

Fall Brawl 2016 Schedule of Events

8:00am – Teams get together

8:15am – Movement Standards

8:45am – National Anthem by Bern Clune

9:00am – WOD #1A and WOD #1B (both events at the same time)

10:30am- WOD #2

11:30pm – Break

12:30pm – WOD #3

2:00pm – WOD #4

3:30pm – Championship WOD

WOD 1A /1B - "Sprint Duathlon" @ 9:00am

(10 minutes between heats)

Heat 1	Judging Team
Natural Disasters	Vicious and Delicious
Nation of Domination	Legion of Doom
Money, Inc.	Strike Force
D-Generation X	New Age Outlaws
Heat 2	Judging Team
Vicious and Delicious	Natural Disasters
Legion of Doom	Nation of Domination
Strike Force	Money, Inc.
New Age Outlaws	D-Generation X

WOD 2 - "Heavy Clean Partner 6 min AMRAP" @ 10:30am

(4 mins between heats)

Heat 1	Judging Team
Natural Disasters	Vicious and Delicious
Nation of Domination	Legion of Doom
Heat 2	Judging Team
D-Generation X	Strike Force
Money, Inc.	New Age Outlaws
Heat 3	Judging Team
Vicious and Delicious	Natural Disasters
Legion of Doom	Nation of Domination
Heat 4	Judging Team
Strike Force	D-Generation X
New Age Outlaws	Money, Inc.

WOD 3 - "Snatch/DU Ladder Relay" @ 12:30pm

(5 minutes between heats)

Heat 1	Judging Team
Vicious and Delicious	Natural Disasters
Legion of Doom	Nation of Domination
Heat 2	Judging Team
Strike Force	D-Generation X
New Age Outlaws	Money, Inc.
Heat 3	Judging Team
Natural Disasters	Vicious and Delicious
Nation of Domination	Legion of Doom
Heat 4	Judging Team
D-Generation X	Strike Force
Money, Inc.	New Age Outlaws

WOD 4 - "100s" @ 2:00pm

(10 minutes between heats)

Heat 1	Judging Team
Vicious and Delicious	Natural Disasters
Legion of Doom	Nation of Domination
Strike Force	Money, Inc.
New Age Outlaws	D-Generation X
Heat 2	Judging Team
Natural Disasters	Vicious and Delicious
Nation of Domination	Legion of Doom
Money, Inc.	Strike Force
D-Generation X	New Age Outlaws