

F/F OPEN HEATS

Team Name	Team #	Event 1 Heat	Event 2 Heat	Final Event
Only here for tacos	101	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Kettlebellas	102	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Holy Guacamole	103	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Average Janes	104	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Taco Lifters	105	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
intimidation nation	106	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Pepe and Chalula	107	Heat 1: 8:30AM	Heat 1: 12:00PM	Heat 1: 3:30PM
We thought this was a POWERLIFTING meet	108	Heat 2: 8:45AM	Heat 1: 12:00PM	Heat 1: 3:30PM
Darth Jax and Queen Amidala	109	Heat 2: 8:45AM	Heat 1: 12:00PM	Heat 1: 3:30PM
TC	110	Heat 2: 8:45AM	Heat 2: 12:20PM	Heat 1: 3:30PM
Struggle Bus	111	Heat 2: 8:45AM	Heat 2: 12:20PM	Heat 1: 3:30PM
Bad Decisions	112	Heat 2: 8:45AM	Heat 2: 12:20PM	Heat 1: 3:30PM
The Brownies	113	Heat 2: 8:45AM	Heat 2: 12:20PM	Heat 2: 3:45PM
Will WOD for Donuts	114	Heat 2: 8:45AM	Heat 2: 12:20PM	Heat 2: 3:45PM
Taco Belles	115	Heat 3: 9:00AM	Heat 2: 12:20PM	Heat 2: 3:45PM
NO REP NALGONAS	116	Heat 3: 9:00AM	Heat 2: 12:20PM	Heat 2: 3:45PM
Will Thrust for Tequila!	117	Heat 3: 9:00AM	Heat 2: 12:20PM	Heat 2: 3:45PM
Let's Taco 'Bout Gainz	118	Heat 3: 9:00AM	Heat 2: 12:20PM	Heat 2: 3:45PM
Trash Pandas	119	Heat 3: 9:00AM	Heat 3: 12:40PM	Heat 2: 3:45PM
Small and Mighty	120	Heat 3: 9:00AM	Heat 3: 12:40PM	Heat 2: 3:45PM
T&C	121	Heat 3: 9:00AM	Heat 3: 12:40PM	Heat 2: 3:45PM
Buns & Guns	122	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 2: 3:45PM
CrossFit DownValley	123	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 2: 3:45PM
Aggressively Average	124	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 2: 3:45PM
MmmmmmmmmKkkkkkk	125	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 3: 4:00PM
Shots & Squats	126	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 3: 4:00PM
The Abs and Ab-Notes	127	Heat 4: 9:15AM	Heat 3: 12:40PM	Heat 3: 4:00PM
My So Called Quads	128	Heat 4: 9:15AM	Heat 4: 1:00PM	Heat 3: 4:00PM
I Thought This Was Barbell Club	129	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
All Grit No Quit	130	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
RN, BSN, WOD	131	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
Wolfpack	132	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
Sippin' and Kippin'	133	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
Nachomamadottirs	134	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
Mighty Mountain Women	135	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM
Tequila Squats	136	Heat 5: 9:30AM	Heat 4: 1:00PM	Heat 3: 4:00PM

F/F RX HEATS

Team Name	Team#	Event 1 Heat	Event 2 Heat	Final Event
Tiny Hands Hairy Legs	201	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 6: 4:45PM
Here for the Beer.	202	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 6: 4:45PM
Weights Before Dates	203	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 6: 4:45PM
The Knappsdoottirs	204	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 6: 4:45PM
T&A	205	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 6: 4:45PM
She-Unit	206	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 7: 5:00PM
Crossfit Steamboat	207	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 7: 5:00PM
Hot Sauce	208	Heat 6: 9:45AM	Heat 5: 1:20PM	Heat 7: 5:00PM
The Queens of Cleans	209	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 7: 5:00PM
It takes two	210	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 7: 5:00PM
Hustle&Muscle	211	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM
Chasing Mexcellence	212	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM
Two peas in a WOD	213	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM
Smash Sisters	214	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM
The Marathon Runners	215	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM
Two Peas in a WOD	216	Heat 7: 10:00AM	Heat 6: 1:40PM	Heat 8: 5:15PM

M/M OPEN HEATS

Team Name	Team #	Event 1 Heat	Event 2 Heat	Final Event
Pain Is Temporary	301	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Legs Miserables	302	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Jersey Shore	303	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Team Max Muscle	304	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Mountain Men	305	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
The Stud Muffins	306	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Hit it and Quit it	307	Heat 8: 10:15AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Team Shoots and Ladders	308	Heat 9:10:30AM	Heat 7: 2:00PM	Heat 4: 4:15PM
WILDLINGS!	309	Heat 9:10:30AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Rice and Beans	310	Heat 9:10:30AM	Heat 7: 2:00PM	Heat 4: 4:15PM
Big Body Sunday	311	Heat 9:10:30AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Camel Toes To Bar	312	Heat 9:10:30AM	Heat 8: 2:40PM	Heat 5: 4:30PM
#WeTwo	313	Heat 9:10:30AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Your Mom Makes Great Bacon	314	Heat 9:10:30AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Coaches Crew	315	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Nocoast Blue	316	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Shake & Bake	317	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
WOD are you talking about?	318	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
A Team Has No Name	319	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Tea and Pounds	320	Heat 10: 10:45AM	Heat 8: 2:40PM	Heat 5: 4:30PM
Roady-Poo Candy Asses	321	Heat 10: 10:45AM	Heat 9: 3:00PM	Heat 5: 4:30PM
Barbell Bromance	322	Heat 10: 10:45AM	Heat 9: 3:00PM	Heat 5: 4:30PM

M/M RX HEATS

Team Name	Team #	Event 1 Heat	Event 2 Heat	Final Event
Aim for the bushes	401	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
Nacho Average Joes	402	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
The Snatch Pack	403	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
Flab and Abs	404	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
Brother Rabon	405	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
PMCF	406	Heat 11: 11:00AM	Heat 9: 2:40PM	Heat 6: 4:45PM
LFT Trouble Unders	407	Heat 12: 11:15AM	Heat 9: 2:40PM	Heat 7: 5:00PM
Nate Squared	408	Heat 12: 11:15AM	Heat 9: 2:40PM	Heat 7: 5:00PM
Couple o' Guys	409	Heat 12: 11:15AM	Heat 10: 3:00PM	Heat 7: 5:00PM
#swordfight	410	Heat 12: 11:15AM	Heat 10: 3:00PM	Heat 7: 5:00PM
The CrossFit Arvada Eagles (The Birds of Freedom)	411	Heat 12: 11:15AM	Heat 10: 3:00PM	Heat 7: 5:00PM
#fatnshitty	412	Heat 12: 11:15AM	Heat 10: 3:00PM	Heat 7: 5:00PM
Team beefalo	413	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM
verve	414	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM
Straight Outta On Ramp	415	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM
luchador de toros	416	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM
AM to the PM, PM to the AM.	417	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM
Wooden Nickel	418	Heat 13: 11:30PM	Heat 10: 3:00PM	Heat 8: 5:15PM