

2017 Athena Classic Heat Assignments

v2, posted April 17



WOD #1 & #2 Briefing - 7:25 a.m.

WOD #1 | One More Rung.

Workout #1	Heat	Start	End								
	1.1	8:00		Allie Pletta	Alyssa Piedra	Amy Frank	Angela Pannarale	Ann Marie Nordby	Bailey Engle	Danielle Serlin	Deb Delre
	1.2		Donna Johnson	Gabrysia Sniadowski	Heather Pollina	Janea Ortega	Jayne Colvin	Jenna Michaels	Jenny Spencer	Julie Manis	
	1.3		Julietta Vargas	Karin Wagner	Kelly Buchholz	Kelly McClearn	Kendra Verhage	Kristin Brown	Lindsay Henderson	Lisa Kurgan	
	1.4		Lorena Allen	Mary Colleen Murphy	Megan McAllister	Melissa Federman	Melissa Frank	Priscila Vazquez	Rowena Dziubla	Stephanie Adamson	
	1.5		Taryn Samples	Courtney Fedacsek	Erin Rupsis	Jamie Michelau	Jennifer Benson	Laura Rupsis	Lisa Gallant	Marijke Shaffer	
	1.6		Mary Jo Prusko	Nell Shuttleworth	Tiffany Murphy	Alicia Pagnoni	Alison Andrews	Amber Rich	Anna Mesa	April Payne	
	1.7		Caitlin Narantic	Carmela Balice Riley	Darcy Leslie	Emily Gorman	Evann Scibek	Jessica Jarosz	Joline Lyons	Kalah Blue	
	1.8		Kara Petruzzelli	Kasie Jabeck	Katie Hartnett	Katie Keown	Kinsy Rosati	Megan Hawkins	Melanie Pozdol	Michelle Goolish	
	1.9		Nicole Czeslawski	Robyn Wall	Sammy Jo Mahler	Violet Maka	Scratch	Scratch	Scratch	Scratch	

Reset

WOD #2 | Trilogy.

Workout #2	Heat	Start	End	#1	#2	#3	#4	#5	#6	#7	#8
	2.1	9:00	9:11	Julie Manis	Bailey Engle	Amy Frank	Janea Ortega	Kendra Verhage	Lisa Kurgan	Alyssa Piedra	Angela Pannarale
	2.2	9:15	9:26	Heather Pollina	Kelly Buchholz	Danielle Serlin	Julietta Vargas	Megan McAllister	Donna Johnson	Melissa Frank	Kelly McClearn
	2.3	9:30	9:41	Lindsay Henderson	Mary Colleen Murphy	Gabrysia Sniadowski	Jenna Michaels	Karin Wagner	Priscila Vazquez	Lorena Allen	Taryn Samples
	2.4	9:45	9:56	Debbie Delre	Rowena Dzibla	Jenny Spencer	Ann Marie Nordby	Kristin Brown	Allie Pletta	Stephanie Adamson	Jayne Colvin
	2.5	10:00	10:11	Melissa Federman	Courtney Fedacsek	Tiffany Murphy	Jennifer Benson	Nell Shuttleworth	Mary Jo Prusko	Marijke Shaffer	Erin Rupsis
	2.6	10:15	10:26	Laura Rupsis	Jamie Michelau	Lisa Gallant	Scratch	Alicia Pagnoni	Anna Mesa	April Payne	Katie Hartnett
	2.7	10:30	10:41	Amber Rich	Evann Scibek	Kara Petruzzelli	Kinsy Rosati	Caitlin Narantic	Carmela Balice Riley	Kasie Jabeck	Jessica Jarosz
	2.8	10:45	10:56	Joline Lyons	Melanie Pozdol	Kalah Blue	Robyn Wall	Katie Keown	Megan Hawkins	Alison Andrews	Scratch
	2.9	11:00	11:11	Nicole Czeslawski	Violet Maka	Sammy Jo Mahler	Emily Gorman	Darcy Leslie	Michelle Goolish	Scratch	Scratch

Lunch | 11:15 a.m. - 12 p.m.

WOD #3 Briefing | 12:15 p.m.

WOD #3 | Power Pyramid.

Workout #3	Heat	Start	End	#1	#2	#3	#4	#5	#6	#7	#8
	3.1	12:30	12:42	Julie Manis	Bailey Engle	Amy Frank	Janea Ortega	Kendra Verhage	Lisa Kurgan	Alyssa Piedra	Angela Pannarale
	3.2	12:46	12:58	Heather Pollina	Kelly Buchholz	Danielle Serlin	Julietta Vargas	Megan McAllister	Donna Johnson	Melissa Frank	Kelly McClearn
	3.3	1:02	1:14	Lindsay Henderson	Mary Colleen Murphy	Gabrysia Sniadowski	Jenna Michaels	Karin Wagner	Priscila Vazquez	Lorena Allen	Taryn Samples
	3.4	1:18	1:30	Debbie Delre	Rowena Dzibla	Jenny Spencer	Ann Marie Nordby	Kristin Brown	Allie Pletta	Stephanie Adamson	Jayne Colvin
	3.5	1:34	1:46	Melissa Federman	Courtney Fedacsek	Tiffany Murphy	Jennifer Benson	Nell Shuttleworth	Mary Jo Prusko	Marijke Shaffer	Erin Rupsis
	3.6	1:50	2:02	Laura Rupsis	Jamie Michelau	Lisa Gallant	Scratch	Alicia Pagnoni	Anna Mesa	April Payne	Katie Hartnett
	3.7	2:06	2:18	Amber Rich	Evann Scibek	Kara Petruzzelli	Kinsy Rosati	Caitlin Narantic	Carmela Balice Riley	Kasie Jabeck	Jessica Jarosz
	3.8	2:22	2:34	Joline Lyons	Melanie Pozdol	Kalah Blue	Robyn Wall	Katie Keown	Megan Hawkins	Alison Andrews	Scratch
	3.9	2:38	2:50	Nicole Czeslawski	Violet Maka	Sammy Jo Mahler	Emily Gorman	Darcy Leslie	Michelle Goolish	Scratch	Scratch

Reset

Final Workout Briefing | 3:10 p.m.

The Finals.