

Morganton Monster Heat Sheet-Saturday Sept. 7th

WOD 1	ATHLETE 1	ATHLETE 2	TEAM NAME	AFFILIATE	DIVISION	LANE
8:45am	WOD Briefing					
Heat 1	Amanda Teachey	Carl Teachey	Here For The Moondog	CF Altius	Scaled	1
9:00am	Alisha Fowler	Lee Bryson	Buff Beautiful & Bitchin'	CF Wide Open	Scaled	2
	Tara Patterson	Davey Anderson	Like Fun Only Different	CF APL	Scaled	3
	Ashley Lowery	Doug Earls	Stranger Danger	CF Wide Open	Scaled	4
Heat 2	Amy Nichols	Brandon Dilling	Glowsticks	CrossFit Granite Falls	Scaled	1
9:20am	Shana Ward	Alex Roberts	TBD	Unaffiliated	Scaled	2
	Christa O'Hare	Daniel Strauss	Packin' Heat	CF APL	Scaled	3
	Tracy Faucette	Chadd Murray	Cre-8-Legends	CF Wide Open	Master's Scaled	4
Heat 3	Jen Mull	Thomas Rose	Jen N' Roses	CF Morganton	Master's Scaled	1
9:40am	Holly Kondas	Daniel Kondas	Swole Mates	CF Lenoir	Master's Scaled	2
	Beth Curtis	Eric Simpson	Two Blondes Walk Up To A Barbell	CF Staked	Master's Scaled	3
	Lisa Butler	Brian Sigmon	Truly Masters	CF Morganton	Master's Scaled	4
Heat 4	Chloe Sullivan	Dylan Lee	HTR Garner	CrossFit Clayton	Rx	1
10:00am	Paige Schildkamp	Patrick Nelson	CF Broadreach	CF Broadreach	Rx	2
	Mary Kindred	Michael Montanez	SoSlo Catamounts	South Slope CrossFit	Rx	3
						4
Heat 5	Lilli Apey	Caelan Walker	Fam Bam	CF Wideopen/ CF Hatch	Rx	1
10:20am	Mindy Melott	Kirk Williams	OG Monsters	CF Morganton	Rx	2
	Stevie Dellinger	Woodley Clark	MoTown Feed & Seed	MoTown CF	Rx	3
	Laura Keil	Robert Flaherty	Fueled by Hops	Crossfit Altius	Rx	4



WOD 2	ATHLETE 1	ATHLETE 2	TEAM NAME	AFFILIATE	DIVISION	LANE
10:45am	WOD Briefing					
Heat 1	Amanda Teachey	Carl Teachey	Here For The Moondog	CF Altius	Scaled	1
11:00am	Alisha Fowler	Lee Bryson	Buff Beautiful & Bitchin'	CF Wide Open	Scaled	2
	Tara Patterson	Davey Anderson	Like Fun Only Different	CF APL	Scaled	3
	Ashley Lowery	Doug Earls	Stranger Danger	CF Wide Open	Scaled	4
Heat 2	Amy Nichols	Brandon Dilling	Glowsticks	CrossFit Granite Falls	Scaled	1
11:20am	Shana Ward	Alex Roberts	TBD	Unaffiliated	Scaled	2
	Christa O'Hare	Daniel Strauss	Packin' Heat	CF APL	Scaled	3
	Tracy Faucette	Chadd Murray	Cre-8-Legends	CF Wide Open	Master's Scaled	4
Heat 3	Jen Mull	Thomas Rose	Jen N' Roses	CF Morganton	Master's Scaled	1
11:40am	Holly Kondas	Daniel Kondas	Swole Mates	CF Lenoir	Master's Scaled	2
	Beth Curtis	Eric Simpson	Two Blondes Walk Up To A Barbell	CF Staked	Master's Scaled	3
	Lisa Butler	Brian Sigmon	Truly Masters	CF Morganton	Master's Scaled	4
Heat 4	Chloe Sullivan	Dylan Lee	HTR Garner	CrossFit Clayton	Rx	1
12:00pm	Paige Schildkamp	Patrick Nelson	CF Broadreach	CF Broadreach	Rx	2
	Mary Kindred	Michael Montanez	SoSlo Catamounts	South Slope CrossFit	Rx	3
						4
Heat 5	Lilli Apey	Caelan Walker	Fam Bam	CF Wideopen/ CF Hatch	Rx	1
12:20pm	Mindy Melott	Kirk Williams	OG Monsters	CF Morganton	Rx	2
	Stevie Dellinger	Woodley Clark	MoTown Feed & Seed	MoTown CF	Rx	3
	Laura Keil	Robert Flaherty	Fueled by Hops	Crossfit Altius	Rx	4



WOD 3	ATHLETE 1	ATHLETE 2	TEAM NAME	AFFILIATE	DIVISION	LANE
12:45am	WOD Briefing					
Heat 1	Amanda Teachey	Carl Teachey	Here For The Moondog	CF Altius	Scaled	1
1:00pm	Alisha Fowler	Lee Bryson	Buff Beautiful & Bitchin'	CF Wide Open	Scaled	2
	Tara Patterson	Davey Anderson	Like Fun Only Different	CF APL	Scaled	3
	Ashley Lowery	Doug Earls	Stranger Danger	CF Wide Open	Scaled	4
Heat 2	Amy Nichols	Brandon Dilling	Glowsticks	CrossFit Granite Falls	Scaled	1
1:20pm	Shana Ward	Alex Roberts	TBD	Unaffiliated	Scaled	2
	Christa O'Hare	Daniel Strauss	Packin' Heat	CF APL	Scaled	3
	Tracy Faucette	Chadd Murray	Cre-8-Legends	CF Wide Open	Master's Scaled	4
Heat 3	Jen Mull	Thomas Rose	Jen N' Roses	CF Morganton	Master's Scaled	1
1:40pm	Holly Kondas	Daniel Kondas	Swole Mates	CF Lenoir	Master's Scaled	2
	Beth Curtis	Eric Simpson	Two Blondes Walk Up To A Barbell	CF Staked	Master's Scaled	3
	Lisa Butler	Brian Sigmon	Truly Masters	CF Morganton	Master's Scaled	4
Heat 4	Chloe Sullivan	Dylan Lee	HTR Garner	CrossFit Clayton	Rx	1
2:00pm	Paige Schildkamp	Patrick Nelson	CF Broadreach	CF Broadreach	Rx	2
	Mary Kindred	Michael Montanez	SoSlo Catamounts	South Slope CrossFit	Rx	3
						4
Heat 5	Lilli Apey	Caelan Walker	Fam Bam	CF Wideopen/ CF Hatch	Rx	1
2:20pm	Mindy Melott	Kirk Williams	OG Monsters	CF Morganton	Rx	2
	Stevie Dellinger	Woodley Clark	MoTown Feed & Seed	MoTown CF	Rx	3
	Laura Keil	Robert Flaherty	Fueled by Hops	Crossfit Altius	Rx	4
3:00pm	AWARDS					

