

Midstate CrossFit Conference Scoring Sheet

Event:	2
WOD:	1
Title:	
Description:	(A) 8' AMRAP 5 DL/10 Jump Squat/5 HR Push Up (B) 1' Max KB Sw (C) 1' Max Burpee

Gender:	Women
Division:	Modified

ID	Last Name	First Name	A				Total Reps	B	C	TOTAL REPS	Score
			Full Rounds	+ Deadlift	+ Jump Sq	+ Push Up		Tot KB Sw	Tot Burpee		
68	Smith	Robin	14				280	26	9	315	1
94	Niepagen	Stacy	12		5	8	253	20	13	286	2
60	Heintzman	Angie	11		5	10	237	31	11	279	3
59	Hauck	Rosie	11		5		225	18	16	259	4
110	Smith	Liz	11		5	1	226	19	11	256	5
58	Cummings	Kristi	10		5	10	217	22	9	248	6
111	Parker	Samantha	10		5	1	206	29	9	244	7
17	Young	Kristen	10		5	5	210	22	9	241	8
102	O'Connor	Ashley	10		5	3	208	21	11	240	9
61	Hobbs	Ashley	10		5	2	207	21	11	239	10
65	Odum	Lisa	10		1		201	19	10	230	11
16	Woodhead	Sherry	9		5		185	27	10	222	12
57	Charlton	Angie	9		5	2	187	20	9	216	13
104	Kafer	Kristin	8		5	10	179	20	10	209	14
63	Logsdon	Kami	9				180	17	10	207	15
62	Lind	Nicole	8		5	10	175	20	10	205	16
114	Walker	Stephanie	9				180	15	9	204	17
66	Sanborn	Allyson	8		5	3	168	20	11	199	18
129	Jett	Sarah	8		2		162	20	10	192	19
116	Lareau	Jennifer	8		5	10	176	4	9	189	20
126	Cushing	Abby	6		5	10	135	17	7	159	21
118	Hodges	Laura	6		5	10	135	5	8	148	22
56	Bradford	Amy	6				120	20	5	145	23
64	Moore	Stephanie					0			0	32
67	Scharton	Nicole					0			0	32
69	Varadharajan	Anu					0			0	32
97	Johnston	Rebecca					0			0	32
98	Graham	GerriAnne					0			0	32
99	Marr	Lindsey					0			0	32
100	Besse	Nicole					0			0	32
120	Freitag	Kellie					0			0	32
127	Brownstein	Stephanie					0			0	32

Scaled Squats
Scale push ups, squat and

1 kb