

2013 Checkers Fitness Shootout - Results

Name	Gym	Round 1	Round 2	Round 3	Total	Round 1	Round 2	Round 3	Total	Round 1	Round 2	Round 3	Total	Round 1	Round 2	Round 3	Total	Round 1	Round 2	Round 3	Final
		Row	Row	Row	Row	Push Press	Push Press	3 Push Press	Push Press	1 Ball Slam	Ball Slam	Ball Slam	Ball Slam	KB Swing	KB Swing	KB Swing	KB Swing	1 Total	2 Total	3 Total	Total
Jessica Johnson	Attitude Nation	12	10	11	33	8	2	4	14	22	19	20	61	13	18	19	50	55	49	54	<u>158</u>
John Breza	Attitude Nation	27	17	14	58	35	30	20	85	26	22	17	65	30	20	20	70	118	89	71	<u>278</u>
Crystal Phiefer	Ballantyne YMCA	13	11	11	35	20	18	21	59	31	25	24	80	25	18	17	60	89	72	73	<u>234</u>
Melissa Morales	Ballantyne YMCA	15	16	14	45	14	8	10	32	24	24	23	71	18	18	17	53	71	66	64	<u>201</u>
Rosanna Rodriguez	Ballantyne YMCA	11	9	10	30	17	14	17	48	21	21	23	65	19	22	20	61	68	66	70	<u>204</u>
Tara P.	Ballantyne YMCA	16	17	14	47	26	24	24	74	31	33	30	94	27	26	26	79	100	100	94	<u>294</u>
Chayne Bonner	Beardown Fitness	12	9	9	30	25	15	14	54	22	18	21	61	22	21	21	64	81	63	65	<u>209</u>
Janelle Stons	Beardown Fitness	7	6	8	21	16	8	7	31	23	20	22	65	17	16	17	50	63	50	54	<u>167</u>
Johnny Pasquarello	Beardown Fitness	20	15	14	49	41	30	27	98	26	21	22	69	31	28	25	84	118	94	88	<u>300</u>
Matt Dubyoski	Beardown Fitness	22	19	20	61	21	15	16	52	30	21	17	68	27	19	18	64	100	74	71	<u>245</u>
Matt Richards	Beardown Fitness	11	10	12	33	43	32	28	103	29	18	18	65	31	31	32	94	114	91	90	<u>295</u>
Tony Pasquarello	Beardown Fitness	15	14	16	45	46	26	24	96	28	23	21	72	31	30	30	91	120	93	91	<u>304</u>
Andy Hendel	Crossfit Charlotte	15	15	15	45	25	22	20	67	25	25	25	75	25	27	28	80	90	89	88	<u>267</u>
Angie Shoaf	Crossfit Charlotte	13	12	11	36	22	18	15	55	19	19	18	56	26	23	22	71	80	72	66	<u>218</u>
Heather Kennedy	Crossfit Charlotte	14	13	11	38	24	18	18	60	33	29	25	87	19	11	11	41	90	71	65	<u>226</u>
Jason Caenepeel	Crossfit Charlotte	17	15	15	47	32	25	20	77	23	22	21	66	25	21	20	66	97	83	76	<u>256</u>
Jeff Barnett	Crossfit Charlotte	19	15	14	48	34	27	27	88	23	19	18	60	37	28	27	92	113	89	86	<u>288</u>
John Dippert	Crossfit Charlotte	19	16	15	50	24	20	21	65	16	15	17	48	38	27	23	88	97	78	76	<u>251</u>
Katie Armet	Crossfit Charlotte	13	10	11	34	10	9	9	28	25	18	18	61	16	11	10	37	64	48	48	<u>160</u>
Mark Nassif	Crossfit Charlotte	18	14	15	47	25	20	20	65	32	24	22	78	30	21	23	74	105	79	80	<u>264</u>
Miranda Nassif	Crossfit Charlotte	12	10	10	32	14	14	16	44	18	13	15	46	30	19	17	66	74	56	58	<u>188</u>
Nikki Dippert	Crossfit Charlotte	13	10	9	32	22	15	17	54	21	18	16	55	33	20	19	72	89	63	61	<u>213</u>
Shantil Byrne	Crossfit Charlotte	15	14	11	40	36	28	27	91	35	29	28	92	30	23	22	75	116	94	88	<u>298</u>
Kristina Olack	Crossfit Eternal	17	15	15	47	17	19	20	56	33	23	22	78	28	17	16	61	95	74	73	<u>242</u>
Sammy Jo Mahler	Crossfit Eternal	14	14	14	42	18	14	14	46	29	22	18	69	23	12	10	45	84	62	56	<u>202</u>
Jeff McElroy	Crossfit LKN	25	14	12	51	30	18	15	63	24	21	16	61	32	30	27	89	111	83	70	<u>264</u>
Rob D'Aveta	Crossfit LKN	11	9	11	31	34	20	16	70	28	20	20	68	31	28	25	84	104	77	72	<u>253</u>
Alex Kelly	Crossfit NoDa	19	17	17	53	16	10	16	42	29	21	18	68	28	21	18	67	92	69	69	<u>230</u>
Jessica Deck	Crossfit NoDa	12	12	13	37	11	10	10	31	23	16	15	54	24	20	18	62	70	58	56	<u>184</u>
Mary Shields	Crossfit NoDa	15	12	13	40	9	10	9	28	27	20	18	65	24	16	14	54	75	58	54	<u>187</u>
Derrick Arledge	Crossfit Northlake	24	18	16	58	30	23	22	75	29	22	21	72	22	20	22	64	105	83	81	<u>269</u>
Alan Vinge	Crossfit Steele Creek	13	10	11	34	35	13	15	63	19	15	15	49	21	22	18	61	88	60	59	<u>207</u>
Donna Philbuk	Crossfit Steele Creek	9	7	10	26	30	21	19	70	25	21	23	69	24	23	25	72	88	72	77	<u>237</u>
Kate Siegel	Crossfit Steele Creek	16	16	16	48	15	11	12	38	25	21	20	66	21	16	16	53	77	64	64	<u>205</u>
Natividad Lewis	Crossfit Steele Creek	11	9	9	29	25	15	18	58	26	19	15	60	20	21	20	61	82	64	62	<u>208</u>
Sydney Ulliman	Crossfit Steele Creek	11	8	8	27	20	16	17	53	20	20	18	58	29	20	19	68	80	64	62	<u>206</u>
Tiffany Pace	Crossfit Steele Creek	11	10	8	29	16	15	10	41	23	20	19	62	26	25	21	72	76	70	58	<u>204</u>
Andrew Allen	Crossfit Vitality	23	15	14	52	27	17	11	55	27	14	15	56	19	18	18	55	96	64	58	<u>218</u>
Mike Tassillo	Crossfit Vitality	22	15	12	49	18	13	9	40	23	14	14	51	17	16	17	50	80	58	52	<u>190</u>
Sarah Wachtel	Crossfit Vitality	17	12	13	42	22	12	14	48	31	24	22	77	21	17	18	56	91	65	67	<u>223</u>
Brian Jackson	Fort Mill Crossfit	15	12	13	40	43	17	20	80	24	19	17	60	26	23	23	72	108	71	73	<u>252</u>
Christy Dunson	Fort Mill Crossfit	21	17	14	52	25	16	17	58	30	24	23	77	23	15	18	56	99	72	72	<u>243</u>

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		Row	Row	Row	Row	Push Press	Push Press	Push Press	Push Press	1 Ball Slam	Ball Slam	Ball Slam	Ball Slam	KB Swing	KB Swing	KB Swing	KB Swing	1 Total	2 Total	3 Total	Total
Jennifer Riley	Fort Mill Crossfit	6	6	10	22	26	20	13	59	19	13	14	46	23	20	21	64	74	59	58	<u>191</u>
Liz Hall	Fort Mill Crossfit	9	9	12	30	29	10	10	49	21	16	15	52	20	22	15	57	79	57	52	<u>188</u>
AnnMaree Feuss	Harris YMCA Crossfit	16	16	13	45	17	14	14	45	17	15	15	47	18	17	24	59	68	62	66	<u>196</u>
Brendan McIvan	Harris YMCA Crossfit	10	9	11	30	60	40	37	137	30	22	20	72	34	30	31	95	134	101	99	<u>334</u>
Colby Harden	Harris YMCA Crossfit	21	14	15	50	50	37	40	127	22	26	24	72	41	35	34	110	134	112	113	<u>359</u>
Danny James	Harris YMCA Crossfit	15	11	11	37	19	20	20	59	23	23	20	66	32	27	23	82	89	81	74	<u>244</u>
David Guitano	Harris YMCA Crossfit	20	14	10	44	15	15	12	42	35	30	25	90	30	28	24	82	100	87	71	<u>258</u>
John Shepherd	Harris YMCA Crossfit	19	16	16	51	30	23	20	73	34	25	20	79	33	25	20	78	116	89	76	<u>281</u>
Kim Benton	Harris YMCA Crossfit	6	7	8	21	26	13	12	51	14	14	12	40	16	13	13	42	62	47	45	<u>154</u>
Laura Hargreaves	Harris YMCA Crossfit	12	11	9	32	22	19	19	60	21	20	23	64	31	22	23	76	86	72	74	<u>232</u>
Matt Helton	Harris YMCA Crossfit	16	16	10	42	40	32	35	107	18	12	15	45	38	30	24	92	112	90	84	<u>286</u>
Phil Buchy	Harris YMCA Crossfit	6	5	5	16	35	40	45	120	27	22	22	71	32	32	33	97	100	99	105	<u>304</u>
Simon Ward	Harris YMCA Crossfit	10	13	17	40	36	18	16	70	24	12	12	48	22	15	11	48	92	58	56	<u>206</u>
Vance Harden	Harris YMCA Crossfit	16	13	13	42	30	25	25	80	34	25	23	82	35	30	26	91	115	93	87	<u>295</u>
Dan Spaulding	Port City Crossfit	25	17	14	56	29	18	15	62	25	21	22	68	25	21	23	69	104	77	74	<u>255</u>
Greg Clewis	Reebok Charlotte Uptown	20	15	16	51	27	20	20	67	26	22	21	69	25	26	23	74	98	83	80	<u>261</u>
Brennan Gaeckie	Rising Crossfit Ballantyne	18	12	12	42	17	13	13	43	22	17	20	59	30	22	21	73	87	64	66	<u>217</u>
Bret Stephenson	Rising Crossfit Ballantyne	19	14	12	45	39	21	16	76	26	22	25	73	23	20	22	65	107	77	75	<u>259</u>
Brian Bukevicz	Rising Crossfit Ballantyne	10	11	14	35	32	23	21	76	23	19	21	63	28	25	23	76	93	78	79	<u>250</u>
Bruce Edwards	Rising Crossfit Ballantyne	15	11	10	36	30	20	18	68	21	17	18	56	39	29	23	91	105	77	69	<u>251</u>
Heather Gonzago	Rising Crossfit Ballantyne	15	12	11	38	14	15	15	44	30	21	19	70	19	13	13	45	78	61	58	<u>197</u>
Jenn Mann	Rising Crossfit Ballantyne	12	12	12	36	13	9	8	30	29	26	26	81	24	23	20	67	78	70	66	<u>214</u>
Jerelle Strawbridge	Rising Crossfit Ballantyne	13	9	9	31	28	28	28	84	24	20	20	64	31	29	25	85	96	86	82	<u>264</u>
Kelly Madden	Rising Crossfit Ballantyne	14	12	12	38	23	15	15	53	26	22	22	70	20	14	15	49	83	63	64	<u>210</u>
Laura Dascal	Rising Crossfit Ballantyne	8	7	10	25	23	13	10	46	23	20	19	62	26	20	23	69	80	60	62	<u>202</u>
Marnie Carter	Rising Crossfit Ballantyne	15	13	13	41	22	11	9	42	28	23	23	74	18	15	16	49	83	62	61	<u>206</u>
Maureen	Rising Crossfit Ballantyne	14	11	11	36	22	13	13	48	28	20	21	69	20	18	23	61	84	62	68	<u>214</u>

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		Row	Row	Row	Row	Push Press	Push Press	Push Press	Push Press	1 Ball Slam	Ball Slam	Ball Slam	Ball Slam	KB Swing	KB Swing	KB Swing	KB Swing	1 Total	2 Total	3 Total	Total
Meredith Ratojczak	Rising Crossfit Ballantyne	13	10	10	33	10	5	5	20	14	11	12	37	14	14	13	41	51	40	40	<u>131</u>
Meredith Warren	Rising Crossfit Ballantyne	11	12	11	34	48	31	25	104	27	20	20	67	30	20	21	71	116	83	77	<u>276</u>
Mike Dascal	Rising Crossfit Ballantyne	11	12	16	39	39	21	22	82	25	16	17	58	30	27	26	83	105	76	81	<u>262</u>
Mike Shannon	Rising Crossfit Ballantyne	11	8	10	29	35	22	21	78	22	16	15	53	29	23	21	73	97	69	67	<u>233</u>
Peggy	Rising Crossfit Ballantyne	10	9	11	30	22	10	10	42	20	15	15	50	23	15	16	54	75	49	52	<u>176</u>
Shauntell Sherill	Rising Crossfit Ballantyne	9	8	8	25	24	17	17	58	22	20	21	63	34	26	25	85	89	71	71	<u>231</u>
Vicky Shannon	Rising Crossfit Ballantyne	8	9	10	27	31	25	22	78	26	23	21	70	28	28	26	82	93	85	79	<u>257</u>
Zeke Strawbridge	Rising Crossfit Ballantyne	23	19	18	60	34	25	23	82	27	26	24	77	25	25	23	73	109	95	88	<u>292</u>
Ashley Pontiere	South Charlotte Crossfit	11	10	11	32	42	20	20	82	25	20	20	65	30	25	24	79	108	75	75	<u>258</u>
Brianne Kiegel	South Charlotte Crossfit	14	12	10	36	37	24	20	81	27	22	24	73	34	30	27	91	112	88	81	<u>281</u>
Erica White	South Charlotte Crossfit	15	15	11	41	23	14	12	49	25	18	17	60	18	14	14	46	81	61	54	<u>196</u>
Jenny Mann	South Charlotte Crossfit	13	11	11	35	13	13	13	39	30	22	22	74	22	17	15	54	78	63	61	<u>202</u>
Jill Sparger	South Charlotte Crossfit	13	11	11	35	28	25	30	83	32	24	19	75	30	21	20	71	103	81	80	<u>264</u>
Kelly Aspen	South Charlotte Crossfit	9	9	10	28	34	25	23	82	26	20	19	65	30	23	22	75	99	77	74	<u>250</u>
Lela Deale	South Charlotte Crossfit	8	9	9	26	21	13	12	46	26	21	19	66	24	21	19	64	79	64	59	<u>202</u>
Naureen Qazi	South Charlotte Crossfit	11	9	8	28	28	19	20	67	26	21	19	66	30	25	20	75	95	74	67	<u>236</u>
Patty Clemens	South Charlotte Crossfit	9	8	9	26	50	35	30	115	32	24	25	81	29	25	25	79	120	92	89	<u>301</u>
Allison Buchy		14	12	12	38	19	13	11	43	25	23	24	72	23	21	20	64	81	69	67	<u>217</u>
Ashley Helms		10	7	6	23	30	29	25	84	26	17	16	59	20	14	13	47	86	67	60	<u>213</u>
Dominic D.		22	14	13	49	22	15	11	48	31	25	23	79	22	17	14	53	97	71	61	<u>229</u>
Krysta Martinez		16	13	13	42	36	22	20	78	27	25	25	77	28	20	21	69	107	80	79	<u>266</u>
Rachel Whitney		14	11	12	37	26	18	18	62	26	22	23	71	28	20	18	66	94	71	71	<u>236</u>
Sergio Navarrete		33	20	25	78	32	13	10	55	25	19	18	62	30	14	16	60	120	66	69	<u>255</u>