

Tentative Schedule Of Events And Heat List

0-Dark-Thirty AM (AKA 530-545ish) – U-Haul On Site To Set Up, any assistance from volunteers, judges, or spectators will be greatly appreciated.

0700 – Vendors may come set up at or after 7am.

0730: Early bird athlete check-in. During check in athletes will sign up for their float WOD times, so it is highly recommended that athletes show for early check in.

0800: All athletes should be on site by 8am, and proceeding to check-in.

0820: All athletes should be checked in.

0825: Athlete briefing.

0830: Judges Briefing With Event Coordinator

0840: National Anthem

0900: First Heat Starts

Notes:

- It will be hot...bring plenty of fluid to drink, and plenty of food to eat! There will be some drinks available for purchase, and food available inside the Embassy Suites for purchase. Make sure and bring any cash or other method of payment to accommodate yourself accordingly
- It will be hot...there is a designated area for “Tent City” so it is recommended that you bring some kind of cover.
- It will be hot...bring sun screen.
- It will be hot...while we will do the best we can to keep gear cool, you MAY wear gloves or any kind of hand protection for any event as you deem necessary. Understand that working outdoors may induce sweatier grips, arms, shoulders, back, etc. Chalk will be available, but make sure you are being safe while handling any kind of weight throughout the day.
- Did I mention that it will be hot?....

Master Roster

Men's RX	Women's RX	Men's Scaled	Women's Scaled
OTAC CrossFit	NorCo	WHCFSA	Hades Ladies
Josh Slattery/Lucas Harris	Kayla Propes/Cait Crotty	Michael Horner/Damond Dotson	Denyse Bergie/Melanie Snyder
Think Savage	We Are Sparta	Beauty and The Beard	Fly Girls
Kyle Shep/Alex Duff	Michelle Braly/Kate Herman-Calvin	Phil Herman/Aaron Williams	Pam Rice/Steph Cook
Fat Slow and Injured	Chalk Dirty To Me	Bacon Debt	Lady MHF'ers
Jeff Smith/Andrew Hoffmeyer	Bre Baines/Amy Penry	Joe O'Neil/Drew Swanson	Rachel Patton/Racquel Coffman
#TurntTuna	Mob Squad		David and Goliath
Ethan Kleinhenz/Scott Glenn	Bridget Brown/Johanne Snavely		Breanna Snyder/JoJo Connolly
NPC	Flips Don't Lie		WODing Clashers
Justin McKain/Wade Penry	Molly Sniadach/Shayne Henry		Angie Pardue/Kelsey DeShazo
White Lightning			NorCo Nice Girls
Nate Johnson/Kody Springsteen			Beth Welsh/Kallie Petrie
Meathead MHFers			Big Thompson Barbell Babes
Shawn Mack/Wil Harris			Shawna White/Lauren Bass
The Other Guys			CFCC L Squared
Derek Shoemaker/Anthony Dale			Loren Weiner/Lauren Johnson
Tats N' Lats			Team Barcode
Stephen Martin/Foryst Hudson			Danielle Dangoia/Trina Ruhland
			Fire and Ice
			Monica Campos/Desirae Stahly

Heat Times

WOD 1 AND 2

WOMEN'S SCALED

HEAT 1

0900-0920

Fire and Ice

Team Barcode

Big Thompson Barbell Babes

WODing Clashers

Fly Girls

HEAT 2

0925-0945

Hades Ladies

Lady MHF'ers

NorCO Nice Girls

CFCC L Squared

David and Goliath

WOMEN'S RX AND MEN'S SCALED

HEAT 1

0950-1010

Women RX

NorCo

We Are Sparta

Chalk Dirty To Me

Mob Squad

Flips Don't Lie

Men Scaled
WHCFSA
Beauty And The Beard
Bacon Debt

MEN'S RX

HEAT 1
1015-1035
OTAC CrossFit
The Other Guys
Tats N' Lats
Fat Slow And Injured

HEAT 2
1040-1100
Think Savage
#TurntTuna
NPC
White Lightening
Meathead MHFers

WOD 3:

WOMEN'S SCALED

HEAT 1
1100-1115
Fire and Ice
Team Barcode
Big Thompson Barbell Babes
WODing Clashers
Fly Girls

HEAT 2
1135-1150
Hades Ladies
Lady MHF'ers
NorCO Nice Girls
CFCC L Squared
David and Goliath

WOMEN'S RX AND MEN'S SCALED

HEAT 1
1155-1210
Women RX
NorCo
We Are Sparta
Chalk Dirty To Me
Mob Squad
Flips Don't Lie

Men Scaled

WHCFSA
Beauty And The Beard
Bacon Debt

MEN'S RX

HEAT 1
1215-1230
OTAC CrossFit
The Other Guys
Tats N' Lats
Fat Slow And Injured

HEAT 2

1235-1250
Think Savage
#TurntTuna
NPC
White Lightening
Meathead MHFers

Top 5 teams qualify for the finals. Heat times will be announced tomorrow.