

Fittest of the Coast Workout - Double Trouble - Inside

Saturday, April 10, 2021

Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:30:00 AM	1	1	Women Open - Intermediate	Margaret Anne	Hubbell	Mayhem Athlete
8:30:00 AM	1	2	Women Open - Intermediate	Alex	Mace	Vivamus Crossfit
8:30:00 AM	1	3	Women Open - Intermediate	Brittany	Anderson	CrossFit FoxDen
8:30:00 AM	1	4	Women Open - Intermediate	Rachael	Dobies	Angel Oak CrossFit
8:30:00 AM	1	5	Women Open - Intermediate	Amanda	Barber	The Nut House
8:30:00 AM	1	6	Women Open - Intermediate	Jennifer	Parkison	Crossfit Sacred Pine
8:30:00 AM	1	7	Women Open - Intermediate	Chelsea	Gratton	Crossfit Humidity
8:30:00 AM	1	8	Women Open - Intermediate	Melissa	Houff	Training Think Tank
8:30:00 AM	1	9	Women Open - Intermediate	Rachelle	Cooksey	Titus Strength and Fitness
8:30:00 AM	1	10	Women Open - Intermediate	Gillian	Druzisky	Angel Oak
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:39:00 AM	2	1	Women Open - Intermediate	McKinley	Pollard	Rhapsody Fitness
8:39:00 AM	2	2	Women Open - Intermediate	Jensy	Paola	Reebok crossfit Coastal Carolina
8:39:00 AM	2	3	Women Open - Intermediate	Amanda	Hughes	CrossFit Sacred Pine
8:39:00 AM	2	4	Women Open - Intermediate	Morgan	Raffaele	Reebok CrossFit Coastal Carolina
8:39:00 AM	2	5	Women Open - Intermediate	Brooke	English	Hammock Coast Crossfit
8:39:00 AM	2	6	Women Open - Intermediate	Theresa	Skidmore	Iron Bridge CrossFit
8:39:00 AM	2	7	Women Open - Intermediate	Jennifer	Rackley	Starboard CrossFit
8:39:00 AM	2	8	Women Open - Intermediate			
8:39:00 AM	2	9	Women Open - Intermediate			
8:39:00 AM	2	10	Women Open - Intermediate			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:48:00 AM	3	1	Girls Teen	Natalie	Turbeville	CrossFit Humidity
8:48:00 AM	3	2	Girls Teen	Jesse	Kemp	Ironbridge
8:48:00 AM	3	3	Girls Teen	Taryn	McCabe	Reebok Costal Carolina Crossfit
8:48:00 AM	3	4	Girls Teen	Gabriella SixPackGabs	Rubin	CrossFit Myrtle Beach
8:48:00 AM	3	5	Girls Teen	Kendall	Suggs	Angel Oak CrossFit
8:48:00 AM	3	6	Girls Teen	Lia	Murphy	Humidity
8:48:00 AM	3	7	Girls Teen	Audrey	Curry	Humidity Fitness

8:48:00 AM	3	8	Girls Teen	Ella	Handley	Crossfit Updog
8:48:00 AM	3	9	Girls Teen	Peyton	Faas	Titus Strength
8:48:00 AM	3	10	Girls Teen	Mackenzie	Hill	Iron Bridge Crossfit
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:57:00 AM	4	1	Women 55+	Patricia	Pomeroy	CrossFit Sacred Pine
8:57:00 AM	4	2	Women 55+	Tammy	Harrell	Iron Strength and Conditioning
8:57:00 AM	4	3	Women 55+	Patricia	Johnson	Titus Strength And Fitness
8:57:00 AM	4	4	Women 55+	Lisa	Raymond	Beaufort Crossfit
8:57:00 AM	4	5	Women 55+	Sue	Pantano	Crossfit Crescent Coast
8:57:00 AM	4	6	Women 55+	Carol	Retundie	CrossFit Crescent Coast
8:57:00 AM	4	7	Women 55+	Febie	Knight	CrossFit Beaufort
8:57:00 AM	4	8	Women 55+	Patrice	McCloskey	Reebok CrossFit Coastal Carolina
8:57:00 AM	4	9	Women 55+	Karen	Stephenson	Hammock Coast CrossFit
8:57:00 AM	4	10	Women 55+	Kathryn	Gill	Crossfit Myrtle Beach
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:06:00 AM	5	1	Women Open Scaled			
9:06:00 AM	5	2	Women Open Scaled	Holly	Herzig	CF Wando
9:06:00 AM	5	3	Women Open Scaled	Erin	Magee	Crossfit Sacred Pine
9:06:00 AM	5	4	Women Open Scaled	Devynne	Berry	CrossFit Taylors
9:06:00 AM	5	5	Women Open Scaled	Kathleen	Smith	CrossFit Crescent Coast
9:06:00 AM	5	6	Women Open Scaled	Julia	Keefe	Sacred Pine
9:06:00 AM	5	7	Women Open Scaled	Jessica	Mejia	Reebok CrossFit coastal Carolina
9:06:00 AM	5	8	Women Open Scaled	Madeline	Lumley	CrossFit Shear Force
9:06:00 AM	5	9	Women Open Scaled	Kelle	Siegmund	CrossFit Crescent Coast
9:06:00 AM	5	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:15:00 AM	6	1	Women Open Scaled			
9:15:00 AM	6	2	Women Open Scaled	Jessica	Hassell	CrossFit FoxDen
9:15:00 AM	6	3	Women Open Scaled	Gina	Kubik	Crossfit 843
9:15:00 AM	6	4	Women Open Scaled	Jessica	Lindstrom	CrossFit Crescent Coast
9:15:00 AM	6	5	Women Open Scaled	Shannon	MacAulay	CrossFit Wando
9:15:00 AM	6	6	Women Open Scaled	Demi	Mahoney	Crescent Coast

9:15:00 AM	6	7	Women Open Scaled	Amy	Kuhlmeier	CrossFit UpDog
9:15:00 AM	6	8	Women Open Scaled	Kendall	Wright	Crossfit Sacred Pine
9:15:00 AM	6	9	Women Open Scaled	Erin	DiNicola	Rise CrossFit
9:15:00 AM	6	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:24:00 AM	7	1	Women 45-54	Whitney	Graybill	ITF Mount Pleasant
9:24:00 AM	7	2	Women 45-54	Laurie	McKamey	CrossFit Beaufort
9:24:00 AM	7	3	Women 45-54	Debbie	Johnson	Crossfit Crescent Coast
9:24:00 AM	7	4	Women 45-54	Jennifer	Turner	CrossFit 843
9:24:00 AM	7	5	Women 45-54	Betsy	Jonas	CrossFit Sacred Pine
9:24:00 AM	7	6	Women 45-54	Rahha	Larijani	Crossfit James Island
9:24:00 AM	7	7	Women 45-54	Charlotte	Cushman	CrossFit Beaufort
9:24:00 AM	7	8	Women 45-54	Beth	Slack	CrossFit Sacred Pine
9:24:00 AM	7	9	Women 45-54	Abby	Sink	CrossFit Up Dog
9:24:00 AM	7	10	Women 45-54			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:33:00 AM	8	1	Women 45-54	Lisa	Lewellen	crossfit 843
9:33:00 AM	8	2	Women 45-54	Joey	Blanding	CF UPDOG
9:33:00 AM	8	3	Women 45-54	Heidi	Boroski	CrossFit Myrtle Beach
9:33:00 AM	8	4	Women 45-54	Jessica	Beran	Pale Horse CrossFit
9:33:00 AM	8	5	Women 45-54	Tamra	Hoy	Crossfit Myrtle Beach
9:33:00 AM	8	6	Women 45-54	Shannon	McDaniel	Iron Bridge CF
9:33:00 AM	8	7	Women 45-54	Catherine	Parker	CrossFit Wando
9:33:00 AM	8	8	Women 45-54	Marie Claire	Dordulaw	CF 157
9:33:00 AM	8	9	Women 45-54	Sherry	Dial	CFFoxDen
9:33:00 AM	8	10	Women 45-54	Crystal	Hummer	Crossfit Asperitas
BREAK - 9:40 AM - 9:59 AM						
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:59:00 AM	9	1	Men Open Scaled	Dan	Fedele	Crossfit Crescent Coast
9:59:00 AM	9	2	Men Open Scaled	Logan	Weeks	Angel Oak CrossFit
9:59:00 AM	9	3	Men Open Scaled	Jacob	Kozacki	CF 157

9:59:00 AM	9	4	Men Open Scaled	Keith	Deubell	Iron Strength and Conditioning
9:59:00 AM	9	5	Men Open Scaled	Patrick	Ike	Humidity Fitness
9:59:00 AM	9	6	Men Open Scaled	Stephen	Littlefield	Angel Oak Crossfit
9:59:00 AM	9	7	Men Open Scaled	Jonathan	Leggett	CrossFit Crescent Coast
9:59:00 AM	9	8	Men Open Scaled	William	Marks	Crossfit Asperitas
9:59:00 AM	9	9	Men Open Scaled	Matthew	Arnold	Fox den
9:59:00 AM	9	10	Men Open Scaled	John	Johnson	Crossfit Crescent Coast
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:08:00 AM	10	1	Men 55+	Scott	Stephenson	Hammock Coast CrossFit
10:08:00 AM	10	2	Men 55+	Mike	Manesiotis	CTF
10:08:00 AM	10	3	Men 55+	Jim	Raymond	Crossfit Beaufort
10:08:00 AM	10	4	Men 55+	Pete	Cawley	Crossfit843
10:08:00 AM	10	5	Men 55+	Dave	Hardie	CrossFit Humidity
10:08:00 AM	10	6	Men 55+	Andy	Light	Reebok CrossFit Coastal Carolina
10:08:00 AM	10	7	Men 55+	Stephen	Mantie	CrossFit John,Åds Island
10:08:00 AM	10	8	Men 55+	Dennis	McClain	Titus Strength and Conditioning
10:08:00 AM	10	9	Men 55+	Dominick	Mastroianni	
10:08:00 AM	10	10	Men 55+	Wade	Davis	CrossFit Up Dog
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:17:00 AM	11	1	Boys Teen	George	Handley	Crossfit Updog
10:17:00 AM	11	2	Boys Teen	Jefferson	Sanchez	CrossFit North Charleston
10:17:00 AM	11	3	Boys Teen	Jesse	Hall	CF-843
10:17:00 AM	11	4	Boys Teen	Jack	Schuessler	CrossFit Myrtle Beach
10:17:00 AM	11	5	Boys Teen	Cooper	King	Core fitness
10:17:00 AM	11	6	Boys Teen	Tyler	Backman	Titus Fitness
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:26:00 AM	12	1	Men 45-54	Shawn	Godwin	Xfit Underground
10:26:00 AM	12	2	Men 45-54	Travis	Thompson	Iron Strength and Fitness
10:26:00 AM	12	3	Men 45-54	Ben	Verdone	Wando crossfit
10:26:00 AM	12	4	Men 45-54	Damian	Millet	Crossfit Wando
10:26:00 AM	12	5	Men 45-54	Scott	Jonas	Crossfit Sacred Pine
10:26:00 AM	12	6	Men 45-54	Bob	Marinero	Trivium

10:26:00 AM	12	7	Men 45-54	Jeff	Leinberger	Crossfit Sacred Pines
10:26:00 AM	12	8	Men 45-54	Jeff	Mair	Maverick Method Training
10:26:00 AM	12	9	Men 45-54	Donnie	McDaniel	Iron Bridge CrossFit
10:26:00 AM	12	10	Men 45-54	Eugene	Shelton	Crossfit Humidity
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:35:00 AM	13	1	Men 45-54	Craig	Simonson	Conviction Training Facility
10:35:00 AM	13	2	Men 45-54	Jon	LaRose	ITF MTP
10:35:00 AM	13	3	Men 45-54	Zachary	Curry	Humidity Fitness
10:35:00 AM	13	4	Men 45-54	Eric	Elder	CrossFit 843
10:35:00 AM	13	5	Men 45-54	John	Kim	Crossfit Asperitas
10:35:00 AM	13	6	Men 45-54	Daniel	Darby	CrossFit Wando
10:35:00 AM	13	7	Men 45-54	David	Colyer	Starboad Crossfit
10:35:00 AM	13	8	Men 45-54	George	Paraschos	Crossfit Cresent Coast
10:35:00 AM	13	9	Men 45-54	Travis	Bary	CrossFit Up Dog
10:35:00 AM	13	10	Men 45-54	Albert	Mealer	Reebok Crossfit Coastal Carolina
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:44:00 AM	14	1	Men Open Intermediate	Ziaire	O'Brien	CrossFit Humidity
10:44:00 AM	14	2	Men Open Intermediate	Sean	Ashoff	Hustle One Fitness
10:44:00 AM	14	3	Men Open Intermediate	Youssef	Mostakim	Rhapsody Fitness
10:44:00 AM	14	4	Men Open Intermediate	Mason	Floyd	CrossFit North Charleston
10:44:00 AM	14	5	Men Open Intermediate	Mike	Scharnhorst	CrossFit James Island
10:44:00 AM	14	6	Men Open Intermediate	Tim	Ferm	CrossFit Wando
10:44:00 AM	14	7	Men Open Intermediate	Tyler	Jewel	Unaffiliated
10:44:00 AM	14	8	Men Open Intermediate	Tim	Crockett	CrossFit Sacred Pine
10:44:00 AM	14	9	Men Open Intermediate	Matthew	Steele	Unaffiliated
10:44:00 AM	14	10	Men Open Intermediate	Carl	Smith	Iron Tribe Fitness Mt Pleasant
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:53:00 AM	15	1	Men Open Intermediate	judson	coleman	Crossfit 843
10:53:00 AM	15	2	Men Open Intermediate	Juan	Contreras	Reebok CrossFit coastal Carolina
10:53:00 AM	15	3	Men Open Intermediate	Will	Brasington	Flo-Town Fitness
10:53:00 AM	15	4	Men Open Intermediate	Colin	Littlefield	Angel Oak Crossfit
10:53:00 AM	15	5	Men Open Intermediate	Jamie	Madden	The Lab

10:53:00 AM	15	6	Men Open Intermediate	Jon	Dorsey	Exciled CrossFit
10:53:00 AM	15	7	Men Open Intermediate	Jeremy	Jenks	crossfit underground
10:53:00 AM	15	8	Men Open Intermediate	Josh	Buckley	Hustle One Fitness
10:53:00 AM	15	9	Men Open Intermediate	Isaac	DeLaFuente	CrossFit Humidity
10:53:00 AM	15	10	Men Open Intermediate	Elliot	Lance	Ethos Athletic Club
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:02:00 AM	16	1	Men Open - Intermediate	Jesse	Cox	Vivamus Crossfit
11:02:00 AM	16	2	Men Open - Intermediate	Kavan	Argue	Rhapsody Fitness
11:02:00 AM	16	3	Men Open - Intermediate	Milos	Dukanic	Crossfit Up Dog
11:02:00 AM	16	4	Men Open - Intermediate	Joe	Ales	Titus Strength and Fitness
11:02:00 AM	16	5	Men Open - Intermediate	Brian	Harlow	CrossFit North Charleston
11:02:00 AM	16	6	Men Open - Intermediate	Patrick	Gilley	Humidity Fitness
11:02:00 AM	16	7	Men Open - Intermediate	Mario	Lovato	Home Garage Gym
11:02:00 AM	16	8	Men Open - Intermediate	Michael	Martineau	Crossfit Crescent Coast
11:02:00 AM	16	9	Men Open - Intermediate	Ryan	Jackson	Crossfit Sarced Pine
11:02:00 AM	16	10	Men Open - Intermediate	Cory	Wright	Crossfit Sarced Pine
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:11:00 AM	17	1	Men Open Intermediate	Jeff	Sullivan	CrossFit Wando
11:11:00 AM	17	2	Men Open Intermediate	Stephen	Causey	Titus Strength and Fitness
11:11:00 AM	17	3	Men Open Intermediate	Scott	Wesley	Total Fitness Xtreme
11:11:00 AM	17	4	Men Open Intermediate	Andre	Ameer	CrossFit Wando
11:11:00 AM	17	5	Men Open Intermediate	Ryne	Taylor	Holy City CrossFit
11:11:00 AM	17	6	Men Open Intermediate	Nathan	Wood	Crossfit 843
11:11:00 AM	17	7	Men Open Intermediate	Brent	Skidmore	Iron Bridge Crossfit
11:11:00 AM	17	8	Men Open Intermediate	Wes	Yale	Crossfit UpDog
11:11:00 AM	17	9	Men Open Intermediate	Brad	Bersin	CrossFit Cornelius
11:11:00 AM	17	10	Men Open Intermediate	Karon	Brown	Titus strength and fitness

Fittest of the Coast Workout - Dead Bug - Outside

Saturday, April 10, 2021

Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:30:00 AM	1	1	Men Open Scaled	Dan	Fedele	Crossfit Crescent Coast
8:30:00 AM	1	2	Men Open Scaled	Logan	Weeks	Angel Oak CrossFit
8:30:00 AM	1	3	Men Open Scaled	Jacob	Kozacki	CF 157
8:30:00 AM	1	4	Men Open Scaled	Keith	Deubell	Iron Strength and Conditioning
8:30:00 AM	1	5	Men Open Scaled	Patrick	Ike	Humidity Fitness
8:30:00 AM	1	6	Men Open Scaled	Stephen	Littlefield	Angel Oak Crossfit
8:30:00 AM	1	7	Men Open Scaled	Jonathan	Leggett	CrossFit Crescent Coast
8:30:00 AM	1	8	Men Open Scaled	William	Marks	Crossfit Asperitas
8:30:00 AM	1	9	Men Open Scaled	Matthew	Arnold	Fox den
8:30:00 AM	1	10	Men Open Scaled	John	Johnson	Crossfit Crescent Coast
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:39:00 AM	2	1	Men 55+	Scott	Stephenson	Hammock Coast CrossFit
8:39:00 AM	2	2	Men 55+	Mike	Manesiotis	CTF
8:39:00 AM	2	3	Men 55+	Jim	Raymond	Crossfit Beaufort
8:39:00 AM	2	4	Men 55+	Pete	Cawley	Crossfit843
8:39:00 AM	2	5	Men 55+	Dave	Hardie	CrossFit Humidity
8:39:00 AM	2	6	Men 55+	Andy	Light	Reebok CrossFit Coastal Carolina
8:39:00 AM	2	7	Men 55+	Stephen	Mantie	CrossFit John, Ås Island
8:39:00 AM	2	8	Men 55+	Dennis	McClain	Titus Strength and Conditioning
8:39:00 AM	2	9	Men 55+	Dominick	Mastroianni	
8:39:00 AM	2	10	Men 55+	Wade	Davis	CrossFit Up Dog
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
8:48:00 AM	3	1	Boys Teen	George	Handley	Crossfit Updog
8:48:00 AM	3	2	Boys Teen	Jefferson	Sanchez	CrossFit North Charleston
8:48:00 AM	3	3	Boys Teen	Jesse	Hall	CF-843
8:48:00 AM	3	4	Boys Teen	Jack	Schuessler	CrossFit Myrtle Beach
8:48:00 AM	3	5	Boys Teen	Cooper	King	Core fitness
8:48:00 AM	3	6	Boys Teen	Tyler	Backman	Titus Fitness
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym

8:57:00 AM	4	1	Men 45-54	Shawn	Godwin	Xfit Underground
8:57:00 AM	4	2	Men 45-54	Travis	Thompson	Iron Strength and Fitness
8:57:00 AM	4	3	Men 45-54	Ben	Verdone	Wando crossfit
8:57:00 AM	4	4	Men 45-54	Damian	Millet	Crossfit Wando
8:57:00 AM	4	5	Men 45-54	Scott	Jonas	Crossfit Sacred Pine
8:57:00 AM	4	6	Men 45-54	Bob	Marinaro	Trivium
8:57:00 AM	4	7	Men 45-54	Jeff	Leinberger	Crossfit Sacred Pines
8:57:00 AM	4	8	Men 45-54	Jeff	Mair	Maverick Method Training
8:57:00 AM	4	9	Men 45-54	Donnie	McDaniel	Iron Bridge CrossFit
8:57:00 AM	4	10	Men 45-54	Eugene	Shelton	Crossfit Humidity
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:06:00 AM	5	1	Men 45-54	Craig	Simonson	Conviction Training Facility
9:06:00 AM	5	2	Men 45-54	Jon	LaRose	ITF MTP
9:06:00 AM	5	3	Men 45-54	Zachary	Curry	Humidity Fitness
9:06:00 AM	5	4	Men 45-54	Eric	Elder	CrossFit 843
9:06:00 AM	5	5	Men 45-54	John	Kim	Crossfit Asperitas
9:06:00 AM	5	6	Men 45-54	Daniel	Darby	CrossFit Wando
9:06:00 AM	5	7	Men 45-54	David	Colyer	Starboad Crossfit
9:06:00 AM	5	8	Men 45-54	George	Paraschos	Crossfit Cresent Coast
9:06:00 AM	5	9	Men 45-54	Travis	Bary	CrossFit Up Dog
9:06:00 AM	5	10	Men 45-54	Albert	Mealer	Reebok Crossfit Coastal Carolina
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:23:00 AM	6	1	Men Open Intermediate	Ziaire	O'Brien	CrossFit Humidity
9:23:00 AM	6	2	Men Open Intermediate	Sean	Ashoff	Hustle One Fitness
9:23:00 AM	6	3	Men Open Intermediate	Youssef	Mostakim	Rhapsody Fitness
9:23:00 AM	6	4	Men Open Intermediate	Mason	Floyd	CrossFit North Charleston
9:23:00 AM	6	5	Men Open Intermediate	Mike	Scharnhorst	CrossFit James Island
9:23:00 AM	6	6	Men Open Intermediate	Tim	Ferm	CrossFit Wando
9:23:00 AM	6	7	Men Open Intermediate	Tyler	Jewel	Unaffiliated
9:23:00 AM	6	8	Men Open Intermediate	Tim	Crockett	CrossFit Sacred Pine
9:23:00 AM	6	9	Men Open Intermediate	Matthew	Steele	Unaffiliated
9:23:00 AM	6	10	Men Open Intermediate	Carl	Smith	Iron Tribe Fitness Mt Pleasant

Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:32:00 AM	7	1	Men Open Intermediate	judson	coleman	Crossfit 843
9:32:00 AM	7	2	Men Open Intermediate	Juan	Contreras	Reebok CrossFit coastal Carolina
9:32:00 AM	7	3	Men Open Intermediate	Will	Brasington	Flo-Town Fitness
9:32:00 AM	7	4	Men Open Intermediate	Colin	Littlefield	Angel Oak Crossfit
9:32:00 AM	7	5	Men Open Intermediate	Jamie	Madden	The Lab
9:32:00 AM	7	6	Men Open Intermediate	Jon	Dorsey	Exciled CrossFit
9:32:00 AM	7	7	Men Open Intermediate	Jeremy	Jenks	crossfit underground
9:32:00 AM	7	8	Men Open Intermediate	Josh	Buckley	Hustle One Fitness
9:32:00 AM	7	9	Men Open Intermediate	Isaac	DeLaFuente	CrossFit Humidity
9:32:00 AM	7	10	Men Open Intermediate	Elliot	Lance	Ethos Athletic Club
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:41:00 AM	8	1	Men Open Intermediate	Jesse	Cox	Vivamus Crossfit
9:41:00 AM	8	2	Men Open Intermediate	Kavan	Argue	Rhapsody Fitness
9:41:00 AM	8	3	Men Open Intermediate	Milos	Dukanic	Crossfit Up Dog
9:41:00 AM	8	4	Men Open Intermediate	Joe	Ales	Titus Strength and Fitness
9:41:00 AM	8	5	Men Open Intermediate	Brian	Harlow	CrossFit North Charleston
9:41:00 AM	8	6	Men Open Intermediate	Patrick	Gilley	Humidity Fitness
9:41:00 AM	8	7	Men Open Intermediate	Mario	Lovato	Home Garage Gym
9:41:00 AM	8	8	Men Open Intermediate	Michael	Martineau	Crossfit Crescent Coast
9:41:00 AM	8	9	Men Open Intermediate	Ryan	Jackson	Crossfit Sarced Pine
9:41:00 AM	8	10	Men Open Intermediate	Cory	Wright	Crossfit Sarced Pine
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
9:50:00 AM	9	1	Men Open Intermediate	Jeff	Sullivan	CrossFit Wando
9:50:00 AM	9	2	Men Open Intermediate	Stephen	Causey	Titus Strength and Fitness
9:50:00 AM	9	3	Men Open Intermediate	Scott	Wesley	Total Fitness Xtreme
9:50:00 AM	9	4	Men Open Intermediate	Andre	Ameer	CrossFit Wando
9:50:00 AM	9	5	Men Open Intermediate	Ryne	Taylor	Holy City CrossFit
9:50:00 AM	9	6	Men Open Intermediate	Nathan	Wood	Crossfit 843
9:50:00 AM	9	7	Men Open Intermediate	Brent	Skidmore	Iron Bridge Crossfit
9:50:00 AM	9	8	Men Open Intermediate	Wes	Yale	Crossfit UpDog
9:50:00 AM	9	9	Men Open Intermediate	Brad	Bersin	CrossFit Cornelius

9:50:00 AM	9	10	Men Open Intermediate	Karon	Brown	Titus strength and fitness
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:00:00 AM	10	1	Women Open Intermediate	Margaret Anne	Hubbell	Mayhem Athlete
10:00:00 AM	10	2	Women Open Intermediate	Alex	Mace	Vivamus Crossfit
10:00:00 AM	10	3	Women Open Intermediate	Brittany	Anderson	CrossFit FoxDen
10:00:00 AM	10	4	Women Open Intermediate	Rachael	Dobies	Angel Oak CrossFit
10:00:00 AM	10	5	Women Open Intermediate	Amanda	Barber	The Nut House
10:00:00 AM	10	6	Women Open Intermediate	Jennifer	Parkison	Crossfit Sacred Pine
10:00:00 AM	10	7	Women Open Intermediate	Chelsea	Gratton	Crossfit Humidity
10:00:00 AM	10	8	Women Open Intermediate	Melissa	Houff	Training Think Tank
10:00:00 AM	10	9	Women Open Intermediate	Rachelle	Cooksey	Titus Strength and Fitness
10:00:00 AM	10	10	Women Open Intermediate	Gillian	Druzisky	Angel Oak
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:10:00 AM	11	1	Women Open Intermediate	McKinley	Pollard	Rhapsody Fitness
10:10:00 AM	11	2	Women Open Intermediate	Jensy	Paola	Reebok crossfit Coastal Carolina
10:10:00 AM	11	3	Women Open Intermediate	Amanda	Hughes	CrossFit Sacred Pine
10:10:00 AM	11	4	Women Open Intermediate	Morgan	Raffaele	Reebok CrossFit Coastal Carolina
10:10:00 AM	11	5	Women Open Intermediate	Brooke	English	Hammock Coast Crossfit
10:10:00 AM	11	6	Women Open Intermediate	Theresa	Skidmore	Iron Bridge CrossFit
10:10:00 AM	11	7	Women Open Intermediate	Jennifer	Rackley	Starboard CrossFit
10:10:00 AM	11	8	Women Open Intermediate			
10:10:00 AM	11	9	Women Open Intermediate			
10:10:00 AM	11	10	Women Open Intermediate			
BREAK - 10:20 AM - 10:40 AM						
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:40:00 AM	12	1	Women Open Scaled			
10:40:00 AM	12	2	Women Open Scaled	Holly	Herzig	CF Wando
10:40:00 AM	12	3	Women Open Scaled	Erin	Magee	Crossfit Sacred Pine
10:40:00 AM	12	4	Women Open Scaled	Devynne	Berry	CrossFit Taylors
10:40:00 AM	12	5	Women Open Scaled	Kathleen	Smith	CrossFit Crescent Coast
10:40:00 AM	12	6	Women Open Scaled	Julia	Keefe	Sacred Pine

10:40:00 AM	12	7	Women Open Scaled	Jessica	Mejia	Reebok CrossFit coastal Carolina
10:40:00 AM	12	8	Women Open Scaled	Madeline	Lumley	CrossFit Shear Force
10:40:00 AM	12	9	Women Open Scaled	Kelle	Siegmund	CrossFit Crescent Coast
10:40:00 AM	12	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
10:50:00 AM	13	1	Women Open Scaled			
10:50:00 AM	13	2	Women Open Scaled	Jessica	Hassell	CrossFit FoxDen
10:50:00 AM	13	3	Women Open Scaled	Gina	Kubik	Crossfit 843
10:50:00 AM	13	4	Women Open Scaled	Jessica	Lindstrom	CrossFit Crescent Coast
10:50:00 AM	13	5	Women Open Scaled	Shannon	MacAulay	CrossFit Wando
10:50:00 AM	13	6	Women Open Scaled	Demi	Mahoney	Crescent Coast
10:50:00 AM	13	7	Women Open Scaled	Amy	Kuhlmeier	CrossFit UpDog
10:50:00 AM	13	8	Women Open Scaled	Kendall	Wright	Crossfit Sacred Pine
10:50:00 AM	13	9	Women Open Scaled	Erin	DiNicola	Rise CrossFit
10:50:00 AM	13	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:00:00 AM	14	1	Women 55+	Patricia	Pomeroy	CrossFit Sacred Pine
11:00:00 AM	14	2	Women 55+	Tammy	Harrell	Iron Strength and Conditioning
11:00:00 AM	14	3	Women 55+	Patricia	Johnson	Titus Strength And Fitness
11:00:00 AM	14	4	Women 55+	Lisa	Raymond	Beaufort Crossfit
11:00:00 AM	14	5	Women 55+	Sue	Pantano	Crossfit Crescent Coast
11:00:00 AM	14	6	Women 55+	Carol	Retundie	CrossFit Crescent Coast
11:00:00 AM	14	7	Women 55+	Febie	Knight	CrossFit Beaufort
11:00:00 AM	14	8	Women 55+	Patrice	McCloskey	Reebok CrossFit Coastal Carolina
11:00:00 AM	14	9	Women 55+	Karen	Stephenson	Hammock Coast CrossFit
11:00:00 AM	14	10	Women 55+	Kathryn	Gill	Crossfit Myrtle Beach
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:10:00 AM	15	1	Girls Teen	Natalie	Turbeville	CrossFit Humidity
11:10:00 AM	15	2	Girls Teen	Jesse	Kemp	Ironbridge
11:10:00 AM	15	3	Girls Teen	Taryn	McCabe	Reebok Costal Carolina Crossfit
11:10:00 AM	15	4	Girls Teen	Gabriella SixPackGabs	Rubin	CrossFit Myrtle Beach
11:10:00 AM	15	5	Girls Teen	Kendall	Suggs	Angel Oak CrossFit

11:10:00 AM	15	6	Girls Teen	Lia	Murphy	Humidity
11:10:00 AM	15	7	Girls Teen	Audrey	Curry	Humidity Fitness
11:10:00 AM	15	8	Girls Teen	Ella	Handley	Crossfit Updog
11:10:00 AM	15	9	Girls Teen	Peyton	Faas	Titus Strength
11:10:00 AM	15	10	Girls Teen	Mackenzie	Hill	Iron Bridge Crossfit
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:20:00 AM	16	1	Women 45-54	Whitney	Graybill	ITF Mount Pleasant
11:20:00 AM	16	2	Women 45-54	Laurie	McKamey	CrossFit Beaufort
11:20:00 AM	16	3	Women 45-54	Debbie	Johnson	Crossfit Crescent Coast
11:20:00 AM	16	4	Women 45-54	Jennifer	Turner	CrossFit 843
11:20:00 AM	16	5	Women 45-54	Betsy	Jonas	CrossFit Sacred Pine
11:20:00 AM	16	6	Women 45-54	Rahha	Larijani	Crossfit James Island
11:20:00 AM	16	7	Women 45-54	Charlotte	Cushman	CrossFit Beaufort
11:20:00 AM	16	8	Women 45-54	Beth	Slack	CrossFit Sacred Pine
11:20:00 AM	16	9	Women 45-54	Abby	Sink	CrossFit Up Dog
11:20:00 AM	16	10	Women 45-54			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
11:30:00 AM	17	1	Women 45-54	Lisa	Lewellen	crossfit 843
11:30:00 AM	17	2	Women 45-54	Joey	Blanding	CF UPDOG
11:30:00 AM	17	3	Women 45-54	Heidi	Boroski	CrossFit Myrtle Beach
11:30:00 AM	17	4	Women 45-54	Jessica	Beran	Pale Horse CrossFit
11:30:00 AM	17	5	Women 45-54	Tamra	Hoy	Crossfit Myrtle Beach
11:30:00 AM	17	6	Women 45-54	Shannon	McDaniel	Iron Bridge CF
11:30:00 AM	17	7	Women 45-54	Catherine	Parker	CrossFit Wando
11:30:00 AM	17	8	Women 45-54	Marie Claire	Dordulaw	CF 157
11:30:00 AM	17	9	Women 45-54	Sherry	Dial	CFFoxDen
11:30:00 AM	17	10	Women 45-54	Crystal	Hummer	Crossfit Asperitas

Fittest of the Coast Workout - One By Land, Two By Sea - Inside

Saturday, April 10, 2021

Start times could differ on competition day by 5-10 minutes. Athletes should be warmed up and ready to go at least 10 minutes prior to their scheduled start time.

Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
12:00:00 PM	1	1	Men Open Scaled	Dan	Fedele	Crossfit Crescent Coast
12:01:00 PM	1	2	Men Open Scaled	Logan	Weeks	Angel Oak CrossFit
12:02:00 PM	1	3	Men Open Scaled	Jacob	Kozacki	CF 157
12:03:00 PM	1	4	Men Open Scaled	Keith	Deubell	Iron Strength and Conditioning
12:04:00 PM	1	5	Men Open Scaled	Patrick	Ike	Humidity Fitness
12:05:00 PM	1	6	Men Open Scaled	Stephen	Littlefield	Angel Oak Crossfit
12:06:00 PM	1	7	Men Open Scaled	Jonathan	Leggett	CrossFit Crescent Coast
12:07:00 PM	1	8	Men Open Scaled	William	Marks	Crossfit Asperitas
12:08:00 PM	1	9	Men Open Scaled	Matthew	Arnold	Fox den
12:09:00 PM	1	10	Men Open Scaled	John	Johnson	Crossfit Crescent Coast
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
12:21:00 PM	2	1	Men 55+	Dominick	Mastroianni	
12:22:00 PM	2	2	Men 55+	Wade	Davis	CrossFit Up Dog
12:23:00 PM	2	3	Men 55+	Mike	Manesiotis	CTF
12:24:00 PM	2	4	Men 55+	Stephen	Mantie	CrossFit John, Ås Island
12:25:00 PM	2	5	Men 55+	Scott	Stephenson	Hammock Coast CrossFit
12:26:00 PM	2	6	Men 55+	Dennis	McClain	Titus Strength and Conditioning
12:27:00 PM	2	7	Men 55+	Pete	Cawley	Crossfit843
12:28:00 PM	2	8	Men 55+	Jim	Raymond	Crossfit Beaufort
12:29:00 PM	2	9	Men 55+	Dave	Hardie	CrossFit Humidity
12:30:00 PM	2	10	Men 55+	Andy	Light	Reebok CrossFit Coastal Carolina
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
12:42:00 PM	3	1	Boy Teen	Tyler	Backman	Titus Fitness
12:43:00 PM	3	2	Boy Teen	George	Handley	Crossfit Updog
12:44:00 PM	3	3	Boy Teen	Cooper	King	Core fitness
12:45:00 PM	3	4	Boy Teen	Jefferson	Sanchez	CrossFit North Charleston
12:46:00 PM	3	5	Boy Teen	Jesse	Hall	CF-843

12:47:00 PM	3	6	Boy Teen	Jack	Schuessler	CrossFit Myrtle Beach
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
12:57:00 PM	4	1	Men 45-54	Bob	Marinaro	Trivium
12:58:00 PM	4	2	Men 45-54	Donnie	McDaniel	Iron Bridge CrossFit
12:59:00 PM	4	3	Men 45-54	Jeff	Mair	Maverick Method Training
1:00:00 PM	4	4	Men 45-54	Jeff	Leinberger	Crossfit Sacred Pines
1:01:00 PM	4	5	Men 45-54	Eugene	Shelton	Crossfit Humidity
1:02:00 PM	4	6	Men 45-54	Travis	Thompson	Iron Strength and Fitness
1:03:00 PM	4	7	Men 45-54	Damian	Millet	Crossfit Wando
1:04:00 PM	4	8	Men 45-54	Ben	Verdone	Wando crossfit
1:05:00 PM	4	9	Men 45-54	Scott	Jonas	Crossfit Sacred Pine
1:06:00 PM	4	10	Men 45-54	Shawn	Godwin	Xfit Underground
1:07:00 PM	4	11	Men 45-54	Albert	Mealer	Reebok Crossfit Coastal Carolina
1:08:00 PM	4	12	Men 45-54	Craig	Simonson	Conviction Training Facility
1:09:00 PM	4	13	Men 45-54	Jon	LaRose	ITF MTP
1:10:00 PM	4	14	Men 45-54	Travis	Bary	CrossFit Up Dog
1:11:00 PM	4	15	Men 45-54	George	Paraschos	Crossfit Cresent Coast
1:12:00 PM	4	16	Men 45-54	Zachary	Curry	Humidity Fitness
1:13:00 PM	4	17	Men 45-54	David	Colyer	Starboad Crossfit
1:14:00 PM	4	18	Men 45-54	Eric	Elder	CrossFit 843
1:15:00 PM	4	19	Men 45-54	Daniel	Darby	CrossFit Wando
1:16:00 PM	4	20	Men 45-54	John	Kim	Crossfit Asperitas
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
1:31:00 PM	5	1	Men Open Intermediate	Ziaire	O'Brien	CrossFit Humidity
1:32:00 PM	5	2	Men Open Intermediate	Sean	Ashoff	Hustle One Fitness
1:33:00 PM	5	3	Men Open Intermediate	Youssef	Mostakim	Rhapsody Fitness
1:34:00 PM	5	4	Men Open Intermediate	Mason	Floyd	CrossFit North Charleston
1:35:00 PM	5	5	Men Open Intermediate	Mike	Scharnhorst	CrossFit James Island
1:36:00 PM	5	6	Men Open Intermediate	Tim	Ferm	CrossFit Wando
1:37:00 PM	5	7	Men Open Intermediate	Tyler	Jewel	Unaffiliated
1:38:00 PM	5	8	Men Open Intermediate	Tim	Crockett	CrossFit Sacred Pine
1:39:00 PM	5	9	Men Open Intermediate	Matthew	Steele	Unaffiliated

1:40:00 PM	5	10	Men Open Intermediate	Carl	Smith	Iron Tribe Fitness Mt Pleasant
1:41:00 PM	5	11	Men Open Intermediate	judson	coleman	Crossfit 843
1:42:00 PM	5	12	Men Open Intermediate	Juan	Contreras	Reebok CrossFit coastal Carolina
1:43:00 PM	5	13	Men Open Intermediate	Will	Brasington	Flo-Town Fitness
1:44:00 PM	5	14	Men Open Intermediate	Colin	Littlefield	Angel Oak Crossfit
1:45:00 PM	5	15	Men Open Intermediate	Jamie	Madden	The Lab
1:46:00 PM	5	16	Men Open Intermediate	Jon	Dorsey	Exciled CrossFit
1:47:00 PM	5	17	Men Open Intermediate	Jeremy	Jenks	crossfit underground
1:48:00 PM	5	18	Men Open Intermediate	Josh	Buckley	Hustle One Fitness
1:49:00 PM	5	19	Men Open Intermediate	Isaac	DeLaFuente	CrossFit Humidity
1:50:00 PM	5	20	Men Open Intermediate	Elliot	Lance	Ethos Athletic Club
1:51:00 PM	5	21	Men Open Intermediate	Jesse	Cox	Vivamus Crossfit
1:52:00 PM	5	22	Men Open Intermediate	Kavan	Argue	Rhapsody Fitness
1:53:00 PM	5	23	Men Open Intermediate	Milos	Dukanic	Crossfit Up Dog
1:54:00 PM	5	24	Men Open Intermediate	Joe	Ales	Titus Strength and Fitness
1:55:00 PM	5	25	Men Open Intermediate	Brian	Harlow	CrossFit North Charleston
1:56:00 PM	5	26	Men Open Intermediate	Patrick	Gilley	Humidity Fitness
1:57:00 PM	5	27	Men Open Intermediate	Mario	Lovato	Home Garage Gym
1:58:00 PM	5	28	Men Open Intermediate	Michael	Martineau	Crossfit Crescent Coast
1:59:00 PM	5	29	Men Open Intermediate	Ryan	Jackson	Crossfit Sarced Pine
2:00:00 PM	5	30	Men Open Intermediate	Cory	Wright	Crossfit Sarced Pine
2:01:00 PM	5	31	Men Open Intermediate	Jeff	Sullivan	CrossFit Wando
2:02:00 PM	5	32	Men Open Intermediate	Stephen	Causey	Titus Strength and Fitness
2:03:00 PM	5	33	Men Open Intermediate	Scott	Wesley	Total Fitness Xtreme
2:04:00 PM	5	34	Men Open Intermediate	Andre	Ameer	CrossFit Wando
2:05:00 PM	5	35	Men Open Intermediate	Ryne	Taylor	Holy City CrossFit
2:06:00 PM	5	36	Men Open Intermediate	Nathan	Wood	Crossfit 843
2:07:00 PM	5	37	Men Open Intermediate	Brent	Skidmore	Iron Bridge Crossfit
2:08:00 PM	5	38	Men Open Intermediate	Wes	Yale	Crossfit UpDog
2:09:00 PM	5	39	Men Open Intermediate	Brad	Bersin	CrossFit Cornelius
2:10:00 PM	5	40	Men Open Intermediate	Karon	Brown	Titus strength and fitness
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym

2:31:00 PM	6	1	Women Open Intermediate	Margaret Anne	Hubbell	Mayhem Athlete
2:32:00 PM	6	2	Women Open Intermediate	Alex	Mace	Vivamus Crossfit
2:33:00 PM	6	3	Women Open Intermediate	Brittany	Anderson	CrossFit FoxDen
2:34:00 PM	6	4	Women Open Intermediate	Rachael	Dobies	Angel Oak CrossFit
2:35:00 PM	6	5	Women Open Intermediate	Amanda	Barber	The Nut House
2:36:00 PM	6	6	Women Open Intermediate	Jennifer	Parkison	Crossfit Sacred Pine
2:37:00 PM	6	7	Women Open Intermediate	Chelsea	Gratton	Crossfit Humidity
2:38:00 PM	6	8	Women Open Intermediate	Melissa	Houff	Training Think Tank
2:39:00 PM	6	9	Women Open Intermediate	Rachelle	Cooksey	Titus Strength and Fitness
2:40:00 PM	6	10	Women Open Intermediate	Gillian	Druzisky	Angel Oak
2:41:00 PM	6	11	Women Open Intermediate	McKinley	Pollard	Rhapsody Fitness
2:42:00 PM	6	12	Women Open Intermediate	Jensy	Paola	Reebok crossfit Coastal Carolina
2:43:00 PM	6	13	Women Open Intermediate	Amanda	Hughes	CrossFit Sacred Pine
2:44:00 PM	6	14	Women Open Intermediate	Morgan	Raffaele	Reebok CrossFit Coastal Carolina
2:45:00 PM	6	15	Women Open Intermediate	Brooke	English	Hammock Coast Crossfit
2:46:00 PM	6	16	Women Open Intermediate	Theresa	Skidmore	Iron Bridge CrossFit
2:47:00 PM	6	17	Women Open Intermediate	Jennifer	Rackley	Starboard CrossFit
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
3:02:00 PM	7	1	Women Open Scaled	Holly	Herzig	CF Wando
3:03:00 PM	7	2	Women Open Scaled	Erin	Magee	Crossfit Sacred Pine
3:04:00 PM	7	3	Women Open Scaled	Devynne	Berry	CrossFit Taylors
3:05:00 PM	7	4	Women Open Scaled	Kathleen	Smith	CrossFit Crescent Coast
3:06:00 PM	7	5	Women Open Scaled	Julia	Keefe	Sacred Pine
3:07:00 PM	7	6	Women Open Scaled	Jessica	Mejia	Reebok CrossFit coastal Carolina
3:08:00 PM	7	7	Women Open Scaled	Madeline	Lumley	CrossFit Shear Force
3:09:00 PM	7	8	Women Open Scaled	Kelle	Siegmund	CrossFit Crescent Coast
3:10:00 PM	7	9	Women Open Scaled	Jessica	Hassell	CrossFit FoxDen
3:11:00 PM	7	10	Women Open Scaled	Gina	Kubik	Crossfit 843
3:12:00 PM	7	11	Women Open Scaled	Jessica	Lindstrom	CrossFit Crescent Coast
3:13:00 PM	7	12	Women Open Scaled	Shannon	MacAulay	CrossFit Wando
3:14:00 PM	7	13	Women Open Scaled	Demi	Mahoney	Crescent Coast
3:15:00 PM	7	14	Women Open Scaled	Amy	Kuhlmeier	CrossFit UpDog

3:16:00 PM	7	15	Women Open Scaled	Kendall	Wright	Crossfit Sacred Pine
3:17:00 PM	7	16	Women Open Scaled	Erin	DiNicola	Rise CrossFit
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
3:30:00 PM	8	1	Women 55+	Patricia	Pomeroy	CrossFit Sacred Pine
3:31:00 PM	8	2	Women 55+	Tammy	Harrell	Iron Strength and Conditioning
3:32:00 PM	8	3	Women 55+	Patricia	Johnson	Titus Strength And Fitness
3:33:00 PM	8	4	Women 55+	Karen	Stephenson	Hammock Coast CrossFit
3:34:00 PM	8	5	Women 55+	Kathryn	Gill	Crossfit Myrtle Beach
3:35:00 PM	8	6	Women 55+	Lisa	Raymond	Beaufort Crossfit
3:36:00 PM	8	7	Women 55+	Patrice	McCloskey	Reebok CrossFit Coastal Carolina
3:37:00 PM	8	8	Women 55+	Febie	Knight	CrossFit Beaufort
3:38:00 PM	8	9	Women 55+	Sue	Pantano	Crossfit Crescent Coast
3:39:00 PM	8	10	Women 55+	Carol	Retundie	CrossFit Crescent Coast
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
3:50:00 PM	9	1	Girls Teen	Mackenzie	Hill	Iron Bridge Crossfit
3:51:00 PM	9	2	Girls Teen	Jesse	Kemp	Ironbridge
3:52:00 PM	9	3	Girls Teen	Natalie	Turbeville	CrossFit Humidity
3:53:00 PM	9	4	Girls Teen	Ella	Handley	Crossfit Updog
3:54:00 PM	9	5	Girls Teen	Peyton	Faas	Titus Strength
3:55:00 PM	9	6	Girls Teen	Taryn	McCabe	Reebok Costal Carolina Crossfit
3:56:00 PM	9	7	Girls Teen	Gabriella SixPackGabs	Rubin	CrossFit Myrtle Beach
3:57:00 PM	9	8	Girls Teen	Kendall	Suggs	Angel Oak CrossFit
3:58:00 PM	9	9	Girls Teen	Audrey	Curry	Humidity Fitness
3:59:00 PM	9	10	Girls Teen	Lia	Murphy	Humidity
Time	Heat	Order	Division	Athlete First Name	Athlete Last Name	Gym
4:10:00 PM	10	1	Women 45-54	Abby	Sink	CrossFit Up Dog
4:11:00 PM	10	2	Women 45-54	Beth	Slack	CrossFit Sacred Pine
4:12:00 PM	10	3	Women 45-54	Charlotte	Cushman	CrossFit Beaufort
4:13:00 PM	10	4	Women 45-54	Rahha	Larijani	Crossfit James Island
4:14:00 PM	10	5	Women 45-54	Jennifer	Turner	CrossFit 843
4:15:00 PM	10	6	Women 45-54	Betsy	Jonas	CrossFit Sacred Pine
4:16:00 PM	10	7	Women 45-54	Debbie	Johnson	Crossfit Crescent Coast

4:17:00 PM	10	8	Women 45-54	Whitney	Graybill	ITF Mount Pleasant
4:18:00 PM	10	9	Women 45-54	Crystal	Hummer	Crossfit Asperitas
4:19:00 PM	10	10	Women 45-54	Joey	Blanding	CF UPDOG
4:20:00 PM	10	11	Women 45-54	Lisa	Lewellen	crossfit 843
4:21:00 PM	10	12	Women 45-54	Laurie	McKamey	CrossFit Beaufort
4:22:00 PM	10	13	Women 45-54	Marie Claire	Dordulaw	CF 157
4:23:00 PM	10	14	Women 45-54	Sherry	Dial	CFFoxDen
4:24:00 PM	10	15	Women 45-54	Heidi	Boroski	CrossFit Myrtle Beach
4:25:00 PM	10	16	Women 45-54	Catherine	Parker	CrossFit Wando
4:26:00 PM	10	17	Women 45-54	Jessica	Beran	Pale Horse CrossFit
4:27:00 PM	10	18	Women 45-54	Shannon	McDaniel	Iron Bridge CF
4:28:00 PM	10	19	Women 45-54	Tamra	Hoy	Crossfit Myrtle Beach

Fittest of the Coast Workout - Churn & Burn - Outside

Saturday, April 10, 2021

Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
12:20:00 PM	1	1	Girls Teen	Natalie	Turbeville	CrossFit Humidity
12:20:00 PM	1	2	Girls Teen	Jesse	Kemp	Ironbridge
12:20:00 PM	1	3	Girls Teen	Taryn	McCabe	Reebok Costal Carolina Crossfit
12:20:00 PM	1	4	Girls Teen	Gabriella SixPackGabs	Rubin	CrossFit Myrtle Beach
12:20:00 PM	1	5	Girls Teen	Kendall	Suggs	Angel Oak CrossFit
12:20:00 PM	1	6	Girls Teen	Lia	Murphy	Humidity
12:20:00 PM	1	7	Girls Teen	Audrey	Curry	Humidity Fitness
12:20:00 PM	1	8	Girls Teen	Ella	Handley	Crossfit Updog
12:20:00 PM	1	9	Girls Teen	Peyton	Faas	Titus Strength
12:20:00 PM	1	10	Girls Teen	Mackenzie	Hill	Iron Bridge Crossfit
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
12:35:00 PM	2	1	Women 55+	Patricia	Pomeroy	CrossFit Sacred Pine
12:35:00 PM	2	2	Women 55+	Tammy	Harrell	Iron Strength and Conditioning
12:35:00 PM	2	3	Women 55+	Patricia	Johnson	Titus Strength And Fitness
12:35:00 PM	2	4	Women 55+	Lisa	Raymond	Beaufort Crossfit
12:35:00 PM	2	5	Women 55+	Sue	Pantano	Crossfit Crescent Coast
12:35:00 PM	2	6	Women 55+	Carol	Retundie	CrossFit Crescent Coast
12:35:00 PM	2	7	Women 55+	Febie	Knight	CrossFit Beaufort
12:35:00 PM	2	8	Women 55+	Patrice	McCloskey	Reebok CrossFit Coastal Carolina
12:35:00 PM	2	9	Women 55+	Karen	Stephenson	Hammock Coast CrossFit
12:35:00 PM	2	10	Women 55+	Kathryn	Gill	Crossfit Myrtle Beach
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
12:50:00 PM	3	1	Women Open Scaled			
12:50:00 PM	3	2	Women Open Scaled	Holly	Herzig	CF Wando
12:50:00 PM	3	3	Women Open Scaled	Erin	Magee	Crossfit Sacred Pine
12:50:00 PM	3	4	Women Open Scaled	Devynne	Berry	CrossFit Taylors
12:50:00 PM	3	5	Women Open Scaled	Kathleen	Smith	CrossFit Crescent Coast
12:50:00 PM	3	6	Women Open Scaled	Julia	Keefe	Sacred Pine

12:50:00 PM	3	7	Women Open Scaled	Jessica	Mejia	Reebok CrossFit coastal Carolina
12:50:00 PM	3	8	Women Open Scaled	Madeline	Lumley	CrossFit Shear Force
12:50:00 PM	3	9	Women Open Scaled	Kelle	Siegmund	CrossFit Crescent Coast
12:50:00 PM	3	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
1:05:00 PM	4	1	Women Open Scaled			
1:05:00 PM	4	2	Women Open Scaled	Jessica	Hassell	CrossFit FoxDen
1:05:00 PM	4	3	Women Open Scaled	Gina	Kubik	Crossfit 843
1:05:00 PM	4	4	Women Open Scaled	Jessica	Lindstrom	CrossFit Crescent Coast
1:05:00 PM	4	5	Women Open Scaled	Shannon	MacAulay	CrossFit Wando
1:05:00 PM	4	6	Women Open Scaled	Demi	Mahoney	Crescent Coast
1:05:00 PM	4	7	Women Open Scaled	Amy	Kuhlmeier	CrossFit UpDog
1:05:00 PM	4	8	Women Open Scaled	Kendall	Wright	Crossfit Sacred Pine
1:05:00 PM	4	9	Women Open Scaled	Erin	DiNicola	Rise CrossFit
1:05:00 PM	4	10	Women Open Scaled			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
1:20:00 PM	5	1	Women 45-54	Whitney	Graybill	ITF Mount Pleasant
1:20:00 PM	5	2	Women 45-54	Laurie	McKamey	CrossFit Beaufort
1:20:00 PM	5	3	Women 45-54	Debbie	Johnson	Crossfit Crescent Coast
1:20:00 PM	5	4	Women 45-54	Jennifer	Turner	CrossFit 843
1:20:00 PM	5	5	Women 45-54	Betsy	Jonas	CrossFit Sacred Pine
1:20:00 PM	5	6	Women 45-54	Rahha	Larijani	Crossfit James Island
1:20:00 PM	5	7	Women 45-54	Charlotte	Cushman	CrossFit Beaufort
1:20:00 PM	5	8	Women 45-54	Beth	Slack	CrossFit Sacred Pine
1:20:00 PM	5	9	Women 45-54	Abby	Sink	CrossFit Up Dog
1:20:00 PM	5	10	Women 45-54			
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
1:35:00 PM	6	1	Women 45-54	Lisa	Lewellen	crossfit 843
1:35:00 PM	6	2	Women 45-54	Joey	Blanding	CF UPDOG
1:35:00 PM	6	3	Women 45-54	Heidi	Boroski	CrossFit Myrtle Beach
1:35:00 PM	6	4	Women 45-54	Jessica	Beran	Pale Horse CrossFit

1:35:00 PM	6	5	Women 45-54	Tamra	Hoy	Crossfit Myrtle Beach
1:35:00 PM	6	6	Women 45-54	Shannon	McDaniel	Iron Bridge CF
1:35:00 PM	6	7	Women 45-54	Catherine	Parker	CrossFit Wando
1:35:00 PM	6	8	Women 45-54	Marie Claire	Dordulaw	CF 157
1:35:00 PM	6	9	Women 45-54	Sherry	Dial	CFFoxDen
1:35:00 PM	6	10	Women 45-54	Crystal	Hummer	Crossfit Asperitas
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
1:50:00 PM	7	1	Men Open Scaled	Dan	Fedele	Crossfit Crescent Coast
1:50:00 PM	7	2	Men Open Scaled	Logan	Weeks	Angel Oak CrossFit
1:50:00 PM	7	3	Men Open Scaled	Jacob	Kozacki	CF 157
1:50:00 PM	7	4	Men Open Scaled	Keith	Deubell	Iron Strength and Conditioning
1:50:00 PM	7	5	Men Open Scaled	Patrick	Ike	Humidity Fitness
1:50:00 PM	7	6	Men Open Scaled	Stephen	Littlefield	Angel Oak Crossfit
1:50:00 PM	7	7	Men Open Scaled	Jonathan	Leggett	CrossFit Crescent Coast
1:50:00 PM	7	8	Men Open Scaled	William	Marks	Crossfit Asperitas
1:50:00 PM	7	9	Men Open Scaled	Matthew	Arnold	Fox den
1:50:00 PM	7	10	Men Open Scaled	John	Johnson	Crossfit Crescent Coast
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
2:05:00 PM	8	1	Men 55+	Scott	Stephenson	Hammock Coast CrossFit
2:05:00 PM	8	2	Men 55+	Mike	Manesiotis	CTF
2:05:00 PM	8	3	Men 55+	Jim	Raymond	Crossfit Beaufort
2:05:00 PM	8	4	Men 55+	Pete	Cawley	Crossfit843
2:05:00 PM	8	5	Men 55+	Dave	Hardie	CrossFit Humidity
2:05:00 PM	8	6	Men 55+	Andy	Light	Reebok CrossFit Coastal Carolina
2:05:00 PM	8	7	Men 55+	Stephen	Mantie	CrossFit John, Åds Island
2:05:00 PM	8	8	Men 55+	Dennis	McClain	Titus Strength and Conditioning
2:05:00 PM	8	9	Men 55+	Dominick	Mastroianni	
2:05:00 PM	8	10	Men 55+	Wade	Davis	CrossFit Up Dog
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
2:20:00 PM	9	1	Boys Teen	George	Handley	Crossfit Updog
2:20:00 PM	9	2	Boys Teen	Jefferson	Sanchez	CrossFit North Charleston

2:20:00 PM	9	3	Boys Teen	Jesse	Hall	CF-843
2:20:00 PM	9	4	Boys Teen	Jack	Schuessler	CrossFit Myrtle Beach
2:20:00 PM	9	5	Boys Teen	Cooper	King	Core fitness
2:20:00 PM	9	6	Boys Teen	Tyler	Backman	Titus Fitness
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
2:35:00 PM	10	1	Men 45-54	Shawn	Godwin	Xfit Underground
2:35:00 PM	10	2	Men 45-54	Travis	Thompson	Iron Strength and Fitness
2:35:00 PM	10	3	Men 45-54	Ben	Verdone	Wando crossfit
2:35:00 PM	10	4	Men 45-54	Damian	Millet	Crossfit Wando
2:35:00 PM	10	5	Men 45-54	Scott	Jonas	Crossfit Sacred Pine
2:35:00 PM	10	6	Men 45-54	Bob	Marinero	Trivium
2:35:00 PM	10	7	Men 45-54	Jeff	Leinberger	Crossfit Sacred Pines
2:35:00 PM	10	8	Men 45-54	Jeff	Mair	Maverick Method Training
2:35:00 PM	10	9	Men 45-54	Donnie	McDaniel	Iron Bridge CrossFit
2:35:00 PM	10	10	Men 45-54	Eugene	Shelton	Crossfit Humidity
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
2:50:00 PM	11	1	Men 45-54	Craig	Simonson	Conviction Training Facility
2:50:00 PM	11	2	Men 45-54	Jon	LaRose	ITF MTP
2:50:00 PM	11	3	Men 45-54	Zachary	Curry	Humidity Fitness
2:50:00 PM	11	4	Men 45-54	Eric	Elder	CrossFit 843
2:50:00 PM	11	5	Men 45-54	John	Kim	Crossfit Asperitas
2:50:00 PM	11	6	Men 45-54	Daniel	Darby	CrossFit Wando
2:50:00 PM	11	7	Men 45-54	David	Colyer	Starboard Crossfit
2:50:00 PM	11	8	Men 45-54	George	Paraschos	Crossfit Cresent Coast
2:50:00 PM	11	9	Men 45-54	Travis	Bary	CrossFit Up Dog
2:50:00 PM	11	10	Men 45-54	Albert	Mealer	Reebok Crossfit Coastal Carolina
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
3:05:00 PM	12	1	Men Open Intermediate	Ziaire	O'Brien	CrossFit Humidity
3:05:00 PM	12	2	Men Open Intermediate	Sean	Ashoff	Hustle One Fitness
3:05:00 PM	12	3	Men Open Intermediate	Youssef	Mostakim	Rhapsody Fitness
3:05:00 PM	12	4	Men Open Intermediate	Mason	Floyd	CrossFit North Charleston

3:05:00 PM	12	5	Men Open Intermediate	Mike	Scharnhorst	CrossFit James Island
3:05:00 PM	12	6	Men Open Intermediate	Tim	Ferm	CrossFit Wando
3:05:00 PM	12	7	Men Open Intermediate	Tyler	Jewel	Unaffiliated
3:05:00 PM	12	8	Men Open Intermediate	Tim	Crockett	CrossFit Sacred Pine
3:05:00 PM	12	9	Men Open Intermediate	Matthew	Steele	Unaffiliated
3:05:00 PM	12	10	Men Open Intermediate	Carl	Smith	Iron Tribe Fitness Mt Pleasant
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
3:20:00 PM	13	1	Men Open Intermediate	judson	coleman	Crossfit 843
3:20:00 PM	13	2	Men Open Intermediate	Juan	Contreras	Reebok CrossFit coastal Carolina
3:20:00 PM	13	3	Men Open Intermediate	Will	Brasington	Flo-Town Fitness
3:20:00 PM	13	4	Men Open Intermediate	Colin	Littlefield	Angel Oak Crossfit
3:20:00 PM	13	5	Men Open Intermediate	Jamie	Madden	The Lab
3:20:00 PM	13	6	Men Open Intermediate	Jon	Dorsey	Exciled CrossFit
3:20:00 PM	13	7	Men Open Intermediate	Jeremy	Jenks	crossfit underground
3:20:00 PM	13	8	Men Open Intermediate	Josh	Buckley	Hustle One Fitness
3:20:00 PM	13	9	Men Open Intermediate	Isaac	DeLaFuente	CrossFit Humidity
3:20:00 PM	13	10	Men Open Intermediate	Elliot	Lance	Ethos Athletic Club
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
3:35:00 PM	14	1	Men Open Intermediate	Jesse	Cox	Vivamus Crossfit
3:35:00 PM	14	2	Men Open Intermediate	Kavan	Argue	Rhapsody Fitness
3:35:00 PM	14	3	Men Open Intermediate	Milos	Dukanic	Crossfit Up Dog
3:35:00 PM	14	4	Men Open Intermediate	Joe	Ales	Titus Strength and Fitness
3:35:00 PM	14	5	Men Open Intermediate	Brian	Harlow	CrossFit North Charleston
3:35:00 PM	14	6	Men Open Intermediate	Patrick	Gilley	Humidity Fitness
3:35:00 PM	14	7	Men Open Intermediate	Mario	Lovato	Home Garage Gym
3:35:00 PM	14	8	Men Open Intermediate	Michael	Martineau	Crossfit Crescent Coast
3:35:00 PM	14	9	Men Open Intermediate	Ryan	Jackson	Crossfit Sarced Pine
3:35:00 PM	14	10	Men Open Intermediate	Cory	Wright	Crossfit Sarced Pine
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
3:50:00 PM	15	1	Men Open Intermediate	Jeff	Sullivan	CrossFit Wando
3:50:00 PM	15	2	Men Open Intermediate	Stephen	Causey	Titus Strength and Fitness

3:50:00 PM	15	3	Men Open Intermediate	Scott	Wesley	Total Fitness Xtreme
3:50:00 PM	15	4	Men Open Intermediate	Andre	Ameer	CrossFit Wando
3:50:00 PM	15	5	Men Open Intermediate	Ryne	Taylor	Holy City CrossFit
3:50:00 PM	15	6	Men Open Intermediate	Nathan	Wood	Crossfit 843
3:50:00 PM	15	7	Men Open Intermediate	Brent	Skidmore	Iron Bridge Crossfit
3:50:00 PM	15	8	Men Open Intermediate	Wes	Yale	Crossfit UpDog
3:50:00 PM	15	9	Men Open Intermediate	Brad	Bersin	CrossFit Cornelius
3:50:00 PM	15	10	Men Open Intermediate	Karon	Brown	Titus strength and fitness
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
4:05:00 PM	16	1	Women Open Intermediate	Margaret Anne	Hubbell	Mayhem Athlete
4:05:00 PM	16	2	Women Open Intermediate	Alex	Mace	Vivamus Crossfit
4:05:00 PM	16	3	Women Open Intermediate	Brittany	Anderson	CrossFit FoxDen
4:05:00 PM	16	4	Women Open Intermediate	Rachael	Dobies	Angel Oak CrossFit
4:05:00 PM	16	5	Women Open Intermediate	Amanda	Barber	The Nut House
4:05:00 PM	16	6	Women Open Intermediate	Jennifer	Parkison	Crossfit Sacred Pine
4:05:00 PM	16	7	Women Open Intermediate	Chelsea	Gratton	Crossfit Humidity
4:05:00 PM	16	8	Women Open Intermediate	Melissa	Houff	Training Think Tank
4:05:00 PM	16	9	Women Open Intermediate	Rachelle	Cooksey	Titus Strength and Fitness
4:05:00 PM	16	10	Women Open Intermediate	Gillian	Druzisky	Angel Oak
Time	Heat	Lane	Division	Athlete First Name	Athlete Last Name	Gym
4:20:00 PM	17	1	Women Open Intermediate	McKinley	Pollard	Rhapsody Fitness
4:20:00 PM	17	2	Women Open Intermediate	Jensy	Paola	Reebok crossfit Coastal Carolina
4:20:00 PM	17	3	Women Open Intermediate	Amanda	Hughes	CrossFit Sacred Pine
4:20:00 PM	17	4	Women Open Intermediate	Morgan	Raffaele	Reebok CrossFit Coastal Carolina
4:20:00 PM	17	5	Women Open Intermediate	Brooke	English	Hammock Coast Crossfit
4:20:00 PM	17	6	Women Open Intermediate	Theresa	Skidmore	Iron Bridge CrossFit
4:20:00 PM	17	7	Women Open Intermediate	Jennifer	Rackley	Starboard CrossFit
4:20:00 PM	17	8	Women Open Intermediate			
4:20:00 PM	17	9	Women Open Intermediate			
4:20:00 PM	17	10	Women Open Intermediate			