



CrossFit
LICENSED EVENT

Day-3 Schedule

		Duration	Start	Finish
Event 7 (Masters)	Females 45+	10 min	10:00:00 AM	10:10:00 AM
	Females 40-44	10 min	10:13:00 AM	10:23:00 AM
	Males 50+	10 min	10:26:00 AM	10:36:00 AM
	Males 45-49	10 min	10:39:00 AM	10:49:00 AM
	Males 40-44	10 min	10:52:00 AM	11:02:00 AM
	Males 40-44	10 min	11:05:00 AM	11:15:00 AM
	Males 35-39	10 min	11:18:00 AM	11:28:00 AM
	Males 35-39	10 min	11:31:00 AM	11:41:00 AM

Pause 1	20 min	11:41:00 AM	12:01:00 PM
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Event 7/8 (Individuals)	Females 18-39	16 min	12:01:00 PM	12:17:00 PM
	Females 18-39	16 min	12:20:00 PM	12:36:00 PM
	Females 18-39	16 min	12:39:00 PM	12:55:00 PM
	Females 18-39	16 min	12:58:00 PM	1:14:00 PM
	Males 18-34	16 min	1:17:00 PM	1:33:00 PM
	Males 18-34	16 min	1:36:00 PM	1:52:00 PM
	Males 18-34	16 min	1:55:00 PM	2:11:00 PM
	Males 18-34	16 min	2:14:00 PM	2:30:00 PM
	Males 18-34	16 min	2:33:00 PM	2:49:00 PM
	Males 18-34	16 min	2:52:00 PM	3:08:00 PM

Pause 2	40 min	3:08:00 PM	3:48:00 PM
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Event 8 (Masters)	Females 45+	6 min	3:48:00 PM	3:54:00 PM
	Females 40-44	6 min	3:57:00 PM	4:03:00 PM
	Males 50+	6 min	4:06:00 PM	4:12:00 PM
	Males 45-49	6 min	4:15:00 PM	4:21:00 PM
	Males 40-44	6 min	4:24:00 PM	4:30:00 PM
	Males 40-44	6 min	4:33:00 PM	4:39:00 PM
	Males 35-39	6 min	4:42:00 PM	4:48:00 PM
	Males 35-39	6 min	4:51:00 PM	4:57:00 PM

Pause 3	20 min	4:57:00 PM	5:17:00 PM
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SHOWDOWN (Individuals)	Heat 1	4 min	5:17:00 PM	5:21:00 PM
	Heat 2	4 min	5:23:00 PM	5:27:00 PM
	Heat 3	4 min	5:29:00 PM	5:33:00 PM
	Heat 4	4 min	5:35:00 PM	5:39:00 PM