WOD 1 - Skills Gauntlet									JUDGES NEEDED	9						
TIME		PULLUPS				SKIPPING					KETTLEBELL					
Start	End	Athlete 1	Athlete 2	Athlete 3		Athlete 1	Athlete 2	ATHlete 3			Athlete 1	Athlete 2	ATHlete 3			
				JUDGES NEEDED	9											
		ADV M	ADV W & INT M	INT F/ NOV F												
		SET ADV M	SET ADV W	SET NOV F												
9:00:00 AM	9:03:00 AM	Christopher Reid	Alexandra Allen	Charis Stromberg												
9:03:00 AM	9:03:30 AM	REST	REST	REST		REST	REST	REST								
9:03:30 AM	9:06:30 AM	Adam Strome	Courtney Bathgate	Dianne Gray-Wysocki		Christopher Reid	Alexandra Allen	Charis Stromberg								
9:06:30 AM	9:07:00 AM	REST	REST	REST		REST	REST	REST								
9:07:00 AM	9:10:00 AM	Brad Sarna	Crystal Kirby-Peloquin	Krista Penner		Adam Strome	Courtney Bathgate	Dianne Gray-Wysocki			Christopher Reid	Alexandra Allen	Charis Stromberg			
9:10:00 AM	9:10:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:10:30 AM	9:13:30 AM	Brett Smith	Jodi Podolas	Rhean Nowakowski		Brad Sarna	Crystal Kirby-Peloquin	Krista Penner			Adam Strome	Courtney Bathgate	Dianne Gray-Wysocki			
9:13:30 AM	9:14:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:14:00 AM	9:17:00 AM	Matt Winchar	Valarie Perry	Terra Andrews		Brett Smith	Jodi Podolas	Rhean Nowakowski			Brad Sarna	Crystal Kirby-Peloquin	Krista Penner			
9:17:00 AM	9:17:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:17:30 AM	9:20:30 AM	Dale Hopkins	Lela Kaunitz	Valerie Champagne		Matt Winchar	Valarie Perry	Terra Andrews			Brett Smith	Jodi Podolas	Rhean Nowakowski			
9:20:30 AM	9:21:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:21:00 AM	9:24:00 AM	Dave Emery	Leya Moore	Yvonne Grenier		Dale Hopkins	Lela Kaunitz	Valerie Champagne			Matt Winchar	Valarie Perry	Terra Andrews			
9:24:00 AM	9:24:30 AM	REST	REST	CHANGE SETUP TO W/INT		REST	REST	REST			REST	REST	REST			
9:24:30 AM	9:27:30 AM	David Grant Dilling	Lindsey Ingram	CHANGE SETUP TO W/INT		Dave Emery	Leya Moore	Yvonne Grenier			Dale Hopkins	Lela Kaunitz	Valerie Champagne			
9:27:30 AM	9:28:00 AM	REST	REST	CHANGE SETUP TO W/INT		REST	REST	CHANGE SETUP TO W/INT			REST	REST	REST			
9:28:00 AM	9:31:00 AM	Derek Wickham	Maddi Jennings	Amanda White		David Grant Dilling	Lindsey Ingram	CHANGE SETUP TO W/INT			Dave Emery	Leya Moore	Yvonne Grenier			
9:31:00 AM	9:31:30 AM	REST	REST	REST		REST	REST	CHANGE SETUP TO W/INT			REST	REST	CHANGE SETUP TO W/INT			
9:31:30 AM	9:34:30 AM	Gavin Ganab	Michelle McDonald	Anroup Patti		Derek Wickham	Maddi Jennings	Amanda White			David Grant Dilling	Lindsey Ingram	CHANGE SETUP TO W/INT			
9:34:30 AM	9:35:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	CHANGE SETUP TO W/INT			
9:35:00 AM	9:38:00 AM	Jason Smith	Raquel Chartrand-Moyer	Barbara Gajda		Gavin Ganab	Michelle McDonald	Anroup Patti			Derek Wickham	Maddi Jennings	Amanda White			
9:38:00 AM	9:38:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:38:30 AM	9:41:30 AM	Jason Trinh	Regan Windsor	Christianne Godart		Jason Smith	Raquel Chartrand-Moyer	Barbara Gajda			Gavin Ganab	Michelle McDonald	Anroup Patti			
9:41:30 AM	9:42:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:42:00 AM	9:45:00 AM	Jordan Derksen	Renee-Claire Gautron	Carla Roy		Jason Trinh	Regan Windsor	Christianne Godart			Jason Smith	Raquel Chartrand-Moyer	Barbara Gajda			
9:45:00 AM	9:45:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:45:30 AM	9:48:30 AM	Matt Bathgate	Sarah Hills	Caroline Chartrand		Jordan Derksen	Renee-Claire Gautron	Carla Roy			Jason Trinh	Regan Windsor	Christianne Godart			
9:48:30 AM	9:49:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:49:00 AM	9:52:00 AM	Matt MacDonell	Taryn Romanowich	Claire Hopkin		Matt Bathgate	Sarah Hills	Caroline Chartrand			Jordan Derksen	Renee-Claire Gautron	Carla Roy			
9:52:00 AM	9:52:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:52:30 AM	9:55:30 AM	Nathan Godbout	Vanessa Degirolamo	Cristy Law		Matt MacDonell	Taryn Romanowich	Claire Hopkin			Matt Bathgate	Sarah Hills	Caroline Chartrand			
9:55:30 AM	9:56:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
9:56:00 AM	9:59:00 AM	Nick Massie	Natalie Gerbrandt	Eden Larabie		Nathan Godbout	Vanessa Degirolamo	Cristy Law			Matt MacDonell	Taryn Romanowich	Claire Hopkin			
9:59:00 AM	9:59:30 AM	REST	CHANGE SETUP TO M/INT	REST		REST	REST	REST			REST	REST	REST			
9:59:30 AM	10:02:30 AM	Quinn Taylor	CHANGE SETUP TO M/INT	Erika Wilzer		Nick Massie	Natalie Gerbrandt	Eden Larabie			Nathan Godbout	Vanessa Degirolamo	Cristy Law			
10:02:30 AM	10:03:00 AM	REST	CHANGE SETUP TO M/INT	REST		REST	CHANGE SETUP TO M/INT	REST			REST	REST	REST			
10:03:00 AM	10:06:00 AM	Rich Thomas	Benoit Gordin	Florence Fullerton		Quinn Taylor	CHANGE SETUP TO M/INT	Erika Wilzer			Nick Massie	Natalie Gerbrandt	Eden Larabie			
10:06:00 AM	10:06:30 AM	REST	REST	REST		REST	CHANGE SETUP TO M/INT	REST			REST	CHANGE SETUP TO M/INT	REST			
10:06:30 AM	10:09:30 AM	Rob Webb	Darren Champagne	Danica Sperle		Rich Thomas	Benoit Gordin	Florence Fullerton			Quinn Taylor	CHANGE SETUP TO M/INT	Erika Wilzer			
10:09:30 AM	10:10:00 AM	REST	REST	REST		REST	REST	REST			REST	CHANGE SETUP TO M/INT	REST			
10:10:00 AM	10:13:00 AM	Thomas Froh	John Waslen	Kim Goran		Rob Webb	Darren Champagne	Danica Sperle			Rich Thomas	Benoit Gordin	Florence Fullerton			
10:13:00 AM	10:13:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:13:30 AM	10:16:30 AM	Tyson Takasaki	Johnpaul Faustino	Kim Fleischaker		Thomas Froh	John Waslen	Kim Goran			Rob Webb	Darren Champagne	Danica Sperle			
10:16:30 AM	10:17:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:17:00 AM	10:20:00 AM	Yacine Bara	Kyle Jeffrey	Laura Ceccarelli		Tyson Takasaki	Johnpaul Faustino	Kim Fleischaker			Thomas Froh	John Waslen	Kim Goran			
10:20:00 AM	10:20:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:20:30 AM	10:23:30 AM	Blake Fallis	Patrick Feal	Leonie Coulson		Yacine Bara	Kyle Jeffrey	Laura Ceccarelli			Tyson Takasaki	Johnpaul Faustino	Kim Fleischaker			
10:23:30 AM	10:24:00 AM	CHANGE SETUP TO W/INT	REST	REST		REST	REST	REST			REST	REST	REST			
10:24:00 AM	10:27:00 AM	CHANGE SETUP TO W/INT	Philip Antazo	Linda Wilson		Blake Fallis	Patrick Feal	Leonie Coulson			Yacine Bara	Kyle Jeffrey	Laura Ceccarelli			
10:27:00 AM	10:27:30 AM	CHANGE SETUP TO W/INT	REST	REST		CHANGE SETUP TO W/INT	REST	REST			REST	REST	REST			
10:27:30 AM	10:30:30 AM	Nicole Stewart	Renald Vouriot	Lindsey Hoogsteen		CHANGE SETUP TO W/INT	Philip Antazo	Linda Wilson			Blake Fallis	Patrick Feal	Leonie Coulson			
10:30:30 AM	10:31:00 AM	REST	REST	REST		CHANGE SETUP TO W/INT	REST	REST			CHANGE SETUP TO W/INT	REST	REST			
10:31:00 AM	10:34:00 AM	Nicole Ruttig	Josh Kolesar	Nicole Osicki		Nicole Stewart	Renald Vouriot	Lindsey Hoogsteen			CHANGE SETUP TO W/INT	Philip Antazo	Linda Wilson			
10:34:00 AM	10:34:30 AM	REST	REST	REST		REST	REST	REST			CHANGE SETUP TO W/INT	REST	REST			
10:34:30 AM	10:37:30 AM	Randeem Andre-fan	Miguel Gauthier	Nikki Neufeld		Nicole Ruttig	Josh Kolesar	Nicole Osicki			Nicole Stewart	Renald Vouriot	Lindsey Hoogsteen			
10:37:30 AM	10:38:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:38:00 AM	10:41:00 AM	Victoria Taylor	Cameron Skypnik	Stefanie Rempel		Randeem Andre-fan	Miguel Gauthier	Nikki Neufeld			Nicole Ruttig	Josh Kolesar	Nicole Osicki			
10:41:00 AM	10:41:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:41:30 AM	10:44:30 AM	Wendy Novotny	REST	Ali Corwin		Victoria Taylor	Cameron Skypnik	Stefanie Rempel			Randeem Andre-fan	Miguel Gauthier	Nikki Neufeld			
10:44:30 AM	10:45:00 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:45:00 AM	10:48:00 AM	REST	REST	REST		Wendy Novotny	REST	Ali Corwin			Victoria Taylor	Cameron Skypnik	Stefanie Rempel			
10:48:00 AM	10:48:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:48:30 AM	10:51:30 AM	REST	REST	REST		REST	REST	REST			Wendy Novotny	REST	Ali Corwin			
10:51:30 AM	10:51:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:51:30 AM	10:51:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:51:30 AM	10:51:30 AM	REST	REST	REST		REST	REST	REST			REST	REST	REST			
10:51:30 AM	10:51:30 AM															

10:51:30 AM	11:15:00 AM	SET UP FOR WOD #2 - Barbell Madness														
11:15:00 AM	11:30:00 AM	**STANDARDS**														
		QUADRANTS 1 & 2 FOR WOMEN AND QUADRANT 3 & 4 FOR MEN														
WOD 2		PART A		JUDGES NEEDED	10								Part B			
		ADV M	**ADV F**	**INT F**		**ADVM /INT M**	**NOV F/INT F**			**ADV M**	**ADV F**	**INT F**		**ADVM /INT M**	**NOV F/INT F**	
TIME		Athlete 1	Athlete 2	ATHlete 3		ATHLETE 4	ATHLETE 5			Athlete 1	ATHlete 2	ATHlete 3		Athlete 4	ATHLETE 5	
Start	End	SET UP ADV M	SET UP ADV F	SET UP INT F		SET UP ADV M	SET UP NOV F			SET UP ADV M	SET UP ADV F	SET UP INT F		SET UP ADV M	SET UP NOV F	
11:30:00 AM	11:35:00 AM	Christopher Reid	Alexandra Allen	Amanda White		Adam Strome	Charis Stromberg									
11:35:00 AM	11:36:00 AM	REST	REST	REST		REST	REST									
11:36:00 AM	11:41:00 AM	Brad Sarna	Courtney Bathgate	Anroup Patti		Brett Smith	Dianne Gray-Wysocki			Christopher Reid	Alexandra Allen	Amanda White		Adam Strome	Charis Stromberg	
11:41:00 AM	11:42:00 AM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
11:42:00 AM	11:47:00 AM	Matt Winchar	Crystal Kirby-Peloquin	Barbara Gajda		Dale Hopkins	Krista Penner			Brad Sarna	Courtney Bathgate	Anroup Patti		Brett Smith	Dianne Gray-Wysocki	
11:47:00 AM	11:48:00 AM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
11:48:00 AM	11:53:00 AM	Dave Emery	Jodi Podolas	Christianne Godart		David Grant Dilling	Rhean Nowakowski			Matt Winchar	Crystal Kirby-Peloquin	Barbara Gajda		Dale Hopkins	Krista Penner	
11:53:00 AM	11:54:00 AM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
11:54:00 AM	11:59:00 AM	Derek Wickham	Valarie Perry	Carla Roy		Gavin Ganab	Terra Andrews			Dave Emery	Jodi Podolas	Christianne Godart		David Grant Dilling	Rhean Nowakowski	
11:59:00 AM	12:00:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:00:00 PM	12:05:00 PM	Jason Smith	Lela Kaunitz	Caroline Chartrand		Jason Trinh	Valerie Champagne			Derek Wickham	Valarie Perry	Carla Roy		Gavin Ganab	Terra Andrews	
12:05:00 PM	12:06:00 PM	REST	REST	REST		CHANGE SET UP TO M/INT	REST			REST	REST	REST		REST	REST	
12:06:00 PM	12:11:00 PM	Jordan Derksen	Leya Moore	Claire Hopkin		CHANGE SET UP TO M/INT	Yvonne Grenier			Jason Smith	Lela Kaunitz	Caroline Chartrand		Jason Trinh	Valerie Champagne	
12:11:00 PM	12:12:00 PM	REST	REST	REST		CHANGE SET UP TO M/INT	CHANGE SET UP TO W/INT			REST	REST	REST		CHANGE SET UP TO M/INT	REST	
12:12:00 PM	12:17:00 PM	Matt Bathgate	Lindsey Ingram	Cristy Law		Benoit Gordin	CHANGE SET UP TO W/INT			Jordan Derksen	Leya Moore	Claire Hopkin		CHANGE SET UP TO M/INT	Yvonne Grenier	
12:17:00 PM	12:18:00 PM	REST	REST	REST		REST	CHANGE SET UP TO W/INT			REST	REST	REST		CHANGE SET UP TO M/INT	CHANGE SET UP TO W/INT	
12:18:00 PM	12:23:00 PM	Matt MacDonell	Maddi Jennings	Eden Larabie		Darren Champagne	Erika Wilzer			Matt Bathgate	Lindsey Ingram	Cristy Law		Benoit Gordin	CHANGE SET UP TO W/INT	
12:23:00 PM	12:24:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	CHANGE SET UP TO W/INT	
12:24:00 PM	12:29:00 PM	Nathan Godbout	Michelle McDonald	Florence Fullerton		John Waslen	Danica Sperle			Matt MacDonell	Maddi Jennings	Eden Larabie		Darren Champagne	Erika Wilzer	
12:29:00 PM	12:30:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:30:00 PM	12:35:00 PM	Nick Massie	Raquel Chartrand-Moyer	Kim Goran		Johnpaul Faustino	Kim Fleischaker			Nathan Godbout	Michelle McDonald	Florence Fullerton		John Waslen	Danica Sperle	
12:35:00 PM	12:36:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:36:00 PM	12:41:00 PM	Quinn Taylor	Regan Windsor	Laura Ceccarelli		Kyle Jeffrey	Leonie Coulson			Nick Massie	Raquel Chartrand-Moyer	Kim Goran		Johnpaul Faustino	Kim Fleischaker	
12:41:00 PM	12:42:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:42:00 PM	12:47:00 PM	Rich Thomas	Renee-Claire Gautron	Linda Wilson		Patrick Feal	Lindsey Hoogsteen			Quinn Taylor	Regan Windsor	Laura Ceccarelli		Kyle Jeffrey	Leonie Coulson	
12:47:00 PM	12:48:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:48:00 PM	12:53:00 PM	Rob Webb	Sarah Hills	Nicole Stewart		Philip Antazo	Nicole Osicki			Rich Thomas	Renee-Claire Gautron	Linda Wilson		Patrick Feal	Lindsey Hoogsteen	
12:53:00 PM	12:54:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
12:54:00 PM	12:59:00 PM	Thomas Froh	Taryn Romanowich	Nicole Ruttig		Renald Vouriot	Nikki Neufeld			Rob Webb	Sarah Hills	Nicole Stewart		Philip Antazo	Nicole Osicki	
12:59:00 PM	1:00:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
1:00:00 PM	1:05:00 PM	Tyson Takasaki	Vanessa Degirolamo	Randeem Andre-fan		Josh Kolesar	Stefanie Rempel			Thomas Froh	Taryn Romanowich	Nicole Ruttig		Renald Vouriot	Nikki Neufeld	
1:05:00 PM	1:06:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
1:06:00 PM	1:11:00 PM	Yacine Bara	Natalie Gerbrandt	Victoria Taylor		Miguel Gauthier	Ali Corwin			Tyson Takasaki	Vanessa Degirolamo	Randeem Andre-fan		Josh Kolesar	Stefanie Rempel	
1:11:00 PM	1:12:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
1:12:00 PM	1:17:00 PM	Blake Fallis	REST	Wendy Novotny		Cameron Skypnik	REST			Yacine Bara	Natalie Gerbrandt	Victoria Taylor		Miguel Gauthier	Ali Corwin	
1:17:00 PM	1:18:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
1:18:00 PM	1:23:00 PM	REST	REST	REST		REST	REST			Blake Fallis	REST	Wendy Novotny		Cameron Skypnik	REST	
1:23:00 PM	1:24:00 PM	REST	REST	REST		REST	REST			REST	REST	REST		REST	REST	
1:24:00 PM	1:24:00 PM															
				JUDGES WOD 3	9											
1:24:00 PM	2:00:00 PM	SETUP FOR WOD # 3														
2:00:00 PM	2:15:00 PM	STANDARDS														
		ADV M	**ADV M**	**ADV F**		**ADV F**	**INT M**	**INT F**		**INT F**	**INT F**	**NOV F**				
2:15:00 PM	2:27:00 PM	Adam Strome	Christopher Reid	Alexandra Allen		REST	REST	Amanda White		Anroup Patti	Barbara Gajda	Charis Stromberg				
2:27:00 PM	2:39:00 PM	Brett Smith	Brad Sarna	Crystal Kirby-Peloquin		Courtney Bathgate	Benoit Gordin	Christianne Godart		Carla Roy	Caroline Chartrand	Dianne Gray-Wysocki				
2:39:00 PM	2:51:00 PM	Dale Hopkins	Matt Winchar	Valarie Perry		Jodi Podolas	Darren Champagne	Claire Hopkin		Cristy Law	Eden Larabie	Krista Penner				
2:51:00 PM	3:03:00 PM	David Grant Dilling	Dave Emery	Leya Moore		Lela Kaunitz	John Waslen	Erika Wilzer		Florence Fullerton	Danica Sperle	Rhean Nowakowski				
3:03:00 PM	3:15:00 PM	Gavin Ganab	Derek Wickham	Maddi Jennings		Lindsey Ingram	Johnpaul Faustino	Kim Goran		Kim Fleischaker	Laura Ceccarelli	Terra Andrews				
3:15:00 PM	3:27:00 PM	Jason Trinh	Jason Smith	Raquel Chartrand-Moyer		Michelle McDonald	Kyle Jeffrey	Leonie Coulson		Linda Wilson	Lindsey Hoogsteen	Valerie Champagne				
3:27:00 PM	3:39:00 PM	Matt Bathgate	Jordan Derksen	Renee-Claire Gautron		Regan Windsor	Patrick Feal	Nicole Stewart		Nicole Osicki	Nicole Ruttig	Yvonne Grenier				
3:39:00 PM	3:51:00 PM	Nathan Godbout	Matt MacDonell	Taryn Romanowich		Sarah Hills	Philip Antazo	Nikki Neufeld		Randeem Andre-fan	Stefanie Rempel	REST				
3:51:00 PM	4:03:00 PM	Quinn Taylor	Nick Massie	Natalie Gerbrandt		Vanessa Degirolamo	Renald Vouriot	Victoria Taylor		Ali Corwin	Wendy Novotny	REST				
4:03:00 PM	4:15:00 PM	Rob Webb	Rich Thomas	REST		REST	Josh Kolesar	REST		REST	REST	REST				
4:15:00 PM	4:27:00 PM	Tyson Takasaki	Thomas Froh	REST		REST	Miguel Gauthier	REST		REST	REST	REST				
4:27:00 PM	4:39:00 PM	Blake Fallis	Yacine Bara	REST		REST	Cameron Skypnik	REST		REST	REST	REST				
4:39:00 PM	4:39:00 PM	REST	REST	REST		REST	REST	REST		REST	REST	REST				
5:15:00 PM	5:30:00 PM		WOD 4 Standards	JUDGES	4											
5:30:00 PM	5:40:00 PM	WOMENS FINAL HEAT														
5:40:00 PM	5:45:00 PM	SETUP FOR MENS														
5:45:00 PM	5:55:00 PM	MENS FINAL HEAT														
5:55:00 PM	6:15:00 PM		Tabulate & Announce results													