

HEATS, LANES
&
SCHEDULE



HEARTLAND
HAVOC3
COMPETITION

SEPTEMBER 29TH, 2018

ATHLETE CHECK IN FRIDAY FROM 3-6P & SATURDAY FROM 7-7:45A 3510 VINE COURT, DAVENPORT					
OPENING REMARKS 8-8:10A COLIN CARTEE (HOST & MC) NATIONAL ANTHEM 8:15-8:20A MARIAH CHAPDELAINE & TONI LEVEILLE					
WOD 1 BRIEF 8:20A ROB EDEL (HEAD JUDGE)					
WOD 1					
LANE NUMBER	HEAT 1 9:10 AM	HEAT 2 9:35 AM	HEAT 3 10:00 AM	HEAT 4 10:25 AM	LANE NUMBER
1	WOD Sistas, Misters, and Blisters	OC3 Red (Sc)	AMRAPERS	OC3 Red (Rx)	1
2	Beauties and the Beats	AP Fit	Run Like the Winded	Rip City	2
3	Who's Awesome	Peace Love Burpees	Trouble Unders	CrossFit Bond Masters Minus 1	3
4	Jerking WallBallers	Coconut Crew	Mothers and Brothers	OC3 White	4
5	Shruglife	Two Snatches and A Couple of Jerks	Ganzo's Locos	Cedar Rapids CrossFit	5
6	Gingersnaps & Cadillacs		WOD is not Enough	Swole Patrol	6
BREAK & EVENTS 2 & 3 BRIEF 10:45 - 11:15A					
BRIEF HEATS 1-3 ON WODs 2 & 3 [HEAT 4 WILL BE BRIEFED RIGHT BEFORE TAKING THE FLOOR.]					
WODs 2 & 3					
LANE NUMBER	HEAT 1 11:15 AM	HEAT 2 11:30 AM	HEAT 3 11:45 AM	HEAT 4 12:00 PM	LANE NUMBER
1	WOD Sistas, Misters, and Blisters	OC3 Red (Sc)	AMRAPERS	OC3 Red (Rx)	1
2	Beauties and the Beats	AP Fit	Run Like the Winded	Rip City	2
3	Who's Awesome	Peace Love Burpees	Trouble Unders	CrossFit Bond Masters Minus 1	3
4	Jerking WallBallers	Coconut Crew	Mothers and Brothers	OC3 White	4
5	Shruglife	Two Snatches and A Couple of Jerks	Ganzo's Locos	Cedar Rapids CrossFit	5
6	Gingersnaps & Cadillacs		WOD is not Enough	Swole Patrol	6
BREAK & EVENT 4 BRIEF 12:15 - 12:45P					
WOD 4					
LANE NUMBER	HEAT 1 1:15 PM	HEAT 2 1:40 PM	HEAT 3 2:05 PM	HEAT 4 2:30 PM	LANE NUMBER
1	WOD Sistas, Misters, and Blisters	OC3 Red (Sc)	AMRAPERS	OC3 Red (Rx)	1
2	Beauties and the Beats	AP Fit	Run Like the Winded	Rip City	2
3	Who's Awesome	Peace Love Burpees	Trouble Unders	CrossFit Bond Masters Minus 1	3
4	Jerking WallBallers	Coconut Crew	Mothers and Brothers	OC3 White	4
5	Shruglife	Two Snatches and A Couple of Jerks	Ganzo's Locos	Cedar Rapids CrossFit	5
6	Gingersnaps & Cadillacs		WOD is not Enough	Swole Patrol	6
ATHLETES BREAK & EAT 2:50 - 3:30P					
PODIUM AWARDS 3:30 - 3:50P					