

2019 Internal Throwdown



Heat Assignments

Female - Heat 1

| | | |
|----|------------------|-----------------|
| 1 | Kara Esterle | Melissa Fisher |
| 2 | MaryAnn Losey | Elaine Kerber |
| 3 | Peggy Garbe | Brittany Lehman |
| 4 | Jennifer Wells | Julie Taylor |
| 5 | Katie Kalin | Desiree Schultz |
| 6 | Stephanie Deaton | Carol Branson |
| 7 | Michelle Miller | Nahdeen H |
| 8 | Dasha Munoz | Jackie |
| 9 | Dawn Myers | Sara Losey |
| 10 | Erin Banet | Rachel Stumler |
| 11 | Dana Mann | Erica Coulter |
| 12 | Michele Wilson | Alex Coke |

Female - Heat 2

| | | |
|----|-----------------|------------------|
| 1 | Casey Bonsett | Carlye Harbert |
| 2 | Bobbie Stroud | Sarah Davis |
| 3 | Theresa Schuler | Shirley Baker |
| 4 | Sarah Keene | Ashley Lovell |
| 5 | Liz Redden | Erika Schwartz |
| 6 | Kasey Tobbe | Kelli Edwards |
| 7 | Sidney Blanford | Dana Smith |
| 8 | Tara Clayton | Paula Thibodeaux |
| 9 | Hannah Risk | Grace Falvey |
| 10 | Amber Triplett | Ashleigh French |
| 11 | Laura Muncy | Selene Torres |
| 12 | Chris Sanborn | Ashton Dukes |

Male - Heat 3

| | | |
|----|-------------------|--------------------|
| 1 | Nick Losey | Mike Losey |
| 2 | Levi Donaldson | Jay Schuktz |
| 3 | David Losey | Miles Kerber |
| 4 | Tom Geldermann | Kevin Byrne |
| 5 | George Smith | Chris Mann |
| 6 | Chris Redden | Brandon Vanarsdale |
| 7 | Patrick Alexander | Mark Nichter |
| 8 | Carlton Gantz | Tyler Megargel |
| 9 | Tony Perry | Chris Hill |
| 10 | Zach Feinn | Dakota Travis |
| 11 | Taylor Menard | Stephen Dunlany |
| 12 | | |

Male - Heat 4

| | | |
|----|----------------|------------------|
| 1 | Robbie Esterle | Tim Edwards |
| 2 | Rob Willman | Casey Hogan |
| 3 | Derek Smith | Shaun Davis |
| 4 | Trent Mann | Jacob Kelley |
| 5 | Neil Stroud | Nick Gullinger |
| 6 | Greg baylor | Eric Allen |
| 7 | Andrew Orwick | David Bradstock |
| 8 | Nate Clark | Jaime Candelario |
| 9 | Cole Belcher | Jared Hill |
| 10 | Case Belcher | Matt McDonald |
| 11 | Aaron Stumler | Mike Pierce |
| 12 | Kory Byrne | Jared Wycoff |

General Info

- All participants must be in attendance for Athlete Meeting
- You may pick Advanced, Intermediate, or Beginner for each individual WOD
- Each WOD will be scored collectively, Adv scores first, Int scores 2nd, Beg scores 3rd.
- There will be **ONE Final** based off collective scoring. Top 3 female & top 3 male teams
- All teams are responsible for **judging other heats**. Please see the "Judge" column under Heat Times
- Beer, water, & Arni's Pizza will be served at the start of the final.
- **Parking** will be on the East side of the cones (closest to Four Barrel) in front of and behind the building.

Schedule

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|---|
| 8:00am - Athlete Check-in |
| 8:15am - Athlete meeting |
| 8:45am - Start of First Heat |
| 12:00pm - Beer, Pizza, & Start of Final |

Heat Times

Event 1

| Heat | Start Time | Judge |
|------|------------|-------|
| 1 | 8:45 | 4 |
| 2 | 8:58 | 1 |
| 3 | 9:11 | 2 |
| 4 | 9:24 | 3 |

Event 2

| Heat | Time | Judge |
|------|-------|-------|
| 1 | 9:42 | 4 |
| 2 | 9:52 | 1 |
| 3 | 10:02 | 2 |
| 4 | 10:12 | 3 |

Event 3

| Heat | Time | Judge |
|------|-------|-------|
| 1 | 10:32 | 4 |
| 2 | 10:49 | 1 |
| 3 | 11:06 | 2 |
| 4 | 11:23 | 3 |

Final

| Heat | Time | Judge |
|------|-------|-------|
| W | 12:00 | TBD |
| M | 12:20 | TBD |

*W = Women
*M = Men