

## WOD 1

Time Cap: 10:00min

Masters Women	Heat 1	9:00A	Adv. Men	Heat 11	11:09A
Masters Men	Heat 2	9:12A	Adv. Men	Heat 12	11:21A
Adv. Women	Heat 3	9:27A	Elite Women	Heat 13	11:36A
Adv. Women	Heat 4	9:39A	Elite Women	Heat 14	11:48A
Adv. Women	Heat 5	9:51A	Elite Men	Heat 15	12:03P
Adv. Women	Heat 6	10:03A	Elite Men	Heat 16	12:15P
Adv. Women	Heat 7	10:15A	Elite Men	Heat 17	12:27P
Adv. Men	Heat 8	10:30A	Elite Men	Heat 18	12:39P
Adv. Men	Heat 9	10:42A	Elite Men	Heat 19	12:51P
Adv. Men	Heat 10	10:57A			

## WOD 2

Time Cap: 12:00min

Masters Women	Heat 1	1:30P	Adv. Men	Heat 11	3:30P
Masters Men	Heat 2	1:42P	Adv. Men	Heat 12	3:42P
Adv. Women	Heat 3	1:54P	Elite Women	Heat 13	3:54P
Adv. Women	Heat 4	2:06P	Elite Women	Heat 14	4:06P
Adv. Women	Heat 5	2:18P	Elite Men	Heat 15	4:18P
Adv. Women	Heat 6	2:30P	Elite Men	Heat 16	4:30P
Adv. Women	Heat 7	2:42P	Elite Men	Heat 17	4:42P
Adv. Men	Heat 8	2:54P	Elite Men	Heat 18	4:54P
Adv. Men	Heat 9	3:06P	Elite Men	Heat 19	5:06P
Adv. Men	Heat 10	3:18P			

## FLOATER

Time Cap: 10:00min

## REGISTER FOR HEATS

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

