

Warm up (pool

Last	First	Wave	check in by	or track)	Swim-Tri/Run 1-Du Start
Acuna	Gina	4	7:00	7:20	7:30
Ardolini	C E	1	5:30	5:50	6:00
Balinas	Joseph	4	7:00	7:20	7:30
Bergey	Heather	4	7:00	7:20	7:30
Bleich	Amy	3	6:30	6:50	7:00
Callicrate	Taylor	2	6:00	6:20	6:30
Christian	Kimberlee	1	5:30	5:50	6:00
Cluck	Thomas	1	5:30	5:50	6:00
Davis	Joanne	2	6:00	6:20	6:30
DICKSON	CARSON	1	5:30	5:50	6:00
Eisen	Rona	4	7:00	7:20	7:30
Flynn	Barbara	2	6:00	6:20	6:30
Gast	Michelle	4	7:00	7:20	7:30
Grace	Ligon	3	6:30	6:50	7:00
Harris	Patrick	1	5:30	5:50	6:00
Hofman	Diego	1	5:30	5:50	6:00
Jones	Neville	4	7:00	7:20	7:30
Joy	Kirk	1	5:30	5:50	6:00
Lauren	Black	3	6:30	6:50	7:00
Ledesma	Alexis	2	6:00	6:20	6:30
Lewis	Tom	2	6:00	6:20	6:30
Lewis	Denise	2	6:00	6:20	6:30
Marto	Tanya	2	6:00	6:20	6:30
Miller	Larry	1	5:30	5:50	6:00
Milner	Stephanie	3	6:30	6:50	7:00
Townley	Madison	1	5:30	5:50	6:00
Walker	Ka'yin	4	7:00	7:20	7:30
Wendy	Hall	3	6:30	6:50	7:00
Winters	Stacy	2	6:00	6:20	6:30
Woods	Anne	2	6:00	6:20	6:30
Yuknis	Christina	2	6:00	6:20	6:30