

## WOD 1 Rx

		Start	End
Ladies Rx			
C1	Epic Estrogen - Round 2	13:45:00	13:55:00
C2	Starke CrossFit	13:46:00	13:56:00
C3	Rochness	13:47:00	13:57:00
C4	The Chalking Dead	13:48:00	13:58:00
C5	UCCP	13:49:00	13:59:00
C6	Team Robo	13:50:00	14:00:00
C7	Ty-O-Rhea	13:51:00	14:01:00
C8	Crossfit Rocked	13:52:00	14:02:00
C9	Hunger Dames	13:53:00	14:03:00
C10	Bar Bellas	13:54:00	14:04:00
C11	Law & The Outlaw	13:55:00	14:05:00
C12	GLAMRAP	13:56:00	14:06:00
C13	Wilson/Chartrand	13:57:00	14:07:00
C14	The Bear Complexities	13:58:00	14:08:00
C15	Rockin' 30's	13:59:00	14:09:00
C16	Smash	14:00:00	14:10:00
C17	Strength is Booty	14:01:00	14:11:00
C18	Squats n' Shots	14:02:00	14:12:00
C19	Math and Muscles	14:03:00	14:13:00
Mens Rx			
D1	Vicious and Delicious	14:15:00	14:25:00
D2	A farmer and a teacher	14:16:00	14:26:00
D3	acme	14:17:00	14:27:00
D4	#wtfmichael	14:18:00	14:28:00
D5	Secret Lovers	14:19:00	14:29:00
D6	Taylor Mason	14:20:00	14:30:00
D7	Don't make me do Double Unders	14:21:00	14:31:00
D8	Owen and Joel	14:22:00	14:32:00
D9	Not So Secret Lovers	14:23:00	14:33:00
D10	Ronimal / Schabbs	14:24:00	14:34:00
D11	Pipes and hoses	14:25:00	14:35:00
D12	Buck Furpees	14:26:00	14:36:00
D13	CHAIN OF COMMAND	14:27:00	14:37:00
D14	Schweddy Wall Balls	14:28:00	14:38:00
D15	Swolemates	14:29:00	14:39:00
D16	High Drag, Low Speed	14:30:00	14:40:00
D17	Prestige Worldwide	14:31:00	14:41:00
D18	CrossFit 204	14:32:00	14:42:00
D19	Thruster? I barely know her!	14:33:00	14:43:00
D20	Butch and sundance	14:34:00	14:44:00
D21	James & Darren	14:35:00	14:45:00
D22	Pull Up or Pull Out	14:36:00	14:46:00
D23	Steve & Darryll	14:37:00	14:47:00
D24	Red River Rebellion	14:38:00	14:48:00