



2016 Heat Assignments Revised 08.02.16

7:30 a.m. | Workout #1 & #2 Briefing

8 a.m. | Workout #1 "Funhouse Mirrors" | 10 Minute AMRAP

Heat	Start	Station #1	Station #2	Station #3	Station #4	Station #5	Station #6
1.1	8:00	Vierup & Lynch	Rios & Cosio-Lechuga	Backus & Fedacsek	Lauderbaugh & Wagner	Shannon & Silverstri	Hatfield & Buchholz
1.2	8:14	Rice & Zajac	Specht & Stefanos	Angel & Syzmanski	Slaby & Ravenscraft	Kapustka & Olalde	Gordon & Gordon
1.3	8:28	Nordby & Nordby	Bell & Rupsis	Meyer & Meyer	Huftten & Chick	Champion & Pinkston	Rauh & Rauh
1.4	8:42	Silvernail & Silvernail	Vasquez & Scibek	Arce & Arce	Nehls & Marth	Hilo & Beitzel	Phillips & Ancona
1.5	8:56	Trayser & Hennig	Davila & Jarosz	Huckabay & Lindquist	Gard & Mahler	Kann & Federman	Chapman & Krysh
1.6	9:10	Kousgaard & Payne	Richardson & McKeown	Riley & Riley	Rupsis & Petruzzelli	Carlson & Estep	Arce & Rich
1.7	9:24	Moebus & Refenes	Marx & Rosati	Scotti & Blue	Kaye & Funke	Mansour & Carlson	Regula & McGowan
1.8	9:38	Mui & Madry	Brady & Samples	Gryniv & Ackerman	Grimes & Seyller Vyskocil	Marescalco & Brevitz	Yule & Yandel
1.9	9:52	Ryu & Olsen	Di Donato & Rubin	Rosati & Michelau	Mackie & Mesa	Tran & Murphy	Scratch

10:15 a.m. | Workout #2 "Baby, Can You Spare A Bar" | 8 Minute Time Cap

Heat	Start	Station #1	Station #2	Station #3	Station #4	Station #5	Station #6
2.1	10:15	Vierup & Lynch	Rios & Cosio-Lechuga	Backus & Fedacsek	Lauderbaugh & Wagner	Shannon & Silverstri	Hatfield & Buchholz
2.2	10:27	Rice & Zajac	Specht & Stefanos	Angel & Syzmanski	Slaby & Ravenscraft	Kapustka & Olalde	Gordon & Gordon
2.3	10:39	Nordby & Nordby	Bell & Rupsis	Meyer & Meyer	Huftten & Chick	Champion & Pinkston	Rauh & Rauh
2.4	10:51	Silvernail & Silvernail	Vasquez & Scibek	Arce & Arce	Nehls & Marth	Hilo & Beitzel	Phillips & Ancona
2.5	11:03	Trayser & Hennig	Davila & Jarosz	Huckabay & Lindquist	Gard & Mahler	Kann & Federman	Chapman & Krysh
2.6	11:15	Kousgaard & Payne	Richardson & McKeown	Riley & Riley	Rupsis & Petruzzelli	Carlson & Estep	Arce & Rich
2.7	11:27	Moebus & Refenes	Marx & Rosati	Scotti & Blue	Kaye & Funke	Mansour & Carlson	Regula & McGowan
2.8	11:39	Mui & Madry	Brady & Samples	Gryniv & Ackerman	Grimes & Seyller Vyskocil	Marescalco & Brevitz	Yule & Yandel
2.9	11:51	Ryu & Olsen	Di Donato & Rubin	Rosati & Michelau	Mackie & Mesa	Tran & Murphy	Scratch

12:05 p.m. | Lunch

12:30 p.m. | Workout #3 Briefing

12:45 p.m. | Workout #3 "Ruh Roh" | 12 Minute Time Cap

Heat	Start	Station #1	Station #2	Station #3	Station #4	Station #5	Station #6
3.1	12:45	Vierup & Lynch	Rios & Cosio-Lechuga	Backus & Fedacsek	Lauderbaugh & Wagner	Shannon & Silverstri	Hatfield & Buchholz
3.2	1:02	Rice & Zajac	Specht & Stefanos	Angel & Syzmanski	Slaby & Ravenscraft	Kapustka & Olalde	Gordon & Gordon
3.3	1:19	Nordby & Nordby	Bell & Rupsis	Meyer & Meyer	Huftten & Chick	Champion & Pinkston	Rauh & Rauh
3.4	1:36	Silvernail & Silvernail	Vasquez & Scibek	Arce & Arce	Nehls & Marth	Hilo & Beitzel	Phillips & Ancona
3.5	1:53	Trayser & Hennig	Davila & Jarosz	Huckabay & Lindquist	Gard & Mahler	Kann & Federman	Chapman & Krysh
3.6	2:00	Kousgaard & Payne	Richardson & McKeown	Riley & Riley	Rupsis & Petruzzelli	Carlson & Estep	Arce & Rich
3.7	2:17	Moebus & Refenes	Marx & Rosati	Scotti & Blue	Kaye & Funke	Mansour & Carlson	Regula & McGowan
3.8	2:34	Mui & Madry	Brady & Samples	Gryniv & Ackerman	Grimes & Seyller Vyskocil	Marescalco & Brevitz	Yule & Yandel
3.9	2:51	Ryu & Olsen	Di Donato & Rubin	Rosati & Michelau	Mackie & Mesa	Tran & Murphy	Scratch

Approximately 3:30 p.m. | Final Workout Briefing

TBA | Masters Division Finals

Heat	Start	8th Place	7th Place	6th Place	5th Place
4.1	TBA				
Heat	Start	4th Place	3rd Place	2nd Place	1st Place
4.2	TBA				

TBA | Open Division Finals

Heat	Start	8th Place	7th Place	6th Place	5th Place
4.3	TBA				
Heat	Start	4th Place	3rd Place	2nd Place	1st Place
4.4	TBA				

TBA | Podium Ceremony