Time Trial

## College Place

Saturday 9:00am - 9:45am

| RANK | NAME | TIME |
|---|---|---|
| 1 | Will Enger | 0:06:51 |
| 2 | Peteris Ledins | 0:07:06 |
| 3 | Ian Collings | 0:07:12 |
| 4 | Eric Jones | 0:07:20 |
| 5 | Graeme Rennie | 0:07:26 |
| 6 | Adam Woods | 0:07:27 |
| 7 | Thomas Laraia | 0:07:29 |
| 8 | David Bakker | 0:07:33 |
| 9 | Mark Prior | 0:07:51 |
| 10 | Julia Doubson | 0:08:08 |
| 11 | Siri Christopherson | 0:08:22 |
| 12 | Tori Borish | 0:08:26 |
| 13 | Scott Sheldrake | 0:08:34 |
| 14 | Bruce Christopherson | 0:08:39 |
| 15 | Kai Mihata | 0:08:40 |
| 16 | Brian Gruber | 0:08:49 |
| 17 | Robert Long | 0:08:58 |
| 18 | Anastasiya Gordeeva | 0:09:01 |
| 19 | Emma Sherwood | 0:09:06 |
| 20 | Tomas Vaisar | 0:09:08 |
| 21 | Abra McNair | 0:09:12 |
| 22 | Chris Lawson | 0:09:24 |
| 23 | Brett Buchholz | 0:09:24 |
| 24 | Pia Blake | 0:09:25 |
| 25 | Carlo Giacometti | 0:09:26 |
| 26 | Ethan O'Connor | 0:09:26 |
| 27 | Benjamin Brady | 0:09:33 |
| 28 | Ott Toomet | 0:09:35 |
| 29 | Kyle Haddad-Fonda | 0:09:35 |
| 30 | Susan Grandjean | 0:09:40 |
| 31 | Cameron Devine | 0:09:46 |
| 32 | Rachel Caulfield | 0:09:51 |
| 33 | Matthew Ferguson | 0:09:51 |
| 34 | Rick Breseman | 0:10:01 |
| 35 | Tom Hermstein | 0:10:04 |
| 36 | Andrew Mason | 0:10:05 |
| 37 | Don Haliburton | 0:10:06 |
| 38 | Stan Woods | 0:10:10 |
| 39 | Joshua Colleran | 0:10:11 |
| 40 | Rebecca Jensen | 0:10:13 |
| 41 | David Vaisar | 0:10:13 |
| 42 | Nina Potrebich | 0:10:14 |
| 43 | Reid Howard | 0:10:15 |
| 44 | Ryan Breseman | 0:10:17 |
| 45 | Christophe Delepine | 0:10:17 |
| 46 | Janne Maeki | 0:10:21 |
| 47 | Tim Waterhouse | 0:10:22 |
| 48 | Kevin Mihata | 0:10:23 |
| 49 | Sherri Brady | 0:10:36 |
| 50 | Joanne Woods | 0:10:36 |
| 51 | Jessica Colleran | 0:10:36 |
| 52 | Emily Ross | 0:10:37 |
| 53 | Kate Knapp | 0:10:38 |
| 54 | Peter Golde | 0:10:46 |
| 55 | Laura Collings | 0:10:51 |
| 56 | Stephen Tarry | 0:10:57 |
| 57 | Ing Uhlin | 0:10:58 |
| 58 | Annika Mihata | 0:11:29 |
| 59 | Nancy Devine | 0:11:50 |
| 60 | Kirk Devine | 0:12:20 |
| 61 | Oleg Slyusarchuk | 0:12:21 |
| 62 | Shannon Cheng | 0:12:22 |
| 63 | Lillian Bakker | 0:12:24 |
| 64 | Jonah Haliburton | 0:12:41 |
| 65 | Jud Kelley | 0:13:06 |
| 66 | Bob Forgrave | 0:13:08 |
| 67 | Kristy Ricks | 0:13:21 |
| 68 | Kate Byers | 0:13:45 |
| 69 | Linnea Nasman | 0:13:45 |
| 70 | Larson Buchholz | 0:14:23 |
| 71 | Jill Klinge | 0:14:45 |
| 72 | Brandon Lee | 0:17:06 |
| 73 | Kyle Hopkins | 0:17:48 |
| 74 | Jared Hopkins | 0:33:52 |
| 75 | Julie Cassata | dns |
| 76 | Eric Bone | dns |
| 77 | Courtney Cutler | dns |
| 78 | | |
| 79 | Ben Smith | dns |
| 80 | | |

Round 1

## Lyndale Park

Saturday 12:00pm - 12:45pm

| HEAT | START | SEED | NAME | TIME |
|---|---|---|---|---|
| Heat 101 | 12:00pm | 1 | Will Enger | 0:15:56 |
| | | 32 | Rachel Caulfield | 0:23:49 |
| | | 33 | Matthew Ferguson | 0:25:36 |
| | | 64 | Jonah Haliburton | 0:30:37 |
| | | 65 | Jud Kelley | 0:31:42 |
| Heat 102 | 12:03pm | 16 | Brian Gruber | 0:21:15 |
| | | 17 | Robert Long | 0:22:26 |
| | | 48 | Kevin Mihata | 0:22:16 |
| | | 49 | Sherri Brady | 0:25:03 |
| | | 80 | | |
| Heat 103 | 12:06pm | 8 | David Bakker | 0:17:44 |
| | | 25 | Carlo Giacometti | 0:22:01 |
| | | 40 | Rebecca Jensen | 0:25:33 |
| | | 57 | Ing Uhlin | 0:23:00 |
| | | 72 | Brandon Lee | 0:41:56 |
| Heat 104 | 12:09pm | 9 | Mark Prior | 0:16:51 |
| | | 24 | Pia Blake | 0:19:52 |
| | | 41 | David Vaisar | 0:19:54 |
| | | 56 | Stephen Tarry | 0:26:28 |
| | | 73 | Kyle Hopkins | 0:35:58 |
| Heat 105 | 12:12pm | 4 | Eric Jones | 0:17:02 |
| | | 29 | Kyle Haddad-Fonda | 0:21:43 |
| | | 36 | Andrew Mason | 0:20:45 |
| | | 61 | Oleg Slyusarchuk | 0:23:39 |
| | | 68 | Kate Byers | 0:32:49 |
| Heat 106 | 12:15pm | 13 | Scott Sheldrake | 0:19:00 |
| | | 20 | Tomas Vaisar | 0:18:57 |
| | | 45 | Christophe Delepine | 0:19:57 |
| | | 52 | Emily Ross | 0:22:53 |
| | | 77 | Courtney Cutler | dns |
| Heat 107 | 12:18pm | 5 | Graeme Rennie | 0:16:41 |
| | | 28 | Ott Toomet | 0:19:03 |
| | | 37 | Don Haliburton | 0:30:29 |
| | | 60 | Kirk Devine | 0:26:47 |
| | | 69 | Linnea Nasman | 0:33:07 |
| Heat 108 | 12:21pm | 12 | Tori Borish | 0:16:56 |
| | | 21 | Abra McNair | 0:21:52 |
| | | 44 | Ryan Breseman | 0:19:57 |
| | | 53 | Kate Knapp | 0:20:14 |
| | | 76 | Eric Bone | 0:16:27 |
| Heat 109 | 12:24pm | 2 | Peteris Ledins | 0:15:36 |
| | | 31 | Cameron Devine | 0:20:20 |
| | | 34 | Rick Breseman | 0:19:11 |
| | | 63 | Lillian Bakker | mp |
| | | 66 | Bob Forgrave | 0:27:28 |
| Heat 110 | 12:27pm | 15 | Kai Mihata | 0:19:35 |
| | | 18 | Anastasiya Gordeeva | 0:22:50 |
| | | 47 | Tim Waterhouse | 0:27:21 |
| | | 50 | Joanne Woods | 0:23:59 |
| | | 79 | Ben Smith | dns |
| Heat 111 | 12:30pm | 7 | Thomas Laraia | 0:18:09 |
| | | 26 | Ethan O'Connor | 0:22:19 |
| | | 39 | Joshua Colleran | 0:23:19 |
| | | 58 | Annika Mihata | 0:23:17 |
| | | 71 | Jill Klinge | 0:33:44 |
| Heat 112 | 12:33pm | 10 | Julia Doubson | 0:18:09 |
| | | 23 | Brett Buchholz | 0:21:26 |
| | | 42 | Nina Potrebich | 0:20:28 |
| | | 55 | Laura Collings | 0:25:00 |
| | | 74 | Jared Hopkins | dnf |
| Heat 113 | 12:36pm | 3 | Ian Collings | 0:14:55 |
| | | 30 | Susan Grandjean | 0:18:24 |
| | | 35 | Tom Hermstein | 0:20:12 |
| | | 62 | Shannon Cheng | 0:24:39 |
| | | 67 | Kristy Ricks | 0:31:09 |
| Heat 114 | 12:39pm | 14 | Bruce Christopherson | 0:19:42 |
| | | 27 | Emma Sherwood | 0:19:40 |
| | | 46 | Janne Maeki | 0:21:34 |
| | | 51 | Jessica Colleran | 0:25:09 |
| | | 78 | | |
| Heat 115 | 12:42pm | 6 | Adam Woods | 0:15:08 |
| | | 27 | Benjamin Brady | 0:21:09 |
| | | 38 | Stan Woods | 0:23:28 |
| | | 59 | Nancy Devine | 0:28:10 |
| | | 70 | Larson Buchholz | 0:43:12 |
| Heat 116 | 12:45pm | 11 | Siri Christopherson | 0:18:15 |
| | | 22 | Chris Lawson | 0:19:13 |
| | | 43 | Reid Howard | 0:27:03 |
| | | 54 | Peter Golde | 0:19:45 |
| | | 75 | Julie Cassata | 0:20:40 |

Round 2

## Edmonds CC

Saturday 3:00pm - 3:45pm

| HEAT | START | SEED | NAME | TIME |
|---|---|---|---|---|
| Heat 201 | 3:00pm | W101 | Will Enger | 0:14:28 |
| | | W102 | Brian Gruber | 0:18:21 |
| | | Q1 | Kevin Mihata | 0:18:22 |
| | | Q2 | Robert Long | 0:18:55 |
| | | Q3 | Rachel Caulfield | 0:20:55 |
| Heat 202 | 3:03pm | Q4 | Sherri Brady | 0:22:23 |
| | | Q5 | Matthew Ferguson | 0:25:14 |
| | | Q6 | Jonah Haliburton | 0:25:38 |
| | | Q7 | Jud Kelley | 0:31:19 |
| | | Q8 | | |
| Heat 203 | 3:06pm | W103 | Mark Prior | 0:15:19 |
| | | W104 | David Bakker | 0:15:11 |
| | | Q1 | Pia Blake | 0:18:40 |
| | | Q2 | David Vaisar | 0:25:20 |
| | | Q3 | Carlo Giacometti | 0:17:25 |
| Heat 204 | 3:09pm | Q4 | Ing Uhlin | 0:19:33 |
| | | Q5 | Rebecca Jensen | 0:19:23 |
| | | Q6 | Stephen Tarry | 0:22:41 |
| | | Q7 | Kyle Hopkins | dns |
| | | Q8 | Brandon Lee | 0:45:33 |
| Heat 205 | 3:12pm | W105 | Eric Jones | 0:15:11 |
| | | W106 | Tomas Vaisar | 0:18:01 |
| | | Q1 | Scott Sheldrake | 0:17:38 |
| | | Q2 | Christophe Delepine | 0:18:45 |
| | | Q3 | Andrew Mason | 0:17:42 |
| Heat 206 | 3:15pm | Q4 | Kyle Haddad-Fonda | 0:18:30 |
| | | Q5 | Emily Ross | 0:18:41 |
| | | Q6 | Oleg Slyusarchuk | 0:19:30 |
| | | Q7 | Kate Byers | 0:27:06 |
| | | Q8 | | |
| Heat 207 | 3:18pm | W107 | Eric Bone | 0:14:47 |
| | | W108 | Graeme Rennie | 0:14:11 |
| | | Q1 | Tori Borish | 0:14:43 |
| | | Q2 | Ott Toomet | 0:16:01 |
| | | Q3 | Ryan Breseman | 0:22:00 |
| Heat 208 | 3:21pm | Q4 | Kate Knapp | 0:19:10 |
| | | Q5 | Abra McNair | 0:17:57 |
| | | Q6 | Kirk Devine | 0:26:56 |
| | | Q7 | Don Haliburton | disq |
| | | Q8 | Linnea Nasman | 0:24:58 |
| Heat 209 | 3:24pm | W109 | Peteris Ledins | 0:14:56 |
| | | W110 | Rick Breseman | 0:19:17 |
| | | Q1 | Kai Mihata | 0:16:01 |
| | | Q2 | Cameron Devine | 0:19:11 |
| | | Q3 | Anastasiya Gordeeva | 0:16:07 |
| Heat 210 | 3:27pm | Q4 | Joanne Woods | 0:18:50 |
| | | Q5 | Tim Waterhouse | 0:20:27 |
| | | Q6 | Bob Forgrave | 0:28:35 |
| | | Q7 | Lillian Bakker | 0:25:45 |
| | | Q8 | Ben Smith | dns |
| Heat 211 | 3:30pm | W111 | Julia Doubson | 0:15:03 |
| | | W112 | Thomas Laraia | 0:14:44 |
| | | Q1 | Nina Potrebich | 0:16:58 |
| | | Q2 | Brett Buchholz | 0:16:05 |
| | | Q3 | Ethan O'Connor | 0:17:53 |
| Heat 212 | 3:33pm | Q4 | Annika Mihata | 0:20:15 |
| | | Q5 | Joshua Colleran | 0:19:18 |
| | | Q6 | Laura Collings | 0:19:24 |
| | | Q7 | Jill Klinge | 0:24:28 |
| | | Q8 | Jared Hopkins | 0:20:59 |
| Heat 213 | 3:36pm | W113 | Ian Collings | 0:13:57 |
| | | W114 | Susan Grandjean | 0:17:20 |
| | | Q1 | Emma Sherwood | 0:17:02 |
| | | Q2 | Bruce Christopherson | mp |
| | | Q3 | Tom Hermstein | mp |
| Heat 214 | 3:39pm | Q4 | Janne Maeki | 0:18:33 |
| | | Q5 | Shannon Cheng | 0:19:08 |
| | | Q6 | Jessica Colleran | 0:20:40 |
| | | Q7 | Kristy Ricks | 0:24:49 |
| | | Q8 | Courtney Cutler | 0:27:03 |
| Heat 215 | 3:42pm | W115 | Adam Woods | 0:13:48 |
| | | W116 | Siri Christopherson | 0:15:16 |
| | | Q1 | Chris Lawson | 0:19:03 |
| | | Q2 | Peter Golde | 0:18:02 |
| | | Q3 | Julie Cassata | 0:19:53 |
| Heat 216 | 3:45pm | Q4 | Benjamin Brady | 0:20:11 |
| | | Q5 | Stan Woods | 0:17:15 |
| | | Q6 | Reid Howard | 0:18:37 |
| | | Q7 | Nancy Devine | 0:23:22 |
| | | Q8 | Larson Buchholz | 0:24:17 |

Round 3

## Lynnwood Golf Course

Saturday 8:00pm - 8:45pm

| HEAT | START | SEED | NAME | TIME |
|---|---|---|---|---|
| Heat 316 | 8:45pm | W201 | Will Enger | 0:14:45 |
| | | W203 | David Bakker | 0:14:59 |
| | | Q1 | Mark Prior | dns |
| | | Q2 | Carlo Giacometti | 0:21:23 |
| | | Q3 | Brian Gruber | 0:35:04 |
| Heat 315 | 8:42pm | W205 | Graeme Rennie | 0:14:12 |
| | | W207 | Tori Borish | 0:15:59 |
| | | Q1 | Eric Bone | 0:14:13 |
| | | Q2 | Eric Jones | 0:14:20 |
| | | Q3 | Ott Toomet | 0:20:02 |
| Heat 314 | 8:39pm | W209 | Thomas Laraia | 0:14:06 |
| | | W211 | Peteris Ledins | 0:14:36 |
| | | Q1 | Julia Doubson | 0:17:20 |
| | | Q2 | Kai Mihata | 0:17:14 |
| | | Q3 | Brett Buchholz | 0:20:03 |
| Heat 313 | 8:36pm | W213 | Adam Woods | 0:14:30 |
| | | W215 | Ian Collings | 0:15:18 |
| | | Q1 | Siri Christopherson | 0:16:41 |
| | | Q2 | Emma Sherwood | 0:19:11 |
| | | Q3 | Susan Grandjean | 0:21:13 |
| Heat 312 | 8:33pm | Q4 | Kevin Mihata | 0:19:54 |
| | | Q5 | Pia Blake | 0:18:47 |
| | | Q6 | Robert Long | 0:20:02 |
| | | Q7 | Rachel Caulfield | 0:22:05 |
| | | Q8 | David Vaisar | 0:19:45 |
| Heat 311 | 8:30pm | Q4 | Scott Sheldrake | 0:25:10 |
| | | Q5 | Andrew Mason | 0:19:08 |
| | | Q6 | Tomas Vaisar | 0:19:27 |
| | | Q7 | Christophe Delepine | 0:19:17 |
| | | Q8 | Ryan Breseman | 0:19:20 |
| Heat 310 | 8:27pm | Q4 | Anastasiya Gordeeva | 0:18:28 |
| | | Q5 | Nina Potrebich | 0:20:00 |
| | | Q6 | Ethan O'Connor | 0:20:09 |
| | | Q7 | Cameron Devine | dns |
| | | Q8 | Rick Breseman | 0:21:07 |
| Heat 309 | 8:24pm | Q4 | Peter Golde | 0:26:19 |
| | | Q5 | Chris Lawson | 0:22:47 |
| | | Q6 | Julie Cassata | 0:21:55 |
| | | Q7 | Tom Hermstein | 0:22:49 |
| | | Q8 | Bruce Christopherson | 0:20:23 |
| Heat 308 | 8:21pm | W210 | Rebecca Jensen | 0:21:48 |
| | | W212 | Ing Uhlin | 0:21:58 |
| | | Q1 | Sherri Brady | 0:25:07 |
| | | Q2 | Stephen Tarry | 0:24:40 |
| | | Q3 | Matthew Ferguson | 0:23:21 |
| Heat 307 | 8:18pm | W210 | Abra McNair | 0:20:00 |
| | | W212 | Kyle Haddad-Fonda | 0:26:01 |
| | | Q1 | Emily Ross | 0:20:10 |
| | | Q2 | Kate Knapp | 0:19:59 |
| | | Q3 | Oleg Slyusarchuk | 0:24:59 |
| Heat 306 | 8:15pm | W210 | Joanne Woods | 0:22:59 |
| | | W212 | Joshua Colleran | 0:27:04 |
| | | Q1 | Laura Collings | 0:24:21 |
| | | Q2 | Annika Mihata | 0:22:57 |
| | | Q3 | Tim Waterhouse | 0:22:31 |
| Heat 305 | 8:12pm | W202 | Stan Woods | 0:19:36 |
| | | W204 | Janne Maeki | 0:33:00 |
| | | Q1 | Reid Howard | 0:25:38 |
| | | Q2 | Shannon Cheng | 0:26:26 |
| | | Q3 | Benjamin Brady | 0:19:37 |
| Heat 304 | 8:09pm | Q4 | Jonah Haliburton | 0:28:25 |
| | | Q5 | Jud Kelley | 0:38:41 |
| | | Q6 | Brandon Lee | 0:56:11 |
| | | Q7 | Kyle Hopkins | 0:51:59 |
| | | Q8 | | |
| Heat 303 | 8:06pm | Q4 | Linnea Nasman | 0:30:23 |
| | | Q5 | Kirk Devine | 0:31:27 |
| | | Q6 | Kate Byers | 0:30:25 |
| | | Q7 | Don Haliburton | mp |
| | | Q8 | | |
| Heat 302 | 8:03pm | Q4 | Jared Hopkins | 0:23:06 |
| | | Q5 | Jill Klinge | 0:40:27 |
| | | Q6 | Lillian Bakker | 0:29:03 |
| | | Q7 | Bob Forgrave | 0:38:56 |
| | | Q8 | Ben Smith | 0:16:36 |
| Heat 301 | 8:00pm | Q4 | Jessica Colleran | 0:23:26 |
| | | Q5 | Nancy Devine | 0:26:43 |
| | | Q6 | Larson Buchholz | 0:26:28 |
| | | Q7 | Kristy Ricks | 0:41:25 |
| | | Q8 | Courtney Cutler | 0:31:27 |

Round 4

## South Seattle College

Sunday 9:15am - 10:00am

| HEAT | START | SEED | NAME | TIME |
|---|---|---|---|---|
| Heat 416 | 10:00am | W316 | Graeme Rennie | 0:13:38 |
| | | W315 | Eric Bone | 0:13:20 |
| | | Q1 | Eric Jones | 0:14:13 |
| | | Q2 | Will Enger | 0:13:27 |
| | | Q3 | David Bakker | 0:13:41 |
| Heat 415 | 9:57am | W314 | Thomas Laraia | 0:13:35 |
| | | W313 | Adam Woods | 0:13:17 |
| | | Q1 | Peteris Ledins | 0:13:38 |
| | | Q2 | Ian Collings | 0:13:15 |
| | | Q3 | Siri Christopherson | 0:17:19 |
| Heat 414 | 9:54am | Q4 | Tori Borish | mp |
| | | Q5 | Ott Toomet | mp |
| | | Q6 | Carlo Giacometti | 0:19:16 |
| | | Q7 | Brian Gruber | 0:17:24 |
| | | Q8 | Mark Prior | 0:14:35 |
| Heat 413 | 9:51am | Q4 | Kai Mihata | 0:16:07 |
| | | Q5 | Julia Doubson | 0:16:30 |
| | | Q6 | Emma Sherwood | 0:16:51 |
| | | Q7 | Brett Buchholz | 0:18:47 |
| | | Q8 | Susan Grandjean | mp |
| Heat 412 | 9:48am | W312 | Pia Blake | 0:18:09 |
| | | W311 | Andrew Mason | 0:18:05 |
| | | Q1 | Christophe Delepine | 0:18:15 |
| | | Q2 | Ryan Breseman | 0:20:14 |
| | | Q3 | Tomas Vaisar | 0:18:42 |
| Heat 411 | 9:45am | W310 | Anastasiya Gordeeva | 0:17:09 |
| | | W309 | Nina Potrebich | 0:18:43 |
| | | Q1 | Ethan O'Connor | 0:19:55 |
| | | Q2 | Bruce Christopherson | 0:17:07 |
| | | Q3 | Rick Breseman | 0:17:25 |
| Heat 410 | 9:42am | Q4 | David Vaisar | 0:18:54 |
| | | Q5 | Kevin Mihata | dnf |
| | | Q6 | Robert Long | 0:19:19 |
| | | Q7 | Rachel Caulfield | 0:22:59 |
| | | Q8 | Scott Sheldrake | 0:17:21 |
| Heat 409 | 9:39am | Q4 | Julie Cassata | 0:20:31 |
| | | Q5 | Chris Lawson | 0:18:19 |
| | | Q6 | Tom Hermstein | 0:18:11 |
| | | Q7 | Peter Golde | 0:19:06 |
| | | Q8 | Cameron Devine | 0:18:08 |
| Heat 408 | 9:36am | W308 | Kate Knapp | 0:19:25 |
| | | W307 | Abra McNair | 0:18:36 |
| | | Q1 | Emily Ross | 0:19:01 |
| | | Q2 | Rebecca Jensen | 0:20:12 |
| | | Q3 | Ing Uhlin | 0:18:42 |
| Heat 407 | 9:33am | W306 | Stan Woods | 0:17:00 |
| | | W305 | Benjamin Brady | 0:16:51 |
| | | Q1 | Tim Waterhouse | 0:19:40 |
| | | Q2 | Annika Mihata | 0:21:03 |
| | | Q3 | Joanne Woods | 0:21:52 |
| Heat 406 | 9:30am | Q4 | Matthew Ferguson | dns |
| | | Q5 | Stephen Tarry | 0:23:04 |
| | | Q6 | Oleg Slyusarchuk | 0:21:59 |
| | | Q7 | Sherri Brady | 0:23:13 |
| | | Q8 | Kyle Haddad-Fonda | 0:21:03 |
| Heat 405 | 9:27am | Q4 | Laura Collings | 0:19:40 |
| | | Q5 | Reid Howard | 0:19:06 |
| | | Q6 | Shannon Cheng | 0:21:33 |
| | | Q7 | Joshua Colleran | 0:19:02 |
| | | Q8 | Janne Maeki | 0:19:31 |
| Heat 404 | 9:24am | W304 | Jonah Haliburton | 0:27:10 |
| | | W303 | Linnea Nasman | 0:32:27 |
| | | Q1 | Kate Byers | 0:26:20 |
| | | Q2 | Kirk Devine | 0:22:47 |
| | | Q3 | Jud Kelley | 0:33:59 |
| Heat 403 | 9:21am | W302 | Ben Smith | 0:16:05 |
| | | W301 | Jared Hopkins | mp |
| | | Q1 | Jessica Colleran | 0:22:52 |
| | | Q2 | Larson Buchholz | 0:23:40 |
| | | Q3 | Nancy Devine | 0:25:03 |
| Heat 402 | 9:18am | Q4 | Kyle Hopkins | 0:22:58 |
| | | Q5 | Brandon Lee | 0:47:30 |
| | | Q6 | Don Haliburton | 0:27:51 |
| | | Q7 | | |
| | | Q8 | | |
| Heat 401 | 9:15am | Q4 | Lillian Bakker | dnf |
| | | Q5 | Courtney Cutler | 0:24:12 |
| | | Q6 | Bob Forgrave | mp |
| | | Q7 | Jill Klinge | 0:25:43 |
| | | Q8 | Kristy Ricks | 0:25:56 |

Round 5

## South Seattle College

Sunday 11:15am - 12:00pm

| HEAT | START | SEED | SWAP | NAME | TIME |
|---|---|---|---|---|---|
| Champs | 12:00pm | W416 | 1 | Eric Bone | 0:17:30 |
| | | W415 | 2 | Ian Collings | 0:15:36 |
| | | Q1 | 3 | Adam Woods | 0:15:53 |
| | | Q2 | 4 | Will Enger | 0:15:42 |
| | | Q3 | 5 | Thomas Laraia | 0:16:20 |
| Heat 515 | 11:57am | Q4 | 1 | Peteris Ledins | 0:16:40 |
| | | Q5 | 2 | Graeme Rennie | 0:16:34 |
| | | Q6 | 3 | David Bakker | 0:16:43 |
| | | Q7 | 4 | Eric Jones | 0:16:49 |
| | | Q8 | 5 | Siri Christopherson | 0:17:14 |
| Heat 514 | 11:54am | W414 | 1 | Mark Prior | 0:17:57 |
| | | W413 | 2 | Kai Mihata | 0:17:58 |
| | | Q1 | 3 | Julia Doubson | 0:18:07 |
| | | Q2 | 4 | Emma Sherwood | 0:19:42 |
| | | Q3 | 5 | Brian Gruber | 0:21:56 |
| Heat 513 | 11:51am | Q4 | 1 | Brett Buchholz | 0:21:32 |
| | | Q5 | 2 | Carlo Giacometti | 0:21:44 |
| | | Q6 | 3 | Tori Borish | 0:19:21 |
| | | Q7 | 4 | Ott Toomet | 0:21:16 |
| | | Q8 | 5 | Susan Grandjean | 0:23:07 |
| Heat 512 | 11:48am | W412 | 1 | Bruce Christopherson | 0:20:01 |
| | | W411 | 2 | Andrew Mason | 0:23:43 |
| | | Q1 | 3 | Anastasiya Gordeeva | 0:19:55 |
| | | Q2 | 4 | Rick Breseman | 0:26:33 |
| | | Q3 | 5 | Pia Blake | 0:21:16 |
| Heat 511 | 11:45am | Q4 | 1 | Christophe Delepine | mp |
| | | Q5 | 2 | Tomas Vaisar | 0:23:19 |
| | | Q6 | 3 | Nina Potrebich | 0:23:14 |
| | | Q7 | 4 | Ethan O'Connor | 0:21:27 |
| | | Q8 | 5 | Ryan Breseman | 0:22:20 |
| Heat 510 | 11:42am | W410 | 1 | Scott Sheldrake | 0:23:30 |
| | | W409 | 2 | Cameron Devine | 0:21:50 |
| | | Q1 | 3 | Tom Hermstein | 0:22:03 |
| | | Q2 | 4 | Chris Lawson | 0:24:22 |
| | | Q3 | 5 | David Vaisar | 0:22:07 |
| Heat 509 | 11:39am | Q4 | 1 | Peter Golde | 0:23:21 |
| | | Q5 | 2 | Robert Long | 0:25:36 |
| | | Q6 | 3 | Julie Cassata | 0:25:52 |
| | | Q7 | 4 | Rachel Caulfield | 0:25:05 |
| | | Q8 | 5 | Kevin Mihata | dns |
| Heat 508 | 11:36am | W408 | 1 | Abra McNair | 0:22:30 |
| | | W407 | 2 | Benjamin Brady | 0:21:55 |
| | | Q1 | 3 | Stan Woods | 0:22:17 |
| | | Q2 | 4 | Ing Uhlin | 0:25:57 |
| | | Q3 | 5 | Emily Ross | 0:24:12 |
| Heat 507 | 11:33am | Q4 | 1 | Kate Knapp | 0:26:02 |
| | | Q5 | 2 | Tim Waterhouse | 0:24:00 |
| | | Q6 | 3 | Rebecca Jensen | 0:23:50 |
| | | Q7 | 4 | Annika Mihata | 0:23:52 |
| | | Q8 | 5 | Joanne Woods | 0:25:37 |
| Heat 506 | 11:30am | W406 | 1 | Kyle Haddad-Fonda | 0:25:57 |
| | | W405 | 2 | Joshua Colleran | 0:26:47 |
| | | Q1 | 3 | Reid Howard | 0:25:25 |
| | | Q2 | 4 | Janne Maeki | mp |
| | | Q3 | 5 | Laura Collings | 0:26:51 |
| Heat 505 | 11:27am | Q4 | 1 | Shannon Cheng | mp |
| | | Q5 | 2 | Oleg Slyusarchuk | 0:29:24 |
| | | Q6 | 3 | Stephen Tarry | 0:26:19 |
| | | Q7 | 4 | Sherri Brady | 0:27:23 |
| | | Q8 | 5 | Matthew Ferguson | dns |
| Heat 504 | 11:24am | W404 | 1 | Kirk Devine | 0:31:51 |
| | | W403 | 2 | Ben Smith | 0:19:22 |
| | | Q1 | 3 | Jessica Colleran | 0:27:17 |
| | | Q2 | 4 | Larson Buchholz | 0:30:13 |
| | | Q3 | 5 | Nancy Devine | 0:29:59 |
| Heat 503 | 11:21am | Q4 | 1 | Kate Byers | 0:31:33 |
| | | Q5 | 2 | Jonah Haliburton | 0:27:19 |
| | | Q6 | 3 | Linnea Nasman | 0:33:55 |
| | | Q7 | 4 | Jud Kelley | 0:40:22 |
| | | Q8 | 5 | Jared Hopkins | dns |
| Heat 502 | 11:18am | W402 | 1 | Kyle Hopkins | dns |
| | | W401 | 2 | Courtney Cutler | mp |
| | | Q1 | 3 | Jill Klinge | 0:30:26 |
| | | Q2 | 4 | Kristy Ricks | 0:33:21 |
| | | Q3 | 5 | Don Haliburton | 0:32:10 |
| Heat 501 | 11:15am | Q4 | 1 | Brandon Lee | dns |
| | | Q5 | 2 | Bob Forgrave | 0:35:44 |
| | | Q6 | 3 | Lillian Bakker | dns |
| | | Q7 | 4 | | |
| | | Q8 | 5 | | |

## Final Results

| RANK | NAME |
|---|---|
| 1 | Ian Collings |
| 2 | Will Enger |
| 3 | Adam Woods |
| 4 | Thomas Laraia |
| 5 | Eric Bone |
| 6 | Graeme Rennie |
| 7 | Peteris Ledins |
| 8 | David Bakker |
| 9 | Eric Jones |
| 10 | Siri Christopherson |
| 11 | Mark Prior |
| 12 | Kai Mihata |
| 13 | Julia Doubson |
| 14 | Emma Sherwood |
| 15 | Brian Gruber |
| 16 | Tori Borish |
| 17 | Ott Toomet |
| 18 | Brett Buchholz |
| 19 | Carlo Giacometti |
| 20 | Susan Grandjean |
| 21 | Anastasiya Gordeeva |
| 22 | Bruce Christopherson |
| 23 | Pia Blake |
| 24 | Andrew Mason |
| 25 | Rick Breseman |
| 26 | Ethan O'Connor |
| 27 | Ryan Breseman |
| 28 | Nina Potrebich |
| 29 | Tomas Vaisar |
| 30 | Christophe Delepine |
| 31 | Cameron Devine |
| 32 | Tom Hermstein |
| 33 | David Vaisar |
| 34 | Scott Sheldrake |
| 35 | Chris Lawson |
| 36 | Peter Golde |
| 37 | Rachel Caulfield |
| 38 | Robert Long |
| 39 | Julie Cassata |
| 40 | Kevin Mihata |
| 41 | Benjamin Brady |
| 42 | Stan Woods |
| 43 | Abra McNair |
| 44 | Emily Ross |
| 45 | Ing Uhlin |
| 46 | Rebecca Jensen |
| 47 | Annika Mihata |
| 48 | Tim Waterhouse |
| 49 | Joanne Woods |
| 50 | Kate Knapp |
| 51 | Reid Howard |
| 52 | Kyle Haddad-Fonda |
| 53 | Joshua Colleran |
| 54 | Laura Collings |
| 55 | Janne Maeki |
| 56 | Stephen Tarry |
| 57 | Sherri Brady |
| 58 | Oleg Slyusarchuk |
| 59 | Shannon Cheng |
| 60 | Matthew Ferguson |
| 61 | Ben Smith |
| 62 | Jessica Colleran |
| 63 | Nancy Devine |
| 64 | Larson Buchholz |
| 65 | Kirk Devine |
| 66 | Jonah Haliburton |
| 67 | Kate Byers |
| 68 | Linnea Nasman |
| 69 | Jud Kelley |
| 70 | Jared Hopkins |
| 71 | Jill Klinge |
| 72 | Don Haliburton |
| 73 | Kristy Ricks |
| 74 | Courtney Cutler |
| 75 | Kyle Hopkins |
| 76 | Bob Forgrave |
| 77 | Brandon Lee |
| 78 | Lillian Bakker |
| 79 | |
| 80 | |