



2016 Long Island Frostbite Regatta

Heat Sheet for Sunday, Nov 6

#	Race	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1a	08:00 AM	Womens Varsity 1x Flight 1	Oyster Bay (A. Paone)	Knox Falcons (N. Lutz)	Amadeusz Rowing Academy (R. Friedlander)	Nereid (J. DiLauro)	Amadeusz Rowing Academy (A. Hutzel)	Amadeusz Rowing Academy (J. Coleman)		
1b	08:08 AM	Womens Varsity 1x Flight 2	Oyster Bay (G. Grassi)	Amadeusz Rowing Academy (A. LoCastro)	Nereid (N. Parisi)	Oyster Bay (K. Paone)	Amadeusz Rowing Academy (G. Goodyear)	Knox Falcons (S. Rathjen)		
2a	08:16 AM	Mens Varsity 1x Flight 1	Amadeusz Rowing Academy (A. Frankini)	Nereid (G. Seiz)	Amadeusz Rowing Academy (K. Dworak)	Amadeusz Rowing Academy (B. Annunziato)	Sagamore RA	Amadeusz Rowing Academy (J. Fallon)	McGann Mercy (J. Deutsch)	
2b	08:24 AM	Mens Varsity 1x Flight 2	Amadeusz Rowing Academy (J. McNicholas)	Peconic (M. Richman)	Amadeusz Rowing Academy (A. Zimny)	Nereid (J. Cioffari)	Amadeusz Rowing Academy (T. Chabowski)	Oyster Bay	Amadeusz Rowing Academy (J. Karen)	
3a	08:32 AM	Womens Novice 8+ Flight		Our Lady of Mercy	Syosset Rowing Club (d. pitta)	Mountain Lakes	Port Rowing	Manhasset High School (A. Tsalikis)	St. John the Baptist	Sagamore RA
4a	08:40 AM	Mens Novice 8+ Flight 1	Syosset Rowing Club (M. Koestner)	Cold Spring Harbor (N. Aronow)	Manhasset High School B (K. Fitzsimons)	Port Rowing B	Sagamore RA	St. Anthony's		
4b	08:48 AM	Mens Novice 8+ Flight 2		Port Rowing A	St. John the Baptist	Manhasset High School A (B. Weisberg)	St. Anthony's A	Mountain Lakes		
31a	08:56 AM	Mens Middle School 2x Flight		Sagamore RA	Oyster Bay B	Nereid B (j. gashi)	Oyster Bay A	Nereid A (J. Kropp)	Knox Falcons	

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32a	09:04 AM	Womens Middle School 2x Flight		Oyster Bay B	Sagamore RA	Oyster Bay A	Nereid B	Nereid A (A. Welton)		
21a	09:12 AM	Womens Varsity 4x Flight		Sag Harbor (A. Lehman)	Sagamore RA B	Amadeusz Rowing Academy (G. Goodyear)	Sagamore RA A	Oyster Bay	Sagamore RA C	
22a	09:20 AM	Mens Varsity 4x Flight		Amadeusz Rowing Academy B (A. Frankini)	Nereid (S. Brown)	Amadeusz Rowing Academy A (J. Karen)				
7a	09:28 AM	Womens JV 8+ Flight 1		Mountain Lakes	St. Anthony's A	Manhasset High School A (M. Lyons)	St. Anthony's B	Port Rowing (B. Lipset)		
7b	09:36 AM	Womens JV 8+ Flight 2		St. Anthony's C	Syosset Rowing Club (K. Prestegaard)	Our Lady of Mercy	Manhasset High School B (M. Moreira)			
8a	09:44 AM	Mens JV 8+ Flight 1		Manhasset High School (G. Menke)	Sagamore RA	St. Anthony's A	Mountain Lakes	Port Rowing B	St. Anthony's	
8b	09:52 AM	Mens JV 8+ Flight 2		St. Anthony's B	Port Rowing A	Port Rowing C	Syosset Rowing Club (M. Koestner)	Cold Spring Harbor		
9a	10:00 AM	Womens Novice 4+ Flight			Port Rowing	Our Lady of Mercy	Manhasset High School	Mountain Lakes		
10a	10:08 AM	Mens Novice 4+ Flight		McGann Mercy	St. John the Baptist	Mountain Lakes	Knox Falcons	Cold Spring Harbor (N. Aronow)	Oyster Bay	
11a	10:16 AM	Womens Varsity 4+ Flight 1		Manhasset High School (R. Corcoran)	Port Rowing A (B. Lipset)	St. Anthony's	Mountain Lakes			

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11b	10:24 AM	Womens Varsity 4+ Flight 2		St. John the Baptist	Port Rowing L (J. Ritholz)	Cold Spring Harbor (M. Hubner)	Our Lady of Mercy			
12a	10:32 AM	Mens Varsity 4+ Flight 1		Knox Falcons (M. Markovic)	Manhasset High School A (M. Canino)	St. Anthony's	Mountain Lakes A	Port Rowing A		
12b	10:40 AM	Mens Varsity 4+ Flight 2		Manhasset High School B (B. Kim)	Sagamore RA	Mountain Lakes B	Port Rowing B	Manhasset High School C (G. Menke)	St. John the Baptist	
6a	10:48 AM	Mens Novice 4x Flight		Sagamore RA	Oyster Bay	Nereid (M. Kulik)				
	10:56 AM	Break								
33a	11:56 AM	Mens Middle School 8+ Flight			Port Rowing	Manhasset High School	Cold Spring Harbor	Sagamore RA		
34a	12:04 PM	Womens Middle School 8+ Flight			Port Rowing	Manhasset High School	Sagamore RA			
14a	12:12 PM	Mens JV 4x Flight			Sagamore RA B	Sagamore RA A	Peconic (E. Meilunas)	Oyster Bay		
17a	12:20 PM	Womens JV 4+ Flight 1		Our Lady of Mercy A	St. John the Baptist B	Our Lady of Mercy B	Cold Spring Harbor (M. Cody)	Manhasset High School B (M. Papazian)	McGann Mercy (R. Grover)	
17b	12:28 PM	Womens JV 4+ Flight 2		Port Rowing B (L. Maroney)	Port Rowing A (J. Thoet)	Mountain Lakes	Manhasset High School A (I. Caton)	St. John the Baptist A		
18a	12:36 PM	Mens JV 4+ Flight 1		Sagamore RA	McGann Mercy	St. John the Baptist B	Manhasset High School B (E. Kim)	Mountain Lakes B	Port Rowing B	

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18b	12:44 PM	Mens JV 4+ Flight 2		St. John the Baptist A	Manhasset High School A (M. Canino)	St. Anthony's	Cold Spring Harbor	Mountain Lakes A	Port Rowing A	
29a	12:52 PM	Womens Middle School 4x Flight 1		Sagamore RA A	Manhasset High School A (A. Fanning)	Nereid	Oyster Bay			
29b	01:00 PM	Womens Middle School 4x Flight 2		Sagamore RA B	Cold Spring Harbor	Manhasset High School B				
19a	01:08 PM	Womens JV 2x Flight	Oyster Bay	Amadeusz Rowing Academy (J. Coleman)	Syosset Rowing Club (D. Chadha)	Sagamore RA	Nereid (M. Lorimer)	Knox Falcons (C. Marsell)	Peconic (S. Massey)	
20a	01:16 PM	Mens JV 2x Flight	Knox Falcons A (M. Markovic)	Sagamore RA C	Knox Falcons B (B. Persand)	Sagamore RA A	Amadeusz Rowing Academy (A. Zimny)	Sagamore RA B	Sagamore RA E	Sagamore RA D
15a	01:24 PM	Womens Varsity 2x Flight 1		Our Lady of Mercy	Sag Harbor A (A. Lehman)	Oyster Bay	Nereid (N. Parisi)			
15b	01:32 PM	Womens Varsity 2x Flight 2		St. John the Baptist	Knox Falcons (J. Li)	Manhasset High School (V. Papadakos)	Sag Harbor B (M. Slotkin)			
16a	01:40 PM	Mens Varsity 2x Flight 1		Nereid (J. Cioffari)	Sagamore RA	Peconic (E. Meilunas)	Amadeusz Rowing Academy A (B. Annunziato)			
16b	01:48 PM	Mens Varsity 2x Flight 2		Amadeusz Rowing Academy B (J. Karen)	Cold Spring Harbor (J. Hubner)	Knox Falcons (B. Kooma)	Oyster Bay			
30a	01:56 PM	Mens Middle School 4x Flight 1		Sagamore RA A	Oyster Bay A	Nereid	Cold Spring Harbor A			

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30b	02:04 PM	Mens Middle School 4x Flight 2		Sagamore RA B	Oyster Bay B	Cold Spring Harbor B	Manhasset High School			
23a	02:12 PM	Womens Varsity 8+ Flight	St. Anthony's	Our Lady of Mercy	Mountain Lakes	Manhasset High School (M. Lyons)	Port Rowing (J. Ritholz)	Sagamore RA	Cold Spring Harbor (M. Hubner)	St. John the Baptist
24a	02:20 PM	Mens Varsity 8+ Flight	St. John the Baptist	St. Anthony's	Port Rowing	Mountain Lakes	Manhasset High School A (B. Weisberg)	Sagamore RA	Manhasset High School B (K. Fitzsimons)	