

Snatch / Climb		8:30a - 11:02a				
Heat	Lane	Heat Start: 8:30	Staging: 8:25	Warm Up: 8:15	Briefing: 8:05	Check In: 8:00
1	1	Dumbbells then Donuts	CrossFit Granite Falls	Scaled Female		
	2	Snatchosaurus	Summit	Scaled Female		
	3	Let's Gooooo!!!	CrossFit Bohica	Scaled Female		
	4	Haywood Women's - Scaled	Haywood Sports and Fitness	Scaled Female		
	5	Fit4Life Force	Fit4life Farm	Scaled Female		
Heat	Lane	Heat Start: 8:43	Staging: 8:38	Warm Up: 8:28	Briefing: 8:18	Check In: 8:13
2	1	Franly Matters	CrossFit Bohica	Scaled Female		
	2	Ghost Thrusters	Ashe Crossfit	Scaled Female		
	3	Lats, Traps & No Thigh Gaps	CrossFit HVL	Scaled Female		
	4	Buns N Guns	Blue Mountain CrossFit	Scaled Female		
	5	But Did You Die?	Crossfit Kaiju	Scaled Female		
Heat	Lane	Heat Start: 8:56	Staging: 8:51	Warm Up: 8:41	Briefing: 8:31	Check In: 8:26
3	1	Row'd Trip Destination: Beat Down	CrossFit Weddington	Scaled Female		
	2	Kaiju Squat Pod	CrossFit Kaiju	Scaled Female		
	3	We Could Be Your Moms	CrossFit Kaiju	Masters 35 Female		
	4	Small Town Girls	CrossFit Granite Falls	Masters 35 Female		
	5	CFW FFF	CrossFit Weddington	Masters 35 Female		
Heat	Lane	Heat Start: 9:09	Staging: 9:04	Warm Up: 8:54	Briefing: 8:44	Check In: 8:39
4	1	Two Blondes and a Brunette Walk Up to a Bar(bell)	Motown Crossfit	Rx Female		
	2	Triple Threat	College Hill Crossfit	Rx Female		
	3	Team KEG	Crossfit Kaiju	Rx Female		
	4	JAM I AM		Rx Female		
	5	Lily Approved		Rx Female		
Heat	Lane	Heat Start: 9:22	Staging: 9:17	Warm Up: 9:07	Briefing: 8:57	Check In: 8:52
5	1	X-Caliber Heat	Weaverville Crossfit XC	Rx Female		
	2	Sam's Angels	CrossFit Albemarle	Rx Female		
	3	Team Esprit	Crossfit Esprit	Rx Female		
	4	The Glute Troupe		Rx Female		
	5	Hurt Tomorrow	Crossfit Weddington	Rx Female		
Heat	Lane	Heat Start: 9:35	Staging: 9:30	Warm Up: 9:20	Briefing: 9:10	Check In: 9:05
6	1	HSF Psalm 73:26	Haywood sports and fitness	Scaled Male		
	2	F4L Force Masters	Fit 4 Life Farm	Scaled Male		
	3	Trash Pandas	CrossFit Bohica	Scaled Male		
	4	The three stooges	Kaiju	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 9:48	Staging: 9:43	Warm Up: 9:33	Briefing: 9:23	Check In: 9:18
7	1	Scott's Tots	Crossfit Esprit - West Virginia	Scaled Male		
	2	EmergeOrtho	College Hill Crossfit	Scaled Male		
	3	Ask your Mother	Crossfit Weddington	Scaled Male		
	4	Superheroes in training	CrossFit Esprit	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 10:01	Staging: 9:56	Warm Up: 9:46	Briefing: 9:36	Check In: 9:31
8	1	Too Old To Care	Powell Fitness	Masters 45 Male		
	2	Xcaliber Grumpy Old Men	Weaverville Crossfit	Masters 45 Male		
	3	Masters of Scale	Crossfit Weddington	Masters 45 Male		
	4	Millimeters Matter	Crossfit Weddington	Masters 45 Male		
	5	Upstate Legends	CrossFit Potentia	Masters 45 Male		
Heat	Lane	Heat Start: 10:14	Staging: 10:09	Warm Up: 9:59	Briefing: 9:49	Check In: 9:44

9	1	The Cleaning Crew	Beer City Crossfit	Rx Male		
	2	CrossFit dhf		Rx Male		
	3	Shafer and Sons	CrossFit Albemarle	Rx Male		
	4	GenZ Does It Bettef		Rx Male		
	5	Wodding Crashers	CrossFit Kaiju	Rx Male		
Heat	Lane	Heat Start: 10:27	Staging: 10:22	Warm Up: 10:12	Briefing: 10:02	Check In: 9:57
10	1	Natty Daddy's	Crossfit Bohica	Rx Male		
	2	Postmates		Rx Male		
	3	Little Mayhem	Blue Mountain CrossFit	Rx Male		
	4	Brunch after this?	Dowd Y CrossFit	Rx Male		
	5	Guns N' Hoses		Rx Male		
Heat	Lane	Heat Start: 10:40	Staging: 10:35	Warm Up: 10:25	Briefing: 10:15	Check In: 10:10
11	1	MOONS OUT GOONS OUT	Crash Fitness	Rx Male		
	2	Team Chupacabra		Rx Male		
	3	Haywood Sports and Fitness		Rx Male		
	4	2 studs and a dud	CrossFit Albemarle	Rx Male		
	5	CrossFit for Christ	CrossFit DHF	Rx Male		
Heat	Lane	Heat Start: 10:53	Staging: 10:48	Warm Up: 10:38	Briefing: 10:28	Check In: 10:23
12	1	Barbells and brews	Summit CrossFit south	Rx Male		
	2	Team Esprit	Crossfit Esprit	Rx Male		
	3	The A Team	CrossFit Kaiju	Rx Male		
	4	American Muscle, German Engineering	CrossFit Pineville	Rx Male		
	5	Chubby Beards	Swamp Rabbit Crossfit	Rx Male		

Run			9:45a - 3:25p			
Heat	Lane	Heat Start: 9:45	Staging: 9:40	Warm Up: 9:30	Briefing: 9:20	Check In: 9:15
1	1	Dumbbells then Donuts	CrossFit Granite Falls	Scaled Female		
	2	Snatchosaurus	Summit	Scaled Female		
	3	Let's Gooooooo!!!	CrossFit Bohica	Scaled Female		
	4	Haywood Women's - Scaled	Haywood Sports and Fitness	Scaled Female		
	5	Fit4Life Force	Fit4life Farm	Scaled Female		
Heat	Lane	Heat Start: 10:11	Staging: 10:06	Warm Up: 9:56	Briefing: 9:46	Check In: 9:41
2	1	Franly Matters	CrossFit Bohica	Scaled Female		
	2	Ghost Thrusters	Ashe Crossfit	Scaled Female		
	3	Lats, Traps & No Thigh Gaps	CrossFit HVL	Scaled Female		
	4	Buns N Guns	Blue Mountain CrossFit	Scaled Female		
	5	But Did You Die?	Crossfit Kaiju	Scaled Female		
Heat	Lane	Heat Start: 10:37	Staging: 10:32	Warm Up: 10:22	Briefing: 10:12	Check In: 10:07
3	1	Row'd Trip Destination: Beat Down	CrossFit Weddington	Scaled Female		
	2	Kaiju Squat Pod	CrossFit Kaiju	Scaled Female		
	3	We Could Be Your Moms	CrossFit Kaiju	Masters 35 Female		
	4	Small Town Girls	CrossFit Granite Falls	Masters 35 Female		
	5	CFW FFF	CrossFit Weddington	Masters 35 Female		
Heat	Lane	Heat Start: 11:03	Staging: 10:58	Warm Up: 10:48	Briefing: 10:38	Check In: 10:33
4	1	Two Blondes and a Brunette Walk Up to a Bar(bell)	Motown Crossfit	Rx Female		
	2	Triple Threat	College Hill Crossfit	Rx Female		
	3	Team KEG	Crossfit Kaiju	Rx Female		
	4	JAM I AM		Rx Female		
	5	Lily Approved		Rx Female		
Heat	Lane	Heat Start: 11:29	Staging: 11:24	Warm Up: 11:14	Briefing: 11:04	Check In: 10:59
5	1	X-Caliber Heat	Weaverville Crossfit XC	Rx Female		
	2	Sam's Angels	CrossFit Albemarle	Rx Female		
	3	Team Esprit	Crossfit Esprit	Rx Female		
	4	The Glute Troupe		Rx Female		
	5	Hurt Tomorrow	Crossfit Weddington	Rx Female		
Heat	Lane	Heat Start: 11:55	Staging: 11:50	Warm Up: 11:40	Briefing: 11:30	Check In: 11:25
6	1	HSF Psalm 73:26	Haywood sports and fitness	Scaled Male		
	2	F4L Force Masters	Fit 4 Life Farm	Scaled Male		
	3	Trash Pandas	CrossFit Bohica	Scaled Male		
	4	The three stooges	Kaiju	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 12:21	Staging: 12:16	Warm Up: 12:06	Briefing: 11:56	Check In: 11:51
7	1	Scott's Tots	Crossfit Esprit - West Virginia	Scaled Male		
	2	EmergeOrtho	College Hill Crossfit	Scaled Male		
	3	Ask your Mother	Crossfit Weddington	Scaled Male		
	4	Superheroes in training	CrossFit Esprit	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 12:47	Staging: 12:42	Warm Up: 12:32	Briefing: 12:22	Check In: 12:17
8	1	Too Old To Care	Powell Fitness	Masters 45 Male		
	2	Xcaliber Grumpy Old Men	Weaverville Crossfit	Masters 45 Male		
	3	Masters of Scale	Crossfit Weddington	Masters 45 Male		
	4	Millimeters Matter	Crossfit Weddington	Masters 45 Male		
	5	Upstate Legends	CrossFit Potentia	Masters 45 Male		
		Special Olympics Workout	1:09-1:45pm			
Heat	Lane	Heat Start: 1:45	Staging: 1:40	Warm Up: 1:30	Briefing: 1:20	Check In: 1:15

9	1	The Cleaning Crew	Beer City Crossfit	Rx Male		
	2	CrossFit dhf		Rx Male		
	3	Shafer and Sons	CrossFit Albemarle	Rx Male		
	4	GenZ Does It Bettef		Rx Male		
	5	Wodding Crashers	CrossFit Kaiju	Rx Male		
Heat	Lane	Heat Start: 2:11	Staging: 2:06	Warm Up: 1:56	Briefing: 1:46	Check In: 1:41
10	1	Natty Daddy's	Crossfit Bohica	Rx Male		
	2	Postmates		Rx Male		
	3	Little Mayhem	Blue Mountain CrossFit	Rx Male		
	4	Brunch after this?	Dowd Y CrossFit	Rx Male		
	5	Guns N' Hoses		Rx Male		
Heat	Lane	Heat Start: 2:37	Staging: 2:32	Warm Up: 2:22	Briefing: 2:12	Check In: 2:07
11	1	MOONS OUT GOONS OUT	Crash Fitness	Rx Male		
	2	Team Chupacabra		Rx Male		
	3	Haywood Sports and Fitness		Rx Male		
	4	2 studs and a dud	CrossFit Albemarle	Rx Male		
	5	CrossFit for Christ	CrossFit DHF	Rx Male		
Heat	Lane	Heat Start: 3:03	Staging: 2:58	Warm Up: 2:48	Briefing: 2:38	Check In: 2:33
12	1	Barbells and brews	Summit CrossFit south	Rx Male		
	2	Team Esprit	Crossfit Esprit	Rx Male		
	3	The A Team	CrossFit Kaiju	Rx Male		
	4	American Muscle, German Engineering	CrossFit Pineville	Rx Male		
	5	Chubby Beards	Swamp Rabbit Crossfit	Rx Male		

AMRAP		12:30p - 4:05p				
Heat	Lane	Heat Start: 12:30	Staging: 12:25	Warm Up: 12:15	Briefing: 12:05	Check In: 12:00
9	1	The Cleaning Crew	Beer City Crossfit	Rx Male		
	2	CrossFit dhf		Rx Male		
	3	Shafer and Sons	CrossFit Albemarle	Rx Male		
	4	GenZ Does It Bettef		Rx Male		
	5	Wodding Crashers	CrossFit Kaiju	Rx Male		
Heat	Lane	Heat Start: 12:46	Staging: 12:41	Warm Up: 12:31	Briefing: 12:21	Check In: 12:16
10	1	Natty Daddy's	Crossfit Bohica	Rx Male		
	2	Postmates		Rx Male		
	3	Little Mayhem	Blue Mountain CrossFit	Rx Male		
	4	Brunch after this?	Dowd Y CrossFit	Rx Male		
	5	Guns N' Hoses		Rx Male		
Heat	Lane	Heat Start: 1:02	Staging: 12:57	Warm Up: 12:47	Briefing: 12:37	Check In: 12:32
11	1	MOONS OUT GOONS OUT	Crash Fitness	Rx Male		
	2	Team Chupacabra		Rx Male		
	3	Haywood Sports and Fitness		Rx Male		
	4	2 studs and a dud	CrossFit Albemarle	Rx Male		
	5	CrossFit for Christ	CrossFit DHF	Rx Male		
		Special Olympics Workout	2:00-2:30pm			
Heat	Lane	Heat Start: 1:45	Staging: 1:40	Warm Up: 1:30	Briefing: 1:20	Check In: 1:15
12	1	Barbells and brews	Summit CrossFit south	Rx Male		
	2	Team Esprit	Crossfit Esprit	Rx Male		
	3	The A Team	CrossFit Kaiju	Rx Male		
	4	American Muscle, German Engineering	CrossFit Pineville	Rx Male		
	5	Chubby Beards	Swamp Rabbit Crossfit	Rx Male		
Heat	Lane	Heat Start: 2:01	Staging: 1:56	Warm Up: 1:46	Briefing: 1:36	Check In: 1:31
1	1	Dumbbells then Donuts	CrossFit Granite Falls	Scaled Female		
	2	Snatchosaurus	Summit	Scaled Female		
	3	Let's Goooooo!!!	CrossFit Bohica	Scaled Female		
	4	Haywood Women's - Scaled	Haywood Sports and Fitness	Scaled Female		
	5	Fit4Life Force	Fit4life Farm	Scaled Female		
Heat	Lane	Heat Start: 2:17	Staging: 2:12	Warm Up: 2:02	Briefing: 1:52	Check In: 1:47
2	1	Franly Matters	CrossFit Bohica	Scaled Female		
	2	Ghost Thrusters	Ashe Crossfit	Scaled Female		
	3	Lats, Traps & No Thigh Gaps	CrossFit HVL	Scaled Female		
	4	Buns N Guns	Blue Mountain CrossFit	Scaled Female		
	5	But Did You Die?	Crossfit Kaiju	Scaled Female		
Heat	Lane	Heat Start: 2:33	Staging: 2:28	Warm Up: 2:18	Briefing: 2:08	Check In: 2:03
3	1	Row'd Trip Destination: Beat Down	CrossFit Weddington	Scaled Female		
	2	Kaiju Squat Pod	CrossFit Kaiju	Scaled Female		
	3	We Could Be Your Moms	CrossFit Kaiju	Masters 35 Female		
	4	Small Town Girls	CrossFit Granite Falls	Masters 35 Female		
	5	CFW FFF	CrossFit Weddington	Masters 35 Female		
Heat	Lane	Heat Start: 2:49	Staging: 2:44	Warm Up: 2:34	Briefing: 2:24	Check In: 2:19
4	1	Two Blondes and a Brunette Walk Up to a Bar(bell)	Motown Crossfit	Rx Female		
	2	Triple Threat	College Hill Crossfit	Rx Female		
	3	Team KEG	Crossfit Kaiju	Rx Female		
	4	JAM I AM		Rx Female		
	5	Lily Approved		Rx Female		
Heat	Lane	Heat Start: 3:05	Staging: 3:00	Warm Up: 2:50	Briefing: 2:40	Check In: 2:35
5	1	X-Caliber Heat	Weaverville Crossfit XC	Rx Female		

	2	Sam's Angels	CrossFit Albemarle	Rx Female		
	3	Team Esprit	Crossfit Esprit	Rx Female		
	4	The Glute Troupe		Rx Female		
	5	Hurt Tomorrow	Crossfit Weddington	Rx Female		
Heat	Lane	Heat Start: 3:21	Staging: 3:16	Warm Up: 3:06	Briefing: 2:56	Check In: 2:51
6	1	HSF Psalm 73:26	Haywood sports and fitness	Scaled Male		
	2	F4L Force Masters	Fit 4 Life Farm	Scaled Male		
	3	Trash Pandas	CrossFit Bohica	Scaled Male		
	4	The three stooges	Kaiju	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 3:37	Staging: 3:32	Warm Up: 3:22	Briefing: 3:12	Check In: 3:07
7	1	Scott's Tots	Crossfit Esprit - West Virginia	Scaled Male		
	2	EmergeOrtho	College Hill Crossfit	Scaled Male		
	3	Ask your Mother	Crossfit Weddington	Scaled Male		
	4	Superheroes in training	CrossFit Esprit	Scaled Male		
	5	OPEN				
Heat	Lane	Heat Start: 3:53	Staging: 3:48	Warm Up: 3:38	Briefing: 3:28	Check In: 3:23
8	1	Too Old To Care	Powell Fitness	Masters 45 Male		
	2	Xcaliber Grumpy Old Men	Weaverville Crossfit	Masters 45 Male		
	3	Masters of Scale	Crossfit Weddington	Masters 45 Male		
	4	Millimeters Matter	Crossfit Weddington	Masters 45 Male		
	5	Upstate Legends	CrossFit Potentia	Masters 45 Male		

Table 1

Heat #	snatch/climb (9 + 4 = 13)	run (22 + 4 = 26)	AMRAP (12 + 4 = 16)
1	8:30	9:45	2:01
2	8:43	10:11	2:17
3	8:56	10:37	2:33
4	9:09	11:03	2:49
5	9:22	11:29	3:05
6	9:35	11:55	3:21
7	9:48	12:21	3:37
8	10:01	12:47	3:53
		1:09-1:45 - Spec Oly WOD	
9	10:14	1:45	12:30
10	10:27	2:11	12:46
11	10:40	2:37	1:02
			1:14-1:45 - Spec Oly WOD
12	10:53	3:03	1:45
Heat #	Team Name	Home Affiliate (If Applicable)	Division
1	Dumbbells then Donuts	CrossFit Granite Falls	Scaled Female
	Snatchosaurus	Summit	Scaled Female
	Let's Gooooo!!!	CrossFit Bohica	Scaled Female
	Haywood Women's - Scaled	Haywood Sports and Fitness	Scaled Female
	Fit4Life Force	Fit4life Farm	Scaled Female
2	Franly Matters	CrossFit Bohica	Scaled Female
	Ghost Thrusters	Ashe Crossfit	Scaled Female
	Lats, Traps & No Thigh Gaps	CrossFit HVL	Scaled Female
	Buns N Guns	Blue Mountain CrossFit	Scaled Female
	But Did You Die?	CrossFit Kaiju	Scaled Female
3	Row'd Trip Destination: Beat Down	CrossFit Weddington	Scaled Female
	Kaiju Squat Pod	CrossFit Kaiju	Scaled Female
	We Could Be Your Moms	CrossFit Kaiju	Masters 35 Female
	Small Town Girls	CrossFit Granite Falls	Masters 35 Female
	CFW FFF	CrossFit Weddington	Masters 35 Female
4	Two Blondes and a Brunette Walk Up to a Bar(bell)	Motown Crossfit	Rx Female
	Triple Threat	College Hill Crossfit	Rx Female
	Team KEG	Crossfit Kaiju	Rx Female
	JAM I AM		Rx Female
	Lily Approved		Rx Female
5	X-Caliber Heat	Weaverville Crossfit XC	Rx Female
	Sam's Angels	CrossFit Albemarle	Rx Female
	Team Esprit	Crossfit Esprit	Rx Female
	The Glute Troupe		Rx Female
	Hurt Tomorrow	Crossfit Weddington	Rx Female
6	HSF Psalm 73:26	Haywood sports and fitness	Scaled Male
	F4L Force Masters	Fit 4 Life Farm	Scaled Male
	Trash Pandas	CrossFit Bohica	Scaled Male
	The three stooges	Kaiju	Scaled Male
	OPEN		

7	Scott's Tots	Crossfit Esprit - West Virginia	Scaled Male
	EmergeOrtho	College Hill Crossfit	Scaled Male
	Ask your Mother	Crossfit Weddington	Scaled Male
	Superheroes in training	CrossFit Esprit	Scaled Male
	OPEN		
8	Too Old To Care	Powell Fitness	Masters 45 Male
	Xcaliber Grumpy Old Men	Weaverville Crossfit	Masters 45 Male
	Masters of Scale	Crossfit Weddington	Masters 45 Male
	Millimeters Matter	Crossfit Weddington	Masters 45 Male
	Upstate Legends	CrossFit Potentia	Masters 45 Male
9	The Cleaning Crew	Beer City Crossfit	Rx Male
	CrossFit dhf		Rx Male
	Shafer and Sons	CrossFit Albemarle	Rx Male
	GenZ Does It Bettef		Rx Male
	Wodding Crashers	CrossFit Kaiju	Rx Male
10	Natty Daddy's	Crossfit Bohica	Rx Male
	Postmates		Rx Male
	Little Mayhem	Blue Mountain CrossFit	Rx Male
	Brunch after this?	Dowd Y CrossFit	Rx Male
	Guns N' Hoses		Rx Male
11	MOONS OUT GOONS OUT	Crash Fitness	Rx Male
	Team Chupacabra		Rx Male
	Haywood Sports and Fitness		Rx Male
	2 studs and a dud	CrossFit Albemarle	Rx Male
	CrossFit for Christ	CrossFit DHF	Rx Male
12	Barbells and brews	Summit CrossFit south	Rx Male
	Team Esprit	Crossfit Esprit	Rx Male
	The A Team	CrossFit Kaiju	Rx Male
	American Muscle, German Engineering	CrossFit Pineville	Rx Male
	Chubby Beards	Swamp Rabbit Crossfit	Rx Male

Table 1

Snatch / Climb					
each station:	4 x 45s	1 male bar			
	2 x 25s	1 female bar			
	2 x 15s	4 bar collars			
	4 x 10s				
	2 x 5s				
	2 x 2.5s				
Run					
each station:	2 x 45s	1 male bar			
	2 x 25s	1 female bar			
	2 x 10s	4 bar collars			
	2 x 5s	1 rower			
	Rx Male - 135#	male bar	Rx Female - 95#	female bar	
		2 x 45s	Masters 35+ Female - 95#	2 x 25s	
		2 x collars		2 x 5s	
				2 x collars	
	Masters 45+ Male - 95#	male bar	Scaled Female - 55#	female bar	
	Scaled Male - 95#	2 x 25s		2 x 10s	
		2 x collars		2 x collars	
AMRAP					
each station:	2 x 45s	1 male bar			
	2 x 25s	1 female bar			
	2 x 10s	4 bar collars			
	2 x 5s	1 bike			
	Rx Male - 155#	male bar	Rx Female - 105#	female bar	
		2 x 45s	Masters 35+ Female - 105#	2 x 25s	
		2 x 10s		2 x 10s	
		2 x collars		2 x collars	
	Masters 45+ Male - 115#	male bar	Scaled Female - 65#	female bar	
	Scaled Male - 115#	2 x 25s		2 x 10s	
		2 x 10s		2 x 5s	
		2 x collars		2 x collars	