

# Heat & Lane Assignments

## Workout 1 Heat 1

Name	Lane	Time
Erica Pang	1	8:15am - 8:24am
<b>Aaron Lathrup</b>	2	8:15am - 8:24am
Danielle Gibrick	3	8:15am - 8:24am
<b>Jeff Northrup</b>	4	8:15am - 8:24am
Taylor Lupa	5	8:15am - 8:24am
<b>Anthony Falbo</b>	6	8:15am - 8:24am
Ali Schroeder (Scaled)	7	8:15am - 8:24am
<b>Roger Cantu</b>	8	8:15am - 8:24am
Julia Bird (Scaled)	9	8:15am - 8:24am
<b>Nate Svingen</b>	10	8:15am - 8:24am

## 3:00 Transition

## Workout 1 Heat 2

Name	Lane	Time
Mindy Derrick	1	8:27am - 8:36am
<b>Dan Short</b>	2	8:27am - 8:36am
Emily Lenaghan	3	8:27am - 8:36am
<b>Wes Weitlauf</b>	4	8:27am - 8:36am
Jennifer McDermott	5	8:27am - 8:36am
<b>Corey Olson</b>	6	8:27am - 8:36am
Brittany Chambers (Scaled)	7	8:27am - 8:36am
<b>George Mitchell</b>	8	8:27am - 8:36am
Jessica Cady (Scaled)	9	8:27am - 8:36am
<b>Andrew Boyer</b>	10	8:27am - 8:36am

## 3:00 Transition

## Workout 1 Heat 3

Name	Lane	Time
Kim Junor (Scaled)	1	8:39am - 8:48am
<b>Nick Rizner (Scaled)</b>	2	8:39am - 8:48am
Cristina Krein (Scaled)	3	8:39am - 8:48am
<b>Guillaume Dumas (Scaled)</b>	4	8:39am - 8:48am
Stephanie Gloodt (Scaled)	5	8:39am - 8:48am
<b>Paul Gobble (Scaled)</b>	6	8:39am - 8:48am
	7	
<b>Dave Land (Scaled)</b>	8	8:39am - 8:48am
	9	
<b>Howard Citron (Scaled)</b>	10	8:39am - 8:48am

## 3:00 Transition

## Workout 1 Heat 4

Name	Lane	Time
Lisa Sherman (Scaled)	1	8:51am - 9:00am
<b>Michael Kocourek (Scaled)</b>	2	8:51am - 9:00am
Deb DelRe (Scaled)	3	8:51am - 9:00am
<b>Bailey Leavy (Scaled)</b>	4	8:51am - 9:00am
Karleigh Bava (Scaled)	5	8:51am - 9:00am
<b>Frank Rivera (Scaled)</b>	6	8:51am - 9:00am
Julie Putis (Scaled)	7	8:51am - 9:00am
<b>Nolan Zinowicz (Scaled)</b>	8	8:51am - 9:00am

Clayton Cerer (Scaled) 9  
10 8:51am - 9:00am

## 10:00 Transition

### Workout 2 Heat 1

Name	Lane	Time
Erica Pang	1	9:10am - 9:20am
<b>Aaron Lathrup</b>	2	9:10am - 9:20am
Danielle Gibrick	3	9:10am - 9:20am
<b>Jeff Northrup</b>	4	9:10am - 9:20am
Taylor Lupa	5	9:10am - 9:20am
<b>Anthony Falbo</b>	6	9:10am - 9:20am
Ali Schroeder (Scaled)	7	9:10am - 9:20am
<b>Roger Cantu</b>	8	9:10am - 9:20am
Julia Bird (Scaled)	9	9:10am - 9:20am
<b>Nate Svingen</b>	10	9:10am - 9:20am

## 3:00 Transition

### Workout 2 Heat 2

Name	Lane	Time
Mindy Derrick	1	9:23am - 9:33am
<b>Dan Short</b>	2	9:23am - 9:33am
Emily Lenaghan	3	9:23am - 9:33am
<b>Wes Weitlauf</b>	4	9:23am - 9:33am
Jennifer McDermott	5	9:23am - 9:33am
<b>Corey Olson</b>	6	9:23am - 9:33am
Brittany Chambers (Scaled)	7	9:23am - 9:33am
<b>George Mitchell</b>	8	9:23am - 9:33am
Jessica Cady (Scaled)	9	9:23am - 9:33am
<b>Andrew Boyer</b>	10	9:23am - 9:33am

## 3:00 Transition

### Workout 2 Heat 3

Name	Lane	Time
Kim Junor (Scaled)	1	9:36am - 9:46am
<b>Nick Rizner (Scaled)</b>	2	9:36am - 9:46am
Cristina Krein (Scaled)	3	9:36am - 9:46am
<b>Guillaume Dumas (Scaled)</b>	4	9:36am - 9:46am
Stephanie Gloodt (Scaled)	5	9:36am - 9:46am
<b>Paul Gobble (Scaled)</b>	6	9:36am - 9:46am
	7	
<b>Dave Land (Scaled)</b>	8	9:36am - 9:46am
	9	
<b>Howard Citron (Scaled)</b>	10	9:36am - 9:46am

## 3:00 Transition

### Workout 2 Heat 4

Name	Lane	Time
Lisa Sherman (Scaled)	1	9:49am - 9:59am
<b>Michael Kocourek (Scaled)</b>	2	9:49am - 9:59am
Deb DelRe (Scaled)	3	9:49am - 9:59am
<b>Bailey Leavy (Scaled)</b>	4	9:49am - 9:59am
Karleigh Bava (Scaled)	5	9:49am - 9:59am
<b>Frank Rivera (Scaled)</b>	6	9:49am - 9:59am

Julie Putis (Scaled)	7	9:49am - 9:59am
<b>Nolan Zinowicz (Scaled)</b>	<b>8</b>	9:49am - 9:59am
	9	
<b>Clayton Cerer (Scaled)</b>	<b>10</b>	9:49am - 9:59am

## 10:00 Transition

### Workout 3 Heat 1

Name	Lane	Time
Erica Pang	1	10:09am - 10:19am
<b>Aaron Lathrup</b>	<b>2</b>	10:09am - 10:19am
Danielle Gibrick	3	10:09am - 10:19am
<b>Jeff Northrup</b>	<b>4</b>	10:09am - 10:19am
Taylor Lupa	5	10:09am - 10:19am
<b>Anthony Falbo</b>	<b>6</b>	10:09am - 10:19am
Ali Schroeder (Scaled)	7	10:09am - 10:19am
<b>Roger Cantu</b>	<b>8</b>	10:09am - 10:19am
Julia Bird (Scaled)	9	10:09am - 10:19am
<b>Nate Svingen</b>	<b>10</b>	10:09am - 10:19am

## 3:00 Transition

### Workout 3 Heat 2

Name	Lane	Time
Mindy Derrick	1	10:22am - 10:32am
<b>Dan Short</b>	<b>2</b>	10:22am - 10:32am
Emily Lenaghan	3	10:22am - 10:32am
<b>Wes Weitlauf</b>	<b>4</b>	10:22am - 10:32am
Jennifer McDermott	5	10:22am - 10:32am
<b>Corey Olson</b>	<b>6</b>	10:22am - 10:32am
Brittany Chambers (Scaled)	7	10:22am - 10:32am
<b>George Mitchell</b>	<b>8</b>	10:22am - 10:32am
Jessica Cady (Scaled)	9	10:22am - 10:32am
<b>Andrew Boyer</b>	<b>10</b>	10:22am - 10:32am

## 3:00 Transition

### Workout 3 Heat 3

Name	Lane	Time
Kim Junor (Scaled)	1	10:35am - 10:45am
<b>Nick Rizner (Scaled)</b>	<b>2</b>	10:35am - 10:45am
Cristina Krein (Scaled)	3	10:35am - 10:45am
<b>Guillaume Dumas (Scaled)</b>	<b>4</b>	10:35am - 10:45am
Stephanie Gloodt (Scaled)	5	10:35am - 10:45am
<b>Paul Gobble (Scaled)</b>	<b>6</b>	10:35am - 10:45am
	7	
<b>Dave Land (Scaled)</b>	<b>8</b>	10:35am - 10:45am
	9	
<b>Howard Citron (Scaled)</b>	<b>10</b>	10:35am - 10:45am

## 3:00 Transition

### Workout 3 Heat 4

Name	Lane	Time
Lisa Sherman (Scaled)	1	10:48am - 10:58am
<b>Michael Kocourek (Scaled)</b>	<b>2</b>	10:48am - 10:58am
Deb DelRe (Scaled)	3	10:48am - 10:58am
<b>Bailey Leavy (Scaled)</b>	<b>4</b>	10:48am - 10:58am

Karleigh Bava (Scaled)	5	10:48am - 10:58am
<b>Frank Rivera (Scaled)</b>	<b>6</b>	10:48am - 10:58am
Julie Putis (Scaled)	7	10:48am - 10:58am
<b>Nolan Zinowicz (Scaled)</b>	<b>8</b>	10:48am - 10:58am
	9	
<b>Clayton Cerer (Scaled)</b>	<b>10</b>	10:48am - 10:58am

15:00 Transition

**Finals WOD, Heat & Lane Announcement**

5:00 Transition

**FEMALE SCALED HEAT**

11:18am - 11:30am

3:00 Transition

**MALE SCALED HEAT**

11:33am - 10:45am

3:00 Transition

**FEMALE RX HEAT**

11:48am - 12:00pm

3:00 Transition

**MALE RX HEAT**

12:03pm - 12:15pm