

EVENT STANDARDS/BRIEF: 10:30

Start time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
HEAT 1 10:45:00 AM	Weights Before Dates 1	Weights before Dates 2	Jay and Dave	Anything but last	Almost Famous
HEAT 2 10:52:00 AM	Maddy and Cait			[807] Awkward Bromance	Wrinkled Beasts
HEAT 3 10:59:00 AM	Team Hercules			Liquid Dreams	OTPHJ's
HEAT 4 11:06:00 AM	Jessica Lion	We lift more than we make	Bend and Snatch	Team Check It	Bodies By Bacon
HEAT 5 11:13:00 AM	Tight Snatches	Right Up Main Street	Squats and Tots	CrossFit Virgins	Bow Tie Killers
HEAT 6 11:20:00 AM	Squats & Giggles	Mixed Up	We've got this Mastered!	#FreeMoney	Ultimate Maniac
HEAT 7 11:27:00 AM	204 Quadsdottirs	Team Fort Frances	Mighty Mice	The Southern Outlanders	Beers N Burps
HEAT 8 11:34:00 AM	PU11 Comin' In Hot!	204 Shreddz	Grip it & Rip it 2.0	Get Busy Wodding or Get Busy Dying	Our First Time
Finish	11:47				