

Schedule and Heat Times for Spring Fling '17

7:00am - Registration Opens

8:00am - Opening Remarks/National Anthem

8:15am - "Battle of the Sexes" and "Floater" Movement Standards

WOD #1 – "Battle of the Sexes"

Rx Division

Scaled Division

8:30am – Heat 1

BEER
Shock and Awe
CrossFit Arvada

Cash Me Outside
JJKS
Tflex

8:49am – Heat 2

Sandbaggers
Who's Jake
Battle Ready as Fuck

Wodding Crashers
Faster Than a Herd of Turtles
Up for Debate

9:08am – Heat 3

Buns n' Guns
I am Rocco
CrossFit Craft Heavy Breathers

#Built by Tacos
CrossFit Battle Ready Black
Don't Bolw Your WOD

9:27am – Heat 4

Battle Ready 3
Racks on Racks on Backs
Donut Give Up

Beauties and a Beard
Thick Thighs Save Lives
Total Jerks

9:46am – Heat 5

Balls n Dolls
Abalicious
This is a Bad Idea on Short Notice

Hood Fitness
Dumbbells & Divas
Sour Snatch Kids

10:05am – Heat 6

Team sKrong
I Can't Even ~ Kambucha
TBD

Team CARB
N.E.A.T.
Team Work Makes the Dream Work

10:24am – Heat 7

Boulder CrossFit
Salt with a Dash of Pepper
TBD

Jerks with a side of Bacon
Snatch Me Outside Howbowdat
Snatches Only, No Jerks Allowed

10:43am – Heat 8

Team Banshee
CrossFit Craft Fire Breathers
TBD

Two Snatches and a Couple of Jerks
Top Guns
TBD

11:10 – Clean & Jerk Standards

WOD #2 – “Clean & Jerk”

Rx Division

Scaled Division

11:30am – Heat 1

BEER
Shock and Awe
CrossFit Arvada

Cash Me Outside
JJKS
Tflex

11:46am – Heat 2

Sandbaggers
Who's Jake
Battle Ready as Fuck

Wodding Crashers
Faster Than a Herd of Turtles
Up for Debate

12:02pm – Heat 3

Buns n' Guns
I am Rocco
CrossFit Craft Heavy Breathers

#Built by Tacos
CrossFit Battle Ready Black
Don't Bolw Your WOD

12:18pm – Heat 4

Battle Ready 3
Racks on Racks on Backs
Donut Give Up

Beauties and a Beard
Thick Thighs Save Lives
Total Jerks

12:34pm – Heat 5

Balls n Dolls
Abalicious
This is a Bad Idea on Short Notice

Hood Fitness
Dumbbells & Divas
Sour Snatch Kids

12:50pm – Heat 6

Team sKrong
I Can't Even ~ Kambucha
TBD

Team CARB
N.E.A.T.
Team Work Makes the Dream Work

1:06pm – Heat 7

Boulder CrossFit
Salt with a Dash of Pepper
TBD

Jerks with a side of Bacon
Snatch Me Outside Howbowdat
Snatches Only, No Jerks Allowed

1:22pm – Heat 8

Team Banshee
CrossFit Craft Fire Breathers
TBD

Two Snatches and a Couple of Jerks
Top Guns
TBD

2:00pm - "If He Dies, He Dies" Movement Standards

WOD #3 – “If He Dies, He Dies”

Rx Division

Scaled Division

2:15pm – Heat 1

24th Place
23rd Place
22nd Place

24th Place
23rd Place
22nd Place

2:30pm – Heat 2

21st Place
20th Place
19th Place

21st Place
20th Place
19th Place

2:45pm – Heat 3

18th Place
17th Place
16th Place

18th Place
17th Place
16th Place

3:00pm – Heat 4

15th Place
14th Place
13th Place

15th Place
14th Place
13th Place

3:15pm – Heat 5

12th Place
11th Place
10th Place

12th Place
11th Place
10th Place

3:30pm – Heat 6

9th Place
8th Place
7th Place

9th Place
8th Place
7th Place

3:45pm – Heat 7

6th Place
5th Place
4th Place

6th Place
5th Place
4th Place

4:00pm – Heat 8

3rd Place
2nd Place
1st Place

3rd Place
2nd Place
1st Place

4:30pm – Awards and Prizes