

# Virginia State Rowing Championship (VSRC) Day 1

## Heat Sheet - May 6, 2023

Lane 6 is closest to the Grandstand (#) - Coaches Ranking

Event	Time	Race Name	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1	8:00	W - N - 4+ Heat 1 2 to Finals	Woodbridge (19)	Rock Ridge (8)	Madison (1)	Woodson (7)	Riverside (15)	
2	8:08	W - N - 4+ Heat 2 2 to Finals	Independence	Battlefield (9)	Yorktown (3)	Wash-Liberty (6)	Osborn Park (14)	S. County
3	8:16	W - N - 4+ Heat 3 2 to Finals	Alexandria	St. John Paul (10)	Granby (4)	Briar Woods (5)	Broad Run (13)	Langley
4	8:24	M - N - 4+ Heat 1 3 to Finals	Hylton (13)	Madison (7)	S. County (1)	W. Potomac (5)	Riverside (11)	
5	8:32	M - N - 4+ Heat 2 3 to Finals	St. John Paul	Fairfax (9)	Robinson (2)	Stone Bridge (3)	Mnt Vernon (10)	
6	8:40	M - 3 - 4+ Heat 1 2 to Finals		W. Potomac	L. Braddock (1)	Battlefield		
7	8:48	M - 3 - 4+ Heat 2 3 to Finals		Osborn Park	Broad Run (2)	Briar Woods (3)	Rock Ridge	
8	8:56	W - N - 8+ Heat 1 3 to Finals	Stone Bridge (13)	Alexandria (5)	Woodson (1)	Yorktown (4)	Episcopal (11)	Langley
9	9:04	W - N - 8+ Heat 2 3 to Finals	Wash-Liberty	Robinson (6)	L. Braddock (2)	W. Springfield (3)	S. County (7)	Wakefield
10	9:12	M - N - 8+ Heat 1 2 to Finals	Independence	Broad Run (8)	Wakefield (1)	L. Braddock (6)	Briar Woods	
11	9:20	M - N - 8+ Heat 2 2 to Finals		W. Potomac (10)	Alexandria (2)	S. County (5)	Riverside	
12	9:28	M - N - 8+ Heat 3 2 to Finals		Wash-Liberty (11)	Robinson (3)	Yorktown (4)	Hickory (12)	
13	9:36	W - 3 - 8+ Heat 1 3 to Finals		Robinson (6)	Woodson (1)	McLean (5)	W. Potomac (9)	
14	9:44	W - 3 - 8+ Heat 2 3 to Finals		Alexandria (7)	Langley (2)	Wash-Liberty (4)	Colgan (8)	
15	9:52	M - 3 - 8+ Heat 1 3 to Finals	Wakefield (11)	Jefferson (6)	McLean (1)	Woodson (4)	Wash-Liberty (10)	
16	10:00	M - 3 - 8+ Heat 2 3 to Finals		Alexandria (7)	Madison (2)	Langley (3)	Woodbridge (9)	
17	10:08	W - Fr - 8+ Heat 1 3 to Finals		Wash-Liberty (5)	McLean (1)	Yorktown (4)	Oakton	
18	10:16	W - Fr - 8+ Heat 2 3 to Finals		Langley (6)	Alexandria (2)	Wakefield (3)	Jefferson (7)	
19	10:24	M - Fr - 8+ Heat 1 3 to Finals	Jefferson (9)	McLean (5)	Langley (1)	Alexandria (4)	Colgan (8)	
20	10:32	M - Fr - 8+ Heat 2 3 to Finals		W. Springfield (6)	Wash-Liberty (2)	Yorktown (3)	Madison (7)	
22	10:40	M - Fr - 4+ Final	Riverside		Battlefield (2)	Wakefield	Oakton	
	10:48	W - Fr - 4+ Final	Jefferson	S. Friends (3)	L. Braddock (1)	Langley (2)	W. Springfield (4)	GV Prep
23	10:56	W - 3 - 4+ Final		Woodbridge (4)	Stone Bridge (1)	Battlefield (3)		
24	11:04	W - 4 - 8+ Final	Alexandria	Colgan (3)	McLean (1)	Langley (2)	Wash-Liberty (4)	
25	11:12	M - 4 - 8+ Final	Alexandria	Langley (3)	Woodson (1)	McLean (2)	Jefferson (5)	

Hands on  
Boat

7:10

7:50

8:40

10:00

Launch Recovery

26	11:20	W - N - 4+ Final	2nd Heat 3	2nd Heat 1	1st Heat 2	1st Heat 1	1st Heat 3	2nd Heat 2	10:40
27	11:28	M - N - 4+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	10:45
28	11:36	M - 3 - 4+ Final		2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	
29	11:44	W - 3 - 8+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	
30	11:52	M - 3 - 8+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	
31	12:00	W - N - 8+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	
32	12:08	M - N - 8+ Final	2nd Heat 3	2nd Heat 1	1st Heat 2	1st Heat 1	1st Heat 3	2nd Heat 2	11:30
33	12:16	W - Fr - 8+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	
34	12:24	M - Fr - 8+ Final	3rd Heat 1	2nd Heat 2	1st Heat 1	1st Heat 2	2nd Heat 1	3rd Heat 2	

Men	
Seat	Athlete
Cox	Sullivan, Katie
8	Reynolds, M
7	Dahlquist, Mac
6	Tilton, Chris
5	Minhas, Kabir
4	Clifford, Nathan
3	Hardy, Bryce
2	Sieger, Nate
1	Ledyashov, S
Oars	Blue/White
Boat	Hurricane
Event	M-N-8
Event #	11

Women	
Seat	Athlete
Cox	Vyzarsu, Ashwika
4	Duggan, Charlotte
3	Chapman, Anna
2	Rosenthal, Riley
1	Flannagan, Emma
Oars	Purple/Yellow
Boat	Beagle
Event	W-N-4
Event #	1

Seat	Athlete
Cox	Rao, Sahana
4	Gavranovich, Matt
3	Farouki, Samy
2	Li, Ryan
1	Blair, Wyatt
Oars	Purple/Orange
Boat	King 2
Event	M-N-4
Event #	4

Seat	Athlete
Cox	Dhamsania, Ronak
4	Carrier, Jackson
3	Wendt, Noah
2	Faulkner, Anderson
1	Pinches, Zachary
Oars	Purple/Orange
Boat	King 1
Event	M-Fr-4
Event #	22

- Oars(20) Blue/White (8)  
Purple/Orange (8)  
Purple/Yellow (4)  
Spread Stick  
Replacement backstays 2 aluminium  
2x Black and Red Part Bin (box numbers, spare parts, extra plastic)  
1x Orange Tool Box  
**Equipment** 1x Black Tool Box  
Extra tie downs  
Slings(4) sets  
Garbage bags  
Baskets (4)

Trailer Order ( ) Load Order			
Top	empty	(1)Hurricane	empty
Middle	(4)King 2	(2)Beagle	(3)King 1
Bottom	empty	empty	empty

Riggers(20)  
Trailer leave HS at 5:15AM  
Bus leaves HS at 6:00AM (Coach Hardy on Bus)