



PROGRAM PREP / MASTER DIVISION - MIX BUDDY TEAM / FANTASTIC 4

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	X	X12P	X13P	X14P	X15P	X16P	X17P	X18P	X	X	9:38	9:49
10:11	10:19	HEAT 2	X	X22P	X23P	X24P	X25P	X26M	X27M	X28M	X	X	9:49	10:00
10:22	10:30	HEAT 3	X	X	X33M	X34M	X35M	X36M	X37M	X38M	X39M	X	10:00	10:11
10:33	10:41	HEAT 4	X	X	F43P	F44P	F45P	F46P	F47P	X	X	X	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	X	X12P	X13P	X14P	X15P	X16P	X17P	X18P	X	X	10:42	10:53
11:15	11:23	HEAT 2	X	X22P	X23P	X24P	X25P	X26M	X27M	X28M	X	X	10:53	11:04
11:26	11:34	HEAT 3	X	X	X33M	X34M	X35M	X36M	X37M	X38M	X39M	X	11:04	11:15
11:37	11:45	HEAT 4	X	X	F43P	F44P	F45P	F46P	F47P	X	X	X	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	X	X12P	X13P	X14P	X15P	X16P	X17P	X18P	X	X	11:40	11:54
12:22	12:33	HEAT 2	X	X22P	X23P	X24P	X25P	X26M	X27M	X28M	X	X	11:54	12:08
12:36	12:47	HEAT 3	X	X	X33M	X34M	X35M	X36M	X37M	X38M	X39M	X	12:08	12:22
12:50	13:01	HEAT 4	X	X	F43P	F44P	F45P	F46P	F47P	X	X	X	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 PREP / MASTER DIVISION - FEMALE / MALE BUDDY TEAM

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	X	W12P	W13P	W14P	W15P	W16P	X	W18P	W19P	X	13:42	13:53
14:15	14:23	HEAT 2	X	W22M	W23M	W24M	W25M	W26M	W27M	W28M	X	X	13:53	14:04
14:26	14:34	HEAT 3	X	X	M33P	M34P	M35P	M36M	M37M	M38M	X	X	14:04	14:15
14:37	14:45	HEAT 4	M41M	M42M	M43M	M44M	M45M	M46M	M47M	X	X	M50M	14:15	14:26

WOD 2			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
15:08	15:16	HEAT 1	X	W12P	W13P	W14P	W15P	W16P	X	W18P	W19P	X	14:46	14:57
15:19	15:27	HEAT 2	X	W22M	W23M	W24M	W25M	W26M	W27M	W28M	X	X	14:57	15:08
15:30	15:38	HEAT 3	X	X	M33P	M34P	M35P	M36M	M37M	M38M	X	X	15:08	15:19
15:41	15:49	HEAT 4	M41M	M42M	M43M	M44M	M45M	M46M	M47M	X	X	M50M	15:19	15:30

WOD 3			LANE								WARMING-UP			
start	finish		1	2	3	4	5	6	7	8	9	10	AREA SCHEDULE	
16:12	16:23	HEAT 1	X	W12P	W13P	W14P	W15P	W16P	X	W18P	W19P	X	15:44	15:58
16:26	16:37	HEAT 2	X	W22M	W23M	W24M	W25M	W26M	W27M	W28M	X	X	15:58	16:12
16:40	16:51	HEAT 3	X	X	M33P	M34P	M35P	M36M	M37M	M38M	X	X	16:12	16:26
16:54	17:05	HEAT 4	M41M	M42M	M43M	M44M	M45M	M46M	M47M	X	X	M50M	16:26	16:40

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