



### DOUBLE TROUBLE

LANE	HEAT 1	HEAT 2	HEAT 3	HEAT 4	HEAT 5	HEAT 6	LANE
1	TWO BOOTY-FUL BABES	JACKED JENS	WOD NOW WINE LATER	CALI GIRLS	MAMA STRONG	THIS GUY & THAT DUDE	1
2	MUSCLE MINDS & BUFF	BARBELL BEAUTIES	MILF & A BAE	GARAGE CHICKS	KENAZETTES	TO BE DENIED	2
3	SIPPIN PRETTY	NOT FAST JUST FURIOUS	UNCAGED BUFFALO	BABES ON THE HORIZON	THICK & QUICK	HUSTLE & MUSCLE	3
4	KILOGRAM	THE PERFECT FRIENDS	WOD WERE WE THINKING?!	SEMI-RETIRED, SEMI-FIT	THE YOUNG & NOT SO	THE AVENGERS	4
5	THE DUNDEES	BLISTER SISTERS	DONUT DIVAS	REAL G'S MOVE IN SILENCE	JOINT EFFORT REUNITED	BEAN AND CHEESE	5
6	THICK BUT NOT SO QUICK	BLOOD, SWEAT & BEERS	KIPPING IT REAL	BRO DUDES	HURRAH!	BROWN SUGAR & CREAM	6
7	CHESTEE BESTIES	WHIPPIN' & WHOPPIN'	SUPER	INNER BOX THINKERS	A\$AP MOB	TEAM VALKOMMEN	7
8	DROP IT LIKE A SQUAT	AGGRESSIVELY AVERAGE	LAS GNARCHINGONAS	HANS GRUBER	SICK WITH IT	YOUNG GUNZ	8
9	KETTLEBELLAS	TEAM MEATBALLS	MAMA BEARS	FULL SEND	YOUNG BUCKS	BEER:30	9
10	SOTO SISTAS	TOO FIT 2 FUNCTION	DUTCHUGUESE	ROB & THICCC	VANILLA CARAMEL	TEAM 21159 GEAR	10
11	HEAVY CLEANS & MOM	LIVFIT BROS	DAT-HURT	TEAM HYPERACTIVE	GUAC YOUR WORLD		11
12	THE DUKES OF SQUAT	VIEJO CROSSFIT	NEXT FRIDAY	TEAM GRIN	HORIZON SC		12
13	PULL UP OR PULL OUT	COORS LIGHT ORIGINALS	AGGRESSIVELY AVERAGE	USED2BFIT	CHILDREN OF THE CHUY		13
14	CHALK BLOCKERS	NO DIRTY SNATCHES	CHALK DIRTY TO ME				14
15	EAST MEETS SOUTH	DRIP DRIP	ARMED & HAMMERED				15
Start Times							
	8:30	8:45	9:00	9:15	9:28	9:41	

### WAKEHOUSE SPECIAL

LANE	HEAT 1	HEAT 2	HEAT 3	HEAT 4	HEAT 5	HEAT 6	HEAT 7	HEAT 8	HEAT 9	LANE
1	MUSCLE MINDS & BUFF	BARBELL BEAUTIES	MILF & A BAE	COORS LIGHT ORIGINALS	DAT-HURT	MAMA STRONG	REAL G'S MOVE IN SILENCE	JOINT EFFORT REUNITED	THIS GUY & THAT DUDE	1
2	SIPPIN PRETTY	NOT FAST JUST FURIOUS	UNCAGED BUFFALO	NO DIRTY SNATCHES	NEXT FRIDAY	KENAZETTES	BRO DUDES	HURRAH!	TO BE DENIED	2
3	KILOGRAM	THE PERFECT FRIENDS	WOD WERE WE THINKING?!	DRIP DRIP	AGGRESSIVELY AVERAGE	THICK & QUICK	INNER BOX THINKERS	A\$AP MOB	HUSTLE & MUSCLE	3
4	THE DUNDEES	BLISTER SISTERS	DONUT DIVAS	THE DUKES OF SQUAT	CHALK DIRTY TO ME	THE YOUNG & NOT SO RECKLESS	HANS GRUBER	SICK WITH IT	THE AVENGERS	4
5	THICK BUT NOT SO QUICK	BLOOD, SWEAT & BEERS	KIPPING IT REAL	PULL UP OR PULL OUT	ARMED & HAMMERED	CALI GIRLS	FULL SEND	YOUNG BUCKS	BEAN AND CHEESE	5
6	CHESTEE BESTIES	WHIPPIN' & WHOPPIN'	WOD NOW WINE LATER	CHALK BLOCKERS	LIVFIT BROS	GARAGE CHICKS	ROB & THICCC	VANILLA CARAMEL	BROWN SUGAR & CREAM	6
7	DROP IT LIKE A SQUAT	AGGRESSIVELY AVERAGE	LAS GNARCHINGONAS	EAST MEETS SOUTH	VIEJO CROSSFIT	BABES ON THE HORIZON	TEAM HYPERACTIVE	GUAC YOUR WORLD	TEAM VALKOMMEN	7
8	KETTLEBELLAS	TEAM MEATBALLS	MAMA BEARS	SUPER		SEMI-RETIRED, SEMI-FIT	TEAM GRIN	HORIZON SC	YOUNG GUNZ	8
9	SOTO SISTAS	TOO FIT 2 FUNCTION	DUTCHUGUESE				USED2BFIT	CHILDREN OF THE CHUY	BEER:30	9
10	HEAVY CLEANS & MOM	TWO BOOTY-FUL BABES	JACKED JENS						TEAM 21159 GEAR	10
Start Times										
	10:05	10:30	10:55	11:20	11:45	12:10	12:35	1:00	1:25	

### THRUSTER UP

LANE	HEAT 1	HEAT 2	HEAT 3	HEAT 4	HEAT 5	HEAT 6	HEAT 7	HEAT 8	HEAT 9	LANE
1	TWO BOOTY-FUL BABES	JACKED JENS	WOD NOW WINE LATER	COORS LIGHT ORIGINALS	DAT-HURT	MAMA STRONG	REAL G'S MOVE IN SILENCE	JOIN EFFORT REUNITED	THIS GUY & THAT DUDE	1
2	MUSCLE MINDS & BUFF	BARBELL BEAUTIES	MILF & A BAE	NO DIRTY SNATCHES	NEXT FRIDAY	KENAZETTES	BRO DUDES	HURRAH!	TO BE DENIED	2
3	SIPPIN PRETTY	NOT FAST JUST FURIOUS	UNCAGED BUFFALO	DRIP DRIP	AGGRESSIVELY AVERAGE	THICK & QUICK	INNER BOX THINKERS	A\$AP MOB	HUSTLE & MUSCLE	3
4	KILOGRAM	THE PERFECT FRIENDS	WOD WERE WE THINKING?!	THE DUKES OF SQUAT	CHALK DIRTY TO ME	THE YOUNG & NOT SO RECKLESS	HANS GRUBER	SICK WITH IT	THE AVENGERS	4
5	THE DUNDEES	BLISTER SISTERS	DONUT DIVAS	PULL UP OR PULL OUT	ARMED & HAMMERED	CALI GIRLS	FULL SEND	YOUNG BUCKS	BEAN AND CHEESE	5
6	THICK BUT NOT SO QUICK	BLOOD, SWEAT & BEERS	KIPPING IT REAL	CHALK BLOCKERS	LIVFIT BROS	GARAGE CHICKS	ROB & THICCC	VANILLA CARAMEL	BROWN SUGAR & CREAM	6
7	CHESTEE BESTIES	WHIPPIN' & WHOPPIN'	WOD NOW WINE LATER	EAST MEETS SOUTH	VIEJO CROSSFIT	BABES ON THE HORIZON	TEAM HYPERACTIVE	GUAC YOUR WORLD	TEAM VALKOMMEN	7
8	DROP IT LIKE A SQUAT	AGGRESSIVELY AVERAGE	LAS GNARCHINGONAS	SUPER		SEMI-RETIRED, SEMI-FIT	TEAM GRIN	HORIZON SC	YOUNG GUNZ	8
9	KETTLEBELLAS	TEAM MEATBALLS	MAMA BEARS				USED2BFIT	CHILDREN OF THE CHUY	BEER:30	9
10	SOTO SISTAS	TOO FIT 2 FUNCTION	DUTCHUGUESE						TEAM 21159 GEAR	10
11	HEAVY CLEANS & MOM									11
Start Times										
	2:10	2:27	2:44	3:01	3:15	3:29	3:46	4:00	4:14	

### FINAL - TOP 5 - EACH DIVISION

SCALED - WOMEN 4:50  
 SCALED - MEN 5:10  
 RX - WOMEN 5:30  
 RX - MEN 5:50

SCALED - WOMEN  
 SCALED - MEN  
 RX - WOMEN  
 RX - MEN



Regional  
**HAND CENTER**

