

Schedule			
Event	Time	Who	Remarks
Team Check-in	07:30 - 09:00		
Judges Brief	8:00	John and Jen	Meet at big tent
Welcome	8:30	SIOS Team	
WOD 1 Group 1	09:00 - 09:22	CF HSE Team	22 Minutes
WOD 2 Group 3			22 Minutes
Field Reset		General Volunteers	
WOD 1 Group 2	09:40 - 10:02	CF HSE Team	22 Minutes
WOD 2 Group 4			22 Minutes
Transition of WODs & Field Reset		General Volunteers	
WOD 1 Group 3	10:20 - 10:42	CF HSE Team	22 Minutes
WOD 2 Group 1			22 Minutes
Field Reset		General Volunteers	
WOD 1 Group 4	11:00 - 11:22	CF HSE Team	22 Minutes
WOD 2 Group 2			22 Minutes
Field Set-up for next WODs		General Volunteers	
Lunch Break		Staff & Participants	
WODs 1 & 2 winners announced + prizes	11:40		Prize Tent
Lunch Break	12:00	General Volunteers	
WOD 3 Group 1	12:30 - 12:52	CF HSE Team	22 Minutes
WOD 4 Group 3			22 Minutes
Field Reset		General Volunteers	
Announce Event 1: Fundraising winners + Prizes	12:30		
WOD 3 Group 2	13:10 - 13:32	CF HSE Team	22 Minutes
WOD 4 Group 4			22 Minutes
Transition of WODs & Field Reset		General Volunteers	
WOD 3 Group 3	13:50 - 14:12	CF HSE Team	22 Minutes
WOD 4 Group 1			22 Minutes
Field Reset		General Volunteers	
WOD 3 Group 4	14:30 - 14:52	CF HSE Team	22 Minutes
WOD 4 Group 2			22 Minutes
Field Set-up for Championship		General Volunteers	
Spirit Award winner announced + prize	15:00		
WODs 3 & 4 & Floater winners announced + prizes	15:00		
Top 7 Teams Announced for Championship	15:15		
Championship WOD	15:25	Top 7 teams	15 Minutes
Start loading trucks	3:00	General Volunteers & Staff	
Podium Prizes	3:40	Top 3 Championship Finishers	
GROUP = X Teams (Heats)			
*Lunch vendors available from 11:00a-1:00p			
*Volunteer & Staff lunch available from 11:00a-1:00p (Free)			