

Morganton Monster Individual Heat Sheet-Friday Sept. 7th

EVENT 1	ATHLETE	AFFILIATE	DIVISION	LANE
Heat 1 5:30pm	STEPHANIE PAGLIALUNGA	CROSSFIT SPARTANBURG	Women's Scaled	1
	AMY BASS	CROSSFIT HAYWOOD	Women's Scaled	2
	KIMBERLY MORGAN	QUEST4LIFE	Women's Scaled	3
	KENDALL ANTHONY	CROSSFIT WIDE OPEN	Women's Scaled	4
	LAUREN MACLEOD	DOGWOOD CROSSFIT	Women's Scaled	5
Heat 2 5:45pm	ALISON ENSLEY	HAYWOOD CROSSFIT	Women's Masters	1
	ANDREA HILDERBRAND	LATITUDE 35	Women's Masters	2
	TOM CICHOCKI	DOGWOOD CROSSFIT	Men's Scaled	3
	EVAN SHEK	DOGWOOD CROSSFIT	Men's Scaled	4
	JONATHAN PEARSON	UNIT ONE FITNESS	Men's Scaled	5
Heat 3 6:00pm	MARK SEWELL	CROSSFIT 754	Men's Masters	1
	GUSTAVO FLOREZ	CROSSFIT GLORIFIED	Men's Masters	2
	THOMAS ROSE	CROSSFIT MORGANTON	Men's Masters	3
	TRAVIS BUTLER	CROSSFIT MORGANTON	Men's Masters	4
	BRANDON HOLLOWAY	CROSSFIT HAYWOOD	Men's Masters	5
	GREENE SHEPHERD	HARD EXERCISE WORKS ASH	Men's Masters	6
Heat 4 6:15pm	KATIE POWELL	UNAFFILIATED	Women's Rx	1
	CHLOE SULLIVAN	ASHE CROSSFIT	Women's Rx	2
	WOODLEY CLARK	SWEATBOX GARAGE GYM	Men's Rx	3
	CORY LAIL	CROSSFIT SERVE	Men's Rx	4
	DANIEL HAMBY	CROSSFIT SERVE	Men's Rx	5
Heat 5 6:30pm	DOUG CABRAL	CROSSFIT WIDE OPEN	Men's Rx	1
	BRYAN PETSCHUL	CROSSFIT EDEN	Men's Rx	2
	ERIC POWELL	CROSSFIT 77	Men's Rx	3
	GREG POWELL	UNAFFILIATED	Men's Rx	4
	HUNTER WILLIAMS	DOGWOOD CROSSFIT	Men's Rx	5
EVENT 2	ATHLETE	AFFILIATE	DIVISION	LANE
Heat 1 7:00pm	STEPHANIE PAGLIALUNGA	CROSSFIT SPARTANBURG	Women's Scaled	1
	AMY BASS	CROSSFIT HAYWOOD	Women's Scaled	2
	KIMBERLY MORGAN	QUEST4LIFE	Women's Scaled	3
	KENDALL ANTHONY	CROSSFIT WIDE OPEN	Women's Scaled	4
	LAUREN MACLEOD	DOGWOOD CROSSFIT	Women's Scaled	5
Heat 2 7:20pm	ALISON ENSLEY	HAYWOOD CROSSFIT	Women's Masters	1
	ANDREA HILDERBRAND	LATITUDE 35	Women's Masters	2
	TOM CICHOCKI	DOGWOOD CROSSFIT	Men's Scaled	3
	EVAN SHEK	DOGWOOD CROSSFIT	Men's Scaled	4
	JONATHAN PEARSON	UNIT ONE FITNESS	Men's Scaled	5
Heat 3 7:40pm	MARK SEWELL	CROSSFIT 754	Men's Masters	1
	GUSTAVO FLOREZ	CROSSFIT GLORIFIED	Men's Masters	2
	THOMAS ROSE	CROSSFIT MORGANTON	Men's Masters	3
	TRAVIS BUTLER	CROSSFIT MORGANTON	Men's Masters	4
	BRANDON HOLLOWAY	CROSSFIT HAYWOOD	Men's Masters	5
	GREENE SHEPHERD	HARD EXERCISE WORKS ASH	Men's Masters	6
Heat 4 8:00pm	KATIE POWELL	UNAFFILIATED	Women's Rx	1
	CHLOE SULLIVAN	ASHE CROSSFIT	Women's Rx	2
	WOODLEY CLARK	SWEATBOX GARAGE GYM	Men's Rx	3
	CORY LAIL	CROSSFIT SERVE	Men's Rx	4
	DANIEL HAMBY	CROSSFIT SERVE	Men's Rx	5
Heat 5 8:20pm	DOUG CABRAL	CROSSFIT WIDE OPEN	Men's Rx	1
	BRYAN PETSCHUL	CROSSFIT EDEN	Men's Rx	2
	ERIC POWELL	CROSSFIT 77	Men's Rx	3
	GREG POWELL	UNAFFILIATED	Men's Rx	4
	HUNTER WILLIAMS	DOGWOOD CROSSFIT	Men's Rx	5

EVENT 3	ATHLETE	AFFILIATE	DIVISION	LANE
Heat 1 8:50pm	STEPHANIE PAGLIALUNGA	CROSSFIT SPARTANBURG	Women's Scaled	1
	AMY BASS	CROSSFIT HAYWOOD	Women's Scaled	2
	KIMBERLY MORGAN	QUEST4LIFE	Women's Scaled	3
	KENDALL ANTHONY	CROSSFIT WIDE OPEN	Women's Scaled	4
	LAUREN MACLEOD	DOGWOOD CROSSFIT	Women's Scaled	5
Heat 2 9:10pm	ALISON ENSLEY	HAYWOOD CROSSFIT	Women's Masters	1
	ANDREA HILDERBRAND	LATITUDE 35	Women's Masters	2
	TOM CICHOCKI	DOGWOOD CROSSFIT	Men's Scaled	3
	EVAN SHEK	DOGWOOD CROSSFIT	Men's Scaled	4
	JONATHAN PEARSON	UNIT ONE FITNESS	Men's Scaled	5
Heat 3 9:30pm	MARK SEWELL	CROSSFIT 754	Men's Masters	1
	GUSTAVO FLOREZ	CROSSFIT GLORIFIED	Men's Masters	2
	THOMAS ROSE	CROSSFIT MORGANTON	Men's Masters	3
	TRAVIS BUTLER	CROSSFIT MORGANTON	Men's Masters	4
	BRANDON HOLLOWAY	CROSSFIT HAYWOOD	Men's Masters	5
	GREENE SHEPHERD	HARD EXERCISE WORKS ASH	Men's Masters	6
Heat 4 9:50pm	KATIE POWELL	UNAFFILIATED	Women's Rx	1
	CHLOE SULLIVAN	ASHE CROSSFIT	Women's Rx	2
	WOODLEY CLARK	SWEATBOX GARAGE GYM	Men's Rx	3
	CORY LAIL	CROSSFIT SERVE	Men's Rx	4
	DANIEL HAMBY	CROSSFIT SERVE	Men's Rx	5
Heat 5 10:10pm	DOUG CABRAL	CROSSFIT WIDE OPEN	Men's Rx	1
	BRYAN PETSCHUL	CROSSFIT EDEN	Men's Rx	2
	ERIC POWELL	CROSSFIT 77	Men's Rx	3
	GREG POWELL	UNAFFILIATED	Men's Rx	4
	HUNTER WILLIAMS	DOGWOOD CROSSFIT	Men's Rx	5
10:40pm	AWARDS			