

**WORKOUT #1**

<b>HEAT 1</b>	<b>9:00AM - 9:15AM</b>
<b>MALE RX1</b>	
MIKE SABATO	
GREG LOBOTSKY	
AUSTIN MONTEIRO	
ROGER ST. ONGE	
LOU VILLANI	
PADDY BOSCOE	
JUSTIN MCENROE	
JAMES BANNON	
JAIME MUSAMANO	
AJ GARSTANG	
LLOYD BAILEY	
SCOTT PARMALEE	

<b>HEAT 2</b>	<b>9:15AM - 9:30AM</b>
<b>MALE RX2</b>	
LUCAS ROSA	
BRAD BALLETO	
KEVIN TAGGERT	
PRIESTLEY LENG	
GREG DAVIS	
HEATH SPECKMAN	
BRUNO NUGUERO	
WINGS	
JASON ECKMAN	
JAIME BINGHAM	
CHRIS COCCARO	
MIKE WIESENTHAL	

<b>HEAT 3</b>	<b>9:30AM - 9:45AM</b>
<b>MALE RX3</b>	
RICK CIANFAGLIONE	
MARK FUSELIER	
AJ KULAK	
MIKE LEJEUNE	
GREG PRESUTTO	
MIKE KILMARTIN	
ANDY HAWLEY	
CHRIS WALLACE	
JOHN O'CONNER	
JIM HART	
CJ RUSSO	
JUSTIN CHENEY	

<b>HEAT 4</b>	<b>9:45AM - 10:00AM</b>
<b>MALE RX4</b>	
IAN THOMPSON	
KEITH BONNEY	
MIKE LAMBERT	
THOM MILLER	
IAN KOSKY	
JIM DAY	
JON SEEGER	
JOE SESTO	
RICH RYAN	
ANDREW WUND	
JOE SULLIVAN	
JAMES HARMONAY	

<b>HEAT 5</b>	<b>10:00AM - 10:15AM</b>
<b>MALE RX5</b>	
JON CLANCY	
KEVIN BECROFT	
EVAN POUNDS	
BRIAN PAUL	
ERIC LENZL	
JON SHANKMAN	
ISAIAH ROSARIO	
TONY RUGGIERO	
JIM DONAHUE	
ADAM ROACH	
MIKE FRANZAGO	
JOHNNY CHIAPERINO	
DAVE JEDI	

<b>HEAT 6</b>	<b>10:15AM - 10:30AM</b>
<b>FEMALE RX1</b>	
SARAH SCHOLL	
JISELLE ASSAD	
ALICE EFLAND	
JORDAN HEIDKAMP	
ASHLEY BERTILSON	
HEATHER NIMSGER	
NICOLE ROCCA	
LINDSEY STOKER	
MAGGIE CALLAHAN	
ELLIE CYR	
KATY ABBOTT	
JESSICA COLBURN	

HEAT 7	10:30AM - 10:45AM
<b>FEMALE RX2</b>	
LUCILLE SPINNELLI	
MELISSA LEWIN	
JULIE MCCALL	
AMANDA CUNNINGHAM	
MARYBETH WALSH	
CASEY MENDRALA	
JENNIFER MATOS	
MICHELLE SANO	
LINDSEY ERTEL	
ANDREA GALLO	
MARISSA LOESCHER	SCALED #1
COURTNEY BOTHWELL	

HEAT 8	10:38AM - 10:53AM
<b>FEM RX3/ FSC1 COMBO</b>	
ASHLEY SHINKWIN	
TAYLOR LARESE	
NIPAR AWI	
AMY WOLCHESKI	
LORI SIENKIEWITCZ	
KATELYN O'CONNER	
CAROLYN PROULX	
DEE LONG	
DEBBIE PARMALEE	SCALED #2
STEPH HOWARD	SCALED #3
JACLYN CABRAL	SCALED #4

HEAT 9	10:46AM - 11:01AM
<b>FEMALE SCALED 2</b>	
JULIE MILLER	
KAITLIN	
CRISTINA ANGELINA	
DONNA DICIACCO	
AMY DAVIS	
PAIGE DAVIS	
LAUREN SCHIER	
COLEEN SHEEHY	
SUZANNE PALANZO	
JESS B	
MARLIS	
HOLLY BANNON	

HEAT 10	10:54AM - 11:09AM
<b>FEMALE SCALED 3/MSC 1</b>	
JAYMIE NITKIN	
LAURA MEAD	
LISA BOVA	
CRISTINA ELMAZI	
CHRISTINA ANNUNZIATI	
MARIBETH MCGLOIN	
NICOLE LYNCH	
SHAWNA MUCHERINO	
JENNIFER REHO	
BETHANY SWICKLAS	
TOM WOOD	
MATT HOLLAND	

HEAT 11	11:02AM - 11:17AM
<b>MENS SCALED 1</b>	
IRON MIKE	
MATT LAUCKUS	
BRANDON ATTAR	
ANDREW SAYLES	
MIKE SCANLON	
RICH HAMEL	
COLIN MCALISTER	
BRIAN BATTISTI	
COLT GENNARELLI	
JIM ARCONTI	
TIM FITZGERALD	
CARL ANDERSON	

## WORKOUT #2

HEAT 1	11:20AM - 11:35AM
<b>MENS RX1</b>	
MIKE SABATO	
GREG LOBOSKY	
AUSTIN MONTEIRO	
ROGER ST. ONGE	
LOU VILLANI	
PADDY BOSCOE	
JUSTIN MCENROE	
JAMES BANNON	
LLOYD BAILEY	
JAMIE MUSAMANO	

HEAT 2	11:30AM - 11:45AM
<b>MENS RX2</b>	
AJ GARSTANG	
LUCAS ROSA	
BRAD BALLETO	
KEVIN TAGGERT	
PRESTLEY LENG	
GREG DAVIS	
HEATH SPECKMAN	
BRUNO NUGUERO	
JASON ECKMAN	
JAMIE BINGHAM	

HEAT 3	11:40AM - 11:55AM
<b>MENS RX3</b>	
RICK CIANFAGLIONE	
MIKE FUSELIER	
AJ KULAK	
MIKE LEJEUNE	
GREG PRESUTTO	
MIKE KILMARTIN	
ANDY HAWLEY	
CHRIS WALLACE	
CJ RUSSO	
JUSTIN CHENEY	

HEAT 4	11:50AM - 12:05PM
<b>MENS RX4</b>	
IAN THOMPSON	
KEITH BONNEY	
THOM MILLER	
MIKE LAMBERT	
IAN KOSKY	
JIM DAY	
CHRIS COCCARO	
JON SEEGER	
RICH RYAN	
JOE SULLIVAN	

HEAT 5	12:00PM - 12:15PM
<b>MENS RX5</b>	
JON CLANCY	
KEVIN BECROFT	
EVAN POUNDS	
BRIAN PAUL	
ERIC LENZL	
JON SHANKMAN	
ANDREW WUND	
JOHN O'CONNER	
WINGS	
JIM HART	

HEAT 6	12:10PM - 12:25PM
<b>MENS RX6</b>	
JOE SESTO	
MIKE WIESENTHAL	
TONY RUGGIERIO	
JIM DONAHUE	
SCOTT PARMALEE	
ISAIAH ROSARIO	
DAVID JEDI	
MIKE FRANZAGO	
ADAM ROACH	
JAMES HARMONAY	
JOHNNIE CHIAPPERINO	

HEAT 7	12:20PM - 12:35PM
<b>WOMENS RX1</b>	
SARAH SCHOLL	
JISELLE ASSAD	
ALICE EFLAND	
JORDAN HEIDKAMP	
ASHLEY BERTILSON	
HEATHER NIMSGER	
NICOLLE ROCCA	
LINDSEY STROKER	
MAGGIE CALLAHAN	
ELLIE CYR	
KATY ABBOTT	

HEAT 8	12:30PM - 12:45PM
<b>WOMENS RX2</b>	
ANDREA GALLO	
LUCILLE SPINNELLI	
MELISSA LEWIN	
JESSICA COLBURN	
AMANDA CUNNINGHAM	
MARYBETH WALSH	
CASEY MENDRELA	
JENNIFER MATOS	
MICHELLE SANO	
LINDSEY ERTEL	
MARISSA LOESCHER	SCALED

HEAT 9	12:40PM - 12:55PM
<b>WOMENS RX3</b>	
KATELYN O'CONNER	
JULIE MCCALL	
TAYLOR LARESE	
COURTNEY BOTHWELL	
ASHLEY SHINKWIN	
NIPAR AWI	
AMY WOLCHESKI	
LORI SIENKIWICZ	
CAROLYN PROULX	
DEE LONG	

HEAT 10	12:50PM - 1:05PM
<b>WOMENS SCALED 1</b>	
JULIE MILLER	
CRISTINA ANGELINA	
DONNA DICIACCO	
AMY DAVIS	
PAIGE DAVIS	
LAUREN SCHIER	
COLLEEN SHEEHY	
JESS B	
MARLIS	
HOLLY BANNON	
SUZANNE PALANZO	
DEBBIE PARMALEE	

HEAT 11	1:00PM - 1:15PM
<b>WOMENS SCALED 2</b>	
JAYMIE NITKIN	
LAURA MEAD	
LISA BOVA	
CHRISTINA ELMAZI	
CHRISTINA ANNUNZIATI	
MARIBETH MCGLOIN	
KAITLYN	
NICOLE LYNCH	
SHAWNA MUCHERINO	
JENNIFER REHO	
BETHANY SWICKLAS	
JACYLYN CABRAL	
STEPH HOWARD	

HEAT 12	1:10PM - 1:25PM
<b>MENS SCALED 1</b>	
IRON MIKE	
MATT LAUCKUS	
BRANDON ATTAR	
MIKE SCANLON	
ANDREW SAYLES	
RICH HAMEL	
COLIN MCALISTER	
BRIAN BATTISTI	
COLT GENNARELLI	
JIM ARCONTI	
TIM FITZGERALD	
CARL ANDERSON	
MATT HOLLAND	
TOM WOOD	

## WORKOUT #3

HEAT 1	1:30PM - 1:42PM
<b>MRX1</b>	
MIKE SABATO	
GREG LOBOTSKY	
ROGER ST ONGE	
LOU VILLANI	
AUSTIN MONTIERO	
PADDY BOSCOE	
JUSTIN MCENROE	
JAMES BANNON	
LLOYD BAILEY	
JAIME MUSAMANO	

HEAT 2	1:37PM - 1:49PM
<b>FRX1</b>	
SARAH SCHOLL	
JISSELLE ASSAD	
JORDAN HEIDKAMP	
ASHLEY BERTILSON	
HEATHER NIMSGER	
NICOLLE ROCCA	
LINDSEY STOKER	
MAGGIE CALLAHAN	
ALICE EFLAND	
KATY ABBOT	

HEAT 3	1:34PM - 1:56PM
<b>MRX2</b>	
AJ GARSTANG	
LUCAS ROSA	
BRAD BALLETO	
KEVIN TAGGERT	
PRIESTLEY LENG	
GREG DAVIS	
HEATH SPECKMAN	
BRUNO NUGUERO	
JASON ECKMAN	
JAIME BINGHAM	

HEAT 4	1:51PM - 2:03PM
<b>FRX2</b>	
LUCILLE SPINNELLI	
MELISSA LEWIN	
JESSICA COLBURN	
TAYLOR LARESE	
AMANDA CUNNINGHAM	
MARYBETH WALSH	
CASEY MENDRALA	
JENNIFER MATOS	
MICHELLE SANO	
LINDSEY ERTEL	

HEAT 5	1:58PM - 2:10PM
<b>MRX3</b>	
RICK CIANFAGIONE	
MIKE FRANZAGO	
AJ KULAK	
MIKE LEJEUNE	
GREG PRESUTTO	
MIKE KILMARTIN	
ANDY HAWLEY	
CHRIS WALLACE	
CJ RUSSO	
JUSTIN CHENEY	

HEAT 6	2:05PM - 2:17PM
<b>FRX3</b>	
ANDREA GALLO	
MARISSA LOESCHER	
JULIE MCCALL	
COURTNEY BOTHWELL	
ASHLEY SHINKWIN	
KATELYN O'CONNER	
NIPAR AWI	
DEE LONG	
AMY WOLCHESKI	
LORI SIENKIWICZ	

HEAT 7	2:12PM - 2:24PM
<b>MRX4</b>	
IAN THOMPSON	
KEITH BONNEY	
MIKE LAMBERT	
THOM MILLER	
IAN KOSKY	
JIM DAY	
CHRIS COCCARO	
JON SEEGER	
RICH RYAN	
JOE SULLIVAN	

HEAT 8	2:19PM - 2:31PM
<b>FRX4/FSC/COMBO</b>	
CAROLYN PROULX	FRX#31
JENNIFER REHO	FSC
BETHANY SWICKLAS	FSC
JACLYN CABRAL	FSC
MARIBETH MCGLOIN	FSC
KAITLYN	FSC
DEBBIE PARMALEE	FSC

HEAT 9	2:26PM - 2:38PM
<b>MRX5</b>	
ANDREW WUND	
EVAN POUNDS	
JON CLANCY	
WINGS	
JON SHANKMAN	
KEVIN BECROFT	
ERIC VENZL	
BRIAN PAUL	
JOHN O'CONNER	
JIM HART	

HEAT 10	2:33PM - 2:45PM
<b>FSC2</b>	
JULIE MILLER	
CRISTINA ANGELINA	
DONNA DICIACCO	
AMY DAVIS	
PAIGE DAVIS	
COLLEEN SHEEHY	
JESS B	
MARLIS	
LAUREN SCHIER	

HEAT 11	2:40PM - 2:52PM
<b>MRX6/MSC1</b>	
ADAM ROACH	
ISAIAH ROSARIO	
JIM DONAHUE	
TONY RUGGIERO	
SCOTT PARMALEE	
JAMES HARMONAY	
JOE SESTO	
TIM FITZGERALD	SCALED #11
CARL ANDERSON	SCALED #12
JOHNNIE CHIAPPERINO	

HEAT 12	2:47PM - 2:59PM
<b>FSC3</b>	
HOLLY BANNON	
SUZANNE PALANZO	
JAYMIE NITKIN	
LAURA MEAD	
LISA BOVA	
CHRISTINA ELMAZI	
NICOLE LYNCH	
SHAWNA MUCHERINO	
CHRISTINA ANNUNZIAITI	
STEPH HOWARD	

<b>HEAT 13</b>	<b>2:54PM - 3:06PM</b>
<b>MSC2</b>	
IRON MIKE	
MATT LAUCKUS	
BRANDON ATTAR	
MIKE SCANLON	
ANDREW SAYLES	
COLT GENNARELLI	
RICH HAMEL	
BRIAN BATTISTI	
COLIN MCALISTER	
JIM ARCONTI	

<b>HEAT 14</b>	<b>3:03PM - 3:15PM</b>
MIKE WEISENTHAL	
MATT HOLLAND	
TOM WOOD	
DAVE JEDI	
MARK FUSELIER	