

Allegheny Valley Sch A 2-17-19 - 2/17/2019

Meet Program

Event 3 Mixed 100 Yard Freestyle

| Lane | Name | Age | Team | Seed Time |
|---------------------------|------------------------|-----|------------------|-----------|
| Heat 1 of 8 Finals | | | | |
| 1 | Jim Fenstermacher | M55 | Penn Hills | 59.50 |
| 2 | Jennifer Kissell-Dudek | W38 | OCYM | 58.40 |
| 3 | Douglas Oyler | M51 | Meadville | 58.00 |
| 4 | John Gallant | M58 | Sewickley | 58.00 |
| 5 | Nick Radio | M40 | Allegheny Valley | 59.00 |
| 6 | Nicole Parrish | W21 | Cranberry Wave | 1:00.00 |
| Heat 2 of 8 Finals | | | | |
| 1 | Dan Ledford | M49 | Cranberry Wave | 1:03.92 |
| 2 | John Edwards | M50 | HCY | 1:02.63 |
| 3 | Michael Phillips | M32 | HCY | 1:01.00 |
| 4 | Jim Jensen | M57 | Cranberry Wave | 1:02.00 |
| 5 | Suzanne Klacik | W60 | Cranberry Wave | 1:03.90 |
| 6 | Dan Pruzinsky | M43 | Sampson YMCA | 1:05.00 |
| Heat 3 of 8 Finals | | | | |
| 1 | Janine Schuliger | W57 | Cranberry Wave | 1:07.50 |
| 2 | Jack Meriner | M56 | HCY | 1:06.00 |
| 3 | JT Colwell | M42 | Corry | 1:05.00 |
| 4 | Cyndi Standeart | W53 | Penn Hills | 1:05.96 |
| 5 | Carol Ide | W52 | Penn Hills | 1:06.00 |
| 6 | Harry Kunze | M60 | Baierl | 1:08.00 |
| Heat 4 of 8 Finals | | | | |
| 1 | Mark Murtha | M54 | BCY | 1:12.00 |
| 2 | Tera Donnelly | W39 | GCY | 1:10.73 |
| 3 | Stacy Brovitz | M59 | Penn Hills | 1:10.00 |
| 4 | Bruce Weston | M65 | GCY | 1:10.50 |
| 5 | Amy Barron | W40 | Sewickley | 1:11.29 |
| 6 | Julie Roncone | W36 | BCY | 1:12.00 |
| Heat 5 of 8 Finals | | | | |
| 1 | Rosanna Sikora | W63 | Penn Hills | 1:20.13 |
| 2 | Julie Vanneman | W49 | Penn Hills | 1:16.43 |
| 3 | Krista Mendoza | W46 | GCY | 1:12.00 |
| 4 | Kim Capozzi | W46 | Cranberry Wave | 1:14.80 |
| 5 | Doug Hagy | M62 | GRBG | 1:20.00 |
| 6 | Brittany Zawastniak | W23 | New Castle | 1:23.00 |
| Heat 6 of 8 Finals | | | | |
| 1 | Jody Styer | W51 | New Castle | 1:33.00 |
| 2 | Mike Gavin | M63 | Cranberry Wave | 1:25.00 |
| 3 | Steve Muthler | M67 | Jersey Shore | 1:24.00 |
| 4 | Olivia Wiest | W23 | Cranberry Wave | 1:25.00 |
| 5 | Dan Andrus | M70 | Sampson YMCA | 1:30.00 |
| 6 | Natasha Aque | W56 | GCY | 1:33.95 |
| Heat 7 of 8 Finals | | | | |
| 1 | Judy Spahr | W78 | Penn Hills | 2:30.90 |
| 2 | Dave Robinson | M78 | GRBG | 2:05.00 |
| 3 | Marissa McFarland | W50 | OCYM | 1:39.00 |
| 4 | Tony Sakolousky | M55 | OCYM | 1:42.57 |
| 5 | Nora Andrus | W63 | Sampson YMCA | 2:18.00 |
| 6 | Lynn Nye | M84 | HCY | 2:45.00 |
| Heat 8 of 8 Finals | | | | |
| 2 | David Mudrick | M63 | HCY | NT |
| 3 | Elsie Reeby | W78 | MVY | 2:51.65 |
| 4 | Kathleen Kane | W57 | Sampson YMCA | 3:00.00 |

Event 4 Mixed 200 Yard Butterfly

| Lane | Name | Age | Team | Seed Time |
|---|-------------------|-----|------------------|-----------|
| Heat 1 of 2 Finals | | | | |
| 2 | Paul Oyler | M53 | Meadville | 2:30.00 |
| 3 | John Landreth | M48 | Penn Hills | 2:15.00 |
| 4 | Ryan Lawrence | M32 | OCYM | 2:30.00 |
| 5 | Mike Gavin | M63 | Cranberry Wave | 3:30.00 |
| Heat 2 of 2 Finals | | | | |
| 2 | Olivia Wiest | W23 | Cranberry Wave | 4:30.00 |
| 3 | Kris Meekins | M59 | Jamestown | 3:30.00 |
| 4 | Glynnis Flores | W37 | OCYM | 3:45.95 |
| Event 5 Mixed 25 Yard Backstroke | | | | |
| Lane | Name | Age | Team | Seed Time |
| Heat 1 of 6 Finals | | | | |
| 1 | Brian Levake | M44 | HCY | 15.00 |
| 2 | Nathan Labowski | M19 | Corry | 14.00 |
| 3 | Nicole Parrish | W21 | Cranberry Wave | 14.00 |
| 4 | Douglas Oyler | M51 | Meadville | 14.00 |
| 5 | John Gallant | M58 | Sewickley | 14.90 |
| 6 | Andrew Bartlett | M32 | HCY | 15.00 |
| Heat 2 of 6 Finals | | | | |
| 1 | Ross Hassler | M47 | Allegheny Valley | 17.00 |
| 2 | Jim Jensen | M57 | Cranberry Wave | 15.10 |
| 3 | Charlie Dailey | M61 | ERIE | 15.00 |
| 4 | Ben Mayhew | M43 | Sewickley | 15.00 |
| 5 | George Drushel | M56 | ERIE | 16.00 |
| 6 | Mark Murtha | M54 | BCY | 17.00 |
| Heat 3 of 6 Finals | | | | |
| 1 | Dana Ruttenberg | W61 | Meadville | 20.00 |
| 2 | Owen Terrill | M21 | Meadville | 18.87 |
| 3 | Tera Donnelly | W39 | GCY | 17.46 |
| 4 | Suzanne Klacik | W60 | Cranberry Wave | 17.72 |
| 5 | Cian Coulter | M22 | GRBG | 19.82 |
| 6 | Jane Hedrick | W60 | OCYM | 20.43 |
| Heat 4 of 6 Finals | | | | |
| 1 | Tony Sakolousky | M55 | OCYM | 25.39 |
| 2 | Mary Campbell | W34 | OCYM | 24.54 |
| 3 | Dave Robinson | M78 | GRBG | 20.50 |
| 4 | Olivia Wiest | W23 | Cranberry Wave | 22.00 |
| 5 | Marissa McFarland | W50 | OCYM | 25.31 |
| 6 | Allen Ray | M71 | Penn Hills | 28.00 |
| Heat 5 of 6 Finals | | | | |
| 1 | Lynn Nye | M84 | HCY | 45.50 |
| 2 | Kathleen Kane | W57 | Sampson YMCA | 40.00 |
| 3 | Judy Spahr | W78 | Penn Hills | 32.00 |
| 4 | Patrick Kennedy | M58 | Baierl | 34.56 |
| 5 | Elsie Reeby | W78 | MVY | 44.43 |
| Heat 6 of 6 Finals | | | | |
| 2 | Jody Styer | W51 | New Castle | NT |
| 3 | Phyl Charnes | W90 | HCY | 1:30.00 |
| 4 | David Mudrick | M63 | HCY | NT |

Allegheny Valley Sch A 2-17-19 - 2/17/2019

Meet Program

Event 6 Mixed 100 Yard Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Finals

| | | | | |
|---|------------------------|-----|----------------|---------|
| 1 | Ben Mayhew | M43 | Sewickley | 1:18.00 |
| 2 | Morgan Leung | M21 | Meadville | 1:16.74 |
| 3 | Jim Fenstermacher | M55 | Penn Hills | 1:13.50 |
| 4 | Michael Phillips | M32 | HCY | 1:16.00 |
| 5 | Dan Ledford | M49 | Cranberry Wave | 1:17.56 |
| 6 | Jennifer Kissell-Dudek | W38 | OCYM | 1:19.87 |

Heat 2 of 4 Finals

| | | | | |
|---|----------------|-----|------------------|---------|
| 1 | Suzanne Klacik | W60 | Cranberry Wave | 1:27.18 |
| 2 | Mike Gavin | M63 | Cranberry Wave | 1:25.00 |
| 3 | Gary Abbate | M63 | HCY | 1:24.00 |
| 4 | Ross Hassler | M47 | Allegheny Valley | 1:25.00 |
| 5 | Dan Pruzinsky | M43 | Sampson YMCA | 1:26.00 |
| 6 | Julie Roncone | W36 | BCY | 1:28.00 |

Heat 3 of 4 Finals

| | | | | |
|---|----------------|-----|--------------|---------|
| 1 | Natasha Aque | W56 | GCY | 1:46.33 |
| 2 | Kris Meekins | M59 | Jamestown | 1:42.50 |
| 3 | Julie Vanneman | W49 | Penn Hills | 1:29.72 |
| 4 | Dan Andrus | M70 | Sampson YMCA | 1:40.00 |
| 5 | Owen Terrill | M21 | Meadville | 1:45.00 |
| 6 | Steve Muthler | M67 | Jersey Shore | 1:50.00 |

Heat 4 of 4 Finals

| | | | | |
|---|---------------------|-----|--------------|---------|
| 2 | Kathy Schreckengost | W70 | ERIE | 2:03.00 |
| 3 | Marcy Sarber | W46 | MVY | 1:50.72 |
| 4 | Doug Hagy | M62 | GRBG | 1:59.00 |
| 5 | Nora Andrus | W63 | Sampson YMCA | 3:10.00 |

Event 7 Mixed 50 Yard Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 10 Finals

| | | | | |
|---|-----------------|-----|----------------|-------|
| 1 | Dan Pruzinsky | M43 | Sampson YMCA | 26.70 |
| 2 | Paul Oyler | M53 | Meadville | 26.00 |
| 3 | John Landreth | M48 | Penn Hills | 24.50 |
| 4 | Nathan Labowski | M19 | Corry | 25.00 |
| 5 | Charlie Dailey | M61 | ERIE | 26.60 |
| 6 | Nicole Parrish | W21 | Cranberry Wave | 27.00 |

Heat 2 of 10 Finals

| | | | | |
|---|------------------|-----|-----------|-------|
| 1 | Andrew Bartlett | M32 | HCY | 27.50 |
| 2 | Morgan Leung | M21 | Meadville | 27.44 |
| 3 | George Drushel | M56 | ERIE | 27.00 |
| 4 | Brian Levake | M44 | HCY | 27.00 |
| 5 | John Gallant | M58 | Sewickley | 27.50 |
| 6 | Michael Phillips | M32 | HCY | 27.50 |

Heat 3 of 10 Finals

| | | | | |
|---|-------------------|-----|------------------|-------|
| 1 | John Edwards | M50 | HCY | 28.12 |
| 2 | Nick Radio | M40 | Allegheny Valley | 28.00 |
| 3 | Chad Kammerer | M55 | Sampson YMCA | 27.55 |
| 4 | Jim Fenstermacher | M55 | Penn Hills | 28.00 |
| 5 | Dan Ledford | M49 | Cranberry Wave | 28.03 |
| 6 | Jim Jensen | M57 | Cranberry Wave | 28.50 |

Heat 4 of 10 Finals

| | | | | |
|---|------------------|-----|----------------|-------|
| 1 | Cian Coulter | M22 | GRBG | 30.65 |
| 2 | Stacy Brovitz | M59 | Penn Hills | 30.00 |
| 3 | Harry Kunze | M60 | Baierl | 29.90 |
| 4 | Carol Ide | W52 | Penn Hills | 29.99 |
| 5 | JT Colwell | M42 | Corry | 30.00 |
| 6 | Janine Schuliger | W57 | Cranberry Wave | 30.70 |

Heat 5 of 10 Finals

| | | | | |
|---|----------------|-----|----------------|-------|
| 1 | Amy Barron | W40 | Sewickley | 32.27 |
| 2 | Bruce Weston | M65 | GCY | 32.00 |
| 3 | Mark Murtha | M54 | BCY | 31.00 |
| 4 | Gary Abbate | M63 | HCY | 31.50 |
| 5 | Krista Mendoza | W46 | GCY | 32.25 |
| 6 | Kim Capozzi | W46 | Cranberry Wave | 33.30 |

Heat 6 of 10 Finals

| | | | | |
|---|---------------------|-----|----------------|-------|
| 1 | Olivia Wiest | W23 | Cranberry Wave | 36.00 |
| 2 | Julie Vanneman | W49 | Penn Hills | 34.62 |
| 3 | Brittany Zawastniak | W23 | New Castle | 34.00 |
| 4 | Glynnis Flores | W37 | OCYM | 34.45 |
| 5 | Mike Gavin | M63 | Cranberry Wave | 35.00 |
| 6 | Owen Terrill | M21 | Meadville | 37.31 |

Heat 7 of 10 Finals

| | | | | |
|---|-----------------|-----|------------|-------|
| 1 | Tony Sakolousky | M55 | OCYM | 42.25 |
| 2 | Marcy Sarber | W46 | MVY | 42.17 |
| 3 | Rosanna Sikora | W63 | Penn Hills | 39.52 |
| 4 | Jody Styer | W51 | New Castle | 40.00 |
| 5 | Natasha Aque | W56 | GCY | 42.17 |
| 6 | Mary Campbell | W34 | OCYM | 42.90 |

Heat 8 of 10 Finals

| | | | | |
|---|---------------------|-----|------------|---------|
| 1 | Patrick Kennedy | M58 | Baierl | 1:01.01 |
| 2 | Marissa McFarland | W50 | OCYM | 45.53 |
| 3 | Kathy Schreckengost | W70 | ERIE | 43.00 |
| 4 | Allen Ray | M71 | Penn Hills | 43.00 |
| 5 | Dave Robinson | M78 | GRBG | 48.00 |
| 6 | Judy Spahr | W78 | Penn Hills | 1:02.00 |

Heat 9 of 10 Finals

| | | | | |
|---|--------------|-----|--------------|---------|
| 2 | Elsie Reeby | W78 | MVY | 1:19.91 |
| 3 | Nora Andrus | W63 | Sampson YMCA | 1:07.00 |
| 4 | Lynn Nye | M84 | HCY | 1:16.00 |
| 5 | Phyl Charnes | W90 | HCY | 2:00.00 |

Heat 10 of 10 Finals

| | | | | |
|---|---------------|-----|------------|----|
| 2 | Jane Hedrick | W60 | OCYM | NT |
| 3 | Sandra Moore | W65 | Penn Hills | NT |
| 4 | David Mudrick | M63 | HCY | NT |

Event 8 Mixed 200 Yard Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Finals

| | | | | |
|---|------------------------|-----|------------------|---------|
| 1 | Rosanna Sikora | W63 | Penn Hills | 3:23.73 |
| 2 | Cyndi Standeart | W53 | Penn Hills | 2:41.99 |
| 3 | Ryan Lawrence | M32 | OCYM | 2:25.00 |
| 4 | Jennifer Kissell-Dudek | W38 | OCYM | 2:33.19 |
| 5 | Dana Ruttenberg | W61 | Meadville | 3:22.00 |
| 6 | Ross Hassler | M47 | Allegheny Valley | 3:30.00 |

Allegheny Valley Sch A 2-17-19 - 2/17/2019

Meet Program

Heat 2 Finals (#8 Mixed 200 Yard Backstroke)

| | | | | |
|---|---------------|-----|-----------|----------|
| 2 | Doug Hagy | M62 | GRBG | 4:18.00 |
| 3 | Paul Oyler | M53 | Meadville | 3:30.00 |
| 4 | Dave Robinson | M78 | GRBG | 4:10.00 |
| 5 | Phyl Charnes | W90 | HCY | 10:00.00 |

Event 9 Mixed 50 Yard Breaststroke

| Lane Name | Age | Team | Seed Time |
|-----------|-----|------|-----------|
|-----------|-----|------|-----------|

Heat 1 of 7 Finals

| | | | | |
|---|-------------------|-----|------------|-------|
| 1 | Brian Levake | M44 | HCY | 36.00 |
| 2 | Morgan Leung | M21 | Meadville | 34.92 |
| 3 | Jim Fenstermacher | M55 | Penn Hills | 33.80 |
| 4 | Nathan Labowski | M19 | Corry | 34.00 |
| 5 | Michael Phillips | M32 | HCY | 35.50 |
| 6 | Douglas Oyler | M51 | Meadville | 36.00 |

Heat 2 of 7 Finals

| | | | | |
|---|-----------------|-----|--------------|-------|
| 1 | Dan Pruzinsky | M43 | Sampson YMCA | 37.00 |
| 2 | Charlie Dailey | M61 | ERIE | 36.50 |
| 3 | Andrew Bartlett | M32 | HCY | 36.00 |
| 4 | Chad Kammerer | M55 | Sampson YMCA | 36.50 |
| 5 | Gary Abbate | M63 | HCY | 36.90 |
| 6 | George Drushel | M56 | ERIE | 37.00 |

Heat 3 of 7 Finals

| | | | | |
|---|----------------|-----|--------------|-------|
| 1 | JT Colwell | M42 | Corry | 40.00 |
| 2 | Harry Kunze | M60 | Baierl | 39.90 |
| 3 | John Edwards | M50 | HCY | 37.48 |
| 4 | Julie Roncone | W36 | BCY | 39.00 |
| 5 | Dan Andrus | M70 | Sampson YMCA | 40.00 |
| 6 | Julie Vanneman | W49 | Penn Hills | 41.59 |

Heat 4 of 7 Finals

| | | | | |
|---|---------------------|-----|--------------|-------|
| 1 | Marcy Sarber | W46 | MVY | 49.53 |
| 2 | Brittany Zawastniak | W23 | New Castle | 44.19 |
| 3 | Bruce Weston | M65 | GCY | 42.00 |
| 4 | Cian Coulter | M22 | GRBG | 43.59 |
| 5 | Natasha Aque | W56 | GCY | 47.92 |
| 6 | Steve Muthler | M67 | Jersey Shore | 50.00 |

Heat 5 of 7 Finals

| | | | | |
|---|---------------------|-----|-----------|-------|
| 1 | Marissa McFarland | W50 | OCYM | 56.97 |
| 2 | Dana Ruttenberg | W61 | Meadville | 52.00 |
| 3 | Doug Hagy | M62 | GRBG | 51.00 |
| 4 | Owen Terrill | M21 | Meadville | 51.84 |
| 5 | Jane Hedrick | W60 | OCYM | 55.92 |
| 6 | Kathy Schreckengost | W70 | ERIE | 58.00 |

Heat 6 of 7 Finals

| | | | | |
|---|-----------------|-----|--------------|---------|
| 2 | Allen Ray | M71 | Penn Hills | 1:15.00 |
| 3 | Judy Spahr | W78 | Penn Hills | 1:10.00 |
| 4 | Patrick Kennedy | M58 | Baierl | 1:11.11 |
| 5 | Nora Andrus | W63 | Sampson YMCA | 1:30.00 |

Heat 7 of 7 Finals

| | | | | |
|---|---------------|-----|------------|----|
| 2 | Jody Styer | W51 | New Castle | NT |
| 3 | Lynn Nye | M84 | HCY | NT |
| 4 | David Mudrick | M63 | HCY | NT |

Event 10 Mixed 200 Yard IM

| Lane Name | Age | Team | Seed Time |
|-----------|-----|------|-----------|
|-----------|-----|------|-----------|

Heat 1 of 2 Finals

| | | | | |
|---|---------------|-----|------------------|---------|
| 1 | Ben Mayhew | M43 | Sewickley | 2:40.00 |
| 2 | Paul Oyler | M53 | Meadville | 2:22.00 |
| 3 | John Landreth | M48 | Penn Hills | 2:15.00 |
| 4 | Ryan Lawrence | M32 | OCYM | 2:20.00 |
| 5 | Dan Ledford | M49 | Cranberry Wave | 2:39.86 |
| 6 | Nick Radio | M40 | Allegheny Valley | 2:50.00 |

Heat 2 of 2 Finals

| | | | | |
|---|------------------|-----|----------------|---------|
| 1 | Kim Capozzi | W46 | Cranberry Wave | 3:17.30 |
| 2 | Amy Barron | W40 | Sewickley | 3:01.37 |
| 3 | Janine Schuliger | W57 | Cranberry Wave | 2:51.00 |
| 4 | Suzanne Klacik | W60 | Cranberry Wave | 2:53.70 |
| 5 | Glynnis Flores | W37 | OCYM | 3:07.74 |

Event 11 Mixed 25 Yard Butterfly

| Lane Name | Age | Team | Seed Time |
|-----------|-----|------|-----------|
|-----------|-----|------|-----------|

Heat 1 of 6 Finals

| | | | | |
|---|------------------------|-----|----------------|-------|
| 1 | Morgan Leung | M21 | Meadville | 13.38 |
| 2 | Nathan Labowski | M19 | Corry | 13.00 |
| 3 | John Landreth | M48 | Penn Hills | 12.00 |
| 4 | Nicole Parrish | W21 | Cranberry Wave | 13.00 |
| 5 | Jennifer Kissell-Dudek | W38 | OCYM | 13.06 |
| 6 | Chad Kammerer | M55 | Sampson YMCA | 13.50 |

Heat 2 of 6 Finals

| | | | | |
|---|-----------------|-----|------------|-------|
| 1 | Stacy Brovitz | M59 | Penn Hills | 15.00 |
| 2 | Andrew Bartlett | M32 | HCY | 15.00 |
| 3 | Charlie Dailey | M61 | ERIE | 14.60 |
| 4 | John Edwards | M50 | HCY | 14.93 |
| 5 | George Drushel | M56 | ERIE | 15.00 |
| 6 | Krista Mendoza | W46 | GCY | 15.50 |

Heat 3 of 6 Finals

| | | | | |
|---|---------------|-----|--------|-------|
| 1 | Harry Kunze | M60 | Baierl | 16.00 |
| 2 | Gary Abbate | M63 | HCY | 15.90 |
| 3 | Bruce Weston | M65 | GCY | 15.50 |
| 4 | Tera Donnelly | W39 | GCY | 15.52 |
| 5 | JT Colwell | M42 | Corry | 16.00 |
| 6 | Cian Coulter | M22 | GRBG | 16.07 |

Heat 4 of 6 Finals

| | | | | |
|---|---------------------|-----|--------------|-------|
| 1 | Mary Campbell | W34 | OCYM | 21.89 |
| 2 | Glynnis Flores | W37 | OCYM | 18.02 |
| 3 | Brittany Zawastniak | W23 | New Castle | 16.63 |
| 4 | Carol Ide | W52 | Penn Hills | 18.00 |
| 5 | Julie Roncone | W36 | BCY | 19.00 |
| 6 | Dan Andrus | M70 | Sampson YMCA | 22.00 |

Heat 5 of 6 Finals

| | | | | |
|---|---------------------|-----|--------------|-------|
| 1 | Steve Muthler | M67 | Jersey Shore | 29.00 |
| 2 | Marcy Sarber | W46 | MVY | 25.13 |
| 3 | Jane Hedrick | W60 | OCYM | 22.50 |
| 4 | Kathy Schreckengost | W70 | ERIE | 25.00 |
| 5 | Allen Ray | M71 | Penn Hills | 29.00 |

Heat 6 of 6 Finals

| | | | | |
|---|-----------------|-----|--------|-------|
| 2 | Phyl Charnes | W90 | HCY | NT |
| 3 | Patrick Kennedy | M58 | Baierl | 29.29 |
| 4 | Elsie Reeby | W78 | MVY | 53.31 |

Allegheny Valley Sch A 2-17-19 - 2/17/2019**Meet Program****Event 13 Mixed 500 Yard Freestyle**

| Lane | Name | Age | Team | Seed Time |
|---------------------------|-----------------|------------|------------------|------------------|
| Heat 1 of 3 Finals | | | | |
| 1 | Carol Ide | W52 | Penn Hills | 6:35.00 |
| 2 | Cyndi Standeart | W53 | Penn Hills | 6:06.19 |
| 3 | John Gallant | M58 | Sewickley | 5:40.00 |
| 4 | Ryan Lawrence | M32 | OCYM | 6:00.00 |
| 5 | Douglas Oyler | M51 | Meadville | 6:10.00 |
| 6 | Jim Jensen | M57 | Cranberry Wave | 6:40.00 |
| Heat 2 of 3 Finals | | | | |
| 1 | Amy Barron | W40 | Sewickley | 7:01.33 |
| 2 | Ben Mayhew | M43 | Sewickley | 6:46.00 |
| 3 | Nick Radio | M40 | Allegheny Valley | 6:40.00 |
| 4 | Brian Levake | M44 | HCY | 6:45.00 |
| 5 | Tera Donnelly | W39 | GCY | 6:47.89 |
| 6 | Kris Meekins | M59 | Jamestown | 7:20.00 |
| Heat 3 of 3 Finals | | | | |
| 1 | Dana Ruttenberg | W61 | Meadville | 8:27.00 |
| 2 | Krista Mendoza | W46 | GCY | 7:50.00 |
| 3 | Rosanna Sikora | W63 | Penn Hills | 7:29.31 |
| 4 | Kim Capozzi | W46 | Cranberry Wave | 7:29.50 |
| 5 | Ross Hassler | M47 | Allegheny Valley | 8:15.00 |