

#	Time	Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Progressions
1	8:00	M-2x A		Cox	Woodbridge	Hylton	Fairfax		3 to final
				(3) 5:47.5	(1) 5:45.2	(4) 5:57.2	(2) 5:46.1		
2	8:07	M-2x B		Christchurch	JEB Stuart	Granby	Potomac		3 to final
				(1) 5:20.6	(3) 5:54.7	(2) 5:40.9	(4) 5:57.0		
3	8:14	W-2-8 A	W Potomac	G Visitation	Madison	Westfield	Sidwell Friends		2 to final
				(2) 5:40.0	(1) 5:34.0	(3) 5:41.0	(4) 6:04.0		
4	8:21	W-2-8 B		Nat'l Cathedral	TC Williams	Yorktown	Lake Braddock		2 to final
				(3) 5:33.6	(1) 5:19.2	(2) 5:29.4	(4) 5:57.2		
5	8:28	W-2-8 C		W Springfield	Robinson	T Jefferson	Wash-Lee		2 to final
				(4) 5:56.8	(1) 5:23.1	(2) 5:26.7	(3) 5:37.6		
6	8:35	M-2-8 A		Forest Park	St Albans	Westfield	Woodson		3 to final
				(3) 4:50.2	(1) 4:42.8	(2) 4:48.3	(4) 5:01.0		
7	8:42	M-2-8 B	W Springfield	Robinson	T Jefferson	Oakton	Lake Braddock		3 to final
			(5) 5:05.0	(1) 4:53.4	(3) 4:59.6	(2) 4:58.6	(4) 5:00.9		
8	8:49	M-Jr-8 A		Madison	St Albans	Wash-Lee	Forest Park	W Springfield	3 to final
				(2) 4:40.5	(3) 4:50.2	(1) 4:35.1	(5) 5:20.2	(4) 5:12.6	
9	8:56	M-Jr-8 B		Langley	Yorktown	T Jefferson	South County		3 to final
				(3) 5:04.6	(1) 4:48.5	(2) 4:52.4	(4) 5:12.3		
10	9:03	M-Jr-4 A		South County	Gloucester	W Potomac	Hickory		2 to final
				(2) 5:29.0	(1) 5:09.1	(3) 5:43.0	(4) 6:02.2		
11	9:10	M-Jr-4 B	Great Bridge	Hylton	Oakton	Wash-Lee	First Colonial		2 to final
			(4) 5:51.5	(5) 6:02.9	(2) 5:39.9	(1) 5:35.2	(3) 5:43.0		
12	9:17	M-Jr-4 C	James River	Granby	Woodbridge	Forest Park	TC Williams		2 to final
			(3) 5:30.9	(1) 5:19.3	(5) 5:58.5	(2) 5:27.8	(4) 5:38.8		
13	9:24	W-Jr-4 A	W Springfield	T Jefferson	Oakton	South County	First Colonial		2 to final
			(3) 6:28.6	(5) 6:48.5	(2) 6:11.4	(4) 6:45.9	(1) 6:07.4		
14	9:31	W-Jr-4 B	Fairfax	Hylton	McLean	Forest Park	Hickory		2 to final
			(4) 6:40.7	(3) 6:18.8	(1) 6:05.7	(5) 6:50.7	(2) 6:15.5		
15	9:38	W-Jr-4 C		Wakefield	Woodson	Gloucester	Woodbridge		2 to final
				(4) 7:10.4	(1) 5:59.6	(3) 6:00.8	(2) 6:00.3		
16	9:45	W-Lt-4 A		Woodbridge	Madison	McLean	Cox	JEB Stuart	3 to final
				(3) 6:11.1	(1) 6:06.3	(2) 6:08.5	(4) 6:20.0	(5) 6:26.6	
17	9:52	W-Lt-4 B		W Springfield	Oakton	Mt Vernon	Great Bridge	James River	3 to final
				(3) 5:58.1	(1) 5:56.2	(2) 5:56.9	(5) 7:12.4	(4) 6:17.4	
18	9:59	M-Lt-4 A		Granby	W Potomac	Great Bridge	Fairfax		3 to final
				(1) 5:20.6	(3) 5:34.9	(2) 5:32.0	(4) 5:39.3		
19	10:06	M-Lt-4 B		W Springfield	South County	Lake Braddock	James River		3 to final
				(4) 5:34.8	(1) 5:21.4	(3) 5:27.3	(2) 5:25.4		
20	10:13	M-1-4 A		Great Bridge	Gloucester	W Potomac	Hickory	First Colonial	Top 2 to final, next 2 to petite

				(3) 5:14.1	(2) 5:12.3	(4) 5:15.1	(5) 5:38.6	(1) 5:11.0	
21	10:20	M-1-4 B		South County	Woodbridge	Madison	Gar-Field	James River	Top 2 to final, next 2 to petite
				(3) 5:10.2	(1) 5:02.0	(2) 5:06.3	(5) 5:36.9	(4) 5:23.4	
22	10:27	M-1-4 C		Langley	Mathews	TC Williams	Wash-Lee	Norfolk Acad	Top 2 to final, next 2 to petite
				(4) 4:14.9	(2) 4:07.9	(1) 4:05.5	(5) 5:03.7	(3) 4:11.2	
23	10:34	W-1-4 A	Norfolk Acad	Hylton	Gloucester	Mt Vernon	First Colonial		Top 2 to final, next 1 to petite
				(4) 6:16.8	(1) 5:40.5	(3) 5:57.4	(2) 5:46.5		
24	10:41	W-1-4 B		Fairfax	Oakton	Episcopal	James River		Top 2 to final, next 1 to petite
				(4) 5:56.3	(3) 5:54.6	(1) 5:44.7	(2) 5:52.6		
25	10:48	W-1-4 C		Gar-Field	South County	McLean	Hickory		Top 2 to final, next 1 to petite
				(4) 6:29.7	(3) 5:48.8	(1) 5:39.2	(2) 5:46.0		
26	10:55	W-1-8 A	Sidwell Friends	Westfield	Madison	TC Williams	W Potomac	Norfolk Acad	Top 2 to final, next 2 to petite
			(5) 5:26.8	(3) 5:10.4	(1) 4:54.2	(2) 4:55.2	(4) 5:13.8	(6) 5:40.7	
27	11:02	W-1-8 B	Mt Vernon	W Springfield	T Jefferson	Nat'l Cathedral	G Visitation	Princess Anne	Top 2 to final, next 2 to petite
			(6) 5:46.0	(4) 5:37.2	(1) 5:04.4	(2) 5:09.1	(3) 5:12.6	(5) 5:39.9	
28	11:09	W-1-8 C	Langley	Woodson	Robinson	Yorktown	Wash-Lee	Lake Braddock	Top 2 to final, next 2 to petite
			(6) 6:05.3	(4) 5:18.3	(1) 5:06.9	(2) 5:09.6	(3) 5:17.8	(5) 5:26.6	
29	11:16	M-1-8 A		Robinson	St Albans	Woodson	Forest Park		Top 2 to final, next 1 to petite
				(3) 4:40.6	(1) 4:31.3	(4) 4:40.9	(2) 4:36.6		
30	11:23	M-1-8 B		W Springfield	Yorktown	Oakton	Lake Braddock	Princess Anne	Top 2 to final, next 1 to petite
				(3) 4:46.9	(1) 4:31.0	(2) 4:38.5	(4) 4:51.8	(5) 4:54.9	
31	11:30	M-1-8 C		McLean	T Jefferson	Westfield	Mt Vernon	Cox	Top 2 to final, next 1 to petite
				(3) 4:44.6	(2) 4:28.5	(1) 4:27.7	(4) 4:47.6	(5) 5:00.0	
32	11:37	M-1x	JEB Stuart	Western Albemarle	Sidwell Friends		Cox	Gloucester	
			(2) 5:57.5	(5) 6:29.4	(1) 5:53.3		(3) 6:08.0	(4) 6:16.2	
33	11:44	W-2x		Great Bridge	Western Albemarle	Hylton	Hickory	JEB Stuart	
				(1) 5:52.5	(2) 6:11.4	(5) 7:09.6	(4) 6:30.7	(3) 6:24.4	
Break		Break		Break		Break		Break	

#	Time	Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
34	12:15	M-2x	Cox	Granby	Woodbridge	Christchurch (JR)	Fairfax	JEB Stuart	
			(5) 5:51.1	(4) 5:44.8	(3) 5:42.6	(1) 5:23.1	(2) 5:40.5	(6) 5:59.7	
35	12:25	W-Jr-8	Granby	Langley	Forest Park	T Jefferson	South County	G Visitation	
			(6) 5:42.3	(5) 5:36.3	(2) 5:21.1	(3) 5:22.9	(4) 5:32.1	(1) 5:20.2	
36	12:35	M-Jr-8	St Albans	T Jefferson	Wash-Lee	Yorktown	Madison	Langley	
			(4) 4:42.6	(5) 4:43.4	(1) 4:35.1	(3) 4:41.2	(2) 4:40.5	(6) 5:02.2	
37	12:45	M-2-8	Forest Park	Oakton	St Albans	Robinson	Westfield	T Jefferson	
			(6) 4:58.2	(5) 4:52.2	(1) 4:33.4	(4) 4:46.5	(3) 4:43.0	(2) 4:38.3	
38	12:55	W-2-8	Yorktown	Robinson	Madison	TC Williams	T Jefferson	G Visitation	
			(5) 5:26.6	(4) 5:17.2	(1) 5:05.8	(2) 5:09.8	(3) 5:11.5	(6) 5:38.7	
39	1:05	M-Jr-4	Oakton	Granby	Gloucester	Wash-Lee	Forest Park	South County	
			(6) 5:33.9	(2) 5:11.2	(1) 5:09.1	(5) 5:23.5	(4) 5:16.3	(3) 5:15.9	
40	1:15	W-Jr-4	Hickory	Woodson	First Colonial	McLean	Woodbridge	Oakton	
			(6) 6:16.9	(3) 6:01.5	(2) 6:00.7	(1) 5:56.7	(4) 6:03.9	(5) 6:13.2	
41	1:25	M-2-4		Norfolk Acad	TC Williams	Madison	Langley	Woodbridge	
				(2) 5:21.2	(1) 5:16.6	(4) 5:32.9	(5) 5:36.9	(3) 5:30.2	
42	1:35	W-2-4			James River	Episcopal	Norfolk Acad		
					(3) 6:57.3	(1) 6:10.3	(2) 6:22.8		
43	1:45	W-4x	Cox	Mathews	Hylton	Woodbridge	Forest Park	Potomac	James River
			(5) 5:57.3	(3) 5:45.7	(2) 5:34.2	(1) 5:26.2	(4) 5:46.4	(6) 5:59.5	(7) 6:08.1
44	1:55	M-4x	JEB Stuart	Potomac	Hylton	Christchurch	Lake Braddock	Gar-Field	Hylton (FEX)
			(4) 5:14.0	(6) 5:47.1	(3) 5:04.8	(5) 5:34.4	(1) 5:01.0	(2) 5:04.2	05:38.5
45	2:05	M-Lt-4	W Potomac	James River	Granby	South County	Great Bridge	L Braddock	
			(6) 5:31.8	(3) 5:22.9	(1) 5:14.1	(2) 5:19.3	(5) 5:31.3	(4) 5:28.8	
46	2:15	W-Lt-4	Woodbridge	Mt Vernon	Madison	Oakton	McLean	W Springfield	
			(6) 6:13.9	(2) 5:53.8	(4) 5:54.9	(1) 5:52.2	(5) 6:07.8	(3) 5:53.7	
47	2:25	M-Lt-8	Princess Anne	TC Williams	McLean	Woodbridge	Great Bridge	Woodson	Granby
			(6) 5:12.2	(3) 4:47.3	(1) 4:39.5	(2) 4:41.2	(4) 4:57.6	(5) 5:01.9	(7) 5:30.6
48	2:35	W-Lt-8		Oakton	Woodbridge	McLean	Lake Braddock	Potomac	
				(4) 5:35.2	(2) 5:19.5	(1) 5:11.8	(3) 5:32.9	(5) 5:58.9	
49	2:45	M-Lt-2x			Western Albemarle	Hylton	JEB Stuart		
					(3) 6:29.2	(2) 6:05.6	(1) 5:49.3		
50	2:55	W-Lt-2x		JEB Stuart	Gar-Field	Western Albemarle	Great Bridge		
				(4) 6:29.4	(3) 6:24.8	(2) 6:16.8	(1) 6:05.1		
51	3:05	W-1x		Gar-Field	Western Albemarle	Christchurch	St Stphn's/Agnes		
				(3) 7:12.3	(1) 6:38.5	(2) 6:58.2	(4) 7:42.2		
52	3:15	M-1-4 petite	James River	Norfolk Academy	Great Bridge	South County	Langley	W Potomac	
			(6) 5:31.1	(1) 5:12.0	(3) 5:19.6	(4) 5:22.4	(2) 5:15.8	(5) 5:24.2	

53	3:20	M-1-4	Madison	TC Williams	First Colonial	Woodbridge	Mathews	Gloucester	
			(4) 5:08.9	(1) 5:03.1	(6) 5:17.4	(2) 5:04.6	(3) 5:06.2	(5) 5:12.2	
54	3:25	W-1-4 petite	Norfolk Academy	Fairfax	Mt Vernon	South County	Gar-Field	Hylton	
			(6) 6:21.9	(2) 5:56.5	(3) 5:57.5	(1) 5:48.1	(5) 6:16.6	(4) 6:15.9	
55	3:30	W-1-4	James River	McLean	Gloucester	Episcopal	Hickory	First Colonial	
			(6) 5:59.1	(1) 5:29.9	(2) 5:34.8	(3) 5:38.8	(4) 5:45.6	(5) 5:46.0	
56	3:35	W-1-8 petite	W Springfield	Wash-Lee	Westfield	G Visitation	Woodson	W Potomac	
			(6) 5:37.9	(2) 5:15.9	(1) 5:12.8	(5) 5:24.1	(4) 5:19.8	(3) 5:18.7	
57	3:40	W-1-8	Natl Cathedral	Robinson	Madison	T Jefferson	Yorktown	TC Williams	
			(6) 5:16.0	(5) 5:03.8	(1) 4:54.1	(3) 4:58.8	(4) 5:02.7	(2) 4:57.9	
58	3:45	M-1-8 petite	Mt Vernon	McLean	Robinson	W Springfield	Woodson	Lake Braddock	
			(5) 4:53.4	(4) 4:49.5	(1) 4:44.2	(3) 4:49.1	(2) 4:44.6	(6) 4:56.1	
59	3:50	M-1-8	Oakton	Westfield	St Albans	Yorktown	T Jefferson	Forest Park	
			(5) 4:37.2	(2) 4:31.2	(1) 4:27.1	(3) 4:31.5	(4) 4:32.7	(6) 4:43.6	