

FRIDAY				
Division	Heat	BRIEF	WalkOut	Time
Masters Women 35-39/40-44	1	3:43 PM	3:58 PM	4:00 PM
Masters Men 35-39/40-44	2	4:09 PM	4:24 PM	4:26 PM
Masters Men 45-49/50-54/55+	3	4:35 PM	4:50 PM	4:52 PM
Elite Trio Men	4	5:01 PM	5:16 PM	5:18 PM
Elite Trio Women	5	5:27 PM	5:42 PM	5:44 PM
Elite Women	6	5:53 PM	6:08 PM	6:10 PM
Elite Men I / Teens	7	6:19 PM	6:34 PM	6:36 PM
Elite Men II	8	6:45 PM	7:00 PM	7:02 PM
FRIDAY END TIME: 7:26PM				

RUN ROW WALK

SATURDAY				
Division	Heat	BRIEF	WalkOut	Time
Scaled Men I	1	6:58 AM	7:13 AM	7:15 AM
Scaled Men II	2	7:10 AM	7:25 AM	7:27 AM
Scaled Women I	3	7:22 AM	7:37 AM	7:39 AM
Scaled Women II	4	7:34 AM	7:49 AM	7:51 AM
Intermediate Women I	5	7:46 AM	8:01 AM	8:03 AM
Intermediate Women II	6	7:58 AM	8:13 AM	8:15 AM
Intermediate Men I/Teens	7	8:10 AM	8:25 AM	8:27 AM
Intermediate Men II	8	8:22 AM	8:37 AM	8:39 AM
Intermediate Men III	9	8:34 AM	8:49 AM	8:51 AM
BREAK 9:01-9:10AM				
Scaled Men I	10	8:53 AM	9:08 AM	9:10 AM
Scaled Men II	11	9:10 AM	9:25 AM	9:27 AM
Scaled Women I	12	9:27 AM	9:42 AM	9:44 AM
Scaled Women II	13	9:44 AM	9:59 AM	10:01 AM
Intermediate Women I	14	10:01 AM	10:16 AM	10:18 AM
Intermediate Women II	15	10:18 AM	10:33 AM	10:35 AM
Intermediate Men I/Teens	16	10:35 AM	10:50 AM	10:52 AM
Intermediate Men II	17	10:52 AM	11:07 AM	11:09 AM
Intermediate Men III	18	11:09 AM	11:24 AM	11:26 AM
Judges Meeting 11:41-12:00PM				
Intermediate Trio Men I	19	11:43 AM	11:58 AM	12:00 PM
Intermediate Trio Men II	20	11:58 AM	12:13 PM	12:15 PM
Intermediate Trio Women I	21	12:13 PM	12:28 PM	12:30 PM
Intermediate Trio Women II	22	12:28 PM	12:43 PM	12:45 PM
Intermediate Trio Women III	23	12:43 PM	12:58 PM	1:00 PM
Scaled Trio Women I	24	12:58 PM	1:13 PM	1:15 PM
Scaled Trio Women II	25	1:13 PM	1:28 PM	1:30 PM
Scaled Trio Men	26	1:28 PM	1:43 PM	1:45 PM
BREAK 2:00-2:10PM				
Elite Trio Men	27	1:53 PM	2:08 PM	2:10 PM
Elite Trio Women	28	2:10 PM	2:25 PM	2:27 PM
Intermediate Trio Men I	29	2:27 PM	2:42 PM	2:44 PM
Intermediate Trio Men II	30	2:44 PM	2:59 PM	3:01 PM
Intermediate Trio Women I	31	3:01 PM	3:16 PM	3:18 PM
Intermediate Trio Women II	32	3:18 PM	3:33 PM	3:35 PM
Intermediate Trio Women III	33	3:35 PM	3:50 PM	3:52 PM
Scaled Trio Women I	34	3:52 PM	4:07 PM	4:09 PM
Scaled Trio Women II	35	4:09 PM	4:24 PM	4:26 PM
Scaled Trio Men	36	4:26 PM	4:41 PM	4:43 PM
Judges Meeting 5:00-5:15PM				
Elite Trio Men	37	4:58 PM	5:13 PM	5:15 PM
Elite Trio Women	38	5:12 PM	5:27 PM	5:29 PM
Masters Women 35-39/40-44	39	5:26 PM	5:41 PM	5:43 PM
Masters Men 35-39/40-44	40	5:38 PM	5:53 PM	5:55 PM
Masters Men 45-49/50-54/55+	41	5:50 PM	6:05 PM	6:07 PM
Elite Women	42	6:02 PM	6:17 PM	6:19 PM
Elite Men I	43	6:14 PM	6:29 PM	6:31 PM
Elite Men II	44	6:26 PM	6:41 PM	6:43 PM
Masters Women 35-39/40-44	45	6:38 PM	6:53 PM	6:55 PM
Masters Men 35-39/40-44	46	6:55 PM	7:10 PM	7:12 PM
Masters Men 45-49/50-54/55+	47	7:12 PM	7:27 PM	7:29 PM
Elite Women	48	7:29 PM	7:44 PM	7:46 PM
Elite Men I	49	7:46 PM	8:01 PM	8:03 PM
Elite Men II	50	8:03 PM	8:18 PM	8:20 PM
SATURDAY ENDS AT 8:35PM				

STRENGTH & BURN

BODY WEIGHT NINJA

STRENGTH & BURN

BODY WEIGHT NINJA

UNBREAKABLE

BODY WEIGHT NINJA

SUNDAY				
Division	Heat	BRIEF	WalkOut	Time
Scaled Men I	1	6:43 AM	6:58 AM	7:00 AM
Scaled Men II	2	6:56 AM	7:11 AM	7:13 AM
Scaled Women I	3	7:09 AM	7:24 AM	7:26 AM
Scaled Women II	4	7:22 AM	7:37 AM	7:39 AM
Intermediate Women I	5	7:35 AM	7:50 AM	7:52 AM
Intermediate Women II	6	7:48 AM	8:03 AM	8:05 AM
Intermediate Men I / Teens	7	8:01 AM	8:16 AM	8:18 AM
Intermediate Men II	8	8:14 AM	8:29 AM	8:31 AM
Intermediate Men III	9	8:27 AM	8:42 AM	8:44 AM
Scaled Men I	10	8:40 AM	8:55 AM	8:57 AM
Scaled Men II	11	8:48 AM	9:03 AM	9:05 AM
Scaled Women I	12	8:56 AM	9:11 AM	9:13 AM
Scaled Women II	13	9:04 AM	9:19 AM	9:21 AM
Intermediate Women I	14	9:12 AM	9:27 AM	9:29 AM
Intermediate Women II	15	9:20 AM	9:35 AM	9:37 AM
Intermediate Men I / Teens	16	9:28 AM	9:43 AM	9:45 AM
Intermediate Men II	17	9:36 AM	9:51 AM	9:53 AM
Intermediate Men III	18	9:44 AM	9:59 AM	10:01 AM
Judges Meeting 10:07-10:20 AM				
Intermediate Trio Men I	19	10:03 AM	10:18 AM	10:20 AM
Intermediate Trio Men II	20	10:16 AM	10:31 AM	10:33 AM
Intermediate Trio Women I	21	10:29 AM	10:44 AM	10:46 AM
Intermediate Trio Women II	22	10:42 AM	10:57 AM	10:59 AM
Intermediate Trio Women III	23	10:55 AM	11:10 AM	11:12 AM
Scaled Trio Women I	24	11:08 AM	11:23 AM	11:25 AM
Scaled Trio Women II	25	11:21 AM	11:36 AM	11:38 AM
Scaled Trio Men	26	11:34 AM	11:49 AM	11:51 AM
Elite Trio Men	27	11:47 AM	12:02 PM	12:04 PM
Elite Trio Women	28	12:00 PM	12:15 PM	12:17 PM
Intermediate Trio Men I	29	12:13 PM	12:28 PM	12:30 PM
Intermediate Trio Men II	30	12:21 PM	12:36 PM	12:38 PM
Intermediate Trio Women I	31	12:29 PM	12:44 PM	12:46 PM
Intermediate Trio Women II	32	12:37 PM	12:52 PM	12:54 PM
Intermediate Trio Women III	33	12:45 PM	1:00 PM	1:02 PM
Scaled Trio Women I	34	12:53 PM	1:08 PM	1:10 PM
Scaled Trio Women II	35	1:01 PM	1:16 PM	1:18 PM
Scaled Trio Men	36	1:09 PM	1:24 PM	1:26 PM
Elite Trio Men	37	1:17 PM	1:32 PM	1:34 PM
Elite Trio Women	38	1:25 PM	1:40 PM	1:42 PM
Judges Meeting 1:48-2:10PM				
Masters Women 35-39/40-44	39	1:53 PM	2:08 PM	2:10 PM
Masters Men 35-39/40-44	40	2:06 PM	2:21 PM	2:23 PM
Masters Men 45-49/50-54/55+	41	2:19 PM	2:34 PM	2:36 PM
Elite Women	42	2:32 PM	2:47 PM	2:49 PM
Elite Men I	43	2:45 PM	3:00 PM	3:02 PM
Elite Men II	44	2:58 PM	3:13 PM	3:15 PM
Masters Women 35-39/40-44	45	3:11 PM	3:26 PM	3:28 PM
Masters Men 35-39/40-44	46	3:19 PM	3:34 PM	3:36 PM
Masters Men 45-49/50-54/55+	47	3:27 PM	3:42 PM	3:44 PM
Elite Women	48	3:35 PM	3:50 PM	3:52 PM
Elite Men I	49	3:43 PM	3:58 PM	4:00 PM
Elite Men II	50	3:51 PM	4:06 PM	4:08 PM
AWARDS 4:30 PM				

GRIT

POWER

GRIT

POWER

GRIT

POWER

Teen/Scaled/Intermediate Individual AWARDS 10:30 AM

Scaled/Intermediate/Elite Trio AWARDS 2:15 PM