

2022 VSRC Day 2

Heat Sheet for Saturday, May 14

Lane 1 is Furthest from the Grandstands (PW Side of Reservoir)

Time	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
1	08:00	W-1x		Greenbriar	Great Bridge	Hylton		
	Place		2	1	3			
	Split		00:20.1	00:00.0	00:46.4			
	Time		07:00.9	06:40.8	07:27.2			
2	08:08	W-1x	STAB	Albemarle	Gar-Field	Freeman		
	Place		1	2	4	3		
	Split		00:00.0	00:04.9	00:45.2	00:19.4		
	Time		06:40.9	06:45.8	07:26.1	07:00.3		
3	08:16	M-2x	Stone Bridge	Albemarle	James River	Hickory		
	Place		3	1	2	4		
	Split		00:39.6	00:00.0	00:16.6	01:09.9		
	Time		06:14.8	05:35.2	05:51.8	06:45.1		
4	08:24	M-2x	Granby	W Albermarle	Justice	Hylton		
	Place		4	1	2	3		
	Split		01:17.8	00:00.0	00:45.9	00:57.5		
	Time		06:31.7	05:13.9	05:59.8	06:11.4		
5	08:32	W-2x	Wakefield	Great Bridge	Albemarle	W Albermarle	Mnt Vernon	
	Place		4	2	1	3	5	
	Split		00:50.4	00:31.4	00:00.0	00:44.9	02:34.4	
	Time		06:54.7	06:35.7	06:04.3	06:49.2	08:38.7	
6	08:40	W-2x	Fairfax	Mathews	Hylton	Gar-Field		
	Place		3	1	2	4		
	Split		00:56.8	00:00.0	00:22.8	01:10.5		
	Time		07:01.1	06:04.3	06:27.0	07:14.8		
7	08:48	M-1-4+	Princess Anne	Fairfax	Robinson	L Braddock	Broad Run	St John Paul
	Place		5	2	1	3	4	6
	Split		00:29.5	00:09.6	00:00.0	00:10.0	00:18.8	00:44.4
	Time		05:47.4	05:27.5	05:17.9	05:27.9	05:36.7	06:02.3
8	08:56	M-1-4+	Briar Woods	Norfolk Acad	Stone Bridge	S. County	W. Potomac	Rock Ridge
	Place		5	1	2	3	4	6
	Split		00:31.5	00:00.0	00:01.9	00:03.8	00:05.5	01:02.9
	Time		05:46.1	05:14.6	05:16.5	05:18.4	05:20.1	06:17.5
9	09:04	W-1-4+	Battlefield	Briar Woods	S. County	L Braddock	Woodbridge	
	Place		5	4	2	3	1	
	Split		00:21.6	00:06.3	00:04.5	00:05.6	00:00.0	
	Time		06:24.0	06:08.7	06:06.9	06:08.0	06:02.4	
10	09:12	W-1-4+	Broad Run	Episcopal	Stone Bridge	Yorktown	Forest Park	Princess Anne
	Place		4	3	2	1	6	5
	Split		00:15.8	00:10.5	00:07.8	00:00.0	00:39.8	00:27.0
	Time		06:12.4	06:07.1	06:04.4	05:56.6	06:36.4	06:23.6
11	09:20	M-Jr-4+	Woodson	Independence	Norfolk Acad	Robinson	W. Potomac	Mathews
	Place		5	3	1	4	6	2
	Split		00:54.5	00:27.8	00:00.0	00:28.1	01:36.4	00:25.3
	Time		06:11.0	05:44.3	05:16.5	05:44.6	06:52.9	05:41.8
12	09:28	M-Jr-4+	Rock Ridge	Great Bridge	Stone Bridge	L Braddock	James River	Briar Woods
	Place		5	2	4	1	3	6
	Split		00:26.3	00:01.2	00:05.1	00:00.0	00:04.8	00:55.4
	Time		06:02.3	05:37.1	05:41.1	05:36.0	05:40.7	06:31.4
13	09:36	W-Jr-4+	Woodbridge	Episcopal	Forest Park	Yorktown	Fairfax	Broad Run
	Place		3	4	1	2	5	6
	Split		00:21.4	00:26.6	00:00.0	00:01.4	00:39.5	00:48.9
	Time		06:26.7	06:31.8	06:05.2	06:06.6	06:44.7	06:54.1
14	09:44	W-Jr-4+	Battlefield	Granby	Oakton	L Braddock	W. Potomac	Visitation
	Place		3	4	1	2	5	6
	Split		00:07.2	00:09.7	00:00.0	00:06.8	00:35.6	00:58.9
	Time		06:24.8	06:27.3	06:17.6	06:24.4	06:53.2	07:16.5
15	09:52	M-Jr-8+		W. Potomac	S. County	Woodbridge		
	Place			3	2	1		
	Split			00:26.6	00:11.9	00:00.0		
	Time			05:34.7	05:20.0	05:08.1		
16	10:00	M-Jr-8+		Forest Park	Fairfax	Jefferson	Oakton	
	Place			4	2	3	1	
	Split			00:18.3	00:00.3	00:02.0	00:00.0	
	Time			05:24.0	05:06.0	05:07.7	05:05.7	
17	10:08	M-2-8+	Oakton	Colgan	Riverside	Yorktown	W Springfield	
	Place		5	4	1	3	2	
	Split		00:43.5	00:17.2	00:00.0	00:06.0	00:02.6	
	Time		05:34.6	05:08.3	04:51.1	04:57.1	04:53.7	
18	10:16	M-2-8+		Woodson	Alexandria	Madison	Wakefield	
	Place			3	2	4	1	
	Split			00:03.4	00:00.5	00:04.6	00:00.0	
	Time			04:55.4	04:52.5	04:56.6	04:52.0	
19	10:24	M-2-8+		Langley	McLean	Jefferson	Wash-Liberty	
	Place			3	1	2	4	
	Split			00:09.9	00:00.0	00:05.0	00:15.3	
	Time			05:06.5	04:56.6	05:01.6	05:11.9	

20	10:32	W-2-8+	S Friends	Oakton	Wakefield	McLean	Woodson		
	Place		5	3	1	2	4		
	Split		00:25.2	00:16.3	00:00.0	00:12.1	00:23.4		
	Time		05:49.8	05:40.9	05:24.6	05:36.7	05:48.0		
21	10:40	W-2-8+	Wash-Liberty	W Springfield	Alexandria	Riverside	Colgan		
	Place		4	3	1	2	5		
	Split		00:24.2	00:16.0	00:00.0	00:05.3	00:41.6		
	Time		05:48.2	05:40.0	05:24.0	05:29.3	06:05.6		
22	10:48	W-2-8+		Jefferson	Robinson	Langley	Madison		
	Place			3	2	1	4		
	Split			00:13.7	00:00.1	00:00.0	00:13.9		
	Time			05:41.2	05:27.6	05:27.5	05:41.4		
23	10:56	M-1-8+	Hickory	Jefferson	Wakefield	Colgan	Wash-Liberty		
	Place		5	2	1	3	4		
	Split		00:39.7	00:04.8	00:00.0	00:08.6	00:10.0		
	Time		05:22.1	04:47.2	04:42.4	04:51.0	04:52.4		
24	11:04	M-1-8+	Forest Park	Oakton	Yorktown	Woodson	Langley		
	Place		5	3	1	4	2		
	Split		00:18.5	00:06.7	00:00.0	00:08.2	00:03.4		
	Time		05:00.9	04:49.1	04:42.4	04:50.6	04:45.8		
25	11:12	M-1-8+	Woodbridge	W Springfield	Alexandria	McLean	Madison		
	Place		5	4	2	1	3		
	Split		00:13.8	00:09.1	00:04.2	00:00.0	00:07.1		
	Time		04:57.2	04:52.5	04:47.6	04:43.4	04:50.5		
26	11:20	W-1-8+	W Springfield	Colgan	Wakefield	Langley	S Friends		
	Place		4	2	1	3	5		
	Split		00:13.4	00:01.7	00:00.0	00:08.4	00:27.3		
	Time		05:34.8	05:23.0	05:21.4	05:29.8	05:48.7		
27	11:28	W-1-8+	Visitation	Robinson	Oakton	Madison	Wash-Liberty		
	Place		5	3	1	2	4		
	Split		00:35.8	00:09.3	00:00.0	00:06.3	00:18.4		
	Time		05:52.3	05:25.8	05:16.5	05:22.8	05:34.9		
28	11:36	W-1-8+	W. Potomac	Woodson	McLean	Alexandria	Jefferson		
	Place		5	3	2	1	4		
	Split		00:43.1	00:11.1	00:00.2	00:00.0	00:13.8		
	Time		05:59.3	05:27.3	05:16.4	05:16.2	05:30.0		
	11:44	Break							
29	12:24	W-Jr 8+	W. Potomac	Colgan	S. County	Stone Bridge	Alexandria	Yorktown	
	Place		6	4	1	3	2	5	
	Split		00:49.8	00:13.4	00:00.0	00:11.5	00:09.5	00:30.1	
	Time		06:13.9	05:37.5	05:24.1	05:35.6	05:33.6	05:54.2	
30	12:32	M-4x	Briar Woods	Wash-Liberty	W Albermarle	Justice	Mnt Vernon		
	Place		5	3	1	2	4		
	Split		00:50.2	00:30.5	00:00.0	00:01.5	00:49.0		
	Time		06:05.2	05:45.5	05:15.0	05:16.5	06:04.0		
31	12:40	W-4x	Norfolk Acad	Granby	W Albermarle	Mathews	Justice	Albemarle	
	Place		4	5	2	3	6	1	
	Split		00:20.1	00:38.8	00:07.3	00:09.1	00:54.8	00:00.0	
	Time		05:52.5	06:11.2	05:39.7	05:41.5	06:27.2	05:32.4	
32	12:48	M-1x	Albemarle	Wash-Liberty	W Albermarle	Potomac	Mathews		
	Place		1	5	2	4	3		
	Split		00:00.0	01:14.2	00:10.0	00:30.7	00:16.0		
	Time		05:53.5	07:07.7	06:03.5	06:24.2	06:09.5		
33	12:56	M-Jr 4x	Justice	Hylton	Albemarle	W Albermarle	Gar-Field		
	Place		5	4	1	2	3		
	Split		01:01.6	00:56.5	00:00.0	00:31.8	00:47.3		
	Time		05:51.8	05:46.7	04:50.2	05:22.0	05:37.5		
34	1:04	W-Jr 4x		Alexandria	W Albermarle	Hylton	Albemarle		
	Place			3	1	4	2		
	Split			00:27.9	00:00.0	01:16.2	00:01.8		
	Time			06:16.8	05:48.9	07:05.0	05:50.7		
35	1:12	M-Jr 2x	Gar-Field	Hylton	Albemarle	W Albermarle	Grassfield		
	Place		5	4	2	1	3		
	Split		01:03.9	00:34.8	00:23.2	00:00.0	00:25.6		
	Time		06:24.3	05:55.2	05:43.6	05:20.4	05:46.0		
36	1:20	W-Jr 2x			W Albermarle	Justice	James River		
	Place				1	3	2		
	Split				00:00.0	00:51.6	00:08.6		
	Time				05:58.1	06:49.6	06:06.7		
37	1:28	M-Jr 1x		Grassfield	W Albermarle	Great Bridge	Broad Run		
	Place			3	1	2	4		
	Split			00:50.1	00:00.0	00:26.0	02:11.3		
	Time			06:50.1	06:00.0	06:26.0	08:11.3		
38	1:36	W-Jr 1x	Maury	Potomac Sch	W Albermarle	Potomac	Hickory		
	Place		3	4	2	5	1		
	Split		00:31.4	00:42.2	00:06.0	00:53.0	00:00.0		
	Time		06:53.7	07:04.5	06:28.3	07:15.3	06:22.3		
39	1:44	M-1-8+	Alexandria	Jefferson	Yorktown	Wakefield	McLean	Langley	
	Place		3	5	4	1	2	6	
	Split		00:03.5	00:13.1	00:04.2	00:00.0	00:03.0	00:15.9	
	Time		04:35.5	04:45.1	04:36.2	04:32.0	04:35.0	04:47.9	
40	1:52	W-1-8+	McLean	Colgan	Oakton	Wakefield	Alexandria	Madison	
	Place		4	6	2	1	3	5	
	Split		00:06.0	00:14.2	00:00.7	00:00.0	00:02.7	00:08.0	

	Time		05:13.2	05:21.3	05:07.9	05:07.2	05:09.9	05:15.2
41	2:00	M-Jr 8+		Fairfax	Woodbridge	Oakton	S. County	Jefferson
	Place			1	5	3	2	4
	Split			00:00.0	00:12.8	00:03.7	00:02.8	00:05.3
	Time			04:55.9	05:08.7	04:59.6	04:58.7	05:01.2
42	2:08	M-1-4+	L Braddock	Stone Bridge	Robinson	Norfolk Acad	Fairfax	S. County
	Place		6	4	1	3	5	2
	Split		00:11.6	00:03.3	00:00.0	00:03.1	00:08.1	00:02.8
	Time		05:15.6	05:07.3	05:04.0	05:07.0	05:12.1	05:06.8
43	2:16	W-1-4+	L Braddock	Stone Bridge	Woodbridge	Yorktown	S. County	Episcopal
	Place		6	2	5	1	3	4
	Split		00:17.3	00:04.1	00:08.1	00:00.0	00:04.7	00:07.0
	Time		06:06.9	05:53.7	05:57.7	05:49.6	05:54.3	05:56.6
44	2:24	M-2x	Stone Bridge	Justice	Albemarle	W Albermarle	James River	Hylton
	Place		5	4	2	1	3	6
	Split		00:52.5	00:43.1	00:04.5	00:00.0	00:36.7	00:54.5
	Time		06:00.7	05:51.3	05:12.7	05:08.2	05:44.9	06:02.7
45	2:32	W-2x	W Albermarle	Hylton	Albemarle	Mathews	Great Bridge	Fairfax
	Place		5	3	1	2	4	6
	Split		00:52.5	00:22.7	00:00.0	00:06.8	00:29.1	00:56.6
	Time		06:39.6	06:09.8	05:47.1	05:53.9	06:16.2	06:43.7
46	2:40	W-1x		Albemarle	Great Bridge	STAB	Greenbriar	Freeman
	Place			3	1	2	5	4
	Split			00:14.0	00:00.0	00:06.3	00:31.2	00:26.0
	Time			06:37.7	06:23.7	06:30.0	06:54.9	06:49.7
47	2:48	M-Jr 4+	Independence	Great Bridge	Norfolk Acad	L Braddock	Mathews	James River
	Place		6	3	1	2	4	5
	Split		00:35.5	00:21.0	00:00.0	00:17.8	00:25.8	00:29.6
	Time		05:52.3	05:37.8	05:16.8	05:34.7	05:42.6	05:46.4
48	2:56	W-Jr 4+	Woodbridge	L Braddock	Forest Park	Oakton	Yorktown	Battlefield
	Place		4	5	2	3	1	6
	Split		00:22.8	00:23.0	00:06.7	00:14.3	00:00.0	00:30.2
	Time		06:21.4	06:21.6	06:05.3	06:12.9	05:58.6	06:28.8
49	3:04	M-2-8+	Jefferson	W Springfield	Wakefield	Riverside	McLean	Alexandria
	Place		6	5	4	2	1	3
	Split		00:13.8	00:12.4	00:09.8	00:05.9	00:00.0	00:07.2
	Time		04:54.4	04:53.0	04:50.4	04:46.5	04:40.6	04:47.8
50	3:12	W-2-8+	Robinson	McLean	Alexandria	Wakefield	Langley	Riverside
	Place		5	6	3	1	2	4
	Split		00:09.2	00:23.4	00:04.6	00:00.0	00:02.0	00:08.9
	Time		05:26.9	05:41.1	05:22.3	05:17.7	05:19.6	05:26.6
51	3:20	M-1-8+	W Springfield	Wash-Liberty	Oakton	Colgan	Madison	Woodson
	Place		4	6	1	3	5	2
	Split		00:05.5	00:08.3	00:00.0	00:05.1	00:07.9	00:04.9
	Time		04:49.6	04:52.4	04:44.1	04:49.2	04:52.0	04:49.0
52	3:28	W-1-8+	Jefferson	W Springfield	Robinson	Langley	Woodson	Wash-Liberty
	Place		6	3	2	1	5	4
	Split		00:05.9	00:03.7	00:02.6	00:00.0	00:05.2	00:04.5
	Time		05:28.8	05:26.6	05:25.5	05:22.9	05:28.1	05:27.4
53	3:36	M-1-4+	St John Paul	Briar Woods	Broad Run	W. Potomac	Princess Anne	
	Place		5	3	2	1	4	
	Split		00:34.5	00:12.1	00:09.2	00:00.0	00:24.3	
	Time		05:55.8	05:33.4	05:30.5	05:21.3	05:45.6	
54	3:44	W-1-4+		Princess Anne		Broad Run	Battlefield	Forest Park
	Place			3		2	1	4
	Split			00:18.4		00:05.1	00:00.0	00:27.0
	Time			06:23.3		06:10.0	06:04.9	06:31.9