

Fall Brawl Schedule and Heat times.

7:00am – 8:00am: Teams Arrive

8:00am: Movement Standards

8:30am: National Anthem

8:45am - 10am: WOD 1 "Kickstart My Heart"

10:30am -11:30am: WOD 2 "Cum On Feel The Noize"

12:00pm - 1:00pm: WOD 3 "I Go To Work"

2:00pm - 3:00pm: WOD 4 "Send Me An Angel"

3:30pm - 3:45pm: Championship (Top 3 Teams)

3:45pm: Potluck Dinner and 10 Year Anniversary Party

Team Judging Pairs

The same teams will judge each other all day. Coaches for your team will assign you to an athlete to judge for each WOD. Your coach will communicate with you ahead of time to let you know what you are doing so you know your judging assignments ahead of time.

Team Judging Pairs for the Day

Barry & Mike

Jocelyn & Mark

Vince & Zack

Kari & Bryan

WOD 1 (All the same distance/burpee reps will go at once from each team and athletes from another distance/reps will judge)

Heat 1 @ 8:45: 400m/50 (800m/30 athletes judge)

Heat 2 @ 9am: 600m/40 (1000m/20 athletes judge)

Heat 3 @ 9:15am: 800m/30 (1200m/10 athletes judge)

Heat 4 @ 9:30am: 1000m/20 (400m/50 athletes judge)

Heat 5 @ 9:45am: 1200m/10 (600m/40 athletes judge)

WOD 2

Heat 1 @ 10:30am: Team Barry and Team Jocelyn

Heat 2 @ 10:50am: Team Vince and Team Kari

Heat 3 @ 11:10am: Team Mike and Team Mark

Heat 4 @ 11:30am: Team Zack and Team Bryan

WOD 3 (all of the same skills will be done at once. Assign a different movement to judge)

Heat 1 @ 12:00pm - Muscle-Ups

Heat 2 @ 12:10pm - Rope Climbs

Heat 3 @ 12:20pm - Chest to Bar Pullups

Heat 4 @ 12:30pm - Overhead Squats

Heat 5 @ 12:40pm - Row Calories

Heat 6 @ 12:50pm - Overhead Reverse Lunges

Heat 7 @ 1:00pm - KB Swings

Heat 8 @ 1:10pm - Wall Balls

Heat 9 @ 1:20pm - Toes Through Rings

Heat 10 @ 1:30pm - Goblet Squats

WOD 4

Heat 1 @ 2:00pm: Zack and Bryan

Heat 2 @ 2:15pm: Mike and Mark

Heat 3 @ 2:30pm: Vince and Kari

Heat 4 @ 2:45pm: Barry and Jocelyn

Championship WOD @ 3:30pm

Top 3 Teams will compete for time:

300 Double-Unders

200 Thrusters

100 Pullups

Winner-take-all!

Time delays:

1st place team – 3-2-1 GO...

2nd place team – 20 second delay

3rd place team – 40 second delay