

Adventure Race (Gate 9)

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| 7:00 AM | Late Check in | Make sure you are at Gate 9 a MINIMUM of 10 minutes before your heat time | |
| 7:50 AM | Late Check in Cl | | |
| 8:00 AM | National Anther | | |
| 8:30 AM | Heats | <u>Athlete 1</u> | <u>Athlete 2</u> |
| 8:30 AM | 1 | Jessica McCambridge | Daphne Antonatos |
| 8:31 AM | 2 | Quynh Hoffman | Callie Porcher |
| 8:32 AM | 3 | Lauren Hogan | Crystal Brockington |
| 8:33 AM | 4 | Emily Rieders | Haley Sewell |
| 8:34 AM | 5 | Alexandra Rios | Yasmine Jamal |
| 8:35 AM | 6 | Shelby Scott | Sommer Green |
| 8:36 AM | 7 | Chelsea Sheppard | Stephanie Velazquez |
| 8:37 AM | 8 | Abby Miller | Brittney Adams |
| 8:38 AM | 9 | Renee Guyan | Stefanie Smith |
| 8:39 AM | 10 | Vicky Estupinan | Kassandra Baluja |
| 8:40 AM | 11 | Rachel Gonzalez-Louis | Rachel Horning |
| 8:41 AM | 12 | Amy Hester | Katherine Martinez-Malo |
| 8:42 AM | 13 | amber daigneault | Laura Schwaneneck |
| 8:43 AM | 14 | Kathleen Rapp | Jamie Rapp |
| 8:44 AM | 15 | Paige Ensor | Amy Kinsey |
| 8:45 AM | 16 | Paige May | Kimberley Grambo |
| 8:46 AM | 17 | Kendall Nettles | Elana Gold |
| 8:47 AM | 18 | Catherine Drake | Mary K Wimsett |
| 8:48 AM | 19 | Tala Rizkallah | Nareeman Jamal |
| 8:49 AM | 20 | Tracy Tompkins | Stephanie Curtis |
| 8:50 AM | 21 | Loren Whyte | Melissa Rodriquez |
| 8:51 AM | 22 | Anderson Hooper | Brandon Ward |
| 8:52 AM | 23 | Max Lemaitre | Aidan Doughty |
| 8:53 AM | 24 | Shaun McPherson | Buddy Bailey |
| 8:54 AM | 25 | Charles Boyett | Keith Gause |
| 8:55 AM | 26 | Andrew Bunevich | Matthew Bunevich |
| 8:56 AM | 27 | james Brockington | Gary Manning |
| 8:57 AM | 28 | Richard Mcdonald | Andrew Marco |
| 8:58 AM | 29 | Randy McBride | Steve Cabrera |
| 8:59 AM | 30 | Phil Robertson | Shawn Cahill |
| 9:00 AM | 31 | Josh Davis | Alex Green |
| 9:01 AM | 32 | Gregory Moya | Robert Moreno |
| 9:02 AM | 33 | Bryan Tobin | Brett Tobin |
| 9:03 AM | 34 | Dennis O'Hearn | Dale Gibson |
| 9:04 AM | 35 | Dan Davies | Nick Moudro |
| 9:05 AM | 36 | Maxim Dolinsky | Maciek Rupar |
| 9:06 AM | 37 | Julia Shoal | Gavin Shoal |
| 9:07 AM | 38 | Scott Fanning | Sofia Arias |
| 9:08 AM | 39 | Richard Lainez | Catherine Pedersen |
| 9:09 AM | 40 | Scott Lagasse | Carrie Lagasse |

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| 9:10 AM | 41 | Mandi Thomas | Mike Santiago |
| 9:11 AM | 42 | Colton Creese | Kelly Schwanebeck |
| 9:12 AM | 43 | Kara Johnston | Gregory Tyler Estes |
| 9:13 AM | 44 | W Mason | Jessica Ivers |
| 9:14 AM | 45 | Miguel Lara | Alondra Pedroso |
| 9:15 AM | 46 | Elmarie Fuentes | Bradley Robinson |
| 9:16 AM | 47 | Osmarli Maldonado | Danielle Mochado |
| 9:17 AM | 48 | Kevin Poppenberg | Bethany Poppenberg |
| 9:18 AM | 49 | Shelby Mahaz | Matthew Bailey |
| 9:19 AM | 50 | Andrew Taylor | Cathy Taylor |
| 9:20 AM | 51 | Dana Thomas | Johnny Thomas |
| 9:21 AM | 52 | Jacob Swinea | Savannah Bellay |
| 9:22 AM | 53 | John Warych | Casey Geline |
| 9:23 AM | 54 | Paige Farley | Joseph Mulroy |
| 9:24 AM | 55 | Daniel Buchalter | Hannah Haggas |
| 9:25 AM | 56 | Christina Basantes | Mike Ohanyere |
| 9:26 AM | 57 | Joel Garland | Hannah Stevens |
| 9:27 AM | 58 | Marissa Campopiano | Jake Hildebrand |
| 9:28 AM | 59 | Joseph Solitro | Lea Campopiano |
| 9:29 AM | 60 | Cori Driver | Hunter Davis |
| 9:30 AM | 61 | Lynn Driver | Mike Swinea |
| 9:31 AM | 62 | chris watson | Rhea Watson |
| 9:32 AM | 63 | Kelly Anderson | Greg Allen |
| 9:33 AM | 64 | Tucker Ryals | James Reyes |
| 9:34 AM | 65 | Jeff Drake | Micheal Andreu |
| 9:35 AM | 66 | Timothy Cannon | Jeff Stone |
| 9:36 AM | 67 | James Suber | Leah VanKeuren |
| 9:37 AM | 68 | Tami Karsen | Brian Karsen |
| 9:38 AM | 69 | Michelle Cangialosi | Katie Hambrook |
| 9:39 AM | 70 | Jill Boyett | Amy Ferguson |
| 9:40 AM | 71 | Jackie Becker | Jessica Joyce |
| 9:41 AM | 72 | Lindsay Lewis | Nicole Arcamonte |
| 9:42 AM | 73 | Megan Daniel | Audrey Carranco |
| 9:43 AM | 74 | Kristine Lynch | Kelli Browning |
| 9:44 AM | 75 | Christie Washer | Lizandra Borrell |
| 9:45 AM | 76 | Bianca Iv | Kate Franklin |
| 9:46 AM | 77 | Carlee Marhefka | Kristin Buckingham |
| 9:47 AM | 78 | Kathy Rugar | Aimee Green |
| 9:48 AM | 79 | Lauren Vaught | Jessie Whitfield |
| 9:49 AM | 80 | Corey Stulz | Kelly Soulheaver |
| 9:50 AM | 81 | JP Salazar | Ray Ortiz |
| 9:51 AM | 82 | Jacob Garrison | Jeremiah James |
| 9:52 AM | 83 | Michael Almeyda | Devyn Castro-Almeyda |
| 9:53 AM | 84 | Billy Hutchinson II | Mark Hutchinson |
| 9:54 AM | 85 | Domingo Valle | Timothy L Hudnall |

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| 9:55 AM | 86 | Brian Gregalot | Donald Tyler cook |
| 9:56 AM | 87 | Christopher Wessler | Mike Orallo |
| 9:57 AM | 88 | Luke Tevebaugh | Alex Buser |
| 9:58 AM | 89 | Brandon Domingue | Jacob McKelvey |
| 9:59 AM | 90 | Nic Jacobs | CJ Gonzalez |
| 10:00 AM | 91 | Mike Timmes | Johnny Scheffe |
| 10:01 AM | 92 | Michael Espinosa | Chris Benson |
| 10:02 AM | 93 | Daran Bedenbaugh | Jon Moller |
| 10:03 AM | 94 | Chris Marhefka | Jason Lentz |
| 10:04 AM | 95 | Ariel Wallace | Efren Guaderrama |
| 10:05 AM | 96 | Jeff Corriveau | Jessica Plasencia |
| 10:06 AM | 97 | Kenney Phillips | Christina Phillips |
| 10:07 AM | 98 | Brittani Sahm | Tyler Allen |
| 10:08 AM | 99 | Reilly Kilbride | Megan Leskody |
| 10:09 AM | 100 | Sherman Merricks | Stephanie Cinkovich |
| 10:10 AM | 101 | Michelle Hughes | Brian Simon |
| 10:11 AM | 102 | Dock Newell | Amber Ingram |
| 10:12 AM | 103 | Molly Thompson | Josh Sostheim |
| 10:13 AM | 104 | Doug Terza | Nathalie Abenoza |
| 10:14 AM | 105 | Caleb Whitfield | Veronica Chik |
| 10:15 AM | Run 106 | Ron Sanz | Denise Caswell |
| 10:16 AM | Run 107 | Henri Belleville | Destiny Pierre-Louis |
| 10:17 AM | Run 108 | Sheree Blackwell | courtney suber |
| 10:18 AM | Run 109 | Tracy Baird | Andrew Kays |
| 10:19 AM | Run 110 | Katie Stalvey | Allyson Scheck |
| 10:20 AM | Run 111 | Andrew Fatolitis | Chris McCarthy |
| 10:21 AM | Run 112 | Maciek Rugar | Andy Balram |
| 10:22 AM | Run 113 | Vladimir Ortiz | Miguel Serrano |
| 10:23 AM | Run 114 | Robert Fanelli | Ryan Moore |
| 10:24 AM | Run 115 | Bryan Thomas | Megan Fanelli |
| 10:25 AM | Run 116 | Salma Campos | Al Roach |
| 10:26 AM | Run 117 | Denis Mahmutovic | Erica Huerta |
| 10:27 AM | Run 118 | REBECCA KILBRIDE | Trevor Boyle |
| 10:28 AM | Run 119 | Ian Fouilk | Ian Khoury |
| 10:29 AM | Kids 120 | Logan Belleville | Tyler Belleville |
| 10:30 AM | Kids 121 | Rheanna Watson | James Brockington |
| 10:31 AM | Kids 122 | Robert Fanelli | Avery Kinsey |
| 10:32 AM | Walk 123 | Jacob McKelvey | |
| 10:33 AM | Walk 124 | Kimberly Sluss | Devin Brown |
| 10:34 AM | Walk 125 | Mandy Connors | BETTY MAYE |
| 10:35 AM | Walk 125 | Edward Black | |

WORKOUTS 2 & 3 (Front Lawn)

All athletes must be at their athlere briefing 10 MINUTES BEFORE your heat

| WOMENS BARBELL | | MENS BARBELL | | |
|---------------------|-----------------------------|--------------------|--------------------------------------------------|--------|
| Time | Team Name | Time | Team Name | |
| Scaled Women | | Scaled Men | | |
| 10:45:00 AM | PEEK-a-BOO | 10:45:00 AM | When its up, its up and when its down, its down. | |
| 10:46:15 AM | Tough as Nails Red | 10:46:15 AM | B.A.A.D | |
| 10:47:30 AM | Hate Us Cause They Ain't Us | 10:47:30 AM | Club Mud | |
| 10:48:45 AM | Alex & Jasmine | 10:48:45 AM | Cash Me Ousside | |
| 10:50:00 AM | Cash Us Ousside | 10:50:00 AM | The Bash Brothers | |
| 10:51:15 AM | DRIV'N YOU CRAZY | 10:51:15 AM | Beards n Beer | |
| 10:52:30 AM | Tits & Ass | 10:52:30 AM | I-B-Pro-Funn | |
| 10:53:45 AM | ZeroDarkThirty | 10:53:45 AM | Felons Without A Cause | |
| 10:55:00 AM | Bad and Boujee | 10:55:00 AM | Midlife Crisis | |
| 10:56:15 AM | Poptarts & Deadlifts | 10:56:15 AM | Han Shot First | |
| 10:57:30 AM | Rachel squared | 10:57:30 AM | Devil Dog Fitness | |
| 10:58:45 AM | Functional Thickness | 10:58:45 AM | Team Tobin | |
| 11:00:00 AM | Kettlebells | 11:00:00 AM | Neither Fast Nor Furious | |
| 11:01:15 AM | lamrapp | 11:01:15 AM | Dump Truck Butt & Swoosh 2.0 | |
| 11:02:30 AM | Beauties in #BeastMode | 11:02:30 AM | Europeans | |
| 11:03:45 AM | GHF Kettle Belles | 11:03:45 AM | | |
| 11:05:00 AM | Buns and Guns | 11:05:00 AM | | |
| 11:06:15 AM | Mediocre Mavens | 11:06:15 AM | | |
| 11:07:30 AM | Birthday Girls | 11:07:30 AM | | |
| 11:08:45 AM | In WOD We Thrust | 11:08:45 AM | | |
| 11:10:00 AM | Making Sntaches Great Again | 11:10:00 AM | | |
| 11:11:15 AM | All the Carbs | 11:11:15 AM | | Buffer |
| Scaled Co-ed | | | | |
| 11:12:30 AM | Cheaper then Therapy | | | |
| 11:13:45 AM | Team Blacksheep | | | |
| 11:15:00 AM | She Jerks, He Twerks | | | |
| 11:16:15 AM | Salute the Glutes | | | |
| 11:17:30 AM | Amchamps | | | |
| 11:18:45 AM | Baby Steak & Papi Churrasco | | | |
| 11:20:00 AM | Stranger Danger | | | |
| 11:21:15 AM | Over Dose | | | |
| 11:22:30 AM | Popps | | | |
| 11:23:45 AM | Badder and Boujeer | | | |
| 11:25:00 AM | Tax and Teeth | | | |
| 11:26:15 AM | Chalk Blockers | | | |
| 11:27:30 AM | GUNZ & BUNZ | | | |
| 11:28:45 AM | Vicious & Delicious | | | |
| 11:30:00 AM | Oh Kale Yeah | | | |
| 11:31:15 AM | Jacked in the box | | | |
| 11:32:30 AM | Thunder N Lighting | | | |

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| 11:33:45 AM | PR THE CHAMPIONS | | |
| 11:35:00 AM | Campo-Hilde | | |
| 11:36:15 AM | Fresh Meat | | |
| 11:37:30 AM | Rowing Pains | | |
| 11:38:45 AM | Freestyle | | |
| 11:40:00 AM | Chalk Dirty To Me | | |
| 11:41:15 AM | Struggle Bus | | |
| 11:42:30 AM | Team 630 | | |
| 11:43:45 AM | Party of 3 | | |
| 11:45:00 AM | Young and the Restless | | |
| | | Masters Men | |
| 11:46:15 AM | | 11:46:15 AM | Canonizer |
| 11:47:30 AM | | 11:47:30 AM | Liv to wod another day |
| 11:48:45 AM | Buffer | 11:48:45 AM | Tiger Balm and Advil |
| Masters Coed | | | |
| 11:50:00 AM | SheepDog | | |
| 11:51:15 AM | Keeping up with the Karsens | | |
| 11:52:30 AM | | | |
| 11:53:45 AM | | Equipment Change Buffer | |
| Rx Women | | Rx Men | |
| 11:55:00 AM | Powdered by Donuts | 11:55:00 AM | SKY Athletix |
| 11:56:15 AM | Glutorious O.P.C. | 11:56:15 AM | Tough as Nails Blue |
| 11:57:30 AM | Those 2 Jerks | 11:57:30 AM | Strike Hard Crossfit |
| 11:58:45 AM | Hugh Jass Construction | 11:58:45 AM | Tribe called Reps |
| 12:00:00 PM | Will wod for donuts | 12:00:00 PM | Hutchapalooza |
| 12:01:15 PM | Kappa Kappa GAINZ | 12:01:15 PM | Donkey Punchin Kagaroos |
| 12:02:30 PM | PeanutButter&DeadLifts | 12:02:30 PM | Sheepdogs |
| 12:03:45 PM | Quad Squad | 12:03:45 PM | Indy and half squat |
| 12:05:00 PM | Poods for Pizza | 12:05:00 PM | Tough as Nails Black |
| 12:06:15 PM | Fitch | 12:06:15 PM | Shrek and Goat |
| 12:07:30 PM | Undecided | 12:07:30 PM | Abusement Park |
| 12:08:45 PM | | 12:08:45 PM | Los Banditos |
| 12:10:00 PM | | 12:10:00 PM | Valhala Rising |
| 12:11:15 PM | | 12:11:15 PM | 1HUNDRED |
| 12:12:30 PM | Buffer | 12:12:30 PM | B3 Boss & Hoss |
| Rx Women Coed | | | |
| 12:13:45 PM | Future-Rama | | |
| 12:15:00 PM | Buns and Guns | | |
| 12:16:15 PM | Coffer & Doughnuts | | |
| 12:17:30 PM | LIV in LEAD | | |
| 12:18:45 PM | Hold My Beer | | |
| 12:20:00 PM | Blood, Sweat & Beers | | |
| 12:21:15 PM | Booty Cuddles | | |
| 12:22:30 PM | Booty and the Beast | | |
| 12:23:45 PM | Threat Level Midnight | | |
| 12:25:00 PM | Jiffy Feet | | |
| 12:26:15 PM | Creme de la creme | | |
| 12:27:30 PM | Bar 2 | | |

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| 12:28:45 PM | Bar 3 | | |
| 12:30:00 PM | Bar 4 | | |
| 12:31:15 PM | Bar 5 | | |
| 12:32:30 PM | Bar 6 | | |
| 12:33:45 PM | Bar 7 | | |
| 12:35:00 PM | Bar 8 | | |
| 12:36:15 PM | Rest | | |
| 12:37:30 PM | Assault Bike | | |

