

WOD 1 Sinister Triplets

WOD 1		Lane #		DIV	Judge
Heat #	Heat time		Name		
1	8:00	1	Sister Sister	ScF	Mary W
1	8:00	2	The Other Team	ScF	Nicole E
1	8:00	3	Guns and Buns	ScF	Matt C.
1	8:00	4	Swole Sisters	ScF	Jessie T
1	8:00	5	After ThisWe are Getting Tacos	ScF	Brynja T.
Head Judge: S. Hawkins					
2	8:12	1	Julie & Karilys	ScF	Mary W
2	8:12	2	Firebreathers	ScF	Nicole E
2	8:12	3	Ironside	ScF	Matt C.
2	8:12	4	Highland Fitness	ScF	Jessie T
2	8:12	5	Bend and Snatch	ScF	
Head Judge: S. Hawkins					
3	8:24	1	Doctors in the House	ScM	Mary W
3	8:24	2	Silverbacks	ScM	Nicole E
3	8:24	3	Shake & Bake	ScM	Matt C.
3	8:24	4	Matt Jones = No Rep	ScM	Jessie T
3	8:24	5		ScM	
Head Judge: S. Hawkins					
4	8:36	1	Aggressively Average	ScM	Mary W
4	8:36	2	CFNKY- T & E	ScM	Nicole E
4	8:36	3	The Electric Boogaloo Stars	ScM	Matt C.
4	8:36	4		ScM	
4	8:36	5		ScM	
Head Judge: S. Hawkins					
5	8:48	1	MOW Girls	RxF	Chris M
5	8:48	2	Quadzillas	RxF	Mike P
5	8:48	3	Chalk Dirty to Me	RxF	Jason W
5	8:48	4	The Bad B's	RxF	Emily C
5	8:48	5	Show Me Your Snatch	RxF	
Head Judge: Greta E.					
6	9:00	1	Firebreather FitChicks	RxF	Chris M
6	9:00	2	Mufasa and Simba	RxF	Mike P
6	9:00	3	Triple Crown	RxF	Jason W
6	9:00	4	Blondes in Beast Mode	RxF	Emily C
6	9:00	5	Double Trouble	RxF	
Head Judge: Greta E.					
7	9:12	1	Neumann Bros	RxM	Chris M
7	9:12	2	Cuz He's My Coach	RxM	Mike P

WOD 1		Lane #		DIV	Judge
Heat #	Heat time		Name		
7	9:12	3	Sweaty Wall Balls	RxM	Jason W
7	9:12	4	James D & Jason P	RxM	Emily C
7	9:12	5	Prestige Worldwide	RxM	Brynja T.
	9:24		Head Judge: Greta E.		

WOD 2 Frellen

WOD 1		Lane #		DIV	Judge
Heat #	Heat time		Name		
1	9:40	1	Sister Sister	ScF	Mary W
1	9:40	2	The Other Team	ScF	Nicole E
1	9:40	3	Guns and Buns	ScF	Matt C.
1	9:40	4	Swole Sisters	ScF	Jessie T
1	9:40	5	After This We are Getting Tacos	ScF	Brynja T.
Head Judge: S. Hawkins					
2	9:54	1	Julie & Karilys	ScF	Mary W
2	9:54	2	Firebreathers	ScF	Nicole E
2	9:54	3	Ironside	ScF	Matt C.
2	9:54	4	Highland Fitness	ScF	Jessie T
2	9:54	5	Bend and Snatch	ScF	
Head Judge: S. Hawkins					
3	10:08	1	Doctors in the House	ScM	Mary W
3	10:08	2	Silverbacks	ScM	Nicole E
3	10:08	3	Shake & Bake	ScM	Matt C.
3	10:08	4	Matt Jones = No Rep	ScM	Jessie T
3	10:08	5		ScM	
Head Judge: S. Hawkins					
4	10:22	1	Aggressively Average	ScM	Mary W
4	10:22	2	CFNKY- T & E	ScM	Nicole E
4	10:22	3	The Electric Boogaloo Stars	ScM	Matt C.
4	10:22	4		ScM	
4	10:22	5		ScM	
Head Judge: S. Hawkins					
5	10:36	1	MOW Girls	RxF	Chris M
5	10:36	2	Quadzillas	RxF	Mike P
5	10:36	3	Chalk Dirty to Me	RxF	Jason W
5	10:36	4	The Bad B's	RxF	Emily C
5	10:36	5	Show Me Your Snatch	RxF	
Head Judge: Greta E.					
6	10:50	1	Firebreather FitChicks	RxF	Chris M
6	10:50	2	Mufasa and Simba	RxF	Mike P
6	10:50	3	Triple Crown	RxF	Jason W
6	10:50	4	Blondes in Beast Mode	RxF	Emily C
6	10:50	5	Double Trouble	RxF	
Head Judge: Greta E.					
7	11:04	1	Neumann Bros	RxM	Chris M
7	11:04	2	Cuz He's My Coach	RxM	Mike P

WOD 1		Lane #		DIV	Judge
7	11:04	3	Sweaty Wall Balls	RxM	Jason W
7	11:04	4	James D & Jason P	RxM	Emily C
7	11:04	5	Prestige Worldwide	RxM	Brynja T.
	11:18		Head Judge: Greta E.		

WOD 3 Diane the Destroyer

WOD 1		Lane #		DIV	Judge
Heat #	Heat time		Name		
1	11:40	1	Sister Sister	ScF	Mary W
1	11:40	2	The Other Team	ScF	Nicole E
1	11:40	3	Guns and Buns	ScF	Matt C.
1	11:40	4	Swole Sisters	ScF	Jessie T
1	11:40	5	After ThisWe are Getting Tacos	ScF	Brynja T.
Head Judge: S. Hawkins					
2	11:50	1	Julie & Karilys	ScF	Mary W
2	11:50	2	Firebreathers	ScF	Nicole E
2	11:50	3	Ironside	ScF	Matt C.
2	11:50	4	Highland Fitness	ScF	Jessie T
2	11:50	5	Bend and Snatch	ScF	
Head Judge: S. Hawkins					
3	12:00	1	Doctors in the House	ScM	Mary W
3	12:00	2	Silverbacks	ScM	Nicole E
3	12:00	3	Shake & Bake	ScM	Matt C.
3	12:00	4	Matt Jones = No Rep	ScM	Jessie T
3	12:00	5		ScM	
Head Judge: S. Hawkins					
4	12:10	1	Aggressively Average	ScM	Mary W
4	12:10	2	CFNKY- T & E	ScM	Nicole E
4	12:10	3	The Electric Boogaloo Stars	ScM	Matt C.
4	12:10	4		ScM	
4	12:10	5		ScM	
Head Judge: S. Hawkins					
5	12:20	1	MOW Girls	RxF	Chris M
5	12:20	2	Quadzillas	RxF	Mike P
5	12:20	3	Chalk Dirty to Me	RxF	Jason W
5	12:20	4	The Bad B's	RxF	Emily C
5	12:20	5	Show Me Your Snatch	RxF	
Head Judge: Greta E.					
6	12:30	1	Firebreather FitChicks	RxF	Chris M
6	12:30	2	Mufasa and Simba	RxF	Mike P
6	12:35	3	Triple Crown	RxF	Jason W
6	12:35	4	Blondes in Beast Mode	RxF	Emily C
6	12:35	5	Double Trouble	RxF	
Head Judge: Greta E.					
7	12:45	1	Neumann Bros	RxM	Chris M

WOD 1		Lane #		DIV	Judge
7	12:45	2	Cuz He's My Coach	RxM	Mike P
7	12:45	3	Sweaty Wall Balls	RxM	Jason W
7	12:45	4	James D & Jason P	RxM	Emily C
7	12:45	5	Prestige Worldwide	RxM	Brynja T.
	12:55		Head Judge: Greta E.		

THROWDOWN - Amanda Fatale

Final Wod		Lane #		DIV	Judge
Heat #	Heat time		Name		
1	1:15	1	Team 1 Women	Sc	Greta E.
1	1:15	2	Team 2 Women	Sc	Jason W.
1	1:15	3	Team 3 Women	Sc	Brynja T.
2	1:25	1	Team 1 Men	Sc	Greta E.
2	1:25	2	Team 2 Men	Sc	Jason W.
2	1:25	3	Team 3 Men	Sc	Brynja T.
3	1:35	1	Team 1 Women	Rx	Sargent H
3	1:35	2	Team 2 Women	Rx	Matt C.
3	1:35	3	Team 3 Women	Rx	Chris M.
4	1:45	1	Team 1 Men	Rx	Sargent H
4	1:45	2	Team 2 Men	Rx	Matt C.
4	1:45	3	Team 3 Men	Rx	Chris M.