

SATURDAY, APRIL 2 MASTER HEAT TIMES

| DON'T DROP - OUTDOOR | | FRONT SQUAT - INDOOR | | GORILLA - OUTDOOR | | SHORTY - INDOOR | |
|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|------------------------|-----------|
| Division | Heat Time | Division | Heat Time | Division | Heat Time | Division | Heat Time |
| Scaled Women Heat 1 | 8:15 AM | Scaled Men Heat 1 | 8:15 AM | Scaled Women Heat 1 | 2:10 PM | Scaled Men Heat 1 | 2:10 PM |
| Scaled Women Heat 2 | 8:22 AM | Scaled Men Heat 2 | 8:22 AM | Scaled Women Heat 2 | 2:22 PM | Scaled Men Heat 2 | 2:20 PM |
| Scaled Women Heat 3 | 8:29 AM | Scaled Men Heat 3 | 8:29 AM | Scaled Women Heat 3 | 2:34 PM | Scaled Men Heat 3 | 2:30 PM |
| Teen Girls | 8:36 AM | Teen Boys | 8:36 AM | Teen Girls | 2:46 PM | Teen Boys | 2:40 PM |
| Women 55-59/60+ | 8:43 AM | Men 60+ | 8:43 AM | Women 55-59/60+ | 2:58 PM | Men 60+ | 2:50 PM |
| Women 50-54 / 45-49 | 8:50 AM | Men 55-59/50-54 Heat 1 | 8:50 AM | Women 50-54 / 45-49 | 3:10 PM | Men 55-59/50-54 Heat 1 | 3:00 PM |
| Women 45-49 | 8:57 AM | Men 50-54 Heat 2 | 8:57 AM | Women 45-49 | 3:22 PM | Men 50-54 Heat 2 | 3:10 PM |
| Women 40-44 Heat 1 | 9:04 AM | Men 45-49 Heat 1 | 9:04 AM | Women 40-44 Heat 1 | 3:34 PM | Men 45-49 Heat 1 | 3:20 PM |
| Women 40-44 Heat 2 | 9:11 AM | Men 45-49 Heat 2 | 9:11 AM | Women 40-44 Heat 2 | 3:46 PM | Men 45-49 Heat 2 | 3:30 PM |
| Women 35-39 Heat 1 | 9:18 AM | Men 40-44 Heat 1 | 9:18 AM | Women 35-39 Heat 1 | 3:58 PM | Men 40-44 Heat 1 | 3:40 PM |
| Women 35-39 Heat 2 | 9:25 AM | Men 40-44 Heat 2 | 9:25 AM | Women 35-39 Heat 2 | 4:10 PM | Men 40-44 Heat 2 | 3:50 PM |
| Women 35-39 Heat 3 | 9:32 AM | Int Men Heat 1 | 9:32 AM | Women 35-39 Heat 3 | 4:22 PM | Int Men Heat 1 | 4:00 PM |
| Intermediate Women Heat 1 | 9:39 AM | Int Men Heat 2 | 9:39 AM | Intermediate Women Heat 1 | 4:34 PM | Int Men Heat 2 | 4:10 PM |
| Intermediate Women Heat 2 | 9:46 AM | Int Men Heat 3 | 9:46 AM | Intermediate Women Heat 2 | 4:46 PM | Int Men Heat 3 | 4:20 PM |
| Intermediate Women Heat 3 | 9:53 AM | Int Men Heat 4 | 9:53 AM | Intermediate Women Heat 3 | 4:58 PM | Int Men Heat 4 | 4:30 PM |
| RX Women Heat 1 | 10:00 AM | Int Men Heat 5 | 10:00 AM | RX Women Heat 1 | 5:10 PM | Int Men Heat 5 | 4:40 PM |
| RX Women Heat 2 | 10:07 AM | Men 35-39 Heat 1 | 10:07 AM | RX Women Heat 2 | 5:22 PM | Men 35-39 Heat 1 | 4:50 PM |
| RX Women Heat 3 | 10:14 AM | Men 35-39 Heat 2 | 10:14 AM | RX Women Heat 3 | 5:34 PM | Men 35-39 Heat 2 | 5:00 PM |
| Scaled Men Heat 1 | 10:51 AM | Men 35-39 / RX Men | 10:21 AM | RX Men Heat 1 | 5:46 PM | Men 35-39 | 5:10 PM |
| Scaled Men Heat 2 | 10:58 AM | RX Men Heat 2 | 10:28 AM | RX Men Heat 2 | 5:58 PM | | |
| Scaled Men Heat 3 | 11:05 AM | RX Men Heat 3 | 10:35 AM | RX Men Heat 3 | 6:10 PM | | |
| Teen Boys | 11:12 AM | RX Men Heat 4 | 10:42 AM | RX Men Heat 4 | 6:22 PM | | |
| Men 60+ | 11:19 AM | Scaled Women Heat 1 | 11:19 AM | | | | |
| Men 55-59/50-54 Heat 1 | 11:26 AM | Scaled Women Heat 2 | 11:26 AM | | | | |
| Men 50-54 Heat 2 | 11:33 AM | Scaled Women Heat 3 | 11:33 AM | | | | |
| Men 45-49 Heat 1 | 11:40 AM | Teen Girls | 11:40 AM | | | | |
| Men 45-49 Heat 2 | 11:47 AM | Women 55-59/60+ | 11:47 AM | | | | |
| Men 40-44 Heat 1 | 11:54 AM | Women 50-54 / 45-49 | 11:54 AM | | | | |
| Men 40-44 Heat 2 | 12:01 PM | Women 45-49 | 12:01 PM | | | | |
| Int Men Heat 1 | 12:08 PM | Women 40-44 Heat 1 | 12:08 PM | | | | |
| Int Men Heat 2 | 12:15 PM | Women 40-44 Heat 2 | 12:15 PM | | | | |
| Int Men Heat 3 | 12:22 PM | Women 35-39 Heat 1 | 12:22 PM | | | | |
| Int Men Heat 4 | 12:29 PM | Women 35-39 Heat 2 | 12:29 PM | | | | |
| Int Men Heat 5 | 12:36 PM | Women 35-39 Heat 3 | 12:36 PM | | | | |
| Men 35-39 Heat 1 | 12:43 PM | Intermediate Women Heat 1 | 12:43 PM | | | | |

SATURDAY, APRIL 2 MASTER HEAT TIMES

| DON'T DROP - OUTDOOR | | FRONT SQUAT - INDOOR | | GORILLA - OUTDOOR | | SHORTY - INDOOR | |
|-----------------------------|----------|-----------------------------|----------|--------------------------|--|------------------------|--|
| Men 35-39 Heat 2 | 12:50 PM | Intermediate Women Heat 2 | 12:50 PM | | | | |
| Men 35-39 / RX Men | 12:57 PM | Intermediate Women Heat 3 | 12:57 PM | | | | |
| RX Men Heat 2 | 1:04 PM | RX Women Heat 1 | 1:04 PM | | | | |
| RX Men Heat 3 | 1:11 PM | RX Women Heat 2 | 1:11 PM | | | | |
| RX Men Heat 4 | 1:18 PM | RX Women Heat 3 | 1:18 PM | | | | |

SUNDAY, APRIL 3 MASTER HEAT TIMES

| SANDY FEET - BEACH | | GORILLA - OUTDOOR | | SHORTY - INDOOR | |
|--------------------|-----------|------------------------|-----------|---------------------------|-----------|
| Division | Heat Time | Division | Heat Time | Division | Heat Time |
| Scaled Men | 7:00 AM | Scaled Men Heat 1 | 10:15 AM | Scaled Women Heat 1 | 10:45 AM |
| Scaled Women | 7:06 AM | Scaled Men Heat 2 | 10:27 AM | Scaled Women Heat 2 | 10:55 AM |
| Boys/Girls Teen | 7:12 AM | Scaled Men Heat 3 | 10:39 AM | Scaled Women Heat 3 | 11:05 AM |
| Men/Women 60+ | 7:18 AM | Teen Boys | 10:51 AM | Teen Girls | 11:15 AM |
| Men/Women 55-59 | 7:24 AM | Men 60+ | 11:03 AM | Women 55-59/60+ | 11:25 AM |
| Men/Women 50-54 | 7:30 AM | Men 55-59/50-54 Heat 1 | 11:15 AM | Women 50-54 / 45-49 | 11:35 AM |
| Women 45-49 | 7:36 AM | Men 50-54 Heat 2 | 11:27 AM | Women 45-49 | 11:45 AM |
| Women 40-44 | 7:42 AM | Men 45-49 Heat 1 | 11:39 AM | Women 40-44 Heat 1 | 11:55 AM |
| Women 35-39 | 7:48 AM | Men 45-49 Heat 2 | 11:51 AM | Women 40-44 Heat 2 | 12:05 PM |
| Women INT | 7:54 AM | Men 40-44 Heat 1 | 12:03 PM | Women 35-39 Heat 1 | 12:15 PM |
| Men 45-49 | 8:00 AM | Men 40-44 Heat 2 | 12:15 PM | Women 35-39 Heat 2 | 12:25 PM |
| Men 40-44 | 8:06 AM | Int Men Heat 1 | 12:27 PM | Women 35-39 Heat 3 | 12:35 PM |
| RX Women | 8:12 AM | Int Men Heat 2 | 12:39 PM | Intermediate Women Heat 1 | 12:45 PM |
| Int Men Heat 1 | 8:20 AM | Int Men Heat 3 | 12:51 PM | Intermediate Women Heat 2 | 12:55 PM |
| Int Men Heat 2 | 8:26 AM | Int Men Heat 4 | 1:03 PM | Intermediate Women Heat 3 | 1:05 PM |
| Men 35-39 | 8:32 AM | Int Men Heat 5 | 1:15 PM | RX Women Heat 1 | 1:15 PM |
| RX Men | 8:40 AM | Men 35-39 Heat 1 | 1:27 PM | RX Women Heat 2 | 1:25 PM |
| | | Men 35-39 Heat 2 | 1:39 PM | RX Women Heat 3 | 1:35 PM |
| | | Men 35-39 | 1:51 PM | RX Men Heat 1 | 1:45 PM |
| | | | | RX Men Heat 2 | 1:55 PM |
| | | | | RX Men Heat 3 | 2:05 PM |
| | | | | RX Men Heat 4 | 2:15 PM |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| Time | Heat | Lane | Division | Athlete |
|---------|------|------|------------|-------------------------|
| 8:15 AM | 1 | 1 | Scaled Men | Tylor Pries |
| 8:15 AM | 1 | 2 | Scaled Men | Matt Kicklighter |
| 8:15 AM | 1 | 3 | Scaled Men | Evan Sherwood |
| 8:15 AM | 1 | 4 | Scaled Men | Matthew Arnold |
| 8:15 AM | 1 | 5 | Scaled Men | Derek Altiery-Rodriguez |
| 8:15 AM | 1 | 6 | Scaled Men | Andrew Byrd |
| 8:15 AM | 1 | 7 | Scaled Men | Keith Deubell |
| 8:15 AM | 1 | 8 | Scaled Men | Jonathan Barragan |
| 8:15 AM | 1 | 9 | Scaled Men | Andrew Bishop |
| 8:15 AM | 1 | 10 | Scaled Men | Dan Fedele |
| Time | Heat | Lane | Division | Athlete |
| 8:22 AM | 2 | 1 | Scaled Men | Carlos Ramirez |
| 8:22 AM | 2 | 2 | Scaled Men | Kieayre Davis |
| 8:22 AM | 2 | 3 | Scaled Men | Roberto Gonzalez |
| 8:22 AM | 2 | 4 | Scaled Men | Greg Parker |
| 8:22 AM | 2 | 5 | Scaled Men | Ryan Chmielewski |
| 8:22 AM | 2 | 6 | Scaled Men | Samuel Robinowich |
| 8:22 AM | 2 | 7 | Scaled Men | shaun McDonald |
| 8:22 AM | 2 | 8 | Scaled Men | David DelGaizo |
| 8:22 AM | 2 | 9 | Scaled Men | Wes Yale |
| 8:22 AM | 2 | 10 | Scaled Men | Rusty Whitten |
| Time | Heat | Lane | Division | Athlete |
| 8:29 AM | 3 | 1 | Scaled Men | Justin Lindgren |
| 8:29 AM | 3 | 2 | Scaled Men | Jose Lopez-Solera |
| 8:29 AM | 3 | 3 | Scaled Men | Benjamin Schulte |
| 8:29 AM | 3 | 4 | Scaled Men | Ayoub Rustum |
| 8:29 AM | 3 | 5 | Scaled Men | Eric Meyler |
| 8:29 AM | 3 | 6 | Scaled Men | Cesar Hernandez |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 8:29 AM | 3 | 7 | Scaled Men | Carlisle Carter |
|--------------|------|------|------------|------------------|
| 8:29 AM | 3 | 8 | Scaled Men | Curt Mcdonell |
| 8:29 AM | 3 | 9 | Scaled Men | Chad Shelton |
| 8:29 AM | 3 | 10 | Scaled Men | Daniel Graves |
| Time | Heat | Lane | Division | Athlete |
| 8:36 AM | 4 | 1 | Teen Boys | |
| 8:36 AM | 4 | 2 | Teen Boys | Jayce Horton |
| 8:36 AM | 4 | 3 | Teen Boys | Caden Steffler |
| 8:36 AM | 4 | 4 | Teen Boys | Mason Parker |
| 8:36 AM | 4 | 5 | Teen Boys | Cash Luther |
| 8:36 AM | 4 | 6 | Teen Boys | Blake Steffler |
| 8:36 AM | 4 | 7 | Teen Boys | Jonathan Dameron |
| 8:36 AM | 4 | 8 | Teen Boys | Jason Paul Jr. |
| 8:36 AM | 4 | 9 | Teen Boys | |
| 8:36 AM | 4 | 10 | Teen Boys | |
| Time | Heat | Lane | Division | Athlete |
| 8:43 AM | 5 | 1 | Men 60+ | |
| 8:43 AM | 5 | 2 | Men 60+ | John Kelly |
| 8:43 AM | 5 | 3 | Men 60+ | Wade Davis |
| 8:43 AM | 5 | 4 | Men 60+ | Dave Hardie |
| 8:43 AM | 5 | 5 | Men 60+ | John Gary |
| 8:43 AM | 5 | 6 | Men 60+ | Bobby Slaton |
| 8:43 AM | 5 | 7 | Men 60+ | Mike Manesiotis |
| 8:43 AM | 5 | 8 | Men 60+ | Sam Griffin |
| 8:43 AM | 5 | 9 | Men 60+ | Greg Kowal |
| 8:43 AM | 5 | 10 | Men 60+ | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 8:50 AM | 6 | 1 | Men 55-59 | David Ferguson |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 8:50 AM | 6 | 2 | Men 55-59 | Stephen Mantie |
|---------|------|------|-----------|-------------------|
| 8:50 AM | 6 | 3 | Men 55-59 | Bruce Krueger |
| 8:50 AM | 6 | 4 | Men 55-59 | James English |
| 8:50 AM | 6 | 5 | Men 55-59 | Terry Lowry |
| 8:50 AM | 6 | 6 | Men 55-59 | Jim Raymond |
| 8:50 AM | 6 | 7 | Men 55-59 | Frank Preston |
| 8:50 AM | 6 | 8 | Men 55-59 | George Glatcz |
| 8:50 AM | 6 | 9 | Men 50-54 | Jay Ward |
| 8:50 AM | 6 | 10 | Men 50-54 | Lee Zink |
| Time | Heat | Lane | Division | Athlete |
| 8:57 AM | 7 | 1 | Men 50-54 | Christian Oles |
| 8:57 AM | 7 | 2 | Men 50-54 | Bryan Teague |
| 8:57 AM | 7 | 3 | Men 50-54 | Albert Mealer |
| 8:57 AM | 7 | 4 | Men 50-54 | Rick Fleece |
| 8:57 AM | 7 | 5 | Men 50-54 | John Kim |
| 8:57 AM | 7 | 6 | Men 50-54 | James Fogarty |
| 8:57 AM | 7 | 7 | Men 50-54 | Wynn Greer |
| 8:57 AM | 7 | 8 | Men 50-54 | Joseph Carey |
| 8:57 AM | 7 | 9 | Men 50-54 | Markus Muurisepp |
| 8:57 AM | 7 | 10 | Men 50-54 | |
| Time | Heat | Lane | Division | Athlete |
| 9:04 AM | 8 | 1 | Men 45-49 | Joey Peluso |
| 9:04 AM | 8 | 2 | Men 45-49 | Bob Marinaro |
| 9:04 AM | 8 | 3 | Men 45-49 | David Colyer |
| 9:04 AM | 8 | 4 | Men 45-49 | Parker Smith |
| 9:04 AM | 8 | 5 | Men 45-49 | Travis Bary |
| 9:04 AM | 8 | 6 | Men 45-49 | Will Hightower |
| 9:04 AM | 8 | 7 | Men 45-49 | Mark Cooke |
| 9:04 AM | 8 | 8 | Men 45-49 | Steven Strickland |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 9:04 AM | 8 | 9 | Men 45-49 | Craig Hewitt |
|---------|------|------|-----------|-------------------|
| 9:04 AM | 8 | 10 | Men 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 9:11 AM | 9 | 1 | Men 45-49 | Konrad Nierwinski |
| 9:11 AM | 9 | 2 | Men 45-49 | Kevin Kessler |
| 9:11 AM | 9 | 3 | Men 45-49 | Bryan Romfo |
| 9:11 AM | 9 | 4 | Men 45-49 | Tadd Rubin |
| 9:11 AM | 9 | 5 | Men 45-49 | John Harper |
| 9:11 AM | 9 | 6 | Men 45-49 | Zachary Curry |
| 9:11 AM | 9 | 7 | Men 45-49 | Cornelius White |
| 9:11 AM | 9 | 8 | Men 45-49 | Scott Taylor |
| 9:11 AM | 9 | 9 | Men 45-49 | Donnie McDaniel |
| 9:11 AM | 9 | 10 | Men 45-49 | George Paraschos |
| Time | Heat | Lane | Division | Athlete |
| 9:18 AM | 10 | 1 | Men 40-44 | Randy Dye |
| 9:18 AM | 10 | 2 | Men 40-44 | Dusty Faske |
| 9:18 AM | 10 | 3 | Men 40-44 | Ed Sealy, III |
| 9:18 AM | 10 | 4 | Men 40-44 | Nick Magnini |
| 9:18 AM | 10 | 5 | Men 40-44 | Karon Brown |
| 9:18 AM | 10 | 6 | Men 40-44 | Ian Cabansag |
| 9:18 AM | 10 | 7 | Men 40-44 | Warren Cavanagh |
| 9:18 AM | 10 | 8 | Men 40-44 | Keith Crowder |
| 9:18 AM | 10 | 9 | Men 40-44 | Timothy Garner |
| 9:18 AM | 10 | 10 | Men 40-44 | Mike Schaeffer |
| Time | Heat | Lane | Division | Athlete |
| 9:25 AM | 11 | 1 | Men 40-44 | Allen Terry |
| 9:25 AM | 11 | 2 | Men 40-44 | Steven Ryan |
| 9:25 AM | 11 | 3 | Men 40-44 | Ronnie Rackley |
| 9:25 AM | 11 | 4 | Men 40-44 | Trey Snow |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 9:25 AM | 11 | 5 | Men 40-44 | Lance Crouch |
|---------|------|------|------------------|----------------------|
| 9:25 AM | 11 | 6 | Men 40-44 | Chris Smith |
| 9:25 AM | 11 | 7 | Men 40-44 | Brian Tavares |
| 9:25 AM | 11 | 8 | Men 40-44 | David Neace |
| 9:25 AM | 11 | 9 | Men 40-44 | Josh Schick |
| 9:25 AM | 11 | 10 | Men 40-44 | Greg Taulbee |
| Time | Heat | Lane | Division | Athlete |
| 9:32 AM | 12 | 1 | Intermediate Men | Drew Bickel |
| 9:32 AM | 12 | 2 | Intermediate Men | Logan Shanks |
| 9:32 AM | 12 | 3 | Intermediate Men | Owen Thomas |
| 9:32 AM | 12 | 4 | Intermediate Men | Brad Bersin |
| 9:32 AM | 12 | 5 | Intermediate Men | Ryne Taylor |
| 9:32 AM | 12 | 6 | Intermediate Men | Brian Harvey |
| 9:32 AM | 12 | 7 | Intermediate Men | Alan Dionne |
| 9:32 AM | 12 | 8 | Intermediate Men | Tristan Veilleux |
| 9:32 AM | 12 | 9 | Intermediate Men | Joe Ales |
| 9:32 AM | 12 | 10 | Intermediate Men | DeAndre Brown |
| Time | Heat | Lane | Division | Athlete |
| 9:39 AM | 13 | 1 | Intermediate Men | Brannon Capps |
| 9:39 AM | 13 | 2 | Intermediate Men | Ray Goyochea |
| 9:39 AM | 13 | 3 | Intermediate Men | Aaron Hoffer |
| 9:39 AM | 13 | 4 | Intermediate Men | Eric Breedlove |
| 9:39 AM | 13 | 5 | Intermediate Men | Mitch McCrackin |
| 9:39 AM | 13 | 6 | Intermediate Men | Milos Dukanic |
| 9:39 AM | 13 | 7 | Intermediate Men | Joshua Stephenson |
| 9:39 AM | 13 | 8 | Intermediate Men | Theodore Longenecker |
| 9:39 AM | 13 | 9 | Intermediate Men | Bryan Connolly |
| 9:39 AM | 13 | 10 | Intermediate Men | Mike Hickman |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Front Squat - Indoor*Saturday, April 2, 2022*

| 9:46 AM | 14 | 1 | Intermediate Men | Cory Wright |
|----------|------|------|------------------|-------------------|
| 9:46 AM | 14 | 2 | Intermediate Men | Peter Benoit |
| 9:46 AM | 14 | 3 | Intermediate Men | jackison clericus |
| 9:46 AM | 14 | 4 | Intermediate Men | Will Brasington |
| 9:46 AM | 14 | 5 | Intermediate Men | Juan Contreras |
| 9:46 AM | 14 | 6 | Intermediate Men | Garrett Gould |
| 9:46 AM | 14 | 7 | Intermediate Men | Justin Mailloux |
| 9:46 AM | 14 | 8 | Intermediate Men | Brent Abercrombie |
| 9:46 AM | 14 | 9 | Intermediate Men | Brian McIntyre |
| 9:46 AM | 14 | 10 | Intermediate Men | Patrick Gilley |
| Time | Heat | Lane | Division | Athlete |
| 9:53 AM | 15 | 1 | Intermediate Men | Tyler Jewel |
| 9:53 AM | 15 | 2 | Intermediate Men | Eric Fernandez |
| 9:53 AM | 15 | 3 | Intermediate Men | Stephen Causey |
| 9:53 AM | 15 | 4 | Intermediate Men | Eric Sesta |
| 9:53 AM | 15 | 5 | Intermediate Men | Addison White |
| 9:53 AM | 15 | 6 | Intermediate Men | Ryan Musso |
| 9:53 AM | 15 | 7 | Intermediate Men | Corey Albers |
| 9:53 AM | 15 | 8 | Intermediate Men | Mark Walters |
| 9:53 AM | 15 | 9 | Intermediate Men | Jonathan Kienzle |
| 9:53 AM | 15 | 10 | Intermediate Men | Tanner Elliott |
| Time | Heat | Lane | Division | Athlete |
| 10:00 AM | 16 | 1 | Intermediate Men | Ben Murphy |
| 10:00 AM | 16 | 2 | Intermediate Men | Channing Stroud |
| 10:00 AM | 16 | 3 | Intermediate Men | Hamza Alkhateeb |
| 10:00 AM | 16 | 4 | Intermediate Men | Chris Martinelli |
| 10:00 AM | 16 | 5 | Intermediate Men | Michael Lugo |
| 10:00 AM | 16 | 6 | Intermediate Men | Keegan thacker |
| 10:00 AM | 16 | 7 | Intermediate Men | Dallin Lindstrom |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 10:00 AM | 16 | 8 | Intermediate Men | Brian Kaltenecker |
|--------------|------|------|------------------|---------------------|
| 10:00 AM | 16 | 9 | Intermediate Men | Frank Canul |
| 10:00 AM | 16 | 10 | Intermediate Men | Farid Bejar |
| Time | Heat | Lane | Division | Athlete |
| 10:07 AM | 17 | 1 | Men 35-39 | Brett Flower |
| 10:07 AM | 17 | 2 | Men 35-39 | Ryan Teixeira |
| 10:07 AM | 17 | 3 | Men 35-39 | Jonathan Kling |
| 10:07 AM | 17 | 4 | Men 35-39 | Jeff Sullivan |
| 10:07 AM | 17 | 5 | Men 35-39 | Daniel Perdue |
| 10:07 AM | 17 | 6 | Men 35-39 | David Garner |
| 10:07 AM | 17 | 7 | Men 35-39 | Ryan Goffigan |
| 10:07 AM | 17 | 8 | Men 35-39 | TJ Schmitt |
| 10:07 AM | 17 | 9 | Men 35-39 | Zach Thompson |
| 10:07 AM | 17 | 10 | Men 35-39 | Matthew Banks |
| Time | Heat | Lane | Division | Athlete |
| 10:14 AM | 18 | 1 | Men 35-39 | Joshua Batt |
| 10:14 AM | 18 | 2 | Men 35-39 | Oscar Gomez |
| 10:14 AM | 18 | 3 | Men 35-39 | Loyd Amerson |
| 10:14 AM | 18 | 4 | Men 35-39 | Korey Bromery |
| 10:14 AM | 18 | 5 | Men 35-39 | Brad Townsend |
| 10:14 AM | 18 | 6 | Men 35-39 | Martin Catalioto |
| 10:14 AM | 18 | 7 | Men 35-39 | Robert Klein |
| 10:14 AM | 18 | 8 | Men 35-39 | William Abercrombie |
| 10:14 AM | 18 | 9 | Men 35-39 | Nick Demarco |
| 10:14 AM | 18 | 10 | Men 35-39 | Brandon Jennings |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 10:21 AM | 19 | 1 | Men 35-39 | Darek zietz |
| 10:21 AM | 19 | 2 | Men 35-39 | Brandon Andrews |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 10:21 AM | 19 | 3 | Men 35-39 | Aaron Burgess |
|----------|------|------|-----------|-------------------|
| 10:21 AM | 19 | 4 | Men 35-39 | Brian Patterson |
| 10:21 AM | 19 | 5 | | |
| 10:21 AM | 19 | 6 | | |
| 10:21 AM | 19 | 7 | RX Men | Justin Riccio |
| 10:21 AM | 19 | 8 | RX Men | Trevor Smith |
| 10:21 AM | 19 | 9 | RX Men | Matthew Early |
| 10:21 AM | 19 | 10 | RX Men | Joel Marietti |
| Time | Heat | Lane | Division | Athlete |
| 10:28 AM | 20 | 1 | RX Men | Matt Lindsey |
| 10:28 AM | 20 | 2 | RX Men | Joey Raucci |
| 10:28 AM | 20 | 3 | RX Men | Brandon Lineberry |
| 10:28 AM | 20 | 4 | RX Men | RJ Jackson |
| 10:28 AM | 20 | 5 | RX Men | McKellar Proffitt |
| 10:28 AM | 20 | 6 | RX Men | Kirby Hinson |
| 10:28 AM | 20 | 7 | RX Men | Josh Lindsey |
| 10:28 AM | 20 | 8 | RX Men | Jay Brice |
| 10:28 AM | 20 | 9 | RX Men | Brock Buckner |
| 10:28 AM | 20 | 10 | RX Men | Tom Rodgers |
| Time | Heat | Lane | Division | Athlete |
| 10:35 AM | 21 | 1 | RX Men | Richard Jackson |
| 10:35 AM | 21 | 2 | RX Men | David Halvorson |
| 10:35 AM | 21 | 3 | RX Men | Dakota Miller |
| 10:35 AM | 21 | 4 | RX Men | Jared Garlow |
| 10:35 AM | 21 | 5 | RX Men | Minner Labrador |
| 10:35 AM | 21 | 6 | RX Men | Michael Worsham |
| 10:35 AM | 21 | 7 | RX Men | Jared Price |
| 10:35 AM | 21 | 8 | RX Men | Derek Kittredge |
| 10:35 AM | 21 | 9 | RX Men | John Hickner |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 10:35 AM | 21 | 10 | RX Men | Nicholas Garrick |
|-----------------------------|------|------|--------------|-------------------|
| Time | Heat | Lane | Division | Athlete |
| 10:42 AM | 22 | 1 | RX Men | Kyle Schwark |
| 10:42 AM | 22 | 2 | RX Men | Dusty Looker |
| 10:42 AM | 22 | 3 | RX Men | Nate Harris |
| 10:42 AM | 22 | 4 | RX Men | Matthew Osbon |
| 10:42 AM | 22 | 5 | RX Men | Kerry Cofer |
| 10:42 AM | 22 | 6 | RX Men | Michael Olivas |
| 10:42 AM | 22 | 7 | RX Men | Nicholas Holt |
| 10:42 AM | 22 | 8 | RX Men | Johnie Charles |
| 10:42 AM | 22 | 9 | RX Men | Aaron Harold |
| 10:42 AM | 22 | 10 | RX Men | Colby Beecham |
| BREAK - 10:49 AM - 11:19 AM | | | | |
| Time | Heat | Lane | Division | Athlete |
| 11:19 AM | 23 | 1 | Scaled Women | Whitney Rolf |
| 11:19 AM | 23 | 2 | Scaled Women | Elke Groothuis |
| 11:19 AM | 23 | 3 | Scaled Women | Alexis Maccini |
| 11:19 AM | 23 | 4 | Scaled Women | Amber Byrd |
| 11:19 AM | 23 | 5 | Scaled Women | Blanca Luna |
| 11:19 AM | 23 | 6 | Scaled Women | Jessica Frame |
| 11:19 AM | 23 | 7 | Scaled Women | Becca Richison |
| 11:19 AM | 23 | 8 | Scaled Women | Gina Nelson |
| 11:19 AM | 23 | 9 | Scaled Women | Emily Rittenhouse |
| 11:19 AM | 23 | 10 | Scaled Women | Bridget Goodwin |
| Time | Heat | Lane | Division | Athlete |
| 11:26 AM | 24 | 1 | Scaled Women | Kara Hicks |
| 11:26 AM | 24 | 2 | Scaled Women | Terrin Reel |
| 11:26 AM | 24 | 3 | Scaled Women | Mary Frances Aini |
| 11:26 AM | 24 | 4 | Scaled Women | Jessica Leiker |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 11:26 AM | 24 | 5 | Scaled Women | Julia Keefe |
|-------------|-------------|-------------|-----------------|---------------------|
| 11:26 AM | 24 | 6 | Scaled Women | April Britton |
| 11:26 AM | 24 | 7 | Scaled Women | Casey Pelletier |
| 11:26 AM | 24 | 8 | Scaled Women | Amy Olvitt |
| 11:26 AM | 24 | 9 | Scaled Women | Ashlyn Huffstickler |
| 11:26 AM | 24 | 10 | Scaled Women | Taylor Burton |
| Time | Heat | Lane | Division | Athlete |
| 11:33 AM | 25 | 1 | Scaled Women | Mary Hinson |
| 11:33 AM | 25 | 2 | Scaled Women | Brandy Clark |
| 11:33 AM | 25 | 3 | Scaled Women | Natalie Garber |
| 11:33 AM | 25 | 4 | Scaled Women | Tammy Harrell |
| 11:33 AM | 25 | 5 | Scaled Women | Jennifer Rackley |
| 11:33 AM | 25 | 6 | Scaled Women | Lilly Rodas |
| 11:33 AM | 25 | 7 | Scaled Women | Hollie Charles |
| 11:33 AM | 25 | 8 | Scaled Women | Kelly Jakes |
| 11:33 AM | 25 | 9 | Scaled Women | Kristina Freismuth |
| 11:33 AM | 25 | 10 | Scaled Women | Cecibel Pena |
| Time | Heat | Lane | Division | Athlete |
| 11:40 AM | 26 | 1 | Teen Girls | Carly Mcconville |
| 11:40 AM | 26 | 2 | Teen Girls | Fiona Doyle |
| 11:40 AM | 26 | 3 | Teen Girls | Yamila Borsanyi |
| 11:40 AM | 26 | 4 | Teen Girls | Summer Brooks |
| 11:40 AM | 26 | 5 | Teen Girls | Piper Doten |
| 11:40 AM | 26 | 6 | Teen Girls | Evelyn Brady |
| 11:40 AM | 26 | 7 | Teen Girls | River Kessler |
| 11:40 AM | 26 | 8 | Teen Girls | Kendall Suggs |
| 11:40 AM | 26 | 9 | Teen Girls | Mac Alexander |
| 11:40 AM | 26 | 10 | Teen Girls | Carmen Behrens |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

Mixed Heat

| | | | | |
|----------|----|----|-------------|-------------------|
| 11:47 AM | 27 | 1 | Women 60+ | Patricia Pomeroy |
| 11:47 AM | 27 | 2 | Women 60+ | Pat Wyyne |
| 11:47 AM | 27 | 3 | Women 60+ | Rebecca Hood |
| 11:47 AM | 27 | 4 | | |
| 11:47 AM | 27 | 5 | Women 55-59 | Kim McGill |
| 11:47 AM | 27 | 6 | Women 55-59 | Lisa Raymond |
| 11:47 AM | 27 | 7 | Women 55-59 | Susan Pantano |
| 11:47 AM | 27 | 8 | Women 55-59 | Patrice McCloskey |
| 11:47 AM | 27 | 9 | | |
| 11:47 AM | 27 | 10 | | |

| Time | Heat | Lane | Division | Athlete |
|------|------|------|----------|---------|
|------|------|------|----------|---------|

Mixed Heat

| | | | | |
|----------|----|----|-------------|-------------------|
| 11:54 AM | 28 | 1 | Women 50-54 | Beth Slack |
| 11:54 AM | 28 | 2 | Women 50-54 | Regina Vieira |
| 11:54 AM | 28 | 3 | Women 50-54 | Trisha Riesmeyer |
| 11:54 AM | 28 | 4 | Women 50-54 | Micki Ewens |
| 11:54 AM | 28 | 5 | Women 50-54 | Natalie Muurisep |
| 11:54 AM | 28 | 6 | Women 50-54 | Crystal Hummer |
| 11:54 AM | 28 | 7 | Women 50-54 | Anita Owen |
| 11:54 AM | 28 | 8 | | |
| 11:54 AM | 28 | 9 | Women 45-49 | Abby Sink |
| 11:54 AM | 28 | 10 | Women 45-49 | Glynda McConville |

| Time | Heat | Lane | Division | Athlete |
|------|------|------|----------|---------|
|------|------|------|----------|---------|

| | | | | |
|----------|----|---|-------------|------------------|
| 12:01 PM | 29 | 1 | Women 45-49 | Seana Austin |
| 12:01 PM | 29 | 2 | Women 45-49 | Whitney Graybill |
| 12:01 PM | 29 | 3 | Women 45-49 | Jackie White |
| 12:01 PM | 29 | 4 | Women 45-49 | Amanda Teague |
| 12:01 PM | 29 | 5 | Women 45-49 | Shannon McDaniel |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 12:01 PM | 29 | 6 | Women 45-49 | AnnMaree Feuss |
|-------------|-------------|-------------|-----------------|-------------------|
| 12:01 PM | 29 | 7 | Women 45-49 | Hollie Bass |
| 12:01 PM | 29 | 8 | Women 45-49 | Heidi Boroski |
| 12:01 PM | 29 | 9 | Women 45-49 | Shaina Tamburr |
| 12:01 PM | 29 | 10 | Women 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 12:08 PM | 30 | 1 | Women 40-44 | Windy Christy |
| 12:08 PM | 30 | 2 | Women 40-44 | Heather Brass |
| 12:08 PM | 30 | 3 | Women 40-44 | Kimberly Reed |
| 12:08 PM | 30 | 4 | Women 40-44 | Erin Walters |
| 12:08 PM | 30 | 5 | Women 40-44 | Heather Cassese |
| 12:08 PM | 30 | 6 | Women 40-44 | Angela Peterson |
| 12:08 PM | 30 | 7 | Women 40-44 | Erin DiNicola |
| 12:08 PM | 30 | 8 | Women 40-44 | Kathleen Smith |
| 12:08 PM | 30 | 9 | Women 40-44 | Samantha Charest |
| 12:08 PM | 30 | 10 | Women 40-44 | Monica Valdez |
| Time | Heat | Lane | Division | Athlete |
| 12:15 PM | 31 | 1 | Women 40-44 | Whitney Reed |
| 12:15 PM | 31 | 2 | Women 40-44 | Jessica Feldpusch |
| 12:15 PM | 31 | 3 | Women 40-44 | Leslie Leman |
| 12:15 PM | 31 | 4 | Women 40-44 | Julie Szabo |
| 12:15 PM | 31 | 5 | Women 40-44 | Kelli Magee |
| 12:15 PM | 31 | 6 | Women 40-44 | Deirdre Vasquez |
| 12:15 PM | 31 | 7 | Women 40-44 | Kimberly Barham |
| 12:15 PM | 31 | 8 | Women 40-44 | Nicole LaRose |
| 12:15 PM | 31 | 9 | Women 40-44 | Kristin Lam |
| 12:15 PM | 31 | 10 | Women 40-44 | Megan Flora |
| Time | Heat | Lane | Division | Athlete |
| 12:22 PM | 32 | 1 | Women 35-39 | |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 12:22 PM | 32 | 2 | Women 35-39 | |
|----------|------|------|-------------|------------------|
| 12:22 PM | 32 | 3 | Women 35-39 | Megan Meister |
| 12:22 PM | 32 | 4 | Women 35-39 | Megan Tkach |
| 12:22 PM | 32 | 5 | Women 35-39 | Devon Ussher |
| 12:22 PM | 32 | 6 | Women 35-39 | Gabriela Leggett |
| 12:22 PM | 32 | 7 | Women 35-39 | Donna Hall |
| 12:22 PM | 32 | 8 | Women 35-39 | Dana Klion |
| 12:22 PM | 32 | 9 | Women 35-39 | |
| 12:22 PM | 32 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 12:29 PM | 33 | 1 | Women 35-39 | Amber Catalioto |
| 12:29 PM | 33 | 2 | Women 35-39 | Tricia Loveday |
| 12:29 PM | 33 | 3 | Women 35-39 | Meagen Johnson |
| 12:29 PM | 33 | 4 | Women 35-39 | Aly Knott |
| 12:29 PM | 33 | 5 | Women 35-39 | Alison Haines |
| 12:29 PM | 33 | 6 | Women 35-39 | Cheryl Karn |
| 12:29 PM | 33 | 7 | Women 35-39 | Tara Albohn |
| 12:29 PM | 33 | 8 | Women 35-39 | Krysta Marshall |
| 12:29 PM | 33 | 9 | Women 35-39 | Jessica Hassell |
| 12:29 PM | 33 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 12:36 PM | 34 | 1 | Women 35-39 | Shannon Oster |
| 12:36 PM | 34 | 2 | Women 35-39 | Katie Roberts |
| 12:36 PM | 34 | 3 | Women 35-39 | Brittany Jackett |
| 12:36 PM | 34 | 4 | Women 35-39 | Niki Sellers |
| 12:36 PM | 34 | 5 | Women 35-39 | Kristen Graham |
| 12:36 PM | 34 | 6 | Women 35-39 | Jessica Kennedy |
| 12:36 PM | 34 | 7 | Women 35-39 | Ally Scheer |
| 12:36 PM | 34 | 8 | Women 35-39 | Claire DeMarco |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 12:36 PM | 34 | 9 | Women 35-39 | Jackie Yedesko |
|----------|------|------|--------------------|-------------------|
| 12:36 PM | 34 | 10 | Women 35-39 | Jenny Holloway |
| Time | Heat | Lane | Division | Athlete |
| 12:43 PM | 35 | 1 | Women Intermediate | Rachel Mullan |
| 12:43 PM | 35 | 2 | Women Intermediate | Jadi Thomas |
| 12:43 PM | 35 | 3 | Women Intermediate | Leah Preston |
| 12:43 PM | 35 | 4 | Women Intermediate | Madison Pruitt |
| 12:43 PM | 35 | 5 | Women Intermediate | Jordy Wolfe |
| 12:43 PM | 35 | 6 | Women Intermediate | Hailey Buck |
| 12:43 PM | 35 | 7 | Women Intermediate | Brooke English |
| 12:43 PM | 35 | 8 | Women Intermediate | Katie Haught |
| 12:43 PM | 35 | 9 | Women Intermediate | Emily Loudermilk |
| 12:43 PM | 35 | 10 | Women Intermediate | Abby McSally |
| Time | Heat | Lane | Division | Athlete |
| 12:50 PM | 36 | 1 | Women Intermediate | Samantha Yoho |
| 12:50 PM | 36 | 2 | Women Intermediate | Rachel Schulte |
| 12:50 PM | 36 | 3 | Women Intermediate | Alexis Burgess |
| 12:50 PM | 36 | 4 | Women Intermediate | Hannah Muurisepp |
| 12:50 PM | 36 | 5 | Women Intermediate | Jennarae Breining |
| 12:50 PM | 36 | 6 | Women Intermediate | Stacy Sullivan |
| 12:50 PM | 36 | 7 | Women Intermediate | Savannah Rhame |
| 12:50 PM | 36 | 8 | Women Intermediate | Jordan Welch |
| 12:50 PM | 36 | 9 | Women Intermediate | Sarah Robertson |
| 12:50 PM | 36 | 10 | Women Intermediate | Sydney Abrecht |
| Time | Heat | Lane | Division | Athlete |
| 12:57 PM | 37 | 1 | Women Intermediate | Hannah Kastelein |
| 12:57 PM | 37 | 2 | Women Intermediate | Kali Conger |
| 12:57 PM | 37 | 3 | Women Intermediate | Lily Belter |
| 12:57 PM | 37 | 4 | Women Intermediate | Abby Umberger |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| 12:57 PM | 37 | 5 | Women Intermediate | Chloe Yeung |
|----------|------|------|--------------------|----------------------|
| 12:57 PM | 37 | 6 | Women Intermediate | Kaleigh Nolen |
| 12:57 PM | 37 | 7 | Women Intermediate | Kelsey Rochester |
| 12:57 PM | 37 | 8 | Women Intermediate | Kathryn Chaffee |
| 12:57 PM | 37 | 9 | Women Intermediate | Erin Rickards |
| 12:57 PM | 37 | 10 | Women Intermediate | Lauren McKnight |
| Time | Heat | Lane | Division | Athlete |
| 1:04 PM | 38 | 1 | Women RX | Laurel Smoak |
| 1:04 PM | 38 | 2 | Women RX | Kara Keith |
| 1:04 PM | 38 | 3 | Women RX | Rachael Dobies |
| 1:04 PM | 38 | 4 | Women RX | Alexandria Bevier |
| 1:04 PM | 38 | 5 | Women RX | Yana Babbitt |
| 1:04 PM | 38 | 6 | Women RX | Grayson Cooper |
| 1:04 PM | 38 | 7 | Women RX | Brittany Miller |
| 1:04 PM | 38 | 8 | Women RX | Meaghan Staudenmaier |
| 1:04 PM | 38 | 9 | Women RX | |
| 1:04 PM | 38 | 10 | Women RX | |
| Time | Heat | Lane | Division | Athlete |
| 1:11 PM | 39 | 1 | Women RX | Rachelle Cooksey |
| 1:11 PM | 39 | 2 | Women RX | Mikayla Blanton |
| 1:11 PM | 39 | 3 | Women RX | Kelly Sekulovski |
| 1:11 PM | 39 | 4 | Women RX | Daisy Conde |
| 1:11 PM | 39 | 5 | Women RX | Gabby Murphy |
| 1:11 PM | 39 | 6 | Women RX | Christy Kooch |
| 1:11 PM | 39 | 7 | Women RX | Caitlin Guthrie |
| 1:11 PM | 39 | 8 | Women RX | Ariel Reaves |
| 1:11 PM | 39 | 9 | Women RX | Amy Fnine |
| 1:11 PM | 39 | 10 | Women RX | Melissa Houff |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Front Squat - Indoor

Saturday, April 2, 2022

| | | | | |
|---------|----|----|----------|-----------------------|
| 1:18 PM | 40 | 1 | Women RX | Margaret Anne Hubbell |
| 1:18 PM | 40 | 2 | Women RX | Morgan Raffaele |
| 1:18 PM | 40 | 3 | Women RX | Briana Jones |
| 1:18 PM | 40 | 4 | Women RX | Emily Torrez |
| 1:18 PM | 40 | 5 | Women RX | Theresa Harvey |
| 1:18 PM | 40 | 6 | Women RX | Cristian Mathes |
| 1:18 PM | 40 | 7 | Women RX | Hailee Barbarits |
| 1:18 PM | 40 | 8 | Women RX | Alysen Spencer |
| 1:18 PM | 40 | 9 | Women RX | Katie Shewmaker |
| 1:18 PM | 40 | 10 | Women RX | Natalie Esparza |

Fittest of the Coast Workout - Dont Drop - Outdoor*Saturday, April 2, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|---------------------|
| 8:15 AM | 1 | 1 | Scaled Women | Whitney Rolf |
| 8:15 AM | 1 | 2 | Scaled Women | Elke Groothuis |
| 8:15 AM | 1 | 3 | Scaled Women | Alexis Maccini |
| 8:15 AM | 1 | 4 | Scaled Women | Amber Byrd |
| 8:15 AM | 1 | 5 | Scaled Women | Blanca Luna |
| 8:15 AM | 1 | 6 | Scaled Women | Jessica Frame |
| 8:15 AM | 1 | 7 | Scaled Women | Becca Richison |
| 8:15 AM | 1 | 8 | Scaled Women | Gina Nelson |
| 8:15 AM | 1 | 9 | Scaled Women | Emily Rittenhouse |
| 8:15 AM | 1 | 10 | Scaled Women | Bridget Goodwin |
| Time | Heat | Lane | Division | Athlete |
| 8:22 AM | 2 | 1 | Scaled Women | Kara Hicks |
| 8:22 AM | 2 | 2 | Scaled Women | Terrin Reel |
| 8:22 AM | 2 | 3 | Scaled Women | Mary Frances Aini |
| 8:22 AM | 2 | 4 | Scaled Women | Jessica Leiker |
| 8:22 AM | 2 | 5 | Scaled Women | Julia Keefe |
| 8:22 AM | 2 | 6 | Scaled Women | April Britton |
| 8:22 AM | 2 | 7 | Scaled Women | Casey Pelletier |
| 8:22 AM | 2 | 8 | Scaled Women | Amy Olvitt |
| 8:22 AM | 2 | 9 | Scaled Women | Ashlyn Huffstickler |
| 8:22 AM | 2 | 10 | Scaled Women | Taylor Burton |
| Time | Heat | Lane | Division | Athlete |
| 8:29 AM | 3 | 1 | Scaled Women | Mary Hinson |
| 8:29 AM | 3 | 2 | Scaled Women | Brandy Clark |
| 8:29 AM | 3 | 3 | Scaled Women | Natalie Garber |
| 8:29 AM | 3 | 4 | Scaled Women | Tammy Harrell |
| 8:29 AM | 3 | 5 | Scaled Women | Jennifer Rackley |
| 8:29 AM | 3 | 6 | Scaled Women | Lilly Rodas |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 8:29 AM | 3 | 7 | Scaled Women | Hollie Charles |
|--------------|------|------|--------------|--------------------|
| 8:29 AM | 3 | 8 | Scaled Women | Kelly Jakes |
| 8:29 AM | 3 | 9 | Scaled Women | Kristina Freismuth |
| 8:29 AM | 3 | 10 | Scaled Women | Cecibel Pena |
| Time | Heat | Lane | Division | Athlete |
| 8:36 AM | 4 | 1 | Teen Girls | Carly Mcconville |
| 8:36 AM | 4 | 2 | Teen Girls | Fiona Doyle |
| 8:36 AM | 4 | 3 | Teen Girls | Yamila Borsanyi |
| 8:36 AM | 4 | 4 | Teen Girls | Summer Brooks |
| 8:36 AM | 4 | 5 | Teen Girls | Piper Doten |
| 8:36 AM | 4 | 6 | Teen Girls | Evelyn Brady |
| 8:36 AM | 4 | 7 | Teen Girls | River Kessler |
| 8:36 AM | 4 | 8 | Teen Girls | Kendall Suggs |
| 8:36 AM | 4 | 9 | Teen Girls | Mac Alexander |
| 8:36 AM | 4 | 10 | Teen Girls | Carmen Behrens |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 8:43 AM | 5 | 1 | Women 60+ | Patricia Pomeroy |
| 8:43 AM | 5 | 2 | Women 60+ | Pat Wyne |
| 8:43 AM | 5 | 3 | Women 60+ | Rebecca Hood |
| 8:43 AM | 5 | 4 | | |
| 8:43 AM | 5 | 5 | Women 55-59 | Kim McGill |
| 8:43 AM | 5 | 6 | Women 55-59 | Lisa Raymond |
| 8:43 AM | 5 | 7 | Women 55-59 | Susan Pantano |
| 8:43 AM | 5 | 8 | Women 55-59 | Patrice McCloskey |
| 8:43 AM | 5 | 9 | | |
| 8:43 AM | 5 | 10 | | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 8:50 AM | 6 | 1 | Women 50-54 | Beth Slack |
|-------------|-------------|-------------|-----------------|-------------------|
| 8:50 AM | 6 | 2 | Women 50-54 | Regina Vieira |
| 8:50 AM | 6 | 3 | Women 50-54 | Trisha Riesmeyer |
| 8:50 AM | 6 | 4 | Women 50-54 | Micki Ewens |
| 8:50 AM | 6 | 5 | Women 50-54 | Natalie Muurisepp |
| 8:50 AM | 6 | 6 | Women 50-54 | Crystal Hummer |
| 8:50 AM | 6 | 7 | Women 50-54 | Anita Owen |
| 8:50 AM | 6 | 8 | | |
| 8:50 AM | 6 | 9 | Women 45-49 | Abby Sink |
| 8:50 AM | 6 | 10 | Women 45-49 | Glynda McConville |
| Time | Heat | Lane | Division | Athlete |
| 8:57 AM | 7 | 1 | Women 45-49 | Seana Austin |
| 8:57 AM | 7 | 2 | Women 45-49 | Whitney Graybill |
| 8:57 AM | 7 | 3 | Women 45-49 | Jackie White |
| 8:57 AM | 7 | 4 | Women 45-49 | Amanda Teague |
| 8:57 AM | 7 | 5 | Women 45-49 | Shannon McDaniel |
| 8:57 AM | 7 | 6 | Women 45-49 | AnnMaree Feuss |
| 8:57 AM | 7 | 7 | Women 45-49 | Hollie Bass |
| 8:57 AM | 7 | 8 | Women 45-49 | Heidi Boroski |
| 8:57 AM | 7 | 9 | Women 45-49 | Shaina Tamburr |
| 8:57 AM | 7 | 10 | Women 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 9:04 AM | 8 | 1 | Women 40-44 | Windy Christy |
| 9:04 AM | 8 | 2 | Women 40-44 | Heather Brass |
| 9:04 AM | 8 | 3 | Women 40-44 | Kimberly Reed |
| 9:04 AM | 8 | 4 | Women 40-44 | Erin Walters |
| 9:04 AM | 8 | 5 | Women 40-44 | Heather Cassese |
| 9:04 AM | 8 | 6 | Women 40-44 | Angela Peterson |
| 9:04 AM | 8 | 7 | Women 40-44 | Erin DiNicola |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 9:04 AM | 8 | 8 | Women 40-44 | Kathleen Smith |
|---------|------|------|-------------|-------------------|
| 9:04 AM | 8 | 9 | Women 40-44 | Samantha Charest |
| 9:04 AM | 8 | 10 | Women 40-44 | Monica Valdez |
| Time | Heat | Lane | Division | Athlete |
| 9:11 AM | 9 | 1 | Women 40-44 | Whitney Reed |
| 9:11 AM | 9 | 2 | Women 40-44 | Jessica Feldpusch |
| 9:11 AM | 9 | 3 | Women 40-44 | Leslie Leman |
| 9:11 AM | 9 | 4 | Women 40-44 | Julie Szabo |
| 9:11 AM | 9 | 5 | Women 40-44 | Kelli Magee |
| 9:11 AM | 9 | 6 | Women 40-44 | Deirdre Vasquez |
| 9:11 AM | 9 | 7 | Women 40-44 | Kimberly Barham |
| 9:11 AM | 9 | 8 | Women 40-44 | Nicole LaRose |
| 9:11 AM | 9 | 9 | Women 40-44 | Kristin Lam |
| 9:11 AM | 9 | 10 | Women 40-44 | Megan Flora |
| Time | Heat | Lane | Division | Athlete |
| 9:18 AM | 10 | 1 | Women 35-39 | |
| 9:18 AM | 10 | 2 | Women 35-39 | |
| 9:18 AM | 10 | 3 | Women 35-39 | Megan Meister |
| 9:18 AM | 10 | 4 | Women 35-39 | Megan Tkach |
| 9:18 AM | 10 | 5 | Women 35-39 | Devon Ussher |
| 9:18 AM | 10 | 6 | Women 35-39 | Gabriela Leggett |
| 9:18 AM | 10 | 7 | Women 35-39 | Donna Hall |
| 9:18 AM | 10 | 8 | Women 35-39 | Dana Klion |
| 9:18 AM | 10 | 9 | Women 35-39 | |
| 9:18 AM | 10 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 9:25 AM | 11 | 1 | Women 35-39 | Amber Catalioto |
| 9:25 AM | 11 | 2 | Women 35-39 | Tricia Loveday |
| 9:25 AM | 11 | 3 | Women 35-39 | Meagen Johnson |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 9:25 AM | 11 | 4 | Women 35-39 | Aly Knott |
|---------|------|------|--------------------|------------------|
| 9:25 AM | 11 | 5 | Women 35-39 | Alison Haines |
| 9:25 AM | 11 | 6 | Women 35-39 | Cheryl Karn |
| 9:25 AM | 11 | 7 | Women 35-39 | Tara Albohn |
| 9:25 AM | 11 | 8 | Women 35-39 | Krysta Marshall |
| 9:25 AM | 11 | 9 | Women 35-39 | Jessica Hassell |
| 9:25 AM | 11 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 9:32 AM | 12 | 1 | Women 35-39 | Shannon Oster |
| 9:32 AM | 12 | 2 | Women 35-39 | Katie Roberts |
| 9:32 AM | 12 | 3 | Women 35-39 | Brittany Jackett |
| 9:32 AM | 12 | 4 | Women 35-39 | Niki Sellers |
| 9:32 AM | 12 | 5 | Women 35-39 | Kristen Graham |
| 9:32 AM | 12 | 6 | Women 35-39 | Jessica Kennedy |
| 9:32 AM | 12 | 7 | Women 35-39 | Ally Scheer |
| 9:32 AM | 12 | 8 | Women 35-39 | Claire DeMarco |
| 9:32 AM | 12 | 9 | Women 35-39 | Jackie Yedesko |
| 9:32 AM | 12 | 10 | Women 35-39 | Jenny Holloway |
| Time | Heat | Lane | Division | Athlete |
| 9:39 AM | 13 | 1 | Women Intermediate | Rachel Mullan |
| 9:39 AM | 13 | 2 | Women Intermediate | Jadi Thomas |
| 9:39 AM | 13 | 3 | Women Intermediate | Leah Preston |
| 9:39 AM | 13 | 4 | Women Intermediate | Madison Pruitt |
| 9:39 AM | 13 | 5 | Women Intermediate | Jordy Wolfe |
| 9:39 AM | 13 | 6 | Women Intermediate | Hailey Buck |
| 9:39 AM | 13 | 7 | Women Intermediate | Brooke English |
| 9:39 AM | 13 | 8 | Women Intermediate | Katie Haught |
| 9:39 AM | 13 | 9 | Women Intermediate | Emily Loudermilk |
| 9:39 AM | 13 | 10 | Women Intermediate | Abby McSally |

Fittest of the Coast Workout - Dont Drop - Outdoor*Saturday, April 2, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|--------------------|-------------------|
| 9:46 AM | 14 | 1 | Women Intermediate | Samantha Yoho |
| 9:46 AM | 14 | 2 | Women Intermediate | Rachel Schulte |
| 9:46 AM | 14 | 3 | Women Intermediate | Alexis Burgess |
| 9:46 AM | 14 | 4 | Women Intermediate | Hannah Muurisepp |
| 9:46 AM | 14 | 5 | Women Intermediate | Jennarae Breining |
| 9:46 AM | 14 | 6 | Women Intermediate | Stacy Sullivan |
| 9:46 AM | 14 | 7 | Women Intermediate | Savannah Rhame |
| 9:46 AM | 14 | 8 | Women Intermediate | Jordan Welch |
| 9:46 AM | 14 | 9 | Women Intermediate | Sarah Robertson |
| 9:46 AM | 14 | 10 | Women Intermediate | Sydney Abrecht |
| Time | Heat | Lane | Division | Athlete |
| 9:53 AM | 15 | 1 | Women Intermediate | Hannah Kastelein |
| 9:53 AM | 15 | 2 | Women Intermediate | Kali Conger |
| 9:53 AM | 15 | 3 | Women Intermediate | Lily Belter |
| 9:53 AM | 15 | 4 | Women Intermediate | Abby Umberger |
| 9:53 AM | 15 | 5 | Women Intermediate | Chloe Yeung |
| 9:53 AM | 15 | 6 | Women Intermediate | Kaleigh Nolen |
| 9:53 AM | 15 | 7 | Women Intermediate | Kelsey Rochester |
| 9:53 AM | 15 | 8 | Women Intermediate | Kathryn Chaffee |
| 9:53 AM | 15 | 9 | Women Intermediate | Erin Rickards |
| 9:53 AM | 15 | 10 | Women Intermediate | Lauren McKnight |
| Time | Heat | Lane | Division | Athlete |
| 10:00 AM | 16 | 1 | Women RX | Laurel Smoak |
| 10:00 AM | 16 | 2 | Women RX | Kara Keith |
| 10:00 AM | 16 | 3 | Women RX | Rachael Dobies |
| 10:00 AM | 16 | 4 | Women RX | Alexandria Bevier |
| 10:00 AM | 16 | 5 | Women RX | Yana Babbitt |
| 10:00 AM | 16 | 6 | Women RX | Grayson Cooper |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 10:00 AM | 16 | 7 | Women RX | Brittany Miller |
|-----------------------------|------|------|------------|-----------------------|
| 10:00 AM | 16 | 8 | Women RX | Meaghan Staudenmaier |
| 10:00 AM | 16 | 9 | Women RX | |
| 10:00 AM | 16 | 10 | Women RX | |
| Time | Heat | Lane | Division | Athlete |
| 10:07 AM | 17 | 1 | Women RX | Rachelle Cooksey |
| 10:07 AM | 17 | 2 | Women RX | Mikayla Blanton |
| 10:07 AM | 17 | 3 | Women RX | Kelly Sekulovski |
| 10:07 AM | 17 | 4 | Women RX | Daisy Conde |
| 10:07 AM | 17 | 5 | Women RX | Gabby Murphy |
| 10:07 AM | 17 | 6 | Women RX | Christy Kooch |
| 10:07 AM | 17 | 7 | Women RX | Caitlin Guthrie |
| 10:07 AM | 17 | 8 | Women RX | Ariel Reaves |
| 10:07 AM | 17 | 9 | Women RX | Amy Fnine |
| 10:07 AM | 17 | 10 | Women RX | Melissa Houff |
| Time | Heat | Lane | Division | Athlete |
| 10:14 AM | 18 | 1 | Women RX | Margaret Anne Hubbell |
| 10:14 AM | 18 | 2 | Women RX | Morgan Raffaele |
| 10:14 AM | 18 | 3 | Women RX | Briana Jones |
| 10:14 AM | 18 | 4 | Women RX | Emily Torrez |
| 10:14 AM | 18 | 5 | Women RX | Theresa Harvey |
| 10:14 AM | 18 | 6 | Women RX | Cristian Mathes |
| 10:14 AM | 18 | 7 | Women RX | Hailee Barbarits |
| 10:14 AM | 18 | 8 | Women RX | Alysen Spencer |
| 10:14 AM | 18 | 9 | Women RX | Katie Shewmaker |
| 10:14 AM | 18 | 10 | Women RX | Natalie Esparza |
| BREAK - 10:21 AM - 10:51 AM | | | | |
| Time | Heat | Lane | Division | Athlete |
| 10:51 AM | 19 | 1 | Scaled Men | Tylor Pries |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 10:51 AM | 19 | 2 | Scaled Men | Matt Kicklighter |
|----------|------|------|------------|-------------------------|
| 10:51 AM | 19 | 3 | Scaled Men | Evan Sherwood |
| 10:51 AM | 19 | 4 | Scaled Men | Matthew Arnold |
| 10:51 AM | 19 | 5 | Scaled Men | Derek Altiery-Rodriguez |
| 10:51 AM | 19 | 6 | Scaled Men | Andrew Byrd |
| 10:51 AM | 19 | 7 | Scaled Men | Keith Deubell |
| 10:51 AM | 19 | 8 | Scaled Men | Jonathan Barragan |
| 10:51 AM | 19 | 9 | Scaled Men | Andrew Bishop |
| 10:51 AM | 19 | 10 | Scaled Men | Dan Fedele |
| Time | Heat | Lane | Division | Athlete |
| 10:58 AM | 20 | 1 | Scaled Men | Carlos Ramirez |
| 10:58 AM | 20 | 2 | Scaled Men | Kieayre Davis |
| 10:58 AM | 20 | 3 | Scaled Men | Roberto Gonzalez |
| 10:58 AM | 20 | 4 | Scaled Men | Greg Parker |
| 10:58 AM | 20 | 5 | Scaled Men | Ryan Chmielewski |
| 10:58 AM | 20 | 6 | Scaled Men | Samuel Robinowich |
| 10:58 AM | 20 | 7 | Scaled Men | shaun McDonald |
| 10:58 AM | 20 | 8 | Scaled Men | David DelGaizo |
| 10:58 AM | 20 | 9 | Scaled Men | Wes Yale |
| 10:58 AM | 20 | 10 | Scaled Men | Rusty Whitten |
| Time | Heat | Lane | Division | Athlete |
| 11:05 AM | 21 | 1 | Scaled Men | Justin Lindgren |
| 11:05 AM | 21 | 2 | Scaled Men | Jose Lopez-Solera |
| 11:05 AM | 21 | 3 | Scaled Men | Benjamin Schulte |
| 11:05 AM | 21 | 4 | Scaled Men | Ayoub Rustum |
| 11:05 AM | 21 | 5 | Scaled Men | Eric Meyler |
| 11:05 AM | 21 | 6 | Scaled Men | Cesar Hernandez |
| 11:05 AM | 21 | 7 | Scaled Men | Carlisle Carter |
| 11:05 AM | 21 | 8 | Scaled Men | Curt Mcdonell |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 11:05 AM | 21 | 9 | Scaled Men | Chad Shelton |
|--------------|------|------|------------|------------------|
| 11:05 AM | 21 | 10 | Scaled Men | Daniel Graves |
| Time | Heat | Lane | Division | Athlete |
| 11:12 AM | 22 | 1 | Teen Boys | |
| 11:12 AM | 22 | 2 | Teen Boys | Jayce Horton |
| 11:12 AM | 22 | 3 | Teen Boys | Caden Steffler |
| 11:12 AM | 22 | 4 | Teen Boys | Mason Parker |
| 11:12 AM | 22 | 5 | Teen Boys | Cash Luther |
| 11:12 AM | 22 | 6 | Teen Boys | Blake Steffler |
| 11:12 AM | 22 | 7 | Teen Boys | Jonathan Dameron |
| 11:12 AM | 22 | 8 | Teen Boys | Jason Paul Jr. |
| 11:12 AM | 22 | 9 | Teen Boys | |
| 11:12 AM | 22 | 10 | Teen Boys | |
| Time | Heat | Lane | Division | Athlete |
| 11:19 AM | 23 | 1 | Men 60+ | |
| 11:19 AM | 23 | 2 | Men 60+ | John Kelly |
| 11:19 AM | 23 | 3 | Men 60+ | Wade Davis |
| 11:19 AM | 23 | 4 | Men 60+ | Dave Hardie |
| 11:19 AM | 23 | 5 | Men 60+ | John Gary |
| 11:19 AM | 23 | 6 | Men 60+ | Bobby Slaton |
| 11:19 AM | 23 | 7 | Men 60+ | Mike Manesiotis |
| 11:19 AM | 23 | 8 | Men 60+ | Sam Griffin |
| 11:19 AM | 23 | 9 | Men 60+ | Greg Kowal |
| 11:19 AM | 23 | 10 | Men 60+ | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 11:26 AM | 24 | 1 | Men 55-59 | David Ferguson |
| 11:26 AM | 24 | 2 | Men 55-59 | Stephen Mantie |
| 11:26 AM | 24 | 3 | Men 55-59 | Bruce Krueger |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 11:26 AM | 24 | 4 | Men 55-59 | James English |
|----------|------|------|-----------|-------------------|
| 11:26 AM | 24 | 5 | Men 55-59 | Terry Lowry |
| 11:26 AM | 24 | 6 | Men 55-59 | Jim Raymond |
| 11:26 AM | 24 | 7 | Men 55-59 | Frank Preston |
| 11:26 AM | 24 | 8 | Men 55-59 | George Glatcz |
| 11:26 AM | 24 | 9 | Men 50-54 | Jay Ward |
| 11:26 AM | 24 | 10 | Men 50-54 | Lee Zink |
| Time | Heat | Lane | Division | Athlete |
| 11:33 AM | 25 | 1 | Men 50-54 | Christian Oles |
| 11:33 AM | 25 | 2 | Men 50-54 | Bryan Teague |
| 11:33 AM | 25 | 3 | Men 50-54 | Albert Mealer |
| 11:33 AM | 25 | 4 | Men 50-54 | Rick Fleece |
| 11:33 AM | 25 | 5 | Men 50-54 | John Kim |
| 11:33 AM | 25 | 6 | Men 50-54 | James Fogarty |
| 11:33 AM | 25 | 7 | Men 50-54 | Wynn Greer |
| 11:33 AM | 25 | 8 | Men 50-54 | Joseph Carey |
| 11:33 AM | 25 | 9 | Men 50-54 | Markus Muurisepp |
| 11:33 AM | 25 | 10 | Men 50-54 | |
| Time | Heat | Lane | Division | Athlete |
| 11:40 AM | 26 | 1 | Men 45-49 | Joey Peluso |
| 11:40 AM | 26 | 2 | Men 45-49 | Bob Marinaro |
| 11:40 AM | 26 | 3 | Men 45-49 | David Colyer |
| 11:40 AM | 26 | 4 | Men 45-49 | Parker Smith |
| 11:40 AM | 26 | 5 | Men 45-49 | Travis Bary |
| 11:40 AM | 26 | 6 | Men 45-49 | Will Hightower |
| 11:40 AM | 26 | 7 | Men 45-49 | Mark Cooke |
| 11:40 AM | 26 | 8 | Men 45-49 | Steven Strickland |
| 11:40 AM | 26 | 9 | Men 45-49 | Craig Hewitt |
| 11:40 AM | 26 | 10 | Men 45-49 | |

Fittest of the Coast Workout - Dont Drop - Outdoor*Saturday, April 2, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|-------------------|
| 11:47 AM | 27 | 1 | Men 45-49 | Konrad Nierwinski |
| 11:47 AM | 27 | 2 | Men 45-49 | Kevin Kessler |
| 11:47 AM | 27 | 3 | Men 45-49 | Bryan Romfo |
| 11:47 AM | 27 | 4 | Men 45-49 | Tadd Rubin |
| 11:47 AM | 27 | 5 | Men 45-49 | John Harper |
| 11:47 AM | 27 | 6 | Men 45-49 | Zachary Curry |
| 11:47 AM | 27 | 7 | Men 45-49 | Cornelius White |
| 11:47 AM | 27 | 8 | Men 45-49 | Scott Taylor |
| 11:47 AM | 27 | 9 | Men 45-49 | Donnie McDaniel |
| 11:47 AM | 27 | 10 | Men 45-49 | George Paraschos |
| Time | Heat | Lane | Division | Athlete |
| 11:54 AM | 28 | 1 | Men 40-44 | Randy Dye |
| 11:54 AM | 28 | 2 | Men 40-44 | Dusty Faske |
| 11:54 AM | 28 | 3 | Men 40-44 | Ed Sealy, III |
| 11:54 AM | 28 | 4 | Men 40-44 | Nick Magnini |
| 11:54 AM | 28 | 5 | Men 40-44 | Karon Brown |
| 11:54 AM | 28 | 6 | Men 40-44 | Ian Cabansag |
| 11:54 AM | 28 | 7 | Men 40-44 | Warren Cavanagh |
| 11:54 AM | 28 | 8 | Men 40-44 | Keith Crowder |
| 11:54 AM | 28 | 9 | Men 40-44 | Timothy Garner |
| 11:54 AM | 28 | 10 | Men 40-44 | Mike Schaeffer |
| Time | Heat | Lane | Division | Athlete |
| 12:01 PM | 29 | 1 | Men 40-44 | Allen Terry |
| 12:01 PM | 29 | 2 | Men 40-44 | Steven Ryan |
| 12:01 PM | 29 | 3 | Men 40-44 | Ronnie Rackley |
| 12:01 PM | 29 | 4 | Men 40-44 | Trey Snow |
| 12:01 PM | 29 | 5 | Men 40-44 | Lance Crouch |
| 12:01 PM | 29 | 6 | Men 40-44 | Chris Smith |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 12:01 PM | 29 | 7 | Men 40-44 | Brian Tavares |
|-------------|-------------|-------------|------------------|----------------------|
| 12:01 PM | 29 | 8 | Men 40-44 | David Neace |
| 12:01 PM | 29 | 9 | Men 40-44 | Josh Schick |
| 12:01 PM | 29 | 10 | Men 40-44 | Greg Taulbee |
| Time | Heat | Lane | Division | Athlete |
| 12:08 PM | 30 | 1 | Intermediate Men | Drew Bickel |
| 12:08 PM | 30 | 2 | Intermediate Men | Logan Shanks |
| 12:08 PM | 30 | 3 | Intermediate Men | Owen Thomas |
| 12:08 PM | 30 | 4 | Intermediate Men | Brad Bersin |
| 12:08 PM | 30 | 5 | Intermediate Men | Ryne Taylor |
| 12:08 PM | 30 | 6 | Intermediate Men | Brian Harvey |
| 12:08 PM | 30 | 7 | Intermediate Men | Alan Dionne |
| 12:08 PM | 30 | 8 | Intermediate Men | Tristan Veilleux |
| 12:08 PM | 30 | 9 | Intermediate Men | Joe Ales |
| 12:08 PM | 30 | 10 | Intermediate Men | DeAndre Brown |
| Time | Heat | Lane | Division | Athlete |
| 12:15 PM | 31 | 1 | Intermediate Men | Brannon Capps |
| 12:15 PM | 31 | 2 | Intermediate Men | Ray Goyochea |
| 12:15 PM | 31 | 3 | Intermediate Men | Aaron Hoffer |
| 12:15 PM | 31 | 4 | Intermediate Men | Eric Breedlove |
| 12:15 PM | 31 | 5 | Intermediate Men | Mitch McCrackin |
| 12:15 PM | 31 | 6 | Intermediate Men | Milos Dukanic |
| 12:15 PM | 31 | 7 | Intermediate Men | Joshua Stephenson |
| 12:15 PM | 31 | 8 | Intermediate Men | Theodore Longenecker |
| 12:15 PM | 31 | 9 | Intermediate Men | Bryan Connolly |
| 12:15 PM | 31 | 10 | Intermediate Men | Mike Hickman |
| Time | Heat | Lane | Division | Athlete |
| 12:22 PM | 32 | 1 | Intermediate Men | Cory Wright |
| 12:22 PM | 32 | 2 | Intermediate Men | Peter Benoit |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 12:22 PM | 32 | 3 | Intermediate Men | jackison clercius |
|----------|------|------|------------------|-------------------|
| 12:22 PM | 32 | 4 | Intermediate Men | Will Brasington |
| 12:22 PM | 32 | 5 | Intermediate Men | Juan Contreras |
| 12:22 PM | 32 | 6 | Intermediate Men | Garrett Gould |
| 12:22 PM | 32 | 7 | Intermediate Men | Justin Mailloux |
| 12:22 PM | 32 | 8 | Intermediate Men | Brent Abercrombie |
| 12:22 PM | 32 | 9 | Intermediate Men | Brian McIntyre |
| 12:22 PM | 32 | 10 | Intermediate Men | Patrick Gilley |
| Time | Heat | Lane | Division | Athlete |
| 12:29 PM | 33 | 1 | Intermediate Men | Tyler Jewel |
| 12:29 PM | 33 | 2 | Intermediate Men | Eric Fernandez |
| 12:29 PM | 33 | 3 | Intermediate Men | Stephen Causey |
| 12:29 PM | 33 | 4 | Intermediate Men | Eric Sesta |
| 12:29 PM | 33 | 5 | Intermediate Men | Addison White |
| 12:29 PM | 33 | 6 | Intermediate Men | Ryan Musso |
| 12:29 PM | 33 | 7 | Intermediate Men | Corey Albers |
| 12:29 PM | 33 | 8 | Intermediate Men | Mark Walters |
| 12:29 PM | 33 | 9 | Intermediate Men | Jonathan Kienzle |
| 12:29 PM | 33 | 10 | Intermediate Men | Tanner Elliott |
| Time | Heat | Lane | Division | Athlete |
| 12:36 PM | 34 | 1 | Intermediate Men | Ben Murphy |
| 12:36 PM | 34 | 2 | Intermediate Men | Channing Stroud |
| 12:36 PM | 34 | 3 | Intermediate Men | Hamza Alkhateeb |
| 12:36 PM | 34 | 4 | Intermediate Men | Chris Martinelli |
| 12:36 PM | 34 | 5 | Intermediate Men | Michael Lugo |
| 12:36 PM | 34 | 6 | Intermediate Men | Keegan thacker |
| 12:36 PM | 34 | 7 | Intermediate Men | Dallin Lindstrom |
| 12:36 PM | 34 | 8 | Intermediate Men | Brian Kaltenecker |
| 12:36 PM | 34 | 9 | Intermediate Men | Frank Canul |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 12:36 PM | 34 | 10 | Intermediate Men | Farid Bejar |
|---------------------|-------------|-------------|------------------|---------------------|
| Time | Heat | Lane | Division | Athlete |
| 12:43 PM | 35 | 1 | Men 35-39 | Brett Flower |
| 12:43 PM | 35 | 2 | Men 35-39 | Ryan Teixeira |
| 12:43 PM | 35 | 3 | Men 35-39 | Jonathan Kling |
| 12:43 PM | 35 | 4 | Men 35-39 | Jeff Sullivan |
| 12:43 PM | 35 | 5 | Men 35-39 | Daniel Perdue |
| 12:43 PM | 35 | 6 | Men 35-39 | David Garner |
| 12:43 PM | 35 | 7 | Men 35-39 | Ryan Goffigan |
| 12:43 PM | 35 | 8 | Men 35-39 | TJ Schmitt |
| 12:43 PM | 35 | 9 | Men 35-39 | Zach Thompson |
| 12:43 PM | 35 | 10 | Men 35-39 | Matthew Banks |
| Time | Heat | Lane | Division | Athlete |
| 12:50 PM | 36 | 1 | Men 35-39 | Joshua Batt |
| 12:50 PM | 36 | 2 | Men 35-39 | Oscar Gomez |
| 12:50 PM | 36 | 3 | Men 35-39 | Loyd Amerson |
| 12:50 PM | 36 | 4 | Men 35-39 | Korey Bromery |
| 12:50 PM | 36 | 5 | Men 35-39 | Brad Townsend |
| 12:50 PM | 36 | 6 | Men 35-39 | Martin Catalioto |
| 12:50 PM | 36 | 7 | Men 35-39 | Robert Klein |
| 12:50 PM | 36 | 8 | Men 35-39 | William Abercrombie |
| 12:50 PM | 36 | 9 | Men 35-39 | Nick Demarco |
| 12:50 PM | 36 | 10 | Men 35-39 | Brandon Jennings |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 12:57 PM | 37 | 1 | Men 35-39 | Darek zietz |
| 12:57 PM | 37 | 2 | Men 35-39 | Brandon Andrews |
| 12:57 PM | 37 | 3 | Men 35-39 | Aaron Burgess |
| 12:57 PM | 37 | 4 | Men 35-39 | Brian Patterson |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| 12:57 PM | 37 | 5 | | |
|----------|------|------|----------|-------------------|
| 12:57 PM | 37 | 6 | | |
| 12:57 PM | 37 | 7 | RX Men | Justin Riccio |
| 12:57 PM | 37 | 8 | RX Men | Trevor Smith |
| 12:57 PM | 37 | 9 | RX Men | Matthew Early |
| 12:57 PM | 37 | 10 | RX Men | Joel Marietti |
| Time | Heat | Lane | Division | Athlete |
| 1:04 PM | 38 | 1 | RX Men | Matt Lindsey |
| 1:04 PM | 38 | 2 | RX Men | Joey Raucci |
| 1:04 PM | 38 | 3 | RX Men | Brandon Lineberry |
| 1:04 PM | 38 | 4 | RX Men | RJ Jackson |
| 1:04 PM | 38 | 5 | RX Men | McKellar Proffitt |
| 1:04 PM | 38 | 6 | RX Men | Kirby Hinson |
| 1:04 PM | 38 | 7 | RX Men | Josh Lindsey |
| 1:04 PM | 38 | 8 | RX Men | Jay Brice |
| 1:04 PM | 38 | 9 | RX Men | Brock Buckner |
| 1:04 PM | 38 | 10 | RX Men | Tom Rodgers |
| Time | Heat | Lane | Division | Athlete |
| 1:14 PM | 39 | 1 | RX Men | Richard Jackson |
| 1:14 PM | 39 | 2 | RX Men | David Halvorson |
| 1:14 PM | 39 | 3 | RX Men | Dakota Miller |
| 1:14 PM | 39 | 4 | RX Men | Jared Garlow |
| 1:14 PM | 39 | 5 | RX Men | Minner Labrador |
| 1:14 PM | 39 | 6 | RX Men | Michael Worsham |
| 1:14 PM | 39 | 7 | RX Men | Jared Price |
| 1:14 PM | 39 | 8 | RX Men | Derek Kittredge |
| 1:14 PM | 39 | 9 | RX Men | John Hickner |
| 1:14 PM | 39 | 10 | RX Men | Nicholas Garrick |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Dont Drop - Outdoor

Saturday, April 2, 2022

| | | | | |
|---------|----|----|--------|----------------|
| 1:21 PM | 40 | 1 | RX Men | Kyle Schwark |
| 1:21 PM | 40 | 2 | RX Men | Dusty Looker |
| 1:21 PM | 40 | 3 | RX Men | Nate Harris |
| 1:21 PM | 40 | 4 | RX Men | Matthew Osbon |
| 1:21 PM | 40 | 5 | RX Men | Kerry Cofer |
| 1:21 PM | 40 | 6 | RX Men | Michael Olivas |
| 1:21 PM | 40 | 7 | RX Men | Nicholas Holt |
| 1:21 PM | 40 | 8 | RX Men | Johnie Charles |
| 1:21 PM | 40 | 9 | RX Men | Aaron Harold |
| 1:21 PM | 40 | 10 | RX Men | Colby Beecham |

Fittest of the Coast Workout - Gorilla - Outdoor*Saturday, April 2, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|---------------------|
| 2:10 PM | 1 | 1 | Scaled Women | Whitney Rolf |
| 2:10 PM | 1 | 2 | Scaled Women | Elke Groothuis |
| 2:10 PM | 1 | 3 | Scaled Women | Alexis Maccini |
| 2:10 PM | 1 | 4 | Scaled Women | Amber Byrd |
| 2:10 PM | 1 | 5 | Scaled Women | Blanca Luna |
| 2:10 PM | 1 | 6 | Scaled Women | Jessica Frame |
| 2:10 PM | 1 | 7 | Scaled Women | Becca Richison |
| 2:10 PM | 1 | 8 | Scaled Women | Gina Nelson |
| 2:10 PM | 1 | 9 | Scaled Women | Emily Rittenhouse |
| 2:10 PM | 1 | 10 | Scaled Women | Bridget Goodwin |
| Time | Heat | Lane | Division | Athlete |
| 2:22 PM | 2 | 1 | Scaled Women | Kara Hicks |
| 2:22 PM | 2 | 2 | Scaled Women | Terrin Reel |
| 2:22 PM | 2 | 3 | Scaled Women | Mary Frances Aini |
| 2:22 PM | 2 | 4 | Scaled Women | Jessica Leiker |
| 2:22 PM | 2 | 5 | Scaled Women | Julia Keefe |
| 2:22 PM | 2 | 6 | Scaled Women | April Britton |
| 2:22 PM | 2 | 7 | Scaled Women | Casey Pelletier |
| 2:22 PM | 2 | 8 | Scaled Women | Amy Olvitt |
| 2:22 PM | 2 | 9 | Scaled Women | Ashlyn Huffstickler |
| 2:22 PM | 2 | 10 | Scaled Women | Taylor Burton |
| Time | Heat | Lane | Division | Athlete |
| 2:34 PM | 3 | 1 | Scaled Women | Mary Hinson |
| 2:34 PM | 3 | 2 | Scaled Women | Brandy Clark |
| 2:34 PM | 3 | 3 | Scaled Women | Natalie Garber |
| 2:34 PM | 3 | 4 | Scaled Women | Tammy Harrell |
| 2:34 PM | 3 | 5 | Scaled Women | Jennifer Rackley |
| 2:34 PM | 3 | 6 | Scaled Women | Lilly Rodas |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 2:34 PM | 3 | 7 | Scaled Women | Hollie Charles |
|--------------|------|------|--------------|--------------------|
| 2:34 PM | 3 | 8 | Scaled Women | Kelly Jakes |
| 2:34 PM | 3 | 9 | Scaled Women | Kristina Freismuth |
| 2:34 PM | 3 | 10 | Scaled Women | Cecibel Pena |
| Time | Heat | Lane | Division | Athlete |
| 2:46 PM | 4 | 1 | Teen Girls | Carly Mcconville |
| 2:46 PM | 4 | 2 | Teen Girls | Fiona Doyle |
| 2:46 PM | 4 | 3 | Teen Girls | Yamila Borsanyi |
| 2:46 PM | 4 | 4 | Teen Girls | Summer Brooks |
| 2:46 PM | 4 | 5 | Teen Girls | Piper Doten |
| 2:46 PM | 4 | 6 | Teen Girls | Evelyn Brady |
| 2:46 PM | 4 | 7 | Teen Girls | River Kessler |
| 2:46 PM | 4 | 8 | Teen Girls | Kendall Suggs |
| 2:46 PM | 4 | 9 | Teen Girls | Mac Alexander |
| 2:46 PM | 4 | 10 | Teen Girls | Carmen Behrens |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 2:58 PM | 5 | 1 | Women 60+ | Patricia Pomeroy |
| 2:58 PM | 5 | 2 | Women 60+ | Pat Wyne |
| 2:58 PM | 5 | 3 | Women 60+ | Rebecca Hood |
| 2:58 PM | 5 | 4 | | |
| 2:58 PM | 5 | 5 | Women 55-59 | Kim McGill |
| 2:58 PM | 5 | 6 | Women 55-59 | Lisa Raymond |
| 2:58 PM | 5 | 7 | Women 55-59 | Susan Pantano |
| 2:58 PM | 5 | 8 | Women 55-59 | Patrice McCloskey |
| 2:58 PM | 5 | 9 | | |
| 2:58 PM | 5 | 10 | | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 3:10 PM | 6 | 1 | Women 50-54 | Beth Slack |
|-------------|-------------|-------------|-----------------|-------------------|
| 3:10 PM | 6 | 2 | Women 50-54 | Regina Vieira |
| 3:10 PM | 6 | 3 | Women 50-54 | Trisha Riesmeyer |
| 3:10 PM | 6 | 4 | Women 50-54 | Micki Ewens |
| 3:10 PM | 6 | 5 | Women 50-54 | Natalie Muurisepp |
| 3:10 PM | 6 | 6 | Women 50-54 | Crystal Hummer |
| 3:10 PM | 6 | 7 | Women 50-54 | Anita Owen |
| 3:10 PM | 6 | 8 | | |
| 3:10 PM | 6 | 9 | Women 45-49 | Abby Sink |
| 3:10 PM | 6 | 10 | Women 45-49 | Glynda McConville |
| Time | Heat | Lane | Division | Athlete |
| 3:22 PM | 7 | 1 | Women 45-49 | Seana Austin |
| 3:22 PM | 7 | 2 | Women 45-49 | Whitney Graybill |
| 3:22 PM | 7 | 3 | Women 45-49 | Jackie White |
| 3:22 PM | 7 | 4 | Women 45-49 | Amanda Teague |
| 3:22 PM | 7 | 5 | Women 45-49 | Shannon McDaniel |
| 3:22 PM | 7 | 6 | Women 45-49 | AnnMaree Feuss |
| 3:22 PM | 7 | 7 | Women 45-49 | Hollie Bass |
| 3:22 PM | 7 | 8 | Women 45-49 | Heidi Boroski |
| 3:22 PM | 7 | 9 | Women 45-49 | Shaina Tamburr |
| 3:22 PM | 7 | 10 | Women 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 3:34 PM | 8 | 1 | Women 40-44 | Windy Christy |
| 3:34 PM | 8 | 2 | Women 40-44 | Heather Brass |
| 3:34 PM | 8 | 3 | Women 40-44 | Kimberly Reed |
| 3:34 PM | 8 | 4 | Women 40-44 | Erin Walters |
| 3:34 PM | 8 | 5 | Women 40-44 | Heather Cassese |
| 3:34 PM | 8 | 6 | Women 40-44 | Angela Peterson |
| 3:34 PM | 8 | 7 | Women 40-44 | Erin DiNicola |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 3:34 PM | 8 | 8 | Women 40-44 | Kathleen Smith |
|---------|------|------|-------------|-------------------|
| 3:34 PM | 8 | 9 | Women 40-44 | Samantha Charest |
| 3:34 PM | 8 | 10 | Women 40-44 | Monica Valdez |
| Time | Heat | Lane | Division | Athlete |
| 3:46 PM | 9 | 1 | Women 40-44 | Whitney Reed |
| 3:46 PM | 9 | 2 | Women 40-44 | Jessica Feldpusch |
| 3:46 PM | 9 | 3 | Women 40-44 | Leslie Leman |
| 3:46 PM | 9 | 4 | Women 40-44 | Julie Szabo |
| 3:46 PM | 9 | 5 | Women 40-44 | Kelli Magee |
| 3:46 PM | 9 | 6 | Women 40-44 | Deirdre Vasquez |
| 3:46 PM | 9 | 7 | Women 40-44 | Kimberly Barham |
| 3:46 PM | 9 | 8 | Women 40-44 | Nicole LaRose |
| 3:46 PM | 9 | 9 | Women 40-44 | Kristin Lam |
| 3:46 PM | 9 | 10 | Women 40-44 | Megan Flora |
| Time | Heat | Lane | Division | Athlete |
| 3:58 PM | 10 | 1 | Women 35-39 | |
| 3:58 PM | 10 | 2 | Women 35-39 | |
| 3:58 PM | 10 | 3 | Women 35-39 | Megan Meister |
| 3:58 PM | 10 | 4 | Women 35-39 | Megan Tkach |
| 3:58 PM | 10 | 5 | Women 35-39 | Devon Ussher |
| 3:58 PM | 10 | 6 | Women 35-39 | Gabriela Leggett |
| 3:58 PM | 10 | 7 | Women 35-39 | Donna Hall |
| 3:58 PM | 10 | 8 | Women 35-39 | Dana Klion |
| 3:58 PM | 10 | 9 | Women 35-39 | |
| 3:58 PM | 10 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 4:10 PM | 11 | 1 | Women 35-39 | Amber Catalioto |
| 4:10 PM | 11 | 2 | Women 35-39 | Tricia Loveday |
| 4:10 PM | 11 | 3 | Women 35-39 | Meagen Johnson |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 4:10 PM | 11 | 4 | Women 35-39 | Aly Knott |
|-------------|-------------|-------------|--------------------|------------------|
| 4:10 PM | 11 | 5 | Women 35-39 | Alison Haines |
| 4:10 PM | 11 | 6 | Women 35-39 | Cheryl Karn |
| 4:10 PM | 11 | 7 | Women 35-39 | Tara Albohn |
| 4:10 PM | 11 | 8 | Women 35-39 | Krysta Marshall |
| 4:10 PM | 11 | 9 | Women 35-39 | Jessica Hassell |
| 4:10 PM | 11 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 4:22 PM | 12 | 1 | Women 35-39 | Shannon Oster |
| 4:22 PM | 12 | 2 | Women 35-39 | Katie Roberts |
| 4:22 PM | 12 | 3 | Women 35-39 | Brittany Jackett |
| 4:22 PM | 12 | 4 | Women 35-39 | Niki Sellers |
| 4:22 PM | 12 | 5 | Women 35-39 | Kristen Graham |
| 4:22 PM | 12 | 6 | Women 35-39 | Jessica Kennedy |
| 4:22 PM | 12 | 7 | Women 35-39 | Ally Scheer |
| 4:22 PM | 12 | 8 | Women 35-39 | Claire DeMarco |
| 4:22 PM | 12 | 9 | Women 35-39 | Jackie Yedesko |
| 4:22 PM | 12 | 10 | Women 35-39 | Jenny Holloway |
| Time | Heat | Lane | Division | Athlete |
| 4:34 PM | 13 | 1 | Women Intermediate | Rachel Mullan |
| 4:34 PM | 13 | 2 | Women Intermediate | Jadi Thomas |
| 4:34 PM | 13 | 3 | Women Intermediate | Leah Preston |
| 4:34 PM | 13 | 4 | Women Intermediate | Madison Pruitt |
| 4:34 PM | 13 | 5 | Women Intermediate | Jordy Wolfe |
| 4:34 PM | 13 | 6 | Women Intermediate | Hailey Buck |
| 4:34 PM | 13 | 7 | Women Intermediate | Brooke English |
| 4:34 PM | 13 | 8 | Women Intermediate | Katie Haught |
| 4:34 PM | 13 | 9 | Women Intermediate | Emily Loudermilk |
| 4:34 PM | 13 | 10 | Women Intermediate | Abby McSally |

Fittest of the Coast Workout - Gorilla - Outdoor*Saturday, April 2, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|--------------------|-------------------|
| 4:46 PM | 14 | 1 | Women Intermediate | Samantha Yoho |
| 4:46 PM | 14 | 2 | Women Intermediate | Rachel Schulte |
| 4:46 PM | 14 | 3 | Women Intermediate | Alexis Burgess |
| 4:46 PM | 14 | 4 | Women Intermediate | Hannah Muurisepp |
| 4:46 PM | 14 | 5 | Women Intermediate | Jennarae Breining |
| 4:46 PM | 14 | 6 | Women Intermediate | Stacy Sullivan |
| 4:46 PM | 14 | 7 | Women Intermediate | Savannah Rhame |
| 4:46 PM | 14 | 8 | Women Intermediate | Jordan Welch |
| 4:46 PM | 14 | 9 | Women Intermediate | Sarah Robertson |
| 4:46 PM | 14 | 10 | Women Intermediate | Sydney Abrecht |
| Time | Heat | Lane | Division | Athlete |
| 4:58 PM | 15 | 1 | Women Intermediate | Hannah Kastelein |
| 4:58 PM | 15 | 2 | Women Intermediate | Kali Conger |
| 4:58 PM | 15 | 3 | Women Intermediate | Lily Belter |
| 4:58 PM | 15 | 4 | Women Intermediate | Abby Umberger |
| 4:58 PM | 15 | 5 | Women Intermediate | Chloe Yeung |
| 4:58 PM | 15 | 6 | Women Intermediate | Kaleigh Nolen |
| 4:58 PM | 15 | 7 | Women Intermediate | Kelsey Rochester |
| 4:58 PM | 15 | 8 | Women Intermediate | Kathryn Chaffee |
| 4:58 PM | 15 | 9 | Women Intermediate | Erin Rickards |
| 4:58 PM | 15 | 10 | Women Intermediate | Lauren McKnight |
| Time | Heat | Lane | Division | Athlete |
| 5:10 PM | 16 | 1 | Women RX | Laurel Smoak |
| 5:10 PM | 16 | 2 | Women RX | Kara Keith |
| 5:10 PM | 16 | 3 | Women RX | Rachael Dobies |
| 5:10 PM | 16 | 4 | Women RX | Alexandria Bevier |
| 5:10 PM | 16 | 5 | Women RX | Yana Babbitt |
| 5:10 PM | 16 | 6 | Women RX | Grayson Cooper |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 5:10 PM | 16 | 7 | Women RX | Brittany Miller |
|-------------|-------------|-------------|-----------------|-----------------------|
| 5:10 PM | 16 | 8 | Women RX | Meaghan Staudenmaier |
| 5:10 PM | 16 | 9 | Women RX | |
| 5:10 PM | 16 | 10 | Women RX | |
| Time | Heat | Lane | Division | Athlete |
| 5:22 PM | 17 | 1 | Women RX | Rachelle Cooksey |
| 5:22 PM | 17 | 2 | Women RX | Mikayla Blanton |
| 5:22 PM | 17 | 3 | Women RX | Kelly Sekulovski |
| 5:22 PM | 17 | 4 | Women RX | Daisy Conde |
| 5:22 PM | 17 | 5 | Women RX | Gabby Murphy |
| 5:22 PM | 17 | 6 | Women RX | Christy Kooch |
| 5:22 PM | 17 | 7 | Women RX | Caitlin Guthrie |
| 5:22 PM | 17 | 8 | Women RX | Ariel Reaves |
| 5:22 PM | 17 | 9 | Women RX | Amy Fnine |
| 5:22 PM | 17 | 10 | Women RX | Melissa Houff |
| Time | Heat | Lane | Division | Athlete |
| 5:34 PM | 18 | 1 | Women RX | Margaret Anne Hubbell |
| 5:34 PM | 18 | 2 | Women RX | Morgan Raffaele |
| 5:34 PM | 18 | 3 | Women RX | Briana Jones |
| 5:34 PM | 18 | 4 | Women RX | Emily Torrez |
| 5:34 PM | 18 | 5 | Women RX | Theresa Harvey |
| 5:34 PM | 18 | 6 | Women RX | Cristian Mathes |
| 5:34 PM | 18 | 7 | Women RX | Hailee Barbarits |
| 5:34 PM | 18 | 8 | Women RX | Alysen Spencer |
| 5:34 PM | 18 | 9 | Women RX | Katie Shewmaker |
| 5:34 PM | 18 | 10 | Women RX | Natalie Esparza |
| Time | Heat | Lane | Division | Athlete |
| 5:46 PM | 19 | 1 | RX Men | |
| 5:46 PM | 19 | 2 | RX Men | |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| 5:46 PM | 19 | 3 | RX Men | Joey Raucci |
|---------|------|------|----------|-------------------|
| 5:46 PM | 19 | 4 | RX Men | Trevor Smith |
| 5:46 PM | 19 | 5 | RX Men | Matthew Early |
| 5:46 PM | 19 | 6 | RX Men | Joel Marietti |
| 5:46 PM | 19 | 7 | RX Men | Brandon Lineberry |
| 5:46 PM | 19 | 8 | RX Men | Justin Riccio |
| 5:46 PM | 19 | 9 | RX Men | |
| 5:46 PM | 19 | 10 | RX Men | |
| Time | Heat | Lane | Division | Athlete |
| 5:58 PM | 20 | 1 | RX Men | |
| 5:58 PM | 20 | 2 | RX Men | Tom Rodgers |
| 5:58 PM | 20 | 3 | RX Men | RJ Jackson |
| 5:58 PM | 20 | 4 | RX Men | McKellar Proffitt |
| 5:58 PM | 20 | 5 | RX Men | Kirby Hinson |
| 5:58 PM | 20 | 6 | RX Men | Josh Lindsey |
| 5:58 PM | 20 | 7 | RX Men | Jay Brice |
| 5:58 PM | 20 | 8 | RX Men | Brock Buckner |
| 5:58 PM | 20 | 9 | RX Men | Matt Lindsey |
| 5:58 PM | 20 | 10 | RX Men | |
| Time | Heat | Lane | Division | Athlete |
| 6:10 PM | 21 | 1 | RX Men | Richard Jackson |
| 6:10 PM | 21 | 2 | RX Men | David Halvorson |
| 6:10 PM | 21 | 3 | RX Men | Dakota Miller |
| 6:10 PM | 21 | 4 | RX Men | Jared Garlow |
| 6:10 PM | 21 | 5 | RX Men | Minner Labrador |
| 6:10 PM | 21 | 6 | RX Men | Michael Worsham |
| 6:10 PM | 21 | 7 | RX Men | Jared Price |
| 6:10 PM | 21 | 8 | RX Men | Derek Kittredge |
| 6:10 PM | 21 | 9 | RX Men | John Hickner |

Fittest of the Coast Workout - Gorilla - Outdoor

Saturday, April 2, 2022

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|------------------|
| 6:10 PM | 21 | 10 | RX Men | Nicholas Garrick |
| 6:22 PM | 22 | 1 | RX Men | Kyle Schwark |
| 6:22 PM | 22 | 2 | RX Men | Dusty Looker |
| 6:22 PM | 22 | 3 | RX Men | Nate Harris |
| 6:22 PM | 22 | 4 | RX Men | Matthew Osbon |
| 6:22 PM | 22 | 5 | RX Men | Kerry Cofer |
| 6:22 PM | 22 | 6 | RX Men | Michael Olivas |
| 6:22 PM | 22 | 7 | RX Men | Nicholas Holt |
| 6:22 PM | 22 | 8 | RX Men | Johnie Charles |
| 6:22 PM | 22 | 9 | RX Men | Aaron Harold |
| 6:22 PM | 22 | 10 | RX Men | Colby Beecham |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| Time | Heat | Lane | Division | Athlete |
|---------|------|------|------------|-------------------------|
| 2:10 PM | 1 | 1 | Scaled Men | Tylor Pries |
| 2:10 PM | 1 | 2 | Scaled Men | Matt Kicklighter |
| 2:10 PM | 1 | 3 | Scaled Men | Evan Sherwood |
| 2:10 PM | 1 | 4 | Scaled Men | Matthew Arnold |
| 2:10 PM | 1 | 5 | Scaled Men | Derek Altiery-Rodriguez |
| 2:10 PM | 1 | 6 | Scaled Men | Andrew Byrd |
| 2:10 PM | 1 | 7 | Scaled Men | Keith Deubell |
| 2:10 PM | 1 | 8 | Scaled Men | Jonathan Barragan |
| 2:10 PM | 1 | 9 | Scaled Men | Andrew Bishop |
| 2:10 PM | 1 | 10 | Scaled Men | Dan Fedele |
| Time | Heat | Lane | Division | Athlete |
| 2:20 PM | 2 | 1 | Scaled Men | Carlos Ramirez |
| 2:20 PM | 2 | 2 | Scaled Men | Kieayre Davis |
| 2:20 PM | 2 | 3 | Scaled Men | Roberto Gonzalez |
| 2:20 PM | 2 | 4 | Scaled Men | Greg Parker |
| 2:20 PM | 2 | 5 | Scaled Men | Ryan Chmielewski |
| 2:20 PM | 2 | 6 | Scaled Men | Samuel Robinowich |
| 2:20 PM | 2 | 7 | Scaled Men | shaun McDonald |
| 2:20 PM | 2 | 8 | Scaled Men | David DelGaizo |
| 2:20 PM | 2 | 9 | Scaled Men | Wes Yale |
| 2:20 PM | 2 | 10 | Scaled Men | Rusty Whitten |
| Time | Heat | Lane | Division | Athlete |
| 2:30 PM | 3 | 1 | Scaled Men | Justin Lindgren |
| 2:30 PM | 3 | 2 | Scaled Men | Jose Lopez-Solera |
| 2:30 PM | 3 | 3 | Scaled Men | Benjamin Schulte |
| 2:30 PM | 3 | 4 | Scaled Men | Ayoub Rustum |
| 2:30 PM | 3 | 5 | Scaled Men | Eric Meyler |
| 2:30 PM | 3 | 6 | Scaled Men | Cesar Hernandez |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 2:30 PM | 3 | 7 | Scaled Men | Carlisle Carter |
|--------------|------|------|------------|------------------|
| 2:30 PM | 3 | 8 | Scaled Men | Curt Mcdonell |
| 2:30 PM | 3 | 9 | Scaled Men | Chad Shelton |
| 2:30 PM | 3 | 10 | Scaled Men | Daniel Graves |
| Time | Heat | Lane | Division | Athlete |
| 2:40 PM | 4 | 1 | Teen Boys | |
| 2:40 PM | 4 | 2 | Teen Boys | Jayce Horton |
| 2:40 PM | 4 | 3 | Teen Boys | Caden Steffler |
| 2:40 PM | 4 | 4 | Teen Boys | Mason Parker |
| 2:40 PM | 4 | 5 | Teen Boys | Cash Luther |
| 2:40 PM | 4 | 6 | Teen Boys | Blake Steffler |
| 2:40 PM | 4 | 7 | Teen Boys | Jonathan Dameron |
| 2:40 PM | 4 | 8 | Teen Boys | Jason Paul Jr. |
| 2:40 PM | 4 | 9 | Teen Boys | |
| 2:40 PM | 4 | 10 | Teen Boys | |
| Time | Heat | Lane | Division | Athlete |
| 2:50 PM | 5 | 1 | Men 60+ | |
| 2:50 PM | 5 | 2 | Men 60+ | John Kelly |
| 2:50 PM | 5 | 3 | Men 60+ | Wade Davis |
| 2:50 PM | 5 | 4 | Men 60+ | Dave Hardie |
| 2:50 PM | 5 | 5 | Men 60+ | John Gary |
| 2:50 PM | 5 | 6 | Men 60+ | Bobby Slaton |
| 2:50 PM | 5 | 7 | Men 60+ | Mike Manesiotis |
| 2:50 PM | 5 | 8 | Men 60+ | Sam Griffin |
| 2:50 PM | 5 | 9 | Men 60+ | Greg Kowal |
| 2:50 PM | 5 | 10 | Men 60+ | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 3:00 PM | 6 | 1 | Men 55-59 | David Ferguson |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 3:00 PM | 6 | 2 | Men 55-59 | Stephen Mantie |
|-------------|-------------|-------------|-----------------|-------------------|
| 3:00 PM | 6 | 3 | Men 55-59 | Bruce Krueger |
| 3:00 PM | 6 | 4 | Men 55-59 | James English |
| 3:00 PM | 6 | 5 | Men 55-59 | Terry Lowry |
| 3:00 PM | 6 | 6 | Men 55-59 | Jim Raymond |
| 3:00 PM | 6 | 7 | Men 55-59 | Frank Preston |
| 3:00 PM | 6 | 8 | Men 55-59 | George Glatcz |
| 3:00 PM | 6 | 9 | Men 50-54 | Jay Ward |
| 3:00 PM | 6 | 10 | Men 50-54 | Lee Zink |
| Time | Heat | Lane | Division | Athlete |
| 3:10 PM | 7 | 1 | Men 50-54 | Christian Oles |
| 3:10 PM | 7 | 2 | Men 50-54 | Bryan Teague |
| 3:10 PM | 7 | 3 | Men 50-54 | Albert Mealer |
| 3:10 PM | 7 | 4 | Men 50-54 | Rick Fleece |
| 3:10 PM | 7 | 5 | Men 50-54 | John Kim |
| 3:10 PM | 7 | 6 | Men 50-54 | James Fogarty |
| 3:10 PM | 7 | 7 | Men 50-54 | Wynn Greer |
| 3:10 PM | 7 | 8 | Men 50-54 | Joseph Carey |
| 3:10 PM | 7 | 9 | Men 50-54 | Markus Muurisepp |
| 3:10 PM | 7 | 10 | Men 50-54 | |
| Time | Heat | Lane | Division | Athlete |
| 3:20 PM | 8 | 1 | Men 45-49 | Joey Peluso |
| 3:20 PM | 8 | 2 | Men 45-49 | Bob Marinaro |
| 3:20 PM | 8 | 3 | Men 45-49 | David Colyer |
| 3:20 PM | 8 | 4 | Men 45-49 | Parker Smith |
| 3:20 PM | 8 | 5 | Men 45-49 | Travis Bary |
| 3:20 PM | 8 | 6 | Men 45-49 | Will Hightower |
| 3:20 PM | 8 | 7 | Men 45-49 | Mark Cooke |
| 3:20 PM | 8 | 8 | Men 45-49 | Steven Strickland |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 3:20 PM | 8 | 9 | Men 45-49 | Craig Hewitt |
|-------------|-------------|-------------|-----------------|-------------------|
| 3:20 PM | 8 | 10 | Men 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 3:30 PM | 9 | 1 | Men 45-49 | Konrad Nierwinski |
| 3:30 PM | 9 | 2 | Men 45-49 | Kevin Kessler |
| 3:30 PM | 9 | 3 | Men 45-49 | Bryan Romfo |
| 3:30 PM | 9 | 4 | Men 45-49 | Tadd Rubin |
| 3:30 PM | 9 | 5 | Men 45-49 | John Harper |
| 3:30 PM | 9 | 6 | Men 45-49 | Zachary Curry |
| 3:30 PM | 9 | 7 | Men 45-49 | Cornelius White |
| 3:30 PM | 9 | 8 | Men 45-49 | Scott Taylor |
| 3:30 PM | 9 | 9 | Men 45-49 | Donnie McDaniel |
| 3:30 PM | 9 | 10 | Men 45-49 | George Paraschos |
| Time | Heat | Lane | Division | Athlete |
| 3:40 PM | 10 | 1 | Men 40-44 | Randy Dye |
| 3:40 PM | 10 | 2 | Men 40-44 | Dusty Faske |
| 3:40 PM | 10 | 3 | Men 40-44 | Ed Sealy, III |
| 3:40 PM | 10 | 4 | Men 40-44 | Nick Magnini |
| 3:40 PM | 10 | 5 | Men 40-44 | Karon Brown |
| 3:40 PM | 10 | 6 | Men 40-44 | Ian Cabansag |
| 3:40 PM | 10 | 7 | Men 40-44 | Warren Cavanagh |
| 3:40 PM | 10 | 8 | Men 40-44 | Keith Crowder |
| 3:40 PM | 10 | 9 | Men 40-44 | Timothy Garner |
| 3:40 PM | 10 | 10 | Men 40-44 | Mike Schaeffer |
| Time | Heat | Lane | Division | Athlete |
| 3:50 PM | 11 | 1 | Men 40-44 | Allen Terry |
| 3:50 PM | 11 | 2 | Men 40-44 | Steven Ryan |
| 3:50 PM | 11 | 3 | Men 40-44 | Ronnie Rackley |
| 3:50 PM | 11 | 4 | Men 40-44 | Trey Snow |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 3:50 PM | 11 | 5 | Men 40-44 | Lance Crouch |
|---------|------|------|------------------|----------------------|
| 3:50 PM | 11 | 6 | Men 40-44 | Chris Smith |
| 3:50 PM | 11 | 7 | Men 40-44 | Brian Tavares |
| 3:50 PM | 11 | 8 | Men 40-44 | David Neace |
| 3:50 PM | 11 | 9 | Men 40-44 | Josh Schick |
| 3:50 PM | 11 | 10 | Men 40-44 | Greg Taulbee |
| Time | Heat | Lane | Division | Athlete |
| 4:00 PM | 12 | 1 | Intermediate Men | Drew Bickel |
| 4:00 PM | 12 | 2 | Intermediate Men | Logan Shanks |
| 4:00 PM | 12 | 3 | Intermediate Men | Owen Thomas |
| 4:00 PM | 12 | 4 | Intermediate Men | Brad Bersin |
| 4:00 PM | 12 | 5 | Intermediate Men | Ryne Taylor |
| 4:00 PM | 12 | 6 | Intermediate Men | Brian Harvey |
| 4:00 PM | 12 | 7 | Intermediate Men | Alan Dionne |
| 4:00 PM | 12 | 8 | Intermediate Men | Tristan Veilleux |
| 4:00 PM | 12 | 9 | Intermediate Men | Joe Ales |
| 4:00 PM | 12 | 10 | Intermediate Men | DeAndre Brown |
| Time | Heat | Lane | Division | Athlete |
| 4:10 PM | 13 | 1 | Intermediate Men | Brannon Capps |
| 4:10 PM | 13 | 2 | Intermediate Men | Ray Goyochea |
| 4:10 PM | 13 | 3 | Intermediate Men | Aaron Hoffer |
| 4:10 PM | 13 | 4 | Intermediate Men | Eric Breedlove |
| 4:10 PM | 13 | 5 | Intermediate Men | Mitch McCrackin |
| 4:10 PM | 13 | 6 | Intermediate Men | Milos Dukanic |
| 4:10 PM | 13 | 7 | Intermediate Men | Joshua Stephenson |
| 4:10 PM | 13 | 8 | Intermediate Men | Theodore Longenecker |
| 4:10 PM | 13 | 9 | Intermediate Men | Bryan Connolly |
| 4:10 PM | 13 | 10 | Intermediate Men | Mike Hickman |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 4:20 PM | 14 | 1 | Intermediate Men | Cory Wright |
|---------|------|------|------------------|-------------------|
| 4:20 PM | 14 | 2 | Intermediate Men | Peter Benoit |
| 4:20 PM | 14 | 3 | Intermediate Men | jackison clericus |
| 4:20 PM | 14 | 4 | Intermediate Men | Will Brasington |
| 4:20 PM | 14 | 5 | Intermediate Men | Juan Contreras |
| 4:20 PM | 14 | 6 | Intermediate Men | Garrett Gould |
| 4:20 PM | 14 | 7 | Intermediate Men | Justin Mailloux |
| 4:20 PM | 14 | 8 | Intermediate Men | Brent Abercrombie |
| 4:20 PM | 14 | 9 | Intermediate Men | Brian McIntyre |
| 4:20 PM | 14 | 10 | Intermediate Men | Patrick Gilley |
| Time | Heat | Lane | Division | Athlete |
| 4:30 PM | 15 | 1 | Intermediate Men | Tyler Jewel |
| 4:30 PM | 15 | 2 | Intermediate Men | Eric Fernandez |
| 4:30 PM | 15 | 3 | Intermediate Men | Stephen Causey |
| 4:30 PM | 15 | 4 | Intermediate Men | Eric Sesta |
| 4:30 PM | 15 | 5 | Intermediate Men | Addison White |
| 4:30 PM | 15 | 6 | Intermediate Men | Ryan Musso |
| 4:30 PM | 15 | 7 | Intermediate Men | Corey Albers |
| 4:30 PM | 15 | 8 | Intermediate Men | Mark Walters |
| 4:30 PM | 15 | 9 | Intermediate Men | Jonathan Kienzle |
| 4:30 PM | 15 | 10 | Intermediate Men | Tanner Elliott |
| Time | Heat | Lane | Division | Athlete |
| 4:40 PM | 16 | 1 | Intermediate Men | Ben Murphy |
| 4:40 PM | 16 | 2 | Intermediate Men | Channing Stroud |
| 4:40 PM | 16 | 3 | Intermediate Men | Hamza Alkhateeb |
| 4:40 PM | 16 | 4 | Intermediate Men | Chris Martinelli |
| 4:40 PM | 16 | 5 | Intermediate Men | Michael Lugo |
| 4:40 PM | 16 | 6 | Intermediate Men | Keegan thacker |
| 4:40 PM | 16 | 7 | Intermediate Men | Dallin Lindstrom |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| 4:40 PM | 16 | 8 | Intermediate Men | Brian Kaltenecker |
|---------|------|------|------------------|---------------------|
| 4:40 PM | 16 | 9 | Intermediate Men | Frank Canul |
| 4:40 PM | 16 | 10 | Intermediate Men | Farid Bejar |
| Time | Heat | Lane | Division | Athlete |
| 4:50 PM | 17 | 1 | Men 35-39 | |
| 4:50 PM | 17 | 2 | Men 35-39 | Ryan Teixeira |
| 4:50 PM | 17 | 3 | Men 35-39 | Jonathan Kling |
| 4:50 PM | 17 | 4 | Men 35-39 | Jeff Sullivan |
| 4:50 PM | 17 | 5 | Men 35-39 | Daniel Perdue |
| 4:50 PM | 17 | 6 | Men 35-39 | David Garner |
| 4:50 PM | 17 | 7 | Men 35-39 | Ryan Goffigan |
| 4:50 PM | 17 | 8 | Men 35-39 | TJ Schmitt |
| 4:50 PM | 17 | 9 | Men 35-39 | |
| 4:50 PM | 17 | 10 | Men 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 5:00 PM | 18 | 1 | Men 35-39 | Joshua Batt |
| 5:00 PM | 18 | 2 | Men 35-39 | Oscar Gomez |
| 5:00 PM | 18 | 3 | Men 35-39 | Loyd Amerson |
| 5:00 PM | 18 | 4 | Men 35-39 | Korey Bromery |
| 5:00 PM | 18 | 5 | Men 35-39 | Brad Townsend |
| 5:00 PM | 18 | 6 | Men 35-39 | Martin Catalioto |
| 5:00 PM | 18 | 7 | Men 35-39 | Robert Klein |
| 5:00 PM | 18 | 8 | Men 35-39 | William Abercrombie |
| 5:00 PM | 18 | 9 | Men 35-39 | Nick Demarco |
| 5:00 PM | 18 | 10 | Men 35-39 | Brandon Jennings |
| Time | Heat | Lane | Division | Athlete |
| 5:10 PM | 19 | 1 | | |
| 5:10 PM | 19 | 2 | Men 35-39 | Brian Patterson |
| 5:10 PM | 19 | 3 | Men 35-39 | Darek zietz |

Fittest of the Coast Workout - Shorty - Indoor

Saturday, April 2, 2022

| | | | | |
|---------|----|----|-----------|-----------------|
| 5:10 PM | 19 | 4 | Men 35-39 | Brandon Andrews |
| 5:10 PM | 19 | 5 | Men 35-39 | Aaron Burgess |
| 5:10 PM | 19 | 6 | Men 35-39 | Brett Flower |
| 5:10 PM | 19 | 7 | Men 35-39 | Zach Thompson |
| 5:10 PM | 19 | 8 | Men 35-39 | Matthew Banks |
| 5:10 PM | 19 | 9 | | |
| 5:10 PM | 19 | 10 | | |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| Time | Heat | Division | Athlete |
|---------|------|------------|-------------------------|
| 7:00 AM | 1 | Scaled Men | Tylor Pries |
| 7:00 AM | 1 | Scaled Men | Matt Kicklighter |
| 7:00 AM | 1 | Scaled Men | Evan Sherwood |
| 7:00 AM | 1 | Scaled Men | Matthew Arnold |
| 7:00 AM | 1 | Scaled Men | Wes Yale |
| 7:00 AM | 1 | Scaled Men | Andrew Byrd |
| 7:00 AM | 1 | Scaled Men | Keith Deubell |
| 7:00 AM | 1 | Scaled Men | Jonathan Barragan |
| 7:00 AM | 1 | Scaled Men | Andrew Bishop |
| 7:00 AM | 1 | Scaled Men | Dan Fedele |
| 7:00 AM | 1 | Scaled Men | Carlos Ramirez |
| 7:00 AM | 1 | Scaled Men | Kieayre Davis |
| 7:00 AM | 1 | Scaled Men | Roberto Gonzalez |
| 7:00 AM | 1 | Scaled Men | Greg Parker |
| 7:00 AM | 1 | Scaled Men | Ryan Chmielewski |
| 7:00 AM | 1 | Scaled Men | Samuel Robinowich |
| 7:00 AM | 1 | Scaled Men | shaun McDonald |
| 7:00 AM | 1 | Scaled Men | Carlisle Carter |
| 7:00 AM | 1 | Scaled Men | Derek Altiery-Rodriguez |
| 7:00 AM | 1 | Scaled Men | Rusty Whitten |
| 7:00 AM | 1 | Scaled Men | Justin Lindgren |
| 7:00 AM | 1 | Scaled Men | Jose Lopez-Solera |
| 7:00 AM | 1 | Scaled Men | Benjamin Schulte |
| 7:00 AM | 1 | Scaled Men | Ayoub Rustum |
| 7:00 AM | 1 | Scaled Men | Eric Meyler |
| 7:00 AM | 1 | Scaled Men | Cesar Hernandez |
| 7:00 AM | 1 | Scaled Men | David DelGaizo |
| 7:00 AM | 1 | Scaled Men | Curt Mcdonell |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:00 AM | 1 | Scaled Men | Chad Shelton |
|---------|------|--------------|---------------------|
| 7:00 AM | 1 | Scaled Men | Daniel Graves |
| Time | Heat | Division | Athlete |
| 7:06 AM | 2 | Scaled Women | Whitney Rolf |
| 7:06 AM | 2 | Scaled Women | Elke Groothuis |
| 7:06 AM | 2 | Scaled Women | Alexis Maccini |
| 7:06 AM | 2 | Scaled Women | Amber Byrd |
| 7:06 AM | 2 | Scaled Women | Blanca Luna |
| 7:06 AM | 2 | Scaled Women | Jessica Frame |
| 7:06 AM | 2 | Scaled Women | Becca Richison |
| 7:06 AM | 2 | Scaled Women | Gina Nelson |
| 7:06 AM | 2 | Scaled Women | Emily Rittenhouse |
| 7:06 AM | 2 | Scaled Women | Bridget Goodwin |
| 7:06 AM | 2 | Scaled Women | Kara Hicks |
| 7:06 AM | 2 | Scaled Women | Terrin Reel |
| 7:06 AM | 2 | Scaled Women | Mary Frances Aini |
| 7:06 AM | 2 | Scaled Women | Jessica Leiker |
| 7:06 AM | 2 | Scaled Women | Julia Keefe |
| 7:06 AM | 2 | Scaled Women | April Britton |
| 7:06 AM | 2 | Scaled Women | Casey Pelletier |
| 7:06 AM | 2 | Scaled Women | Amy Olvitt |
| 7:06 AM | 2 | Scaled Women | Ashlyn Huffstickler |
| 7:06 AM | 2 | Scaled Women | Taylor Burton |
| 7:06 AM | 2 | Scaled Women | Mary Hinson |
| 7:06 AM | 2 | Scaled Women | Brandy Clark |
| 7:06 AM | 2 | Scaled Women | Natalie Garber |
| 7:06 AM | 2 | Scaled Women | Tammy Harrell |
| 7:06 AM | 2 | Scaled Women | Jennifer Rackley |
| 7:06 AM | 2 | Scaled Women | Lilly Rodas |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:06 AM | 2 | Scaled Women | Hollie Charles |
|---------|------|--------------|--------------------|
| 7:06 AM | 2 | Scaled Women | Kelly Jakes |
| 7:06 AM | 2 | Scaled Women | Kristina Freismuth |
| 7:06 AM | 2 | Scaled Women | Cecibel Pena |
| Time | Heat | Division | Athlete |
| 7:12 AM | 3 | Teen Boys | Cash Luther |
| 7:12 AM | 3 | Teen Boys | Mason Parker |
| 7:12 AM | 3 | Teen Boys | Blake Steffler |
| 7:12 AM | 3 | Teen Boys | Caden Steffler |
| 7:12 AM | 3 | Teen Boys | Jayce Horton |
| 7:12 AM | 3 | Teen Boys | Jonathan Dameron |
| 7:12 AM | 3 | Teen Boys | Jason Paul Jr. |
| 7:12 AM | 3 | Teen Girls | Summer Brooks |
| 7:12 AM | 3 | Teen Girls | Yamila Borsanyi |
| 7:12 AM | 3 | Teen Girls | Carly Mcconville |
| 7:12 AM | 3 | Teen Girls | Evelyn Brady |
| 7:12 AM | 3 | Teen Girls | Kendall Suggs |
| 7:12 AM | 3 | Teen Girls | River Kessler |
| 7:12 AM | 3 | Teen Girls | Fiona Doyle |
| 7:12 AM | 3 | Teen Girls | Piper Doten |
| 7:12 AM | 3 | Teen Girls | Mac Alexander |
| 7:12 AM | 3 | Teen Girls | Carmen Behrens |
| Time | Heat | Division | Athlete |
| 7:18 AM | 4 | Men 60+ | Mike Manesiotis |
| 7:18 AM | 4 | Men 60+ | Dave Hardie |
| 7:18 AM | 4 | Men 60+ | Greg Kowal |
| 7:18 AM | 4 | Men 60+ | John Gary |
| 7:18 AM | 4 | Men 60+ | John Kelly |
| 7:18 AM | 4 | Men 60+ | Wade Davis |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:18 AM | 4 | Men 60+ | Bobby Slaton |
|---------|------|-------------|-------------------|
| 7:18 AM | 4 | Men 60+ | Sam Griffin |
| 7:18 AM | 4 | Women 60+ | Patricia Pomeroy |
| 7:18 AM | 4 | Women 60+ | Rebecca Hood |
| 7:18 AM | 4 | Women 60+ | Pat Wyne |
| Time | Heat | Division | Athlete |
| 7:24 AM | 5 | Men 55-59 | Terry Lowry |
| 7:24 AM | 5 | Men 55-59 | Frank Preston |
| 7:24 AM | 5 | Men 55-59 | James English |
| 7:24 AM | 5 | Men 55-59 | David Ferguson |
| 7:24 AM | 5 | Men 55-59 | Jim Raymond |
| 7:24 AM | 5 | Men 55-59 | Bruce Krueger |
| 7:24 AM | 5 | Men 55-59 | Stephen Mantie |
| 7:24 AM | 5 | Men 55-59 | George Glatcz |
| 7:24 AM | 5 | Women 55-59 | Kim McGill |
| 7:24 AM | 5 | Women 55-59 | Lisa Raymond |
| 7:24 AM | 5 | Women 55-59 | Susan Pantano |
| 7:24 AM | 5 | Women 55-59 | Patrice McCloskey |
| Time | Heat | Division | Athlete |
| 7:30 AM | 6 | Men 50-54 | Joseph Carey |
| 7:30 AM | 6 | Men 50-54 | Rick Fleece |
| 7:30 AM | 6 | Men 50-54 | Christian Oles |
| 7:30 AM | 6 | Men 50-54 | Bryan Teague |
| 7:30 AM | 6 | Men 50-54 | James Fogarty |
| 7:30 AM | 6 | Men 50-54 | Albert Mealer |
| 7:30 AM | 6 | Men 50-54 | Jay Ward |
| 7:30 AM | 6 | Men 50-54 | Markus Muurisepp |
| 7:30 AM | 6 | Men 50-54 | John Kim |
| 7:30 AM | 6 | Men 50-54 | Wynn Greer |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:30 AM | 6 | Men 50-54 | Lee Zink |
|---------|------|-------------|-------------------|
| 7:30 AM | 6 | Women 50-54 | Trisha Riesmeyer |
| 7:30 AM | 6 | Women 50-54 | Regina Vieira |
| 7:30 AM | 6 | Women 50-54 | MICKI EWENS |
| 7:30 AM | 6 | Women 50-54 | Natalie Muurisep |
| 7:30 AM | 6 | Women 50-54 | Beth Slack |
| 7:30 AM | 6 | Women 50-54 | Crystal Hummer |
| 7:30 AM | 6 | Women 50-54 | Anita Owen |
| Time | Heat | Division | Athlete |
| 7:36 AM | 7 | Women 45-49 | Jackie White |
| 7:36 AM | 7 | Women 45-49 | Whitney Graybill |
| 7:36 AM | 7 | Women 45-49 | Amanda Teague |
| 7:36 AM | 7 | Women 45-49 | Abby Sink |
| 7:36 AM | 7 | Women 45-49 | AnnMaree Feuss |
| 7:36 AM | 7 | Women 45-49 | Heidi Boroski |
| 7:36 AM | 7 | Women 45-49 | Seana Austin |
| 7:36 AM | 7 | Women 45-49 | Hollie Bass |
| 7:36 AM | 7 | Women 45-49 | Lisa Lewellen |
| 7:36 AM | 7 | Women 45-49 | Shannon McDaniel |
| 7:36 AM | 7 | Women 45-49 | Shaina Tamburr |
| 7:36 AM | 7 | Women 45-49 | Glynda McConville |
| Time | Heat | Division | Athlete |
| 7:42 AM | 8 | Women 40-44 | Heather Brass |
| 7:42 AM | 8 | Women 40-44 | Kimberly Reed |
| 7:42 AM | 8 | Women 40-44 | Erin Walters |
| 7:42 AM | 8 | Women 40-44 | Kelli Magee |
| 7:42 AM | 8 | Women 40-44 | Heather Cassese |
| 7:42 AM | 8 | Women 40-44 | Deirdre Vasquez |
| 7:42 AM | 8 | Women 40-44 | Angela Peterson |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:42 AM | 8 | Women 40-44 | Whitney Reed |
|---------|------|-------------|-------------------|
| 7:42 AM | 8 | Women 40-44 | Julie Szabo |
| 7:42 AM | 8 | Women 40-44 | Megan Flora |
| 7:42 AM | 8 | Women 40-44 | Leslie Leman |
| 7:42 AM | 8 | Women 40-44 | Kristin Lam |
| 7:42 AM | 8 | Women 40-44 | Windy Christy |
| 7:42 AM | 8 | Women 40-44 | Jessica Feldpusch |
| 7:42 AM | 8 | Women 40-44 | Kimberly Barham |
| 7:42 AM | 8 | Women 40-44 | Nicole LaRose |
| 7:42 AM | 8 | Women 40-44 | Erin DiNicola |
| 7:42 AM | 8 | Women 40-44 | Samantha Charest |
| 7:42 AM | 8 | Women 40-44 | Kathleen Smith |
| 7:42 AM | 8 | Women 40-44 | Monica Valdez |
| Time | Heat | Division | Athlete |
| 7:48 AM | 9 | Women 35-39 | Krysta Marshall |
| 7:48 AM | 9 | Women 35-39 | Katie Roberts |
| 7:48 AM | 9 | Women 35-39 | Jessica Hassell |
| 7:48 AM | 9 | Women 35-39 | Kristen Graham |
| 7:48 AM | 9 | Women 35-39 | Niki Sellers |
| 7:48 AM | 9 | Women 35-39 | Jessica Kennedy |
| 7:48 AM | 9 | Women 35-39 | Jackie Yedesko |
| 7:48 AM | 9 | Women 35-39 | Ally Scheer |
| 7:48 AM | 9 | Women 35-39 | Tara Albohn |
| 7:48 AM | 9 | Women 35-39 | Jenny Holloway |
| 7:48 AM | 9 | Women 35-39 | Brittany Jackett |
| 7:48 AM | 9 | Women 35-39 | Tricia Loveday |
| 7:48 AM | 9 | Women 35-39 | Meagen Johnson |
| 7:48 AM | 9 | Women 35-39 | Claire DeMarco |
| 7:48 AM | 9 | Women 35-39 | Devon Ussher |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:48 AM | 9 | Women 35-39 | Shannon Oster |
|---------|------|--------------------|-------------------|
| 7:48 AM | 9 | Women 35-39 | Megan Tkach |
| 7:48 AM | 9 | Women 35-39 | Cheryl Karn |
| 7:48 AM | 9 | Women 35-39 | Alison Haines |
| 7:48 AM | 9 | Women 35-39 | Megan Meister |
| 7:48 AM | 9 | Women 35-39 | Aly Knott |
| 7:48 AM | 9 | Women 35-39 | Gabriela Leggett |
| 7:48 AM | 9 | Women 35-39 | Donna Hall |
| 7:48 AM | 9 | Women 35-39 | Dana Klion |
| 7:48 AM | 9 | Women 35-39 | Amber Catalioto |
| Time | Heat | Division | Athlete |
| 7:54 AM | 10 | Women Intermediate | Rachel Mullan |
| 7:54 AM | 10 | Women Intermediate | Jadi Thomas |
| 7:54 AM | 10 | Women Intermediate | Leah Preston |
| 7:54 AM | 10 | Women Intermediate | Madison Pruitt |
| 7:54 AM | 10 | Women Intermediate | Jordy Wolfe |
| 7:54 AM | 10 | Women Intermediate | Hailey Buck |
| 7:54 AM | 10 | Women Intermediate | Brooke English |
| 7:54 AM | 10 | Women Intermediate | Katie Haught |
| 7:54 AM | 10 | Women Intermediate | Emily Loudermilk |
| 7:54 AM | 10 | Women Intermediate | Abby McSally |
| 7:54 AM | 10 | Women Intermediate | Samantha Yoho |
| 7:54 AM | 10 | Women Intermediate | Rachel Schulte |
| 7:54 AM | 10 | Women Intermediate | Alexis Burgess |
| 7:54 AM | 10 | Women Intermediate | Hannah Muurisepp |
| 7:54 AM | 10 | Women Intermediate | Jennarae Breining |
| 7:54 AM | 10 | Women Intermediate | Stacy Sullivan |
| 7:54 AM | 10 | Women Intermediate | Savannah Rhame |
| 7:54 AM | 10 | Women Intermediate | Jordan Welch |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 7:54 AM | 10 | Women Intermediate | Sarah Robertson |
|---------|------|--------------------|-------------------|
| 7:54 AM | 10 | Women Intermediate | Sydney Abrecht |
| 7:54 AM | 10 | Women Intermediate | Hannah Kastelein |
| 7:54 AM | 10 | Women Intermediate | Kali Conger |
| 7:54 AM | 10 | Women Intermediate | Lily Belter |
| 7:54 AM | 10 | Women Intermediate | Abby Umberger |
| 7:54 AM | 10 | Women Intermediate | Chloe Yeung |
| 7:54 AM | 10 | Women Intermediate | Kaleigh Nolen |
| 7:54 AM | 10 | Women Intermediate | Kelsey Rochester |
| 7:54 AM | 10 | Women Intermediate | Kathryn Chaffee |
| 7:54 AM | 10 | Women Intermediate | Erin Rickards |
| 7:54 AM | 10 | Women Intermediate | Lauren McKnight |
| Time | Heat | Division | Athlete |
| 8:00 AM | 11 | Men 45-49 | John Harper |
| 8:00 AM | 11 | Men 45-49 | Joey Peluso |
| 8:00 AM | 11 | Men 45-49 | CORNELIUS WHITE |
| 8:00 AM | 11 | Men 45-49 | Bob Marinaro |
| 8:00 AM | 11 | Men 45-49 | George Paraschos |
| 8:00 AM | 11 | Men 45-49 | Travis Bary |
| 8:00 AM | 11 | Men 45-49 | Tadd Rubin |
| 8:00 AM | 11 | Men 45-49 | Scott Taylor |
| 8:00 AM | 11 | Men 45-49 | Kevin Kessler |
| 8:00 AM | 11 | Men 45-49 | Konrad Nierwinski |
| 8:00 AM | 11 | Men 45-49 | Zachary Curry |
| 8:00 AM | 11 | Men 45-49 | Parker Smith |
| 8:00 AM | 11 | Men 45-49 | Donnie McDaniel |
| 8:00 AM | 11 | Men 45-49 | David Colyer |
| 8:00 AM | 11 | Men 45-49 | Bryan Romfo |
| 8:00 AM | 11 | Men 45-49 | Will Hightower |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 8:00 AM | 11 | Men 45-49 | Mark Cooke |
|---------|------|-----------|-----------------------|
| 8:00 AM | 11 | Men 45-49 | Steven Strickland |
| 8:00 AM | 11 | Men 45-49 | Craig Hewitt |
| Time | Heat | Division | Athlete |
| 8:06 AM | 12 | Men 40-44 | Greg Taulbee |
| 8:06 AM | 12 | Men 40-44 | Chris Smith |
| 8:06 AM | 12 | Men 40-44 | Nick Magnini |
| 8:06 AM | 12 | Men 40-44 | Brian Tavares |
| 8:06 AM | 12 | Men 40-44 | Karon Brown |
| 8:06 AM | 12 | Men 40-44 | Ian Cabansag |
| 8:06 AM | 12 | Men 40-44 | Josh Schick |
| 8:06 AM | 12 | Men 40-44 | David Neace |
| 8:06 AM | 12 | Men 40-44 | Ronnie Rackley |
| 8:06 AM | 12 | Men 40-44 | Randy Dye |
| 8:06 AM | 12 | Men 40-44 | Dusty Faske |
| 8:06 AM | 12 | Men 40-44 | Lance Crouch |
| 8:06 AM | 12 | Men 40-44 | Warren Cavanagh |
| 8:06 AM | 12 | Men 40-44 | Allen Terry |
| 8:06 AM | 12 | Men 40-44 | Keith Crowder |
| 8:06 AM | 12 | Men 40-44 | Trey Snow |
| 8:06 AM | 12 | Men 40-44 | Timothy Garner |
| 8:06 AM | 12 | Men 40-44 | Steven Ryan |
| 8:06 AM | 12 | Men 40-44 | Mike Schaeffer |
| 8:06 AM | 12 | Men 40-44 | Ed Sealy, III |
| Time | Heat | Division | Athlete |
| 8:12 AM | 13 | RX Women | Rachelle Cooksey |
| 8:12 AM | 13 | RX Women | Margaret Anne Hubbell |
| 8:12 AM | 13 | RX Women | Emily Torrez |
| 8:12 AM | 13 | RX Women | Laurel Smoak |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 8:12 AM | 13 | RX Women | Caitlin Guthrie |
|---------|------|------------------|----------------------|
| 8:12 AM | 13 | RX Women | Meaghan Staudenmaier |
| 8:12 AM | 13 | RX Women | Daisy Conde |
| 8:12 AM | 13 | RX Women | Christy Kooch |
| 8:12 AM | 13 | RX Women | Katie Shewmaker |
| 8:12 AM | 13 | RX Women | Kelly Sekulovski |
| 8:12 AM | 13 | RX Women | Kara Keith |
| 8:12 AM | 13 | RX Women | Alexandria Bevier |
| 8:12 AM | 13 | RX Women | Briana Jones |
| 8:12 AM | 13 | RX Women | Theresa Harvey |
| 8:12 AM | 13 | RX Women | Alysen Spencer |
| 8:12 AM | 13 | RX Women | Hailee Barbarits |
| 8:12 AM | 13 | RX Women | Ariel Reaves |
| 8:12 AM | 13 | RX Women | Brittany Miller |
| 8:12 AM | 13 | RX Women | Cristian Mathes |
| 8:12 AM | 13 | RX Women | Yana Babbitt |
| 8:12 AM | 13 | RX Women | Natalie Esparza |
| 8:12 AM | 13 | RX Women | Gabby Murphy |
| 8:12 AM | 13 | RX Women | Amy Fnine |
| 8:12 AM | 13 | RX Women | Morgan Raffaele |
| 8:12 AM | 13 | RX Women | Mikayla Blanton |
| 8:12 AM | 13 | RX Women | Melissa Houff |
| 8:12 AM | 13 | RX Women | Rachael Dobies |
| 8:12 AM | 13 | RX Women | Grayson Cooper |
| Time | Heat | Division | Athlete |
| 8:20 AM | 14 | Intermediate Men | Drew Bickel |
| 8:20 AM | 14 | Intermediate Men | Logan Shanks |
| 8:20 AM | 14 | Intermediate Men | Owen Thomas |
| 8:20 AM | 14 | Intermediate Men | Brad Bersin |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 8:20 AM | 14 | Intermediate Men | Ryne Taylor |
|-------------|-------------|------------------|----------------------|
| 8:20 AM | 14 | Intermediate Men | Brian Harvey |
| 8:20 AM | 14 | Intermediate Men | Alan Dionne |
| 8:20 AM | 14 | Intermediate Men | Tristan Veilleux |
| 8:20 AM | 14 | Intermediate Men | Joe Ales |
| 8:20 AM | 14 | Intermediate Men | DeAndre Brown |
| 8:20 AM | 14 | Intermediate Men | Brannon Capps |
| 8:20 AM | 14 | Intermediate Men | Ray Goyochea |
| 8:20 AM | 14 | Intermediate Men | Aaron Hoffer |
| 8:20 AM | 14 | Intermediate Men | Eric Breedlove |
| 8:20 AM | 14 | Intermediate Men | Mitch McCrackin |
| 8:20 AM | 14 | Intermediate Men | Bryan Connolly |
| 8:20 AM | 14 | Intermediate Men | Mike Hickman |
| 8:20 AM | 14 | Intermediate Men | Theodore Longenecker |
| 8:20 AM | 14 | Intermediate Men | Milos Dukanic |
| 8:20 AM | 14 | Intermediate Men | Joshua Stephenson |
| 8:20 AM | 14 | Intermediate Men | Cory Wright |
| 8:20 AM | 14 | Intermediate Men | Peter Benoit |
| 8:20 AM | 14 | Intermediate Men | jackison clercius |
| 8:20 AM | 14 | Intermediate Men | Will Brasington |
| 8:20 AM | 14 | Intermediate Men | Juan Contreras |
| Time | Heat | Division | Athlete |
| 8:26 AM | 15 | Intermediate Men | Garrett Gould |
| 8:26 AM | 15 | Intermediate Men | Justin Mailloux |
| 8:26 AM | 15 | Intermediate Men | Brent Abercrombie |
| 8:26 AM | 15 | Intermediate Men | Brian McIntyre |
| 8:26 AM | 15 | Intermediate Men | Patrick Gilley |
| 8:26 AM | 15 | Intermediate Men | Tyler Jewel |
| 8:26 AM | 15 | Intermediate Men | Eric Fernandez |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 8:26 AM | 15 | Intermediate Men | Stephen Causey |
|---------|------|------------------|-------------------|
| 8:26 AM | 15 | Intermediate Men | Eric Sesta |
| 8:26 AM | 15 | Intermediate Men | Addison White |
| 8:26 AM | 15 | Intermediate Men | Ryan Musso |
| 8:26 AM | 15 | Intermediate Men | Corey Albers |
| 8:26 AM | 15 | Intermediate Men | Mark Walters |
| 8:26 AM | 15 | Intermediate Men | Jonathan Kienzle |
| 8:26 AM | 15 | Intermediate Men | Tanner Elliott |
| 8:26 AM | 15 | Intermediate Men | Ben Murphy |
| 8:26 AM | 15 | Intermediate Men | Channing Stroud |
| 8:26 AM | 15 | Intermediate Men | Hamza Alkhateeb |
| 8:26 AM | 15 | Intermediate Men | Chris Martinelli |
| 8:26 AM | 15 | Intermediate Men | Michael Lugo |
| 8:26 AM | 15 | Intermediate Men | Keegan thacker |
| 8:26 AM | 15 | Intermediate Men | Dallin Lindstrom |
| 8:26 AM | 15 | Intermediate Men | Brian Kaltenecker |
| 8:26 AM | 15 | Intermediate Men | Frank Canul |
| 8:26 AM | 15 | Intermediate Men | Farid Bejar |
| Time | Heat | Division | Athlete |
| 8:32 AM | 16 | Men 35-39 | Loyd Amerson |
| 8:32 AM | 16 | Men 35-39 | TJ Schmitt |
| 8:32 AM | 16 | Men 35-39 | David Garner |
| 8:32 AM | 16 | Men 35-39 | Brandon Andrews |
| 8:32 AM | 16 | Men 35-39 | Jeff Sullivan |
| 8:32 AM | 16 | Men 35-39 | Darek zietz |
| 8:32 AM | 16 | Men 35-39 | Ryan Goffigan |
| 8:32 AM | 16 | Men 35-39 | Zach Thompson |
| 8:32 AM | 16 | Men 35-39 | Martin Catalioto |
| 8:32 AM | 16 | Men 35-39 | Korey Bromery |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| 8:32 AM | 16 | Men 35-39 | Nick Demarco |
|---------|------|-----------|---------------------|
| 8:32 AM | 16 | Men 35-39 | Ryan Teixeira |
| 8:32 AM | 16 | Men 35-39 | Brandon Jennings |
| 8:32 AM | 16 | Men 35-39 | Joshua Batt |
| 8:32 AM | 16 | Men 35-39 | Oscar Gomez |
| 8:32 AM | 16 | Men 35-39 | Brad Townsend |
| 8:32 AM | 16 | Men 35-39 | Jonathan Kling |
| 8:32 AM | 16 | Men 35-39 | William Abercrombie |
| 8:32 AM | 16 | Men 35-39 | Robert Klein |
| 8:32 AM | 16 | Men 35-39 | Matthew Banks |
| 8:32 AM | 16 | Men 35-39 | Brett Flower |
| 8:32 AM | 16 | Men 35-39 | Aaron Burgess |
| 8:32 AM | 16 | Men 35-39 | Daniel Perdue |
| 8:32 AM | 16 | Men 35-39 | Brian Patterson |
| Time | Heat | Division | Athlete |
| 8:40 AM | 17 | RX Men | Nicholas Garrick |
| 8:40 AM | 17 | RX Men | John Hickner |
| 8:40 AM | 17 | RX Men | Matthew Osbon |
| 8:40 AM | 17 | RX Men | Brandon Lineberry |
| 8:40 AM | 17 | RX Men | Derek Kittredge |
| 8:40 AM | 17 | RX Men | David Halvorson |
| 8:40 AM | 17 | RX Men | Aaron Harold |
| 8:40 AM | 17 | RX Men | Jared Price |
| 8:40 AM | 17 | RX Men | Michael Olivas |
| 8:40 AM | 17 | RX Men | Colby Beecham |
| 8:40 AM | 17 | RX Men | Kyle Schwark |
| 8:40 AM | 17 | RX Men | Dusty Looker |
| 8:40 AM | 17 | RX Men | Jared Garlow |
| 8:40 AM | 17 | RX Men | Nicholas Holt |

Fittest of the Coast Workout - Sandy Feet - Beach

Sunday, April 3, 2022

| | | | |
|---------|----|--------|-------------------|
| 8:40 AM | 17 | RX Men | Tom Rodgers |
| 8:40 AM | 17 | RX Men | Dakota Miller |
| 8:40 AM | 17 | RX Men | McKellar Proffitt |
| 8:40 AM | 17 | RX Men | Brock Buckner |
| 8:40 AM | 17 | RX Men | Michael Worsham |
| 8:40 AM | 17 | RX Men | Joel Marietti |
| 8:40 AM | 17 | RX Men | Minner Labrador |
| 8:40 AM | 17 | RX Men | Jay Brice |
| 8:40 AM | 17 | RX Men | Joey Raucci |
| 8:40 AM | 17 | RX Men | Kerry Cofer |
| 8:40 AM | 17 | RX Men | Nate Harris |
| 8:40 AM | 17 | RX Men | Johnie Charles |
| 8:40 AM | 17 | RX Men | Josh Lindsey |
| 8:40 AM | 17 | RX Men | Matt Lindsey |
| 8:40 AM | 17 | RX Men | RJ Jackson |
| 8:40 AM | 17 | RX Men | Richard Jackson |
| 8:40 AM | 17 | RX Men | Matthew Early |
| 8:40 AM | 17 | RX Men | Trevor Smith |
| 8:40 AM | 17 | RX Men | Kirby Hinson |
| 8:40 AM | 17 | RX Men | Justin Riccio |

Fittest of the Coast Workout - Gorilla - Outdoor*Sunday, April 3, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|-------------------------|
| 10:15 AM | 22 | 1 | Scaled Men | Tylor Pries |
| 10:15 AM | 22 | 2 | Scaled Men | Matt Kicklighter |
| 10:15 AM | 22 | 3 | Scaled Men | Evan Sherwood |
| 10:15 AM | 22 | 4 | Scaled Men | Matthew Arnold |
| 10:15 AM | 22 | 5 | Scaled Men | Derek Altiery-Rodriguez |
| 10:15 AM | 22 | 6 | Scaled Men | Andrew Byrd |
| 10:15 AM | 22 | 7 | Scaled Men | Keith Deubell |
| 10:15 AM | 22 | 8 | Scaled Men | Jonathan Barragan |
| 10:15 AM | 22 | 9 | Scaled Men | Andrew Bishop |
| 10:15 AM | 22 | 10 | Scaled Men | Dan Fedele |
| Time | Heat | Lane | Division | Athlete |
| 10:27 AM | 23 | 1 | Scaled Men | Carlos Ramirez |
| 10:27 AM | 23 | 2 | Scaled Men | Kieayre Davis |
| 10:27 AM | 23 | 3 | Scaled Men | Roberto Gonzalez |
| 10:27 AM | 23 | 4 | Scaled Men | Greg Parker |
| 10:27 AM | 23 | 5 | Scaled Men | Ryan Chmielewski |
| 10:27 AM | 23 | 6 | Scaled Men | Samuel Robinowich |
| 10:27 AM | 23 | 7 | Scaled Men | shaun McDonald |
| 10:27 AM | 23 | 8 | Scaled Men | David DelGaizo |
| 10:27 AM | 23 | 9 | Scaled Men | Wes Yale |
| 10:27 AM | 23 | 10 | Scaled Men | Rusty Whitten |
| Time | Heat | Lane | Division | Athlete |
| 10:39 AM | 24 | 1 | Scaled Men | Justin Lindgren |
| 10:39 AM | 24 | 2 | Scaled Men | Jose Lopez-Solera |
| 10:39 AM | 24 | 3 | Scaled Men | Benjamin Schulte |
| 10:39 AM | 24 | 4 | Scaled Men | Ayoub Rustum |
| 10:39 AM | 24 | 5 | Scaled Men | Eric Meyler |
| 10:39 AM | 24 | 6 | Scaled Men | Cesar Hernandez |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 10:39 AM | 24 | 7 | Scaled Men | Carlisle Carter |
|---------------------|-------------|-------------|-----------------|------------------|
| 10:39 AM | 24 | 8 | Scaled Men | Curt Mcdonell |
| 10:39 AM | 24 | 9 | Scaled Men | Chad Shelton |
| 10:39 AM | 24 | 10 | Scaled Men | Daniel Graves |
| Time | Heat | Lane | Division | Athlete |
| 10:51 AM | 25 | 1 | Teen Boys | |
| 10:51 AM | 25 | 2 | Teen Boys | Jayce Horton |
| 10:51 AM | 25 | 3 | Teen Boys | Caden Steffler |
| 10:51 AM | 25 | 4 | Teen Boys | Mason Parker |
| 10:51 AM | 25 | 5 | Teen Boys | Cash Luther |
| 10:51 AM | 25 | 6 | Teen Boys | Blake Steffler |
| 10:51 AM | 25 | 7 | Teen Boys | Jonathan Dameron |
| 10:51 AM | 25 | 8 | Teen Boys | Jason Paul Jr. |
| 10:51 AM | 25 | 9 | Teen Boys | |
| 10:51 AM | 25 | 10 | Teen Boys | |
| Time | Heat | Lane | Division | Athlete |
| 11:03 AM | 26 | 1 | Men 60+ | |
| 11:03 AM | 26 | 2 | Men 60+ | John Kelly |
| 11:03 AM | 26 | 3 | Men 60+ | Wade Davis |
| 11:03 AM | 26 | 4 | Men 60+ | Dave Hardie |
| 11:03 AM | 26 | 5 | Men 60+ | John Gary |
| 11:03 AM | 26 | 6 | Men 60+ | Bobby Slaton |
| 11:03 AM | 26 | 7 | Men 60+ | Mike Manesiotis |
| 11:03 AM | 26 | 8 | Men 60+ | Sam Griffin |
| 11:03 AM | 26 | 9 | Men 60+ | Greg Kowal |
| 11:03 AM | 26 | 10 | Men 60+ | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 11:15 AM | 27 | 1 | Men 55-59 | David Ferguson |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 11:15 AM | 27 | 2 | Men 55-59 | Stephen Mantie |
|-------------|-------------|-------------|-----------------|-------------------|
| 11:15 AM | 27 | 3 | Men 55-59 | Bruce Krueger |
| 11:15 AM | 27 | 4 | Men 55-59 | James English |
| 11:15 AM | 27 | 5 | Men 55-59 | Terry Lowry |
| 11:15 AM | 27 | 6 | Men 55-59 | Jim Raymond |
| 11:15 AM | 27 | 7 | Men 55-59 | Frank Preston |
| 11:15 AM | 27 | 8 | Men 55-59 | George Glatcz |
| 11:15 AM | 27 | 9 | Men 50-54 | Jay Ward |
| 11:15 AM | 27 | 10 | Men 50-54 | Lee Zink |
| Time | Heat | Lane | Division | Athlete |
| 11:27 AM | 28 | 1 | Men 50-54 | Christian Oles |
| 11:27 AM | 28 | 2 | Men 50-54 | Bryan Teague |
| 11:27 AM | 28 | 3 | Men 50-54 | Albert Mealer |
| 11:27 AM | 28 | 4 | Men 50-54 | Rick Fleece |
| 11:27 AM | 28 | 5 | Men 50-54 | John Kim |
| 11:27 AM | 28 | 6 | Men 50-54 | James Fogarty |
| 11:27 AM | 28 | 7 | Men 50-54 | Wynn Greer |
| 11:27 AM | 28 | 8 | Men 50-54 | Joseph Carey |
| 11:27 AM | 28 | 9 | Men 50-54 | Markus Muurisepp |
| 11:27 AM | 28 | 10 | Men 50-54 | |
| Time | Heat | Lane | Division | Athlete |
| 11:39 AM | 29 | 1 | Men 45-49 | Joey Peluso |
| 11:39 AM | 29 | 2 | Men 45-49 | Bob Marinaro |
| 11:39 AM | 29 | 3 | Men 45-49 | David Colyer |
| 11:39 AM | 29 | 4 | Men 45-49 | Parker Smith |
| 11:39 AM | 29 | 5 | Men 45-49 | Travis Bary |
| 11:39 AM | 29 | 6 | Men 45-49 | Will Hightower |
| 11:39 AM | 29 | 7 | Men 45-49 | Mark Cooke |
| 11:39 AM | 29 | 8 | Men 45-49 | Steven Strickland |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 11:39 AM | 29 | 9 | Men 45-49 | Craig Hewitt |
|----------|------|------|-----------|-------------------|
| 11:39 AM | 29 | 10 | Men 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 11:51 AM | 30 | 1 | Men 45-49 | Konrad Nierwinski |
| 11:51 AM | 30 | 2 | Men 45-49 | Kevin Kessler |
| 11:51 AM | 30 | 3 | Men 45-49 | Bryan Romfo |
| 11:51 AM | 30 | 4 | Men 45-49 | Tadd Rubin |
| 11:51 AM | 30 | 5 | Men 45-49 | John Harper |
| 11:51 AM | 30 | 6 | Men 45-49 | Zachary Curry |
| 11:51 AM | 30 | 7 | Men 45-49 | Cornelius White |
| 11:51 AM | 30 | 8 | Men 45-49 | Scott Taylor |
| 11:51 AM | 30 | 9 | Men 45-49 | Donnie McDaniel |
| 11:51 AM | 30 | 10 | Men 45-49 | George Paraschos |
| Time | Heat | Lane | Division | Athlete |
| 12:03 PM | 31 | 1 | Men 40-44 | Randy Dye |
| 12:03 PM | 31 | 2 | Men 40-44 | Dusty Faske |
| 12:03 PM | 31 | 3 | Men 40-44 | Ed Sealy, III |
| 12:03 PM | 31 | 4 | Men 40-44 | Nick Magnini |
| 12:03 PM | 31 | 5 | Men 40-44 | Karon Brown |
| 12:03 PM | 31 | 6 | Men 40-44 | Ian Cabansag |
| 12:03 PM | 31 | 7 | Men 40-44 | Warren Cavanagh |
| 12:03 PM | 31 | 8 | Men 40-44 | Keith Crowder |
| 12:03 PM | 31 | 9 | Men 40-44 | Timothy Garner |
| 12:03 PM | 31 | 10 | Men 40-44 | Mike Schaeffer |
| Time | Heat | Lane | Division | Athlete |
| 12:15 PM | 32 | 1 | Men 40-44 | Allen Terry |
| 12:15 PM | 32 | 2 | Men 40-44 | Steven Ryan |
| 12:15 PM | 32 | 3 | Men 40-44 | Ronnie Rackley |
| 12:15 PM | 32 | 4 | Men 40-44 | Trey Snow |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 12:15 PM | 32 | 5 | Men 40-44 | Lance Crouch |
|-------------|-------------|-------------|------------------|----------------------|
| 12:15 PM | 32 | 6 | Men 40-44 | Chris Smith |
| 12:15 PM | 32 | 7 | Men 40-44 | Brian Tavares |
| 12:15 PM | 32 | 8 | Men 40-44 | David Neace |
| 12:15 PM | 32 | 9 | Men 40-44 | Josh Schick |
| 12:15 PM | 32 | 10 | Men 40-44 | Greg Taulbee |
| Time | Heat | Lane | Division | Athlete |
| 12:27 PM | 33 | 1 | Intermediate Men | Drew Bickel |
| 12:27 PM | 33 | 2 | Intermediate Men | Logan Shanks |
| 12:27 PM | 33 | 3 | Intermediate Men | Owen Thomas |
| 12:27 PM | 33 | 4 | Intermediate Men | Brad Bersin |
| 12:27 PM | 33 | 5 | Intermediate Men | Ryne Taylor |
| 12:27 PM | 33 | 6 | Intermediate Men | Brian Harvey |
| 12:27 PM | 33 | 7 | Intermediate Men | Alan Dionne |
| 12:27 PM | 33 | 8 | Intermediate Men | Tristan Veilleux |
| 12:27 PM | 33 | 9 | Intermediate Men | Joe Ales |
| 12:27 PM | 33 | 10 | Intermediate Men | DeAndre Brown |
| Time | Heat | Lane | Division | Athlete |
| 12:39 PM | 34 | 1 | Intermediate Men | Brannon Capps |
| 12:39 PM | 34 | 2 | Intermediate Men | Ray Goyochea |
| 12:39 PM | 34 | 3 | Intermediate Men | Aaron Hoffer |
| 12:39 PM | 34 | 4 | Intermediate Men | Eric Breedlove |
| 12:39 PM | 34 | 5 | Intermediate Men | Mitch McCrackin |
| 12:39 PM | 34 | 6 | Intermediate Men | Milos Dukanic |
| 12:39 PM | 34 | 7 | Intermediate Men | Joshua Stephenson |
| 12:39 PM | 34 | 8 | Intermediate Men | Theodore Longenecker |
| 12:39 PM | 34 | 9 | Intermediate Men | Bryan Connolly |
| 12:39 PM | 34 | 10 | Intermediate Men | Mike Hickman |
| Time | Heat | Lane | Division | Athlete |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 12:51 PM | 35 | 1 | Intermediate Men | Cory Wright |
|----------|------|------|------------------|-------------------|
| 12:51 PM | 35 | 2 | Intermediate Men | Peter Benoit |
| 12:51 PM | 35 | 3 | Intermediate Men | jackison clercius |
| 12:51 PM | 35 | 4 | Intermediate Men | Will Brasington |
| 12:51 PM | 35 | 5 | Intermediate Men | Juan Contreras |
| 12:51 PM | 35 | 6 | Intermediate Men | Garrett Gould |
| 12:51 PM | 35 | 7 | Intermediate Men | Justin Mailloux |
| 12:51 PM | 35 | 8 | Intermediate Men | Brent Abercrombie |
| 12:51 PM | 35 | 9 | Intermediate Men | Brian McIntyre |
| 12:51 PM | 35 | 10 | Intermediate Men | Patrick Gilley |
| Time | Heat | Lane | Division | Athlete |
| 1:03 PM | 36 | 1 | Intermediate Men | Tyler Jewel |
| 1:03 PM | 36 | 2 | Intermediate Men | Eric Fernandez |
| 1:03 PM | 36 | 3 | Intermediate Men | Stephen Causey |
| 1:03 PM | 36 | 4 | Intermediate Men | Eric Sesta |
| 1:03 PM | 36 | 5 | Intermediate Men | Addison White |
| 1:03 PM | 36 | 6 | Intermediate Men | Ryan Musso |
| 1:03 PM | 36 | 7 | Intermediate Men | Corey Albers |
| 1:03 PM | 36 | 8 | Intermediate Men | Mark Walters |
| 1:03 PM | 36 | 9 | Intermediate Men | Jonathan Kienzle |
| 1:03 PM | 36 | 10 | Intermediate Men | Tanner Elliott |
| Time | Heat | Lane | Division | Athlete |
| 1:15 PM | 37 | 1 | Intermediate Men | Ben Murphy |
| 1:15 PM | 37 | 2 | Intermediate Men | Channing Stroud |
| 1:15 PM | 37 | 3 | Intermediate Men | Hamza Alkhateeb |
| 1:15 PM | 37 | 4 | Intermediate Men | Chris Martinelli |
| 1:15 PM | 37 | 5 | Intermediate Men | Michael Lugo |
| 1:15 PM | 37 | 6 | Intermediate Men | Keegan thacker |
| 1:15 PM | 37 | 7 | Intermediate Men | Dallin Lindstrom |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| 1:15 PM | 37 | 8 | Intermediate Men | Brian Kaltenecker |
|-------------|-------------|-------------|------------------|---------------------|
| 1:15 PM | 37 | 9 | Intermediate Men | Frank Canul |
| 1:15 PM | 37 | 10 | Intermediate Men | Farid Bejar |
| Time | Heat | Lane | Division | Athlete |
| 1:27 PM | 38 | 1 | Men 35-39 | |
| 1:27 PM | 38 | 2 | Men 35-39 | Ryan Teixeira |
| 1:27 PM | 38 | 3 | Men 35-39 | Jonathan Kling |
| 1:27 PM | 38 | 4 | Men 35-39 | Jeff Sullivan |
| 1:27 PM | 38 | 5 | Men 35-39 | Daniel Perdue |
| 1:27 PM | 38 | 6 | Men 35-39 | David Garner |
| 1:27 PM | 38 | 7 | Men 35-39 | Ryan Goffigan |
| 1:27 PM | 38 | 8 | Men 35-39 | TJ Schmitt |
| 1:27 PM | 38 | 9 | Men 35-39 | Brian Patterson |
| 1:27 PM | 38 | 10 | Men 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 1:39 PM | 39 | 1 | Men 35-39 | Joshua Batt |
| 1:39 PM | 39 | 2 | Men 35-39 | Oscar Gomez |
| 1:39 PM | 39 | 3 | Men 35-39 | Loyd Amerson |
| 1:39 PM | 39 | 4 | Men 35-39 | Korey Bromery |
| 1:39 PM | 39 | 5 | Men 35-39 | Brad Townsend |
| 1:39 PM | 39 | 6 | Men 35-39 | Martin Catalioto |
| 1:39 PM | 39 | 7 | Men 35-39 | Robert Klein |
| 1:39 PM | 39 | 8 | Men 35-39 | William Abercrombie |
| 1:39 PM | 39 | 9 | Men 35-39 | Nick Demarco |
| 1:39 PM | 39 | 10 | Men 35-39 | Brandon Jennings |
| Time | Heat | Lane | Division | Athlete |
| 1:51 PM | 40 | 1 | | |
| 1:51 PM | 40 | 2 | | |
| 1:51 PM | 40 | 3 | Men 35-39 | Darek zietz |

Fittest of the Coast Workout - Gorilla - Outdoor

Sunday, April 3, 2022

| | | | | |
|---------|----|----|-----------|-----------------|
| 1:51 PM | 40 | 4 | Men 35-39 | Brandon Andrews |
| 1:51 PM | 40 | 5 | Men 35-39 | Aaron Burgess |
| 1:51 PM | 40 | 6 | Men 35-39 | Brett Flower |
| 1:51 PM | 40 | 7 | Men 35-39 | Zach Thompson |
| 1:51 PM | 40 | 8 | Men 35-39 | Matthew Banks |
| 1:51 PM | 40 | 9 | | |
| 1:51 PM | 40 | 10 | | |

Fittest of the Coast Workout - Shorty - Indoor*Sunday, April 3, 2022*

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|---------------------|
| 10:45 AM | 20 | 1 | Scaled Women | Whitney Rolf |
| 10:45 AM | 20 | 2 | Scaled Women | Elke Groothuis |
| 10:45 AM | 20 | 3 | Scaled Women | Alexis Maccini |
| 10:45 AM | 20 | 4 | Scaled Women | Amber Byrd |
| 10:45 AM | 20 | 5 | Scaled Women | Blanca Luna |
| 10:45 AM | 20 | 6 | Scaled Women | Jessica Frame |
| 10:45 AM | 20 | 7 | Scaled Women | Becca Richison |
| 10:45 AM | 20 | 8 | Scaled Women | Gina Nelson |
| 10:45 AM | 20 | 9 | Scaled Women | Emily Rittenhouse |
| 10:45 AM | 20 | 10 | Scaled Women | Bridget Goodwin |
| Time | Heat | Lane | Division | Athlete |
| 10:55 AM | 21 | 1 | Scaled Women | Kara Hicks |
| 10:55 AM | 21 | 2 | Scaled Women | Terrin Reel |
| 10:55 AM | 21 | 3 | Scaled Women | Mary Frances Aini |
| 10:55 AM | 21 | 4 | Scaled Women | Jessica Leiker |
| 10:55 AM | 21 | 5 | Scaled Women | Julia Keefe |
| 10:55 AM | 21 | 6 | Scaled Women | April Britton |
| 10:55 AM | 21 | 7 | Scaled Women | Casey Pelletier |
| 10:55 AM | 21 | 8 | Scaled Women | Amy Olvitt |
| 10:55 AM | 21 | 9 | Scaled Women | Ashlyn Huffstickler |
| 10:55 AM | 21 | 10 | Scaled Women | Taylor Burton |
| Time | Heat | Lane | Division | Athlete |
| 11:05 AM | 22 | 1 | Scaled Women | Mary Hinson |
| 11:05 AM | 22 | 2 | Scaled Women | Brandy Clark |
| 11:05 AM | 22 | 3 | Scaled Women | Natalie Garber |
| 11:05 AM | 22 | 4 | Scaled Women | Tammy Harrell |
| 11:05 AM | 22 | 5 | Scaled Women | Jennifer Rackley |
| 11:05 AM | 22 | 6 | Scaled Women | Lilly Rodas |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| 11:05 AM | 22 | 7 | Scaled Women | Hollie Charles |
|--------------|------|------|--------------|--------------------|
| 11:05 AM | 22 | 8 | Scaled Women | Kelly Jakes |
| 11:05 AM | 22 | 9 | Scaled Women | Kristina Freismuth |
| 11:05 AM | 22 | 10 | Scaled Women | Cecibel Pena |
| Time | Heat | Lane | Division | Athlete |
| 11:15 AM | 23 | 1 | Teen Girls | Carly Mcconville |
| 11:15 AM | 23 | 2 | Teen Girls | Fiona Doyle |
| 11:15 AM | 23 | 3 | Teen Girls | Yamila Borsanyi |
| 11:15 AM | 23 | 4 | Teen Girls | Summer Brooks |
| 11:15 AM | 23 | 5 | Teen Girls | Piper Doten |
| 11:15 AM | 23 | 6 | Teen Girls | Evelyn Brady |
| 11:15 AM | 23 | 7 | Teen Girls | River Kessler |
| 11:15 AM | 23 | 8 | Teen Girls | Kendall Suggs |
| 11:15 AM | 23 | 9 | Teen Girls | Mac Alexander |
| 11:15 AM | 23 | 10 | Teen Girls | Carmen Behrens |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |
| 11:25 AM | 24 | 1 | Women 60+ | Patricia Pomeroy |
| 11:25 AM | 24 | 2 | Women 60+ | Pat Wyyne |
| 11:25 AM | 24 | 3 | Women 60+ | Rebecca Hood |
| 11:25 AM | 24 | 4 | | |
| 11:25 AM | 24 | 5 | Women 55-59 | Kim McGill |
| 11:25 AM | 24 | 6 | Women 55-59 | Lisa Raymond |
| 11:25 AM | 24 | 7 | Women 55-59 | Susan Pantano |
| 11:25 AM | 24 | 8 | Women 55-59 | Patrice McCloskey |
| 11:25 AM | 24 | 9 | | |
| 11:25 AM | 24 | 10 | | |
| Time | Heat | Lane | Division | Athlete |
| *Mixed Heat* | | | | |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| 11:35 AM | 25 | 1 | Women 50-54 | Beth Slack |
|-------------|-------------|-------------|-----------------|-------------------|
| 11:35 AM | 25 | 2 | Women 50-54 | Regina Vieira |
| 11:35 AM | 25 | 3 | Women 50-54 | Trisha Riesmeyer |
| 11:35 AM | 25 | 4 | Women 50-54 | Micki Ewens |
| 11:35 AM | 25 | 5 | Women 50-54 | Natalie Muurisepp |
| 11:35 AM | 25 | 6 | Women 50-54 | Crystal Hummer |
| 11:35 AM | 25 | 7 | Women 50-54 | Anita Owen |
| 11:35 AM | 25 | 8 | | |
| 11:35 AM | 25 | 9 | Women 45-49 | Abby Sink |
| 11:35 AM | 25 | 10 | Women 45-49 | Glynda McConville |
| Time | Heat | Lane | Division | Athlete |
| 11:45 AM | 26 | 1 | Women 45-49 | Seana Austin |
| 11:45 AM | 26 | 2 | Women 45-49 | Whitney Graybill |
| 11:45 AM | 26 | 3 | Women 45-49 | Jackie White |
| 11:45 AM | 26 | 4 | Women 45-49 | Amanda Teague |
| 11:45 AM | 26 | 5 | Women 45-49 | Shannon McDaniel |
| 11:45 AM | 26 | 6 | Women 45-49 | AnnMaree Feuss |
| 11:45 AM | 26 | 7 | Women 45-49 | Hollie Bass |
| 11:45 AM | 26 | 8 | Women 45-49 | Heidi Boroski |
| 11:45 AM | 26 | 9 | Women 45-49 | Shaina Tamburr |
| 11:45 AM | 26 | 10 | Women 45-49 | |
| Time | Heat | Lane | Division | Athlete |
| 11:55 AM | 27 | 1 | Women 40-44 | Windy Christy |
| 11:55 AM | 27 | 2 | Women 40-44 | Heather Brass |
| 11:55 AM | 27 | 3 | Women 40-44 | Kimberly Reed |
| 11:55 AM | 27 | 4 | Women 40-44 | Erin Walters |
| 11:55 AM | 27 | 5 | Women 40-44 | Heather Cassese |
| 11:55 AM | 27 | 6 | Women 40-44 | Angela Peterson |
| 11:55 AM | 27 | 7 | Women 40-44 | Erin DiNicola |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| 11:55 AM | 27 | 8 | Women 40-44 | Kathleen Smith |
|-------------|-------------|-------------|-----------------|-------------------|
| 11:55 AM | 27 | 9 | Women 40-44 | Samantha Charest |
| 11:55 AM | 27 | 10 | Women 40-44 | Monica Valdez |
| Time | Heat | Lane | Division | Athlete |
| 12:05 PM | 28 | 1 | Women 40-44 | Whitney Reed |
| 12:05 PM | 28 | 2 | Women 40-44 | Jessica Feldpusch |
| 12:05 PM | 28 | 3 | Women 40-44 | Leslie Leman |
| 12:05 PM | 28 | 4 | Women 40-44 | Julie Szabo |
| 12:05 PM | 28 | 5 | Women 40-44 | Kelli Magee |
| 12:05 PM | 28 | 6 | Women 40-44 | Deirdre Vasquez |
| 12:05 PM | 28 | 7 | Women 40-44 | Kimberly Barham |
| 12:05 PM | 28 | 8 | Women 40-44 | Nicole LaRose |
| 12:05 PM | 28 | 9 | Women 40-44 | Kristin Lam |
| 12:05 PM | 28 | 10 | Women 40-44 | Megan Flora |
| Time | Heat | Lane | Division | Athlete |
| 12:15 PM | 29 | 1 | Women 35-39 | |
| 12:15 PM | 29 | 2 | Women 35-39 | |
| 12:15 PM | 29 | 3 | Women 35-39 | Megan Meister |
| 12:15 PM | 29 | 4 | Women 35-39 | Megan Tkach |
| 12:15 PM | 29 | 5 | Women 35-39 | Devon Ussher |
| 12:15 PM | 29 | 6 | Women 35-39 | Gabriela Leggett |
| 12:15 PM | 29 | 7 | Women 35-39 | Donna Hall |
| 12:15 PM | 29 | 8 | Women 35-39 | Dana Klion |
| 12:15 PM | 29 | 9 | Women 35-39 | |
| 12:15 PM | 29 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 12:25 PM | 30 | 1 | Women 35-39 | Amber Catalioto |
| 12:25 PM | 30 | 2 | Women 35-39 | Tricia Loveday |
| 12:25 PM | 30 | 3 | Women 35-39 | Meagen Johnson |

Fittest of the Coast Workout - Shorty - Indoor*Sunday, April 3, 2022*

| 12:25 PM | 30 | 4 | Women 35-39 | Aly Knott |
|-------------|-------------|-------------|--------------------|------------------|
| 12:25 PM | 30 | 5 | Women 35-39 | Alison Haines |
| 12:25 PM | 30 | 6 | Women 35-39 | Cheryl Karn |
| 12:25 PM | 30 | 7 | Women 35-39 | Tara Albohn |
| 12:25 PM | 30 | 8 | Women 35-39 | Krysta Marshall |
| 12:25 PM | 30 | 9 | Women 35-39 | Jessica Hassell |
| 12:25 PM | 30 | 10 | Women 35-39 | |
| Time | Heat | Lane | Division | Athlete |
| 12:35 PM | 31 | 1 | Women 35-39 | Shannon Oster |
| 12:35 PM | 31 | 2 | Women 35-39 | Katie Roberts |
| 12:35 PM | 31 | 3 | Women 35-39 | Brittany Jackett |
| 12:35 PM | 31 | 4 | Women 35-39 | Niki Sellers |
| 12:35 PM | 31 | 5 | Women 35-39 | Kristen Graham |
| 12:35 PM | 31 | 6 | Women 35-39 | Jessica Kennedy |
| 12:35 PM | 31 | 7 | Women 35-39 | Ally Scheer |
| 12:35 PM | 31 | 8 | Women 35-39 | Claire DeMarco |
| 12:35 PM | 31 | 9 | Women 35-39 | Jackie Yedesko |
| 12:35 PM | 31 | 10 | Women 35-39 | Jenny Holloway |
| Time | Heat | Lane | Division | Athlete |
| 12:45 PM | 32 | 1 | Women Intermediate | Rachel Mullan |
| 12:45 PM | 32 | 2 | Women Intermediate | Jadi Thomas |
| 12:45 PM | 32 | 3 | Women Intermediate | Leah Preston |
| 12:45 PM | 32 | 4 | Women Intermediate | Madison Pruitt |
| 12:45 PM | 32 | 5 | Women Intermediate | Jordy Wolfe |
| 12:45 PM | 32 | 6 | Women Intermediate | Hailey Buck |
| 12:45 PM | 32 | 7 | Women Intermediate | Brooke English |
| 12:45 PM | 32 | 8 | Women Intermediate | Katie Haught |
| 12:45 PM | 32 | 9 | Women Intermediate | Emily Loudermilk |
| 12:45 PM | 32 | 10 | Women Intermediate | Abby McSally |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| Time | Heat | Lane | Division | Athlete |
|----------|------|------|--------------------|-------------------|
| 12:55 PM | 33 | 1 | Women Intermediate | Samantha Yoho |
| 12:55 PM | 33 | 2 | Women Intermediate | Rachel Schulte |
| 12:55 PM | 33 | 3 | Women Intermediate | Alexis Burgess |
| 12:55 PM | 33 | 4 | Women Intermediate | Hannah Muurisepp |
| 12:55 PM | 33 | 5 | Women Intermediate | Jennarae Breining |
| 12:55 PM | 33 | 6 | Women Intermediate | Stacy Sullivan |
| 12:55 PM | 33 | 7 | Women Intermediate | Savannah Rhame |
| 12:55 PM | 33 | 8 | Women Intermediate | Jordan Welch |
| 12:55 PM | 33 | 9 | Women Intermediate | Sarah Robertson |
| 12:55 PM | 33 | 10 | Women Intermediate | Sydney Abrecht |
| Time | Heat | Lane | Division | Athlete |
| 1:05 PM | 34 | 1 | Women Intermediate | Hannah Kastelein |
| 1:05 PM | 34 | 2 | Women Intermediate | Kali Conger |
| 1:05 PM | 34 | 3 | Women Intermediate | Lily Belter |
| 1:05 PM | 34 | 4 | Women Intermediate | Abby Umberger |
| 1:05 PM | 34 | 5 | Women Intermediate | Chloe Yeung |
| 1:05 PM | 34 | 6 | Women Intermediate | Kaleigh Nolen |
| 1:05 PM | 34 | 7 | Women Intermediate | Kelsey Rochester |
| 1:05 PM | 34 | 8 | Women Intermediate | Kathryn Chaffee |
| 1:05 PM | 34 | 9 | Women Intermediate | Erin Rickards |
| 1:05 PM | 34 | 10 | Women Intermediate | Lauren McKnight |
| Time | Heat | Lane | Division | Athlete |
| 1:15 PM | 35 | 1 | Women RX | Laurel Smoak |
| 1:15 PM | 35 | 2 | Women RX | Kara Keith |
| 1:15 PM | 35 | 3 | Women RX | Rachael Dobies |
| 1:15 PM | 35 | 4 | Women RX | Alexandria Bevier |
| 1:15 PM | 35 | 5 | Women RX | Yana Babbitt |
| 1:15 PM | 35 | 6 | Women RX | Grayson Cooper |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| 1:15 PM | 35 | 7 | Women RX | Brittany Miller |
|---------|------|------|----------|-----------------------|
| 1:15 PM | 35 | 8 | Women RX | Meaghan Staudenmaier |
| 1:15 PM | 35 | 9 | Women RX | |
| 1:15 PM | 35 | 10 | Women RX | |
| Time | Heat | Lane | Division | Athlete |
| 1:25 PM | 36 | 1 | Women RX | Rachelle Cooksey |
| 1:25 PM | 36 | 2 | Women RX | Mikayla Blanton |
| 1:25 PM | 36 | 3 | Women RX | Kelly Sekulovski |
| 1:25 PM | 36 | 4 | Women RX | Daisy Conde |
| 1:25 PM | 36 | 5 | Women RX | Gabby Murphy |
| 1:25 PM | 36 | 6 | Women RX | Christy Kooch |
| 1:25 PM | 36 | 7 | Women RX | Caitlin Guthrie |
| 1:25 PM | 36 | 8 | Women RX | Ariel Reaves |
| 1:25 PM | 36 | 9 | Women RX | Amy Fnine |
| 1:25 PM | 36 | 10 | Women RX | Melissa Houff |
| Time | Heat | Lane | Division | Athlete |
| 1:35 PM | 37 | 1 | Women RX | Margaret Anne Hubbell |
| 1:35 PM | 37 | 2 | Women RX | Morgan Raffaele |
| 1:35 PM | 37 | 3 | Women RX | Briana Jones |
| 1:35 PM | 37 | 4 | Women RX | Emily Torrez |
| 1:35 PM | 37 | 5 | Women RX | Theresa Harvey |
| 1:35 PM | 37 | 6 | Women RX | Cristian Mathes |
| 1:35 PM | 37 | 7 | Women RX | Hailee Barbarits |
| 1:35 PM | 37 | 8 | Women RX | Alysen Spencer |
| 1:35 PM | 37 | 9 | Women RX | Katie Shewmaker |
| 1:35 PM | 37 | 10 | Women RX | Natalie Esparza |
| Time | Heat | Lane | Division | Athlete |
| 1:45 PM | 38 | 1 | RX Men | |
| 1:45 PM | 38 | 2 | RX Men | |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| 1:45 PM | 38 | 3 | RX Men | Joey Raucci |
|---------|------|------|----------|-------------------|
| 1:45 PM | 38 | 4 | RX Men | Trevor Smith |
| 1:45 PM | 38 | 5 | RX Men | Matthew Early |
| 1:45 PM | 38 | 6 | RX Men | Joel Marietti |
| 1:45 PM | 38 | 7 | RX Men | Brandon Lineberry |
| 1:45 PM | 38 | 8 | RX Men | Justin Riccio |
| 1:45 PM | 38 | 9 | RX Men | |
| 1:45 PM | 38 | 10 | RX Men | |
| Time | Heat | Lane | Division | Athlete |
| 1:55 PM | 39 | 1 | RX Men | |
| 1:55 PM | 39 | 2 | RX Men | Tom Rodgers |
| 1:55 PM | 39 | 3 | RX Men | RJ Jackson |
| 1:55 PM | 39 | 4 | RX Men | McKellar Proffitt |
| 1:55 PM | 39 | 5 | RX Men | Kirby Hinson |
| 1:55 PM | 39 | 6 | RX Men | Josh Lindsey |
| 1:55 PM | 39 | 7 | RX Men | Jay Brice |
| 1:55 PM | 39 | 8 | RX Men | Brock Buckner |
| 1:55 PM | 39 | 9 | RX Men | Matt Lindsey |
| 1:55 PM | 39 | 10 | RX Men | |
| Time | Heat | Lane | Division | Athlete |
| 2:05 PM | 40 | 1 | RX Men | Richard Jackson |
| 2:05 PM | 40 | 2 | RX Men | David Halvorson |
| 2:05 PM | 40 | 3 | RX Men | Dakota Miller |
| 2:05 PM | 40 | 4 | RX Men | Jared Garlow |
| 2:05 PM | 40 | 5 | RX Men | Minner Labrador |
| 2:05 PM | 40 | 6 | RX Men | Michael Worsham |
| 2:05 PM | 40 | 7 | RX Men | Jared Price |
| 2:05 PM | 40 | 8 | RX Men | Derek Kittredge |
| 2:05 PM | 40 | 9 | RX Men | John Hickner |

Fittest of the Coast Workout - Shorty - Indoor

Sunday, April 3, 2022

| Time | Heat | Lane | Division | Athlete |
|-------------|-------------|-------------|-----------------|------------------|
| 2:05 PM | 40 | 10 | RX Men | Nicholas Garrick |
| 2:15 PM | 41 | 1 | RX Men | Kyle Schwark |
| 2:15 PM | 41 | 2 | RX Men | Dusty Looker |
| 2:15 PM | 41 | 3 | RX Men | Nate Harris |
| 2:15 PM | 41 | 4 | RX Men | Matthew Osbon |
| 2:15 PM | 41 | 5 | RX Men | Kerry Cofer |
| 2:15 PM | 41 | 6 | RX Men | Michael Olivas |
| 2:15 PM | 41 | 7 | RX Men | Nicholas Holt |
| 2:15 PM | 41 | 8 | RX Men | Johnie Charles |
| 2:15 PM | 41 | 9 | RX Men | Aaron Harold |
| 2:15 PM | 41 | 10 | RX Men | Colby Beecham |