

Arena Ruck		11:00a - 1:10p				
Heat	Lane	Heat Start: 11:00	Staging: 10:55	Warm Up: 10:45	Briefing: 10:35	Check In: 10:30
1	1	Kavod Poké(y)moms	Crossfit Kavod		Scaled All-Female	
	2	Buns Out, Guns Out	Crossfit 704		Scaled All-Female	
	3	Winston WOD Squad	Top Tier		Scaled All-Female	
	4	LADY MAFIA	CrossFit Hogtown		Scaled All-Female	
	5	Barbelle Divas	Prisma Health YMCA Beast Mode		Scaled All-Female	
	6	Pop Lock And Squat It	Iron Bridge Crossfit		Scaled All-Female	
	7	Applebottom Cleans	CrossFit Pisgah		Scaled All-Female	
	8	WTFers	Crossfit Asheville		Scaled All-Female	
Heat	Lane	Heat Start: 11:19	Staging: 11:14	Warm Up: 11:04	Briefing: 10:54	Check In: 10:49
2	1	WodNTarnation	CrossFit FHF		Scaled All-Female	
	2	Team Vigorous	CrossFit Kavod		Scaled All-Female	
	3	The Young and The Breathless	Crossfit Chainlink		Scaled All-Female	
	4	Mountain Misfits	CrossFit Kavod		Scaled All-Female	
	5	What the Ruck!	CrossFit Chain Link		Scaled All-Female	
	6	The WOD Squad	CrossFit Arcane		Scaled All-Female	
	7	She Unit	CrossFit DHF		Scaled All-Female	
	8	The Team That SHall Not Be Named	South Slope CrossFit		Scaled All-Female	
Heat	Lane	Heat Start: 11:38	Staging: 11:33	Warm Up: 11:23	Briefing: 11:13	Check In: 11:08
3	1	Warm Up Warriors	Crossfit Belmont		Scaled Co-Ed	
	2	Built by Baity	Crossfit DHF		Scaled Co-Ed	
	3	Team FIT	Hard Exercise Works		Scaled Co-Ed	
	4	BAM's Fam			Scaled Co-Ed	
	5	WHAT THE FORK?!	N/A		Scaled Co-Ed	
	6	Big Brother and the Swole Company	Railway Crossfit		Scaled Co-Ed	
	7	Sharpen The Butterknife	Tiger Town Fitness		Scaled Co-Ed	
	8	Camel City JV	Camel City Crossfit		Scaled Co-Ed	
Heat	Lane	Heat Start: 11:57	Staging: 11:52	Warm Up: 11:42	Briefing: 11:32	Check In: 11:27
4	1	D+M^3	Railway CrossFit		Scaled Co-Ed	
	2	OFTA!	Top Tier Crossfit		Scaled Co-Ed	
	3	Semi-conditioned	CrossFit Kavod		Scaled Co-Ed	
	4	Buns & Guns	Crossfit Kavod		Scaled Co-Ed	
	5	Catamount CrossFit HOF	CATAMOUNT ELITE FITNESS		Scaled Co-Ed	
	6	Rhabdo Can't Stop Us	Crossfit Pineville		Scaled Co-Ed	
	7	Waist Management	Crossfit Allegience		Scaled Co-Ed	
	8	Masters and Newbies	Iron Bridge CrossFit		Scaled Co-Ed	
Heat	Lane	Heat Start: 12:16	Staging: 12:11	Warm Up: 12:01	Briefing: 11:51	Check In: 11:46
5	1	Flexual Frustration	South Slope CrossFit		Scaled Co-Ed	
	2	The Young and the Rest of Us	CrossFit MNC		Scaled Co-Ed	
	3	WOD were we thinking!	Railway CrossFit		Scaled Co-Ed	
	4	Box Jumps and Botox	Mountain Top Crossfit		Scaled Co-Ed	
	5	Easier Said than Run	Blue Mountain Fitness and Performance		Scaled Co-Ed	
	6	Motherfitters	Crossfit 2232		Scaled Co-Ed	
	7	Corey's the 4th Wheel and he hates r	Camel City Crossfit/Crossfit Hanes Mill		Scaled Co-Ed	
	8	TEAM BS	RUBY HUNT YMCA		Scaled Co-Ed	
Heat	Lane	Heat Start: 12:35	Staging: 12:30	Warm Up: 12:20	Briefing: 12:10	Check In: 12:05
6	1	FitAid and Banners III	ReUnited CrossFit		Scaled All-Male	
	2	Who's Your Daddy?	Silver Wolf Crossfit		Scaled All-Male	
	3	Los Goon Squad	Asheville		Scaled All-Male	
	4	Aggressive Average	Top Tier Crossfit		Scaled All-Male	
	5	Beartown Bar Benders	CrossFit Beartown		Scaled All-Male	
	6	DTK Fitness			Scaled All-Male	
	7	Railway	Railway Crossfit		Scaled All-Male	
	8	CrossFit 5410	CrossFit 5410		Scaled All-Male	
Heat	Lane	Heat Start: 12:54	Staging: 12:49	Warm Up: 12:39	Briefing: 12:29	Check In: 12:24

7	1	CrossFit Hogtown	CrossFit Hogtown		Scaled All-Male	
	2	The Kavod Kats	Kavod		Scaled All-Male	
	3	Age Discrepancy	Crossfit Kavod		Scaled All-Male	
	4	WOD did we get into CFP	Proverb fitness		Scaled All-Male	
	5	seven minute flabs	Crossfit Local		Scaled All-Male	
	6	LocoMotives	Railway CrossFit		Scaled All-Male	
	7	Chain-Link	CrossFit Chain-Link		Scaled All-Male	
	8	The B.S. Brothers	CrossFit Wide Open		Scaled All-Male	

Burpee Deads			1:40p - 3:00p				
Heat	Lane	Heat Start: 1:40	Staging: 1:35	Warm Up: 1:25	Briefing: 1:15	Check In: 1:10	
1	1	Kavod Poké(y)moms	Crossfit Kavod		Scaled All-Female		
	2	Buns Out, Guns Out	Crossfit 704		Scaled All-Female		
	3	Winston WOD Squad	Top Tier		Scaled All-Female		
	4	LADY MAFIA	CrossFit Hogtown		Scaled All-Female		
	5	Barbelle Divas	Prisma Health YMCA Beast Mode		Scaled All-Female		
	6	Pop Lock And Squat It	Iron Bridge Crossfit		Scaled All-Female		
	7	Applebottom Cleans	CrossFit Pisgah		Scaled All-Female		
	8	WTFers	Crossfit Asheville		Scaled All-Female		
Heat	Lane	Heat Start: 1:52	Staging: 1:47	Warm Up: 1:37	Briefing: 1:27	Check In: 1:22	
2	1	WodNTarnation	CrossFit FHF		Scaled All-Female		
	2	Team Vigorous	CrossFit Kavod		Scaled All-Female		
	3	The Young and The Breathless	Crossfit Chainlink		Scaled All-Female		
	4	Mountain Misfits	CrossFit Kavod		Scaled All-Female		
	5	What the Ruck!	CrossFit Chain Link		Scaled All-Female		
	6	The WOD Squad	CrossFit Arcane		Scaled All-Female		
	7	She Unit	CrossFit DHF		Scaled All-Female		
	8	The Team That SHall Not Be Named	South Slope CrossFit		Scaled All-Female		
Heat	Lane	Heat Start: 2:04	Staging: 1:59	Warm Up: 1:49	Briefing: 1:39	Check In: 1:34	
3	1	Warm Up Warriors	Crossfit Belmont		Scaled Co-Ed		
	2	Built by Baity	Crossfit DHF		Scaled Co-Ed		
	3	Team FIT	Hard Exercise Works		Scaled Co-Ed		
	4	BAM's Fam			Scaled Co-Ed		
	5	WHAT THE FORK?!	N/A		Scaled Co-Ed		
	6	Big Brother and the Swole Company	Railway Crossfit		Scaled Co-Ed		
	7	Sharpen The Butterknife	Tiger Town Fitness		Scaled Co-Ed		
	8	Camel City JV	Camel City Crossfit		Scaled Co-Ed		
Heat	Lane	Heat Start: 2:16	Staging: 2:11	Warm Up: 2:01	Briefing: 1:51	Check In: 1:46	
4	1	D+M^3	Railway CrossFit		Scaled Co-Ed		
	2	OFTA!	Top Tier Crossfit		Scaled Co-Ed		
	3	Semi-conditioned	CrossFit Kavod		Scaled Co-Ed		
	4	Buns & Guns	Crossfit Kavod		Scaled Co-Ed		
	5	Catamount CrossFit HOF	CATAMOUNT ELITE FITNESS		Scaled Co-Ed		
	6	Rhabdo Can't Stop Us	Crossfit Pineville		Scaled Co-Ed		
	7	Waist Management	Crossfit Allegience		Scaled Co-Ed		
	8	Masters and Newbies	Iron Bridge CrossFit		Scaled Co-Ed		
Heat	Lane	Heat Start: 2:28	Staging: 2:23	Warm Up: 2:13	Briefing: 2:03	Check In: 1:58	
5	1	Flexual Frustration	South Slope CrossFit		Scaled Co-Ed		
	2	The Young and the Rest of Us	CrossFit MNC		Scaled Co-Ed		
	3	WOD were we thinking!	Railway CrossFit		Scaled Co-Ed		
	4	Box Jumps and Botox	Mountain Top Crossfit		Scaled Co-Ed		
	5	Easier Said than Run	Blue Mountain Fitness and Performance		Scaled Co-Ed		
	6	Motherfitters	Crossfit 2232		Scaled Co-Ed		
	7	Corey's the 4th Wheel and he hates ru	Camel City Crossfit/Crossfit Hanes Mill		Scaled Co-Ed		
	8	TEAM BS	RUBY HUNT YMCA		Scaled Co-Ed		
Heat	Lane	Heat Start: 2:40	Staging: 2:35	Warm Up: 2:25	Briefing: 2:15	Check In: 2:10	
6	1	FitAid and Banners III	ReUnited CrossFit		Scaled All-Male		
	2	Who's Your Daddy?	Silver Wolf Crossfit		Scaled All-Male		
	3	Los Goon Squad	Asheville		Scaled All-Male		
	4	Aggressive Average	Top Tier Crossfit		Scaled All-Male		
	5	Beartown Bar Benders	CrossFit Beartown		Scaled All-Male		
	6	DTK Fitness			Scaled All-Male		
	7	Railway	Railway Crossfit		Scaled All-Male		
	8	CrossFit 5410	CrossFit 5410		Scaled All-Male		
Heat	Lane	Heat Start: 2:52	Staging: 1:47	Warm Up: 1:37	Briefing: 1:27	Check In: 1:22	
7	1	CrossFit Hogtown	CrossFit Hogtown		Scaled All-Male		
	2	The Kavod Kats	Kavod		Scaled All-Male		
	3	Age Discrepancy	Crossfit Kavod		Scaled All-Male		

	4	WOD did we get into CFP	Proverb fitness		Scaled All-Male	
	5	seven minute flabs	Crossfit Local		Scaled All-Male	
	6	LocoMotives	Railway CrossFit		Scaled All-Male	
	7	Chain-Link	CrossFit Chain-Link		Scaled All-Male	
	8	The B.S. Brothers	CrossFit Wide Open		Scaled All-Male	

Double Couplet		3:30p - 5:46p				
Heat	Lane	Heat Start: 3:30	Staging: 3:25	Warm Up: 3:15	Briefing: 3:05	Check In: 3:00
1	1	Kavod Poké(y)moms	Crossfit Kavod		Scaled All-Female	
	2	Buns Out, Guns Out	Crossfit 704		Scaled All-Female	
	3	Winston WOD Squad	Top Tier		Scaled All-Female	
	4	LADY MAFIA	CrossFit Hogtown		Scaled All-Female	
	5	Barbelle Divas	Prisma Health YMCA Beast Mode		Scaled All-Female	
	6	Pop Lock And Squat It	Iron Bridge Crossfit		Scaled All-Female	
	7	Applebottom Cleans	CrossFit Pisgah		Scaled All-Female	
	8	WTFers	Crossfit Asheville		Scaled All-Female	
Heat	Lane	Heat Start: 3:50	Staging: 3:45	Warm Up: 3:35	Briefing: 3:25	Check In: 3:20
2	1	WodNTarnation	CrossFit FHF		Scaled All-Female	
	2	Team Vigorous	CrossFit Kavod		Scaled All-Female	
	3	The Young and The Breathless	Crossfit Chainlink		Scaled All-Female	
	4	Mountain Misfits	CrossFit Kavod		Scaled All-Female	
	5	What the Ruck!	CrossFit Chain Link		Scaled All-Female	
	6	The WOD Squad	CrossFit Arcane		Scaled All-Female	
	7	She Unit	CrossFit DHF		Scaled All-Female	
	8	The Team That SHall Not Be Named	South Slope CrossFit		Scaled All-Female	
Heat	Lane	Heat Start: 4:10	Staging: 4:05	Warm Up: 3:55	Briefing: 3:45	Check In: 3:40
3	1	Warm Up Warriors	Crossfit Belmont		Scaled Co-Ed	
	2	Built by Baity	Crossfit DHF		Scaled Co-Ed	
	3	Team FIT	Hard Exercise Works		Scaled Co-Ed	
	4	BAM's Fam			Scaled Co-Ed	
	5	WHAT THE FORK?!	N/A		Scaled Co-Ed	
	6	Big Brother and the Swole Company	Railway Crossfit		Scaled Co-Ed	
	7	Sharpen The Butterknife	Tiger Town Fitness		Scaled Co-Ed	
	8	Camel City JV	Camel City Crossfit		Scaled Co-Ed	
Heat	Lane	Heat Start: 4:30	Staging: 4:25	Warm Up: 4:15	Briefing: 4:05	Check In: 4:00
4	1	D+M^3	Railway CrossFit		Scaled Co-Ed	
	2	OFTA!	Top Tier Crossfit		Scaled Co-Ed	
	3	Semi-conditioned	CrossFit Kavod		Scaled Co-Ed	
	4	Buns & Guns	Crossfit Kavod		Scaled Co-Ed	
	5	Catamount CrossFit HOF	CATAMOUNT ELITE FITNESS		Scaled Co-Ed	
	6	Rhabdo Can't Stop Us	Crossfit Pineville		Scaled Co-Ed	
	7	Waist Management	Crossfit Allegience		Scaled Co-Ed	
	8	Masters and Newbies	Iron Bridge CrossFit		Scaled Co-Ed	
Heat	Lane	Heat Start: 4:50	Staging: 4:45	Warm Up: 4:35	Briefing: 4:25	Check In: 4:20
5	1	Flexual Frustration	South Slope CrossFit		Scaled Co-Ed	
	2	The Young and the Rest of Us	CrossFit MNC		Scaled Co-Ed	
	3	WOD were we thinking!	Railway CrossFit		Scaled Co-Ed	
	4	Box Jumps and Botox	Mountain Top Crossfit		Scaled Co-Ed	
	5	Easier Said than Run	Blue Mountain Fitness and Performance		Scaled Co-Ed	
	6	Motherfitters	Crossfit 2232		Scaled Co-Ed	
	7	Corey's the 4th Wheel and he hates ru	Camel City Crossfit/Crossfit Hanes Mill		Scaled Co-Ed	
	8	TEAM BS	RUBY HUNT YMCA		Scaled Co-Ed	
Heat	Lane	Heat Start: 5:10	Staging: 5:05	Warm Up: 4:55	Briefing: 4:45	Check In: 4:40
6	1	FitAid and Banners III	ReUnited CrossFit		Scaled All-Male	
	2	Who's Your Daddy?	Silver Wolf Crossfit		Scaled All-Male	
	3	Los Goon Squad	Asheville		Scaled All-Male	
	4	Aggressive Average	Top Tier Crossfit		Scaled All-Male	
	5	Beartown Bar Benders	CrossFit Beartown		Scaled All-Male	
	6	DTK Fitness			Scaled All-Male	
	7	Railway	Railway Crossfit		Scaled All-Male	
	8	CrossFit 5410	CrossFit 5410		Scaled All-Male	

Heat	Lane	Heat Start: 5:30	Staging: 5:25	Warm Up: 5:15	Briefing: 5:05	Check In: 5:00
7	1	CrossFit Hogtown	CrossFit Hogtown		Scaled All-Male	
	2	The Kavod Kats	Kavod		Scaled All-Male	
	3	Age Discrepancy	Crossfit Kavod		Scaled All-Male	
	4	WOD did we get into CFP	Proverb fitness		Scaled All-Male	
	5	seven minute flabs	Crossfit Local		Scaled All-Male	
	6	LocoMotives	Railway CrossFit		Scaled All-Male	
	7	Chain-Link	CrossFit Chain-Link		Scaled All-Male	
	8	The B.S. Brothers	CrossFit Wide Open		Scaled All-Male	

Synchro		6:16p - 7:44p				
Heat	Lane	Heat Start: 6:16	Staging: 6:11	Warm Up: 6:01	Briefing: 5:51	Check In: 5:46
1	1	Kavod Poké(y)moms	Crossfit Kavod		Scaled All-Female	
	2	Buns Out, Guns Out	Crossfit 704		Scaled All-Female	
	3	Winston WOD Squad	Top Tier		Scaled All-Female	
	4	LADY MAFIA	CrossFit Hogtown		Scaled All-Female	
	5	Barbelle Divas	Prisma Health YMCA Beast Mode		Scaled All-Female	
	6	Pop Lock And Squat It	Iron Bridge Crossfit		Scaled All-Female	
	7	Applebottom Cleans	CrossFit Pisgah		Scaled All-Female	
	8	WTFers	Crossfit Asheville		Scaled All-Female	
Heat	Lane	Heat Start: 6:29	Staging: 6:24	Warm Up: 6:14	Briefing: 6:04	Check In: 5:59
2	1	WodNTarnation	CrossFit FHF		Scaled All-Female	
	2	Team Vigorous	CrossFit Kavod		Scaled All-Female	
	3	The Young and The Breathless	Crossfit Chainlink		Scaled All-Female	
	4	Mountain Misfits	CrossFit Kavod		Scaled All-Female	
	5	What the Ruck!	CrossFit Chain Link		Scaled All-Female	
	6	The WOD Squad	CrossFit Arcane		Scaled All-Female	
	7	She Unit	CrossFit DHF		Scaled All-Female	
	8	The Team That SHall Not Be Named	South Slope CrossFit		Scaled All-Female	
Heat	Lane	Heat Start: 6:42	Staging: 6:37	Warm Up: 6:27	Briefing: 6:17	Check In: 6:12
3	1	Warm Up Warriors	Crossfit Belmont		Scaled Co-Ed	
	2	Built by Baity	Crossfit DHF		Scaled Co-Ed	
	3	Team FIT	Hard Exercise Works		Scaled Co-Ed	
	4	BAM's Fam			Scaled Co-Ed	
	5	WHAT THE FORK?!	N/A		Scaled Co-Ed	
	6	Big Brother and the Swole Company	Railway Crossfit		Scaled Co-Ed	
	7	Sharpen The Butterknife	Tiger Town Fitness		Scaled Co-Ed	
	8	Camel City JV	Camel City Crossfit		Scaled Co-Ed	
Heat	Lane	Heat Start: 6:55	Staging: 6:50	Warm Up: 6:40	Briefing: 6:30	Check In: 6:25
4	1	D+M^3	Railway CrossFit		Scaled Co-Ed	
	2	OFTA!	Top Tier Crossfit		Scaled Co-Ed	
	3	Semi-conditioned	CrossFit Kavod		Scaled Co-Ed	
	4	Buns & Guns	Crossfit Kavod		Scaled Co-Ed	
	5	Catamount CrossFit HOF	CATAMOUNT ELITE FITNESS		Scaled Co-Ed	
	6	Rhabdo Can't Stop Us	Crossfit Pineville		Scaled Co-Ed	
	7	Waist Management	Crossfit Allegience		Scaled Co-Ed	
	8	Masters and Newbies	Iron Bridge CrossFit		Scaled Co-Ed	
Heat	Lane	Heat Start: 7:08	Staging: 7:03	Warm Up: 6:53	Briefing: 6:43	Check In: 6:38
5	1	Flexual Frustration	South Slope CrossFit		Scaled Co-Ed	
	2	The Young and the Rest of Us	CrossFit MNC		Scaled Co-Ed	
	3	WOD were we thinking!	Railway CrossFit		Scaled Co-Ed	
	4	Box Jumps and Botox	Mountain Top Crossfit		Scaled Co-Ed	
	5	Easier Said than Run	Blue Mountain Fitness and Performance		Scaled Co-Ed	
	6	Motherfitters	Crossfit 2232		Scaled Co-Ed	
	7	Corey's the 4th Wheel and he hates r	Camel City Crossfit/Crossfit Hanes Mill		Scaled Co-Ed	
	8	TEAM BS	RUBY HUNT YMCA		Scaled Co-Ed	
Heat	Lane	Heat Start: 7:21	Staging: 7:16	Warm Up: 7:06	Briefing: 6:56	Check In: 6:51
6	1	FitAid and Banners III	ReUnited CrossFit		Scaled All-Male	
	2	Who's Your Daddy?	Silver Wolf Crossfit		Scaled All-Male	
	3	Los Goon Squad	Asheville		Scaled All-Male	
	4	Aggressive Average	Top Tier Crossfit		Scaled All-Male	
	5	Beartown Bar Benders	CrossFit Beartown		Scaled All-Male	
	6	DTK Fitness			Scaled All-Male	
	7	Railway	Railway Crossfit		Scaled All-Male	
	8	CrossFit 5410	CrossFit 5410		Scaled All-Male	
Heat	Lane	Heat Start: 7:34	Staging: 7:29	Warm Up: 7:19	Briefing: 7:09	Check In: 7:04

7	1	CrossFit Hogtown	CrossFit Hogtown		Scaled All-Male	
	2	The Kavod Kats	Kavod		Scaled All-Male	
	3	Age Discrepancy	Crossfit Kavod		Scaled All-Male	
	4	WOD did we get into CFP	Proverb fitness		Scaled All-Male	
	5	seven minute flabs	Crossfit Local		Scaled All-Male	
	6	LocoMotives	Railway CrossFit		Scaled All-Male	
	7	Chain-Link	CrossFit Chain-Link		Scaled All-Male	
	8	The B.S. Brothers	CrossFit Wide Open		Scaled All-Male	

Arena Ruck		8:30a - 10:21p				
Heat	Lane	Heat Start: 8:30	Staging: 8:25	Warm Up: 8:15	Briefing: 8:05	Check In: 8:00
1	1	Kavod 45+ AchesRus	CrossFit Kavod - Franklin, NC		Masters (45+) Co-Ed	
	2	No Gear Fitness	Not Associated		Masters (45+) All-Male	
	3	Well Aged	Railway CrossFit		Masters (45+) All-Male	
	4	Bros over Hose	Crossfit Belmont		Masters (45+) All-Male	
	5	FLIP THE SCRIPT	Crossfit APC		Masters (45+) All-Male	
	6	Crippled and Crazy	Crossfit North Charleston and Crossfit Spartina		Masters (45+) All-Male	
	7	As Good as We Once Were	Crossfit Allegiance		Masters (45+) All-Male	
	8	Unknown	CrossFit Glorified/Manic/Arcane		Masters (45+) All-Male	
Heat	Lane	Heat Start: 8:49	Staging: 8:44	Warm Up: 8:34	Briefing: 8:24	Check In: 8:19
2	1	Swole Sisters	Charleston SC		Masters (45+) All-Female	
	2	Hängebauch Gals	CrossFit District 5		Masters (45+) All-Female	
	3	Wonder Women	Crossfit Asheville		Masters (45+) All-Female	
	4	Arcane Cougars	CrossFit Arcane		Masters (45+) All-Female	
	5	Bodies By Belmont	CrossFit Belmont		Masters (35+) All-Female	
	6	Queens of Cleans	MH Crossfit & Ultimate Crossfit		Masters (35+) All-Female	
	7	CrossFit Haywood Masters	CrossFit Haywood		Masters (35+) All-Male	
	8	CrossFit Allegiance	CrossFit Allegiance		Masters (35+) Co-Ed	
Heat	Lane	Heat Start: 9:08	Staging: 9:03	Warm Up: 8:53	Briefing: 8:43	Check In: 8:38
3	1	Aggressively Average	CrossFit Haywood		Rx All-Female	
	2	Braids & Beer	Top Tier		Rx All-Female	
	3	Kavod	CrossFit Kavod		Rx All-Female	
	4	CFCC Monstars	Crossfit Crescent Coast		Rx All-Female	
	5	Shoulda Scaled Sisters	CrossFit Albemarle		Rx All-Female	
	6	Summit Crossfit South	Summit Crossfit South		Rx All-Female	
	7	I'm not crying, you are	IBCF		Rx All-Female	
	8	OPEN				
Heat	Lane	Heat Start: 9:27	Staging: 9:22	Warm Up: 9:12	Briefing: 9:02	Check In: 8:57
4	1	Team of 5	Crossfit Stacked		Rx All-Female	
	2	SoSlo Synchro	South Slope Crossfit		Rx All-Female	
	3	Keep Moving	Railway Crossfit		Rx All-Male	
	4	CrossFit for Christ	CrossFit DHF		Rx All-Male	
	5	Kavod Kripples	Kavod		Rx All-Male	
	6	Bulls and Calves	Top Tier		Rx All-Male	
	7	CrossFit Albemarle	CrossFit Albemarle		Rx All-Male	
	8	Pound Town	Thunder Valley Crossfit		Rx All-Male	
Heat	Lane	Heat Start: 9:46	Staging: 9:41	Warm Up: 9:31	Briefing: 9:21	Check In: 9:16
5	1	OPEN				
	2	The Gingerbread Men	Sweet Mother Ocean		Rx All-Male	
	3	True Grit Iron Bridge	Iron Bridge CrossFit, Charleston, SC		Rx All-Male	
	4	Patrick, Michael, Brett & Lawrence	Multiple		Rx All-Male	
	5	Carolina bro's	CrossFit Crescent Coast		Rx All-Male	
	6	Super Stache Brothers	Crossfit Ridzo		Rx All-Male	
	7	Arms and Hammered	BMFP		Rx All-Male	
	8	Pink Sasquatch	CrossFit East 10		Rx All-Male	
Heat	Lane	Heat Start: 10:05	Staging: 10:00	Warm Up: 9:50	Briefing: 9:40	Check In: 9:35
6	1	K-C and the Yee-haws	Crossfit Oak Ridge		Rx Co-Ed	
	2	Team CrossFit Pineville	CrossFit Pineville		Rx Co-Ed	
	3	CrossFit Beartown	CrossFit Beartown		Rx Co-Ed	
	4	Old Greg and MeToo	Top Tier Crossfit		Rx Co-Ed	
	5	Founded in a bar last night	CrossFit Sua Sponte/District 5/ Summit		Rx Co-Ed	
	6	Mountain Top Manics	Mountain Top		Rx Co-Ed	
	7	Milk Maids & Diaper Dads	CrossFit Deep Well/CrossFit Belmont		Rx Co-Ed	
	8	TRIBE			Rx Co-Ed	

Burpee Deads		10:51p - 11:59p				
Heat	Lane	Heat Start: 10:51	Staging: 10:46	Warm Up: 10:36	Briefing: 10:26	Check In: 10:21
1	1	Kavod 45+ AchesRus	CrossFit Kavod - Franklin, NC		Masters (45+) Co-Ed	
	2	No Gear Fitness	Not Associated		Masters (45+) All-Male	
	3	Well Aged	Railway CrossFit		Masters (45+) All-Male	
	4	Bros over Hose	Crossfit Belmont		Masters (45+) All-Male	
	5	FLIP THE SCRIPT	Crossfit APC		Masters (45+) All-Male	
	6	Crippled and Crazy	Crossfit North Charleston and Crossfit Spartina		Masters (45+) All-Male	
	7	As Good as We Once Were	Crossfit Allegiance		Masters (45+) All-Male	
	8	Unknown	CrossFit Glorified/Manic/Arcane		Masters (45+) All-Male	
Heat	Lane	Heat Start: 11:03	Staging: 10:58	Warm Up: 10:48	Briefing: 10:38	Check In: 10:33
2	1	Swole Sisters	Charleston SC		Masters (45+) All-Female	
	2	Hängebauch Gals	CrossFit District 5		Masters (45+) All-Female	
	3	Wonder Women	Crossfit Asheville		Masters (45+) All-Female	
	4	Arcane Cougars	CrossFit Arcane		Masters (45+) All-Female	
	5	Bodies By Belmont	CrossFit Belmont		Masters (35+) All-Female	
	6	Queens of Cleans	MH Crossfit & Ultimate Crossfit		Masters (35+) All-Female	
	7	CrossFit Haywood Masters	CrossFit Haywood		Masters (35+) All-Male	
	8	CrossFit Allegiance	CrossFit Allegiance		Masters (35+) Co-Ed	
Heat	Lane	Heat Start: 11:15	Staging: 11:10	Warm Up: 11:00	Briefing: 10:50	Check In: 10:45
3	1	Aggressively Average	CrossFit Haywood		Rx All-Female	
	2	Braids & Beer	Top Tier		Rx All-Female	
	3	Kavod	CrossFit Kavod		Rx All-Female	
	4	CFCC Monstars	Crossfit Crescent Coast		Rx All-Female	
	5	Shoulda Scaled Sisters	CrossFit Albemarle		Rx All-Female	
	6	Summit Crossfit South	Summit Crossfit South		Rx All-Female	
	7	I'm not crying, you are	IBCF		Rx All-Female	
	8	OPEN				
Heat	Lane	Heat Start: 11:27	Staging: 11:22	Warm Up: 11:12	Briefing: 11:02	Check In: 10:57
4	1	Team of 5	Crossfit Stacked		Rx All-Female	
	2	SoSlo Synchro	South Slope Crossfit		Rx All-Female	
	3	Keep Moving	Railway Crossfit		Rx All-Male	
	4	CrossFit for Christ	CrossFit DHF		Rx All-Male	
	5	Kavod Kripples	Kavod		Rx All-Male	
	6	Bulls and Calves	Top Tier		Rx All-Male	
	7	CrossFit Albemarle	CrossFit Albemarle		Rx All-Male	
	8	Pound Town	Thunder Valley Crossfit		Rx All-Male	
Heat	Lane	Heat Start: 11:39	Staging: 11:34	Warm Up: 11:24	Briefing: 11:14	Check In: 11:09
5	1	OPEN				
	2	The Gingerbread Men	Sweet Mother Ocean		Rx All-Male	
	3	True Grit Iron Bridge	Iron Bridge CrossFit, Charleston, SC		Rx All-Male	
	4	Patrick, Michael, Brett & Lawrence	Multiple		Rx All-Male	
	5	Carolina bro's	CrossFit Crescent Coast		Rx All-Male	
	6	Super Stache Brothers	Crossfit Ridzo		Rx All-Male	
	7	Arms and Hammered	BMFP		Rx All-Male	
	8	Pink Sasquatch	CrossFit East 10		Rx All-Male	
Heat	Lane	Heat Start: 11:51	Staging: 11:46	Warm Up: 11:36	Briefing: 11:26	Check In: 11:21
6	1	K-C and the Yee-haws	Crossfit Oak Ridge		Rx Co-Ed	
	2	Team CrossFit Pineville	CrossFit Pineville		Rx Co-Ed	
	3	CrossFit Beartown	CrossFit Beartown		Rx Co-Ed	
	4	Old Greg and MeToo	Top Tier Crossfit		Rx Co-Ed	
	5	Founded in a bar last night	CrossFit Sua Sponte/District 5/ Summit		Rx Co-Ed	
	6	Mountain Top Manics	Mountain Top		Rx Co-Ed	
	7	Milk Maids & Diaper Dads	CrossFit Deep Well/CrossFit Belmont		Rx Co-Ed	
	8	TRIBE			Rx Co-Ed	

Double Couplet		12:30p - 2:26p				
Heat	Lane	Heat Start: 12:30	Staging: 12:25	Warm Up: 12:15	Briefing: 12:05	Check In: 12:00
1	1	Kavod 45+ AchesRus	CrossFit Kavod - Franklin, NC		Masters (45+) Co-Ed	
	2	No Gear Fitness	Not Associated		Masters (45+) All-Male	
	3	Well Aged	Railway CrossFit		Masters (45+) All-Male	
	4	Bros over Hose	Crossfit Belmont		Masters (45+) All-Male	
	5	FLIP THE SCRIPT	Crossfit APC		Masters (45+) All-Male	
	6	Crippled and Crazy	Crossfit North Charleston and Crossfit Spa		Masters (45+) All-Male	
	7	As Good as We Once Were	Crossfit Allegiance		Masters (45+) All-Male	
	8	Unknown	CrossFit Glorified/Manic/Arcane		Masters (45+) All-Male	
Heat	Lane	Heat Start: 12:50	Staging: 12:45	Warm Up: 12:35	Briefing: 12:25	Check In: 12:20
2	1	Swole Sisters	Charleston SC		Masters (45+) All-Female	
	2	Hängebauch Gals	CrossFit District 5		Masters (45+) All-Female	
	3	Wonder Women	Crossfit Asheville		Masters (45+) All-Female	
	4	Arcane Cougars	CrossFit Arcane		Masters (45+) All-Female	
	5	Bodies By Belmont	CrossFit Belmont		Masters (35+) All-Female	
	6	Queens of Cleans	MH Crossfit & Ultimate Crossfit		Masters (35+) All-Female	
	7	CrossFit Haywood Masters	CrossFit Haywood		Masters (35+) All-Male	
	8	CrossFit Allegiance	CrossFit Allegiance		Masters (35+) Co-Ed	
Heat	Lane	Heat Start: 1:10	Staging: 1:05	Warm Up: 12:55	Briefing: 12:45	Check In: 12:40
3	1	Aggressively Average	CrossFit Haywood		Rx All-Female	
	2	Braids & Beer	Top Tier		Rx All-Female	
	3	Kavod	CrossFit Kavod		Rx All-Female	
	4	CFCC Monstars	Crossfit Crescent Coast		Rx All-Female	
	5	Shoulda Scaled Sisters	CrossFit Albemarle		Rx All-Female	
	6	Summit Crossfit South	Summit Crossfit South		Rx All-Female	
	7	I'm not crying, you are	IBCF		Rx All-Female	
	8	OPEN				
Heat	Lane	Heat Start: 1:30	Staging: 1:25	Warm Up: 1:15	Briefing: 1:05	Check In: 1:00
4	1	Team of 5	Crossfit Stacked		Rx All-Female	
	2	SoSlo Synchro	South Slope Crossfit		Rx All-Female	
	3	Keep Moving	Railway Crossfit		Rx All-Male	
	4	CrossFit for Christ	CrossFit DHF		Rx All-Male	
	5	Kavod Kripples	Kavod		Rx All-Male	
	6	Bulls and Calves	Top Tier		Rx All-Male	
	7	CrossFit Albemarle	CrossFit Albemarle		Rx All-Male	
	8	Pound Town	Thunder Valley Crossfit		Rx All-Male	
Heat	Lane	Heat Start: 1:50	Staging: 1:45	Warm Up: 1:35	Briefing: 1:25	Check In: 1:20
5	1	OPEN				
	2	The Gingerbread Men	Sweet Mother Ocean		Rx All-Male	
	3	True Grit Iron Bridge	Iron Bridge CrossFit, Charleston, SC		Rx All-Male	
	4	Patrick, Michael, Brett & Lawrence	Multiple		Rx All-Male	
	5	Carolina bro's	CrossFit Crescent Coast		Rx All-Male	
	6	Super Stache Brothers	Crossfit Ridzo		Rx All-Male	
	7	Arms and Hammered	BMFP		Rx All-Male	
	8	Pink Sasquatch	CrossFit East 10		Rx All-Male	
Heat	Lane	Heat Start: 2:10	Staging: 2:05	Warm Up: 1:55	Briefing: 1:45	Check In: 1:40
6	1	K-C and the Yee-haws	Crossfit Oak Ridge		Rx Co-Ed	
	2	Team CrossFit Pineville	CrossFit Pineville		Rx Co-Ed	
	3	CrossFit Beartown	CrossFit Beartown		Rx Co-Ed	
	4	Old Greg and MeToo	Top Tier Crossfit		Rx Co-Ed	
	5	Founded in a bar last night	CrossFit Sua Sponte/District 5/ Summit		Rx Co-Ed	
	6	Mountain Top Manics	Mountain Top		Rx Co-Ed	
	7	Milk Maids & Diaper Dads	CrossFit Deep Well/CrossFit Belmont		Rx Co-Ed	
	8	TRIBE			Rx Co-Ed	

Synchro		2:56p - 4:11p				
Heat	Lane	Heat Start: 2:56	Staging: 2:51	Warm Up: 2:41	Briefing: 2:31	Check In: 2:26
1	1	Kavod 45+ AchesRus	CrossFit Kavod - Franklin, NC		Masters (45+) Co-Ed	
	2	No Gear Fitness	Not Associated		Masters (45+) All-Male	
	3	Well Aged	Railway CrossFit		Masters (45+) All-Male	
	4	Bros over Hose	Crossfit Belmont		Masters (45+) All-Male	
	5	FLIP THE SCRIPT	Crossfit APC		Masters (45+) All-Male	
	6	Crippled and Crazy	Crossfit North Charleston and Crossfit Sparti		Masters (45+) All-Male	
	7	As Good as We Once Were	Crossfit Allegiance		Masters (45+) All-Male	
	8	Unknown	CrossFit Glorified/Manic/Arcane		Masters (45+) All-Male	
Heat	Lane	Heat Start: 3:09	Staging: 3:04	Warm Up: 2:54	Briefing: 2:44	Check In: 2:39
2	1	Swole Sisters	Charleston SC		Masters (45+) All-Female	
	2	Hängebauch Gals	CrossFit District 5		Masters (45+) All-Female	
	3	Wonder Women	Crossfit Asheville		Masters (45+) All-Female	
	4	Arcane Cougars	CrossFit Arcane		Masters (45+) All-Female	
	5	Bodies By Belmont	CrossFit Belmont		Masters (35+) All-Female	
	6	Queens of Cleans	MH Crossfit & Ultimate Crossfit		Masters (35+) All-Female	
	7	CrossFit Haywood Masters	CrossFit Haywood		Masters (35+) All-Male	
	8	CrossFit Allegiance	CrossFit Allegiance		Masters (35+) Co-Ed All-Male, -Female wt	
Heat	Lane	Heat Start: 3:22	Staging: 3:17	Warm Up: 3:07	Briefing: 2:57	Check In: 2:52
3	1	Aggressively Average	CrossFit Haywood		Rx All-Female	
	2	Braids & Beer	Top Tier		Rx All-Female	
	3	Kavod	CrossFit Kavod		Rx All-Female	
	4	CFCC Monstars	Crossfit Crescent Coast		Rx All-Female	
	5	Shoulda Scaled Sisters	CrossFit Albemarle		Rx All-Female	
	6	Summit Crossfit South	Summit Crossfit South		Rx All-Female	
	7	I'm not crying, you are	IBCF		Rx All-Female	
	8	OPEN				
Heat	Lane	Heat Start: 3:35	Staging: 3:30	Warm Up: 3:20	Briefing: 3:10	Check In: 3:05
4	1	Team of 5	Crossfit Stacked		Rx All-Female	
	2	SoSlo Synchro	South Slope Crossfit		Rx All-Female	
	3	Keep Moving	Railway Crossfit		Rx All-Male	
	4	CrossFit for Christ	CrossFit DHF		Rx All-Male	
	5	Kavod Kripples	Kavod		Rx All-Male	
	6	Bulls and Calves	Top Tier		Rx All-Male	
	7	CrossFit Albemarle	CrossFit Albemarle		Rx All-Male	
	8	Pound Town	Thunder Valley Crossfit		Rx All-Male	
Heat	Lane	Heat Start: 3:48	Staging: 3:43	Warm Up: 3:33	Briefing: 3:23	Check In: 3:18
5	1	OPEN				
	2	The Gingerbread Men	Sweet Mother Ocean		Rx All-Male	
	3	True Grit Iron Bridge	Iron Bridge CrossFit, Charleston, SC		Rx All-Male	
	4	Patrick, Michael, Brett & Lawrence	Multiple		Rx All-Male	
	5	Carolina bro's	CrossFit Crescent Coast		Rx All-Male	
	6	Super Stache Brothers	Crossfit Ridzo		Rx All-Male	
	7	Arms and Hammered	BMFP		Rx All-Male	
	8	Pink Sasquatch	CrossFit East 10		Rx All-Male	
Heat	Lane	Heat Start: 4:01	Staging: 3:56	Warm Up: 3:46	Briefing: 3:36	Check In: 3:31
6	1	K-C and the Yee-haws	Crossfit Oak Ridge		Rx Co-Ed	
	2	Team CrossFit Pineville	CrossFit Pineville		Rx Co-Ed	
	3	CrossFit Beartown	CrossFit Beartown		Rx Co-Ed	
	4	Old Greg and MeToo	Top Tier Crossfit		Rx Co-Ed	
	5	Founded in a bar last night	CrossFit Sua Sponte/District 5/ Summit		Rx Co-Ed	
	6	Mountain Top Manics	Mountain Top		Rx Co-Ed	
	7	Milk Maids & Diaper Dads	CrossFit Deep Well/CrossFit Belmont		Rx Co-Ed	
	8	TRIBE			Rx Co-Ed	