

WOD 4 - RX Division

gymNASTY

EVENT STANDARDS/BRIEF: 10:45:00AM

		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
		WOMENS	WOMENS	Mixed	Mixed	MEN	MEN	MEN	MEN
HEAT 1	11:00:00 AM	Weights Before Dates 1	Squats & Giggles	We lift more than we make	Bend and Snatch	Jay and Dave	CrossFit Virgins	Almost Famous	Bow Tie Killers
HEAT 2	11:16:00 AM	Maddy and Cait	204 Quadsdottirs	Right Up Main Street	Squats and Tots	Anything but last	#FreeMoney	Wrinkled Beasts	Ultimate Maniac
HEAT 3	11:32:00 AM	Team Hercules	PU11 Comin' In Hot!	Mixed Up	We've got this Mastered!	[807] Awkward Bromance	The Southern Outlanders	OTPHJ's	Beers N Burps
HEAT 4	11:48:00 AM	Jessica Lion	Weights before Dates 2	Team Fort Frances	Mighty Mice	Liquid Dreams	Wodding or Get Busy Dying	Bodies By Bacon	Our First Time
HEAT 5	12:04:00 PM	Tight Snatches	LANE 2	204 Shreddz	Grip it & Rip it 2.0	Team Check It	LANE 7	LANE 7	LANE 8

Finished 12:19:00