

2018 Internal Throwdown



Heat Assignments

Female - Heat 1		
1	Jennifer Kremer	Liz Redden
2	Sarah Keene	Ashley Lovell
3	Amber Triplett	Andrea Hall
4	Jessica Millikan	Ashleigh French
5	Shirley Baker	Theresa Schuler
6	Casey Bonsett	Carlye Harbert
7	Kelli Edwards	Kasey Tobbe
8	Sara Losey	Alyssa Sandlin
9	Carrie Byrne	Chelsea Haynes
10	Casey Guernsey	Rachel Perkins
11	Jenn Vincent	Lindsay Bussaberger
12	Mallory Froman	Nahdeen Hassanain

Female - Heat 2		
1	Erin Banet	Brittany Stall
2	Peggy Garbe	Brittany Lehman
3	Brooke Schlise	Paige McDowall
4	Shelbie Whitaker	Megan Linney
5	Renee Belcher	Maddie Richards
6	Jackie Asbury	Grace Falvy
7	Kate Chawansky	Stephanie Henry
8	Lindsay Manietta	Tara Clayton
9	Michelle Miller	Effie Oates
10	Hannah Risk	Kerry Vanderhamm
11	Sidney	Jackie Mitchell

Male - Heat 3		
1	Chris Hall	BV
2	Matt McDonald	Nick Guillinger
3	Kory Byrne	Kevin Byrne
4	Scott Murphy	Andrew McCart
5	Nick Losey	Mike Losey
6	Trent Mann	Drew Nelson
7	RJ Devite	George Smith
8	Carlton Grantz	Scott Emge
9	Adam Froman	Taylor
10	Travis Elliot	Brent Cowan
11	Jordan Hall	Steven Dunlany

Male - Heat 4		
1	Jared Hill	Adam Yaeger
2	Ryan Ramsey	Chase Rusch
3	David Wilson	Tony Delsesh
4	Mike McCean	Jason Brewer
5	Case Belcher	Cole Belcher
6	Anthony Mattingly	Jason Hudson
7	Elbert Boquiren	Jonah Boquiren
8	Daniel Williams	Travis Lozier
9	Chis Redden	Aaron Stumler
10	David McDowall	Brent Miller
11	Levi Donaldson	Casey Hogan

General Info

- Please be at the gym by 8:15 to get settled in.
 - Pick a category (Adv or Rx) and stick with it for all 3 WODs
 - Athlete meeting starts at 8:30.
 - Heat one will kick off at 8:45am.
 - All teams are responsible for judging other heats. Please see the "Judge" column under Heat Times
 - Beer, water, Zevia, & Arnis Pizza will be served at the start of the final.

Heat Times

Event 1		
Heat	Start Time	Judge
1	8:45	4
2	8:55	1
3	9:05	2
4	9:15	3

Event 2		
Heat	Time	Judge
1	9:40	4
2	9:52	1
3	10:04	2
4	10:16	3

Event 3		
Heat	Time	Judge
1	10:42	4
2	10:56	1
3	11:10	2
4	11:24	3

Final		
Heat	Time	Judge
Rx	11:52	TBD
Adv	12:08	TBD

*Rx men & women will go at the same time. Then the same for Adv men & women