



## 2017 Tandem Throwdown Heat Assignments v1, posted 08.05

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

#### WOD #1 | Fast and Furious. 7 minute cap

Workout #1	Heat	Start	End	#1	#2	#3	#4	#5	#6
		1.1	8:00	8:07	Nordby & Nordby	Keller & Mathes	Fedacsek & Backus	Rupsis & Rupsis	Lowenthal & Eder
	1.2	8:11	8:18	Buchholz & Hatfield	Carlson & Kupczyk	Prusko & Kim	Gomez Olalde & Kapustka	Lynch & Veirup	OPEN
	1.3	8:22	8:29	Pinkson & Champion	Leone & Siegel	Gorman & Pollina	Knight & Smith	Debenedictis & Durrenberger	OPEN
	1.4	8:33	8:40	Jarosz & Davila	Manis & Mitchell	Chicoine & Bartczak	Pickens & McElroy	Rauh & Rauh	OPEN
	1.5	8:44	8:51	Murphy & Milani	Pozdol & Glaser	E Puig & Walters	Rubin & Di Donato	Pletta & Garrett	OPEN
	1.6	8:55	9:02	Dunn & Dunn	Czeslawski & Custodio	Rich & Arce	J Puig & Jimenez	Wagner & Pattison	OPEN
	1.7	9:06	9:13	Sax & Tate	Ryan & Bruesewitz	Daniels & Whitted	Mahler & Mleziva	Gallo & Gallo	OPEN
	1.8	9:17	9:24	Leticia & Pettinato	Vyskocil & Stone	Balice & Babin	Reese & Martin	Le & Mueller	OPEN

#### Reset

#### WOD #2 | In Thruster We Trust. 10 minute cap

Workout #2	Heat	Start	End	#1	#2	#3	#4	#5	#6
		2.1	9:45	9:55	Nordby & Nordby	Keller & Mathes	Fedacsek & Backus	Rupsis & Rupsis	Lowenthal & Eder
	2.2	9:59	10:09	Buchholz & Hatfield	Carlson & Kupczyk	Prusko & Kim	Gomez Olalde & Kapustka	Lynch & Veirup	OPEN
	2.3	10:13	10:23	Pinkson & Champion	Leone & Siegel	Gorman & Pollina	Knight & Smith	Debenedictis & Durrenberger	OPEN
	2.4	10:27	10:37	Jarosz & Davila	Manis & Mitchell	Chicoine & Bartczak	Pickens & McElroy	Rauh & Rauh	OPEN
	2.5	10:41	10:51	Murphy & Milani	Pozdol & Glaser	E Puig & Walters	Rubin & Di Donato	Pletta & Garrett	OPEN
	2.6	11:55	11:05	Dunn & Dunn	Czeslawski & Custodio	Rich & Arce	J Puig & Jimenez	Wagner & Pattison	OPEN
	2.7	11:09	11:19	Sax & Tate	Ryan & Bruesewitz	Daniels & Whitted	Mahler & Mleziva	Gallo & Gallo	OPEN
	2.8	11:23	11:33	Leticia & Pettinato	Vyskocil & Stone	Balice & Babin	Reese & Martin	Le & Mueller	OPEN

### WOD #3 Briefing | 11:35 p.m.

#### Lunch | 11:45 a.m. - 12:25 p.m.

#### WOD #3 | I'll Take A Dozen. 12 minute AMRAP

Workout #3	Heat	Start	End	#1	#2	#3	#4	#5	#6
		3.1	12:25	12:37	Nordby & Nordby	Keller & Mathes	Fedacsek & Backus	Rupsis & Rupsis	Lowenthal & Eder
	3.2	12:41	12:53	Buchholz & Hatfield	Carlson & Kupczyk	Prusko & Kim	Gomez Olalde & Kapustka	Lynch & Veirup	OPEN
	3.3	12:57	1:09	Pinkson & Champion	Leone & Siegel	Gorman & Pollina	Knight & Smith	Debenedictis & Durrenberger	OPEN
	3.4	1:13	1:25	Jarosz & Davila	Manis & Mitchell	Chicoine & Bartczak	Pickens & McElroy	Rauh & Rauh	OPEN
	3.5	1:29	1:41	Murphy & Milani	Pozdol & Glaser	E Puig & Walters	Rubin & Di Donato	Pletta & Garrett	OPEN
	3.6	1:45	1:57	Dunn & Dunn	Czeslawski & Custodio	Rich & Arce	J Puig & Jimenez	Wagner & Pattison	OPEN
	3.7	2:01	2:13	Sax & Tate	Ryan & Bruesewitz	Daniels & Whitted	Mahler & Mleziva	Gallo & Gallo	OPEN
	3.8	2:17	2:29	Leticia & Pettinato	Vyskocil & Stone	Balice & Babin	Reese & Martin	Le & Mueller	OPEN

#### Reset

### Final Workout Briefing | 2:45 p.m.



2017 Tandem Throwdown Heat Assignments v1, posted 08.03

The Finals.   3 p.m.							
Finals	Heat	Start	End	#1	#2	#3	#4
	M1	3:00					
	M2						
	O1						
	O2						
Podium Presentation.							