

**2009 NW Regional Qualifier**

16 MAY 2009

WOMEN			Points			Strength (KG)		WOD time
Rank	Name	Affiliate	Total	Strength	WOD	Deadlift	Press	(mm:ss.ms)
1	Vale, Charity	CrossFit Snohomish	200	100	100	140	52	11:37.0
2	Olson, Jennifer		197	99	98	145	44	16:02.0
3	Verbrugghe, Nicole'	Gravity Janes CrossFit	186	87	99	110	37	15:39.0
4	Kellams, Jennifer	CrossFit HEL	186	91	95	115	40	19:39.0
5	Moe, Ashleigh	Mt. Baker CrossFit	180	84	96	105	38	18:06.0
6	Pappas, Kallista		176	79	97	105	36	17:18.0
7	Klumpar, Carrie	CrossFit Eastside	168	74	94	90	41	19:57.0

MEN			Points			Strength (KG)		WOD time
Rank	Name	Affiliate	Total	Strength	WOD	Deadlift	Press	(mm:ss.ms)
1	Jason	Rainier CrossFit	193	96	97	240	95	11:37.0
2	Holland, Jordan	Xplore CrossFit	192	93	99	240	86	10:05.8
3	Kelsey, Moe		189	91	98	220	90	11:29.7
4	Perryman, Edwin	CrossFit HEL	186	100	86	275	82	13:05.5
5	Vale, Jeff	CrossFit Snohomish	183	87	96	230	73	11:48.6
6	Hackenbruck, Tom	Central Oregon CrossFit	182	82	100	210	86	09:13.4
7	McDonald, Chris		178	88	90	210	94	12:27.8
8	Reishus, Anthony	CrossFit Alaska	173	97	76	245	102	14:22.0
9	Wales, Garrett	Central Oregon CrossFit	172	89	83	225	80	13:47.5
10	Clairmont, Kenton	CrossFit FTP	165	73	92	200	87	12:13.0
11	Rodgers, Billy		164	92	72	230	85	15:14.0
12	Loren, Nathan		163	68	95	200	82	11:55.0
13	Sewell, David		163	85	78	215	86	14:03.0
14	Castillo, Dan	Rainier CrossFit	163	72	91	205	82	12:26.0
15	Stevens, Dan	CrossFit Alaska	163	79	84	200	94	13:24.0
16	Finley, Aaron		158	81	77	210	85	14:07.0
17	Knight, Dustin	CrossFit Spokane Valley	158	94	64	240	92	17:09.0
18	Dickey, Travis		154	83	71	210	88	15:28.0
19	Coffelt, Matthew		154	84	70	210	90	15:45.0
20	Staton, Daniel	CrossFit Spokane Valley	152	67	85	205	75	13:18.0
21	Neiffer, Adam	CrossFit Portland	151	58	93	205	65	12:13.0
22	Aldrich, Leon		150	70	80	205	80	14:01.0
23	Ford, Brian	Rainier CrossFit	146	65	81	200	76	13:52.0
24	Dunkin, Christopher	CrossFit GP	144	86	58	220	82	18:21.0
25	Smith, Drew	CrossFit Eastside	141	78	63	215	75	17:11.0
26	Galloway, Tyler		141	53	88	185	80	12:38.0
27	Wright, Israel		137	43	94	175	70	12:05.4

28	Rudolph, Charles	REMOTE	135		80	55	215	79	19:06.0
29	Hudson, Ryan		132		63	69	185	89	16:13.0
30	Nugent, Thomas	CrossFit No Limits	132		45	87	175	77	13:05.0
31	Noriega, Nigel		130		57	73	190	80	15:11.0
32	Shell, Toby		125		66	59	190	90	18:15.8
33	Walsh, Patrick	CrossFit Spokane	123		49	74	200	60	14:32.2
34	Hepfer, Morgan	CrossFit Tacoma	123		34	89	165	69	12:28.0
35	Robinson, Dave		123		69	54	190	94	19:40.0
36	Westfall, Jason	CrossFit APE	120		52	68	190	75	16:23.0
37	Ingersoll, Jeremiah	Kirkland CrossFit	118		36	82	165	70	13:52.0
38	Stalsbrotten, David		117		50	67	190	71	16:51.0
39	Morris, Mike	Kirkland CrossFit	117		42	75	165	80	14:25.0
40	Hiracheta, Austin		116		37	79	165	70	14:02.0
41	Duncan, Jeff		115		55	60	200	68	17:48.0
42	Jacobson, Kyle		106		40	66	165	75	16:56.7
43	Filer, Zach		105		48	57	175	80	18:40.0
44	Schactler, Scott	Northwest CrossFit	100		44	56	185	65	19:00.1
45	Pratt, Josh		100		39	61	165	75	17:30.0
46	Beardsley, Adam	Mt. Baker CrossFit	99		46	53	185	68	19:49.0
47	Hamilton, Clay	CrossFit Alaska	93		28	65	145	75	17:08.0
48	McDonald, Tom	Central Oregon CrossFit	78		16	62	145	50	17:23.6

**WOMEN Scaled and/or did not finish WOD**

Name	Affiliate	Points	Strength		WOD time
		Strength	Deadlift	Press	(mm:ss)
Hester, Emilie	Jogo	98	135	42	17:45
Shatilia, Nadia		97	135	40	DNF
Johnson, Brittany		96	120	46	16:51
Hannah, Emily	CrossFit Eastside	95	120	45	15:46
Anderson, Jeralee	CrossFit Eastside	94	120	45	DNF
Schilaty, Lindsay	Lynnwood CrossFit	93	120	45	13:08
Silvey, Jonna	Central Oregon CrossFit	92	120	37	13:28
Seal, Alexandra		90	115	38	16:59
Nikula, Misty		89	115	35	15:50
Walsh, Jaunessa	CrossFit Spokane	88	110	38	DNF
McCarry, Megan	Rainier CrossFit	86	105	40	18:57
Anderson, Christina		85	110	34	DNF
Messett, Elena	Central Oregon CrossFit	83	110	32	DNF
Gale, Jessica	CrossFit MLK	82	105	37	17:33

Pugh, Brianne		81	100	42	DNF
Jones, Dawn		80	105	37	DNF
Nielsen, Amy		78	105	32	13:55
Crenshaw, Lucianne	CrossFit Allegiance	77	135	0	13:18
Galloway, Lindsey	CrossFit Spokane	76	95	37	17:15
Niemann, Jenni	CrossFit Spokane	75	95	36	15:36
White, Andrea		73	95	34	19:17
Castillo, Sandy	Rainier CrossFit	72	95	32	19:04
York, Allison		71	90	35	DNF
Gylling, Amanda	CrossFit Tacoma	70	90	35	15:18
Henry, Lauren		69	85	40	DNF
Kemper, Richelle	CrossFit Alaska	68	90	35	14:34
Oltmann, Stefanie		67	85	39	DNF
Hlavac, Holly	Rainier CrossFit	66	85	38	DNF
Desmond, Amy	CrossFit No Limits	65	90	31	19:34
Spray, Janice	CrossFit Bellevue	64	90	30	16:18
Jaramillo, Alexis		63	80	37	20:00
Charles, Valerie		62	65	0	17:42
Mills, Alicia		61	0	46	DNF

**MEN Scaled and/or did not finish WOD**

Name	Affiliate	Points Strength	Strength		WOD time (mm:ss)
			Deadlift	Press	
Wild, Mike	Central Oregon CrossFit	99	260	92	DNF
Benfanti, Paul		98	260	90	16:07
Neiffer, Jacob		95	245	89	DNF
Winn, Eric		90	215	94	DNF
Wichman, Brandon	CrossFit Spokane Valley	77	200	90	DNF
Gerken, Matthew		76	210	80	DNF
Hanson, Errol	Mt. Baker CrossFit	75	210	79	DNF
Sim, Bradley		74	210	78	14:46
Patterson, Tyler		71	200	85	DNF
Hadley, Russell	CrossFit Eastside	64	200	75	17:48
Purvis, Greg	CrossFit Meridian	62	185	86	14:13
Lyness, Christian		61	200	71	DNF
Villarreal, Joey	CrossFit GP	60	190	80	DNF

Grub, Richard	Rainier CrossFit	59	200	70	DNF
Knight II, Ben	Jogo	56	190	80	18:51
Duff, Owen		54	200	66	DNF
Lappe, Derek	Olympic CrossFit	51	190	75	15:42
Hynds, John	Central Oregon CrossFit	47	180	75	18:28
McGowan, Rob		41	175	67	DNF
Chattin, Steven		38	175	65	DNF
Watson, Robert		35	175	60	DNF
Zientek, Eric		33	165	65	DNF
Shellabarger, Zac		32	165	65	DNF
Loverich, David	CrossFit Tacoma	31	155	70	DNF
Nielsen, Jan		30	165	60	DNF
Kemper, Bryan	CrossFit Alaska	29	165	55	DNF
Radcliffe, David		27	165	55	DNF
Roughton, Jay	CrossFit All In	26	155	62	DNF
Chung, Michael	Agoge Gym	25	150	67	DNF
Nye, Richard		24	145	70	DNF
Roberts, Brian		23	155	55	20:05
Holt, Thomas	Central Oregon CrossFit	22	145	65	DNF
Walsh, James	CrossFit Eastside	21	145	64	DNF
Abbott, Nick	CrossFit Eastside	20	145	57	DNF
Lawson, James	CrossFit Eastside	19	200	0	DNF
Bin, Steven	CrossFit Seattle	18	135	64	0:00
Johnson, Robbie		17	145	51	16:38
McCarry, Brian	Rainier CrossFit	15	125	65	DNF
Moore, Erik		14	135	0	DNF
Peacock, Jason	CrossFit Seattle	5	0	0	DNF