

2022 CrossFit AllStar Intramural Open Team Roster

Hui 'Ō'ō Ihe - The Lancers	Hui Kūkini - The Sprinters	Hui Hākā Mōa - The Fighters	Hui Pōhaku Ho'ōikaika - The Lifters
KC Stallsmith	Ariel Lindsey	Dione	Malia Brown
Keith Tallett	Lisa Longley	Sally Lundburgh	Wennson
Margo Ray	Claren Kealoha-Beaudet	Jboss	Mary Gion
Noelani	Mealoha	Malia M	Chuck Adams
Kayah Ignacio	Ryan F	Wahineaukai	Kekoho
Nalukai	Dean Honda	Mickey Adams	Kealoha
Beau	Celeste	Leah	Jenna
Brina J	Cody Brown	Franco Acquaro	Aunty Hari
Lovely Salazar	Cody Morse	Megan Alexander	Shanelle Bolner
Arliss D-C	Karen	Cheryl	Makala
Lauren	Lei'ohu Santos-Colburn	Jessica	Sarah L
Amy Surdam	Chevy Martinez	Hilary	Nicole R
Kawehi	Mehana Spencer	Cynthia	Brad
Alexis H	Joann Schulman	Shiadani	Naomi B
Pomai B	Megumi Nagaya	Chadd P	Leilani W
Dawn Marcelino	Penny K	Kyra Oxborrow	Melita Kalama
Allison Spencer	Liana Urbanozo	Diana Kobayashi	Brandi Blevins
Jessica Satombo	Helene Spencer	Makana K	Gary B
Makana	Romar	Debbie Borges	Dylan
Ana B	Kalaokahaku	Pele Kaio	Cherisse
CL More	Mo Gers	Cheryl Brost	Bari Russo
Janet Mitchell	Kamalani Aikau	Billie Kiernan	Jolie
Kim Frutiger	Bryan Spencer	Kimberly Kinzie	Kiki Brown
Kathy Worrel	Jayson Burdon	Jay Schiller	Jen P. Green
Tessa Carroll	Anuheha Chong Sriwongtong	Kaihikapu	Kalua Castro
Kawelo Castro			
Joel Adair (shirt only)			





Fill in the **yellow box** with your
total points for week 1
Deadline Monday, Feb. 28

- **PERFORM:** Do the Open workout at any level by Monday= 1 Point
- **WEAR:** Wearing your uniform to or during the WOD = 1 Point
- **CHEER:** Cheering on someone who is not on your team = 1 point
- **POST:** Create a positive post on Social Media about your Open workout = **1 point per person who is in the photo** (get their permission to post!) These are unlimited points this week! Post as much as you want! Be sure to tag @crossfitallstar or #crossfitallstar
- **JUDGE:** Help count reps for a fellow athlete = 1 point each time you judge!

**This poster will be taken down
and a new one put up next week
Tuesday for week 2!**