

- 8:00 Check in Opens
- 8:45 Opening Ceremony
- 9:00 Elite Men Heat
- **9.15** Elite Women Heat
- 9:30 Open Heat
- **10:00** Open Heat
- 10:30 Open Heat
- 11:00 Last Heat
- **11:30** Awards Ceremony at Wicked Wolf Tavern

- Police Barricades
- 2 6 Foot Wall
- 3 8 Foot Wall
- 4 Sewer Crawls
- 5 Jump Around (30)
- **6** Block Party
- Inverted Wall
- **8** Rope Climb
- 9 8 Foot Wall
- Stacy Williams (buddy carry)
- 11 Urban Skyscrapers
- 12 Twist On Life
- 13 Flat Tires (30 flips)
- Flood Zone (sandbag carry)
- **15** CKO Bags
- **16** 6 Foot Wall
- 🕡 Tricky Swiss 3.0
- 18 Monkey Bars 3.0
- 19 BENDER
- Urban Cliffhanger 3.0

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