

WOD 4 Rx

Start	End	Team 1		Team 2		Team 3		Team 4		Team 1		Team 2		Team 3		Team 4	
Sunday Jan 11th 2015		Ladies		Ladies		Ladies		Ladies		Men		Men		Men		Men	
11:00:00 AM	11:15:00 AM	C15	Rockin' 30's	C10	Bar Bellas	C1	Epic Estrogen - Round 2	C13	Wilson/Chartrand	D19	Thruster? I barely know her!	D15	Swolemales	D10	Ronimal / Schabbs	D8	Owen and Joel
11:15:00 AM	11:30:00 AM	C2	Starke CrossFit	C8	Crossfit Rocked	C7	Ty-O-Rhea			D23	Steve & Darryll	D21	James & Darren	D1	Vicious and Delicious	D24	Red River Rebellion
11:30:00 AM	11:45:00 AM	C19	Math and Muscles	C9	Hunger Dames	C14	The Bear Complexities			D3	acme	D12	Buck Furpees	D13	CHAIN OF COMMAND	D7	Don't make me do Double Unders
11:45:00 AM	12:00:00 PM	C17	Strength is Booty	C4	The Chalking Dead	C3	Rochness			D14	Schweddy Wall Balls	D22	Pull Up or Pull Out	D17	Prestige Worldwide	D6	Taylor Mason
12:00:00 PM	12:15:00 PM	C11	Law & The Outlaw	C5	UCCP	C12	GLAMRAP			D11	Pipes and hoses	D16	High Drag, Low Speed	D20	Butch and sundance	D4	#wtfmichael
12:15:00 PM	12:30:00 PM	C6	Team Robo	C16	Smash	C18	Squats n' Shots			D9	Not So Secret Lovers	D18	CrossFit 204	D2	A farmer and a teacher	D5	Secret Lovers