



CrossFit
LICENSED EVENT

Day-2 Schedule

| | | Duration | Start | Finish |
|----------------------|---------------|----------|-------------|-------------|
| Event 4 (Masters) | Females 45+ | 5 min | 10:00:00 AM | 10:05:00 AM |
| | Females 40-44 | 5 min | 10:08:00 AM | 10:13:00 AM |
| | Males 50+ | 5 min | 10:16:00 AM | 10:21:00 AM |
| | Males 45-49 | 5 min | 10:24:00 AM | 10:29:00 AM |
| | Males 40-44 | 5 min | 10:32:00 AM | 10:37:00 AM |
| | Males 40-44 | 5 min | 10:40:00 AM | 10:45:00 AM |
| | Males 35-39 | 5 min | 10:48:00 AM | 10:53:00 AM |
| | Males 35-39 | 5 min | 10:56:00 AM | 11:01:00 AM |

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| Pause 1 | 15 min | 11:01:00 AM | 11:16:00 AM |
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|--------------------------|---------------|-------|-------------|-------------|
| Event 4 (Individuals) | Females 18-39 | 5 min | 11:16:00 AM | 11:21:00 AM |
| | Females 18-39 | 5 min | 11:24:00 AM | 11:29:00 AM |
| | Females 18-39 | 5 min | 11:32:00 AM | 11:37:00 AM |
| | Females 18-39 | 5 min | 11:40:00 AM | 11:45:00 AM |
| | Males 18-34 | 5 min | 11:48:00 AM | 11:53:00 AM |
| | Males 18-34 | 5 min | 11:56:00 AM | 12:01:00 PM |
| | Males 18-34 | 5 min | 12:04:00 PM | 12:09:00 PM |
| | Males 18-34 | 5 min | 12:12:00 PM | 12:17:00 PM |
| | Males 18-34 | 5 min | 12:20:00 PM | 12:25:00 PM |
| | Males 18-34 | 5 min | 12:28:00 PM | 12:33:00 PM |

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| Pause 2 | 45 min | 12:33:00 PM | 1:18:00 PM |
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|------------------------|---------------|-------|------------|------------|
| Event 5/6 (Masters) | Females 45+ | 9 min | 1:18:00 PM | 1:27:00 PM |
| | Females 40-44 | 9 min | 1:30:00 PM | 1:39:00 PM |
| | Males 50+ | 9 min | 1:42:00 PM | 1:51:00 PM |
| | Males 45-49 | 9 min | 1:54:00 PM | 2:03:00 PM |
| | Males 40-44 | 9 min | 2:06:00 PM | 2:15:00 PM |
| | Males 40-44 | 9 min | 2:18:00 PM | 2:27:00 PM |
| | Males 35-39 | 9 min | 2:30:00 PM | 2:39:00 PM |
| | Males 35-39 | 9 min | 2:42:00 PM | 2:51:00 PM |

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| Pause 3 | 15 min | 2:51:00 PM | 3:06:00 PM |
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|----------------------------|---------------|-------|------------|------------|
| Event 5/6 (Individuals) | Females 18-39 | 9 min | 3:06:00 PM | 3:15:00 PM |
| | Females 18-39 | 9 min | 3:18:00 PM | 3:27:00 PM |
| | Females 18-39 | 9 min | 3:30:00 PM | 3:39:00 PM |
| | Females 18-39 | 9 min | 3:42:00 PM | 3:51:00 PM |
| | Males 18-34 | 9 min | 3:54:00 PM | 4:03:00 PM |
| | Males 18-34 | 9 min | 4:06:00 PM | 4:15:00 PM |
| | Males 18-34 | 9 min | 4:18:00 PM | 4:27:00 PM |
| | Males 18-34 | 9 min | 4:30:00 PM | 4:39:00 PM |
| | Males 18-34 | 9 min | 4:42:00 PM | 4:51:00 PM |
| | Males 18-34 | 9 min | 4:54:00 PM | 5:03:00 PM |