

SASG – Strength and Conditioning Heat Schedule



Time	Event	Heat	Participants
9:00-9:10	Kids Skill/ Masters Jerk	1	Judy Tillack, Sharon McNab, Easton, Dominic Grieco
9:15-9:25	Women's Jerk	2	Sally Clark, Kim Thomas, Meghan Dobie, Wendy Desjarlais
9:30-9:40	Men's Jerk	3	Bryan Burns, Matt Coombs, Justin Gallant, Daniel Ruttle, Jason Szaroz
9:45-10:20	Kids AMRAP/ Masters Triathlon	1	Judy Tillack, Sharon McNab, Easton, Dominic Grieco
10:25-11:00	Women's Triathlon	2	Sally Clark, Kim Thomas, Meghan Dobie, Wendy Desjarlais
11:05-11:40	Men's Triathlon	3	Bryan Burns, Matt Coombs, Justin Gallant, Daniel Ruttle, Jason Szaroz
12:00-12:15	Kids/ Masters "50"	1	Judy Tillack, Sharon McNab, Easton, Dominic Grieco
12:20-12:35	Women's "50"	2	Sally Clark, Kim Thomas, Meghan Dobie, Wendy Desjarlais
12:40-12:55	Men's "50"	3	Bryan Burns, Matt Coombs, Justin Gallant, Daniel Ruttle, Jason Szaroz
1:30	Masters Final	1	Judy Tillack, Sharon McNab
1:45	Women's Final	2	Sally Clark, Kim Thomas, Meghan Dobie, Wendy Desjarlais
2:00	Men's Final	3	Bryan Burns, Matt Coombs, Justin Gallant, Daniel Ruttle, Jason Szaroz