

WORKOUTS 2 & 3 (Front Lawn)

KEY

Judged will walk their assigned team through all 8 barbells, the 1 minute rest, AND the 1 min max Calorie Assault Bike (10 minutes) get 2 minutes/heats rest then pick up the next team.

WOMENS BARBELL						MENS BARBELL								
Scaled Women			Scaled Men			Scaled Coed			Masters Men			Masters Coed		
Time	Team Name	Judge	Time	Team Name	Judge	Time	Team Name	Judge	Time	Team Name	Judge			
10:45:00 AM	PEEK-a-BOO	Alex Henderson	10:45:00 AM	When its up, its up and when its down, its down.	Carter Moore									
10:46:15 AM	Tough as Nails Red	Ean Phillips	10:46:15 AM	B.A.A.D	Elizabeth Rodriguez									
10:47:30 AM	Hate Us Cause They Ain't Us	Molly Basch	10:47:30 AM	Club Mud	Nick Drago									
10:48:45 AM	Alex & Jasmine	Tarik Jallad	10:48:45 AM	Cash Me Ousside	Timothy Ironman									
10:50:00 AM	Cash Us Ousside	Jared Freedman	10:50:00 AM	The Bash Brothers	Kelly Cannon									
10:51:15 AM	DRIV'N YOU CRAZY	Erin Moynihan	10:51:15 AM	Beards n Beer	Wayne Crawford									
10:52:30 AM	Tits & Ass	Kelly Johnson	10:52:30 AM	I-B-Pro-Funn	Sue Hoffmann									
10:53:45 AM	ZeroDarkThirty	Caroline Pertler	10:53:45 AM	Felons Without A Cause	Paula Mullally									
10:55:00 AM	Bad and Boujee	John Iorio	10:55:00 AM	Midlife Crisis	Christy Snyder									
10:56:15 AM	Poptarts & Deadlifts	Emilio Estevez	10:56:15 AM	Han Shot First	Matthew Waite									
10:57:30 AM	Rachel squared	Morganne Tozzo	10:57:30 AM	Devil Dog Fitness	Shae Tozzo									
10:58:45 AM	Functional Thickness	Denise Fanning	10:58:45 AM	Team Tobin	Aaron Taylor									
11:00:00 AM	Kettlebells	Barbara Berry	11:00:00 AM	Neither Fast Nor Furious	Carter Moore									
11:01:15 AM	Iamrapp	Alex Henderson	11:01:15 AM	Dump Truck Butt & Swoosh 2.0	Elizabeth Rodriguez									
11:02:30 AM	Beauties in #BeastMode	Ean Phillips	11:02:30 AM	Europeans	Nick Drago									
11:03:45 AM	GHF Kettle Belles	Molly Basch	11:03:45 AM											
11:05:00 AM	Buns and Guns	Tarik Jallad	11:05:00 AM											
11:06:15 AM	Mediocre Mavens	Jared Freedman	11:06:15 AM											
11:07:30 AM	Birthday Girls	Erin Moynihan	11:07:30 AM											
11:08:45 AM	In WOD We Thrust	Kelly Johnson	11:08:45 AM											
11:10:00 AM	Making Sntaches Great Again	Caroline Pertler	11:10:00 AM											
11:11:15 AM	All the Carbs	John Iorio	11:11:15 AM	Buffer										
Scaled Co-ed														
11:12:30 AM	Cheaper then Therapy				Emilio Estevez									
11:13:45 AM	Team Blacksheep				Morganne Tozzo									
11:15:00 AM	She Jerks, He Twerks				Denise Fanning									
11:16:15 AM	Salute the Glutes				Carter Moore									
11:17:30 AM	Amchamps				Elizabeth Rodriguez									
11:18:45 AM	Baby Steak & Papi Churrasco				Nick Drago									
11:20:00 AM	Stranger Danger				Timothy Ironman									
11:21:15 AM	Over Dose				Kelly Cannon									
11:22:30 AM	Popps				Wayne Crawford									
11:23:45 AM	Badder and Boujee				Sue Hoffmann									
11:25:00 AM	Tax and Teeth				Paula Mullally									
11:26:15 AM	Chalk Blockers				Christy Snyder									
11:27:30 AM	GUNZ & BUNZ				Matthew Waite									
11:28:45 AM	Vicious & Delicious				Shae Tozzo									
11:30:00 AM	Oh Kale Yeah				Aaron Taylor									
11:31:15 AM	Jacked in the box				Alex Henderson									
11:32:30 AM	Thunder N Lighting				Ean Phillips									
11:33:45 AM	PR THE CHAMPIONS				Molly Basch									
11:35:00 AM	Campo-Hilde				Tarik Jallad									
11:36:15 AM	Fresh Meat				Jared Freedman									
11:37:30 AM	Rowing Pains				Erin Moynihan									
11:38:45 AM	Freestyle				Kelly Johnson									
11:40:00 AM	Chalk Dirty To Me				Caroline Pertler									
11:41:15 AM	Struggle Bus				John Iorio									
11:42:30 AM	Team 630				Emilio Estevez									
11:43:45 AM	Party of 3				Morganne Tozzo									

11:45:00 AM	Young and the Restless		Denise Fanning	
			Masters Men	
11:46:15 AM			11:46:15 AM	Canonizer Barbara Berry
11:47:30 AM			11:47:30 AM	Liv to wod another day Carter Moore
11:48:45 AM	Buffer		11:48:45 AM	Tiger Balm and Advil Christy Snyder
Masters Coed				
11:50:00 AM	SheepDog		Matthew Waite	
11:51:15 AM	Keeping up with the Karsens		Shae Tozzo	
11:52:30 AM				
11:53:45 AM	Equipment Change Buffer			
Rx Women			Rx Men	
11:55:00 AM	Powdered by Donuts	Alex Henderson	11:55:00 AM	SKY Athletix Aaron Taylor
11:56:15 AM	Glutorious O.P.C.	Ean Phillips	11:56:15 AM	Tough as Nails Blue Elizabeth Rodriguez
11:57:30 AM	Those 2 Jerks	Molly Basch	11:57:30 AM	Strike Hard Crossfit Timothy Ironman
11:58:45 AM	Hugh Jass Construction	Tarik Jallad	11:58:45 AM	Tribe called Reps Kelly Cannon
12:00:00 PM	Will wod for donuts	Jared Freedman	12:00:00 PM	Hutchapalooza Wayne Crawford
12:01:15 PM	Kappa Kappa GAINZ	Erin Moynihan	12:01:15 PM	Donkey Punchin Kagarooos Sue Hoffmann
12:02:30 PM	PeanutButter&DeadLifts	Kelly Johnson	12:02:30 PM	Sheepdogs Paula Mullally
12:03:45 PM	Quad Squad	Caroline Pertler	12:03:45 PM	Indy and half squat Christy Snyder
12:05:00 PM	Poods for Pizza	John Iorio	12:05:00 PM	Tough as Nails Black Matthew Waite
12:06:15 PM	Fitch	Emilio Estevez	12:06:15 PM	Shrek and Goat Shae Tozzo
12:07:30 PM	Undecided	Morganne Tozzo	12:07:30 PM	Abusement Park Barbara Berry
12:08:45 PM			12:08:45 PM	Los Banditos Aaron Taylor
12:10:00 PM			12:10:00 PM	Valhala Rising Elizabeth Rodriguez
12:11:15 PM			12:11:15 PM	1HUNDRED Timothy Ironman
12:12:30 PM	Buffer		12:12:30 PM	B3 Boss & Hoss Kelly Cannon
Rx Women Coed				
12:13:45 PM	Future-Rama		Molly Basch	
12:15:00 PM	Buns and Guns		Tarik Jallad	
12:16:15 PM	Coffer & Doughnuts		Jared Freeman	
12:17:30 PM	LIV in LEAD		Erin Moynihan	
12:18:45 PM	Hold My Beer		Kelly Johnson	
12:20:00 PM	Blood, Sweat & Beers		Caroline Pertler	
12:21:15 PM	Booty Cuddles		John Iorio	
12:22:30 PM	Booty and the Beast		Emilio Estevez	
12:23:45 PM	Threat Level Midnight		Morganne Tozzo	
12:25:00 PM	Jiffy Feet		Denise Fanning	
12:26:15 PM	Creme de la creme		Alex Henderson	

WORKOUT 4 & 5 (Field)

KEY

Judges will be assigned a lane, and alternate heats with another judge. Each heat is 25 minutes long and includes both workout 4 & 5

PM	Heat	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
1:00	1	Morganne Tozzo	Shae Tozzo	Matthew Waite	Sue Hoffmann	Jared Freedman	Barbara Berry	John Iorio	Christy Snyder	Scaled Women
1:25	2	Timothy Ironman	Emilio Estevez	Ean Phillips	Alex Henderson	Elizabeth Rodriguez	Molly Basch	Tarik Jallad	Wayne Crawford	Scaled Men
1:50	3	Paula Mullally	Aaron Taylor	Kelly Johnson	Erin Moynihan	Caroline Pertler	Nick Drago	Carter Moore	Denise Fanning	Scaled Coed
2:15	4	Morganne Tozzo	Shae Tozzo	Matthew Waite	Sue Hoffmann	Jared Freedman	Barbara Berry	John Iorio	Christy Snyder	Masters Men
2:40	5	Timothy Ironman	Emilio Estevez	Ean Phillips	Alex Henderson	Elizabeth Rodriguez	Molly Basch	Tarik Jallad	Wayne Crawford	Masters Coed
3:05	6	Paula Mullally	Aaron Taylor	Kelly Johnson	Erin Moynihan	Caroline Pertler	Nick Drago	Carter Moore	Denise Fanning	Rx Women
3:30	6	Timothy Ironman	Emilio Estevez	Ean Phillips	Sue Hoffmann	Elizabeth Rodriguez	Molly Basch	Tarik Jallad	Wayne Crawford	Rx Men
3:55	7	Paula Mullally	Aaron Taylor	Kelly Johnson	Alex Henderson	Caroline Pertler	Nick Drago	Carter Moore	Denise Fanning	Rx Coed
4:20	8	Timothy Ironman	Emilio Estevez	Ean Phillips	Erin Moynihan	Elizabeth Rodriguez	Barbara Berry	Tarik Jallad	Wayne Crawford	
4:45	9	Paula Mullally	Aaron Taylor	Kelly Johnson	Alex Henderson	Caroline Pertler	Molly Basch	Carter Moore	Denise Fanning	
5:10	10	Timothy Ironman	Emilio Estevez	Ean Phillips	Erin Moynihan	Elizabeth Rodriguez	Nick Drago	Tarik Jallad	Wayne Crawford	
5:35	11	Paula Mullally	Aaron Taylor	Kelly Johnson	Alex Henderson	Caroline Pertler	Molly Basch	Carter Moore	Denise Fanning	
6:00	12	Timothy Ironman	Emilio Estevez	Ean Phillips	Erin Moynihan	Elizabeth Rodriguez	Nick Drago	Tarik Jallad	Wayne Crawford	
6:25	13		Aaron Taylor	Kelly Johnson	Alex Henderson	Caroline Pertler	Molly Basch	Carter Moore	Denise Fanning	
6:50					Erin Moynihan		Nick Drago			