

Division	Contact First Name	Contact Last Name	Team Name	WOD 1 Heats	Lane Assignment	Start Time
Scaled	Nicole	Nelsen	Flagship Diamond Cuts	1	1	8:45am
Scaled	mike	Morales	Team Advanced-Green	1	2	
Scaled	Tim	Dymmel	Team Strenf!	1	3	
Scaled	JEREMY	SELBACH	CROSSFIT CAMPBELL	2	1	9:00am
Scaled	Ulises	Barron	Brethren crossfit	2	2	
Scaled	Megan	Lauzon	South City	2	3	
Scaled	kristen	Sinnott	Team Croga	2	4	
Scaled	Liz	Feierabend	Three Yanks and a Leaf	3	1	9:15am
Scaled	Ashley	Visneski	Go Big or Go Home	3	2	
Scaled	Marco	Escalante	CF Rejects	3	3	
Scaled	Herman	Ng	Corgis Don't Quit	3	4	
Scaled	Monica	Roscelli	The Bob Cats	4	1	9:30am
Scaled	Dino	Del Mastro	CFLG SP	4	2	
Scaled	John	Bourgeois	Bad Gatos	4	3	
Scaled	Michael	Mather	Lalanne Fitness	4	4	
Scaled	Rosemary	Lustan	#WTF	5	1	9:45am
Scaled	Jen	Bishop	Parents & Young Guns	5	2	
Scaled	Sarah	DeParis	Arena Ready Red	5	3	
Scaled	Jane	Kou	West Coast IS Tribe	5	4	
Scaled	Julia	Murphy	Gym Class Misfits	6	1	10:00am
Scaled	Calvin	Chan	IS Tribe Crossfit	6	2	
Scaled	V	Garcia	Cfsj- V & the Gang	6	3	
Scaled	Keahn	Malek-Madani	Team Advanced - Black	6	4	
Scaled	Bernadette	Stone	DWN	7	1	10:15am
Scaled	Tao Tao	Wang	Yellow Fever	7	2	
Scaled	Christopher	Banuelos	French Toast Mafia	7	3	
Scaled	Roman	Cruz	Did my mom just out lift you?!?	7	4	

Scaled	Brian	Go	Brian Go	8	1	10:30am
Scaled	Rosalie	Secreto	Team Y-Nots!	8	2	
Scaled	Richard	Schuster	SchuBox CrossFit	8	3	
Scaled	Michael	Bedell	BAC "Badass Cats"	8	4	
5 MIN TRANSITION RX HEATS BEGIN						
RX	Lee Robert	Estrella	Arena Ready Gladiators	1	1	10:50am
RX	Jeffrey	Gordon	The Benchwarmers!	1	2	
RX	Michael	Olivas	Nutrishop San Jose	1	3	
RX	Katie	Hogan	CSA	1	4	
5 MIN TRANSITION RX HEATS BEGIN						
RX	Coral	Lloyd	Crossfit Los Gatos	2	1	11:05am
RX	Josh	Rogers	Cadence	2	2	
RX	Nicole	Nelsen	Flagship Xtreme	2	3	
RX	Leonidas	Pappas	CrossFit United	2	4	