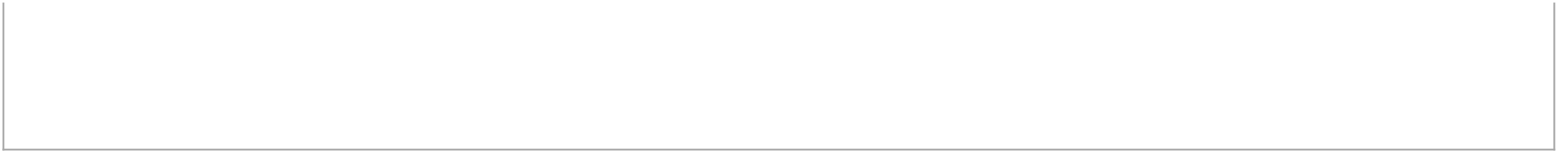


		Location: Fitness Center Pool	Briefer: Jama	Head Judge:	Equipment Boss:	BD
		Scoring: 100 points	All Female Brief: 8:45			
			All Male Brief: 9:30			
					Smoothie Bar	
Heat	Lane	Heat Start: 9:00	Staging: 8:55	Warm Up:	Briefing: 8:45	Check In: 8:30
1	1	Belly Up	Scaled Female	Better get there early!		
	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	Briefer: Jama	Head Judge:	Equipment Boss:	BD
		Scoring:	All Female Brief: 10:45			
		Strength- 50 pts. AMRAP - 50 pts.				
					Film Room	
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	Briefer: Jama	Head Judge:	Equipment Boss:	BD
		Scoring: 100 points	All Athlete Brief: 12:30			
			Grab your lunch and come on down.			
					Football Field	
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	Briefer: Jama	Head Judge:	Equipment Boss:	BD
		Scoring: 100 points	1st Heat Brief: 1:25			
		Bike - 50pts / AMRAP - 50pts	Heat 2 - 4: 1:45			
					Film Room	
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		



Team	Division	For Time	For Strength	For Speed	For Capacity
Belly Up	Scaled Female				
The Benchwarmers	Scaled Female				
Blueprint Bafoons	Rx Female				
Strong, Fast, and Gymnasty	Rx Female				
Rock Bottoms	Rx Female				
Flex Appeal	Rx Female				
SCCF Aloha	Rx Female				
The Team who must not be Named	Rx Female				
Powered by Coffee	Rx Female				
Frenemies	Rx Female				
828 Hereos	Rx Female				
Rowing Pains	Scaled Male				
Catamount Not So Elite	Scaled Male				
Stacked	Rx Male				
Land Lifeguards	Rx Male				
Lederhosen and Lululemon	Rx Male				
Built by Laney	Rx Male				
3 Men and a Barbell	Rx Male				
#Aeszn	Rx Male				
Whiskey Woodshop Ammo	Rx Male				
Walking Deadlifters	Rx Male				
Backwoods Boys	Rx Male				
JGS	Rx Male				
Misfit Takeover	Rx Male				
Forged Fit	Rx Male				
BDE	Rx Male				
The Strong, the Fast, and Robert	Rx Male				

