



# RUINATION

CROSSFIT

## HEAT LIST

Partner A	Partner B	Team Name	Affiliate	WOD 1	WOD 2	WOD 3
Joshua Tiqui	Kristen Boone	Scaled so hard 3.0.. Live Free or Scale Hard	Unaffiliated	9:00	11:10	1:10
Karlo Del Mundo	Leslie Vargas	Squats and Giggles	Ruination	9:00	11:10	1:10
Anne Marie Lansburg	Josh Jenrich	Just Friends	Ruination/Arc	9:00	11:10	1:10
Abby Klapperich	Keith Weiczorek	Midwest Mayhem	Crossfit Reform	9:00	11:10	1:10
Natalie Lambert	Barrett Kambert	PJ Masks	BW Personal Training	9:00	11:10	1:10
Ricky Montanez	Doiminique Williams	Short and Stout	Status Crossfit	9:00	11:10	1:10
Travis Everhart	Kerrie Higgins	The Inflexibles	Crossfit Reform	9:14	11:24	1:30
Lauren Muttram	Jonathan Aguayo	Kahleesi like Sunday morning	Cinco Crossfit	9:14	11:24	1:30
David Kneisel	Christina Kneisel	Snatch us if you can	Ruination	9:14	11:24	1:30
Ignacio Pineda	Gloria Bates	Glory -Acho	Crossfit Lumberyard	9:14	11:24	1:30
Nicholas Roberts	Samantha Rosenberg	50 Shades of Chalk	Status Crossfit	9:14	11:24	1:30
Amy Bates	Thomas Rush	Pull-ups and Picklebacks	Crossfit Lumberyard	9:14	11:24	1:30
Sam Ngo	Becky Dicenzo	Drop it like a squat	Crossfit Lumberyard	9:28	11:38	1:50
Christopher McDonald	Kelly Temes	Big Butts and Coconuts	Crossfit Reform	9:28	11:38	1:50
David Lopez	Holly Hagerman		Ruination	9:28	11:38	1:50
Kyle Catino	Kate Dickman		Ruination	9:28	11:38	1:50
Bret Williams	Ashley Dlab	White Walkers	Crossfit Reform	9:28	11:38	1:50
Cherise Mathias	Ryan Lang	Thruster Snatch	Crossfit Reform	9:28	11:38	1:50
Brenden Cotter	Sarah Cowell	Hakuna Masquata	Ruination	9:42	11:52	2:10
Liz Lecourt	Glen Alis	Light Weights	Ruination/LCCF	9:42	11:52	2:10
Kevin Spykerman	Tracy Spykerman	The Great White Spykes	8th Day Gym	9:42	11:52	2:10
Tim Johnson	Sydney Christine	C3-she-bro	Code 3 Lawndale	9:42	11:52	2:10
Jason Ward	Kenzy Ward		Left Coast	9:42	11:52	2:10
Tony Segura	Lisa Montenegro			9:42	11:52	2:10
Lauren Cunningham	Aaron Baldwin	When two atoms collide	Ruination/Left Coast	9:56	12:06	2:30
Shannon Starich	Andrew Tindula	Champagne & Bourbon	Ruination	9:56	12:06	2:30
Jason Meyer	Kate Bell		Crossfit Chino Hills	9:56	12:06	2:30
Jason Rassmussen	Tonya Jorgenson	Forged Just Friends	Crossfit Chino Hills	9:56	12:06	2:30
Aimee Hale	Hank Sprinkle	Team Monument	Crossfit Reform	9:56	12:06	2:30
Corey Smith	Linzy Warkentin	The Many Faced WODs	Crossfit Reform	9:56	12:06	2:30
Matt Banwart	Caitlin Andrade		Red Wolf Crossfit	10:16	12:20	3:00
Brandon Terry	Ashlee Hegner	Barbie & Ken		10:16	12:20	3:00
Kim Nguyen	Eddie Gallardo	Team 10 ft of Familia	Crossfit Lumberyard	10:16	12:20	3:00
Brenden Barrett	Kelly Morris	BrenJen	Crossfit Lumberyard	10:16	12:20	3:00
Monica Jacobsma	Nicholas Yiakos	The Greek & The Ginger	Crossfit Reflex	10:16	12:20	3:00
Alex Everett	Justin Flores			10:16	12:20	3:00
Blake Nelle	Mackenzie Magro	Mac Tabby	Crossfit Lumberyard	10:30	12:34	3:20
Cassie Alvarado	Jason Carrol	#squeeze	Crossfit Lumberyard	10:30	12:34	3:20
Matt Burke	Nicole Burke	Greater Than	CF South Bay Hermosa Beach	10:30	12:34	3:20
Josh Miller	Molly Koman		Left Coast CF	10:30	12:34	3:20
Mitchell Yaffee	Alexa Georgoulis	Milk and Cookies	Ruination	10:30	12:34	3:20
Chelsea Denigan	Ryan Diaz	Lamb Chop and Tuna Fish	Ruination	10:30	12:34	3:20
Erik Thorson		Make the Assault Bike great again		10:44	12:48	3:40
Johnny Reid	Erica Darensbourg	Team Wifeswap	Ruination	10:44	12:48	3:40
Marty Cablay	Kristen Shank	Lumberyard Red	CF Lumberyard	10:44	12:48	3:40
Austin Sanders	MaryJo Herrera	Bullet for my Valentine	Crossfit Lumberyard	10:44	12:48	3:40
Reid Worthington	Kristin Wild	Wildfire 2.0	Crossfit Lumberyard	10:44	12:48	3:40
Andrea Yaffee	Taylor Yaffee	The Yaffees	Ruination	10:44	12:48	3:40