

Intermediate Women

#	First	Last	Heat
01	Nicole	McCants	1
02	Megan	Harris	1
03	Ashley	O'Reilly	1
04	Jordan	Pratt	1
05	Meredith	Heckel	1
06			
07	Shea	Higgins	1
08	Mariah	Brehm	1
09	Heather	Fulton	1
10	Brittany	Anderson	1
11	Regina	Wilkinson	2
12	Rachel	Reed	2
13	Melissa	Schwab	2
14	Carlie	Allison	2
15	Amy	Hietter	2
16	Kelly	Nicolas	2
17	Lauren	Robson	2
18	Barbra	Wallace	2
19	Mary	Hudson	2
20	Ginger	Turner	2
21	Whitney	Nelson	3
22	Hiedi	Hoffman	3
23	Leslie	Gloe	3
24	Jennifer	Johnson	3
25	Kelly	Janssen	3
26	Bobbi	Bartlett	3
27	Samantha	Aiken	3
28	Jennifer	Fischer-Turgeon	3
29	Amie	Davis	3
30	Debbie	Wilson	3

Elite Women

			Heat
71	Alissa	Myers	8
72	Amy	Cash	8
73	Antoinette	Dody	8
74	Bailey	Kelly	8
75	Danielle	Hawkins	8
76	Robin	James	8
77	Andrea	Cross	8
78	Anna	Algeo	8
79	Melissa	Wistrom	9
80	Kelley	Jackson	9
81	Mallory	Lawson	9
82	Kara	Wallace-Racz	9
83	Kathy	Metz	9
84	Christina	Merlo	9
85	Paige	Millspaugh	9
86	Jaime	Noyce	9
87	Amy	Quimby	9
88	Amanda	Schwartz	9

FRIDAY, DECEMBER 7th, 2012

Athlete check-in	6-8pm
Judge & volunteer meeting	7pm

SATURDAY, DECEMBER 8th, 2012

Athlete check-in	7-8:30am
Opening/WOD 1 & 2 demo and instructions	8:30am

WOD 1 & 2:

Heat 1	9:00
Heat 2	9:16
Heat 3	9:32
Heat 4	9:48
Heat 5	10:04
Heat 6	10:20
Heat 7	10:36
Heat 8	10:52
Heat 9	11:08
Heat 10	11:24
Heat 11	11:40
Heat 12	11:56
Heat 13	12:12

WOD 3 demo & instructions

12:50

WOD 3:

Heat 1	1:00
Heat 2	1:22
Heat 3	1:44
Heat 4	2:06
Heat 5	2:28
Heat 6	2:50
Heat 7	3:12
Heat 8	3:34
Heat 9	3:56
Heat 10	4:18
Heat 11	4:40
Heat 12	5:02
Heat 13	5:24

Intermediate Men *Heat*

31	Zach	Shaw	4
32	Michael	Sutton	4
33	Brenton	Roggow	4
34	Ryan	Popa	4
35	Kyle	Thacker	4
36	Catlin	Utterback	4
37	Michael	Schrader	4
38	Jay	Valdez	4
39	Brian	McCracken	4
40	Nathan	Hemphill	4
41	Tracy	Kujat	5
42	Cole	Samuelson	5
43	George	Howard	5
44	Grant	Brallier	5
45	Chris	Banks	5
46	Jacob	Mihai	5
47	David	Campbell	5
48	Ross	Shively	5
49	Eli	Sledge	5
50	Ricardo	Castanon	5
51	Colton	Bone	6
52	Randy	Lopez	6
53	Eric	Schaetty	6
54	Justin	Porter	6
55	Brian	Pierce	6
56	Eric	Bradshaw	6
57	Brian	Rice	6
58	Jared	Schimandle	6
59	Dustin	Schmidt	6
60	Nick	Meyer	6
61	Zach	Black	7
62	Luke	Simon	7
63	Blake	Osgood	7
64	Joe	Williams	7
65	Sheridan	Page	7
66	Shane	Cross	7
67	Cole	Mutz	7
68	Travis	Jarmin	7
69	Seth	Hagan	7
70	Joe	Hamby	7

Elite Men**Heat**

91	Eric	Metcalf	10
92	Tyson	Patrick	10
93	Trevor	Belline	10
94	Jason	O'Bannon	10
95	Clift	Cox	10
96	Chance	Potts	10
97	Cory	Buerck	10
98	Arlen	Castenada	10
99	Preston	Stigall	10
100	Caleb	Bondurant	11
101	Jake	Cyr	11
102	Andrew	Essig	11
103	Wayne	Sheets	11
104	Brett	Bolinger	11
105	Zack	Wagner	11
106	Justin	Olds	11
107	Jerry	Kelly	11
108	Brian	Smithson	12
109	Steven	Boehmer	12
110	Andreas	Janzen	12
111	John	McCardle	12
112	Rodney	Hamby	12
113	John	Hunt	12
114	Ryan	Davis	12
115	Seth	Matlock	12
116	Justin	Allen	13
117	Joshua	Page	13
118	Seth	Connelly	13
119	Jordan	Chiles	13
120	Zach	Moehle	13
121	Jason	Ingham	13
122	Jeff	Evans	13
123	Jeremy	Mhire	13
124	Brian	Llewellyn	13