

Friday, January 13th

- 6pm to 9pm. Athlete and Sponsor Pre-Registration
Orange Coast CrossFit:
1677 Superior Avenue #H. Costa Mesa, CA 92627

Saturday, January 14th

- 6am-7am Regular Athlete and Sponsor Registration
- 6am-5pm Spectator Ticket Sales
- 8am Mandatory Athlete Meeting
- 8:30am Opening Ceremony, National Anthem, and WOD #1 Revealed
- 9am WOD 1, First Heat Starts
- 1pm WOD 2 Ends
- Floater WOD starts at 9am and ends at 3:30pm
- 1:30pm WOD 3 Starts
- 5:30pm WOD 2 Ends
- 6pm Day Ends
- Adv. Men/Women, Elite Men/Women have a cut.
Top 64 move on

Sunday, January 15th

- 8:30am: WOD 3 Starts
- 12:30pm WOD 3 Ends
- Athlete CUT (Only top 24 from each category move on)
- 1pm WOD 4 Starts
- 2:20pm WOD 4 Ends
- Athlete CUT (Only top 8 in each category move on)
- 2:45pm Final WOD Starts
- 4:30pm Final WOD Ends
- 5:00pm Awards Ceremony

