WOD 1 - 6 TEAMS/HEAT (6 min. + 2 min. + 6 min. per heat)

			LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
WOD # 1	HEAT # 1	TIME: 7:00 AM - 7:14 AM	TEAM # 8229	TEAM # 8789	TEAM # 8896	TEAM # 8870	TEAM # 7715	TEAM # 8193
			WODded in my pants	The "O's"	Wall Balldas	426 Kettle Belles	Trappin' & Snatchin	Quad Queens
WOD # 1	HEAT # 2	TIME: 7:17 AM - 7:31 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 7219	TEAM # 9069	TEAM # 8564	TEAM # 8324	TEAM # 7806	TEAM # 8368
			Barbelles	RepinPeace	WOD We Get Ourselves into?	The Barbelles	HEW's your mama?!	Whatever?????????
WOD # 1	HEAT # 3	TIME: 7:34 AM - 7:48 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 9070	TEAM # 7223	TEAM # 8175	TEAM # 8711	TEAM # 8327	TEAM # 8307
			Guns and Buns	Tiny But Mighty	HEWlicious	Two Peas In A WOD	YAG Queens	Team Sargent
WOD # 1	HEAT # 4	TIME: 7:51 AM - 8:05 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 9694	TEAM # 7364	TEAM # 9170	TEAM # 8499	TEAM # 7958	TEAM # 7326
			Blondes of Steel	Beer Grip	We Push Jerks	Amrap then Amrap	Will WOD for Beer	Love Handles
WOD # 1	HEAT # 5	TIME: 8:08 AM - 8:22 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 8887	TEAM # 7415	TEAM # 8080	TEAM # 7052	TEAM # 7299	TEAM # 7731
			CFD-1	Bar Busters	Squats and Shots	Buns and Guns	Brown eyed beauties	Aggressively Average
WOD # 1	HEAT # 6	TIME: 8:25 AM - 8:39 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 7185	TEAM # 8232	TEAM # 7891	TEAM # 8167	TEAM # 7273	TEAM # 7208
			Beauties That Beast	What Rep Am I On	Donut Judge Me	Itty Bitty Committee	Wingardium Liftiosa	Gladiators
WOD # 1	HEAT # 7	TIME: 8:42 AM - 8:56 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 8780	TEAM # 8346	TEAM # 7174	TEAM # 8616	TEAM # 9227	TEAM # 7220
			Loud Noises	Dirty Wolfballs	BIGGIE smalls	Ricks in a Box	Totally up to you!	TNT
WOD # 1	HEAT # 8	TIME: 8:59 AM - 9:13 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 9507	TEAM # 9307	TEAM # 8566	TEAM # 8319	TEAM # 7636	TEAM # 8569
			Viper Fitness Gear	Muscle Up Up & Away	Jonathon McQuitty	Ginger N' Spice	Signal 20	Shrek N' Donkey
WOD # 1	HEAT # 9	TIME: 9:16 AM - 9:30 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 8156	TEAM # 9688	TEAM # 7927	TEAM # 7917	TEAM # 7840	TEAM # 8517
			Two Jerks	Will WOD for Beer	Braids, Box Jumps, and Barbells	Iron Women	Squat Life	Ball 2 U Fall
WOD # 1	HEAT # 10	TIME: 9:33 AM - 9:47 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 8889	TEAM # 7611	TEAM # 7196	TEAM # 8133	TEAM # 7298	TEAM # 7152
			Jurassic Jocks	SAND BAGS	Bros before Rows	Tendinitis	Bald and Beautiful	We BE Legal
WOD # 1	HEAT # 11	TIME: 9:50 AM - 10:04 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 9216	TEAM # 8521	TEAM # 7691	TEAM # 8159	TEAM # 7257	TEAM # 8302
			Middle Age Rage	Team Fearless Viejos	IQ Masters	Jurassic Jocks	Hulking Oldies	Beep Beep Beep Boop!
WOD # 1	HEAT # 12	TIME: 10:07 AM - 10:21 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 7636	TEAM # 7290	TEAM # 8362	TEAM # 7894	TEAM # 8627	TEAM # 8911
			Brunette Threat	Basic Bx's	Team Bigmatics	Supreme Meats	Beach Buns	Small AND Smaller
WOD # 1	HEAT # 13	TIME: 10:24 AM - 10:38 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 7923	TEAM # 7385	TEAM # 7911	TEAM # 8154	TEAM # 7286	TEAM # 8305
			Neighbors	Straight Outta HEW	Crossfit First Step	Deerfield Bred	Powered By Titos	StrengthWithin
WOD # 1	HEAT # 14	TIME: 10:41 AM - 10:55 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6
			TEAM # 9680	TEAM # 8379	TEAM # 8173	TEAM # 7761	TEAM # 7333	
			CFD-2	DBFR Strong	Bros with Hoes	Blue Eye'd Beauties	The Fittest HEWmans Alive	OPEN

BREAK (15 minutes)

WOD 2 - 8 TEAMS/HEAT (8 min. per heat)

			LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
WOD # 2	HEAT # 1	TIME: 11:10 AM - 11:18 AM	TEAM # 8229	TEAM # 8789	TEAM # 8896	TEAM # 8870	TEAM # 7715	TEAM # 8193	TEAM # 7219	TEAM # 9069
			WODded in my pants	The "O's"	Wall Balldas	426 Kettle Belles	Trappin' & Snatchin	Quad Queens	Barbelles	RepinPeace
WOD # 2	HEAT # 2	TIME: 11:21 AM - 11:29 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8564	TEAM # 8324	TEAM # 7806	TEAM # 8368	TEAM # 8070	TEAM # 7223	TEAM # 8175	TEAM # 8711
			WOD We Get Ourselves into?	The Barbelles	HEW's your mama?!	Whatever?????????	Guns and Buns	Tiny But Mighty	HEWlicious	Two Peas In A WOD
WOD # 2	HEAT # 3	TIME: 11:32 AM - 11:40 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8327	TEAM # 8307	TEAM # 9694	TEAM # 7364	TEAM # 9170	TEAM # 8499	TEAM # 7958	TEAM # 7326
			YAG Queens	Team Sargent	Blondes of Steel	Beer Grip	We Push Jerks	Amrap then Amrap	Will WOD for Beer	Love Handles
WOD # 2	HEAT # 4	TIME: 11:43 AM - 11:51 AM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8887	TEAM # 7415	TEAM # 8080	TEAM # 7052	TEAM # 7299	TEAM # 7731	TEAM # 7185	TEAM # 8232
			CFD-1	Bar Busters	Squats and Shots	Buns and Guns	Brown eyed beauties	Aggressively Average	Beauties That Beast	What Rep Am I On
WOD # 2	HEAT # 5	TIME: 11:54 AM - 12:02 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7891	TEAM # 8167	TEAM # 7273	TEAM # 7208	TEAM # 8780	TEAM # 8346	TEAM # 7174	TEAM # 8416
			Donut Judge Me	Itty Bitty Committee	Wingardium Liftiosa	Gladiators	Loud Noises	Dirty Wolfballs	BIGGIE smalls	Ricks in a Box
WOD # 2	HEAT # 6	TIME: 12:05 PM - 12:13 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 9227	TEAM # 7220	TEAM # 9507	TEAM # 9307	TEAM # 8565	TEAM # 8319	TEAM # 7636	TEAM # 8569
			Totally up to you!	TNT	Viper Fitness Gear	Muscle Up Up & Away	Jonathon McQuitty	Ginger N' Spice	Signal 20	Shrek N' Donkey
WOD # 2	HEAT # 7	TIME: 12:16 PM - 12:24 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8156	TEAM # 9688	TEAM # 7927	TEAM # 7917	TEAM # 7840	TEAM # 8517	TEAM # 8889	TEAM # 7611
			Two Jerks	Will WOD for Beer	Braids, Box Jumps, and Barbells	Iron Women	Squat Life	Ball 2 U Fall	Jurassic Jocks	SAND BAGS
WOD # 2	HEAT # 8	TIME: 12:27 PM - 12:35 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7196	TEAM # 8133	TEAM # 7298	TEAM # 7052	TEAM # 9216	TEAM # 8521	TEAM # 7691	TEAM # 8159
			Bros before Rows	Tendinitis	Bald and Beautiful	We BE Legal	Middle Age Rage	Team Fearless Viejos	IQ Masters	Jurassic Jocks
WOD # 2	HEAT # 9	TIME: 12:38 PM - 12:46 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7257	TEAM # 8302	TEAM # 7436	TEAM # 7290	TEAM # 8362	TEAM # 7894	TEAM # 8627	TEAM # 8911
			Hulking Oldies	Beep Beep Beep Boop!	Brunette Threat	Basic Bx's	Team Bigmatics	Supreme Meats	Beach Buns	Small AND Smaller
WOD # 2	HEAT # 10	TIME: 12:49 PM - 12:57 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7923	TEAM # 7385	TEAM # 7911	OPEN	OPEN	Deerfield Bred	Powered By Titos	StrengthWithin
			Neighbors	Straight Outta HEW	Crossfit First Step					
WOD # 2	HEAT # 11	TIME: 1:00 PM - 1:08 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 9680	TEAM # 8379	TEAM # 8173			TEAM # 7761	TEAM # 7333	
			CFD-2	DBFR Strong	Bros with Hoes	OPEN	OPEN	Blue Eye'd Beauties	The Fittest HEWmans Alive	OPEN

BREAK (15 minutes)

WOD 3 - 8 TEAMS/HEAT (10 min. per heat)

			LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
WOD # 3	HEAT # 1	TIME: 1:55 PM - 2:05 PM	TEAM # 8896	TEAM # 8870	TEAM # 7715	TEAM # 8193	TEAM # 7219	TEAM # 9069	TEAM # 8229	TEAM # 8789
			Wall Balldas	426 Kettle Belles	Trappin' & Snatchin	Quad Queens	Barbelles	RepinPeace	WODded in my pants	The "O's"
WOD # 3	HEAT # 2	TIME: 2:08 PM - 2:18 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7806	TEAM # 8368	TEAM # 9070	TEAM # 7223	TEAM # 8175	TEAM # 8711	TEAM # 8564	TEAM # 8324
			HEW's your mama?!	Whatever?????????	Guns and Buns	Tiny But Mighty	HEWlicious	Two Peas In A WOD	WOD We Get Ourselves into?	The Barbelles
WOD # 3	HEAT # 3	TIME: 2:21 PM - 2:31 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 9694	TEAM # 7364	TEAM # 9170	TEAM # 8499	TEAM # 7958	TEAM # 7326	TEAM # 9327	TEAM # 8307
			Blondes of Steel	Beer Grip	We Push Jerks	Amrap then Amrap	Will WOD for Beer	Love Handles	YAG Queens	Team Sargent
WOD # 3	HEAT # 4	TIME: 2:34 PM - 2:44 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8080	TEAM # 7052	TEAM # 7299	TEAM # 7731	TEAM # 7385	TEAM # 8232	TEAM # 8887	TEAM # 7415
			Squats and Shots	Buns and Guns	Brown eyed beauties	Aggressively Average	Beauties That Beast	What Rep Am I On	CFD-1	Bar Busters
WOD # 3	HEAT # 5	TIME: 2:47 PM - 2:57 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7273	TEAM # 7208	TEAM # 8780	TEAM # 8346	TEAM # 7174	TEAM # 8416	TEAM # 7891	TEAM # 8167
			Wingardium Liftiosa	Gladiators	Loud Noises	Dirty Wolfballs	BIGGIE smalls	Ricks in a Box	Donut Judge Me	Itty Bitty Committee
WOD # 3	HEAT # 6	TIME: 3:00 PM - 3:10 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 9507	TEAM # 9307	TEAM # 8565	TEAM # 8319	TEAM # 7636	TEAM # 8569	TEAM # 9237	TEAM # 7220
			Viper Fitness Gear	Muscle Up Up & Away	Jonathon McQuitty	Ginger N' Spice	Signal 20	Shrek N' Donkey	Totally up to you!	TNT
WOD # 3	HEAT # 7	TIME: 3:13 PM - 3:23 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7927	TEAM # 7917	TEAM # 7840	TEAM # 8517	TEAM # 8889	TEAM # 7611	TEAM # 8156	TEAM # 9688
			Braids, Box Jumps, and Barbells	Iron Women	Squat Life	Ball 2 U Fall	Jurassic Jocks	SAND BAGS	Two Jerks	Will WOD for Beer
WOD # 3	HEAT # 8	TIME: 3:26 PM - 3:36 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7298	TEAM # 7562	TEAM # 9216	TEAM # 8521	TEAM # 7691	TEAM # 8559	TEAM # 7196	TEAM # 8133
			Bald and Beautiful	We BE Legal	Middle Age Rage	Team Fearless Viejos	IQ Masters	Jurassic Jocks	Bros before Rows	Tendinitis
WOD # 3	HEAT # 9	TIME: 3:39 PM - 3:49 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7636	TEAM # 7290	TEAM # 8362	TEAM # 7894	TEAM # 8627	TEAM # 8911	TEAM # 7257	TEAM # 8302
			Brunette Threat	Basic Bx's	Team Bigmatics	Supreme Meats	Beach Buns	Small AND Smaller	Hulking Oldies	Beep Beep Beep Boop!
WOD # 3	HEAT # 10	TIME: 3:52 PM - 4:02 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 7911			TEAM # 8154	TEAM # 7286	TEAM # 8305	TEAM # 7923	TEAM # 7385
			Crossfit First Step	OPEN	OPEN	Deerfield Bred	Powered By Titos	StrengthWithin	Neighbors	Straight Outta HEW
WOD # 3	HEAT # 11	TIME: 4:05 PM - 4:15 PM	LANE # 1	LANE # 2	LANE # 3	LANE # 4	LANE # 5	LANE # 6	LANE # 7	LANE # 8
			TEAM # 8173			TEAM # 7761	TEAM # 7333		TEAM # 9680	TEAM # 8179
			Bros with Hoes	OPEN	OPEN	Blue Eye'd Beauties	The Fittest HEWmans Alive	OPEN	CFD-2	DBFR Strong