

Battle at the Falls WOD 1 & 2

HEAT	Male Masters
TIME	9:00 AM & 9:27 AM
	Team Name
	The Row Gain Warriors
	Run Like the Winded
	Mind Me & the Wod Couple
	Nap AMRAP

HEAT	Male Scale	HEAT
TIME	9:15 AM & 9:42 AM	TIME
	Team Name	
	We're Here for the Free Shirt	
	Team Hustle Puff	
	DHF- Tri- Fecta	

HEAT	Female Heat 1
TIME	10:15 AM & 10:42 AM
	Team Name
	PR & Ponytail
	Aggressively Average
	Chalk Dirty to Me
	DHF Moms

HEAT	Female Heat 2
TIME	10:30 AM & 10:57 AM
	Team Name
	Snatch in a Box
	Victorious Secret
	Hot Pistols
	828 Heros

Battle at the Falls WOD 3

HEAT	Male Masters & Scales
TIME	11:45 AM
HEAT	Male RX
TIME	12:15 PM
HEAT	Female #1
TIME	12:45 PM

HEAT	Female #2					
TIME	1:15 PM					

Male RX

9:45 AM & 10:12 AM

Team Name

2 & 1/2 Men

Small, Medium, Large

White Rice

Stacked Nation
