

- Crosstown Throwdown 2017 Live Event – Tentative Schedule Please note the following:
- This schedule is tentative and may change at any time and for any reason. You should double check the final schedule that will be posted on the day of the live event.
- Heat times are all tentative. If we can run ahead of schedule, we will, so you should be ready to go in order by heat. It is YOUR responsibility to be ready— we won't wait for you and if you miss your heat, you're out of luck and will receive a DNF for the workout!
- You will have a designated time to check in before your heat (10 minutes BEFORE the start of your heat). Please check in on time and bring everything you need for the workout with you to the Staging Area. Once you check in, you must remain at your place in the Staging Area chute.
- Heat assignments will be posted at the live event.
- ALL Athletes will do an initial check in on Saturday August 19th at 7:15am to pick up their shirt and food ticket.
- Volunteers and Judges Check in at 7am
- Mandatory Athlete Briefing at 7:45am
- There is some space for easy ups and chairs.

LIVE EVENT 1		
Time Frame	Heat No.	Athletes
8:00-8:05	Heat 1 – Women 40/50/60's (5)	Kristin Keller (40s)
		Kathleen Willson (50s)
		Connie Coulter (60s)
		Gwen Engle (60s)
		Bonnie Kruse (60s)
8:05-8:10	Heat 2 – Scaled Women (7)	Tricia Hawkes
		JiEun (Jen) Lee
		Nichole Peterson
		Tasha Starr
		Racquelle Servatius
		Raela Mink
8:10-8:15	Heat 3 – Scaled Women (8)	Nichole Pasley
		Stevie Steeley
		Alison Blackman
		Jaynie Post
		Nicky Freymond
		Emily White
		Melanie Thurmond
8:15-8:20	Heat 4 – Teen Men (5), Men 50's (2)	McKenzie Berg
		Autumn Crist
		Cooper Smith (T)
		Arrow Anderson (T)
		Lucas Carlisle (T)

LIVE EVENT 1

Time Frame	Heat No.	Athletes
		Trey Robledo (T)
		Noah Carr (T)
		Gary Davis (50s)
		Edward Willson (50s)
		Steve Sagehorn (50s)
8:20-8:25	Heat 5 – Men 50's (4), Scaled Men (3)	Tim McCoy (50s)
		Brent Baxter (50s)
		DJ McMurdo (50s)
		Eric Tate (50s)
		Matt Vander Boegh (Sc)
		Max Willson (Sc)
		Morgan Lawson (Sc)
8:25-8:30	Heat 6 – Scaled Men (7)	Mark Hayden
		James C Williams III
		Joe Peterson
		Bryan Woolstenhulme
	Heat 6 (continued)	Leon Samuels
		Mike Kirkmire
		Brady Rupp
8:30-8:35	Heat 7 – Men 40's (7)	Mark Tschampl
		Kevin Burke
		Travis Christensen
		Nat Reynolds
		Daniel Lawson
		Joe Jackson
		Jim Tschampl
8:35-8:40	Heat 8 – Men 40's (7)	Chris Uberuaga
		Eric Smith
		Aaron Schow
		Brandon Buck
		Joe Robinson
		Chris Hapner
		JT Hand
8:40-8:45	Heat 9 – Men 35-39 (7)	Brandon Spidell
		Nate Van Dyken
		Scott Freymond
		Ben Noland
		Jonathan Darnall
		Ryan Crosby

LIVE EVENT 1

Time Frame	Heat No.	Athletes
		Gregory Brumett
8:45-8:50	Heat 10 – Women Rx (7)	Sarah Dunn
		Haley Hennessey
		Ashlee Finch
		Amanda Fernholz
		Becca Day
		Sarah Lyons
		Kaycee Richman
8:50-8:55	Heat 11 – Women Rx (6)	Dani Mosbrucker
		Maria Aragon de Gonzales
		Crystal Parks
		Baylie Josephson
		Terrah Owens
		Savannah Talbott
8:55-9:00	Heat 12 – Men Rx (6)	Tat Czudak
		Tyson Berg
	Heat 12 (continued)	Scott Speer
		Brandon Fisher
		Chris Duncan
		Don Henriques
9:00-9:05	Heat 13 – Men Rx (6)	Ian McGetrick
		James Durbin
		Mitch Iverson
		Brett Chesney
		Matthew Burnham
		James Petzke
9:05-9:10	Heat 14 – Men Rx (5)	Joey Brinton
		Justin Medeiros
		Brandon DeLao
		Brian Byrne
		Matt Coffelt

LIVE EVENT 2 – DT + Pull-Ups

Time Frame	Heat No.	Athletes
9:20-9:30	Heat 1 – Women 40/50/60's (5)	Kristin Keller (40s) – 85#
	40s – 20 x Reg Pull-ups, 85#	Kathleen Willson (50s) – 85#
	50s – 15 x Reg Pull-ups, 85#	Connie Coulter (60s) – 65#
	60s – 15 x Reg Pull-ups, 65#	Gwen Engle (60s) – 65#
		Bonnie Kruse (60s) – 65#
9:30-9:40	Heat 2 – Scaled Women (5)	Nicole Peterson
	15 x Reg Pull-ups, 85#	Tasha Starr
		Racquelle Servatius
		Raela Mink
		Nichole Pasley
9:40-9:50	Heat 3 – Scaled Women (5)	Melanie Thurmond
	15 x Reg Pull-ups, 85#	McKenzie Berg
		Autumn Crist
		Tricia Hawkes
		JiEun (Jen) Lee
9:50-10:00	Heat 4 – Scaled Women (5)	Stevie Steely
	15 x Reg Pull-ups, 85#	Allison Blackman
		Jaynie Post
		Nicky Freymond
		Emily White
10:00-10:10	Heat 5 – Teen Men (5)	Cooper Smith
	30 x Reg Pull-ups, 115#	Arrow Anderson
		Lucas Carlisle
		Trey Robledo
		Noah Carr
10:10-10:20	Heat 6 -- Men 50's (5)	DJ McMurdo
	20 x Reg Pull-ups, 115#	Eric Tate
		Gary Davis
		Edward Willson
		Steve Sagehorn
10:20-10:30	Heat 7 -- Men 50's (2), Scaled Men (2)	Tim McCoy (50s)
	50s – 20 x Reg Pull-ups, 115#	Brent Baxter (50s)
	Scaled – 20 x Reg Pull-ups, 115#	Max Willson (Sc)
		Morgan Lawson (Sc)
10:30-10:40	Heat 8 – Scaled Men (4)	Leon Samuels
	Scaled – 20 x Reg Pull-ups, 115#	Mike Kirkmire
		Brady Rupp
	Heat 8 (continued)	Matt Vander Boegh

LIVE EVENT 2 – DT + Pull-Ups

Time Frame	Heat No.	Athletes
10:40-10:50	Heat 9 -- Scaled Men (4)	Mark Hayden
	Scaled – 20 x Reg Pull-ups, 115#	James C Williams III
		Joe Peterson
		Bryan Woolstenhulme
10:50-11:00	Heat 10 -- Men 40's (5)	Travis Christensen
	30 x C2B Pull-ups, 150#	Nat Reynolds
		Daniel Lawson
		Joe Jackson
		Jim Tschampl
11:00-11:10	Heat 11 -- Men 40's (5)	Joe Robinson
	30 x C2B Pull-ups, 150#	Chris Hapner
		JT Hand
		Mark Tschampl
		Kevin Burke
11:10-11:20	Heat 12 -- Men 40's (4), Men 35-39 (1)	Chris Uberuaga (40s)
	40s -- 30 x C2B Pull-ups, 150#	Eric Smith (40s)
	35-39 – 30 x C2B Pull-ups, 165#	Aaron Schow (40s)
		Brandon Buck (40s)
		Gregory Brumett (35-39)
11:20-11:30	Heat 13 -- Men 35-39 (5)	Brandon Spidell
	30 x C2B Pull-ups, 165#	Scott Freymond
		Ben Noland
		Jonathan Darnall
		Ryan Crosby
11:30-11:40	Heat 14 -- Men Rx (4), Men 35-39 (1)	Nate Van Dyken (35-39)
	30 x C2B Pull-ups, 165#	Tyson Berg
		Scott Speer
		Brandon Fisher
		Chris Duncan
11:40-11:50	Heat 15 -- Men Rx (5)	Don Henriques
	30 x C2B Pull-ups, 165#	Brett Chesney
		Matthew Burnham
		James Petzke
		Tat Czudak
11:50-12:00	Heat 16 -- Men Rx (4)	Matt Coffelt
	Heat 16 (continued)	Ian McGetrick
	30 x C2B Pull-ups, 165#	James Durbin

LIVE EVENT 2 – DT + Pull-Ups

Time Frame	Heat No.	Athletes
		Mitch Iverson
12:00-12:10	Heat 17 -- Men Rx (4)	Joey Brinton
	30 x C2B Pull-ups, 165#	Justin Medeiros
		Brandon DeLao
		Brian Byrne
12:10-12:20	Heat 18 -- Women Rx (4)	Amanda Fernholz
	30 x C2B Pull-ups, 115#	Becca Day
		Sarah Lyons
		Kaycee Richman
12:20-12:30	Heat 19 -- Women Rx (5)	Terrah Owens
	30 x C2B Pull-ups, 115#	Savannah Talbott
		Sarah Dunn
		Haley Hennessey
		Ashlee Finch
12:30-12:40	Heat 20 -- Women Rx (4)	Dani Mosbrucker
	30 x C2B Pull-ups, 115#	Maria Aragon de Gonzales
		Crystal Parks
		Baylie Josephson