

# 5Star 4Mula Blizzard Beatdown 6

Pre-Registration starting at 6PM to 8PM on Friday Jan 25/19 at the CCNB Dieppe Campus gymnasium

Day 1 - January 26, 2019		Day 2 - January 27, 2019	
7 - 8:00 AM	Athlete/Volunteer/Judge Registration	7:00 AM	Gym doors open
7:50 AM	Athletes/Judges Briefing for WOD 1	7:45 AM	Athletes/Judges Briefing for WOD 4 & 5
<b>WOD2 - (8 mins), Lululemon Couplet &amp; Lift</b>		<b>WOD4 - Handle &amp; Wire Triplet (10 Mins)</b>	
8:20 AM	Heat 1	<b>&amp;</b>	
8:32 AM	Heat 2	<b>WOD5 - dnaswag Complex (5 Mins)</b>	
8:44 AM	Heat 3	8:10 AM	Heat 1
8:56 AM	Heat 4	8:32 AM	Heat 2
9:08 AM	Heat 5	8:54 AM	Heat 3
9:20 AM	Heat 6	9:16 AM	Heat 4
9:32 AM	Heat 7	9:38 AM	Heat 5
9:44 AM	Heat 8	10:00 AM	Heat 6
9:56 AM	Heat 9	10:22 AM	Heat 7
10:08 AM	Heat 10	10:44 AM	Heat 8
10:20 AM	Heat 11	11:06 AM	Heat 9
40 Minutes break (Prep)		11:28 AM	Heat 10
10:55 AM	Athletes/Judges Briefing for WOD 2	11:50 AM	Heat 11
<b>WOD1 - (9 mins), Rehab 1 Chipper</b>		12:10 PM Break Prep for FINAL WOD	
11:10 AM	Heat 1	Finalize Top 10 Finishers (Advance)	
11:23 AM	Heat 2	12:20 PM Announce the Final WOD	
11:36 AM	Heat 3	12:30 PM Announce the Top 10 M & F per division	
11:49 AM	Heat 4	Announce Lanes for competitors	
12:02 PM	Heat 5	Announce Judges for Final WOD	
12:15 PM	Heat 6	12:40 PM Athlete & Judges Briefing for Finals	
12:28 PM	Heat 7	<b>FINAL WOD - The 5Star 4Mula Finisher</b>	
12:41 PM	Heat 8	1:00 PM	Heat 1 - Top 10 M & F Icebreaker
12:54 PM	Heat 9	1:16 PM	Heat 2 - Female Rank 6 - 10 Rx, Sc & Mas
1:07 PM	Heat 10	1:32 PM	Heat 3 - Male Rank 6 - 10 Rx, Sc & Mas
1:20 PM	Heat 11	1:48 PM	Heat 4 - Female Rank 1 - 5 Rx, Sc & Mas
40 Minutes break (Prep)		2:04 PM	Heat 5 - Male Rank 1 - 5 Rx, Sc & Mas
1:55 PM	Athletes/Judges Briefing for WOD 3	Input Final Rankings	
<b>WOD3 - (6 mins), The Boss Couplet</b>		<b>2:30 PM Announce Winners</b>	
2:10 PM	Heat 1		
2:20 PM	Heat 2		
2:30 PM	Heat 3		
2:40 PM	Heat 4		
2:50 PM	Heat 5		
3:00 PM	Heat 6		
3:10 PM	Heat 7		
3:20 PM	Heat 8		
3:30 PM	Heat 9		
3:40 PM	Heat 10		
3:50 PM	Heat 11		



HANDLE & WIRE



lululemon



## 5Star 4Mula BLIZZARD BEATDOWN 6



### Males

#### WOD 2 - Lululemon Couplet & Lift (8 Mins WOD + 4 mins break)

Heat 1: 8:20 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Eagan Boire	Kelby cudmore	Mike Robertson	Cameron MacDonald	Aaron Macgillivray	Danny Brownrigg	Jeff Leger	Liam Jeffery	Liam vanZutphen	Matt Dobson	Richard Cormier
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Clint Coombs	Remi Cormier	Eric Pichette
Heat 2: 8:32 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Richard Haines	Sebastien Landry	Stephane Lapointe	Aidan Angus	David Graham	Wayne Higgins	Matthew MacNeil	David Green	Al McCrone	Chris Doucet	Chris MacDonald
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 3: 8:44 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Ian Doiron	Jamie Doucette	Mark Bellefleur	Michael McCallum	Shawn MacCormick	Tony Levesque	Adrian McMillan	Alex MacAulay	Benny Putt	Brian Emanuel	Chris Boudreau
Judges	Travis Carr	Troy Williams	Matt Cormier	Guillaume Leblanc	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 4: 8:56 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Craig Warrick	Dan Lirette	Dave Melanson	David Gerbasi	Eric Chenard	Francois Blanchette	Jeff Simpson	John Davidson	Jonathan Julien	Jonathan Ross	Kris Dexter
Judges	Dom Tardif	Bryan MacKay	Joe O'Donnell	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Veronique Pichette	Matthew Wadden	Jason Demerchant	Eric Pichette	Erin Mailman
Heat 5: 9:08 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Randy Frenette	Rick Anderson	Rod Thorne	Ryan Butcher	Scott Milbury	Shane Hayes		Patrick Gordon	Tim Malley	Travis Jagoe	Darren Simmie
Judges	Dom Tardif	Bryan MacKay	Robert Hobbs	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald		Matthew Wadden	Kenneth Burns	Eric Pichette	Erin Mailman
Heat 6: 9:20 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Mark Flinn	Matthew Taylor	Matthew Trethewey	Rick Wakefield	Steven Bishop	Sebastien Hebert	Alexandre Lissandro	Brett Johnson	Clint Coombs	Trenton James Gove	James Martell
Judges	Dom Tardif	Bryan MacKay	Mark Bellefleur	Mathieu Sanschagrin	David Graham	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Chris Doucet	Erin Mailman
Heat 7: 9:32 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Jesse Godin	Justin Ellis	Kyle Sheridan	Mark Penney	Matt Cormier	Michel Chouinard	Mick Dawson	Paul Puddicombe	Ryan Merry	Sebastian Murphy	Sebastien Samson
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	Robert Hobbs	David Gerbasi	Kenneth Burns	Chris Doucet	Daniel Haché
Heat 8: 9:44 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Travis Carr	Troy Williams	Ty McAdam	Wesley Robert	Alain Chiasson	Brandon Baker	Chris Tufts	Danick Jalbert	David Girard	Michael Martin	Remi Cormier
Judges	Eric Pichette	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	David Gerbasi	Kate MacAulay	Jonathan Julien	Chris Doucet	Daniel Haché
Heat 9: 9:56 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Robert Johnson	Ryan Lunn	Ryan Mackay	Sebastien Cyr	Yves Chiasson	Jimmy Doiron	Mike Berube	Stewart Cook	Tory Hicks	Geoff Pellerin	Alex O'Halloran
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Alex MacAulay	Mallory Curwin	Tony Levesque	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 10: 10:08 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Bradley McInnis	Bryan MacKay	Jordan Apostoleris	Mathieu Sanschagrin	Cameron McLeod	Charles Dubuc	Greg Rose	Jason Davis	Jon Chapman	Justin Hanson	Kyle Kostynski
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Dan Lirette	Mallory Curwin	Clint Coombs	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 11: 10:20 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Matt Rose	Matthew Wadden	Mike LeBlanc	Myles Bernard	Robert Hobbs	Adam Tompkins	Francois DeGrace	Jason DeMerchant	Kenneth Burns	Remi Doucet	Erin Mailman
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Joe O'Donnell	Guillaume Leblanc	Clint Coombs	Shane Hayes	Jason Simpson	Karen Kuzik	Brian Emanuel	Daniel Haché

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### Females

#### WOD 2 - Lululemon Couplet & Lift (8 Mins WOD + 4 mins break)

Heat 1: 8:20 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Caroline Cormier	Holly White	Crystal Comeau	Cynthia MacDonald	Emily Martell	Jena Macleod	Jessica Roussel	Katelyn Metallic	Krista Davidson	Krista Jensen	Lydia Gallagher
Judges	Jessica Larry	Nicole Cormier	Lucie Levesque	Solange Roy	Mallory Curwin	Heather McDonald	Veronique Pichette	Denise Constantine	Abbey Flinn	Hannah Oatway	Theresa Lirette
Heat 2: 8:32 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Mallory Metallic	Marilyne Rousselle	Mylene Wilson	Nancy Seibel	Sheila Kerry	Alaina Seymour	Bridget Cross	Denise Taylor	Melissa Cormier	Jamie Phillips	Chelsea Morrison
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Anne-Marie Poitras	Hannah Oatway	Theresa Lirette
Heat 3: 8:44 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jenna Thompson	Kandace Bridges	Kelly Duguay	Lisa Levesque	Marylene Doucet	Myra Malley	Gabriella Gerbasi	Patty Charlton	Stephanie Hayward	Carol Ann Francis	
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Joe O'Donnell	Hannah Oatway	Theresa Lirette
Heat 4: 8:56 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors		Kaela Ballum	Katie Buckland	Monica St-Onge	Sandra Levesque	Bhreagh MacDonald	Colleen McCabe	Lisa Boyle	Jennifer Constantine	Christina Payson	Kim McBurnie
Judges	Colleen McQuaid	Nicole Cormier	Rachel McCollum	Christine Hébert	Mallory Curwin	Kyle Kostynski	Danielle Gaudet	Denise Constantine	Marcel Leblanc	Hannah Oatway	Anne Graham
Heat 5: 9:08 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jennifer Pizio-Perry	Kate MacAulay	Kim MacDougall	Maxine Westhead	Michelle Hill	Robin Green	Sandi Black	Stephanie Pitcher	Yvette Pritchett	Carol Ferguson-Scott	
Judges	Veronique Pichette	Nicole Cormier	Rachel McCollum	Christine Hébert	Michelle Pye	Kyle Kostynski	Marcel Leblanc	Denise Constantine	Renee Martin	Hannah Oatway	Anne Graham
Heat 6: 9:20 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jessica Larry	Karen Kuzik	Lucie Levesque	Nathalie Duggan	Nicole Barkhouse	Shannon Benoit		Suzie Kaloyanis	Anne-Marie Poitras	Heather Dunn	
Judges	Veronique Pichette	Benny Putt	Rachel McCollum	Christine Hébert	Michelle Pye	Katelyn Metallic		Anne Graham	Renee Martin	Joe O'Donnell	
Heat 7: 9:32 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Danielle Allaire	Abbey Flinn	Ashley Caulier	Christine Brideau	Colleen Schurman	Courtney Burns	Danielle Gaudet	Adrienne Bekkers	Haley Doucet	Megan Mckenna	Melissa Pellerin
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Renee Martin	Veronique Pichette	Anne Graham
Heat 8: 9:44 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Miranda MacLeod	Samantha Haley	Solange Roy	Alicia Simmie	Amila Topic	Audrey Bouffard-Cloutier	Brittany Clancey	Cindy Bento	Cloe Gallant	Danika Melanson	Emily Wakefield
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Veronique Pichette	Anne Graham
Heat 9: 9:56 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Isabelle Mockler	Jessica Clements	Jill DeMerchant	Jovana Duke	Kait Van Steeg	Kaitlyn Jardine	Kate Milbury	Kayla Jeffrey	Kelcie Levesque	Leeann MacDonald	Lynne Holloway
Judges	Heather McDonald	Patrick Farren	Dave Melanson	Michelle Hill	Michelle Pye	Sandi Black	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Shannon Benoit	Theresa Lirette
Heat 10: 10:08 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Melanie Vienneau	Natasha Johnson	Rachel McCollum		Laura Murrant	Hannah Cousins	Maggie Henderson	Martha Ranahan	Sylvie Gerbasi	Angela Dawson	Heather Wood
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Joe O'Donnell	Sandi Black	Marcel Leblanc	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette
Heat 11: 10:20 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Brittany Lyons	Cathrine Maltais	Colleen McQuaid	Jessica Roy	Kat Elvidge	Lindsey Carleton	Lisa McNeil	Nikita Hanley	Renee Martin	Heather Wolfe	Kiera Strang
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Veronique Pichette	Sandi Black	Marcel Leblanc	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette

## 5Star 4Mula BLIZZARD BEATDOWN 6



### Males

#### WOD 1 - The Rehab 1 Chipper (9 Mins WOD + 4 mins break)

Heat 1: 11:10 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Eagan Boire	Kelby cudmore	Mike Robertson	Cameron MacDonald	Aaron Macgillivray	Danny Brownrigg	Jeff Leger	Liam Jeffery	Liam vanZutphen	Matt Dobson	Richard Cormier
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Clint Coombs	Remi Cormier	Eric Pichette
Heat 2: 11:23 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Richard Haines	Sebastien Landry	Stephane Lapointe	Aidan Angus	David Graham	Wayne Higgins	Matthew MacNeil	David Green	Al McCrone	Chris Doucet	Chris MacDonald
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 3: 11:36 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Ian Doiron	Jamie Doucette	Mark Bellefleur	Michael McCallum	Shawn MacCormick	Tony Levesque	Adrian McMillan	Alex MacAulay	Benny Putt	Brian Emanuel	Chris Boudreau
Judges	Travis Carr	Troy Williams	Matt Cormier	Guillaume Leblanc	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 4: 11:49 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Craig Warrick	Dan Lirette	Dave Melanson	David Gerbasi	Eric Chenard	Francois Blanchette	Jeff Simpson	John Davidson	Jonathan Julien	Jonathan Ross	Kris Dexter
Judges	Dom Tardif	Bryan MacKay	Joe O'Donnell	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Veronique Pichette	Matthew Wadden	Jason Demerchant	Eric Pichette	Erin Mailman
Heat 5: 12:02 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Randy Frenette	Rick Anderson	Rod Thorne	Ryan Butcher	Scott Milbury	Shane Hayes		Patrick Gordon	Tim Malley	Travis Jagoe	Darren Simmie
Judges	Dom Tardif	Bryan MacKay	Robert Hobbs	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Eric Pichette	Erin Mailman
Heat 6: 12:15 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Mark Flinn	Matthew Taylor	Matthew Trethewey	Rick Wakefield	Steven Bishop	Sebastien Hebert	Alexandre Lissandro	Brett Johnson	Clint Coombs	Trenton James Gove	James Martell
Judges	Dom Tardif	Bryan MacKay	Mark Bellefleur	Mathieu Sanschagrin	David Graham	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Chris Doucet	Erin Mailman
Heat 7: 12:28 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Jesse Godin	Justin Ellis	Kyle Sheridan	Mark Penney	Matt Cormier	Michel Chouinard	Mick Dawson	Paul Puddicombe	Ryan Merry	Sebastian Murphy	Sebastien Samson
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	Robert Hobbs	David Gerbasi	Kenneth Burns	Chris Doucet	Daniel Haché
Heat 8: 12:41 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Travis Carr	Troy Williams	Ty McAdam	Wesley Robert	Alain Chiasson	Brandon Baker	Chris Tufts	Danick Jalbert	David Girard	Michael Martin	Remi Cormier
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	David Gerbasi	Kate MacAulay	Jonathan Julien	Chris Doucet	Daniel Haché
Heat 9: 12:54 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Robert Johnson	Ryan Lunn	Ryan Mackay	Sebastien Cyr	Yves Chiasson	Jimmy Doiron	Mike Berube	Stewart Cook	Tory Hicks	Geoff Pellerin	Alex O'Halloran
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Alex MacAulay	Mallory Curwin	Tony Levesque	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 10: 1:07 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Bradley McInnis	Bryan MacKay	Jordan Apostoleris	Mathieu Sanschagrin	Cameron McLeod	Charles Dubuc	Greg Rose	Jason Davis	Jon Chapman	Justin Hanson	Kyle Kostynski
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Dan Lirette	Mallory Curwin	Clint Coombs	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 11: 1:20 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Matt Rose	Matthew Wadden	Mike LeBlanc	Myles Bernard	Robert Hobbs	Adam Tompkins	Francois DeGrace	Jason DeMerchant	Kenneth Burns	Remi Doucet	Erin Mailman
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Joe O'Donnell	Guillaume Leblanc	Clint Coombs	Shane Hayes	Jason Simpson	Karen Kuzik	Brian Emanuel	Daniel Haché

## 5Star 4Mula BLIZZARD BEATDOWN 6



### Females

#### WOD 1 - The Rehab 1 Chipper (9 Mins WOD + 4 mins break)

Heat 1: 11:10 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Caroline Cormier	Holly White	Crystal Comeau	Cynthia MacDonald	Emily Martell	Jena Macleod	Jessica Roussel	Katelyn Metallic	Krista Davidson	Krista Jensen	Lydia Gallagher
Judges	Jessica Larry	Nicole Cormier	Lucie Levesque	Solange Roy	Mallory Curwin	Heather McDonald	Veronique Pichette	Denise Constantine	Abbey Flinn	Hannah Oatway	Theresa Lirette
Heat 2: 11:23 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Mallory Metallic	Marilyne Rousselle	Mylene Wilson	Nancy Seibel	Sheila Kerry	Alaina Seymour	Bridget Cross	Denise Taylor	Melissa Cormier	Jamie Phillips	Chelsea Morrison
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Anne-Marie Poitras	Hannah Oatway	Theresa Lirette
Heat 3: 11:36 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jenna Thompson	Kandace Bridges	Kelly Duguay	Lisa Levesque	Marylene Doucet	Myra Malley	Gabriella Gerbasi	Patty Charlton	Stephanie Hayward	Carol Ann Francis	
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Joe O'Donnell	Hannah Oatway	Theresa Lirette
Heat 4: 11:49 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors		Kaela Ballum	Katie Buckland	Monica St-Onge	Sandra Levesque	Bhreagh MacDonald	Colleen McCabe	Lisa Boyle	Jennifer Constantine	Christina Payson	Kim McBurnie
Judges	Colleen McQuaid	Nicole Cormier	Rachel McCollum	Christine Hébert	Mallory Curwin	Kyle Kostynski	Danielle Gaudet	Denise Constantine	Kim Pelletier	Hannah Oatway	Anne Graham
Heat 5: 12:02 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jennifer Pizio-Perry	Kate MacAulay	Kim MacDougall	Maxine Westhead	Michelle Hill	Robin Green	Sandi Black	Stephanie Pitcher	Yvette Pritchett	Carol Ferguson-Scott	
Judges	Veronique Pichette	Nicole Cormier	Rachel McCollum	Christine Hébert	Michelle Pye	Kyle Kostynski	Kim Pelletier	Denise Constantine	Renee Martin	Hannah Oatway	Anne Graham
Heat 6: 12:15 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jessica Larry	Karen Kuzik	Lucie Levesque	Nathalie Duggan	Nicole Barkhouse	Shannon Benoit		Suzie Kaloyanis	Anne-Marie Poitras	Heather Dunn	
Judges	Veronique Pichette	Benny Putt	Rachel McCollum	Christine Hébert	Michelle Pye	Katelyn Metallic		Anne Graham	Renee Martin	Joe O'Donnell	
Heat 7: 12:28 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Danielle Allaire	Abbey Flinn	Ashley Caulier	Christine Brideau	Colleen Schurman	Courtney Burns	Danielle Gaudet	Adrienne Bekkers	Haley Doucet	Megan Mckenna	Melissa Pellerin
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Renee Martin	Veronique Pichette	Anne Graham
Heat 8: 12:41 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Miranda MacLeod	Samantha Haley	Solange Roy	Alicia Simmie	Amila Topic	Audrey Bouffard-Cloutier	Brittany Clancey	Cindy Bento	Cloe Gallant	Danika Melanson	Emily Wakefield
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Veronique Pichette	Anne Graham
Heat 9: 12:54 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Isabelle Mockler	Jessica Clements	Jill DeMerchant	Jovana Duke	Kait Van Steeg	Kaitlyn Jardine	Kate Milbury	Kayla Jeffrey	Kelcie Levesque	Leeann MacDonald	Lynne Holloway
Judges	Heather McDonald	Patrick Farren	Dave Melanson	Michelle Hill	Michelle Pye	Sandi Black	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Shannon Benoit	Theresa Lirette
Heat 10: 1:07 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Melanie Vienneau	Natasha Johnson	Rachel McCollum		Laura Murrant	Hannah Cousins	Maggie Henderson	Martha Ranahan	Sylvie Gerbasi	Angela Dawson	Heather Wood
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Joe O'Donnell	Sandi Black	Christine Hébert	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette
Heat 11: 1:20 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Brittany Lyons	Cathrine Maltais	Colleen McQuaid	Jessica Roy	Kat Elvidge	Lindsey Carleton	Lisa McNeil	Nikita Hanley	Renee Martin	Heather Wolfe	Kiera Strang
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Veronique Pichette	Sandi Black	Christine Hébert	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette

## 5Star 4Mula BLIZZARD BEATDOWN 6



### Males

#### WOD 3 - The BOSS Couplet (6 Mins WOD + 4 mins break)

Heat 1: 2:10 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Eagan Boire	Kelby cudmore	Mike Robertson	Cameron MacDonald	Aaron Macgillivray	Danny Brownrigg	Jeff Leger	Liam Jeffery	Liam vanZutphen	Matt Dobson	Richard Cormier
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Clint Coombs	Remi Cormier	Eric Pichette
Heat 2: 2:20 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Richard Haines	Sebastien Landry	Stephane Lapointe	Aidan Angus	David Graham	Wayne Higgins	Matthew MacNeil	David Green	Al McCrone	Chris Doucet	Chris MacDonald
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 3: 2:30 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Ian Doiron	Jamie Doucette	Mark Bellefleur	Michael McCallum	Shawn MacCormick	Tony Levesque	Adrian McMillan	Alex MacAulay	Benny Putt	Brian Emanuel	Chris Boudreau
Judges	Travis Carr	Troy Williams	Matt Cormier	Guillaume Leblanc	Charles Dubuc	Patrick Farren	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 4: 2:40 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Craig Warrick	Dan Lirette	Dave Melanson	David Gerbasi	Eric Chenard	Francois Blanchette	Jeff Simpson	John Davidson	Jonathan Julien	Jonathan Ross	Kris Dexter
Judges	Dom Tardif	Bryan MacKay	Joe O'Donnell	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Veronique Pichette	Matthew Wadden	Jason Demerchant	Eric Pichette	Erin Mailman
Heat 5: 2:50 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Randy Frenette	Rick Anderson	Rod Thorne	Ryan Butcher	Scott Milbury	Shane Hayes		Patrick Gordon	Tim Malley	Travis Jagoe	Darren Simmie
Judges	Dom Tardif	Bryan MacKay	Robert Hobbs	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Eric Pichette	Erin Mailman
Heat 6: 3:00 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Mark Flinn	Matthew Taylor	Matthew Trethewey	Rick Wakefield	Steven Bishop	Sebastien Hebert	Alexandre Lissandro	Brett Johnson	Clint Coombs	Trenton James Gove	James Martell
Judges	Dom Tardif	Bryan MacKay	Mark Bellefleur	Mathieu Sanschagrin	David Graham	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Chris Doucet	Erin Mailman
Heat 7: 3:10 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Jesse Godin	Justin Ellis	Kyle Sheridan	Mark Penney	Matt Cormier	Michel Chouinard	Mick Dawson	Paul Puddicombe	Ryan Merry	Sebastian Murphy	Sebastien Samson
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	Robert Hobbs	David Gerbasi	Kenneth Burns	Chris Doucet	Daniel Haché
Heat 8: 3:20 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Travis Carr	Troy Williams	Ty McAdam	Wesley Robert	Alain Chiasson	Brandon Baker	Chris Tufts	Danick Jalbert	David Girard	Michael Martin	Remi Cormier
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	David Gerbasi	Kate MacAulay	Jonathan Julien	Chris Doucet	Daniel Haché
Heat 9: 3:30 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Robert Johnson	Ryan Lunn	Ryan Mackay	Sebastien Cyr	Yves Chiasson	Jimmy Doiron	Mike Berube	Stewart Cook	Tory Hicks	Geoff Pellerin	Alex O'Halloran
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Alex MacAulay	Mallory Curwin	Tony Levesque	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 10: 3:40 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Bradley McInnis	Bryan MacKay	Jordan Apostoleris	Mathieu Sanschagrin	Cameron McLeod	Charles Dubuc	Greg Rose	Jason Davis	Jon Chapman	Justin Hanson	Kyle Kostynski
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Dan Lirette	Mallory Curwin	Clint Coombs	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 11: 3:50 PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Matt Rose	Matthew Wadden	Mike LeBlanc	Myles Bernard	Robert Hobbs	Adam Tompkins	Francois DeGrace	Jason DeMerchant	Kenneth Burns	Remi Doucet	Erin Mailman
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Joe O'Donnell	Guillaume Leblanc	Clint Coombs	Shane Hayes	Jason Simpson	Karen Kuzik	Brian Emanuel	Daniel Haché

## 5Star 4Mula BLIZZARD BEATDOWN 6



### Females

#### WOD 3 - The BOSS Couplet (6 Mins WOD + 4 mins break)

Heat 1: 2:10 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Caroline Cormier	Holly White	Crystal Comeau	Cynthia MacDonald	Emily Martell	Jena Macleod	Jessica Roussel	Katelyn Metallic	Krista Davidson	Krista Jensen	Lydia Gallagher
Judges	Jessica Larry	Nicole Cormier	Lucie Levesque	Solange Roy	Mallory Curwin	Heather McDonald	Veronique Pichette	Denise Constantine	Abbey Flinn	Hannah Oatway	Theresa Lirette
Heat 2: 2:20 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Mallory Metallic	Marilyne Rousselle	Mylene Wilson	Nancy Seibel	Sheila Kerry	Alaina Seymour	Bridget Cross	Denise Taylor	Melissa Cormier	Jamie Phillips	Chelsea Morrison
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Anne-Marie Poitras	Hannah Oatway	Theresa Lirette
Heat 3: 2:30 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jenna Thompson	Kandace Bridges	Kelly Duguay	Lisa Levesque	Marylene Doucet	Myra Malley	Gabriella Gerbasi	Patty Charlton	Stephanie Hayward	Carol Ann Francis	
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Mallory Curwin	Heather McDonald	Danielle Gaudet	Denise Constantine	Joe O'Donnell	Hannah Oatway	Theresa Lirette
Heat 4: 2:40 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors		Kaela Ballum	Katie Buckland	Monica St-Onge	Sandra Levesque	Bhreagh MacDonald	Colleen McCabe	Lisa Boyle	Jennifer Constantine	Christina Payson	Kim McBurnie
Judges	Colleen McQuaid	Nicole Cormier	Rachel McCollum	Christine Hébert	Mallory Curwin	Kyle Kostynski	Danielle Gaudet	Denise Constantine	Kim Pelletier	Hannah Oatway	Anne Graham
Heat 5: 2:50 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jennifer Pizio-Perry	Kate MacAulay	Kim MacDougall	Maxine Westhead	Michelle Hill	Robin Green	Sandi Black	Stephanie Pitcher	Yvette Pritchett	Carol Ferguson-Scott	
Judges	Veronique Pichette	Nicole Cormier	Rachel McCollum	Christine Hébert	Michelle Pye	Kyle Kostynski	Kim Pelletier	Denise Constantine	Renee Martin	Hannah Oatway	Anne Graham
Heat 6: 3:00 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jessica Larry	Karen Kuzik	Lucie Levesque	Nathalie Duggan	Nicole Barkhouse	Shannon Benoit		Suzie Kaloyanis	Anne-Marie Poitras	Heather Dunn	
Judges	Veronique Pichette	Benny Putt	Rachel McCollum	Christine Hébert	Michelle Pye	Katelyn Metallic		Anne Graham	Renee Martin	Joe O'Donnell	
Heat 7: 3:10 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Danielle Allaire	Abbey Flinn	Ashley Caulier	Christine Brideau	Colleen Schurman	Courtney Burns	Danielle Gaudet	Adrienne Bekkers	Haley Doucet	Megan Mckenna	Melissa Pellerin
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Renee Martin	Veronique Pichette	Anne Graham
Heat 8: 3:20 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Miranda MacLeod	Samantha Haley	Solange Roy	Alicia Simmie	Amila Topic	Audrey Bouffard-Cloutier	Brittany Clancey	Cindy Bento	Cloe Gallant	Danika Melanson	Emily Wakefield
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Veronique Pichette	Anne Graham
Heat 9: 3:30 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Isabelle Mockler	Jessica Clements	Jill DeMerchant	Jovana Duke	Kait Van Steeg	Kaitlyn Jardine	Kate Milbury	Kayla Jeffrey	Kelcie Levesque	Leeann MacDonald	Lynne Holloway
Judges	Heather McDonald	Patrick Farren	Dave Melanson	Michelle Hill	Michelle Pye	Sandi Black	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Shannon Benoit	Theresa Lirette
Heat 10: 3:40 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Melanie Vienneau	Natasha Johnson	Rachel McCollum		Laura Murrant	Hannah Cousins	Maggie Henderson	Martha Ranahan	Sylvie Gerbasi	Angela Dawson	Heather Wood
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Joe O'Donnell	Sandi Black	Christine Hébert	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette
Heat 11: 3:50 PM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Brittany Lyons	Cathrine Maltais	Colleen McQuaid	Jessica Roy	Kat Elvidge	Lindsey Carleton	Lisa McNeil	Nikita Hanley	Renee Martin	Heather Wolfe	Kiera Strang
Judges	Jessica Larry	Patrick Farren	Lucie Levesque	Michelle Hill	Veronique Pichette	Sandi Black	Christine Hébert	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette

### Males

#### WOD 4 - Handle & Wire Triplet & WOD 5 dnaswag Complex (10 Mins WOD 4 + 2 mins rest + 5 mins WOD 5 THEN 5 mins Break)

Heat 1: 8:10 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Eagan Boire	Kelby cudmore	Mike Robertson	Cameron MacDonald	Aaron Macgillivray	Danny Brownrigg	Jeff Leger	Liam Jeffery	Liam vanZutphen	Matt Dobson	Richard Cormier
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Chris Hogan	Chris Tufts	Danick Jalbert	Clint Coombs	Remi Cormier	Eric Pichette
Heat 2: 8:32 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Richard Haines	Sebastien Landry	Stephane Lapointe	Aidan Angus	David Graham	Wayne Higgins	Matthew MacNeil	David Green	Al McCrone	Chris Doucet	Chris MacDonald
Judges	Travis Carr	Troy Williams	Matt Cormier	Dom Tardif	Charles Dubuc	Chris Hogan	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 3: 8:54 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Ian Doiron	Jamie Doucette	Mark Bellefleur	Michael McCallum	Shawn MacCormick	Tony Levesque	Adrian McMillan	Alex MacAulay	Benny Putt	Brian Emanuel	Chris Boudreau
Judges	Travis Carr	Troy Williams	Matt Cormier	Guillaume Leblanc	Charles Dubuc	Chris Hogan	Chris Tufts	Danick Jalbert	Jason Demerchant	Remi Cormier	Eric Pichette
Heat 4: 9:16 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Craig Warrick	Dan Lirette	Dave Melanson	David Gerbasi	Eric Chenard	Francois Blanchette	Jeff Simpson	John Davidson	Jonathan Julien	Jonathan Ross	Kris Dexter
Judges	Dom Tardif	Bryan MacKay	Dyson Waterbury	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Nathan Allison	Matthew Wadden	Jason Demerchant	Eric Pichette	Erin Mailman
Heat 5: 9:38 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Randy Frenette	Rick Anderson	Rod Thorne	Ryan Butcher	Scott Milbury	Shane Hayes		Patrick Gordon	Tim Malley	Travis Jagoe	Darren Simmie
Judges	Dom Tardif	Bryan MacKay	Dyson Waterbury	Mathieu Sanschagrin	Guillaume Leblanc	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Eric Pichette	Erin Mailman
Heat 6: 10:00 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Mark Flinn	Matthew Taylor	Matthew Trethewey	Rick Wakefield	Steven Bishop	Sebastien Hebert	Alexandre Lissandro	Brett Johnson	Clint Coombs	Trenton James Gove	James Martell
Judges	Dom Tardif	Bryan MacKay	Mark Bellefleur	Mathieu Sanschagrin	David Graham	Chris MacDonald	Robert Hobbs	Matthew Wadden	Kenneth Burns	Chris Doucet	Erin Mailman
Heat 7: 10:22 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Jesse Godin	Justin Ellis	Kyle Sheridan	Mark Penney	Matt Cormier	Michel Chouinard	Mick Dawson	Paul Puddicombe	Ryan Merry	Sebastian Murphy	Sebastien Samson
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	Robert Hobbs	David Gerbasi	Kenneth Burns	Chris Doucet	Daniel Haché
Heat 8: 10:44 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Travis Carr	Troy Williams	Ty McAdam	Wesley Robert	Alain Chiasson	Brandon Baker	Chris Tufts	Danick Jalbert	David Girard	Michael Martin	Remi Cormier
Judges	Dom Tardif	Guillaume Leblanc	Kim Pelletier	Alex MacAulay	David Graham	Tony Levesque	David Gerbasi	Kate MacAulay	Jonathan Julien	Chris Doucet	Daniel Haché
Heat 9: 11:06 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Robert Johnson	Ryan Lunn	Ryan Mackay	Sebastien Cyr	Yves Chiasson	Jimmy Doiron	Mike Berube	Stewart Cook	Tory Hicks	Geoff Pellerin	Alex O'Halloran
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Alex MacAulay	Chris Hogan	Tony Levesque	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 10: 11:28 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Bradley McInnis	Bryan MacKay	Jordan Apostoleris	Mathieu Sanschagrin	Cameron McLeod	Charles Dubuc	Greg Rose	Jason Davis	Jon Chapman	Justin Hanson	Kyle Kostynski
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Dan Lirette	Chris Hogan	Clint Coombs	Shane Hayes	Kate MacAulay	Jonathan Julien	Brian Emanuel	Daniel Haché
Heat 11: 11:50 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Competitors	Matt Rose	Matthew Wadden	Mike LeBlanc	Myles Bernard	Robert Hobbs	Adam Tompkins	Francois DeGrace	Jason DeMerchant	Kenneth Burns	Remi Doucet	Erin Mailman
Judges	Rick Wakefield	Mark Flinn	Kim Pelletier	Chris Hogan	Guillaume Leblanc	Clint Coombs	Shane Hayes	Jason Simpson	Karen Kuzik	Brian Emanuel	Daniel Haché



### Females

#### WOD 4 - Handle & Wire Triplet & WOD 5 dnaswag Complex (10 Mins WOD 4 + 2 mins rest + 5 mins WOD 5 THEN 5 mins Break)

Heat 1: 8:10 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Caroline Cormier	Holly White	Crystal Comeau	Cynthia MacDonald	Emily Martell	Jena Macleod	Jessica Roussel	Katelyn Metallic	Krista Davidson	Krista Jensen	Lydia Gallagher
Judges	Jessica Larry	Nicole Cormier	Lucie Levesque	Solange Roy	Iselle Manuel	Heather McDonald	Nathan Allison	Denise Constantine	Abbey Flinn	Hannah Oatway	Theresa Lirette
Heat 2: 8:32 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Mallory Metallic	Marilyne Rousselle	Mylene Wilson	Nancy Seibel	Sheila Kerry	Alaina Seymour	Bridget Cross	Denise Taylor	Melissa Cormier	Jamie Phillips	Chelsea Morrison
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Iselle Manuel	Heather McDonald	Danielle Gaudet	Denise Constantine	Anne-Marie Poitras	Hannah Oatway	Theresa Lirette
Heat 3: 8:54 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jenna Thompson	Kandace Bridges	Kelly Duguay	Lisa Levesque	Marylene Doucet	Myra Malley	Gabriella Gerbasi	Patty Charlton	Stephanie Hayward	Carol Ann Francis	
Judges	Colleen McQuaid	Nicole Cormier	Heather Wood	Solange Roy	Iselle Manuel	Heather McDonald	Danielle Gaudet	Denise Constantine	Nathan Allison	Hannah Oatway	Theresa Lirette
Heat 4: 9:16 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors		Kaela Ballum	Katie Buckland	Monica St-Onge	Sandra Levesque	Bhreagh MacDonald	Colleen McCabe	Lisa Boyle	Jennifer Constantine	Christina Payson	Kim McBurnie
Judges	Colleen McQuaid	Nicole Cormier	Rachel McCollum	Christine Hébert	Michelle Pye	Kyle Kostynski	Danielle Gaudet	Denise Constantine	Iselle Manuel	Hannah Oatway	Anne Graham
Heat 5: 9:38 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jennifer Pizio-Perry	Kate MacAulay	Kim MacDougall	Maxine Westhead	Michelle Hill	Robin Green	Sandi Black	Stephanie Pitcher	Yvette Pritchett	Carol Ferguson-Scott	
Judges	Nathan Allison	Nicole Cormier	Rachel McCollum	Christine Hébert	Michelle Pye	Kyle Kostynski	Marcel Leblanc	Denise Constantine	Renee Martin	Hannah Oatway	Anne Graham
Heat 6: 10:00 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Jessica Larry	Karen Kuzik	Lucie Levesque	Nathalie Duggan	Nicole Barkhouse	Shannon Benoit		Suzie Kaloyanis	Anne-Marie Poitras	Heather Dunn	
Judges	Dyson Waterbury	Benny Putt	Rachel McCollum	Christine Hébert	Michelle Pye	Katelyn Metallic		Anne Graham	Renee Martin	Marcel Leblanc	
Heat 7: 10:22 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Danielle Allaire	Abbey Flinn	Ashley Caulier	Christine Brideau	Colleen Schurman	Courtney Burns	Danielle Gaudet	Adrienne Bekkers	Haley Doucet	Megan Mckenna	Melissa Pellerin
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Renee Martin	Marcel Leblanc	Anne Graham
Heat 8: 10:44 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Miranda MacLeod	Samantha Haley	Solange Roy	Alicia Simmie	Amila Topic	Audrey Bouffard-Cloutier	Brittany Clancey	Cindy Bento	Cloe Gallant	Danika Melanson	Emily Wakefield
Judges	Heather McDonald	Benny Putt	Dave Melanson	Christine Hébert	Michelle Pye	Katelyn Metallic	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Marcel Leblanc	Anne Graham
Heat 9: 11:06 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Isabelle Mockler	Jessica Clements	Jill DeMerchant	Jovana Duke	Kait Van Steeg	Kaitlyn Jardine	Kate Milbury	Kayla Jeffrey	Kelcie Levesque	Leeann MacDonald	Lynne Holloway
Judges	Heather McDonald	Iselle Manuel	Dave Melanson	Michelle Hill	Dyson Waterbury	Sandi Black	Carol Ferguson-Scott	Stephanie Hayward	Dan Lirette	Shannon Benoit	Theresa Lirette
Heat 10: 11:28 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Melanie Vienneau	Natasha Johnson	Rachel McCollum		Laura Murrant	Hannah Cousins	Maggie Henderson	Martha Ranahan	Sylvie Gerbasi	Angela Dawson	Heather Wood
Judges	Jessica Larry	Iselle Manuel	Lucie Levesque	Michelle Hill	Dyson Waterbury	Sandi Black	Nathan Allison	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette
Heat 11: 11:50 AM	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	Lane 21	Lane 22
Competitors	Brittany Lyons	Cathrine Maltais	Colleen McQuaid	Jessica Roy	Kat Elvidge	Lindsey Carleton	Lisa McNeil	Nikita Hanley	Renee Martin	Heather Wolfe	Kiera Strang
Judges	Jessica Larry	Iselle Manuel	Lucie Levesque	Michelle Hill	Dyson Waterbury	Sandi Black	Nathan Allison	Abbey Flinn	Anne-Marie Poitras	Shannon Benoit	Theresa Lirette