

PROGRAM MAIN / TOP DIVISION - FANTASTIC 4 - MIX BUDDY TEAMS

WOD 1			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
10:00	10:08	HEAT 1	X11M	X12M	X13M	X14M	X15M	X16M	X17M	X18M	X19M	X110M	9:38	9:49
10:11	10:19	HEAT 2	X21M	X22M	X23M	X24M	X25M	X26M	X27M	X28M	X29M	X210T	9:49	10:00
10:22	10:30	HEAT 3	X31T	X32T	F33M	F34M	F35M	F36M	F37M	F38M	F39M	F310M	10:00	10:11
10:33	10:41	HEAT 4	F41M	F42M	F43M	F44M	F45M	F46M	F47T	F48T	F49T	F410T	10:11	10:22

WOD 2			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
11:04	11:12	HEAT 1	X11M	X12M	X13M	X14M	X15M	X16M	X17M	X18M	X19M	X110M	10:42	10:53
11:15	11:23	HEAT 2	X21M	X22M	X23M	X24M	X25M	X26M	X27M	X28M	X29M	X210T	10:53	11:04
11:26	11:34	HEAT 3	X31T	X32T	F33M	F34M	F35M	F36M	F37M	F38M	F39M	F310M	11:04	11:15
11:37	11:45	HEAT 4	F41M	F42M	F43M	F44M	F45M	F46M	F47T	F48T	F49T	F410T	11:15	11:26

WOD 3			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
12:08	12:19	HEAT 1	X11M	X12M	X13M	X14M	X15M	X16M	X17M	X18M	X19M	X110M	11:40	11:54
12:22	12:33	HEAT 2	X21M	X22M	X23M	X24M	X25M	X26M	X27M	X28M	X29M	X210T	11:54	12:08
12:36	12:47	HEAT 3	X31T	X32T	F33M	F34M	F35M	F36M	F37M	F38M	F39M	F310M	12:08	12:22
12:50	13:01	HEAT 4	F41M	F42M	F43M	F44M	F45M	F46M	F47T	F48T	F49T	F410T	12:22	12:36

YOUR WARMING UP TIME IS 2 HEATS BEFORE YOU START

MAKE SURE YOU ARE READY TO GO 1 HEAT BEFORE YOU START

PROGRAM MAIN / TOP DIVISION - FEMALE / MALE BUDDY TEAMS

WOD 1			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
14:04	14:12	HEAT 1	W11M	W12M	W13M	W14M	W15M	W16M	W17M	W18M	W19M	X	13:42	13:53
14:15	14:23	HEAT 2	W21M	W22M	W23M	W24M	W25M	W26M	W27T	W28T	W29T	X	13:53	14:04
14:26	14:34	HEAT 3	M31M	M32M	M33M	M34M	M35M	M36M	M37M	M38M	M39M	M310M	14:04	14:15
14:37	14:45	HEAT 4	M41M	X	M43M	M44M	M45M	M46M	M47M	X	M49M	M410M	14:15	14:26
14:48	14:56	HEAT 5	M51M	M52M	M53M	M54M	M55M	M56T	M57T	M58T	M59T	M510T	14:26	14:37

WOD 2			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
15:19	15:27	HEAT 1	W11M	W12M	W13M	W14M	W15M	W16M	W17M	W18M	W19M	X	14:57	15:08
15:30	15:38	HEAT 2	W21M	W22M	W23M	W24M	W25M	W26M	W27T	W28T	W29T	X	15:08	15:19
15:41	15:49	HEAT 3	M31M	M32M	M33M	M34M	M35M	M36M	M37M	M38M	M39M	M310M	15:19	15:30
15:52	16:00	HEAT 4	M41M	X	M43M	M44M	M45M	M46M	M47M	X	M49M	M410M	15:30	15:41
16:03	16:11	HEAT 5	M51M	M52M	M53M	M54M	M55M	M56T	M57T	M58T	M59T	M510T	15:41	15:52

WOD 4			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
17:21	17:32	HEAT 1	W11M	W12M	W13M	W14M	W15M	W16M	W17M	W18M	W19M	X	16:53	17:07
17:35	17:46	HEAT 2	W21M	W22M	W23M	W24M	W25M	W26M	W27T	W28T	W29T	X	17:07	17:21
17:49	18:00	HEAT 3	M31M	M32M	M33M	M34M	M35M	M36M	M37M	M38M	M39M	M310M	17:21	17:35
18:03	18:14	HEAT 4	M41M	X	M43M	M44M	M45M	M46M	M47M	X	M49M	M410M	17:35	17:49
18:17	18:28	HEAT 5	M51M	M52M	M53M	M54M	M55M	M56T	M57T	M58T	M59T	M510T	17:49	18:03

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