Heat #	Heat Time	Start #	Start Time	First	Last	TEAM
Fire	7:30	1	7:30:00	Jay	Walsh	Winston-Salem Firefighters
Fire	7:30	2	7:30:15	Amy	Gauldin	Winston-Salem Firefighters
Fire	7:30	3	7:30:30	Scott	Gauldin	Winston-Salem Firefighters
Fire	7:30	4	7:30:45	Michael	Walker	Winston-Salem Firefighters
Fire	7:30	5	7:31:00	Marcus	Draughn	Winston-Salem Firefighters
Fire	7:30	6	7:31:15	Justin	Grubbs	Winston-Salem Firefighters
Fire	7:30	7	7:31:30	Angela	Richardson	Winston-Salem Firefighters
Fire	7:30	8	7:31:45	Jeremy	George	Winston-Salem Firefighters
Fire	7:30	9	7:32:00	Allen	Wilson	Winston-Salem Firefighters
Fire	7:30	10	7:32:15	Shirese	Moore	Winston-Salem Firefighters
Fire	7:30	11	7:32:30	Daniel	Thomas	Winston-Salem Firefighters
Fire	7:30	12	7:32:45	Joshua	Wright	Winston-Salem Firefighters
Fire	7:30	14	7:33:15	Alton	Childress	Winston-Salem Firefighters
Fire	7:30	15	7:33:30	Samuel	Smith	Winston-Salem Firefighters
Fire	7:30	16	7:33:45	Rodney	Johnson	Winston-Salem Firefighters
Fire	7:30	17	7:34:00	Olando	Wardlow	Winston-Salem Firefighters
Fire	7:30	18	7:34:15	Bryan	Knight	Winston-Salem Firefighters
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
Fire		OFF				
1	7:45	31	7:45:00	Josep	Domenech	
1	7:45	32	7:45:15	Ross	Kuhner	
1	7:45	33	7:45:30	Mathew	Gendle	
1	7:45	34	7:45:45	David	Ochoa	
1	7:45	35	7:46:00	Emily	Davis	
1	7:45	36	7:46:15	Alex	Langevin	
1	7:45	37	7:46:30	Nicholas	Martin	

1	7:45	38	7:46:45	Dwight	Masuda	
1	7:45	39	7:47:00	Ken	Schaelchlin	
1	7:45	40	7:47:15	Tracy	Wade	
1	7:45	41	7:47:30	Maribeth	Staples	
1	7:45	42	7:47:45	Kemona	McCarter	
1	7:45	43	7:48:00	Jimmie	Transou	
1	7:45	45	7:48:30	John	Austin	
1	7:45	46	7:48:45	Toune	Gwosdz	
1	7:45	47	7:49:00	Leisa	Morgan	
1	7:45	48	7:49:15	Jim	Ward	
1	7:45	49	7:49:30	Mark	Simpson	
1	7:45	50	7:49:45	Anne	Jeffers	
		OFF	7:50:00			
		OFF	7:50:15			
		OFF	7:50:30			
		OFF	7:50:45			
		OFF	7:51:00			
		OFF	7:51:15			
		OFF	7:51:30			
		OFF	7:51:45			
2	7:52	51	7:52:00	David	Barksdale	
2	7:52	52	7:52:15	Brenda	Breining	
2	7:52	53	7:52:30	Chris	Exline	
2	7:52	54	7:52:45	Perry	Exline	
2	7:52	55	7:53:00	Barbara	Figan	
2	7:52	56	7:53:15	Cameron	Harris	
2	7:52	57	7:53:30	Bryce	Johnson	
2	7:52	58	7:53:45	Michael	Johnson	
2	7:52	59	7:54:00	Kent	Lupton	
2	7:52	60	7:54:15	George	Martin	
2	7:52	61	7:54:30	Amy	Massey	
2	7:52	62	7:54:45	Wanda	Mathis	
2	7:52	63	7:55:00	Valar	McClellan	
2	7:52	64	7:55:15	Mitzi	McLean	
2	7:52	65	7:55:30	Jason	Moorefield	
2	7:52	66	7:55:45	Laurie	Pelletier	
2	7:52	67	7:56:00	Clifford	Ong	

2	7:52	68	7:56:15	Paul	Mistor	
2	7:52	69	7:56:30	Sharon	Weikel	
		OFF	7:57:00			
		OFF	7:57:15			
		OFF	7:57:30			
		OFF	7:57:45			
		OFF	7:58:00			
		OFF	7:58:15			
		OFF	7:58:30			
		OFF	7:58:45			
3	7:59	71	7:59:00	Jeffrey	Baker	
3	7:59	72	7:59:15	Brody	Bowen	
3	7:59	73	7:59:30	Derek	Hill	
3	7:59	74	7:59:45	Maryellen	Kammer	
3	7:59	75	8:00:00	Lisa	Muratori	
3	7:59	76	8:00:15	Shellen	Phillips	
3	7:59	77	8:00:30	Melissa	Wilson	
3	7:59	78	8:00:45	Amanda	Douglas-Martin	
3	7:59	79	8:01:00	Steve	Kirk	
3	7:59	80	8:01:15	John	Lacey	
3	7:59	81	8:01:30	Melissa	Moorefield	
3	7:59	82	8:01:45	Katherine	Romanet	
3	7:59	83	8:02:00	Artie	Sparrow	
3	7:59	84	8:02:15	Ginger	Thompson	
3	7:59	85	8:02:30	Laurie	Towle	
3	7:59	86	8:02:45	Leslie	Caskey	
3	7:59	87	8:03:00	Bernadette	Menuey	
3	7:59	89	8:03:30	Angela	Ward	
3	7:59	90	8:03:45	Heather	Pulliam	
		OFF	8:04:00			
		OFF	8:04:15			
		OFF	8:04:30			
		OFF	8:04:45			
		OFF	8:05:00			
		OFF	8:05:15			
		OFF	8:05:30			
		OFF	8:05:45			

4	8:06	91	8:06:00	Tim	Treadaway	FitnessOne
4	8:06	92	8:06:15	Jimm	Barbery	FitnessOne
4	8:06	93	8:06:30	Jennifer	Ciofani	FitnessOne
4	8:06	94	8:06:45	Leigh	Jones	FitnessOne
4	8:06	95	8:07:00	Cliff	Joness	FitnessOne
4	8:06	96	8:07:15	Kevin	Tufte	FitnessOne
4	8:06	97	8:07:30	Teresa	Barbery	FitnessOne
4	8:06	98	8:07:45	Karen	Fulp	FitnessOne
4	8:06	99	8:08:00	Lisa	Selip	FitnessOne
4	8:06	100	8:08:15	Sarah	White	FitnessOne
4	8:06	101	8:08:30	Joynel	Burgess	FitnessOne
4	8:06	102	8:08:45	Jonathan	Luster	FitnessOne
4	8:06	103	8:09:00	Chad	Jones	FitnessOne
4	8:06	104	8:09:15	Kari	Pedersen	
4	8:06	105	8:09:30	Kari	Dunckel	
4	8:06	106	8:09:45	Ruth	VanHoy	
4	8:06	107	8:10:00	Joe	Selip	FitnessOne
4	8:06	108	8:10:15	Richie	Wright	
4	8:06	109	8:10:30	Cameron	Gardner	
4	8:06	110	8:10:45	Nathan	Gardner	
		OFF	8:11:00			
		OFF	8:11:15			
		OFF	8:11:30			
		OFF	8:11:45			
		OFF	8:12:00			
		OFF	8:12:15			
		OFF	8:12:30			
		OFF	8:12:45			
5	8:13	111	8:13:00	Ronald	Booker	Team Erica
5	8:13	112	8:13:15	Bruce	Zawadzki	Team Erica
5	8:13	113	8:13:30	TRAVIS	HEFFINGER	Team Erica
5	8:13	114	8:13:45	Holly	Grant	Team Erica
5	8:13	115	8:14:00	Dena	Harris	Team Erica
5	8:13	116	8:14:15	Christie	Strupe	Team Erica
5	8:13	117	8:14:30	Liz	Rachels	Team Erica
5	8:13	118	8:14:45	Amy	Carrickhoff	Team Erica
5	8:13	119	8:15:00	Crystal	Bibee	Team Erica

5	8:13	120	8:15:15	Tara	Stratton	Team Erica
5	8:13	121	8:15:30	Steve	Furr	Team Erica
5	8:13	122	8:15:45	Laura	Lloyd	Radio Flyers
5	8:13	123	8:16:00	Madison	Lloyd	Radio Flyers
5	8:13	124	8:16:15	Tanya	Williams	Team Erica
5	8:13	125	8:16:30	Evan	Donovan	All heart no lungs
5	8:13	126	8:16:45	James	Williams	All heart no lungs
5	8:13	127	8:17:00	James	Sutton	All heart no lungs
5	8:13	128	8:17:15	Allison	Kelly	Stepping with Sara
5	8:13	129	8:17:30	Ethan	Barbour	Stepping with Sara
5	8:13	130	8:17:45	Caroline	Ballard	Stepping with Sara
		OFF	8:18:00			
		OFF	8:18:15			
		OFF	8:18:30			
		OFF	8:18:45			
		OFF	8:19:00			
		OFF	8:19:15			
		OFF	8:19:30			
		OFF	8:19:45			
6	8:20	131	8:20:00	Stacey	Clutter	Stepping with Sara
6	8:20	132	8:20:15	Amanda	Covington	Stepping with Sara
6	8:20	133	8:20:30	Jacqueline	Havenaar	Stepping with Sara
6	8:20	134	8:20:45	Marianne	King	Stepping with Sara
6	8:20	135	8:21:00	Candice	Skeen	Stepping with Sara
6	8:20	136	8:21:15	Stephanie	Beaver	Stepping with Sara
6	8:20	137	8:21:30	Andrea	Brown	Stepping with Sara
6	8:20	138	8:21:45	Teri	Brown	Stepping with Sara
6	8:20	139	8:22:00	Lu Ann	Deweese	Stepping with Sara
6	8:20	140	8:22:15	Cathy	Hennings	Stepping with Sara
6	8:20	141	8:22:30	Paige	McClellan	Stepping with Sara
6	8:20	142	8:22:45	Sara	Rowe	Stepping with Sara
6	8:20	143	8:23:00	Charles	Street	Stepping with Sara
6	8:20	144	8:23:15	Amber	Williard	Stepping with Sara
6	8:20	145	8:23:30	Christi	Barbour	Stepping with Sara
6	8:20	146	8:23:45	Jody	Bitzenhofer	Stepping with Sara
6	8:20	147	8:24:00	Amanda	Wright	Stepping with Sara
6	8:20	148	8:24:15	Charles	Wright	Stepping with Sara

6	8:20	149	8:24:30	Bernese	Sullivan-Cason	Stepping with Sara
6	8:20	150	8:24:45	Christi	Spangle	Stepping with Sara
		OFF	8:25:00			
		OFF	8:25:15			
		OFF	8:25:30			
		OFF	8:25:45			
		OFF	8:26:00			
		OFF	8:26:15			
		OFF	8:26:30			
		OFF	8:26:45			
7	8:27	151	8:27:00	Derrick	Huff	Mighty Ducks
7	8:27	152	8:27:15	Bobbie	Richey	Mighty Ducks
7	8:27	153	8:27:30	Leslie	Boyd	Mighty Ducks
7	8:27	154	8:27:45	Dale	Richey	Mighty Ducks
7	8:27	155	8:28:00	Mary	Bryant	Mighty Ducks
7	8:27	156	8:28:15	David	Fowler	Mighty Ducks
7	8:27	157	8:28:30	Russell	Mendenhall	Stepping with Sara
7	8:27	159	8:29:00	Shari	Church	Stop Stairing
7	8:27	160	8:29:15	Holly	Watkins	Stop Stairing
7	8:27	161	8:29:30	Martha	Blakley	Stop Stairing
7	8:27	162	8:29:45	Heather	Freeman	Stop Stairing
7	8:27	163	8:30:00	Megan	Patton	Stop Stairing
7	8:27	164	8:30:15	Virginia	Spillman	Stop Stairing
7	8:27	165	8:30:30	Kim	Stiller	Stop Stairing
7	8:27	166	8:30:45	Ken	Stroud	Stop Stairing
7	8:27	167	8:31:00	Maurice	Crocker	Showtime Physique Power Steppers
7	8:27	169	8:31:30	Jackson	Hayes	Floors For Fran
7	8:27	170	8:31:45	Shannon	Craft	Floors For Fran
		OFF	8:32:00			
		OFF	8:32:15			
		OFF	8:32:30			
		OFF	8:32:45			
		OFF	8:33:00			
		OFF	8:33:15			
		OFF	8:33:30			
		OFF	8:33:45			
8	8:34	171	8:34:00	Chris	Gottfried	Team BB&T

8	8:34	172	8:34:15	Jamie	Schumacher	Team BB&T
8	8:34	173	8:34:30	Amy	Bell	Team BB&T
8	8:34	174	8:34:45	Chris	Brost	Team BB&T
8	8:34	175	8:35:00	Ashley	Harton	Team BB&T
8	8:34	176	8:35:15	Christina	Barganier	Team BB&T
8	8:34	177	8:35:30	Andrea	Pelnar	Team BB&T
8	8:34	178	8:35:45	Grace	Savant	Team BB&T
8	8:34	179	8:36:00	Jackie	Costa	Team BB&T
8	8:34	180	8:36:15	Tina	Kimball	Team BB&T
8	8:34	181	8:36:30	Jorge	Costa	Team BB&T
8	8:34	183	8:37:00	Jess	Murphy	Floors For Fran
8	8:34	184	8:37:15	Lisa	Fuller	Floors For Fran
8	8:34	185	8:37:30	Chuck	Ledford	Floors For Fran
8	8:34	186	8:37:45	Quinn	McCutchen	WFBMC Fastrachs
8	8:34	187	8:38:00	Phyllis	McCutchen	WFBMC Fastrachs
8	8:34	188	8:38:15	Laura	Taylor	WFBMC Fastrachs
8	8:34	189	8:38:30	Nichole	Taylor	WFBMC Fastrachs
8	8:34	190	8:38:45	Rachel	Taylor	WFBMC Fastrachs
		OFF	8:39:00			
		OFF	8:39:15			
		OFF	8:39:30			
		OFF	8:39:45			
		OFF	8:40:00			
		OFF	8:40:15			
		OFF	8:40:30			
		OFF	8:40:45			
9	8:41	191	8:41:00	Addie	Dodson	Total Strength Training
9	8:41	192	8:41:15	Sarah	Kerchner	Total Strength Training
9	8:41	193	8:41:30	Eric	Spencer	Total Strength Training
9	8:41	194	8:41:45	Kristie	Spencer	Total Strength Training
9	8:41	195	8:42:00	Stephanie	Rock-Qualkinbush	Nach-yo Team
9	8:41	196	8:42:15	Ryan	Laster	Nach-yo Team
9	8:41	197	8:42:30	Stacey	Combs	Nach-yo Team
9	8:41	198	8:42:45	Nathan	Gfeller	Nach-yo Team
9	8:41	199	8:43:00	Russell	O'Donnell	Nach-yo Team
9	8:41	200	8:43:15	Cynthia	Lees	Nach-yo Team
9	8:41	201	8:43:30	Chrystal	Bragg	Nach-yo Team

9	8:41	202	8:43:45	John	Laster	Nach-yo Team
9	8:41	203	8:44:00	Michael	Roberts	
9	8:41	204	8:44:15	Ruth	Roberts	
9	8:41	205	8:44:30	Pilar	Cardozo	
9	8:41	206	8:44:45	Liliana	Camara	
9	8:41	208	8:45:15	Seth	Carpien	Small Footprint, Big Stairs!
9	8:41	209	8:45:30	Tom	Oliphant	Small Footprint, Big Stairs!
9	8:41	210	8:45:45	Patrick	Turner	Small Footprint, Big Stairs!
		OFF	8:46:00			
		OFF	8:46:15			
		OFF	8:46:30			
		OFF	8:46:45			
		OFF	8:47:00			
		OFF	8:47:15			
		OFF	8:47:30			
		OFF	8:47:45			
10	8:48	211	8:48:00	Shannon	Tate	
10	8:48	212	8:48:15	Kierstan	Carlson	
10	8:48	213	8:48:30	Erik	Carlson	
10	8:48	214	8:48:45			
10	8:48	215	8:49:00			