

Time Line

8:00am-8:20 AM

Athlete Check in

8:30 AM

Announcements and WOD Demos 1, 2, 3

9:00AM-9:46AM

WOD 1

10:00AM-10:39AM

WOD 2

11:00AM-11:55AM

WOD 3

11:55AM-12:25PM

LUNCH

12:30 PM

WOD 4 Demo

12:45PM-1:16PM

WOD 4

1:30 PM

Awards