

		Location: Fitness Center Pool	<b>Briefer: Jama</b>	<b>Head Judge:</b>	Equipment Boss:	BD
		Scoring: 100 points	All Female Brief: 8:45			
			All Male Brief: 9:30			
					<b>Smoothie Bar</b>	
Heat	Lane	Heat Start: 9:00	Staging: 8:55	Warm Up:	Briefing: 8:45	Check In: 8:30
1	1	Belly Up	Scaled Female	Better get there early!		
	2	The Benchwarmers	Scaled Female			
	3	Blueprint Bafoons	Rx Female			
	4	Strong, Fast, and Gymnasty	Rx Female			
	5	Rock Bottoms	Rx Female			
	6	Flex Appeal	Rx Female			
Heat	Lane	Heat Start: 9:25	Staging: 9:20	Warm Up: 9:00	Briefing: 8:45	Check In: 8:45
2	1	SCCF Aloha	Rx Female			
	2	The Team who must not be named	Rx Female			
	3	Powered by Coffee	Rx Female			
	4	Frenemies	Rx Female			
	5	828 Heroes	Rx Female			
	6					
Heat	Lane	Heat Start: 9:50	Staging: 9:48	Warm Up: 9:20	Briefing: 9:30	Check In: 9:00
3	1	Rowing Pains	Scaled Male			
	2	Catamount Not-So-Elite	Scaled Male			
	3	#AEszn	Rx Male			
	4	Whiskey Woodshop Ammo	Rx Male			
	5	Walking Deadlifters	Rx Male			
	6	The Strong, Fast, and Robert	Rx Male			
Heat	Lane	Heat Start: 10:10	Staging: 10:08	Warm Up: 9:45	Briefing: 9:30	Check In: 9:30
4	1	JGS	Rx Male			
	2	Misfit Takeover	Rx Male			
	3	Forged Fitness	Rx Male			
	4	BDE	Rx Male			
	5	Backwoods Boys	Rx Male			
Heat	Lane	Heat Start: 10:30	Staging: 10:28	Warm Up: 10:05	Briefing: 9:30	Check In: 9:45
5	1	Stacked	Rx Male			
	2	Land Lifeguards	Rx Male			
	3	Lederhosen and Lululemon	Rx Male			
	4	Built by Laney	Rx Male			
	5	3 Men and a Barbell	Rx Male			

		Location: Fieldhouse	<b>Briefer: Jama</b>	<b>Head Judge:</b>	Equipment Boss:	BD
		Scoring:	All Female Brief: 10:45			
		<b>Strength- 50 pts. AMRAP - 50 pts.</b>				
					<b>Film Room</b>	
Heat	Lane	Heat Start: 11:00	Staging: 10:55	Warm Up:	Briefing: 10:45	Check In: 10:30
1	1	Belly Up	Scaled Female			
	2	The Benchwarmers	Scaled Female	May warm up anytime between pool		
	3	Blueprint Bafoons	Rx Female	event and WOD 2 briefing		
	4	Strong, Fast, and Gymnasty	Rx Female			
	5	Rock Bottoms	Rx Female			
	6	Flex Appeal	Rx Female			
Heat	Lane	Heat Start: 11:15	Staging: 11:10	Warm Up: 10:55	Briefing: 10:45	Check In: 10:40
2	1	SCCF Aloha	Rx Female			
	2	The Team who must not be named	Rx Female			
	3	Powered by Coffee	Rx Female			
	4	Frenemies	Rx Female			
	5	828 Heroes	Rx Female			
	6					
Heat	Lane	Heat Start: 11:30	Staging: 11:25	Warm Up: 11:10	Briefing: 11:05	Check In: 11:00
3	1	Rowing Pains	Scaled Male			
	2	Catamount Not-So-Elite	Scaled Male			
	3	#AEszn	Rx Male			
	4	Whiskey Woodshop Ammo	Rx Male			
	5	Walking Deadlifters	Rx Male			
	6	The Strong, Fast, and Robert	Rx Male			
Heat	Lane	Heat Start: 11:45	Staging: 11:40	Warm Up: 11:25	Briefing: 11:05	Check In: 11:15
4	1	JGS	Rx Male			
	2	Misfit Takeover	Rx Male			
	3	Forged Fitness	Rx Male			
	4	BDE	Rx Male			
	5	Backwoods Boys	Rx Male			
	6		Rx Male			
Heat	Lane	Heat Start: 12:00	Staging: 11:55	Warm Up: 11:40	Briefing: 11:25	Check In: 11:30
5	1	Stacked	Rx Male			
	2	Land Lifeguards	Rx Male			
	3	Lederhosen and Lululemon	Rx Male			
	4	Built by Laney	Rx Male			
	5	3 Men and a Barbell	Rx Male			
	6		Rx Male			

Lunch will be from 12:15 to 12:40

		Location: Football Field	<b>Briefer: Jama</b>	<b>Head Judge:</b>	Equipment Boss:	BD
		Scoring: 100 points	All Athlete Brief:12:30			
			Grab your lunch and come on down.			
					<b>Football Field</b>	
Heat	Lane	Heat Start: 12:45	Staging: 12:40	Warm Up:	Briefing: 12:30	Check In: 12:35
1	1	Belly Up	Scaled Female			
	2	The Benchwarmers	Scaled Female			
	3	Blueprint Bafoons	Rx Female			
	4	Strong, Fast, and Gymnasty	Rx Female			
	5	Rock Bottoms	Rx Female			
	6	Flex Appeal	Rx Female			
Heat	Lane	Heat Start: 12:57	Staging: 12:55	Warm Up:	Briefing: 12:30	Check In: 12:35
2	1	SCCF Aloha	Rx Female			
	2	The Team who must not be named	Rx Female			
	3	Powered by Coffee	Rx Female			
	4	Frenemies	Rx Female			
	5	828 Heroes	Rx Female			
	6					
Heat	Lane	Heat Start: 1:09	Staging: 1:07	Warm Up:	Briefing: 12:30	Check In: 12:45
3	1	Rowing Pains	Scaled Male			
	2	Catamount Not-So-Elite	Scaled Male			
	3	#AESzn	Rx Male			
	4	Whiskey Woodshop Ammo	Rx Male			
	5	Walking Deadlifters	Rx Male			
	6	The Strong, Fast, and Robert	Rx Male			
Heat	Lane	Heat Start: 1:21	Staging: 1:19	Warm Up:	Briefing: 12:30	Check In: 12:55
4	1	JGS	Rx Male			
	2	Misfit Takeover	Rx Male			
	3	Forged Fitness	Rx Male			
	4	BDE	Rx Male			
	5	Backwoods Boys	Rx Male			
	6		Rx Male			
Heat	Lane	Heat Start: 1:33	Staging: 1:31	Warm Up:	Briefing: 12:30	Check In: 12:55
5	1	Stacked	Rx Male			
	2	Land Lifeguards	Rx Male			
	3	Lederhosen and Lululemon	Rx Male			
	4	Built by Laney	Rx Male			
	5	3 Men and a Barbell	Rx Male			
	6		Rx Male			

		Location: Fieldhouse	<b>Briefer: Jama</b>	<b>Head Judge:</b>	Equipment Boss:	BD
		Scoring: 100 points	<b>1st Heat Brief: 1:25</b>			
		<b>Bike - 50pts / AMRAP - 50pts</b>	Heat 2 - 4: 1:45			
					<b>Film Room</b>	
Heat	Lane	Heat Start: 1:55	Staging: 1:50	Warm Up: 1:35	Briefing: 1:25	Check In: 1:35
1	1	Belly Up	Scaled Female	xebex		
	2	The Benchwarmers	Scaled Female	xebex		
	3	Rowing Pains	Scaled Male	xebex		
	4	Catamount Not-So-Elite	Scaled Male	xebex		
	5	#AEszn	Rx Male	assault		
	6	Whiskey Woodshop Ammo	Rx Male	assault		
	7	Walking Deadlifters	Rx Male	assault		
	8	The Strong, Fast, and Robert	Rx Male	assault		
Heat	Lane	Heat Start: 2:12	Staging: 2:07	Warm Up: 1:50	Briefing: 1:45	Check In: 1:35
2	1	Blueprint Bafoons	Rx Female	xebex		
	2	Strong, Fast, and Gymnasty	Rx Female	xebex		
	3	Rock Bottoms	Rx Female	xebex		
	4	JGS	Rx Male	assault		
	5	Misfit Takeover	Rx Male	assault		
	6	Forged Fitness	Rx Male	assault		
	7	Backwoods Boys	Rx Male	assault		
Heat	Lane	Heat Start: 2:29	Staging: 2:24	Warm Up: 2:07	Briefing: 1:45	Check In: 1:45
3	1	Flex Appeal	Rx Female	xebex		
	2	SCCF Aloha	Rx Female	xebex		
	3	The Team who must not be named	Rx Female	xebex		
	4	BDE	Rx Male	assault		
	5	Land Lifeguards	Rx Male	assault		
	6	Stacked	Rx Male	assault		
Heat	Lane	Heat Start: 2:46	Staging: 2:41	Warm Up: 2:24	Briefing: 1:45	Check In: 2:00
4	1	Powered by Coffee	Rx Female	xebex		
	2	Frenemies	Rx Female	xebex		
	3	828 Heroes	Rx Female	xebex		
	4	Lederhosen and Lululemon	Rx Male	assault		
	5	Built by Laney	Rx Male	assault		
	6	3 Men and a Barbell	Rx Male	assault		