

Salvo Games Time Line

7:45AM-7:55AM	Athlete Check In
8:00AM-8:15 AM	Announcements and WOD Demos
8:30AM-9:51 AM	WOD 1 "This One is for The Bros"
10:10 AM-11:30	WOD 2 "Sink or Sync"
11:30AM-12 PM	Lunch
12:00PM-12:10 PM	WOD 3 demo
12:15PM-1:15Pm	WOD 3 Full Throttle
1:30 PM	Podium and Closing Remarks