

	Start	End	
Athlete Registration	8:00	8:30	
Event 1 Standards	8:30	8:45	Event 1
Team WOD 1	9:00	9:07	
Scaled Male WOD 1	9:15	9:22	
Rx Females WOD 1	9:30	9:37	
Rx Males WOD 1	9:45	9:52	
Event 2 Standards	9:55	10:15	Event 2
Team WOD 2	10:20	10:35	
Scaled Male WOD 2	10:40	10:47	
Rx Female WOD 2	10:55	11:04	
Rx Male WOD 2	11:10	11:17	
Event 3 Reveal & Standards	11:20	11:40	Event 3
Team WOD 3	11:45	11:55	
Scaled Male Heat 1 (3 per heat)	12:05	12:15	
Scaled Male Heat 2 (3 per heat)	12:20	12:30	
Rx Male/Female Heat 1	12:40	12:50	
Rx Male/Female Heat 2	12:55	1:05	
Rx Male/Female Heat 3	1:10	1:20	
Award Ceremony	1:30	1:50	