WOD 4- Non-RX Division

gymNASTY

EVENT STANDARDS/BRIEF: 3:35:00PM

		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
		WOMENS	**WOMENS**	**WOMENS**	**WOMENS**	**WOMENS**	**MEN**	**MEN**	**MEN**
HEAT 1	**3:45:00 PM**	Twisted Sisters	Fitness? Wine not?	Maybe M.A.B.B.A	Livesore	Push Jerk it Real Good	KYU Gorillaz	Super Snatch Brothers	Legion of doom
HEAT 2	4:01:00 PM	CallSignCF	Scaled as Hell	Hot Tanolly	Salute the Glutes	TBD-2	Drinkers with a Crossfit Problem	TIMBER	CFC SLAM
HEAT 3	4:17:00 PM	Quad Squad	Cupcakes & Quads	Asstastic	Snatch made in Heaven	Mom Strong	Take off your pants and snatch it	Pine Creek Warriors	Undefeated O/G's
HEAT 4	**4:33:00 PM**	Teen Titans	Hard Wods & Sexy Bods	Young and the Breastless	Team Sphymomano-what	Two blondes walk into a bar	204 Masters	Mexican Madness	Hollow Rockers
HEAT 5	4:49:00 PM	Wine Sippers Bar Grippers	Grip it and rip it	Swole Sisters	Mascara and Metcons	Southwest Strength	Tighty Whities	Troy Barnard	J & T Dynamite
HEAT 6	5:05:00 PM	WOD now Wine Later	Core Killers	The Johnstondottirs	TBD-1		Guns and Hoses	Thrusters are the Siths	
HEAT 7	**5:21:00 PM**	Old and snatchy	Chalk Dirty To Me	Squatastic	Crossfritters		Her snatch gave me burpees	Smoky and the Bandit	
Finish	**5:36:00 PM**								