

All Participants



time	Gender	Division	Name	Rowing s	Bench Hops s	TRX Push Up + Knee Tuck s	Cone Lateral Hop s	Box Jump Burpee s	Chin Ups s	Barbell Squat Press s	Medball Russian Twist s	Deadball Overhead Drop s	Hurdle Hop s	Score s
12:45:00 PM	m	2	Andy Sykes	278	71	43	70	14	12	25	35	17	13	<b>679.17</b>
9:30:00 AM	m	2	Randy Barbour	264	70	38	70	10	17	24	44	16	11	<b>654.97</b>
8:30:00 PM	m	2	Tim Dinh	263	66	16	69	10	18	31	33	18	12	<b>636.48</b>
5:00:00 PM	M	1	Daniel Smith	258	71	26	60	10	8	17	37	12	10	<b>539.68</b>
3:00:00 PM	m	1	Tristram Nguyen	245	74	30	70	10	6	13	37	14	8	<b>528.06</b>
2:45:00 PM	f	1	Thao Nguyen	228	71	18	70	9	2	23	37	15	10	<b>522.25</b>
12:15:00 PM	m	3	Emmanuel Mast	235	65	25	70	8	8	17	41	11	8	<b>508.93</b>
3:45:00 PM	m	1	Devin Martin	249	68	21	700	9	7	16	33	11	9	<b>505.52</b>
10:45:00 AM	f	1	Chantal Prester	220	45	19	60	7	2	21	52	16	10	<b>491.41</b>
9:00:00 AM	f	1	Cora Stork	220	64	11	65	8	1	25	24	17	10	<b>485.17</b>
3:15:00 PM	m	1	Colton Ruscetti	246	50	20	50	8	10	17	34	10	10	<b>482.36</b>
1:45:00 PM	m	1	Ben Hardin	226	68	21	65	8	14	11	25	8	9	<b>482.15</b>
7:30:00 PM	M	1	Quay Hervey	236	62	18	60	7	16	15	29	9	7	<b>479.57</b>
2:15:00 PM	f	1	Caitlin Craig	210	60	16	50	7	4	18	39	16	10	<b>475.29</b>
4:00:00 PM	m	2	Austin Sanderson	269	48	14	50	7	9	16	41	12	9	<b>474.59</b>
3:30:00 PM	f	1	Daisy Momanyi	213	66	16	58	8	0	24	41	12	6	<b>455.75</b>
7:45:00 PM	F	2	Helena Hernandez	218	60	13	60	8	5	14	30	15	8	<b>453.52</b>
12:30:00 PM	m	3	George Hayden	231	59	19	51	8	4	20	32	11	7	<b>451.66</b>



Team Name	Athletes	Score	Total	Place
Instructibles	Cora	485.17	2017.99	1st
	Carlie	338.17		
	Randy	654.97		
	Daniel	539.68		
Cox inhibitors	Chantal	491.41	1855.87	4th
	Casey	431.37		
	Quay	479.57		
	Helena	453.52		
NIAR	Tracee	431.16	1783.72	5th
	Jeff	391.97		
	Emmanuel	508.93		
	George	451.66		
Little Bit of Lace	Andy	679.17	2010.37	2nd
	Lacey	366.69		
	Ben	482.15		
	Colton	482.36		
Dancers	Rheanna	398.65	1638.48	6th
	Caitlin	475.29		
	Martha	336.12		
	Dalton	428.42		
IVBC	Thao	522.25	1950.11	3rd
	Tristram	528.06		
	Daisy	455.75		
	Dalan	444.05		





Results Division 2 Female



time	Gender	Division	Name	Rowing s	Bench Hops s	TRX Push Up + Knee Tuck s	Cone Lateral Hop s	Box Jump Burpee s	Chin Ups s	Barbell Squat Press s	Medball Russian Twist s	Deadball Overhead Drop s	Hurdle Hop s	Score s
7:45:00 PM	F	2	Helena Hernandez	218	60	13	60	8	5	14	30	15	8	<b>453.52</b>
5:15:00 PM	f	2	Kristina Buller	195	51	10	31	6	0	20	40	16	5	<b>388.03</b>
10:30:00 AM	f	2	Na Hoang	174	49	4	50	6	0	14	33	14	8	<b>370.17</b>

Results Division 3 Female



time	Gender	Division	Name	Rowing s	Bench Hops s	TRX Push Up + Knee Tuck s	Cone Lateral Hop s	Box Jump Burpee s	Chin Ups s	Barbell Squat Press s	Medball Russian Twist s	Deadball Overhead Drop s	Hurdle Hop s	Score s
11:45:00 AM	f	3	Tracee Friess	199	45	16	42	8	0	20	45	16	7	<b>431.16</b>

Results Division 4 Female



time	Gender	Division	Name	S	S	S	S	S	S	S	S	S	S	S	S	S
				Rowing	Bench Hops	TRX Push Up + Knee Tuck	Cone Lateral Hop	Box Jump Burpee	Chin Ups	Barbell Squat Press	Medball Russian Twist	Deadball Overhead Drop	Hurdle Hop	Score		
10:00:00 AM	f	4	Jane Hodge	217	31	12	35	6	0	22	36	14	5	<b>374.86</b>		



All Males



time	Gender	Division	Name	Rowing s	Bench Hops s	TRX Push Up + Knee Tuck s	Cone Lateral Hop s	Box Jump Burpee s	Chin Ups s	Barbell Squat Press s	Medball Russian Twist s	Deadball Overhead Drop s	Hurdle Hop s	Score s
12:45:00 PM	m	2	Andy Sykes	278	71	43	70	14	12	25	35	17	13	<b>679.17</b>
9:30:00 AM	m	2	Randy Barbour	264	70	38	70	10	17	24	44	16	11	<b>654.97</b>
8:30:00 PM	m	2	Tim Dinh	263	66	16	69	10	18	31	33	18	12	<b>636.48</b>
5:00:00 PM	M	1	Daniel Smith	258	71	26	60	10	8	17	37	12	10	<b>539.68</b>
3:00:00 PM	m	1	Tristram Nguyen	245	74	30	70	10	6	13	37	14	8	<b>528.06</b>
12:15:00 PM	m	3	Emmanuel Mast	235	65	25	70	8	8	17	41	11	8	<b>508.93</b>
3:45:00 PM	m	1	Devin Martin	249	68	21	700	9	7	16	33	11	9	<b>505.52</b>
3:15:00 PM	m	1	Colton Ruscetti	246	50	20	50	8	10	17	34	10	10	<b>482.36</b>
1:45:00 PM	m	1	Ben Hardin	226	68	21	65	8	14	11	25	8	9	<b>482.15</b>
7:30:00 PM	M	1	Quay Hervey	236	62	18	60	7	16	15	29	9	7	<b>479.57</b>
4:00:00 PM	m	2	Austin Sanderson	269	48	14	50	7	9	16	41	12	9	<b>474.59</b>
12:30:00 PM	m	3	George Hayden	231	59	19	51	8	4	20	32	11	7	<b>451.66</b>
9:45:00 AM	m	3	Kiren Rajeram	247	49	22	50	7	10	12	41	9	7	<b>450.22</b>
1:30:00 PM	m	2	Vijay Matheswaran	239	68	22	55	7	4	13	29	12	7	<b>447.48</b>
7:15:00 PM	M	2	Casey Adams	222	65	23	65	6	4	11	22	9	9	<b>431.37</b>
5:30:00 PM	m	1	Dalton Miller	223	68	25	40	7	9	12	20	10	6	<b>428.42</b>
11:00:00 AM	m	3	Keith Fitzgeralds	235	50	25	40	6	10	13	29	11	5	<b>422.85</b>
4:45:00 PM	m	3	Ali Eslami	227	67	15	52	7	2	15	22	11	9	<b>420.34</b>



Results Division 1 Male Age <25



time	Gender	Division	Name	Rowing s	Bench Hops s	TRX Push Up + Knee Tuck s	Cone Lateral Hop s	Box Jump Burpee s	Chin Ups s	Barbell Squat Press s	Medball Russian Twist s	Deadball Overhead Drop s	Hurdle Hop s	Score
5:00:00 PM	M	1	Daniel Smith	258	71	26	60	10	8	17	37	12	10	<b>539.68</b>
3:00:00 PM	m	1	Tristram Nguyen	245	74	30	70	10	6	13	37	14	8	<b>528.06</b>
3:45:00 PM	m	1	Devin Martin	249	68	21	700	9	7	16	33	11	9	<b>505.52</b>
3:15:00 PM	m	1	Colton Ruscetti	246	50	20	50	8	10	17	34	10	10	<b>482.36</b>
1:45:00 PM	m	1	Ben Hardin	226	68	21	65	8	14	11	25	8	9	<b>482.15</b>
7:30:00 PM	M	1	Quay Hervey	236	62	18	60	7	16	15	29	9	7	<b>479.57</b>
5:30:00 PM	m	1	Dalton Miller	223	68	25	40	7	9	12	20	10	6	<b>428.42</b>

Results Division 2 Male



time	Gender	Division	Name	S Rowing	S Bench Hops	S TRX Push Up + Knee Tuck	S Cone Lateral Hop	S Box Jump Burpee	S Chin Ups	S Barbell Squat Press	S Medball Russian Twist	S Deadball Overhead Drop	S Hurdle Hop	S Score
12:45:00 PM	m	2	Andy Sykes	278	71	43	70	14	12	25	35	17	13	<b>679.17</b>
9:30:00 AM	m	2	Randy Barbour	264	70	38	70	10	17	24	44	16	11	<b>654.97</b>
8:30:00 PM	m	2	Tim Dinh	263	66	16	69	10	18	31	33	18	12	<b>636.48</b>
4:00:00 PM	m	2	Austin Sanderson	269	48	14	50	7	9	16	41	12	9	<b>474.59</b>
1:30:00 PM	m	2	Vijay Matheswaran	239	68	22	55	7	4	13	29	12	7	<b>447.48</b>
7:15:00 PM	M	2	Casey Adams	222	65	23	65	6	4	11	22	9	9	<b>431.37</b>

Results Division 3 Male



time	Gender	Division	Name	S Rowing	S Bench Hops	S TRX Push Up + Knee Tuck	S Cone Lateral Hop	S Box Jump Burpee	S Chin Ups	S Barbell Squat Press	S Medball Russian Twist	S Deadball Overhead Drop	S Hurdle Hop	S Score
12:15:00 PM	m	3	Emmanuel Mast	235	65	25	70	8	8	17	41	11	8	<b>508.93</b>
12:30:00 PM	m	3	George Hayden	231	59	19	51	8	4	20	32	11	7	<b>451.66</b>
9:45:00 AM	m	3	Kiren Rajeram	247	49	22	50	7	10	12	41	9	7	<b>450.22</b>
11:00:00 AM	m	3	Keith Fitzgeralds	235	50	25	40	6	10	13	29	11	5	<b>422.85</b>
4:45:00 PM	m	3	Ali Eslami	227	67	15	52	7	2	15	22	11	9	<b>420.34</b>
11:15:00 AM	m	3	James Beck	250	59	15	49	7	3	14	27	9	7	<b>410.35</b>
11:30:00 AM	m	3	Alex Ramos	238	61	25	40	5	2	12	24	10	6	<b>392.82</b>
12:00:00 PM	m	3	Jeff Gilchrist	237	63	25	50	6	2	12	10	12	5	<b>391.97</b>

Results Division 4 Male



time	Gender	Division	Name	S	S	S	S	S	S	S	S	S	S	S
				Rowing	Bench Hops	TRX Push Up + Knee Tuck	Cone Lateral Hop	Box Jump Burpee	Chin Ups	Barbell Squat Press	Medball Russian Twist	Deadball Overhead Drop	Hurdle Hop	Score
4:30:00 PM	m	4	Kirk Burgess	231	38	12	40	7	0	13	24	15	7	<b>373.43</b>