Alex Bush	Heat 1: Newbies
Lane 1	Heat 2: Newbies
Event 1	Heat 3: Advanced
Clean Ladder	Heat 4: Intermediate
CAP 6	Heat 5: Intermediate
10 Clean (85/65/55)	
8 Clean(105/85/65)	Heat 6: Masters
6 Clean (145/115/75) 4 Clean (165/135/95)	
2 Clean (185/155/115)	
*You change your own weights.	
**You must clip all weights.	
***Cleans can be any variation. (BA/Intermediate & Masters/Newbie)	
Robbie Nelson	Heat 1: Newbies
Lane 2	Heat 2: Newbies
Event 1	Heat 3: Advanced
Clean Ladder	Heat 4: Intermediate
CAP 6	Heat 5: Intermediate
10 Clean (85/65/55)	Heat 6: Masters
8 Clean(105/85/65) 6 Clean (145/115/75)	
4 Clean (165/135/95)	
2 Clean (185/155/115)	
*You change your own weights. **You must clip all weights.	
***Cleans can be any variation.	
(BA/Intermediate & Masters/Newbie)	
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Constitution	Head A. Nice I. Co.
Sara Hensley	Heat 1: Newbies
Lane 3	Heat 2: Newbies
Lane 3 Event 1	Heat 2: Newbies Heat 3: Advanced
Lane 3 Event 1 Clean Ladder	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115)	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 3 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Maggie Houchin Lane 4 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Advanced Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate

Davey Jones	Heat 1: Newbies
Lane 5	Heat 2: Newbies
Event 1	Heat 3: Intermediate
Clean Ladder	Heat 4: Intermediate
CAP 6	
10 Clean (85/65/55)	Heat 5: Intermediate
8 Clean(105/85/65)	Heat 6: Masters
6 Clean (145/115/75) 4 Clean (165/135/95)	
2 Clean (185/155/115)	
*You change your own weights.	
**You must clip all weights.	
***Cleans can be any variation. (BA/Intermediate & Masters/Newbie)	
Teddy Lambert	Heat 1: Newbies
Lane 6	Heat 2: Newbies
Event 1	Heat 3: Intermediate
Clean Ladder	Heat 4: Intermediate
CAP 6	Heat 5: Intermediate
10 Clean (85/65/55)	Heat 6: Masters
8 Clean(105/85/65) 6 Clean (145/115/75)	Tiede of Musicio
4 Clean (165/135/95)	
2 Clean (185/155/115)	
*You change your own weights. **You must clip all weights.	
***Cleans can be any variation.	
(BA/Intermediate & Masters/Newbie)	
Krista Lambert	Heat 1: Newbies
Lane 7	Heat 2: Newbies
Lane 7 Event 1	
Lane 7 Event 1 Clean Ladder	Heat 2: Newbies
Lane 7 Event 1 Clean Ladder CAP 6	Heat 2: Newbies Heat 3: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate
Lane 7 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights. ***Cleans can be any variation. (BA/Intermediate & Masters/Newbie) Karen Childers Lane 8 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 6: Masters Heat 1: Newbies Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate Heat 5: Intermediate

Alan Childers	Heat 1: Newbies
Lane 9	Heat 2: Newbies
Event 1	Heat 3: Intermediate
Clean Ladder	Heat 4: Intermediate
CAP 6 10 Clean (85/65/55)	Heat 5: Intermediate
8 Clean(105/85/65)	Heat 6: Masters
6 Clean (145/115/75)	
4 Clean (165/135/95) 2 Clean (185/155/115)	
*You change your own weights.	
**You must clip all weights.	
***Cleans can be any variation.	
(BA/Intermediate & Masters/Newbie)	
Damien Arthur	Heat 1: Newbies
Daimen Artiful	neat 1. Newbies
Lane 10	Heat 1: Newbies Heat 2: Newbies
Lane 10	Heat 2: Newbies
Lane 10 Event 1 Clean Ladder CAP 6	Heat 2: Newbies Heat 3: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75)	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights. **You must clip all weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate
Lane 10 Event 1 Clean Ladder CAP 6 10 Clean (85/65/55) 8 Clean(105/85/65) 6 Clean (145/115/75) 4 Clean (165/135/95) 2 Clean (185/155/115) *You change your own weights.	Heat 2: Newbies Heat 3: Intermediate Heat 4: Intermediate Heat 5: Intermediate