

WORKOUT #1

HEAT 1	9:00AM - 9:15AM
MALE RX1	JUDGE
MIKE SABATO	CYNTHIA
GREG LOBOSKY	JAX
AUSTIN MONTEIRO	SHANNON
ROGER ST. ONGE	JON
LOU VILLANI	DAN G.
PADDY BOSCOE	MIKE D.
JUSTIN MCENROE	JIMMY B.
JAMES BANNON	LISA B.
JAIME MUSAMANO	HEATHER K.
AJ GARSTANG	ROBYN
LLOYD BAILEY	KEN K.
SCOTT PARMALEE	CAIT

HEAT 2	9:15AM - 9:30AM
MALE RX2	JUDGE
LUCAS ROSA	IAN
BRAD BALLETO	CRISTINA
KEVIN TAGGERT	JENNY
PRIESTLEY LENG	IAN B.
GREG DAVIS	DANA
HEATH SPECKMAN	SCOTTY
BRUNO NUGUERO	KELLY M.
WINGS	MICHELLE O.
JASON ECKMAN	MELVIN
JAIME BINGHAM	MELVIN INTERN
CHRIS COCCARO	MARNI
MIKE WIESENTHAL	ROLAND

HEAT 3	9:30AM - 9:45AM
MALE RX3	JUDGE
RICK CIANFAGLIONE	KEN K
MARK FUSELIER	SHANNON
AJ KULAK	JON
MIKE LEJEUNE	DAN G.
GREG PRESUTTO	MIKE D.
MIKE KILMARTIN	JAX
ANDY HAWLEY	CYNTHIA
CHRIS WALLACE	JIMMY B.
JOHN O'CONNER	HEATHER K.
JIM HART	ROBYN L.
CJ RUSSO	CAIT
JUSTIN CHENEY	LISA B.

HEAT 4	9:45AM - 10:00AM
MALE RX4	JUDGE
IAN THOMPSON	IAN
KEITH BONNEY	CRISTINA
MIKE LAMBERT	JENNY
THOM MILLER	ROLAND
IAN KOSKY	IAN B.
JIM DAY	DANA
JON SEEGER	SCOTTY
JOE SESTO	MELVIN
RICH RYAN	KELLY M.
ANDREW WUND	MELVIN INTERN
JOE SULLIVAN	MICHELLE O.
JAMES HARMONAY	ANA

HEAT 5	10:00AM - 10:15AM
MALE RX5	JUDGE
JON CLANCY	KEN K.
KEVIN BECROFT	SHANNON
EVAN POUNDS	JON
BRIAN PAUL	DAN G.
ERIC LENZL	MIKE D.
JON SHANKMAN	JAX
ISAIAH ROSARIO	CAIT
TONY RUGGIERO	JIMMY B.
JIM DONAHUE	LISA B.
ADAM ROACH	ROBYN
MIKE FRANZAGO	HEATHER K.
JOHNNY CHIAPERINO	CYNTHIA
DAVE JEDI	BOBBY V.

HEAT 6	10:15AM - 10:30AM
FEMALE RX1	JUDGE
SARAH SCHOLL	IAN
JISELLE ASSAD	ROLAND
ALICE EFLAND	JENNY
JORDAN HEIDKAMP	DANA
ASHLEY BERTILSON	SCOTTY
HEATHER NIMSGER	MELVIN
NICOLE ROCCA	MELVIN INTERN
LINDSEY STOKER	CRISTINA
MAGGIE CALLAHAN	MICHELLE O.
ELLIE CYR	ANA
KATY ABBOTT	KELLY M.
JESSICA COLBURN	ROSEANNE

HEAT 7	10:30AM - 10:45AM
FEMALE RX2	JUDGE
LUCILLE SPINNELLI	CYNTHIA
MELISSA LEWIN	JAX
JULIE MCCALL	JON
AMANDA CUNNINGHAM	MIKE D.
MARYBETH WALSH	DAN G.
CASEY MENDRALA	JIMMY
JENNIFER MATOS	LISA
MICHELLE SANO	HEATHER
LINDSEY ERTEL	KEN
ANDREA GALLO	CAIT
MARISSA LOESCHER	ROBYN
COURTNEY BOTHWELL	MARNI

HEAT 8	10:38AM - 10:53AM
FEM RX3/ FSC1 COMBO	JUDGE
ASHLEY SHINKWIN	CRISTINA
TAYLOR LARESE	JENNY
NIPAR AWI	IAN
AMY WOLCHESKI	
LORI SIENKIEWITCZ	ROLAND
KATELYN O'CONNER	DANA
CAROLYN PROULX	SCOTTY
DEE LONG	MELVIN INTERN
DEBBIE PARMALEE	IAN B.
STEPH HOWARD	ANA
JACLYN CABRAL	MICHELLE

HEAT 9	10:46AM - 11:01AM
FEMALE SCALED 2	JUDGE
JULIE MILLER	JAX
KAITLIN	KELLY M.
CRISTINA ANGELINA	ROSEANNE
DONNA DICIACCO	JON
AMY DAVIS	JIMMY
PAIGE DAVIS	LISA
LAUREN SCHIER	HEATHER
COLEEN SHEEHY	KEN
SUZANNE PALANZO	CAIT
JESS B	ROBYN
MARLIS	MARNI
HOLLY BANNON	CYNTHIA

HEAT 10	10:54AM - 11:09AM
FEMALE SCALED 3/MSC 1	JUDGE
JAYMIE NITKIN	CRISTINA
LAURA MEAD	JENNY
LISA BOVA	IAN
CRISTINA ELMAZI	IAN B.
CHRISTINA ANNUNZIATI	MELVIN
MARIBETH MCGLOIN	MELVIN INTERN
NICOLE LYNCH	MICHELLE
SHAWNA MUCHERINO	DANA
JENNIFER REHO	SCOTTY
BETHANY SWICKLAS	ROLAND
TOM WOOD	ANA
MATT HOLLAND	JAX

HEAT 11	11:02AM - 11:17AM
MENS SCALED 2	
IRON MIKE	ROSEANNE
MATT LAUCKUS	BOBBY
BRANDON ATTAR	DAN G.
ANDREW SAYLES	JON
MIKE SCANLON	JIMMY
RICH HAMEL	LISA
COLIN MCALISTER	HEATHER
BRIAN BATTISTI	KEN
COLT GENNARELLI	CAIT
JIM ARCONTI	ROBYN
TIM FITZGERALD	MARNI
CARL ANDERSON	CYNTHIA

WORKOUT #2

HEAT 1	11:20AM - 11:35AM
MENS RX1	JUDGE
MIKE SABATO	CYNTHIA
GREG LOBOSKY	JAX
AUSTIN MONTEIRO	SHANNON
ROGER ST. ONGE	JON
LOU VILLANI	DAN G.
PADDY BOSCOE	MIKE D.
JUSTIN MCENROE	JIMMY
JAMES BANNON	LISA
LLOYD BAILEY	KEN
JAMIE MUSAMANO	HEATHER

HEAT 2	11:30AM - 11:45AM
MENS RX2	JUDGE
AJ GARSTANG	IAN
LUCAS ROSA	MELVIN
BRAD BALLETO	ROLAND
KEVIN TAGGERT	JENNY
PRESTLEY LENG	IAN B.
GREG DAVIS	DANA
HEATH SPECKMAN	SCOTTY
BRUNO NUGUERO	MEG L.
JASON ECKMAN	MICHELLE
JAMIE BINGHAM	ANA

HEAT 3	11:40AM - 11:55AM
MENS RX3	JUDGE
RICK CIANFAGLIONE	CYNTHIA
MIKE FUSELIER	SHANNON
AJ KULAK	JON
MIKE LEJEUNE	DAN G.
GREG PRESUTTO	MIKE
MIKE KILMARTIN	JAX
ANDY HAWLEY	CYNTHIA
CHRIS WALLACE	JIMMY
CJ RUSSO	HEATHER
JUSTIN CHENEY	LISA

HEAT 4	11:50AM - 12:05PM
MENS RX4	JUDGE
IAN THOMPSON	IAN
KEITH BONNEY	MARNI
THOM MILLER	ROLAND
MIKE LAMBERT	JENNY
IAN KOSKY	IAN (2)
JIM DAY	DANA
CHRIS COCCARO	SCOTTY
JON SEEGER	MELVIN
RICH RYAN	MELVIN INTERN
JOE SULLIVAN	ROBYN

HEAT 5	12:00PM - 12:15PM
MENS RX5	JUDGE
JON CLANCY	KEN
KEVIN BECROFT	SHANNON
EVAN POUNDS	JON
BRIAN PAUL	DAN
ERIC LENZL	MIKE
JON SHANKMAN	JAX
ANDREW WUND	CYNTHIA
JOHN O'CONNER	JIMMY
WINGS	HEATHER
JIM HART	LISA

HEAT 6	12:10PM - 12:25PM
MENS RX6	JUDGE
JOE SESTO	IAN
MIKE WIESENTHAL	MEL L.
TONY RUGGIERIO	KELLY M.
JIM DONAHUE	ANA
SCOTT PARMALEE	ROBYN
ISAIAH ROSARIO	MARNI
DAVID JEDI	DANA
MIKE FRANZAGO	SCOTTY
ADAM ROACH	ROLAND
JAMES HARMONAY	MELVIN
JOHNNIE CHIAPPERINO	JENNY

HEAT 7	12:20PM - 12:35PM
WOMENS RX1	JUDGE
SARAH SCHOLL	SHANNON
JISELLE ASSAD	JIMMY
ALICE EFLAND	JON
JORDAN HEIDKAMP	MIKE
ASHLEY BERTILSON	DAN
HEATHER NIMSGER	JAX
NICOLLE ROCCA	CYNTHIA
LINDSEY STROKER	LISA
MAGGIE CALLAHAN	HEATHER
ELLIE CYR	KEN
KATY ABBOTT	CAIT

HEAT 8	12:30PM - 12:45PM
WOMENS RX2	JUDGE
ANDREA GALLO	IAN
LUCILLE SPINNELLI	MELVIN INTERN
MELISSA LEWIN	MELVIN
JESSICA COLBURN	ROLAND
AMANDA CUNNINGHAM	LYDELL
MARYBETH WALSH	SHAWN
CASEY MENDRELA	SIERRA
JENNIFER MATOS	MEGAN BE.
MICHELLE SANO	
LINDSEY ERTEL	KRISTIN
MARISSA LOESCHER	ROBYN L.

HEAT 9	12:40PM - 12:55PM
WOMENS RX3	JUDGE
KATELYN O'CONNOR	SCOTTY
JULIE MCCALL	JON
TAYLOR LARESE	CAIT
COURTNEY BOTHWELL	JAX
ASHLEY SHINKWIN	JIMMY
NIPAR AWI	LISA
AMY WOLCHESKI	KEN
LORI SIENKIWICZ	DANA
CAROLYN PROULX	DAN G.
DEE LONG	IAN B.

HEAT 10	12:50PM - 1:05PM
WOMENS SCALED 1	JUDGE
JULIE MILLER	JENNY
CRISTINA ANGELINA	MATT D
DONNA DICIACCO	MELVIN
AMY DAVIS	MELVIN INTERN
PAIGE DAVIS	ROLAND
LAUREN SCHIER	LYDELL
COLLEEN SHEEHY	SHAWN
JESS B	SIERRA
MARLIS	MEGAN BE.
HOLLY BANNON	WENDY
SUZANNE PALANZO	KRISTEN
DEBBIE PARMALIEE	ROBYN L.

HEAT 11	1:00PM - 1:15PM
WOMENS SCALED 2	JUDGE
JAYMIE NITKIN	CYNTHIA
LAURA MEAD	DANA
LISA BOVA	SCOTTY
CHRISTINA ELMAZI	JAX
CHRISTINA ANNUNZIATI	JIMMY
MARIBETH MCGLOIN	LISA
KAITLYN	HEATHER
NICOLE LYNCH	KEN
SHAWNA MUCHERINO	IAN B.
JENNIFER REHO	CAIT
BETHANY SWICKLAS	JON
JACYLYN CABRAL	DAN G.
STEPH HOWARD	ROSEANNE

HEAT 12	1:10PM - 1:25PM
MENS SCALED 1	JUDGE
IRON MIKE	MEGAN BE
MATT LAUCKUS	ROBYN
BRANDON ATTAR	JENNY
MIKE SCANLON	MELVIN
ANDREW SAYLES	MELVIN INTERN
RICH HAMEL	WENDY
COLIN MCALISTER	KRISTEN
BRIAN BATTISTI	ROLAND
COLT GENNARELLI	SHAWN
JIM ARCONTI	SIERRA
TIM FITZGERALD	LYDELL
CARL ANDERSON	MICHELLE O.
MATT HOLLAND	BOBBY
TOM WOOD	IAN

WORKOUT #3

HEAT 1	1:30PM - 1:42PM
MRX1	JUDGE
MIKE SABATO	CYNTHIA
GREG LOBOTSKY	JAX
ROGER ST ONGE	JON
LOU VILLANI	DAN G.
AUSTIN MONTIERO	SHANNON
PADDY BOSCOE	MIKE D.
JUSTIN MCENROE	JIMMY
JAMES BANNON	LISA
LLOYD BAILEY	KEN
JAIME MUSAMANO	HEATHER

HEAT 2	1:37PM - 1:49PM
FRX1	JUDGE
SARAH SCHOLL	IAN
JISSELLE ASSAD	ROLAND
JORDAN HEIDKAMP	DANA
ASHLEY BERTILSON	SCOTTY
HEATHER NIMSGER	MELVIN
NICOLLE ROCCA	MELVIN INTERN
LINDSEY STROKER	JAIME L.
MAGGIE CALLAHAN	ROLAND
ALICE EFLAND	LYDELL
KATY ABBOT	SHAWN

HEAT 3	1:34PM - 1:56PM
MRX2	JUDGE
AJ GARSTANG	ROBYN L.
LUCAS ROSA	SHANNON
BRAD BALLETO	JON
KEVIN TAGGERT	JAX
PRIESTLEY LENG	CYNTHIA
GREG DAVIS	MIKE D.
HEATH SPECKMAN	JIMMY
BRUNO NUGUERO	LISA
JASON ECKMAN	KEN
JAIME BINGHAM	HEATHER

HEAT 4	1:51PM - 2:03PM
FRX2	JUDGE
LUCILLE SPINNELLI	MELVIN INTERN
MELISSA LEWIN	MELVIN
JESSICA COLBURN	ROLAND
TAYLOR LARESE	CAIT
AMANDA CUNNINGHAM	LYDELL
MARYBETH WALSH	SHAWN
CASEY MENDRALA	SIERRA
JENNIFER MATOS	MEGAN BE
MICHELLE SANO	WENDY
LINDSEY ERTEL	KRISTEN

HEAT 5	1:58PM - 2:10PM
MRX3	JUDGE
RICK CIANFAGIONE	KEN K.
MIKE FRANZAGO	SHANNON
AJ KULAK	JON
MIKE LEJEUNE	DAN G.
GREG PRESUTTO	MIKE D.
MIKE KILMARTIN	JAX
ANDY HAWLEY	CYNTHIA
CHRIS WALLACE	JIMMY
CJ RUSSO	HEATHER
JUSTIN CHENEY	JAIME L

HEAT 6	2:05PM - 2:17PM
FRX3	JUDGE
ANDREA GALLO	IAN
MARISSA LOESCHER	MICHELLE O.
JULIE MCCALL	SHAWN
COURTNEY BOTHWELL	SIERRA
ASHLEY SHINKWIN	LYDELL
KATELYN O'CONNER	SCOTTY
NIPAR AWI	CAIT
DEE LONG	IAN B.
AMY WOLCHESKI	ROLAND
LORI SIENKIWICZ	DANA

HEAT 7	2:12PM - 2:24PM
MRX4	JUDGE
IAN THOMPSON	CYNTHIA
KEITH BONNEY	JAIME L.
MIKE LAMBERT	JON
THOM MILLER	JAX
IAN KOSKY	IAN (2)
JIM DAY	DANA
CHRIS COCCARO	SCOTTY
JON SEEGER	MELVIN
RICH RYAN	MELVIN INTERN
JOE SULLIVAN	ROBYN L.

HEAT 8	2:19PM - 2:31PM
FRX4/FSC/COMBO	JUDGE
CAROLYN PROULX	DAN G.
JENNIFER REHO	CAIT
BETHANY SWICKLAS	ROLAND
JACLYN CABRAL	MICHELLE
MARIBETH MCGLOIN	SIERRA
KAITLYN	SHAWN
DEBBIE PARMALEE	LYDELL

HEAT 9	2:26PM - 2:38PM
MRX5	JUDGE
ANDREW WUND	CYNTHIA
EVAN POUNDS	JON
JON CLANCY	KEN
WINGS	HEATHER
JON SHANKMAN	JAX
KEVIN BECROFT	MELVIN
ERIC VENZL	MELVIN INTERN
BRIAN PAUL	LISA
JOHN O'CONNER	JIMMY
JIM HART	ROBYN

HEAT 10	2:33PM - 2:45PM
FSC2	JUDGE
JULIE MILLER	JENNY
CRISTINA ANGELINA	ROSEANNE
DONNA DICIACCO	DANA
AMY DAVIS	MICHELLE
PAIGE DAVIS	ROLAND
COLLEEN SHEEHY	SHAWN
JESS B	SIERRA
MARLIS	MEGAN BE
LAUREN SCHIER	LYDELL

HEAT 11	2:40PM - 2:52PM
MRX6/MSC1	JUDGE
ADAM ROACH	CYNTHIA
ISAIAH ROSARIO	JAX
JIM DONAHUE	LISA
TONY RUGGIERO	JIMMY
SCOTT PARMALEE	CAIT
JAMES HARMONAY	MELVIN
JOE SESTO	IAN
TIM FITZGERALD	KEN
CARL ANDERSON	HEATHER
JOHNNIE CHIAPPERINO	JON

HEAT 12	2:47PM - 2:59PM
FSC3	JUDGE
HOLLY BANNON	WENDY
SUZANNE PALANZO	KRISTEN
JAYMIE NITKIN	ROLAND
LAURA MEAD	JENNY
LISA BOVA	SCOTTY
CHRISTINA ELMAZI	IAN B.
NICOLE LYNCH	MICHELLE
SHAWNA MUCHERINO	DANA
CHRISTINA ANNUNZIATI	MELVIN
STEPH HOWARD	MEGAN BE.

HEAT 13	2:54PM - 3:06PM
MSC2	JUDGE
IRON MIKE	SHAWN
MATT LAUCKUS	SIERRA
BRANDON ATTAR	DAN G.
MIKE SCANLON	JIMMY
ANDREW SAYLES	JON
COLT GENNARELLI	CAIT
RICH HAMEL	LISA
BRIAN BATTISTI	KEN
COLIN MCALISTER	HEATHER
JIM ARCONTI	ROBYN

HEAT 14	3:03PM - 3:15PM
MIKE WEISENTHAL	IAN B
MATT HOLLAND	JAX
TOM WOOD	ROLAND
DAVE JEDI	DANA
MARK FUSELIER	SCOTTY