

SATURDAY

Day 1 Athlete Heat Schedule

Reminder! Athlete Games check in begins at 7:15 AM at 17036 Kenton Drive, Cornelius, NC 28031. Downstairs near large parking lot at Burn Boot Camp – Lake Norman.

Event	Division	Heat Line Up Time	Start Time	Athletes	
S.O.S.S.	Male Masters	7:45 AM Red Wrist Band	H1 8:00-8:10 AM	-Will Shurtleff -Kyle Horner	-Adam Phillips -Tramond Duckworth - Brett Hysinger
	Male Standard	7:45 AM Yellow Wrist Band Orange Dot	H1 8:12-8:22 AM	-Max Hagopian -Chuck Sulick -Joshua Ellis	-Cody Burns -Keegan McGonagle -Travis Madonna
		8:10 AM Yellow Wrist Band Blue Dot	H2 8:24-8:34 AM	-Gavin Binger -Riley Kelly -Bryan Spakowicz	-Jordan Moore -Kyle Davis -Christian Casis
		8:10 AM Yellow Wrist Band Purple Dot	H3 8:36-8:46 AM	-Timothy Frost -Grant Luther	-Zach Wawrzyniak -Colton Woyak
	Female Masters	8:34 AM Pink Wrist Band Orange Dot	H1 8:49-8:59 AM	-Leslie Eddy -Agnese Barnett -Meghan Lafferty	-Jennifer Gospodarek -Leslie Sullivan -Kira Nolen
		8:34 AM Pink Wrist Band Blue Dot	H2 9:01-9:11 AM	-Wendy Wilkerson -Colleen Tracey -Sharon Bernard	-Meredith Davis -Amy Sheetz -Erin Delk
		8:59 AM Pink Wrist Band Purple Dot	H3 9:13-9:23 AM	-Patrice London -Jennifer Sweet	-Jamie Kemper -Tara Bauer
	Female Standard	8:59 AM Green Wrist Band Orange Dot	H1 9:25-9:35 AM	-Maggie Balow -Katie Burk -Amber Bellows	-Lindsey Taylor -Keega Hibshman -Whitney Stripling
		9:23 AM Green Wrist Band Blue Dot	H2 9:37-9:47 AM	- Arden Mattachini -Eliza Harris -Micki Clark	-Kellie Sprouse Erin Hoffmeister -Kathryn Olinger
		9:23 AM Green Wrist Band	H3 9:49-9:59 AM	-Cameron Tooley -Haley Italia	-Becky Bjorklund -Samantha Tickle

		Purple Dot				
Deadlift Sandwich	Male Masters	9:47 AM Red Wrist Band	H1 10:04 -10:12 AM	-Will Shurtleff -Kyle Horner	-Adam Phillips -Tramond Duckworth - Brett Hysinger	
	Male Standard	9:47 AM Yellow Wrist Band Orange Dot	H1 10:14-10:22 AM	-Max Hagopian -Chuck Sulick -Joshua Ellis	-Cody Burns -Keegan McGonagle -Travis Madonna	
		10:12 AM Yellow Wrist Band Blue Dot	H2 10:24-10:32 AM	-Gavin Binger -Riley Kelly -Bryan Spakowicz	-Jordan Moore -Kyle Davis -Christian Casis	
		10:12 AM Yellow Wrist Band Purple Dot	H3 10:34-10:42 AM	-Timothy Frost -Grant Luther	-Zach Wawrzyniak -Colton Woyak	
	Female Masters	10:22 AM Pink Wrist Band Orange Dot	H1 10:45-10:53 AM	-Leslie Eddy -Agnese Barnett -Meghan Lafferty	-Jennifer Gospodarek -Leslie Sullivan -Kira Nolen	
		10:22 AM Pink Wrist Band Blue Dot	H2 10:55-11:03 AM	-Wendy Wilkerson -Colleen Tracey -Sharon Bernard	-Meredith Davis -Amy Sheetz -Erin Delk	
		10:53 AM Pink Wrist Band Purple Dot	H3 11:05-11:13 AM	-Patrice London -Jennifer Sweet	-Jamie Kemper -Tara Bauer	
	Female Standard	10:53 AM Green Wrist Band Orange Dot	H1 11:15-11:23 AM	-Maggie Balow -Katie Burk -Amber Bellows	-Lindsey Taylor -Keega Hibshman -Whitney Stripling	
		11:13 AM Green Wrist Band Blue Dot	H2 11:25-11:33 AM	- Arden Mattachini -Eliza Harris -Micki Clark	-Kellie Sprouse Erin Hoffmeister -Kathryn Olinger	
		11:13 AM Green Wrist Band Purple Dot	H3 11:35-11:43 AM	-Cameron Tooley -Haley Italia	-Becky Bjorklund -Samantha Tickle	
	Death Drop	Male Masters	11:33 AM Red Wrist Band	H1 11:48-12:00 PM	-Will Shurtleff -Kyle Horner	-Adam Phillips -Tramond Duckworth - Brett Hysinger

	Male Standard	11:33 AM Yellow Wrist Band Orange Dot	H1 12:02-12:14 PM	-Max Hagopian -Chuck Sulick -Joshua Ellis	-Cody Burns -Keegan McGonagle -Travis Madonna
		12:00 PM Yellow Wrist Band Blue Dot	H2 12:16-12:28 PM	-Gavin Binger -Riley Kelly -Bryan Spakowicz	-Jordan Moore -Kyle Davis -Christian Casis
		12:00 PM Yellow Wrist Band Purple Dot	H3 12:30-12:42 PM	-Timothy Frost -Grant Luther	-Zach Wawrzyniak -Colton Woyak
	Female Masters	12:28 PM Pink Wrist Band Orange Dot	H1 12:45-12:57 PM	-Leslie Eddy -Agnese Barnett -Meghan Lafferty	-Jennifer Gospodarek -Leslie Sullivan -Kira Nolen
		12:28 PM Pink Wrist Band Blue Dot	H2 12:59-1:11 PM	-Wendy Wilkerson -Colleen Tracey -Sharon Bernard	-Meredith Davis -Amy Sheetz -Erin Delk
		12:57 PM Pink Wrist Band Purple Dot	H3 1:13-1:25 PM	-Patrice London -Jennifer Sweet	-Jamie Kemper -Tara Bauer
	Female Standard	12:57 PM Green Wrist Band Orange Dot	H1 1:27-1:39 PM	-Maggie Balow -Katie Burk -Amber Bellows	-Lindsey Taylor -Keega Hibshman -Whitney Stripling
		1:13 PM Green Wrist Band Blue Dot	H2 1:41-1:53 PM	- Arden Mattachini -Eliza Harris -Micki Clark	-Kellie Sprouse Erin Hoffmeister -Kathryn Olinger
		1:13 PM Green Wrist Band Purple Dot	H3 1:55-2:07	-Cameron Tooley -Haley Italia	-Becky Bjorklund -Samantha Tickle

SUNDAY

Day 2 Athlete Heat Schedule

Reminder! Athlete Games check in begins at 7:15 AM at 17036 Kenton Drive, Cornelius, NC 28031. Downstairs near large parking lot at Burn Boot Camp – Lake Norman.

Event	Division	Heat Line Up Time	Start Time	Athletes	
Graduation	Male Masters	7:45 AM Red Wrist Band	H1 8:00-8:10 AM	-Will Shurtleff -Kyle Horner	-Adam Phillips -Tramond Duckworth - Brett Hysinger
	Male Standard	7:45 AM Yellow Wrist Band Orange Dot	H1 8:12-8:22 AM	-Max Hagopian -Chuck Sulick -Joshua Ellis	-Cody Burns -Keegan McGonagle -Travis Madonna
		8:10 AM Yellow Wrist Band Blue Dot	H2 8:24-8:34 AM	-Gavin Binger -Riley Kelly -Bryan Spakowicz	-Jordan Moore -Kyle Davis -Christian Casis
		8:10 AM Yellow Wrist Band Purple Dot	H3 8:36-8:46 AM	-Timothy Frost -Grant Luther	-Zach Wawrzyniak -Colton Woyak
	Female Masters	8:34 AM Pink Wrist Band Orange Dot	H1 8:49-8:59 AM	-Leslie Eddy -Agnese Barnett -Meghan Lafferty	-Jennifer Gospodarek -Leslie Sullivan -Kira Nolen
		8:34 AM Pink Wrist Band Blue Dot	H2 9:01-9:11 AM	-Wendy Wilkerson -Colleen Tracey -Sharon Bernard	-Meredith Davis -Amy Sheetz -Erin Delk
		8:59 AM Pink Wrist Band Purple Dot	H3 9:13-9:23 AM	-Patrice London -Jennifer Sweet	-Jamie Kemper -Tara Bauer
	Female Standard	8:59 AM Green Wrist Band Orange Dot	H1 9:25-9:35 AM	-Maggie Balow -Katie Burk -Amber Bellows	-Lindsey Taylor -Keega Hibshman -Whitney Stripling
		9:23 AM Green Wrist Band	H2 9:37-9:47 AM	- Arden Mattachini -Eliza Harris	-Kellie Sprouse Erin Hoffmeister

		Blue Dot		-Micki Clark	-Kathryn Olinger
		9:23 AM Green Wrist Band Purple Dot	H3 9:49-9:59 AM	-Cameron Tooley -Haley Italia	-Becky Bjorklund -Samantha Tickle
Humble Pie	Male Masters	9:47 AM Red Wrist Band	H1 10:04-10:12 AM	TBD	TBD
	Male Standard	9:47 AM Yellow Wrist Band	H1 10:14-10:22 AM	TBD	TBD
		9:47 AM Yellow Wrist Band	H2 10:24-10:32 AM	TBD	TBD
	Female Masters	10:22 AM Pink Wrist Band	H1 10:35-10:43 AM	TBD	TBD
		10: 22 AM Pink Wrist Band	H2 10:45-10:53 AM	TBD	TBD
	Female Standard	10:43 AM Green Wrist Band	H1 10:55-11:03 AM	TBD	TBD
		10:43 AM Green Wrist Band	H2 11:05-11:13 AM	TBD	TBD
	Long Division	Male Masters	10:55 AM All	11:18-11:28 AM	TBD
Male Standard		10:55 AM All	11:34-11:44 PM	TBD	TBD
Female Masters		10:55 AM All	11:50-12:00 PM	TBD	TBD
Female Standard		10:55 AM All	12:06-12:16 PM	TBD	TBD