

Saturday Morning Registration	7:30am - 8:15am
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Briefing for WOD 1 & 3	8:15am
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Warm-Up	8:30am - 9:00am
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WOD #1 (A & B & C)	Triathlon
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Heat 1 - 9:00am	Orange
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 2 - 9:15am	Red
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 3 - 9:30am	Navy
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 4 - 9:45am	Blue
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 5 - 10:00am	Green
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 6 - 10:15am	Yellow
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 7 - 10:30am	Pink
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Heat 8 - 10:45am	Purple
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Judges	A. Robyn B. & Jessie W. B. Dave M. & Marissa A. C. Jackie E. & Amy A.
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Break	11:30 - 11:50am
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Briefing for WOD #2	11:50am
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WOD #2 (A & B)	Olympic and Power Lifting		
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Heat 1	12:00pm	Orange Lane #1	Red Lane #2
Judges		Robyn B.	Dave M.

Heat 2	12:12pm	Navy Lane #1	Blue Lane #2
Judges		Jackie E.	Deb E.

Heat 3	12:24pm	Green Lane #1	Yellow Lane #2
Judges		Jessie W.	Marissa A.

Heat 4	12:36pm	Pink Lane #1	Purple Lane #2
Judges		Cathy	Dave M.

Break	1:00pm - 1:40pm
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All Judges for WOD #1 & 3 need to be ready by 8:50am

WOD #3 (A & B)	Biathlon
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Heat 1 - 9:00am		
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Practice	Green	Yellow
Judges	Deb E.	Julia Y.
Round 1	Green	Yellow
Judges	Deb E.	Julia Y.

Round 2	Green	Yellow
Judges	Deb E.	Julia Y.

Heat 2 - 9:25am		
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Practice	Pink	Purple
Judges	Deb E.	Julia Y.
Round 1	Pink	Purple
Judges	Deb E.	Julia Y.

Round 2	Pink	Purple
Judges	Deb E.	Julia Y.

Heat 3 - 10:45am		
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Practice	Orange	Red
Judges	Deb E.	Cathy E.
Round 1	Orange	Red
Judges	Deb E.	Cathy E.

Round 2	Orange	Red
Judges	Deb E.	Cathy E.

Heat 4 - 11:10am		
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Practice	Navy	Blue
Judges	Deb E.	Cathy E.
Round 1	Navy	Blue
Judges	Deb E.	Cathy E.

Round 2	Navy	Blue
Judges	Deb E.	Cathy E.

Briefing for WOD #4 1:40pm

WOD #4 (A, B, C, D, E, F, G, H)		Octathlon	
Heat 1	2:00pm	TBD - 7th	TBD - 8th
		Lane #1	Lane #2
Heat 2	2:10pm	TBD - 5th	TBD - 6th
		Lane #1	Lane #2
Heat 3	2:20pm	TBD - 3rd	TBD - 4th
		Lane #1	Lane #2
Heat 4	2:30pm	TBD - 1st	TBD - 2nd
		Lane #1	Lane #2
Awards		3:30pm	

	Judges	
	Lane #1	Lane #2
A.	Cathy E.	Deb E.
B.	Robyn B.	Jessie W.
C.		
D.	Jackie E.	Dave M.
E.		
F.	Amy A.	Julia Y.
G.		
H.	Cathy E.	Deb E.