

# 2012 OC THROWDOWN

## DAY 1

### WOD 1

Time Cap 10:00min

Mast. W	Heat 1	9:00 AM
Mast. M	Heat 2	9:12 AM
Adv. W	Heat 3	9:27 AM
Adv. W	Heat 4	9:39 AM
Adv. W	Heat 5	9:51 AM
Adv. W	Heat 6	10:03 AM
Adv. W	Heat 7	10:15 AM
Adv. M	Heat 8	10:30 AM
Adv. M	Heat 9	10:42 AM
Adv. M	Heat 10	10:57 AM
Adv. M	Heat 11	11:09 AM
Adv. M	Heat 12	11:21 AM
Elite. W	Heat 13	11:36 AM
Elite. W	Heat 14	11:48 AM
Elite. M	Heat 15	12:03 PM
Elite. M	Heat 16	12:15 PM
Elite. M	Heat 17	12:27 PM
Elite. M	Heat 18	12:39 PM
Elite. M	Heat 19	12:51 PM

### WOD 2

Time Cap 12:00min

Mast. W	Heat 1	1:30 PM
Mast. M	Heat 2	1:42 PM
Adv. W	Heat 3	1:54 PM
Adv. W	Heat 4	2:06 PM
Adv. W	Heat 5	2:18 PM
Adv. W	Heat 6	2:30 PM
Adv. W	Heat 7	2:42 PM
Adv. M	Heat 8	2:54 PM
Adv. M	Heat 9	3:06 PM
Adv. M	Heat 10	3:18 PM
Adv. M	Heat 11	3:30 PM
Adv. M	Heat 12	3:42 PM
Elite. W	Heat 13	3:54 PM
Elite. W	Heat 14	4:06 PM
Elite. M	Heat 15	4:18 PM
Elite. M	Heat 16	4:30 PM
Elite. M	Heat 17	4:42 PM
Elite. M	Heat 18	4:54 PM
Elite. M	Heat 19	5:06 PM

### FLOATER

Time Cap 10:00min

Register for Heats:

	Heat 1	9:00 AM
	Heat 2	9:12 AM
	Heat 3	9:24 AM
	Heat 4	9:36 AM
	Heat 5	9:48 AM
	Heat 6	10:00 AM
	Heat 7	10:12 AM
	Heat 8	10:24 AM
	Heat 9	10:36 AM
	Heat 10	10:48 AM
	Heat 11	11:00 AM
	Heat 12	11:12 AM
	Heat 13	11:24 AM
	Heat 14	11:36 AM
	Heat 15	11:48 AM
	Heat 16	12:00 PM
	Heat 17	12:12 PM
	Heat 18	12:24 PM
	Heat 19	12:36 PM
	Heat 20	12:48 PM
	Heat 21	1:00 PM
	Heat 22	1:12 PM
	Heat 23	1:24 PM
	Heat 24	1:36 AM
	Heat 25	1:48 AM
	Heat 26	2:00 PM
	Heat 27	2:12 PM
	Heat 28	2:24 PM
	Heat 29	2:36 PM
	Heat 30	2:48 PM
	Heat 31	3:00 PM
	Heat 32	3:12 PM
	Heat 33	3:24 PM
	Heat 34	3:36 PM
	Heat 35	3:48 PM

## DAY 2

### WOD 3

Time Cap 11:00-14:00min

Mast. W	Heat 1	8:00 AM
Mast. M	Heat 2	8:13 AM
Adv. W	Heat 3	8:26 AM
Adv. W	Heat 4	8:39 AM
Adv. W	Heat 5	8:52 AM
Adv. W	Heat 6	9:05 AM
Adv. M	Heat 7	9:21 AM
Adv. M	Heat 8	9:36 AM
Adv. M	Heat 9	9:52 AM
Adv. M	Heat 10	10:08 AM
Elite. W	Heat 11	10:26 AM
Elite. W	Heat 12	10:44 AM
Elite. M	Heat 13	11:02 AM
Elite. M	Heat 14	11:20 AM
Elite. M	Heat 15	11:38 AM
Elite. M	Heat 16	11:56 AM

### WOD 4

Time Cap 9:00min

Mast. W	Heat 1	12:30 PM
Mast. M	Heat 2	12:39 PM
Adv. W	Heat 3	12:48 PM
Adv. W	Heat 4	12:57 PM
Adv. M	Heat 5	1:06 PM
Adv. M	Heat 6	1:15 PM
Adv. M	Heat 7	1:24 PM
Elite. W	Heat 8	1:33 PM
Elite. W	Heat 9	1:42 PM
Elite. M	Heat 10	1:51 PM
Elite. M	Heat 11	2:00 PM
Elite. M	Heat 12	2:09 PM

### WOD 5

Time Cap 17:00min

Mast. W&M	Heat 1	2:45 PM
Adv. W	Heat 2	3:05 PM
Adv. M	Heat 3	3:25 PM
Elite. W	Heat 4	3:45 PM
Elite. M	Heat 5	4:05 PM
Elite. M	Heat 6	4:25 PM

### 2012 OC THROWDOWN Awards Ceremony

5:00 PM -- 5:30 PM

