

2017 THRESHOLD THROWDOWN HEAT SHEET

v.11.30.17_1

Team:	Affiliate:	Division:	WOD #1: "Inject the Venom"			WOD 2: "Evil Walks"			WOD 3: "Let's Get it Up"		
			Heat	Lane	Heat Time*	Heat	Lane	Heat Time*	Heat	Lane	Heat Time*
Temporary Pain (Brown / Bezio)	North Country CrossFit	Male - Recreation/"NQFT"	1	1	9:00 AM	1	6	11:00 AM	1	1	1:00 PM
Wetter and Wilder (Bunting / Wildish)	Threshold Training	Male - Recreation/"NQFT"	1	2	9:00 AM	1	5	11:00 AM	1	2	1:00 PM
Thrust a Move (Huisman / Dousevicz)	Threshold Training	Male - Recreation/"NQFT"	1	3	9:00 AM	1	4	11:00 AM	1	3	1:00 PM
Team Jim Bob (Kababik / Bristow)	Threshold Training	Male - Recreation/"NQFT"	1	4	9:00 AM	1	3	11:00 AM	1	4	1:00 PM
Chalk Dirty to Me (Sackett / Bilodeau)	CVCF	Male - Recreation/"NQFT"	1	5	9:00 AM	1	2	11:00 AM	1	5	1:00 PM
Pills and the Burn Man (Bonoyer / Gilcreast)	CVCF	Male - Recreation/"NQFT"	1	6	9:00 AM	1	1	11:00 AM	1	6	1:00 PM
Barbell Babes (Poole / Julie)	Threshold Training	Female - Recreation/"NQFT"	2	1	9:13 AM	2	7	11:12 AM	2	1	1:18 PM
Palliators (Bailey / Gagnon)	Threshold Training	Female - Recreation/"NQFT"	2	2	9:13 AM	2	6	11:12 AM	2	2	1:18 PM
Sweaty Coconuts (Bedard / Bezio)	North Country CrossFit	Female - Recreation/"NQFT"	2	3	9:13 AM	2	5	11:12 AM	2	3	1:18 PM
Bombshells and Barbells (Oliveira / Stadfield)	Threshold Training	Female - Recreation/"NQFT"	2	4	9:13 AM	2	4	11:12 AM	2	4	1:18 PM
Will Burpee For Volcano Juice (Nerbak / Murphy)	802 CrossFit	Female - Recreation/"NQFT"	2	5	9:13 AM	2	3	11:12 AM	2	5	1:18 PM
Couldn't Beat Her, Gotta Join Her (Stebbins / Lamay)	802 Crossfit	Female - Recreation/"NQFT"	2	6	9:13 AM	2	2	11:12 AM	2	6	1:18 PM
Carter-Kelly & Miller (Carter-Kelly / Miller)	CrossFit Plattsburgh	Female - Recreation/"NQFT"	2	7	9:13 AM	2	1	11:12 AM	2	7	1:18 PM
Morrisdottirs (Deso / Beauchemin)	Crossfit Plattsburgh	Female - Recreation/"NQFT"	3	1	9:26 AM	3	6	11:24 AM	3	1	1:36 PM
Rec & Burn (Burnett / Rector)	North Country CrossFit	Female - Recreation/"NQFT"	3	2	9:26 AM	3	5	11:24 AM	3	2	1:36 PM
Scaled as Hell (Clark / Beveridge)	North Country CrossFit	Female - Recreation/"NQFT"	3	3	9:26 AM	3	4	11:24 AM	3	3	1:36 PM
Blonde Facing Burpees (Surowiec / Reynolds)	802 Crossfit	Female - Recreation/"NQFT"	3	4	9:26 AM	3	3	11:24 AM	3	4	1:36 PM
The Kettlebells (Ketcham / Fontaine)	Threshold Training	Female - Recreation/"NQFT"	3	5	9:26 AM	3	2	11:24 AM	3	5	1:36 PM
Dottirs & Squattirs (DuBois / Badger)	Threshold Training	Female - Recreation/"NQFT"	3	6	9:26 AM	3	1	11:24 AM	3	6	1:36 PM
Stayin' Alive (Purvis / Livingston)	CrossFit Burlington	Female - Open	4	1	9:39 AM	4	7	11:36 AM	4	1	1:54 PM
The Lung and the Breathless (Cotnoir / Desch)	Green Mountain Crossfit	Female - Open	4	2	9:39 AM	4	6	11:36 AM	4	2	1:54 PM
What's Your Fantasy? (Bagundes / Young)	Crossfit Burlington	Female - Open	4	3	9:39 AM	4	5	11:36 AM	4	3	1:54 PM
Buns & Guns (Dostie / Erickson)	CVCF	Female - Open	4	4	9:39 AM	4	4	11:36 AM	4	4	1:54 PM
Everybody Squats (Presson / Spencer)	CVCF	Male - Open	4	5	9:39 AM	4	3	11:36 AM	4	5	1:54 PM
Short but Slow (Mason / Martin)	Crossfit Burlington	Male - Open	4	6	9:39 AM	4	2	11:36 AM	4	6	1:54 PM
Two Skis Are Better Than One (Kowalowski / Kowalowski)	North Country CrossFit	Male - Open	4	7	9:39 AM	4	1	11:36 AM	4	7	1:54 PM
Team CFB1 (Olmer / Whitney)	CrossFit Burlington	Female - Open	5	1	9:52 AM	5	7	11:48 AM	5	1	2:12 PM
Hakuna Masquata (Lacroix / Bonoyer)	CVCF	Female - Open	5	2	9:52 AM	5	6	11:48 AM	5	2	2:12 PM
Bringing Flexy Back (Tremblay / Laundhart)	Threshold Training	Female - Open	5	3	9:52 AM	5	5	11:48 AM	5	3	2:12 PM
Bronuts (Babic / Lewis)	Green Mountain CrossFit	Male - Open	5	4	9:52 AM	5	4	11:48 AM	5	4	2:12 PM
Ace of Mace (Remmers / Mace)	Green Mountain Crossfit Nor	Male - Open	5	5	9:52 AM	5	3	11:48 AM	5	5	2:12 PM
Team 8:07 (Trudel / Merrill)	Threshold Training	Male - Open	5	6	9:52 AM	5	2	11:48 AM	5	6	2:12 PM
Team Judy (Seymour / Flynn)	Crossfit Plattsburgh	Female - Open	5	7	9:52 AM	5	1	11:48 AM	5	7	2:12 PM
Team Dad Bod (Sackett / Pitkin)	CVCF	Female - Open	6	1	10:05 AM	6	7	12:00 PM	6	1	2:30 PM
Two Angry Mothers (Carter-Kelly / Nolland)	(unaffiliated)	Female - Open	6	2	10:05 AM	6	6	12:00 PM	6	2	2:30 PM
			6	3	10:05 AM	6	5	12:00 PM	6	3	2:30 PM
			6	4	10:05 AM	6	4	12:00 PM	6	4	2:30 PM
			6	5	10:05 AM	6	3	12:00 PM	6	5	2:30 PM
Barbell Brothers (Broggini / Surowiec)	802 CrossFit	Male - Open	6	6	10:05 AM	6	2	12:00 PM	6	6	2:30 PM
Team CFB1 - (Moore / Murphy)	Crossfit Burlington	Male - Open	6	7	10:05 AM	6	1	12:00 PM	6	7	2:30 PM
BeasTT Mode Then Feast Mode (Lang / Neeb)	Threshold Training	Female - Open	7	1	10:18 AM	7	6	12:12 PM	7	1	2:48 PM
Kips and Nips (Massey / Chapman)	CVCF	Female - Open	7	2	10:18 AM	7	5	12:12 PM	7	2	2:48 PM
Mean Moms (Bonner / Brown)	North Country CrossFit	Female - Open	7	3	10:18 AM	7	4	12:12 PM	7	3	2:48 PM
Run & Gun (Marquis / Carey)	CVCF	Male - Open	7	4	10:18 AM	7	3	12:12 PM	7	4	2:48 PM
Green Mountain Boys (Rea / Kilborn)	Green Mountain Crossfit	Male - Open	7	5	10:18 AM	7	2	12:12 PM	7	5	2:48 PM
In WOD We Thrust (Fowler / Reynolds)	802 CrossFit	Male - Open	7	6	10:18 AM	7	1	12:12 PM	7	6	2:48 PM

*PLEASE NOTE: These times are APPROXIMATE. If we are significantly ahead of schedule, we WILL MOVE UP HEAT START TIMES. PLEASE PLAN ACCORDINGLY!