

#1 Race & Snatch	#2 Zero Gravity-Released	#3 Walking Dead	#4 She's All Heart-Released
<p>On a 7 min clock</p> <p>60/50 Cals on Bike 1RM Snatch in remaining time</p>	<p>For time (8 min cap)</p> <p>50m Carry w/sandbag 5 Brute ball over shoulder 10 ring muscle ups 3 Brute ball over shoulder 50m Carry w/sandbag 15 bar muscle ups 50m w/sandbag 1 Brute ball over shoulder 30 Chest to bar</p> <p>Sandbag 125/75 Brute Ball 75lb</p>	<p>8 min amrap</p> <p>10 deadlift @ 185/135 40ft handstand walk (20 ft out /20ft back) 10 front squats @ 185/135</p> <p>Hand Stand Walks Unbroken Elite Break and continue Rx</p> <p>Rx Weight Deadlift and Front squat 155/105</p>	<p>For Time (12 minute cap)</p> <p>Elite</p> <p>10 power clean @ 185/135 8 burpee box jump over 8 power clean @ 225/155 8 burpee box jump over 6 power clean @ 255/175 8 burpee box jump over 4 power clean @ 275/185 8 burpee box jump over 2 power clean @ 295/195 8 burpee box jump over</p> <p>Rx Power Clean Weight 155/105 185/135 205/145 225/155 245/165</p>

#5 Thrusters and 16 Feet			
<p data-bbox="201 310 516 342">For Time (8 minute cap)</p> <p data-bbox="201 383 499 415">21 Kettlebell Thrusters</p> <p data-bbox="201 418 390 451">5 Rope climbs</p> <p data-bbox="201 454 499 487">15 Kettlebell Thrusters</p> <p data-bbox="201 490 516 522">3 Kettlebell Rope climbs</p> <p data-bbox="201 526 466 558">9 Kettlebell Thruster</p> <p data-bbox="201 561 390 594">1 Rope climbs</p> <p data-bbox="201 634 554 667">Kettlebell Thruster Weights</p> <p data-bbox="201 670 344 703">80/50 Elite</p> <p data-bbox="201 706 323 738">50/30 Rx</p> <p data-bbox="201 779 596 876">Kettlebell Thrusters are One Single Kettlebell. Athletes may switch arms as they wish.</p> <p data-bbox="201 917 596 950">Elite Rope Climbs are Legless</p>			

Intermediate	Intermediate	Intermediate	Intermediate
<p><b>#1 Up and Down and Up and Down...</b> 7 Min AMRAP</p> <p>10 Snatch @ 95/65 15 Pull ups 20 Wall ball @ 20/14</p> <p>Snatch can be power or full squat</p> <p>Pull ups may be any style.</p>	<p><b>#2 OCD</b> 5 Rounds for Time (7 minute time cap)</p> <p>10 OhS 85/65 10 Cals on Bike 20 Dubz (80 singles)</p> <p>Singles count for full score 4-1 Every 20 = 5 Dubs</p> <p>Round down</p>	<p><b>#3 Brute Camp-Released</b> For time (6 minute time cap)</p> <p>9 sandbag GTOH 20ft Sandbag lunge 7 sandbag GTOH 20ft Sandbag lunge 5 sandbag GTOH 20ft Sandbag lunge 3 sandbag GTOH 20ft Sandbag lunge</p> <p>Drop sandbag Sprint to finish line</p> <p>100/50 small bags</p> <p>Front Rack, Back rack or over shoulder SB on lunge</p> <p><i>Marking for SB Lunge every 20'</i></p>	<p><b>#4 She's All Heart</b> Amrap 12 minute cap</p> <p>10 power clean @ 95/65 8 burpee box jump over 8 power clean @ 115/85 8 burpee box jump over 6 power clean @ 135/95 8 burpee box jump over 4 power clean @ 155/115 8 burpee box jump over 4 power clean @ 165/135 8 burpee box jump over</p> <p>In time remaining as many reps as possible 185/145</p>

Masters 40-44	Masters 40-44	Masters 40-44	Masters 40-44
<p><b>#1 Up and Down and Up and Down...</b> 7 Min AMRAP</p> <p>10 Snatch @ 115/85 15 Pull ups 30 Wall ball @ 20/14</p> <p>Snatch can be power or full squat</p> <p>Pull ups may be any style.</p>	<p><b>#2 OCD</b> 5 Rounds for Time (7 minute time cap)</p> <p>10 Overhead Squat 135/105 15 Cals on Bike 20 Dubz (80 singles)</p> <p>Singles count for full score 4-1 Every 20 = 5 Dubs</p> <p>Round down</p>	<p><b>#3 Brute Camp</b> For time (6 minute time cap)</p> <p>9 sandbag GTOH 20ft Sandbag lunge 7 sandbag GTOH 20ft Sandbag lunge 5 sandbag GTOH 20ft Sandbag lunge 3 sandbag GTOH 20ft Sandbag lunge</p> <p>Drop sandbag Sprint to finish line</p> <p>100/75 Large bags</p> <p>Front Rack, Back rack or over shoulder SB on lunge</p> <p><i>Marking for SB Lunge every 20'</i></p>	<p><b>#4 She's All Heart</b> Amrap (10 minute cap)</p> <p>10 power clean @ 115/85 6 burpee box jump over 8 power clean @ 135/95 6 burpee box jump over 6 power clean @ 155/105 6 burpee box jump over 4 power clean @ 165/115 6 burpee box jump over</p> <p>In time remaining as many reps as possible 185/135</p>

Masters 45-49	Masters 45-49	Masters 45-49	Masters 45-49
<p><b>#1 Up and Down and Up and Down...</b> 7 Min AMRAP</p> <p>10 Snatch @ 85/65 15 Pull ups 20 Wall ball @ 20/14</p> <p>Snatch can be power or full squat</p> <p>Pull ups may be any style.</p>	<p><b>#2 OCD</b> 5 Rounds for Time (7 minute time cap)</p> <p>10 Overhead Squat 75/55 10 Cals on Bike 20 Dubz (80 singles)</p> <p>Singles count for full score 4-1 Every 20 = 5 Dubs</p> <p>Round down</p>	<p><b>#3 Brute Camp</b> For time (6 minute time cap)</p> <p>9 sandbag GTOH 20ft Sandbag lunge 7 sandbag GTOH 20ft Sandbag lunge 5 sandbag GTOH 20ft Sandbag carry 3 sandbag GTOH 20ft Sandbag carry</p> <p>Drop sandbag Sprint to finish line</p> <p>50/30 small bags</p> <p>Front Rack, Back rack or over shoulder SB on lunge/carry</p> <p><i>Marking for SB Lunge every 20'</i></p>	<p><b>#4 She's All Heart</b> Amrap 10 minute cap</p> <p>10 power clean @ 95/65 6 burpee box jump over 8 power clean @ 115/75 6 burpee box jump over 6 power clean @ 125/85 6 burpee box jump over 4 power clean @ 135/95 6 burpee box jump over</p> <p>In time remaining as many reps as possible 155/105</p>

Masters 50-54	Masters 50-54	Masters 50-54	Masters 50-54
<p><b>#1 Up and Down and Up and Down...</b> 7 Min AMRAP</p> <p>10 Snatch @ 85 15 Kettlebell Swing 40Lb 20 Wall ball @ 20/14</p> <p>Snatch can be power or full squat</p>	<p><b>#2 OCD</b> 5 Rounds for Time (7 minute time cap)</p> <p>10 Overhead Squat 65 10 Cals on Bike 20 Dubz (80 singles)</p> <p>Singles count for full score 4-1 Every 20 = 5 Dubs</p> <p>Round down</p>	<p><b>#3 Brute Camp</b> For time (6 minute time cap)</p> <p>9 sandbag GTOH 20ft Sandbag carry 7 sandbag GTOH 20ft Sandbag carry 5 sandbag GTOH 20ft Sandbag carry 3 sandbag GTOH 20ft Sandbag carry</p> <p>Drop sandbag Sprint to finish line</p> <p>50lb small bags</p> <p>Front Rack, Back rack or over shoulder for carry</p> <p><i>Marking for SB Lunge every 20'</i></p>	<p><b>#4 She's All Heart</b> Amrap (10 minute cap)</p> <p>10 power clean @ 95/65 6 burpee box jump over 8 power clean @ 115/75 6 burpee box jump over 6 power clean @ 125/85 6 burpee box jump over 4 power clean @ 135/95 6 burpee box jump over</p> <p>In time remaining as many reps as possible 155/105</p>

Teens	Teens	Teens	Teens
<p><b>#1 Up and Down and Up and Down...</b> 7 Min AMRAP</p> <p>10 Snatch @ 95/65 15 Pull ups 20 Wall ball @ 20/14</p> <p>Snatch can be power or full squat</p> <p>Pull ups may be any style.</p>	<p><b>#2 OCD</b> 5 Rounds for Time (7 minute time cap)</p> <p>10 Overhead Squat 75/55 10 Cals on Bike 20 Dubz (80 singles)</p> <p>Singles count for full score 4-1 Every 20 = 5 Dubs</p> <p>Rounding down</p>	<p><b>#3 Brute Camp</b> For time (6 minute time cap)</p> <p>9 sandbag GTOH 20ft Sandbag lunge 7 sandbag GTOH 20ft Sandbag lunge 5 sandbag GTOH 20ft Sandbag carry 3 sandbag GTOH 20ft Sandbag carry</p> <p>Drop sandbag Sprint to finish line</p> <p>50/30 small bags</p> <p>Front Rack, Back rack or over shoulder for Lunge/Carry</p> <p>Marking for SB Lunge every 20'</p>	<p><b>#4 She's All Heart</b> Amrap (12 minute cap)</p> <p>10 power clean @ 75/65 8 burpee box jump over 8 power clean @ 95/85 8 burpee box jump over 6 power clean @ 115/95 8 burpee box jump over 4 power clean @ 135/105 8 burpee box jump over 2 power clean @ 155/115 8 burpee box jump over</p> <p>In time remaining as many reps as possible 165/125</p>

Team of 2 Co-ed	Team of 2 Co-ed	Team of 2 Co-ed	Team of 2 Co-ed
<p><b>#1</b>  For Total  Race &amp; Snatch    In 7 Minutes    Max Calories on Bike  (Team Total)  1RM Snatch  (Team Total)    1 Score  Total of Calories &amp; total of  1RM snatch weight</p>	<p><b>#2</b>  For Time (10 minute cap)  Let's Dance  Tandem Brute Carry, Fly &amp; Invert    Tandem sandbag 135lbs <i>carry</i>  from start to opposite end 50  meters then back to start 50  meters. <i>This happens in  between each round of  21/15/9</i>    21/15/9  Pull ups &amp; HSPU  Both Athletes    Sandbag carry tandem 100  meters, out and back...to finish  line for time. Last athlete to  pass marks time    Each athlete must maintain at  least one "hand grip" on  Sandbag. Two hand grip is  allowed but the sandbag  weight must be shared.</p>	<p><b>#3</b>  For Total  Who's the Boss  Time cap 9 minutes    Partner A (Female) has 5  minutes to find a max clean  (any form of clean is  permissible). Female chooses  and pre-loads starting weight.  Score max clean    At the 5 min mark 1 minute  break to set load &amp; score.    At the 6 min mark Partner B  (Male) will perform a 3 min  AMRAP of max number of  cleans at the final successful  weight performed by Partner A  (Female).</p>	<p><b>4#</b>  For Time  The 12th Round    3 shuttle runs per partner  Out and back 100 meters each  run (300 meters total)    1 shuttle suitcase carry x 4  total sets, 2 per partner.  Out and back 100 meters each  (200 meters total each)  Sandbags 50/30  May stop and switch hands as  needed.  100 KB swings Total partition  reps as needed between  partners  Weights 50/30    50 total burpee box jump over  20" box, partition reps as  needed between partners    (15 minute time domain)</p>



Team of 3 Co-ed	Team of 3 Co-ed	Team of 3 Co-ed	Team of 3 Co-ed
<p><b>#1</b>  For Total  Race &amp; Snatch, but Weight  In 7 Minutes</p> <p>Max Calories on Bike  (Team Total)  1RM Snatch  (Team Total)</p> <p>(Third athlete Female on deck must maintain a static hold on a sandbag in hang position, Male on deck must maintain static hold front rack position.</p> <p>Sandbag weight 90lbs</p> <p>1 Score  Total of Calories &amp; total of 1RM snatch weight</p>	<p><b>#2</b>  For Time (13 minute cap)  Let's all 3 Dance  Tandem Brute Carry, Fly &amp; Invert</p> <p>Two Athlete tandem sandbag 135lbs <i>carry</i> from start to opposite end 50 meters then back to start 50 meters. <i>Third athlete carries 100 pound brute ball out 40 feet and back 40 feet.</i>  <i>This happens in between each round of 21/15/9</i></p> <p>21/15/9  Pull ups &amp; HSPU  All 3 Athletes</p> <p>Athletes must all complete each set prior to sandbag/brute ball carry</p> <p>Sandbag carry tandem 100 meters, out and back...to finish line for time. Last athlete to pass marks time</p> <p>Each tandem carry athlete must maintain at least one "hand grip" on Sandbag. Two hand grip is allowed but the sandbag weight must be shared.</p>	<p><b>#3</b>  For Total (12 minute cap)  Who's the Boss of Both of you</p> <p>Partner A (Female)has 5 min to find a max clean (any form of clean is permissible). Female chooses and pre-loads starting weight. Score max clean</p> <p>At the 5 min mark 1 minute break to set load &amp; score.</p> <p>At the 6 min mark Partner B (Male 1) will perform a 3 min AMRAP of max number of cleans at the final successful weight performed by Partner A (Female).</p> <p>At the 9 min mark Partner C (Male 2) will perform a 3 min AMRAP of max number of shoulder to overhead at the final successful weight performed by Partner A (Female).</p>	<p><b>4#</b>  For Time(15 minute cap)  Maybe add 2 minutes  The 12th Round</p> <p>3 shuttle runs per partner Out and back 100 meters each run (300 meters total)</p> <p>1 shuttle suitcase carry x 6 total sets, 2 per partner. Out and back 100 meters each (200 meters total each) Sandbags 50/30 May stop and switch hands as needed. 150 KB swings Total partition reps as needed between partners Weights 50/30</p> <p>75 total burpee box jump over 20" box, partition reps as needed between partners</p>

Saturday September 2nd | 7:30am -1:00pm Athlete Check in | 10:45 - 7:00pm Competition

WOD#1 Up and Down- 7 Minute AMRAP	WOD#2 OCD 5 Rounds for Time (7 minute cap)	WOD#1 Up and Down- 7 Minute AMRAP	WOD#2 OCD 5 Rounds for Time (7 minute cap)	WOD#1 Race & Snatch On a 7 Minute clock
<p>Teens/Masters 15 minute briefing 10:20am-10:35am</p> <p>“Teen” Heat 1 Male/Female mix: 10:45am-11:00am</p> <p>“Masters 40-44” Heat 1 Male Only: 11:10am-11:20am</p> <p>“Masters 45-49” Heat 1 Female: 11:30am-11:40 Male: 11:50-12:00</p> <p>“Masters 50+” Heat 1 12:10pm-12:20pm</p> <p>20 minute break</p>	<p>Teens/Masters 15 minute briefing 12:45pm-1:00pm</p> <p>“Teen” Heat 1 Male/Female mix: 1:10pm-1:20pm</p> <p>“Masters 40-44” Heat 1 Male Only: 1:30pm-1:40pm</p> <p>“Masters 45-49” Heat 1 Female:1:50pm-2:00pm Male: 2:10pm-2:20pm</p> <p>“Masters 50+” Heat 1 2:30pm-2:40pm</p> <p>15 minute break</p>	<p>Intermediate No briefing 2:55pm</p> <p>“Intermediate” Heat 1 Female: 3:00pm-3:10pm Male: 3:20pm-3:30pm</p> <p>“Intermediate” Heat 2 Male: 3:40pm-3:50pm</p>	<p>Intermediate No briefing 4:00pm</p> <p>“Intermediate” Heat 1 Female: 4:10pm-4:20pm Male: 4:30pm-4:40pm</p> <p>“Intermediate” Heat 2 Male: 4:45pm-4:55pm</p>	<p>RX ONLY No briefing 5:00pm</p> <p>“Rx” Heat 1 Female: 5:10pm-5:20pm Male: 5:30pm-5:40pm</p> <p>“Rx” Heat 2 Female: 5:50pm-6:00pm Male: 6:10pm-6:20pm</p> <p>“Rx” Heat 3 Male: 6:30pm-6:40pm</p> <p>“Rx” Heat 4 Male: 6:50pm-7:00pm</p>

Sunday September 3rd| 8:00am - 7:15pm

WOD#2 Zero Gravity For Time (8 Minute cap)	WOD#3 Brute camp For Time (6 Minute cap)	WOD#4 She's all Heart AMRAP (12 Minute cap)	WOD#1 Race & Snatch For Total in 7 minutes	WOD#2 Let's Dance For Time (10 minute cap)
<p>RX ONLY 15 minute briefing 8:00am</p> <p>"Rx" Heat 1 Female:8:15am-8:25am Male: 8:30am-8:40am</p> <p>"Rx" Heat 2 Female: 8:45am-8:55am Male: 9:00am-9:10am</p> <p>"Rx" Heat 3 Male: 9:15am-9:25am</p> <p>"Rx" Heat 4 Male: 9:30am-9:40am</p>	<p>Teens/Masters 15 minute briefing 9:30am-9:40am</p> <p>"Teen" Heat 1 Male/Female mix: 9:50am-10:00am</p> <p>"Masters 40-44" Heat 1 Male Only: 10:10am-10:20am</p> <p>"Masters 45-49" Heat 1 Female: 10:30am-10:40am Male: 10:50-11:00</p> <p>"Masters 50+" Heat 1 11:10am-11:20am</p>	<p>Teens/Masters 10 minute briefing 11:10am</p> <p>"Teen" Heat 1 Male/Female mix: 11:25am-11:40am</p> <p>"Masters 40-44" Heat 1 Male Only: 11:55am-12:10am</p> <p>"Masters 45-49" Heat 1 Female: 12:15am-12:30pm Male: 12:15-12:30</p> <p>"Masters 50+" Heat 1 12:40pm-12:55pm</p> <p>20 minute break/ Podium Teens/Masters</p>	<p>Team of 2 co-ed Team of 3 co-ed 15 minute briefing 12:55-1:10</p> <p>Team of 2 Heat 1 1:15pm-1:25pm</p> <p>Team of 3 heat 1 1:35-1:45</p>	<p>Team of 2 co-ed Team of 3 co-ed 15 minute briefing 1:35-1:50</p> <p>Team of 2 Heat 1 1:55pm-2:05pm</p> <p>Team of 3 heat 1 2:10-2:20</p>

Sunday September 3rd| 8:00am - 7:30pm

WOD#3 Brute camp For Time (6 Minute cap)	WOD#3 Walking Dead AMRAP (8 Minute cap)	WOD#4 She's all Heart For Time (6 Minute cap)	WOD#2 Zero Gravity For Time (8 Minute cap)	
<p>Intermediate 15 minute briefing 2:05pm</p> <p>“Intermediate” Heat 1 Female: 2:10pm-2:15pm Male: 2:20pm-2:30pm</p> <p>“Intermediate” Heat 2 Male: 3:35-3:45</p>	<p>Rx/Elite 10 Minute briefing 3:35</p> <p>“Elite” Heat 1 Male: 3:40pm-3:50pm “Elite” Heat 2 Male: 3:55pm-4:05pm</p> <p>“Rx” Heat 1 Female: 4:10pm-4:25pm Male: 4:30pm-4:40pm</p> <p>“Rx” Heat 2 Female: 4:45pm-4:55pm Male: 5:05pm-5:15pm</p> <p>“Rx” Heat 3 Male: 5:20pm-5:30pm</p> <p>“Rx” Heat 4 Male: 5:35pm-5:45pm</p>	<p>Intermediate 15 minute briefing 5:30pm</p> <p>“Intermediate” Heat 1 Female: 5:40pm-5:50pm Male: 6:00pm-6:10pm</p> <p>“Intermediate” Heat 2 Male: 6:15-6:25</p> <p>20 Minute Break Podium Intermediate</p>	<p>Elite only 15 minute briefing 6:25</p> <p>“Elite” Heat 1 Male: 6:50pm-7:00pm “Elite” Heat 2 Male: 7:10pm-7:20pm</p>	

Monday September 4th| 8:00am-

WOD#3 Who's the Boss For Total (9 minute cap)	WOD#1 Race & Snatch On a 7 minute clock	WOD#4 She's all Heart AMRAP (12 minute cap)	WOD#4 12th Round For Time (15 minute cap)	WOD#5 Thrusters &16 For Time (8 minute cap)
<p>Team of 2 co-ed Team of 3 co-ed 10 minute briefing 8:00am</p> <p>Team of 2 Heat 1 8:10am-8:25am</p> <p>Team of 3 heat 1 8:30am-8:40am</p>	<p>Elite ONLY No briefing 8:50am</p> <p>"Elite" Heat 1 Male: 8:55am-9:05am</p> <p>"Elite" Heat 2 Male: 9:15am-9:25am</p>	<p>Rx/Elite 10 Minute briefing 9:30</p> <p>"Rx" Heat 1 Female: 9:35am-9:50am Male: 10:00am-10:15am</p> <p>"Rx" Heat 2 Female: 10:20pm-11:35pm Male: 11:20pm-11:35pm</p> <p>"Rx" Heat 3 Male: 11:40pm-11:55pm</p> <p>"Rx" Heat 4 Male: 12:00pm-12:15pm</p> <p>"Elite" Heat 1 Male: 12:25pm-12:40pm</p> <p>"Elite" Heat 2</p>	<p>Team of 2 co-ed Team of 3 co-ed 15 minute briefing 1:10</p> <p>Team of 2 Heat 1 1:20pm-1:35pm</p> <p>Team of 3 heat 1 1:40pm-1:55pm</p> <p>20 minute break Team Podium</p>	<p>30 minute break Rx/Elite No Briefing 2:15pm</p> <p>"Elite" Heat 1 Male: 2:25pm-2:35pm</p> <p>"Elite" Heat 2 Male:2:40pm-2:50pm</p> <p>"Rx" Heat 1 Female: 3:10am-3:20am Male: 3:25pm-3:35pm</p> <p>"Rx" Heat 2 Female: 3:40pm-3:50pm Male: 3:55pm-4:05pm</p> <p>"Rx" Heat 3 Male: 4:10pm-4:20pm</p> <p>"Rx" Heat 4 Male: 4:30pm-4:40pm</p>

		Male: 12:45pm-1:00pm		
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Monday September 4th| 8:00am - 6:10pm

Elite/Rx Finals "TBA"				
15 minute briefing 5:00pm  Elite Male: 5:15  Rx: Female: 5:35 Male: 5:55  Podium: Elite/Rx 6:10				

