



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
Skye	Prescribed	4	9	1	0:02:30	Prescribed	4	1	1	735	Prescribed	4	1	1	0:04:03	Prescribed	4	1	1
Marty	Prescribed	4	28	2	0:06:55	Prescribed	4	7	7		Prescribed	4	4	4		--Select One--	0	4	4
Ann	Prescribed	4	28	2	0:06:52	Prescribed	4	6	6		Prescribed	4	4	4	0:10:07	Prescribed	4	4	4
Traci	Prescribed	4	29	4	0:05:53	Prescribed	4	5	5		Prescribed	4	4	4		--Select One--	0	4	4
Val	Performance	2	17	1	0:05:49	Prescribed	4	7	5	525	Performance	2	2	2	0:06:14	Competition	3	2	1
Donna	Performance	2	21	2	0:04:07	Performance	2	2	2	340	Performance	2	7	7	0:07:37	Performance	2	3	3
Karen	Performance	2	27	3	0:04:24	Performance	2	3	3	377	Performance	2	5	5	0:11:04	Prescribed	4	7	5
Jen	Performance	2	34	4	0:04:34	Prescribed	4	4	2	540	Performance	2	1	1	0:07:41	Prescribed	4	5	3
Kari P	Performance	2	40	5	0:04:38	Performance	2	4	4	420	Performance	2	3	3	0:07:40	Performance	2	4	4
Lauren M	Performance	2	41	6	0:06:12	Performance	2	7	7	375	Performance	2	6	6	0:06:56	Performance	2	2	2
Kalea	Performance	2	52	7		--Select One--	0	13	13	210	Performance	2	8	8	0:10:15	Performance	2	6	6
Tab	Performance	2	53	8	0:05:25	Competition	3	6	5		Performance	2	13	13		--Select One--	0	13	13
Lauren O	Performance	2	54	9	0:06:03	Competition	3	7	6	420	Performance	2	3	3		--Select One--	0	13	13
Karina	Performance	2	59	10	0:14:11	Competition	3	9	8		Performance	2	13	13	0:05:25	Performance	2	1	1
Bethany	Performance	2	61	11	0:03:57	Performance	2	1	1		Performance	2	13	13		--Select One--	0	13	13
Kris B?	Performance	2	67	12		--Select One--	0	13	13		Performance	2	13	13	0:11:15	Performance	2	7	7
Sammi	Performance	2	75	13	0:04:43	Performance	2	5	5		Performance	2	13	13		--Select One--	0	13	13
	n/a	0	134	134		--Select One--	0	23	23		--Select One--	0	26	26		--Select One--	0	15	15
	n/a	0	134	134		--Select One--	0	23	23		--Select One--	0	26	26		--Select One--	0	15	15
Mack	Fitness	1	11	1	0:07:10	Performance	2	3	2	365	Fitness	1	2	2	0:09:24	Performance	2	1	0
Alana	Fitness	1	12	2	0:03:34	Fitness	1	1	1	482	Fitness	1	1	1	0:03:38	--Select One--	0	1	1
Chelsea	Fitness	1	23	3	0:05:34	Performance	2	2	1		Fitness	1	5	5		--Select One--	0	5	5
Sherry	Fitness	1	32	4	0:06:39	Fitness	1	2	2		Fitness	1	5	5		--Select One--	0	5	5
Della	Fitness	1	32	4		--Select One--	0	5	5		Fitness	1	5	5		--Select One--	0	5	5
Joyce	Competition	3	14	1	0:04:09	Prescribed	4	1	0	555	Competition	3	1	1	0:06:04	Prescribed	4	1	0
Christine	Competition	3	15	2	0:05:57	Competition	3	3	3	440	Competition	3	2	2	0:07:13	Competition	3	2	2
Elisa	Competition	3	15	2	0:04:55	Competition	3	1	1	345	Competition	3	4	4	0:07:20	Competition	3	3	3
Robin	Competition	3	25	4	0:13:48	Prescribed	4	5	4	380	Competition	3	3	3		--Select One--	0	4	4



					Diane				
Name	Level	Level #	Cumulative Points	Total Rank	Time	Level	Level #	Points	Adj Points
Skye	Prescribed	4	9	1	0:11:58	Prescribed	4	3	3
Marty	Prescribed	4	28	2		--Select One--	0	4	4
Ann	Prescribed	4	28	2	0:09:35	Prescribed	4	2	2
Traci	Prescribed	4	29	4		--Select One--	0	4	4
Val	Performance	2	17	1	0:09:53	Performance	2	7	7
Donna	Performance	2	21	2	0:04:57	Performance	2	2	2
Karen	Performance	2	27	3	0:09:03	Performance	2	6	6
Jen	Performance	2	34	4	0:03:40	Performance	2	1	1
Kari P	Performance	2	40	5	0:07:39	Performance	2	4	4
Lauren M	Performance	2	41	6		--Select One--	0	13	13
Kalea	Performance	2	52	7		--Select One--	0	13	13
Tab	Performance	2	53	8	0:07:40	Performance	2	5	5
Lauren O	Performance	2	54	9	0:12:00	Performance	2	9	9
Karina	Performance	2	59	10	0:10:04	Performance	2	8	8
Bethany	Performance	2	61	11	0:05:55	Performance	2	3	3
Kris B?	Performance	2	67	12	0:06:58	--Select One--	0	4	4
Samm	Performance	2	75	13		--Select One--	0	13	13
	n/a	0	134	134		--Select One--	0	18	18
	n/a	0	134	134		--Select One--	0	18	18
Mack	Fitness	1	11	1		--Select One--	0	5	5
Alana	Fitness	1	12	2	0:06:25	Prescribed	4	1	2
Chelsea	Fitness	1	23	3	0:08:12	Fitness	1	1	1
Sherry	Fitness	1	32	4		--Select One--	0	5	5
Della	Fitness	1	32	4	0:08:16	Fitness	1	2	2
Joyce	Competition	3	14	1	0:04:52	Competition	3	1	1
Christine	Competition	3	15	2	0:12:38	Competition	3	4	4
Elisa	Competition	3	15	2	0:05:49	Competition	3	2	2
Robin	Competition	3	25	4	0:09:48	Competition	3	3	3

					Helen				
Time	Level	Level #	Points	Adj Points					
0:11:12	Prescribed	4	1	1					
0:12:54	Prescribed	4	2	2					
	--Select One--	0	4	4					
	--Select One--	0	4	4					
0:13:23	Competition	3	2	1					
0:14:09	Prescribed	4	3	1					
0:14:24	Prescribed	4	3	1					
	--Select One--	0	13	13					
0:15:01	Performance	2	3	3					
0:12:44	Performance	2	1	1					
0:13:24	Performance	2	2	2					
0:13:50	Prescribed	4	3	1					
0:12:17	Competition	3	1	0					
	--Select One--	0	13	13					
	--Select One--	0	13	13					
0:15:12	Performance	2	4	4					
	--Select One--	0	13	13					
	--Select One--	0	15	15					
	--Select One--	0	15	15					
0:15:30	Fitness	1	2	2					
0:10:46	Fitness	1	1	1					
	--Select One--	0	5	5					
	--Select One--	0	5	5					
	--Select One--	0	5	5					
	--Select One--	0	4	4					
0:13:23	Competition	3	2	2					
	--Select One--	0	4	4					
0:14:34	Competition	3	4	4					

					Crossfit Total II				
Weight	Level	Level #	Points	Adj Points					
525	Prescribed	4	1	1					
310	Prescribed	4	3	3					
355	Prescribed	4	2	2					
	Prescribed	4	4	4					
360	Performance	2	2	2					
263	Performance	2	7	7					
260	Performance	2	8	8					
375	Performance	2	1	1					
255	Performance	2	9	9					
	Performance	2	13	13					
143	Performance	2	11	11					
295	Performance	2	3	3					
235	Performance	2	10	10					
295	Performance	2	3	3					
285	Performance	2	5	5					
	Performance	2	13	13					
285	Performance	2	5	5					
	--Select One--	0	26	26					
	--Select One--	0	26	26					
225	Fitness	1	2	2					
	Fitness	1	5	5					
240	Fitness	1	1	1					
	Fitness	1	5	5					
	Fitness	1	5	5					
	Competition	3	4	4					
285	Competition	3	2	2					
290	Competition	3	1	1					
280	Competition	3	3	3					



Forest Gone Bad

Name	Level	Level #	Cumulative Points	Total Rank	Weight	Level	Level #	Points	Adj Points
Skye	Prescribed	4	9	1	901	Prescribed	4	1	1
Marty	Prescribed	4	28	2		--Select One--	0	4	4
Ann	Prescribed	4	28	2	703	Prescribed	4	6	6
Traci	Prescribed	4	29	4	723	Prescribed	4	4	4
Val	Performance	2	17	1	675	Prescribed	4	1	-1
Donna	Performance	2	21	2	686	Prescribed	4	1	-1
Karen	Performance	2	27	3	624	Prescribed	4	1	-1
Jen	Performance	2	34	4		--Select One--	0	13	13
Kari P	Performance	2	40	5		--Select One--	0	13	13
Lauren M	Performance	2	41	6	588	Prescribed	4	1	-1
Kalea	Performance	2	52	7	683	Prescribed	4	1	-1
Tab	Performance	2	53	8		--Select One--	0	13	13
Lauren O	Performance	2	54	9		--Select One--	0	13	13
Karina	Performance	2	59	10		--Select One--	0	13	13
Bethany	Performance	2	61	11		--Select One--	0	13	13
Kris B?	Performance	2	67	12		--Select One--	0	13	13
Samm	Performance	2	75	13		--Select One--	0	13	13
	n/a	0	134	134		--Select One--	0	11	11
	n/a	0	134	134		--Select One--	0	11	11
Mack	Fitness	1	11	1	837	Prescribed	4	1	-2
Alana	Fitness	1	12	2		--Select One--	0	5	5
Chelsea	Fitness	1	23	3		--Select One--	0	5	5
Sherry	Fitness	1	32	4		--Select One--	0	5	5
Della	Fitness	1	32	4		--Select One--	0	5	5
Joyce	Competition	3	14	1		--Select One--	0	4	4
Christine	Competition	3	15	2	722	Prescribed	4	1	0
Elisa	Competition	3	15	2	773	Prescribed	4	1	0
Robin	Competition	3	25	4		--Select One--	0	4	4