

2018 THRESHOLD THROWDOWN HEAT SHEET

v.11.29.18_1

Team:	Affiliate:	Division:	Heat	WOD #1: "Heavy Metal"			WOD 2: "Everybody Wants Some"			WOD 3: "Holding Out For A Hero"		
				Lane	Heat Time*:	Heat	Lane	Heat Time*:	Heat	Lane	Heat Time*:	
Aggressively Average (Fleury / Raimo)	North Country Crossfit	Male - Recreation/"NQFT"	1	1	9:00 AM	1	7	12:12 PM	1	1	2:07 PM	
Kipping It Real (Drucker / Manor)	North Country Crossfit	Male - Recreation/"NQFT"	1	2	9:00 AM	1	6	12:12 PM	1	2	2:07 PM	
Will WOD For Beer (Stuart / Dudley)	802Crossfit	Male - Recreation/"NQFT"	1	3	9:00 AM	1	5	12:12 PM	1	3	2:07 PM	
Stashe Test Dummies (Bowman / Baker)	Crossfit Plattsburgh	Male - Recreation/"NQFT"	1	4	9:00 AM	1	4	12:12 PM	1	4	2:07 PM	
Sweaty Coconuts (Bedard / Bezio)	North Country Crossfit	Female - Recreation/"NQFT"	1	5	9:00 AM	1	3	12:12 PM	1	5	2:07 PM	
Flex Appeal (Borok / Phillips)	802 Crossfit	Female - Recreation/"NQFT"	1	6	9:00 AM	1	2	12:12 PM	1	6	2:07 PM	
The Wonderlust Women (Fontaine / Farrugia)	CFTT	Female - Recreation/"NQFT"	1	7	9:00 AM	1	1	12:12 PM	1	7	2:07 PM	
BFG (Gurtman / Bunting)	CFTT	Male - Recreation/"NQFT"	2	1	9:21 AM	2	7	12:22 PM	2	1	2:20 PM	
You Serious Clark? (Kababik / Clark)	CFTT	Male - Recreation/"NQFT"	2	2	9:21 AM	2	6	12:22 PM	2	2	2:20 PM	
Scrambled Legs and Achin (Rheume / Francoeur)	Unaffiliated	Male - Recreation/"NQFT"	2	3	9:21 AM	2	5	12:22 PM	2	3	2:20 PM	
mom jeans and power cleans (Johnson / ordonez)	JRC crossfit	Female - Recreation/"NQFT"	2	4	9:21 AM	2	4	12:22 PM	2	4	2:20 PM	
REC & BURN (Burnett / Rector)	North Country Crossfit	Female - Recreation/"NQFT"	2	5	9:21 AM	2	3	12:22 PM	2	5	2:20 PM	
Double Trouble (Olmer / Slater)	CFB	Female - Recreation/"NQFT"	2	6	9:21 AM	2	2	12:22 PM	2	6	2:20 PM	
			2	7	9:21 AM	2	1	12:22 PM	2	7	2:20 PM	
The Young & The Breathless (Fong / Lessard)	802 CrossFit	Female - Recreation/"NQFT"	3	1	9:42 AM	3	7	12:32 PM	3	1	2:33 PM	
Peanut Butter and Jennie (Holden / Pew)	GMCF	Female - Recreation/"NQFT"	3	2	9:42 AM	3	6	12:32 PM	3	2	2:33 PM	
Jen Squared (Bowman / Curtis)	North Country Crossfit	Female - Recreation/"NQFT"	3	3	9:42 AM	3	5	12:32 PM	3	3	2:33 PM	
Paws on the Run (Krywanczyk / Hoar)	MTCF	Female - Recreation/"NQFT"	3	4	9:42 AM	3	4	12:32 PM	3	4	2:33 PM	
Barbell Babes (Lawrence-Poole / Lamoreaux)	CFTT	Female - Recreation/"NQFT"	3	5	9:42 AM	3	3	12:32 PM	3	5	2:33 PM	
WOD were we thinking? (Manor / Brant)	North Country Crossfit	Female - Recreation/"NQFT"	3	6	9:42 AM	3	2	12:32 PM	3	6	2:33 PM	
			3	7	9:42 AM	3	1	12:32 PM	3	7	2:33 PM	
Hootie and Booty (Menard / Zeilenga)	GMCF	Female - Recreation/"NQFT"	4	1	10:03 AM	4	7	12:42 PM	4	1	2:46 PM	
High Ponies + High Hangs (Boutin / Bart)	802 Crossfit	Female - Recreation/"NQFT"	4	2	10:03 AM	4	6	12:42 PM	4	2	2:46 PM	
Little but Fierce (Sabourin / Rheume)	Unaffiliated	Female - Recreation/"NQFT"	4	3	10:03 AM	4	5	12:42 PM	4	3	2:46 PM	
Young Tart & Old Fart (Shaheen-Raimo / Pelo)	North Country Crossfit	Female - Recreation/"NQFT"	4	4	10:03 AM	4	4	12:42 PM	4	4	2:46 PM	
Rescue Quad (Talbert / Baillargeon)	MTCF	Female - Recreation/"NQFT"	4	5	10:03 AM	4	3	12:42 PM	4	5	2:46 PM	
Moderately Mighty Mothers (Engstrom / Manning)	North Country Crossfit	Female - Recreation/"NQFT"	4	6	10:03 AM	4	2	12:42 PM	4	6	2:46 PM	
			4	7	10:03 AM	4	1	12:42 PM	4	7	2:46 PM	
3D Laser Monkeys (Patch / Zeyher)	Warlock Crossfit	Male - Open	5	1	10:24 AM	5	7	12:52 PM	5	1	2:59 PM	
Beef Mode (Werbel / Hrindo)	CrossFit Burlington	Male - Open	5	2	10:24 AM	5	6	12:52 PM	5	2	2:59 PM	
Flex appeal and Bag of Donuts (Lewis / Beckwith)	Middlebury	Male - Open	5	3	10:24 AM	5	5	12:52 PM	5	3	2:59 PM	
2 Girls 1 Chalk Bucket (Welc / Tobias-Sample)	North Country Crossfit	Female - Open	5	4	10:24 AM		4	12:52 PM		4	2:59 PM	
Aggressively Average (Balinski / Duquette)	CFB	Female - Open	5	5	10:24 AM	5	3	12:52 PM	5	5	2:59 PM	
Burlington Physical Therapy (Margolin / Annis)	Crossfit Burlington	Female - Open	5	6	10:24 AM	5	2	12:52 PM	5	6	2:59 PM	
Don't Mess With A Jess (Vanderwalker / Cypher)	JRC crossfit	Female - Open	5	7	10:24 AM	5	1	12:52 PM	5	7	2:59 PM	
Killer B's (Brown / Bezio)	North Country Crossfit	Male - Open	6	1	10:45 AM	6	7	1:02 PM	6	1	3:12 PM	
Smooth Moves (Ramos / Trudel)	CFTT	Male - Open	6	2	10:45 AM	6	6	1:02 PM	6	2	3:12 PM	
We Like Butts (Martin / Rowe)	Crossfit Burlington	Male - Open	6	3	10:45 AM	6	5	1:02 PM	6	3	3:12 PM	
Tickle my Medballs (Manor / Passino)	North Country Crossfit	Male - Open	6	4	10:45 AM	6	4	1:02 PM	6	4	3:12 PM	
Heno's Headache (Baczewski / Baczewski)	CFTT	Female - Open	6	5	10:45 AM	6	3	1:02 PM	6	5	3:12 PM	
In WOD We Trust (Flynn / Lamica)	Crossfit Plattsburgh	Female - Open	6	6	10:45 AM	6	2	1:02 PM	6	6	3:12 PM	
Marathons to Muscle-ups (Surowiec / Werner)	802 Crossfit	Female - Open	6	7	10:45 AM	6	1	1:02 PM	6	7	3:12 PM	
Pickleback Squats (Stebbins / Lamay)	802 Crossfit	Female - Open	7	1	11:06 AM	7	6	1:12 PM	7	1	3:25 PM	
Sass Squats (Williams / Hart-Pettersen)	GMCF	Female - Open	7	2	11:06 AM	7	5	1:12 PM	7	2	3:25 PM	
Snatch made in Heaven (DuBois / Barsalou)	CFTT	Female - Open	7	3	11:06 AM	7	4	1:12 PM	7	3	3:25 PM	
Stayin' Alive (Purvis / Livingston)	Crossfit Burlington	Female - Open	7	4	11:06 AM	7	3	1:12 PM	7	4	3:25 PM	
Team RBF (Bagundes / Young)	CFB	Female - Open	7	5	11:06 AM	7	2	1:12 PM	7	5	3:25 PM	
Burritos n Barbells (Beauchemin / De La Criz)	Unaffiliated	Female - Open	7	6	11:06 AM	7	1	1:12 PM	7	6	3:25 PM	
			7	6		7	1	1:12 PM	7	7	3:25 PM	

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