

WOD#1 Heat Schedule**15 Min Cap**

Heat 1			Heat 2			Heat 3		
Athlete	9AM		Athlete	920	Scale	Athlete	940	
1	Caroline Attmore		1	Kate Rawlings		1	Aaron Betts	
2	Michelle Benedict		2	Taylor Ross		2	Corey Blankemeyer	
3	Feng Yi Chew		3	Erin Seryak		3	Michael Bledsoe	
4	Sarah Dunsmore		4	Chastity Slone		4	Josh Bonomini	
5	Shanna Duvall		5	Sarah Smith		5	Travis Bowling	
6	April Garner		6	Maria Sorg		6	Kevin Boyles	
7	Shelina Heerdink		7	Andrea Streeter		7	Paul Boyles	
8	Dawn Hutchison		8	Meredith Swain		8	Jamie Brewer	
9	Ashley Mays		9	Michelle Velez		9	Zach Brock	
10	Zoe Metro		10	Jenna Burk	PU	10	Ryan Brown	
11	Bridgitte Milheim		11	Ashley Westerheide		11	Anthony Bucci	
12	Emily Oby		12	Dawn Williams		12	Chris Bullard	
13	Tiffany Perry		13	Jennifer Wilson		13	Luke Bulthuis	
14			14			14	Josh Bunch	
15			15			15	Neil Burger	
16			16			16	Chad Caden	

Heat 4			Heat 5			Heat 6		
Athlete	10AM		Athlete	1020	Scale	Athlete	1040	
1	Scott Canino		1	Aaron Grider		1	Brian Kost	
2	Darren Cansler		2	Eric Gohl		2	Brian Leach	
3	Ben Carter		3	Caleb Gregory		3	Matt Lengel	
4	Kurt Casey		4	Rory Hanlin		4	Tommy Luna	
5	Sean Catto		5	Joe Hardy		5	Braden Lutz	
6	David Crider		6	Rainer Hartmann		6	Brandon Massie	
7	Jason David		7	Jeremy Heerdink		7	Shane Moseley	
8	Rafael Delgado		8	Spencer Hendel		8	Michael McGoldrick	
9	Charles Dunifer		9	Kiel Holman		9	Shane McGrotty	
10	Josh Edwards		10	Graham Holmberg		10	Brendan McNeirney	
11	Paul Eich		11	Bo Hornback		11	Alan Moore	
12	Alex Elledge		12	Rodrigo Iglesias		12	Alan Moore	
13	Brent Ericksen		13	Sam Johnson		13	Dustin Moore	
14	Chris Farrington		14	Aaron Lawrence		14	Daniel Moorhouse	
15	Stephen Flamm		15	Mario Kelso		15	Mitchell Osborne	

Heat 7			Heat 8			Heat 9		
Athlete	11AM		Athlete	1120	Scale	Athlete	1140	
1	Philip Pack		1	Michael Sorg Jr.		1		
2	Travis Page		2	Chris Spach		2		
3	Vincent Palazzolo		3	Graham Spagnola		3		
4	Ilario Pantano		4	Kent Starney		4		
5	Doug Price		5	Joel Stephens		5		
6	Anthony Quinn		6	Chris Sweat		6		
7	Erik Rambo		7	J Thomas		7		
8	Jim Rebesco		8	David Vos		8		
9	Derek Robinson		9	Nicholas Wall		9		
10	Harvey Robinson		10	Bryce Warkentien		10		
11	Adam Rogers		11	Simon Warnos		11		
12	Chris Sarrica		12	Glenn Waters		12		
13	Tom Rowland		13	Joseph Weigel		13		
14	Brett Sepi		14	Philip Weigel		14		
15	Tom Seryak		15	Chris Weir		15		
16	Joe Shiningier		16	Dane Youtz		16		