

Enter Yellow

Scoring Rules
 Swim: Each completed length earns 1 point.
 Bike: Record total miles and multiply by 4.
 Run: Record total mileage and multiply by 10.
 Add up Swim, Bike, and Run points.

10	Swim	30	Bike	20	Run	60
Start	End	T1	Start	End	T2	Start
7:30 AM	7:40 AM	0:10:00	7:50 AM	8:20 AM	0:10:00	8:30 AM
						8:50 AM

- 1 Registration
- 2 Write Bib# on Hand
- 3 Start on Time all legs!
- 4 Hand off the clipboard/wave sheet to next segment volunteer/Run return it to pool

Downtwon YMCA- Feb. 12 2023						31	20.1						2.70						Total		
First	Last	Gender	Age	Age Group	Start Time	Swim					T1	Bike				T2	Run			Total Points	
						Lengths	Yards	Time	Per 100/M	Lengths*1		Miles	Time	MPH	Mileage * 4		Miles	Time	Pace		ileage * 10
Matthew	Jungels	M			8:05 AM	30	750	0:10:00	0:01:27	30.00	0:10:00	12.33	0:30:00	24.66	49.32	0:10:00	2.30	0.01	08:42	23.00	102.32
Amy	Jones	F			8:05 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	7.92	0:30:00	15.84	31.68	0:10:00	2.38	0.01	08:24	23.80	73.48
James	Kearney	M			8:05 AM	16	400	0:10:00	0:02:44	16.00	0:10:00	8.62	0:30:00	17.24	34.48	0:10:00	1.58	0.01	12:39	15.80	66.28
Benjamin	Jungels	M			8:05 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	7.39	0:30:00	14.78	29.56	0:10:00	1.62	0.01	12:21	16.20	63.76
Arthur	Griffith	M			8:05 AM	15	375	0:10:00	0:02:55	15.00	0:10:00	7.45	0:30:00	14.90	29.80	0:10:00	1.38	0.01	14:30	13.80	58.60
Skyla	Duncan	F			8:05 AM	20	500	0:10:00	0:02:11	20.00	0:10:00	6.00	0:30:00	12.00	24.00	0:10:00	0.85	0.01	23:32	8.50	52.50
Laura	Duncan	F			8:05 AM	13	325	0:10:00	0:03:22	13.00	0:10:00	5.30	0:30:00	10.60	21.20	0:10:00	1.25	0.01	16:00	12.50	46.70

Top Male- Matthew Jungels
 Top Female- Amy Jones

North River YMCA- Feb. 19 2023						29	20.1						2.70						Total		
First	Last	Gender	Age	Age Group	Start Time	Lengths	Yards	Time	Per 100/M	Lengths*1	T1	Miles	Time	MPH	Mileage * 4	T2	Miles	Time	Pace	ileage * 10	Total Points
Benjamin	Jungels	M			8:40 AM	29	725	0:10:00	0:01:31	29.00	0:10:00	11.52	0:30:00	23.04	46.08	0:10:00	3.13	0.01	06:23	31.30	106.38
Matthew	Jungels	M			8:40 AM	31	775	0:10:00	0:01:25	31.00	0:10:00	11.97	0:30:00	23.94	47.88	0:10:00	2.42	0.01	08:16	24.20	103.08
Travis	Nowell	M			8:05 AM	27	675	0:10:00	0:01:37	27.00	0:10:00	11.11	0:30:00	22.22	44.44	0:10:00	1.10	0.01	18:11	11.00	82.44
Sarah	Parker	F			8:05 AM	19	475	0:10:00	0:02:18	19.00	0:10:00	9.32	0:30:00	18.64	37.28	0:10:00	2.13	0.01	09:23	21.30	77.58
Chris	Meadows	M			7:30 AM	21	525	0:10:00	0:02:05	21.00	0:10:00	8.58	0:30:00	17.16	34.32	0:10:00	2.11	0.01	09:29	21.10	76.42
Kaitlyn	Meadows	F			7:30 AM	19	475	0:10:00	0:02:18	19.00	0:10:00	8.50	0:30:00	17.00	34.00	0:10:00	2.01	0.01	09:57	20.10	73.10
Steve	Tompkins	M			7:30 AM	19	475	0:10:00	0:02:18	19.00	0:10:00	8.99	0:30:00	17.98	35.96	0:10:00	1.72	0.01	11:38	17.20	72.16
Dawn	Bradley	F			9:15 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	8.61	0:30:00	17.22	34.44	0:10:00	1.84	0.01	10:52	18.40	70.84
Jim	Kearney	M			10:25 AM	17	425	0:10:00	0:02:34	17.00	0:10:00	9.04	0:30:00	18.08	36.16	0:10:00	1.67	0.01	11:59	16.70	69.86
Carrie	Godwin	F			9:15 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	7.75	0:30:00	15.50	31.00	0:10:00	1.85	0.01	10:49	18.50	67.50
Benjamin	Williams	M			7:30 AM	17	425	0:10:00	0:02:34	17.00	0:10:00	8.43	0:30:00	16.86	33.72	0:10:00	1.56	0.01	12:49	15.60	66.32
Karin	Downs	F			8:05 AM	15	375	0:10:00	0:02:55	15.00	0:10:00	7.91	0:30:00	15.82	31.64	0:10:00	1.70	0.01	11:46	17.00	63.64
Blake	Ryan	M			7:30 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	7.62	0:30:00	15.24	30.48	0:10:00	1.20	0.01	16:40	12.00	60.48
Ryan	Granberry	M			10:25 AM	18	450	0:10:00	0:02:26	18.00	0:10:00	7.15	0:30:00	14.30	28.60	0:10:00	1.23	0.01	16:16	12.30	58.90
Jennifer	Howard	F			10:25 AM	19	475	0:10:00	0:02:18	19.00	0:10:00	6.74	0:30:00	13.48	26.96	0:10:00	1.22	0.01	16:24	12.20	58.16
Brittney	Shazier	F			7:30 AM	15	375	0:10:00	0:02:55	15.00	0:10:00	6.51	0:30:00	13.02	26.04	0:10:00	1.59	0.01	12:35	15.90	56.94
Grayson	Mclver	F			9:15 AM	17	425	0:10:00	0:02:34	17.00	0:10:00	6.05	0:30:00	12.10	24.20	0:10:00	1.54	0.01	12:59	15.40	56.60
Karis	Grosso	F			9:15 AM	11	275	0:10:00	0:03:59	11.00	0:10:00	7.29	0:30:00	14.58	29.16	0:10:00	1.48	0.01	13:31	14.80	54.96
Kristen	Granberry	F			10:25 AM	13	325	0:10:00	0:03:22	13.00	0:10:00	6.25	0:30:00	12.50	25.00	0:10:00	1.43	0.01	13:59	14.30	52.30
Alex	Granberry	M			10:25 AM	13	325	0:10:00	0:03:22	13.00	0:10:00	5.20	0:30:00	10.40	20.80	0:10:00	1.53	0.01	13:04	15.30	49.10
Marilyn	Mike				8:40 AM	6	150	0:10:00	0:07:17	6.00	0:10:00	10.57	0:30:00	21.14	42.28	0:10:00	0.00	0.01	00:00	-	48.28
Holly	Nowell	F			8:05 AM	13	325	0:10:00	0:03:22	13.00	0:10:00	5.30	0:30:00	10.60	21.20	0:10:00	1.25	0.01	16:00	12.50	46.70
Lindsay	Bethune	F			8:05 AM	-		0:10:00	0:00:00	-	0:10:00	8.39	0:30:00	16.78	33.56	0:10:00	1.22	0.01	16:24	12.20	45.76
Fletcher	Grosso	M			9:15 AM	9	225	0:10:00	0:04:52	9.00	0:10:00	5.20	0:30:00	10.40	20.80	0:10:00	1.35	0.01	14:49	13.50	43.30

Top Male- Benjamin Jungels
 Top Female- Sarah Parker