



Doors Open 6:30am

Check-In/Get Organized 7:30-7:50am

Event 1 – Estimated Start Time 8:00am

Heat 1 – Team Jeremy & Team Jake

Heat 2 – Team Caroline & Team Justine

10min Break/Set-Up/Warm-Up for Event 2

Event 2 – Estimated Start Time 8:45am

2A (DT) Heat 1 (1st Athlete from Each Team)

2A (DT) Heat 2 (2nd Athlete from Each Team)

2B (Hang Snatch) Heat 1 (1st Athlete from Each Team)

2B (Hang Snatch) Heat 2 (2nd Athlete from Each Team)

2C (Bench) Heat 1 (1st Athlete from Each Team)

2C (Bench) Heat 2 (2nd Athlete from Each Team)

10min Break/Set-Up/Warm-Up for Event 3

Event 3 – Estimated Start Time 9:45am

2A (Bar Muscle-Ups) Heat 1 (1st Athlete from Each Team)

2A (Bar Muscle-Ups) Heat 2 (2nd Athlete from Each Team)

2B (Assault Bike) Heat 1 (1st Athlete from Each Team)

2B (Assault Bike) Heat 2 (2nd Athlete from Each Team)

2C (Burpees) Heat 1 (1st AND 2nd Athlete from Each Team)

10min Break/Set-Up/Warm-Up for Event 4

Event 4 – Estimated Start Time 10:35am

Heat 1 – Team Caroline & Team Justine

Heat 2 – Team Jeremy & Team Jake

10min Break/Set-Up/Warm-Up for Event 5

Event 5 – Estimated Start Time 11:25am

5A (Annie/Cindy) – All 4 Teams go simultaneously

5B (Diane/Karen) – All 4 Teams go simultaneously

5C (Amanda/Grace) – All 4 Teams go simultaneously

Wrap-Up/Final Scores/Awards/Treats – ~12:00pm