

Heat Schedule				Lane Assignments							
Friday				1	2	3	4	5	Overflow		
Heat 1	12:00 PM	-->		CF Extremity	Delaware Fit Factory	Diamond Dogs	SHRED CF	UA Fitness			
Heat 2	3:00 PM	-->		Fireballs	RXish	CF 184	CF Excess	Down South Fitness			
Heat 3	4:30 PM	-->		CrossFit Gahanna	The Big Dills	CrossFit Crave	Team Friendship	SCCF Arnold Palmers			
<b>Saturday</b>											
Barbell Complex	Heat 1	12:00 PM	-->	CF Extremity	Del Fit Factory	Diamond Dogs	SHRED	UA Fit	Fireballs	RXish	CF 184
	Heat 2	12:30 PM	-->	CF Excess	Down South Fitness	CF Gahanna	The Big Dills	CF Crave	Friendship	SCCF Arn Palm	
Go Ruck	Heat 1	1:00 PM	-->	CF Extremity	Del Fit Factory	Diamond Dogs	SHRED	UA Fit	Fireballs	RXish	CF 184
	Heat 2	1:20 PM	-->	CF Excess	Down South Fitness	CF Gahanna	The Big Dills	CF Crave	Friendship	SCCF Arn Palm	
Event 10	Heat 1	2:00 PM	-->	CF Extremity	Del Fit Factory	Diamond Dogs	SHRED	UA Fit	Fireballs	RXish	CF 184
	Heat 2	2:30 PM	-->	CF Excess	Down South Fitness	CF Gahanna	The Big Dills	CF Crave	Friendship	SCCF Arn Palm	
Event 11	Heat 1	3:00 PM	-->	CF Extremity	Delaware Fit Factory	Diamond Dogs	SHRED CF	UA Fitness			
	Heat 2	3:30 PM	-->	Fireballs	RXish	CF 184	CF Excess	Down South Fitness			
	Heat 3	4:00 PM	-->	CrossFit Gahanna	The Big Dills	CrossFit Crave	Team Friendship	SCCF Arnold Palmers			
<b>Sunday</b>											
Finals	Heat 1	12:00 PM	-->	TBD	TBD	TBD	TBD	TBD			
	Heat 2	1:15 PM	-->	TBD	TBD	TBD	TBD	TBD			