Whit	4:51.9	2:25.9	10	1000	30
Rose	Whit	3:54.0	1:57.0	11	1000	31
Cooleen	Cons	4:17.6	2:08.8	12	1000	31
Johnson	Whit	4:17.9	2:08.9	13	1000	28
Hollenbach	Whit	4:31.3	2:15.6	14	1000	31
Tang	Whit	4:31.3	2:15.6	15	1000	33

Ford	Whit	4:31.5	2:15.7	16	1000	32
PHADNIS	Whit	5:03.8	2:31.9	17	1000	31
IN-PERSON-Mens Junior Coxswain (1000m)						
Wang	Radn	3:40.4	1:50.2	1	1000	33
Huot	Holy	3:44.9	1:52.4	2	1000	34
McGreevey	Lowe	3:50.7	1:55.3	3	1000	39
Schwartz	Holy	4:14.0	2:07.0	4	1000	33
Volpe	Holy	4:27.5	2:13.7	5	1000	29
IN-PERSON-Womens Junior Coxswain (1000m)						
Ernst	Gwyn	4:05.2	2:02.6	1	1000	30
Dengel	Lowe	4:34.4	2:17.2	2	1000	31
Pettit	Conc	4:40.1	2:20.0	3	1000	38
Hobson	Vill	5:20.7	2:40.3	4	1000	26
IN-PERSON-Womens High School Freshman						
Dobeck	Spri	7:57.2	1:59.3	1	2000	26
Nevler	Whit	8:02.7	2:00.6	2	2000	28
Tan	Whit	8:21.0	2:05.2	3	2000	27
Esplin	Bald	8:21.8	2:05.4	4	2000	29
Rauer	Lowe	8:25.5	2:06.3	5	2000	31
Konz	Whit	8:27.0	2:06.7	6	2000	30
Doughty	Vill	8:32.5	2:08.1	7	2000	29
Preetam	Whit	8:40.0	2:10.0	8	2000	32
Cahill	Lowe	8:44.5	2:11.1	9	2000	28
Aguilar	Vill	8:46.3	2:11.5	10	2000	34
Kupstus	Lowe	8:48.2	2:12.0	11	2000	30
Lu	Whit	8:48.5	2:12.1	12	2000	32
Rathnayaka	Whit	8:57.0	2:14.2	13	2000	29
Swisa	Radn	8:59.9	2:14.9	14	2000	31
Gopalani	Bald	9:16.8	2:19.2	15	2000	26
Carlson	Vill	9:19.0	2:19.7	16	2000	31
Phillips	Vill	9:21.8	2:20.4	17	2000	32
Crandell	Whit	9:23.3	2:20.8	18	2000	29
IN-PERSON-Womens Junior (Under 19)						
Murphy	Fair	7:17.9	1:49.4	1	2000	30
Johnson	Bald	7:24.8	1:51.2	2	2000	27
Cubit	Whit	7:26.7	1:51.6	3	2000	32
Taylor	Radn	7:27.5	1:51.8	4	2000	32
Lay	Whit	7:29.2	1:52.3	5	2000	32
Barth	Whit	7:29.4	1:52.3	6	2000	30
Warden	Whit	7:33.7	1:53.4	7	2000	30
Oxman	Lowe	7:35.3	1:53.8	8	2000	33
Holder	Gwyn	7:36.8	1:54.2	9	2000	29
Busk	Whit	7:45.1	1:56.2	10	2000	32
Oberdiek	Lowe	7:46.3	1:56.5	11	2000	27
Xu	Whit	7:48.9	1:57.2	12	2000	32
Levensten	Whit	7:49.3	1:57.3	13	2000	31
Condon	Vill	7:50.1	1:57.5	14	2000	28
Dyer	Whit	7:51.2	1:57.8	15	2000	28
Conroy	Whit	7:51.6	1:57.9	16	2000	31
Petka	Gwyn	7:52.0	1:58.0	17	2000	29
Moore	Newp	7:55.3	1:58.8	18	2000	32
Fisher	Whit	7:55.9	1:58.9	19	2000	30
Long	Radn	7:57.1	1:59.2	20	2000	30
Hicks	Whit	7:57.3	1:59.3	21	2000	29
Reynolds	Lowe	8:02.2	2:00.5	22	2000	27
Rasmussen	Germ	8:03.3	2:00.8	23	2000	32
Davis	Whit	8:05.4	2:01.3	24	2000	27
Lyons	Radn	8:06.5	2:01.6	25	2000	29
Weiner	Nave	8:06.8	2:01.7	26	2000	32
Ferrandino	Vill	8:11.9	2:02.9	27	2000	30
Baker	Lowe	8:12.3	2:03.0	28	2000	27

Thompson	Bald	8:12.5	2:03.1	29	2000	28
Appleberry	Germ	8:18.7	2:04.6	30	2000	30
Whamond	Bald	8:18.8	2:04.7	31	2000	27
Colucci	Bald	8:19.2	2:04.8	32	2000	27
Biondi	Pega	8:19.7	2:04.9	33	2000	30
Webb	Vill	8:21.0	2:05.2	34	2000	31
Spykerman	Radn	8:21.1	2:05.2	35	2000	28
Conen	Radn	8:22.2	2:05.5	36	2000	28
Groff	Conc	8:22.2	2:05.5	37	2000	27
Julien	Whit	8:25.3	2:06.3	38	2000	31
Christensen	Vill	8:26.2	2:06.5	39	2000	30
Hrlie	Whit	8:26.9	2:06.7	40	2000	27
Carlson	Vill	8:27.8	2:06.9	41	2000	30
Hoffman	Bald	8:28.6	2:07.1	42	2000	25
Edwards	Lowe	8:29.1	2:07.2	43	2000	29
Justman	Whit	8:29.5	2:07.3	44	2000	33
Caintic	Whit	8:34.2	2:08.5	45	2000	28
Horwitz	Bald	8:37.7	2:09.4	46	2000	27
Shephard	Bald	8:38.4	2:09.6	47	2000	27
conley	Germ	8:42.0	2:10.5	48	2000	30
Kostinsky	Lowe	8:42.4	2:10.6	49	2000	27
Quimby	Bald	8:48.8	2:12.2	50	2000	26
Mehler	Vill	8:51.3	2:12.8	51	2000	30
Bell	Vill	8:53.9	2:13.4	52	2000	30
Angelucci	Vill	8:54.3	2:13.5	53	2000	30
Atkinson	Conc	8:56.6	2:14.1	54	2000	27
Benjamin	Bald	8:57.7	2:14.4	55	2000	29
Perri	Vill	9:00.3	2:15.0	56	2000	29
Okechukwu	Whit	9:02.5	2:15.6	57	2000	27
Perri	Vill	9:03.4	2:15.8	58	2000	29
Taylor	Vill	9:04.7	2:16.1	59	2000	32
Rang	Bald	9:05.6	2:16.4	60	2000	25
Thur	Lowe	9:06.4	2:16.6	61	2000	27
Stein	Whit	9:07.0	2:16.7	62	2000	27
Kress	Germ	9:07.2	2:16.8	63	2000	29
Mauro	Lowe	9:09.8	2:17.4	64	2000	26
Pelletier	Lowe	9:19.2	2:19.8	65	2000	29
Cavanaugh	Bald	9:39.2	2:24.8	66	2000	29
IN-PERSON-Womens Junior (Under 19) Ltwt (130 lbs. max)						
Obrien	Whit	8:06.8	2:01.7	1	2000	31
Cornejo	Germ	8:18.3	2:04.5	2	2000	31
Yannella	Germ	8:24.4	2:06.1	3	2000	28
Halvorsen	Conc	8:50.1	2:12.5	4	2000	32
Nikolic	Whit	8:54.6	2:13.6	5	2000	30
Deshpande	Whit	9:03.1	2:15.7	6	2000	28
Alimansky	Whit	9:03.5	2:15.8	4	2000	25
Melton	Lowe	9:28.1	2:22.0	7	2000	29
IN-PERSON-Mens High School Freshman						
Sullivan	Holy	7:21.1	1:50.2	1	2000	35
Binder	Holy	7:30.9	1:52.7	2	2000	26
Spitzen	Lowe	7:48.5	1:57.1	3	2000	28
Turner	Lowe	8:00.6	2:00.1	4	2000	28
Pienkowski	Holy	8:00.7	2:00.1	5	2000	31
Goedde	Lowe	8:01.7	2:00.4	6	2000	33
Bolognone	Holy	8:04.0	2:01.0	7	2000	35
N'Diaye	Lowe	8:05.1	2:01.2	8	2000	26
Rankin	Lowe	8:06.6	2:01.6	9	2000	28
Staparounas	Lowe	8:06.9	2:01.7	10	2000	26
Gaddameedi	Radn	8:07.6	2:01.9	11	2000	28
McGowan	Holy	8:13.7	2:03.4	12	2000	30
Fiske-Kneafsey	Lowe	8:14.7	2:03.6	13	2000	26

Fles	Radn	8:14.8	2:03.7	14	2000	28
Bellomo	Lowe	8:20.0	2:05.0	15	2000	28
O'Gara	Lowe	8:22.2	2:05.5	16	2000	32
Urban	Holy	8:23.4	2:05.8	17	2000	27
Walsh	Holy	8:40.6	2:10.1	18	2000	25
Hilinski	Holy	8:54.3	2:13.5	19	2000	29
Powell	Lowe	8:59.9	2:14.9	20	2000	29
IN-PERSON-Mens Junior (Under 19)						
Weaver	Undi	6:30.4	1:37.6	1	2000	31
Miller	Whit	6:31.4	1:37.8	2	2000	32
McDonnell	Whit	6:32.1	1:38.0	3	2000	32
Gross	Bonn	6:37.3	1:39.3	4	2000	32
Stein	Whit	6:37.7	1:39.4	5	2000	32
Curtis	Whit	6:38.7	1:39.6	6	2000	30
Bragdon	Radn	6:43.1	1:40.7	7	2000	29
Rajagopalan	Germ	6:43.7	1:40.9	8	2000	34
Rhodes	Whit	6:44.0	1:41.0	9	2000	32
Yoon	Whit	6:45.4	1:41.3	10	2000	30
Dobeck	Spri	6:45.9	1:41.4	11	2000	34
Nichilo	Whit	6:47.5	1:41.8	12	2000	29
Ledbetter	Radn	6:49.4	1:42.3	13	2000	33
El-Habr	Holy	6:51.1	1:42.7	14	2000	29
Smiley	Holy	6:54.1	1:43.5	15	2000	28
Flanagan	Whit	6:54.3	1:43.5	16	2000	30
Sayer	Whit	6:55.1	1:43.7	17	2000	30
Good	Nave	6:56.8	1:44.2	18	2000	29
Engel	Whit	7:00.1	1:45.0	19	2000	30
Cappiello	Germ	7:02.4	1:45.6	20	2000	33
Silio	Lowe	7:02.8	1:45.7	21	2000	30
Kaper-Barcelata	Radn	7:03.3	1:45.8	22	2000	29
Martignoni	Nave	7:03.4	1:45.8	23	2000	29
McKeown	Holy	7:04.2	1:46.0	24	2000	27
Kohler	Holy	7:04.5	1:46.1	25	2000	30
Arendt	Phil	7:05.7	1:46.4	26	2000	30
Jesiolowski	Holy	7:06.2	1:46.5	27	2000	31
Mucksavage	Radn	7:08.3	1:47.0	28	2000	28
Conoscenti	Holy	7:08.7	1:47.1	29	2000	28
Marrero	Holy	7:12.9	1:48.2	30	2000	30
Cerami	Nave	7:13.5	1:48.3	31	2000	31
Munroe	Lowe	7:22.0	1:50.5	32	2000	32
Berkovich	Radn	7:22.4	1:50.6	33	2000	30
Haas	Conc	7:24.0	1:51.0	34	2000	30
Noto	Holy	7:25.7	1:51.4	35	2000	29
Davis-Booth	Whit	7:26.1	1:51.5	36	2000	28
Matthews	Holy	7:26.2	1:51.5	37	2000	29
Dobbins	Holy	7:29.2	1:52.3	38	2000	27
Denham	Radn	7:38.7	1:54.6	39	2000	31
Murohy	Holy	7:39.0	1:54.7	40	2000	29
Manna	Holy	7:41.1	1:55.2	41	2000	28
Culley	Conc	7:50.1	1:57.5	42	2000	32
Varrone	Lowe	8:06.4	2:01.6	43	2000	28
Shapiro	Lowe	8:08.8	2:02.2	44	2000	31
Yuan	Radn	8:25.9	2:06.4	45	2000	29
IN-PERSON-Mens Junior (Under 19) Ltwt (150 lbs. max)						
Cusack	Germ	7:06.3	1:46.5	1	2000	31
Neary	Whit	7:14.6	1:48.6	2	2000	32
Hagner	Whit	7:17.1	1:49.2	3	2000	30
Kellett	Unaf	7:17.3	1:49.3	4	2000	30
Frei	Radn	7:21.3	1:50.3	5	2000	31
Reichner IV	Newp	7:25.7	1:51.4	6	2000	31
tropeano	Radn	7:26.9	1:51.7	7	2000	30

Steingard	Lowe	7:30.0	1:52.5	8	2000	29
Hasty	Whit	7:30.5	1:52.6	9	2000	31
Wagner	Conc	7:32.6	1:53.1	10	2000	34
Karten	Whit	7:34.5	1:53.6	11	2000	30
Cheung	Germ	7:34.5	1:53.6	11	2000	31
Tavernier	Holy	7:37.8	1:54.4	13	2000	28
Spadaro	Radn	7:38.5	1:54.6	14	2000	31
Swiatek	Conc	7:45.0	1:56.2	15	2000	30
Han	Lowe	7:53.7	1:58.4	16	2000	29
IN-PERSON - Mens U21						
Scutti	Lowe	7:01.0	1:45.2	1	2000	25
Chen	Pega	7:05.0	1:46.2	2	2000	25
IN-PERSON - Women's Under 21 Ltwt (135lbs max)						
Capizzi	Unaf	8:03.7	2:00.9	1	2000	30
Wall	Lowe	8:07.6	2:01.9	2	2000	29
IN-PERSON-Mens Open						
Constable	Unaf	6:15.1	1:33.7	1	2000	31
IN-PERSON-Mens Under 23 Ltwt (165 lbs max)						
Hanlon	Conc	7:16.7	1:49.1	1	2000	31
IN-PERSON-Womens Under 23 Ltwt (135 lbs max)						
O'Brien	Unaf	7:42.7	1:55.6	1	2000	29
IN-PERSON-Womens Masters C (43-49)						
Dobeck	Whit	7:51.7	1:57.9	1	2000	25
IN-PERSON-Womens Masters D (50 - 54)						
Rauer	Lowe	7:52.0	1:58.0	1	2000	32
IN-PERSON-Womens Masters E (55-59)						
Carroll	Unaf	9:12.7	2:18.1	1	2000	24
IN-PERSON-Womens Masters F (60-64)						
Saint Clair	Whit	7:49.1	1:57.2	1	2000	30
Cabrelli	Vesp	10:34.8	2:38.7	2	2000	31
IN-PERSON-Womens Masters F (60-64) Ltwt (135 lbs max)						
McBlane	Whit	8:27.3	2:06.8	1	2000	29
IN-PERSON-Womens Masters G (65-69) Ltwt (135 lbs max)						
Johnston	Whit	10:13.8	2:33.4	1	2000	30
IN-PERSON-Mens Master C (43 - 49)						
Hasty	Unaf	7:03.7	1:45.9	1	2000	28
Shapiro	Unaf	7:40.4	1:55.1	2	2000	32
IN-PERSON-Mens Master D (50-54)						
Maier	Fair	6:28.6	1:37.1	1	2000	32
Motsch	Whit	6:52.2	1:43.0	2	2000	31
Spitzen	Lowe	7:28.0	1:52.0	3	2000	34
Dorsey	Whit	7:36.1	1:54.0	4	2000	26
Davis	Unaf	8:39.4	2:09.8	5	2000	28
IN-PERSON-Mens Masters A (27-35)						
Gabriel	Whit	6:52.2	1:43.0	1	2000	28
Montenegro	Fair	6:58.0	1:44.5	1	2000	32
IN-PERSON-Mens Masters D (50-54) Ltwt (165 lbs max)						
Timmons	The	7:23.5	1:50.8	1	2000	30
Kelly	Whit	7:42.0	1:55.5	2	2000	29
IN-PERSON-Mens Masters E (55-59)						
Wegryn	Univ	6:58.4	1:44.6	1	2000	30
Crilly	Nave	7:07.7	1:46.9	2	2000	28
COOLEEN	Cons	7:15.6	1:48.9	3	2000	32
Brabston	Unaf	7:27.0	1:51.7	4	2000	27
Conroy	Whit	7:37.9	1:54.4	5	2000	31
Perry	Whit	7:40.8	1:55.2	6	2000	29
Nolen	Roya	8:08.7	2:02.1	7	2000	35
McNulty	Unaf	7:21.4	1:50.3	1	2000	29
IN-PERSON-Mens Masters H (70-74)						
Morris	Univ	8:09.1	2:02.2	1	2000	24
IN-PERSON-Mens Masters H (70-74) Ltwt (165 lbs max)						

Graham	Wilm	8:26.3	2:06.5	1	2000	29
IN-PERSON-Mens Masters J (80-82) Ltwf (165 lbs max)						
Pinkstone	Unaf	11:03.1	2:45.7	1	2000	28