



Note: Inputs are only needed in green sections

Name	Level	Grace			Crossfit Total I					Fran					Diene					Helen					Crossfit Total II					12 Days of CF				
		Level #	Completion Points	Total Rank	Time	Level	Level #	Points	AJ Points	Weight	Level	Level #	Points	AJ Points	Time	Level	Level #	Points	AJ Points	Time	Level	Level #	Points	AJ Points	Weight	Level	Level #	Points	AJ Points	Time	Level	Level #	Points	AJ Points
Kevin	Personal	4	33	1	0:02:05	Personal	4	1	0	855	Personal	4	1	0	0:02:48	Personal	4	1	0	0:04:28	Personal	4	1	0	0:04:23	Personal	4	1	0	0:05:11	Personal	4	1	0
Jerry	Personal	4	32	2	0:02:41	Personal	4	1	0	840	Personal	4	1	0	0:01:37	Personal	4	1	0	0:01:51	Personal	4	1	0	0:04:05	Personal	4	1	0	0:04:11	Personal	4	1	0
Paul	Personal	4	32	3	0:02:42	Personal	4	1	0	750	Personal	4	1	0	0:04:27	Personal	4	1	0	0:04:50	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:17	Personal	4	1	0
David	Personal	4	32	4	0:02:09	Personal	4	1	0	830	Personal	4	1	0	0:04:02	Personal	4	1	0	0:04:27	Personal	4	1	0	0:04:03	Personal	4	1	0	0:04:11	Personal	4	1	0
Andrew S.	Personal	4	32	5	0:02:30	Personal	4	1	0	817	Personal	4	1	0	0:03:52	Personal	4	1	0	0:03:52	Personal	4	1	0	0:03:51	Personal	4	1	0	0:03:55	Personal	4	1	0
Andy T.	Personal	4	32	6	0:02:07	Personal	4	1	0	800	Personal	4	1	0	0:04:54	Personal	4	1	0	0:03:57	Personal	4	1	0	0:03:50	Personal	4	1	0	0:03:59	Personal	4	1	0
Alex J.	Personal	4	32	7	0:02:18	Personal	4	1	0	780	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:50	Personal	4	1	0	0:04:27	Personal	4	1	0	0:04:17	Personal	4	1	0
Tr J.	Personal	4	32	8	0:02:43	Personal	4	1	0	699	Personal	4	1	0	0:04:01	Personal	4	1	0	0:07:08	Personal	4	1	0	0:07:08	Personal	4	1	0	0:07:08	Personal	4	1	0
Mark A.	Personal	4	32	9	0:02:12	Personal	4	1	0	620	Personal	4	1	0	0:04:04	Personal	4	1	0	0:04:04	Personal	4	1	0	0:04:04	Personal	4	1	0	0:04:04	Personal	4	1	0
Paul	Personal	4	32	9	0:02:08	Personal	4	1	0	620	Personal	4	1	0	0:04:28	Personal	4	1	0	0:04:28	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:12	Personal	4	1	0
Ryan C.	Personal	4	32	10	0:02:08	Personal	4	1	0	620	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:12	Personal	4	1	0
Chad	Personal	4	32	10	0:02:08	Personal	4	1	0	620	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:12	Personal	4	1	0
Zoe	Personal	4	32	10	0:02:08	Personal	4	1	0	620	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:12	Personal	4	1	0
Ken	Personal	4	32	10	0:02:08	Personal	4	1	0	620	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:14	Personal	4	1	0	0:04:08	Personal	4	1	0	0:04:12	Personal	4	1	0
Alan	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Greg	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Josh	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Greg	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
John	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Kevin M.	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Ryan P.	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Jason	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Michelle	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Don	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Walter H.	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Jeff	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Jeff	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Lee	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Wes	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Alan	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Alex C.	Personal	4	32	11	0:02:49	Personal	4	1	0	611	Personal	4	1	0	0:02:47	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0	0:02:49	Personal	4	1	0
Al	n/a	0	182	182	-	-	-	-	600	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Melissa	n/a	0	204	204	-	-	-	-	600	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Mark G.	n/a	0	204	204	-	-	-	-	600	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Quin	Masters	3	4	1	0:01:40	Masters	3	1	0	580	Personal	4	1	0	0:01:09	Masters	3	1	0	0:01:01	Masters	3	1	0	0:01:01	Personal	4	1	0	0:01:29	Competition	3	1	0
Jan	Fitness	1	1	1	0:01:29	Personal	4	1	0	571	Fitness	1	1	0	0:01:08	Personal	4	1	0	0:01:08	Fitness	1	1	0	0:01:09	Personal	4	1	0	0:01:01	Fitness	1	1	0
Willie	Competition	3	25	1	0:01:14	Personal	4	1	0	780	Competition	3	1	0	0:01:32	Personal	4	1	0	0:01:49	Competition	3	1	0	0:01:21	Personal	4	1	0	0:01:12	Competition	3	1	0
Chris L.	Competition	3	19	2	0:01:06	Personal	4	1	0	811	Competition	3	1	0	0:01:11	Personal	4	1	0	0:01:11	Competition	3	1	0	0:01:11	Personal	4	1	0	0:01:07	Competition	3	1	0
John H.	Competition	3	16	3	0:01:18	Personal	4	1	0	850	Competition	3	1	0	0:01:10	Personal	4	1	0	0:01:10	Competition	3	1	0	0:01:10	Personal	4	1	0	0:01:07	Competition	3	1	0
Wes	Competition	3	16	4	0:01:22	Personal	4	1	0	750	Competition	3	1	0	0:01:18	Personal	4	1	0	0:01:20	Competition	3	1	0	0:01:20	Personal	4	1	0	0:01:12	Competition	3	1	0
Josh H.	Competition	3	12	5	0:01:07	Personal	4	1	0	691	Competition	3	1	0	0:01:14	Personal	4	1	0	0:01:29	Competition	3	1	0	0:01:09	Personal	4	1	0	0:01:07	Competition	3	1	0
John	Competition	3	10	6	0:01:08	Personal	4	1	0	670	Competition	3	1	0	0:01:29	Personal	4	1	0	0:01:29	Competition	3	1	0	0:01:29	Personal	4	1	0	0:01:12	Competition	3	1	0
John T.	Competition	3	10	7	0:01:15	Competition	3	1	0	671	Competition	3	1	0	0:01:21	Competition	3	1	0	0:01:52	Competition	3	1	0	0:01:52	Competition	3	1	0	0:01:16	Competition	3	1	0
JD	Competition	3	10	8	0:01:20	Personal	4	1	0	671	Competition	3	1	0	0:01:20	Personal	4	1	0	0:01:32	Competition	3	1	0	0:01:32	Personal	4	1	0	0:01:17	Competition	3	1	0
Quinn	Competition	3	10	9	0:01:19	Personal	4	1	0	710	Competition	3	1	0	0:01:13	Personal	4	1	0	0:01:41	Competition	3	1	0	0:01:41	Personal	4	1	0	0:01:17	Competition	3	1	0
Jason	Competition	3	10	10	0:01:29	Competition	3	1	0	660	Competition	3	1	0	0:01:51	Competition	3	1	0	0:01:51	Competition	3	1	0	0:01:51	Competition	3	1	0	0:01:17	Competition	3	1	0
Josh M.	Competition	3	10	10	0:01:15	Competition	3	1	0	660	Competition	3	1	0	0:01:50	Competition	3	1	0	0:01:50	Competition	3	1	0	0:01:50	Competition	3	1	0	0:01:17	Competition	3	1	0
Wagner	Competition	3	10	12	0:01:12	Competition	3	1	0	611	Competition	3	1	0	0:01:18	Competition	3	1	0	0:01:46	Competition	3	1	0	0:01:46	Competition	3	1	0	0:01:12	Competition	3	1	0
Wesley	Competition	3	10	13	0:01:41	Competition	3	1	0	750	Competition																							