



Spring Fling '19

7:00 am	Athlete Check In		Event 2 - Wave 1 Women	
8:30 am	Opening Remarks/Event 1 Briefing			
9:00 am	Heat 1 - Event 1		11:00 am	Heather Tribble / Ruthie Goff
	Gainz for Jesus		11:02 am	Erin Comstock-Love / Mary Gintz
	Jacked in the Box		11:04 am	Alana Lefebvre / Pam Virden
	CrossFit DeCO		11:06 am	Maggie Gaughan / Jen Clark
9:20 am	Heat 2 - Event 1		11:08 am	Hannah Barrego / Tasha Markovchick
	Los Chupacabras		11:10 am	Blaine Heydt / Lindsay Sneller
	D.O.L.L.		11:12 am	Lyndsey Kenney / Janelle Mosher
9:40 am	Heat 3 - Event 1		11:14 am	Briana Miller / Sheryl Doll
	Power Bottoms		11:16 am	Myra Gottl / Erin Whinnery
	MBS			
10:00 am	Heat 4 - Event 1			
	Dream Team			
	Rx'd the Warm Up			
			Event 2 - Wave 1 Men	
10:30 am	Event 2 Briefing			
11:00 am	Wave 1 - Women	Event 2	11:27 am	Jamey Young / Benjamin McCoy
11:27 am	Wave 1 - Men	Event 2	11:29 am	Steve Gammel / Scott Sneller
11:54 am	Wave 2 - Women	Event 2	11:31 am	Gabe Padilla / Jeremy Foster
TBD	Wave - Men	Event 2	11:33 am	Joel Kuhns / Devin Orrock
TBD	Wave 3 - Women	Event 2	11:35 am	Kyle Hayes / Brian Heydt
12:55 approx finish	Wave 3 - Men	Event 2	11:37 am	Sean Eitten / Nick Kemmer
	Floater Must Be Completed By 1pm		11:39 am	Joseph Tribble / Nate Love
			11:41 am	Greg Hauptmann / Zach Carlson
1:20 pm	Event 4 Briefing		11:43 am	Ron Gosage / Michael Wagner
1:50 pm	Heat 1	Event 4		
	9th Place - 8th Place			
2:10 pm	Heat 2	Event 4		
	7th Place - 6th Place			
2:30 pm	Heat 3	Event 4		
	5th Place - 4th Place			
2:50 pm	Heat 4	Event 4		
	3rd Place - 2nd Place - 1st Place			
3:30 pm	AWARDS			