

# **WOD For Toys 2022 Timeline**

**7:45AM-8:15AM** Athlete Check In

**8:20AM** Announcements and WOD Demo 1 and 2

**8:45AM-9:45AM** WOD 1

**10:00AM- 11:50AM** WOD 2

**11:50AM-12:15PM** Lunch Break

**12:15PM** WOD 3 Demo

**12:30PM-2:31PM** WOD 3

**2:50PM** Awards