

WOD 1

Burpees

Cleans & BJS

T2B & Press:

Start	End	Athlete 1	Athlete 2	Athlete 1	Athlete 2	Athlete 1	Athlete 2	
9:00:00 AM	9:03:00 AM	Candice Kerkermeier	Yvan Fontaine					
9:03:00 AM	9:03:30 AM	REST	REST	REST	REST	REST	REST	
9:03:30 AM	9:06:30 AM	Kara Goold	Philippe Chateauneuf	Candice Kerkermeier	Yvan Fontaine			
9:06:30 AM	9:07:00 AM	REST	REST	REST	REST	REST	REST	
9:07:00 AM	9:10:00 AM	Kerri Arsenault	Will Hazell	Kara Goold	Philippe Chateauneuf	Candice Kerkermeier	Yvan Fontaine	
9:10:00 AM	9:10:30 AM	REST	REST	REST	REST	REST	REST	
9:10:30 AM	9:13:30 AM	Natalie Gerbrandt	Jay (Jason) Picklyk	Kerri Arsenault	Will Hazell	Kara Goold	Philippe Chateauneuf	
9:13:30 AM	9:14:00 AM	REST	REST	REST	REST	REST	REST	
9:14:00 AM	9:17:00 AM	Victoria Taylor	James Longstreet	Natalie Gerbrandt	Jay (Jason) Picklyk	Kerri Arsenault	Will Hazell	
9:17:00 AM	9:17:30 AM	REST	REST	REST	REST	REST	REST	
9:17:30 AM	9:20:30 AM	Genevieve DeGagne	Marc Martin	Victoria Taylor	James Longstreet	Natalie Gerbrandt	Jay (Jason) Picklyk	
9:20:30 AM	9:21:00 AM	REST	REST / switch to novice	REST	REST	REST	REST	
9:21:00 AM	9:24:00 AM	Nicole Stewart	Kristin Locke	Genevieve DeGagne	Marc Martin	Victoria Taylor	James Longstreet	
9:24:00 AM	9:24:30 AM	REST	REST	REST	REST / switch to novice	REST	REST	
9:24:30 AM	9:27:30 AM			Nicole Stewart	Kristin Locke	Genevieve DeGagne	Marc Martin	
9:27:30 AM	9:28:00 AM	REST	REST	REST	REST	REST	REST / switch to novice	
9:28:00 AM	9:31:00 AM					Nicole Stewart	Kristin Locke	
9:31:00 AM	9:31:30 AM	REST	REST	REST	REST	REST	REST	
9:31:30 AM	9:34:30 AM							
9:34:30 AM	9:39:30 AM	SET UP FOR INTERMEDIATE WOMEN & ADVANCED MEN						
9:39:30 AM	9:42:30 AM	Angela Magri	Scott Fowell					
9:42:30 AM	9:43:00 AM	REST	REST	REST	REST	REST	REST	
9:43:00 AM	9:46:00 AM	Kim Fleischhaker	Rich Thomas	Angela Magri	Scott Fowell			
9:46:00 AM	9:46:30 AM	REST	REST	REST	REST	REST	REST	
9:46:30 AM	9:49:30 AM	Hillary Widdifield	Colin Darling	Kim Fleischhaker	Rich Thomas	Angela Magri	Scott Fowell	
9:49:30 AM	9:50:00 AM	REST	REST	REST	REST	REST	REST	
9:50:00 AM	9:53:00 AM	Raquel Chartrand-Moyer	Lukas Worden	Hillary Widdifield	Colin Darling	Kim Fleischhaker	Rich Thomas	
9:53:00 AM	9:53:30 AM	REST	REST	REST	REST	REST	REST	
9:53:30 AM	9:56:30 AM	Natalie Power	Harvey Woo	Raquel Chartrand-Moyer	Lukas Worden	Hillary Widdifield	Colin Darling	
9:56:30 AM	9:57:00 AM	REST	REST	REST	REST	REST	REST	
9:57:00 AM	10:00:00 AM	Nicole Osieki	Christian Stroet	Natalie Power	Harvey Woo	Raquel Chartrand-Moyer	Lukas Worden	
10:00:00 AM	10:00:30 AM	REST	REST	REST	REST	REST	REST	
10:00:30 AM	10:03:30 AM	Danielle Arpin	Conrad Schellenberg	Nicole Osieki	Christian Stroet	Natalie Power	Harvey Woo	
10:03:30 AM	10:04:00 AM	REST	REST	REST	REST	REST	REST	
10:04:00 AM	10:07:00 AM	Michelle McDonald	Derek Wickham	Danielle Arpin	Conrad Schellenberg	Nicole Osieki	Christian Stroet	
10:07:00 AM	10:07:30 AM	REST	REST	REST	REST	REST	REST	
10:07:30 AM	10:10:30 AM	Stefanie Rempel	Marcin Drozd	Michelle McDonald	Derek Wickham	Danielle Arpin	Conrad Schellenberg	
10:10:30 AM	10:11:00 AM			REST	REST	REST	REST	
10:11:00 AM	10:14:00 AM			Stefanie Rempel	Marcin Drozd	Michelle McDonald	Derek Wickham	
10:14:00 AM	10:14:30 AM			REST	REST	REST	REST	
10:14:30 AM	10:17:30 AM					Stefanie Rempel	Marcin Drozd	
10:17:30 AM	10:22:30 AM	SET UP FOR ADVANCED WOMEN & ADVANCED MEN						
10:22:30 AM	10:25:30 AM	Jodi Podolas	Harley Grant Dilling					
10:25:30 AM	10:26:00 AM	REST	REST	REST	REST	REST	REST	
10:26:00 AM	10:29:00 AM	Leya Moore	Brad Sarna	Jodi Podolas	Harley Grant Dilling			
10:29:00 AM	10:29:30 AM	REST	REST	REST	REST	REST	REST	
10:29:30 AM	10:32:30 AM	Crystal Kirby-Peloquin	Blake Fallis	Leya Moore	Brad Sarna	Jodi Podolas	Harley Grant Dilling	
10:32:30 AM	10:33:00 AM	REST	REST	REST	REST	REST	REST	
10:33:00 AM	10:36:00 AM	Kristin Farkas	Tyson Takasaki	Crystal Kirby-Peloquin	Blake Fallis	Leya Moore	Brad Sarna	
10:36:00 AM	10:36:30 AM	REST	REST	REST	REST	REST	REST	
10:36:30 AM	10:39:30 AM	Robin Maier	Dave Emery	Kristin Farkas	Tyson Takasaki	Crystal Kirby-Peloquin	Blake Fallis	
10:39:30 AM	10:40:00 AM	REST	REST	REST	REST	REST	REST	
10:40:00 AM	10:43:00 AM	Angela Desjarlais	Duncan MacLeod	Robin Maier	Dave Emery	Kristin Farkas	Tyson Takasaki	
10:43:00 AM	10:43:30 AM	REST	REST	REST	REST	REST	REST	
10:43:30 AM	10:46:30 AM	Taryn Romanowich	Brennan McIntyre	Angela Desjarlais	Duncan MacLeod	Robin Maier	Dave Emery	
10:46:30 AM	10:47:00 AM	REST	REST	REST	REST	REST	REST	
10:47:00 AM	10:50:00 AM	Nicole Fillion	David Grant Dilling	Taryn Romanowich	Brennan McIntyre	Angela Desjarlais	Duncan MacLeod	
10:50:00 AM	10:50:30 AM	REST	REST	REST	REST	REST	REST	
10:50:30 AM	10:53:30 AM	Jennifer Webber	Kyle Wilzer	Nicole Fillion	David Grant Dilling	Taryn Romanowich	Brennan McIntyre	
10:53:30 AM	10:54:00 AM	REST	REST	REST	REST	REST	REST	
10:54:00 AM	10:57:00 AM	Renee-Claire Gautron	Jordan Derksen	Jennifer Webber	Kyle Wilzer	Nicole Fillion	David Grant Dilling	

10:57:00 AM	10:57:30 AM	REST	REST	REST	REST	REST	REST	
10:57:30 AM	11:00:30 AM	Kimberly Charleton	Patrick Feal	Renee-Claire Gautron	Jordan Derksen	Jennifer Webber	Kyle Wilzer	
11:00:30 AM	11:01:00 AM	REST	REST	REST	REST	REST	REST	
11:01:00 AM	11:04:00 AM			Kimberly Charleton	Patrick Feal	Renee-Claire Gautron	Jordan Derksen	
11:04:00 AM	11:04:30 AM	REST	REST	REST	REST	REST	REST	
11:04:30 AM	11:07:30 AM					Kimberly Charleton	Patrick Feal	
11:07:30 AM	11:45:00 AM	SET UP FOR WOD #2						
11:45:00 AM	12:00:00 PM	STANDARDS						

QUADRANTS 1 & 2 FOR WOMEN AND QUADRANT 3 & 4 FOR MEN

WOD 2		PART A				PART B			
		WOMEN		MEN		WOMEN		MEN	
		Athlete 1	Athlete 2	ATHlete 3	ATHlete 4	Athlete 1	Athlete 2	ATHlete 3	ATHlete 4
12:00:00 PM	12:05:00 PM	Candice Kerkermeier	Kara Goold	Yvan Fontaine	Philippe Chateaufneuf				
12:05:00 PM	12:06:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:06:00 PM	12:11:00 PM	Kerri Arsenault	Natalie Gerbrandt	Will Hazell	Jay (Jason) Picklyk	Candice Kerkermeier	Kara Goold	Yvan Fontaine	Philippe Chateaufneuf
12:11:00 PM	12:12:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:12:00 PM	12:17:00 PM	Victoria Taylor	Genevieve DeGagne	Marc Martin	James Longstreet	Kerri Arsenault	Natalie Gerbrandt	Will Hazell	Jay (Jason) Picklyk
12:17:00 PM	12:18:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:18:00 PM	12:23:00 PM	Nicole Stewart	Kristin Locke			Victoria Taylor	Genevieve DeGagne	Marc Martin	James Longstreet
12:23:00 PM	12:24:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:24:00 PM	12:29:00 PM					Nicole Stewart	Kristin Locke		

SET UP FOR INTERMEDIATE WOMEN & ADVANCED MEN

12:34:00 PM	12:39:00 PM	Angela Magri	Kim Fleischhaker	Scott Fowell	Rich Thomas				
12:39:00 PM	12:40:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:40:00 PM	12:45:00 PM	Hillary Widdifield	Raquel Chartrand-Moyer	Colin Darling	Lukas Worden	Angela Magri	Kim Fleischhaker	Scott Fowell	Rich Thomas
12:45:00 PM	12:46:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:46:00 PM	12:51:00 PM	Natalie Power	Nicole Osieki	Harvey Woo	Christian Stroet	Hillary Widdifield	Raquel Chartrand-Moyer	Colin Darling	Lukas Worden
12:51:00 PM	12:52:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:52:00 PM	12:57:00 PM	Danielle Arpin	Michelle McDonald	Conrad Schellenberg	Derek Wickham	Natalie Power	Nicole Osieki	Harvey Woo	Christian Stroet
12:57:00 PM	12:58:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
12:58:00 PM	1:03:00 PM	Stefanie Rempel		Marcin Drozd		Danielle Arpin	Michelle McDonald	Conrad Schellenberg	Derek Wickham
1:03:00 PM	1:04:00 PM					REST	REST	REST	REST
1:04:00 PM	1:09:00 PM					Stefanie Rempel	Marcin Drozd		

SET UP FOR ADVANCED WOMEN & ADVANCED MEN

1:14:00 PM	1:19:00 PM	Jodi Podolas	Leya Moore	Harley Grant Dilling	Brad Sarna				
1:19:00 PM	1:20:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:20:00 PM	1:25:00 PM	Crystal Kirby-Peloquin	Kristin Farkas	Blake Fallis	Tyson Takasaki	Jodi Podolas	Leya Moore	Harley Grant Dilling	Brad Sarna
1:25:00 PM	1:26:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:26:00 PM	1:31:00 PM	Robin Maier	Angela Desjarlais	Dave Emery	Duncan MacLeod	Crystal Kirby-Peloquin	Kristin Farkas	Blake Fallis	Tyson Takasaki
1:31:00 PM	1:32:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:32:00 PM	1:37:00 PM	Taryn Romanowich	Nicole Fillion	Brennan McIntyre	David Grant Dilling	Robin Maier	Angela Desjarlais	Dave Emery	Duncan MacLeod
1:37:00 PM	1:38:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:38:00 PM	1:43:00 PM	Jennifer Webber	Renee-Claire Gautron	Kyle Wilzer	Jordan Derksen	Taryn Romanowich	Nicole Fillion	Brennan McIntyre	David Grant Dilling
1:43:00 PM	1:44:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:44:00 PM	1:49:00 PM	Kimberly Charleton		Patrick Feal		Jennifer Webber	Renee-Claire Gautron	Kyle Wilzer	Jordan Derksen
1:49:00 PM	1:50:00 PM	REST	REST	REST	REST	REST	REST	REST	REST
1:50:00 PM	1:55:00 PM					Kimberly Charleton		Patrick Feal	

**SETUP FOR WOD # 3
STANDARDS**

		STATION 5(Advanced Women)	STATION 2 (advanced Men)	STATION 3 (advanced Men)	STATION 4 (advanced Men)	STATION 8 (Intermediate Women)	STATION 1 - (Intermediate Men)	STATION 7 - (Novice Women)	STATION 6 - (Novice Women)
3:00:00 PM	3:00:00 PM								
3:00:00 PM	3:15:00 PM	Jodi Podolas	Scott Fowell	Lukas Worden	Conrad Schellenberg	Angela Magri	Yvan Fontaine	Kristin Locke	Kara Goold
3:15:00 PM	3:18:00 PM	BREAK							
3:18:00 PM	3:33:00 PM	Leya Moore	Rich Thomas	Harvey Woo	Derek Wickham	Kim Fleischhaker	Philippe Chateaufneuf	Kerri Arsenault	Nicole Stewart
3:33:00 PM	3:36:00 PM	BREAK							
3:36:00 PM	3:51:00 PM	Crystal Kirby-Peloquin	Colin Darling	Christian Stroet	Harley Grant Dilling	Hillary Widdifield	Will Hazell	Candice Kerkermeier	Natalie Gerbrandt

CHANGE SETUP - CHANGE STATION # 8 FROM NOVICE WOMEN TO ADVANCED WOMEN

		STATION 5(Advanced Women)	STATION 2 (advanced Men)	STATION 3 (advanced Men)	STATION 4 (advanced Men)	STATION 8 (Intermediate Women)	STATION 1 - (Intermediate Men)	STATION 7 - (Novice Women)	STATION 6(Advanced Women)
3:56:00 PM	4:11:00 PM	Kristin Farkas	Brad Sarna	Tyson Takasaki	Duncan MacLeod	Raquel Chartrand-Moyer	Jay (Jason) Picklyk	Victoria Taylor	Taryn Romanowich
4:11:00 PM	4:14:00 PM	BREAK							
4:14:00 PM	4:29:00 PM	Robin Maier	Blake Fallis	Dave Emery	Brennan McIntyre	Natalie Power	James Longstreet	Genevieve DeGagne	Nicole Fillion

CHANGE SETUP - CHANGE STATION # 7 FROM NOVICE WOMEN TO INTERMEDIATE WOMEN

		STATION 5(Advanced Women)	STATION 2 (advanced Men)	STATION 3 (advanced Men)	STATION 4 (advanced Men)	STATION 8 (Intermediate Women)	STATION 1 - (Intermediate Men)	STATION 7 - (Intermediate Women)	STATION 6(Advanced Women)
4:34:00 PM	4:49:00 PM	Jennifer Webber	David Grant Dilling	Jordan Derksen	Marcin Drozd	Nicole Osieki	Marc Martin	Michelle McDonald	Kimberly Charleton
4:49:00 PM	4:52:00 PM	BREAK							
4:52:00 PM	5:07:00 PM	Renee-Claire Gautron	Kyle Wilzer	Patrick Feal		Danielle Arpin		Stefanie Rempel	Angela Desjarlais