



Note: Inputs are only needed in green sections

Name	Level	Level #	Cumulative Points	Total Rank	Grace					Crossfit Total I					Fran				
					Time	Level	Level #	Points	Adj Points	Weight	Level	Level #	Points	Adj Points	Time	Level	Level #	Points	Adj Points
Ann	Prescribed	4	15	1	0:06:13	Prescribed	4	7	3	460	Prescribed	4	3	3	0:07:46	Prescribed	4	4	2
Jen	Prescribed	4	16	2	0:04:16	Prescribed	4	4	2	530	Prescribed	4	1	1	0:07:43	Prescribed	4	3	1
Alana	Prescribed	4	17	3	0:03:50	Prescribed	4	2	1	520	Prescribed	4	2	2		--Select One--	0	4	4
Mihaela	Prescribed	4	23	4		--Select One--	0	4	4		Prescribed	4	4	4	0:07:59	Prescribed	4	5	3
Juli	Performance	2	20	1	0:04:48	Prescribed	4	9	1	517	Performance	2	1	1	0:05:20	Competition	3	1	3
Christine C	Performance	2	35	2	0:03:46	Performance	2	3	8	415	Performance	2	4	4	0:06:51	Competition	3	4	4
Della	Performance	2	37	3	0:07:05	Competition	3	11	5	417	Performance	2	3	3	0:07:41	Competition	3	5	5
Robin	Performance	2	40	4	0:05:54	Competition	3	10	3	380	Performance	2	8	8	0:08:53	Competition	3	5	6
Marty	Performance	2	42	5	0:03:30	Performance	2	2	7	450	Performance	2	2	2	0:07:11	Prescribed	4	4	1
Nora	Performance	2	47	6	0:06:02	Competition	3	11	4	399	Performance	2	7	7		--Select One--	0	20	20
Donna	Performance	2	49	7	0:04:01	Performance	2	4	9	348	Performance	2	10	10	0:09:11	Competition	3	5	7
Trisha	Performance	2	56	8	0:02:38	Performance	2	1	6	400	Performance	2	6	6	0:12:03	Competition	3	6	9
Samm	Performance	2	57	9	0:04:03	Performance	2	5	10	405	Performance	2	5	5	0:07:22	Performance	2	4	11
Karen	Performance	2	58	10	0:04:47	Performance	2	8	13	355	Performance	2	9	9	0:08:46	Prescribed	4	5	2
Katie	Performance	2	85	11		--Select One--	0	20	20		Performance	2	20	20	0:10:33	Competition	3	5	8
Val	Performance	2	97	12	0:04:07	Performance	2	6	11		Performance	2	20	20		--Select One--	0	20	20
Karina	Performance	2	102	13	0:06:42	Prescribed	4	11	2		Performance	2	20	20	0:06:25	Performance	2	3	10
Taryn	Performance	2	113	14	0:04:42	Performance	2	7	12		Performance	2	20	20		--Select One--	0	20	20
Jawz	Performance	2	115	15	0:05:56	Performance	2	10	15	325	Performance	2	11	11		--Select One--	0	20	20
Sherry	Performance	2	125	16		--Select One--	0	20	20		Performance	2	20	20		--Select One--	0	20	20
Chelsey	Performance	2	126	17		--Select One--	0	20	20		Performance	2	20	20		--Select One--	0	20	20
Tanja	Performance	2	132	18		--Select One--	0	20	20		Performance	2	20	20	0:11:20	Performance	2	5	12
Annie	Performance	2	133	19		--Select One--	0	20	20		Performance	2	20	20		--Select One--	0	20	20
Elisa	Performance	2	134	20	0:05:10	Performance	2	9	14		Performance	2	20	20		--Select One--	0	20	20
Kacie	n/a	0	163	163		--Select One--	0	26	26		--Select One--	0	38	38		--Select One--	0	23	23
	n/a	0	200	200		--Select One--	0	26	26		--Select One--	0	38	38		--Select One--	0	23	23
Mary Miller	Masters	2	12	1		--Select One--	0	2	2		Performance	2	2	2		--Select One--	0	2	2
Betty	Masters	2	13	2		--Select One--	0	2	2	190	Performance	2	1	1		--Select One--	0	2	2
Bethany	Fitness	1	12	1	0:01:54	Fitness	1	1	1	420	Fitness	1	1	1	0:05:37	Performance	2	1	1
Lauren	Fitness	1	13	2	0:05:31	Fitness	1	3	3	320	Fitness	1	2	2	0:06:06	Performance	2	1	2
Kris H.	Fitness	1	26	3	0:02:30	Fitness	1	2	2	290	Fitness	1	3	3		--Select One--	0	5	5
Tamara	Fitness	1	33	4		--Select One--	0	5	5		Fitness	1	5	5		--Select One--	0	5	5
Theresa	Fitness	1	34	5		--Select One--	0	5	5		Fitness	1	5	5		--Select One--	0	5	5
Skye	Competition	3	8	1	0:02:31	Prescribed	4	1	1	740	Competition	3	1	1	0:04:19	Prescribed	4	1	1
Joyce	Competition	3	21	2	0:03:56	Prescribed	4	1	2	570	Competition	3	2	2	0:06:55	Competition	3	4	4
Tabitha	Competition	3	23	3	0:06:20	Competition	3	4	5	400	Competition	3	5	5	0:10:45	Prescribed	4	11	2
Sonia	Competition	3	25	4	0:05:21	Competition	3	1	4	455	Competition	3	4	4	0:05:30	Competition	3	2	3
Emily	Competition	3	39	5		--Select One--	0	7	7		Competition	3	7	7	0:09:16	Competition	3	9	6
Traci	Competition	3	39	5	0:06:09	Prescribed	4	4	3	525	Competition	3	3	3	0:09:04	Competition	3	7	5
Lauren O.	Competition	3	48	7		--Select One--	0	7	7		Competition	3	7	7		--Select One--	0	7	7



**Diane**

Name	Level	Level #	Cumulative Points	Total Rank	Time	Level	Level #	Points	Adj Points
Ann	Prescribed	4	15	1	0:15:00	Prescribed	4	2	2
Jen	Prescribed	4	16	2		--Select One--	0	4	4
Alana	Prescribed	4	17	3	0:08:08	Prescribed	4	1	1
Mihaela	Prescribed	4	23	4		--Select One--	0	4	4
Juli	Performance	2	20	1	0:04:23	Performance	2	2	6
Christine C	Performance	2	35	2	0:05:43	Performance	2	6	9
Della	Performance	2	37	3	0:08:11	Competition	3	11	2
Robin	Performance	2	40	4	0:10:43	Competition	3	11	4
Marty	Performance	2	42	5	0:06:30	Competition	3	9	2
Nora	Performance	2	47	6	0:05:19	Competition	3	5	1
Donna	Performance	2	49	7	0:04:10	Performance	2	1	5
Trisha	Performance	2	56	8	0:04:33	Performance	2	3	7
Samm	Performance	2	57	9	0:05:55	Performance	2	7	11
Karen	Performance	2	58	10	0:04:36	Performance	2	4	8
Katie	Performance	2	85	11	0:05:51	Competition	3	7	6
Val	Performance	2	97	12	0:18:10	Performance	2	12	15
Karina	Performance	2	102	13	0:05:55	Performance	2	7	10
Taryn	Performance	2	113	14	0:06:56	Performance	2	9	12
Jawz	Performance	2	115	15	0:11:27	Performance	2	11	14
Sherry	Performance	2	125	16	0:08:35	--Select One--	0	11	11
Chelsey	Performance	2	126	17		--Select One--	0	20	20
Tanja	Performance	2	132	18		--Select One--	0	20	20
Annie	Performance	2	133	19	0:07:06	Performance	2	10	13
Elisa	Performance	2	134	20		--Select One--	0	20	20
Kacie	n/a	0	163	163		--Select One--	0	28	28
	n/a	0	200	200		--Select One--	0	28	28
Mary Miller	Masters	2	12	1	0:04:32	Masters	2	1	1
Betty	Masters	2	13	2	0:07:00	Masters	2	2	2
Bethany	Fitness	1	12	1	0:05:33	Performance	2	1	1
Lauren	Fitness	1	13	2	0:06:42	Fitness	1	1	2
Kris H.	Fitness	1	26	3		--Select One--	0	5	5
Tamara	Fitness	1	33	4	0:06:53	Fitness	1	2	3
Theresa	Fitness	1	34	5		--Select One--	0	5	5
Skye	Competition	3	8	1	0:03:47	Competition	3	1	1
Joyce	Competition	3	21	2	0:07:05	Competition	3	7	4
Tabitha	Competition	3	23	3	0:10:20	Competition	3	9	5
Sonia	Competition	3	25	4	0:04:36	Competition	3	2	2
Emily	Competition	3	39	5	0:06:32	Competition	3	6	3
Traci	Competition	3	39	5		--Select One--	0	7	7
Lauren O.	Competition	3	48	7		--Select One--	0	7	7

**Helen**

Time	Level	Level #	Points	Adj Points
0:11:07	Prescribed	4	2	1
0:11:58	Prescribed	4	3	2
	--Select One--	0	4	4
0:13:52	--Select One--	0	11	3
0:11:28	Competition	3	1	5
0:12:08	Competition	3	1	6
0:13:37	Competition	3	3	8
0:14:01	Competition	3	3	11
0:12:11	Prescribed	4	1	2
0:10:54	Prescribed	4	1	1
0:13:23	Prescribed	4	3	3
0:14:19	Competition	3	3	13
0:12:46	Competition	3	2	7
0:13:50	Prescribed	4	3	4
0:14:16	Competition	3	3	12
0:14:00	Competition	3	3	10
	--Select One--	0	20	20
0:13:38	Competition	3	3	9
0:14:33	Performance	2	4	15
0:12:42	Performance	2	1	14
	--Select One--	0	20	20
	--Select One--	0	20	20
	--Select One--	0	20	20
	--Select One--	0	20	20
	--Select One--	0	20	20
	--Select One--	0	29	29
	--Select One--	0	29	29
	--Select One--	0	2	2
	--Select One--	0	2	2
0:13:11	Performance	2	1	2
0:12:49	Competition	3	1	1
0:14:19	Performance	2	2	3
0:16:14	Fitness	1	2	5
0:13:24	Fitness	1	1	4
0:12:50	Prescribed	4	6	2
0:13:17	Prescribed	4	6	3
0:12:20	Prescribed	4	4	1
0:11:06	Competition	3	1	5
0:13:37	Prescribed	4	7	4
0:16:41	Competition	3	13	7
0:13:34	Competition	3	6	6

**Crossfit Total II**

Weight	Level	Level #	Points	Adj Points
350	Prescribed	4	2	2
350	Prescribed	4	2	2
400	Prescribed	4	1	1
	Prescribed	4	4	4
325	Performance	2	2	2
305	Performance	2	3	3
290	Performance	2	5	5
290	Performance	2	5	5
270	Performance	2	8	8
300	Performance	2	4	4
258	Performance	2	10	10
275	Performance	2	7	7
267	Performance	2	9	9
245	Performance	2	11	11
235	Performance	2	12	12
380	Performance	2	1	1
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
	Performance	2	20	20
150	--Select One--	0	1	1
	--Select One--	0	38	38
185	Performance	2	1	1
	Performance	2	2	2
265	Fitness	1	1	1
220	Fitness	1	2	2
200	Fitness	1	3	3
	Fitness	1	5	5
	Fitness	1	5	5
520	Competition	3	1	1
350	Competition	3	2	2
305	Competition	3	3	3
300	Competition	3	4	4
280	Competition	3	5	5
	Competition	3	7	7
	Competition	3	7	7



Forest Gone Bad

Name	Level	Level #	Cumulative Points	Total Rank	Weight	Level	Level #	Points	Adj Points
Ann	Prescribed	4	15	1	249	Prescribed	4	7	2
Jen	Prescribed	4	16	2		--Select One--	0	4	4
Alana	Prescribed	4	17	3		--Select One--	0	4	4
Mihaela	Prescribed	4	23	4	298	Prescribed	4	6	1
Juli	Performance	2	20	1	492	Performance	2	1	2
Christine C	Performance	2	35	2	363	Prescribed	4	7	1
Della	Performance	2	37	3	310	Performance	2	8	9
Robin	Performance	2	40	4	492	Performance	2	1	3
Marty	Performance	2	42	5		--Select One--	0	20	20
Nora	Performance	2	47	6	273	Performance	2	10	10
Donna	Performance	2	49	7	426	Performance	2	4	5
Trisha	Performance	2	56	8	353	Performance	2	7	8
Samm	Performance	2	57	9	440	Performance	2	3	4
Karen	Performance	2	58	10	244	Performance	2	11	11
Katie	Performance	2	85	11	390	Performance	2	6	7
Val	Performance	2	97	12		--Select One--	0	20	20
Karina	Performance	2	102	13		--Select One--	0	20	20
Taryn	Performance	2	113	14		--Select One--	0	20	20
Jawz	Performance	2	115	15		--Select One--	0	20	20
Sherry	Performance	2	125	16		--Select One--	0	20	20
Chelsey	Performance	2	126	17	420	Performance	2	5	6
Tanja	Performance	2	132	18		--Select One--	0	20	20
Annie	Performance	2	133	19		--Select One--	0	20	20
Elisa	Performance	2	134	20		--Select One--	0	20	20
Kacie	n/a	0	163	163		--Select One--	0	18	18
	n/a	0	200	200		--Select One--	0	18	18
Mary Miller	Masters	2	12	1		--Select One--	0	2	2
Betty	Masters	2	13	2		--Select One--	0	2	2
Bethany	Fitness	1	12	1		--Select One--	0	5	5
Lauren	Fitness	1	13	2	288	Performance	2	1	1
Kris H.	Fitness	1	26	3		--Select One--	0	5	5
Tamara	Fitness	1	33	4		--Select One--	0	5	5
Theresa	Fitness	1	34	5		--Select One--	0	5	5
Skye	Competition	3	8	1	556	Prescribed	4	1	1
Joyce	Competition	3	21	2	341	Prescribed	4	1	4
Tabitha	Competition	3	23	3	442	Prescribed	4	1	2
Sonia	Competition	3	25	4	355	Prescribed	4	1	3
Emily	Competition	3	39	5		--Select One--	0	7	7
Traci	Competition	3	39	5		--Select One--	0	7	7
Lauren O.	Competition	3	48	7		--Select One--	0	7	7