

**FROSTBITE SPRINTS 2011**

Race #	Event	Time	Category	Heat/Final	Lane	Club	Progression
9AM	8		<b>Men 4</b>	Heat 1		1 Bayside RC 2 Argonaut RC (Development 2011) 3 Don RC	Winner H1+H2+ fastest 2nd qualify to FINAL
9:15AM	12		<b>Women 8+</b>	FINAL		1 Bayside RC 2 Argonaut RC (Development 2011) 3 Argonaut RC (Norton's crew)	
9:30AM	8		<b>Men 4</b>	Heat 2		1 Argonaut RC (Brazen Spirits crew) 2 Dev 2011 3 Niagara over 50	Winner H1+H2+ fastest 2nd qualify to FINAL
9:50AM	11		<b>Women 4</b>	Heat 1		1 Bayside RC 2 Argonaut RC (Development 2011) 3 Niagara over 50	Winner H1+H2+ H3 qualify to FINAL
10:05AM	10		<b>Women 2x</b>	FINAL		1 Don RC 2 Tillsonburg RC 3 Tillsonburg RC (Mens exhibition)	
10:20AM	11		<b>Women 4</b>	Heat 2		1 West Side RC 2 Bayside RC 3 Argonaut RC (Brazen Spirits crew)	Winner H1+H2+ H3 qualify to FINAL

10:40AM	11	<b>Women 4</b>	Heat 3	1 Bayside RC 2 Argonaut RC (Development 2011)	Winner H1+H2+ H3 qualify to FINAL
11:00AM	13	<b>Mixed 4+</b>	FINAL	1 Don RC 2 West Side RC 3 Argonaut RC (Brazen Spirits crew)	
11:20AM	14	<b>Mixed 8+</b>	Heat 1	1 Niagara over 50 2 Bayside RC 3 Argonaut RC (Development 2011) 4 Tillsonburg RC (Quad exhibition)	Winner H1+H2+ fastest 2nd qualify to FINAL
11:40AM	14	<b>Mixed 8+</b>	Heat 2	1 West Side RC 2 Argonaut RC (Development 2011) 3 Argonaut RC (Brazen Spirits crew)	Winner H1+H2+ fastest 2nd qualify to FINAL
<b>SHORT BREAK BEFORE FINALS (30 minutes)</b>					
12:25AM	FINAL	Mens 4+			
12:45AM	FINAL	Women 4+			
1:20PM	FINAL	Mixed 8+			