

- 8:00 Check in Opens
- 8:45 Opening Ceremony
- 9:00 Elite Men Heat
- 9:15 Elite Women Heat
- 9:30 Open Heat
- 9:45 Open Heat
- **10:00** Open Heat
- **10:15** Open Heat
- **10:30** Open Heat
- **10:45** Open Heat
- **11:00 Open Heat**
- 11:15 Open Heat
- 11:30 Open Heat
- 12:00 Pictures w/ medals in front of step & repeat
- **12:30** Awards Ceremony at Texas Arizona

Open racers if you can't complete an obstacle the penalty is 30 burpees before you move on.

- 1 Police Barricades
- 2 6 ft solid wall
- 3 Tower Climb
- 4 Sewer Crawls
- 5 Carjacked
- 6 Block Party
- 7 Inverted Walls
- 8 Rope Climb
- 9 8 ft wall
- 10 Monkey Bars
- 11 Jump Around (30)
- **12** Flat Tires (**30**)
- 13 Flood Zone
- 14 King Kong Climb
- 15 Urban Skyscrapers
- 16 CKO Bags
- 17 8 ft wall
- 18 Twist of Life
- 19 10 Year Surprise
- **20** Tricky Swiss
- 21 Urban Cliffhanger

