

G2OH (GYM) HEAT SCHEDULE

Heat 1 - 9:00am

Lane	Team No.	Team Name	Captain
1	21	Chatty Cathy's	Courtney Wilson
2	22	Jacked In The Box	Terianne Payton
3	23	ATX Folks	Kate Black
4	24	Two Peas in a WOD	Jennifer Robinson
5	25	Will WOD for Coffee	Nicole Jones
6	26	Sweaty Spaghetties	Bridget Hamm

Heat 2 - 9:12am

Lane	Team No.	Team Name	Captain
1	27	She Can Dunk	Sydney Stone
2	41	Bears. Beats. Battlest	Aaron Chase
3	42	That's a horrible idea	Timothy Potter
ekjhkk	43	Sexi bois	Joel Jarnot
5	44	OldNBursted & New H	Chris Mandrino
6	45	Wards Bottled Insanit	Joshua Dawson

Heat 3 - 9:24am

Lane	Team No.	Team Name	Captain
1	46	The A team	Antonio Lopez
2	47	Not Fast, Just Furious	Adam Johnson
3	28	Team RBF	Jenn Dixon
4	29	NOMAD-er What	Tara LaMagna
5	30	Busted Deadlifts	Lina Zulick
6	31	Buffalo babes	Gabby Dispenza

Heat 4 - 9:36am

Lane	Team No.	Team Name	Captain
1	32	It's Miller Time	Sarah Hart
2	33	2 Beasts from CrossFi	Cheryl Johnson
3	34	Barbells and Brunette	Micaela Contente
4	35	Rhinos and Rainbows	Victoria Howell
5	48	#KindaFit	Brian Hadsell
6	49	Bad Boys	James Cardinale

Heat 5 - 9:48am

Lane	Team No.	Team Name	Captain
1	50	Run Like The Winded	Thoan Bui
2	51	Hoods Crime Syndicat	Carey Fortnam
3	52	Strongman brothers	Cole Shewman
4	53	Couple of Good Boys	Rick Jedynak
5	54	Sweaty Medballs	Ricky Janetvilay
6	55	Are We Done Yet	Matt Spinder

BREAK - 9:55 - 10:20am

Heat 6 - 10:20am

Lane	Team No.	Team Name	Captain
1	71	WODTF	Michael Camarella
2	72	ATX Wayne and Don	Don Stubblebine
3	73	Crossfit Rochester Ma	Jason Grady
4	74	In my Prime	Daniel Williams
5	75	The Bald and The Bea	Charles Bielinski
6			

Heat 7 - Individuals - 10:35am

Lane	Team No.	Competitor
1	11	Meghan Krawiec
2	12	Amanda Jarnot
3	13	Paige Mattoon
4	14	Nicole Mickol
5		
6		

Heat 8 - 10:50am

Lane	Team No.	Team Name	Captain
1	61	Better with age	Marisa Licata
2	62	Get Off My Lawn	Mary Ann Pierce
3	63	WodTastic Two	Annette Principio
4			
5			
6			

BREAK - 10:56am - 11:45am

21159 (GYM) HEAT SCHEDULE

HEAT 1 - 11:45am

	Lane	Team No.	Team	Athlete	Judging No.	Judging Team Team
f	1	21	Chatty Cathy's	Courtney Wilson	29	NOMAD-er What
f	2	22	Jacked In The Box	Terianne Payton	28	Team RBF
f	3	61	Better with age	Marisa Licata	62	Get Off My Lawn
m	4	41	Bears. Beats. Battlest	Aaron Chase	49	Bad Boys
m	5	42	That's a horrible idea	Timothy Potter	48	#KindaFit
m	6	72	ATX Wayne and Don	Don Stubblebine	71	WODTF

HEAT 2 - 11:55am

	Lane	Team No.	Team	Athlete	Judging No.	Judging Team
f	1	23	ATX Folks	Kate Black	31	Buffalo babes
f	2	24	Two Peas in a WOD	Jennifer Robinson	30	Busted Deadlifts
f	3	63	WodTastic Two	Annette Principio	CFR	#N/A
m	4	43	Sexi bois	Joel Jarnot	51	Hoods Crime Syndicate
m	5	44	OldNBursted & New H	Chris Mandrino	50	Run Like The Winded
m	6	74	In my Prime	Daniel Williams	73	Crossfit Rochester Masters

HEAT 3 - 12:05pm

	Lane	Team No.	Team	Athlete	Judging No.	Judging Team
f	1	25	Will WOD for Coffee	Nicole Jones	33	2 Beasts from CrossFit We
f	2	26	Sweaty Spaghetties	Bridget Hamm	34	Barbells and Brunettes
f	3	27	She Can Dunk	Sydney Stone	32	It's Miller Time
m	4	45	Wards Bottled Insanit	Joshua Dawson	53	Couple of Good Boys
m	5	46	The A team	Antonio Lopez	54	Sweaty Medballs
m	6	47	Not Fast, Just Furious	Adam Johnson	52	Strongman brothers

Individuals - 12:20-12:29

CFR JUDGED...4 Lanes...WOD TBD

HEAT 4 - 12:40pm

	Lane	Team No.	Team	Athlete	Judging No.	Judging Team
	1	28	Team RBF	Jenn Dixon	22	Jacked In The Box
	2	29	NOMAD-er What	Tara LaMagna	21	Chatty Cathy's
	3	48	#KindaFit	Brian Hadsell	42	That's a horrible idea
	4	49	Bad Boys	James Cardinale	41	Bears. Beats. Battlestar B
	5	75	The Bald and The Bea	Charles Bielinski	CFR	#N/A
	6					

HEAT 5 - 12:50pm

	Lane	Team No.	Team	Athlete	Judging No.	Judging Team
	1	30	Busted Deadlifts	Lina Zulick	24	Two Peas in a WOD
	2	31	Buffalo babes	Gabby Dispenza	23	ATX Folks
	3	50	Run Like The Winded	Thoan Bui	44	OldNBursted & New Hotne
	4	51	Hoods Crime Syndicat	Carey Fortnam	43	Sexi bois
	5	62	Get Off My Lawn	Mary Ann Pierce	61	Better with age
	6	71	WODTF	Michael Camarella	72	ATX Wayne and Don

HEAT 6 - 1pm

Lane	Team No.	Team	Athlete	Judging No.	Judging Team
1	32	It's Miller Time	Sarah Hart	27	She Can Dunk
2	33	2 Beasts from CrossFi	Cheryl Johnson	25	Will WOD for Coffee
3	52	Strongman brothers	Cole Shewman	47	Not Fast, Just Furious
4	53	Couple of Good Boys	Rick Jedynak	45	Wards Bottled Insanity
5	73	Crossfit Rochester Ma	Jason Grady	74	In my Prime
6					

HEAT 7 - 1:10pm

Lane	Team No.	Team	Athlete	Judging No.	Judging Team
1	34	Barbells and Brunette	Micaela Contente	26	Sweaty Spaghetties
2	35	Rhinos and Rainbows	Victoria Howell	CFR	#N/A
3	54	Sweaty Medballs	Ricky Janetvilay	46	The A team
4	55	Are We Done Yet	Matt Spinder	CFR	#N/A
5					
6					

TRI THIS (BACK ROOM) HEAT SCHEDULE

Wave 1 - 9:00am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	71	WODTF	Michael Camarella	61	Marisa Licata
2	71	WODTF	Brett Jump	61	Samantha Marranta
3	72	ATX Wayne and Doi	Don Stubblebine	62	Mary Ann Pierce
4	72	ATX Wayne and Doi	Wayne Smith	62	Kim Sallie

Wave 2 - 9:04am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	73	Crossfit Rochester I	Jason Grady	63	Annette Principio
2	73	Crossfit Rochester I	Scott Cottier	63	Kim Roberge
3	74	In my Prime	Daniel Williams	CFR	
4	74	In my Prime	Tim Dougherty	CFR	

ekjhkk

Wave 3 - 9:07am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	75	The Bald and The B	Charles Bielinski	CFR	
2	75	The Bald and The B	Kevin Cousin	CFR	
3					
4					

Individual WOD - 9:25am

Change Clock!!!!

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	11		Meghan Krawiec	CFR	
2	12		Amanda Jarnot	CFR	
3	13		Paige Mattoon	CFR	
4	14		Nicole Mickol	CFR	

Wave 4 - 9:45am

Change Clock Back

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	61	Better with age	Marisa Licata	71	Michael Camarella
2	61	Better with age	Samantha Marranta	71	Brett Jump
3	62	Get Off My Lawn	Mary Ann Pierce	72	Don Stubblebine
4	62	Get Off My Lawn	Kim Sallie	72	Wayne Smith

Wave 5 - 9:48am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	63	WodTastic Two	Annette Principio	73	Jason Grady
2	63	WodTastic Two	Kim Roberge	73	Scott Cottier
3					
4					

Break 10:00 - 10:20

Wave 6 - 10:20am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	21	Chatty Cathy's	Courtney Wilson	28	Jenn Dixon
2	21	Chatty Cathy's	Erica Griffiths	28	Ashley Gasorowski
3	22	Jacked In The Box	Terianne Payton	29	Tara LaMagna
4	22	Jacked In The Box	Lindsey Stasko	29	Amanda Frost

Wave 7 - 10:23am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	23	ATX Folks	Kate Black	30	Lina Zulick
2	23	ATX Folks	Samantha Price	30	Brianna Sloth
3	24	Two Peas in a WOD	Jennifer Robinson	31	Gabby Dispenza
4	24	Two Peas in a WOD	Larissa Corwin	31	Brenna Biggs

Wave 8 - 10:27am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	25	Will WOD for Coffee	Nicole Jones	32	Sarah Hart
2	25	Will WOD for Coffee	Jordan Hess	32	Maria Valerio
3	26	Sweaty Spaghetties	Bridget Hamm	33	Cheryl Johnson
4	26	Sweaty Spaghetties	Anne hayes	33	Jenna Buss

Wave 9 - 10:31am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	27	She Can Dunk	Sydney Stone	34	Micaela Contente
2	27	She Can Dunk	Alex King	34	Alicia Quartaro
3	41	Bears. Beats. Battle	Aaron Chase	48	Brian Hadsell
4	41	Bears. Beats. Battle	Daniel Flint	48	Karson Mcgill

Wave 10 - 10:35am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	42	That's a horrible id	Timothy Potter	49	James Cardinale
2	42	That's a horrible id	Ian Siebert	49	Cody Far
3	43	Sexi bois	Joel Jarnot	50	Thoan Bui
4	43	Sexi bois	Zachary macneil	50	Ryan Allison

Wave 11 - 10:38am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	44	OldNBursted & New Chris	Mandrino	51	Carey Fortnam
2	44	OldNBursted & New Chris	Catan	51	Milan Patel
3	45	Wards Bottled Insa	Joshua Dawson	52	Cole Shewman
4	45	Wards Bottled Insa	Martin Johnson	52	Sean Shewman

Wave 12 - 10:42am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	46	The A team	Antonio Lopez	53	Rick Jedynak
2	46	The A team	Robert Brunelle Jr	53	Andy Spencer
3	47	Not Fast, Just Furio	Adam Johnson	54	Ricky Janetvilay
4	47	Not Fast, Just Furio	Ian Williams	54	Matt Noto

Wave 13 - 10:46am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	28	Team RBF	Jenn Dixon	21	Courtney Wilson
2	28	Team RBF	Ashley Gasorowski	21	Erica Griffiths
3	29	NOMAD-er What	Tara LaMagna	22	Terianne Payton
4	29	NOMAD-er What	Amanda Frost	22	Lindsey Stasko

Wave 14 - 10:50am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	30	Busted Deadlifts	Lina Zulick	23	Kate Black
2	30	Busted Deadlifts	Brianna Sloth	23	Samantha Price
3	31	Buffalo babes	Gabby Dispenza	24	Jennifer Robinson
4	31	Buffalo babes	Brenna Biggs	24	Larissa Corwin

Wave 15 - 10:53am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	32	It's Miller Time	Sarah Hart	25	Nicole Jones
2	32	It's Miller Time	Maria Valerio	25	Jordan Hess
3	33	2 Beasts from Cros:	Cheryl Johnson	26	Bridget Hamm
4	33	2 Beasts from Cros:	Jenna Buss	26	Anne hayes

Wave 16 - 10:57am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	34	Barbells and Brunet	Micaela Contente	27	Sydney Stone
2	34	Barbells and Brunet	Alicia Quartaro	27	Alex King
3	35	Rhinos and Rainbov	Victoria Howell	CFR	
4	35	Rhinos and Rainbov	Jenna Bovee	CFR	

Wave 17 - 11:01am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	48	#KindaFit	Brian Hadsell	41	Aaron Chase
2	48	#KindaFit	Karson Mcgill	41	Daniel Flint
3	49	Bad Boys	James Cardinale	42	Timothy Potter
4	49	Bad Boys	Cody Far	42	Ian Siebert

Wave 18 - 11:05am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	50	Run Like The Wind	Thoan Bui	43	Joel Jarnot
2	50	Run Like The Wind	Ryan Allison	43	Zachary macneil
3	51	Hoods Crime Syndi	Carey Fortnam	44	Chris Mandrino
4	51	Hoods Crime Syndi	Milan Patel	44	Chris Catan

Wave 19 - 11:083am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	52	Strongman brother:	Cole Shewman	45	Joshua Dawson
2	52	Strongman brother:	Sean Shewman	45	Martin Johnson
3	53	Couple of Good Boy	Rick Jedynek	46	Antonio Lopez
4	53	Couple of Good Boy	Andy Spencer	46	Robert Brunelle Jr

Wave 20 - 11:12am

Lane	Team No.	Team	Athlete	Judging Team No.	Judge
1	54	Sweaty Medballs	Ricky Janetvilay	47	Adam Johnson
2	54	Sweaty Medballs	Matt Noto	47	Ian Williams
3	55	Are We Done Yet	Matt Spinder	CFR	
4	55	Are We Done Yet	Kevin Mueller	CFR	