

Cluster		9:00am - 9:57am				
Heat	Lane	Heat Start: 9:00	Staging: 8:55	Warm Up: 8:45	Briefing: 8:35	Check In: 8:30
1	1	Big Kip Energy	Scaled All-Female	Old Hickory Crossfit		
	2	Less talk, more squat	Scaled All-Female	Old Hickory Crossfit		
	3	Seester Seester	Scaled All-Female	CrossFit R837		
	4	We'd Rather Jerk It	Scaled All-Female	Darkside Athletics		
	5	2 Legit	Scaled Co-Ed	CFR837		
Heat	Lane	Heat Start: 9:15	Staging: 9:10	Warm Up: 9:00	Briefing: 8:50	Check In: 8:45
2	1	#NerdHerd	Scaled Co-Ed	Maximus and VetCity		
	2	5 foot fit	Scaled Co-Ed	cf r837		
	3	Burpees & Beers	Scaled Co-Ed	CROSSFIT R837		
	4	Nothing But Nets	Scaled Co-Ed	Crossfit R837		
	5	Trouble Unders	Scaled Co-Ed	Crossfit Hardcharger		
Heat	Lane	Heat Start: 9:30	Staging: 9:25	Warm Up: 9:15	Briefing: 9:05	Check In: 9:00
3	1	E.B.N.B.	Rx All-Female	Vette City CrossFit		
	2	Salt n' Pepper	Rx All-Female	Vette City Crossfit		
	3	Woke Up In Beast Mode	Rx All-Female	Crossfit Maximus		
	4	Bad and Booty	Rx All-Female	CFR		
	5	OPEN				

Heat	Lane	Heat Start: 9:45	Staging: 9:40	Warm Up: 9:30	Briefing: 9:20	Check In: 9:15
4	1	1440	Rx All-Male	Fitness 1440		
	2	Hustle and Muscle	Rx All-Male	CF Mountain Movers and Muddy Water CF		
	3	Moose Knuckles	Rx All-Male	CrossFit Vox		
	4	Old Dawgs	Scaled All-Male	R837		
	5	Wallballs to the Wall	Scaled All-Male	CrossFit R837		

Baller		10:15am - 11:16am				
Heat	Lane	Heat Start: 10:15	Staging: 10:10	Warm Up: 10:00	Briefing: 9:50	Check In: 9:45
1	1	Big Kip Energy	Scaled All-Female	Old Hickory Crossfit		
	2	Less talk, more squat	Scaled All-Female	Old Hickory Crossfit		
	3	Seester Seester	Scaled All-Female	CrossFit R837		
	4	We'd Rather Jerk It	Scaled All-Female	Darkside Athletics		
	5	2 Legit	Scaled Co-Ed	CFR837		
Heat	Lane	Heat Start: 10:31	Staging: 10:26	Warm Up: 10:16	Briefing: 10:06	Check In: 10:01
2	1	#NerdHerd	Scaled Co-Ed	Maximus and VetCity		
	2	5 foot fit	Scaled Co-Ed	cf r837		
	3	Burpees & Beers	Scaled Co-Ed	CROSSFIT R837		
	4	Nothing But Nets	Scaled Co-Ed	Crossfit R837		
	5	Trouble Unders	Scaled Co-Ed	Crossfit Hardcharger		
Heat	Lane	Heat Start: 10:47	Staging: 10:42	Warm Up: 10:32	Briefing: 10:22	Check In: 10:17
3	1	E.B.N.B.	Rx All-Female	Vette City CrossFit		
	2	Salt n' Pepper	Rx All-Female	Vette City Crossfit		
	3	Woke Up In Beast Mode	Rx All-Female	Crossfit Maximus		
	4	Bad and Booty	Rx All-Female	CFR		
	5	OPEN				

Heat	Lane	Heat Start: 11:03	Staging: 10:58	Warm Up: 10:48	Briefing: 10:38	Check In: 10:33
4	1	1440	Rx All-Male	Fitness 1440		
	2	Hustle and Muscle	Rx All-Male	CF Mountain Movers and Muddy Water CF		
	3	Moose Knuckles	Rx All-Male	CrossFit Vox		
	4	Old Dawgs	Scaled All-Male	R837		
	5	Wallballs to the Wall	Scaled All-Male	CrossFit R837		

Wheelbarrow		11:35am - 12:04pm			
Lane	Time	Team Name	Division	Home Affiliate	
1	11:35	Big Kip Energy	Scaled All-Female	Old Hickory Crossfit	
2	11:35	Less talk, more squat	Scaled All-Female	Old Hickory Crossfit	
1	11:38	Seester Seester	Scaled All-Female	CrossFit R837	
2	11:38	We'd Rather Jerk It	Scaled All-Female	Darkside Athletics	
1	11:41	2 Legit	Scaled Co-Ed	CFR837	
2	11:41	#NerdHerd	Scaled Co-Ed	Maximus and VetCity	
1	11:44	5 foot fit	Scaled Co-Ed	cf r837	
2	11:44	Burpees & Beers	Scaled Co-Ed	CROSSFIT R837	
1	11:47	Nothing But Nets	Scaled Co-Ed	Crossfit R837	
2	11:47	Trouble Unders	Scaled Co-Ed	Crossfit Hardcharger	
1	11:50	E.B.N.B.	Rx All-Female	Vette City CrossFit	
2	11:50	Salt n' Pepper	Rx All-Female	Vette City Crossfit	
1	11:53	Woke Up In Beast Mode	Rx All-Female	Crossfit Maximus	
2	11:53	Bad and Booty	Rx All-Female	CFR	
1	11:56	OPEN			
2	11:56	1440	Rx All-Male	Fitness 1440	
1	11:59	Hustle and Muscle	Rx All-Male	CF Mountain Movers, Muddy Water CF	
2	11:59	Moose Knuckles	Rx All-Male	CrossFit Vox	
1	12:02	Old Dawgs	Scaled All-Male	CFR837	
2	12:02	Wallballs to the Wall	Scaled All-Male	CFR837	

Unbroken		12:35pm - 1:23pm				
Heat	Lane	Heat Start: 12:35	Staging: 12:30	Warm Up: 12:20	Briefing: 12:10	Check In: 12:05
1	1	Big Kip Energy	Scaled All-Female	Old Hickory Crossfit		
	2	Less talk, more squat	Scaled All-Female	Old Hickory Crossfit		
	3	Seester Seester	Scaled All-Female	CrossFit R837		
	4	We'd Rather Jerk It	Scaled All-Female	Darkside Athletics		
	5	2 Legit	Scaled Co-Ed	CFR837		
Heat	Lane	Heat Start: 12:48	Staging: 12:43	Warm Up: 12:33	Briefing: 12:23	Check In: 12:18
2	1	#NerdHerd	Scaled Co-Ed	Maximus and VetCity		
	2	5 foot fit	Scaled Co-Ed	cf r837		
	3	Burpees & Beers	Scaled Co-Ed	CROSSFIT R837		
	4	Nothing But Nets	Scaled Co-Ed	Crossfit R837		
	5	Trouble Unders	Scaled Co-Ed	Crossfit Hardcharger		
Heat	Lane	Heat Start: 1:01	Staging: 12:56	Warm Up: 12:46	Briefing: 12:36	Check In: 12:31
3	1	E.B.N.B.	Rx All-Female	Vette City CrossFit		
	2	Salt n' Pepper	Rx All-Female	Vette City Crossfit		
	3	Woke Up In Beast Mode	Rx All-Female	Crossfit Maximus		
	4	Bad and Booty	Rx All-Female	CFR		
	5	OPEN				

Heat	Lane	Heat Start: 1:14	Staging: 1:09	Warm Up: 12:59	Briefing: 12:49	Check In: 12:44
4	1	1440	Rx All-Male	Fitness 1440		
	2	Hustle and Muscle	Rx All-Male	CF Mountain Movers and Muddy Water CF		
	3	Moose Knuckles	Rx All-Male	CrossFit Vox		
	4	Old Dawgs	Scaled All-Male	R837		
	5	Wallballs to the Wall	Scaled All-Male	CrossFit R837		

Double		1:50pm - 3:03pm				
Banger						
Heat	Lane	Heat Start: 1:50	Staging: 1:45	Warm Up: 1:35	Briefing: 1:25	Check In: 1:20
1	1	Big Kip Energy	Scaled All-Female	Old Hickory Crossfit		
	2	Less talk, more squat	Scaled All-Female	Old Hickory Crossfit		
	3	Seester Seester	Scaled All-Female	CrossFit R837		
	4	We'd Rather Jerk It	Scaled All-Female	Darkside Athletics		
	5	2 Legit	Scaled Co-Ed	CFR837		
Heat	Lane	Heat Start: 2:09	Staging: 2:04	Warm Up: 1:54	Briefing: 1:44	Check In: 1:39
2	1	#NerdHerd	Scaled Co-Ed	Maximus and VetCity		
	2	5 foot fit	Scaled Co-Ed	cf r837		
	3	Burpees & Beers	Scaled Co-Ed	CROSSFIT R837		
	4	Nothing But Nets	Scaled Co-Ed	Crossfit R837		
	5	Trouble Unders	Scaled Co-Ed	Crossfit Hardcharger		
Heat	Lane	Heat Start: 2:28	Staging: 2:23	Warm Up: 2:13	Briefing: 2:03	Check In: 1:58
3	1	E.B.N.B.	Rx All-Female	Vette City CrossFit		
	2	Salt n' Pepper	Rx All-Female	Vette City Crossfit		
	3	Woke Up In Beast Mode	Rx All-Female	Crossfit Maximus		
	4	Bad and Booty	Rx All-Female	CFR		
	5	OPEN				

Heat	Lane	Heat Start: 2:47	Staging: 2:42	Warm Up: 2:32	Briefing: 2:22	Check In: 2:17
4	1	1440	Rx All-Male	Fitness 1440		
	2	Hustle and Muscle	Rx All-Male	CF MM and MW CF		
	3	Moose Knuckles	Rx All-Male	CrossFit Vox		
	4	Old Dawgs	Scaled All-Male	R837		
	5	Wallballs to the Wall	Scaled All-Male	CrossFit R837		

Table 1

Team Name	Division	Cluster	Baller	Wheelbarrow	Unbroken	Double Banger
Big Kip Energy	Scaled All-Female	9:00	10:15	11:35	12:35	1:50
Less talk, more squat	Scaled All-Female	9:00	10:15	11:35	12:35	1:50
Seester Seester	Scaled All-Female	9:00	10:15	11:38	12:35	1:50
We'd Rather Jerk It	Scaled All-Female	9:00	10:15	11:38	12:35	1:50
2 Legit	Scaled Co-Ed	9:00	10:15	11:41	12:35	1:50
#NerdHerd	Scaled Co-Ed	9:15	10:31	11:41	12:48	2:09
5 foot fit	Scaled Co-Ed	9:15	10:31	11:44	12:48	2:09
Burpees & Beers	Scaled Co-Ed	9:15	10:31	11:44	12:48	2:09
Nothing But Nets	Scaled Co-Ed	9:15	10:31	11:47	12:48	2:09
Trouble Unders	Scaled Co-Ed	9:15	10:31	11:47	12:48	2:09
E.B.N.B.	Rx All-Female	9:30	10:47	11:50	1:01	2:28
Salt n' Pepper	Rx All-Female	9:30	10:47	11:50	1:01	2:28
Woke Up In Beast Mode	Rx All-Female	9:30	10:47	11:53	1:01	2:28
Bad and Booty	Rx All-Female	9:30	10:47	11:53	1:01	2:28
OPEN		9:30	10:47	11:56	1:01	2:28
1440	Rx All-Male	9:45	11:03	11:56	1:14	2:47
Hustle and Muscle	Rx All-Male	9:45	11:03	11:59	1:14	2:47
Moose Knuckles	Rx All-Male	9:45	11:03	11:59	1:14	2:47
Old Dawgs	Scaled All-Male	9:45	11:03	12:02	1:14	2:47
Wallballs to the Wall	Scaled All-Male	9:45	11:03	12:02	1:14	2:47