

8:30 Manditory Athlete Briefing and Movement Demo

WOD 1 - Overhead Assault (8min)	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
9:00 Heat 1	Alyson Tacchi Liz Caron	Annette Finton Lori Maiorano	Katie Stern Jamie Leka	Jacqui Myers Stephanie Norris	Ashley Haye Adrienne Romano
9:08 Break					
9:12 Heat 2	Ed Pollard Al Herring	Brian Teart Peter Galong	Ed McGlinsey Jason Pollard	Gordon Sheek Jessica Combs	Joe LoDuca Kate Prpich
9:20 Break					
9:24 Heat 3	Nate Warren Felicia Parra	Yin-Yu Chen Nikki Cook	Adam Huston Vicky Futch	Jon Ehm Allie Wille	
9:32 Break					
9:36 Heat 4	Matt Harwell Erin Longino	Mike Hall Sarah Hall	Jay Combs Meg Thompson	Kevin Mazzarella Kathy Mazzarella	
9:44 Break					
9:48 Heat 5	Ralph Batty Renee Grady	Ed Duffy Sarah Miner	Andrew Prpich Amy Panucci	Matt George Stacy Connelly	
9:56 Break					
10:00 Heat 6	Rob Peruzzotti Chris Grady	Dave Myers Tyler Dunkle	Harrison Plunkett John Wurts	Keith Wille Mike DePascale	Matt Martin Mike Coombs
10:08 Break					

WOD 2 - Synchro Ladder (12min Cap)	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
10:18 Heat 1	Alyson Tacchi Liz Caron	Annette Finton Lori Maiorano	Katie Stern Jamie Leka	Jacqui Myers Stephanie Norris	Ashley Haye Adrienne Romano
10:30 Break					
10:34 Heat 2	Ed Pollard Al Herring	Brian Teart Peter Galong	Ed McGlinsey Jason Pollard	Gordon Sheek Jessica Combs	Joe LoDuca Kate Prpich
10:46 Break					
10:50 Heat 3	Nate Warren Felicia Parra	Yin-Yu Chen Nikki Cook	Adam Huston Vicky Futch	Jon Ehm Allie Wille	
11:02 Break					
11:06 Heat 4	Matt Harwell Erin Longino	Mike Hall Sarah Hall	Jay Combs Meg Thompson	Kevin Mazzarella Kathy Mazzarella	
11:18 Break					
11:22 Heat 5	Ralph Batty Renee Grady	Ed Duffy Sarah Miner	Andrew Prpich Amy Panucci	Matt George Stacy Connelly	
11:34 Break					
11:38 Heat 6	Rob Peruzzotti Chris Grady	Dave Myers Tyler Dunkle	Harrison Plunkett John Wurts	Keith Wille Mike DePascale	Matt Martin Mike Coombs
11:50 Break					

WOD 3 - Double Trouble (13min Cap)	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:00 Heat 1	Alyson Tacchi Liz Caron	Annette Finton Lori Maiorano	Katie Stern Jamie Leka	Jacqui Myers Stephanie Norris	Joe LoDuca Kate Prpich
12:13 Break					
12:17 Heat 2	Ashley Haye Adrienne Romano	Brian Teart Peter Galong	Ed McGlinsey Jason Pollard	Gordon Sheek Jessica Combs	Rob Peruzzotti Chris Grady
12:30 Break					
12:34 Heat 3	Nate Warren Felicia Parra	Yin-Yu Chen Nikki Cook	Adam Huston Vicky Futch	Jon Ehm Allie Wille	Ed Pollard Al Herring
12:47 Break					
12:51 Heat 4	Matt Harwell Erin Longino	Mike Hall Sarah Hall	Jay Combs Meg Thompson	Kevin Mazzarella Kathy Mazzarella	
13:04 Break					
13:08 Heat 5	Ralph Batty Renee Grady	Ed Duffy Sarah Miner	Andrew Prpich Amy Panucci	Matt George Stacy Connelly	
13:21 Break					
13:25 Heat 6		Dave Myers Tyler Dunkle	Harrison Plunkett John Wurts	Keith Wille Mike DePascale	Matt Martin Mike Coombs
13:38 End					