

CrossFit 630 Solo Comp Schedule

Registration:

7:15-7:55 am

Opening Remarks

8:00-8:05 am

National Anthem

8:05-8:10 am

WOD 1	8:15 AM		See Team # Sheet
Heat 1	8:15-8:24 am	Heat 1	RX Male & RX Female
Transition	3:00		
Heat 2	8:27-8:36 am	Heat 2	RX Male & RX Female
Transition	3:00		
Heat 3	8:39-8:48 am	Heat 3	SCALED Male & SCALED Female
Transition	3:00		
Heat 4	8:51-9:00 am	Heat 4	SCALED Male & SCALED Female

Transition 10:00 9:10 AM

WOD 2	9:10 AM		
Heat 1	9:10-9:20 am	Heat 1	RX Male & RX Female
Transition	3:00		
Heat 2	9:23-9:33 am	Heat 2	RX Male & RX Female
Transition	3:00		
Heat 3	9:36-9:46 am	Heat 3	SCALED Male & SCALED Female
Transition	3:00		
Heat 4	9:49-9:59 am	Heat 4	SCALED Male & SCALED Female

Transition 10:00 10:09 AM

WOD 3	10:09 AM		
Heat 1	10:09-10:19 am	Heat 1	RX Male & RX Female
Transition	3:00		
Heat 2	10:22-10:32 am	Heat 2	RX Male & RX Female
Transition	3:00		
Heat 3	10:35-10:45 am	Heat 3	SCALED Male & SCALED Female
Transition	3:00		
Heat 4	10:48-10:58 am	Heat 4	SCALED Male & SCALED Female

Transition 15:00 11:13 AM

**Finals Announced
Heats & Lanes Assigned**

Transition 5:00 11:18 PM

Finals WOD 1 11:18 AM

Heat 1	11:18-11:30pm	FEMALE Scaled	FEMALE SCALED Ranked 1-5
Transition	3:00		
Heat 1	11:33-11:45pm	MALE Scaled	MALE SCALED Ranked 1-5
Transition	3:00		
Heat 2	11:48-12:00pm	FEMALE RX	FEMALE RX Ranked 1-5
Transition	3:00		
Heat 2	12:03-12:15pm	MALE RX	MALE RX Ranked 1-5

Announcements 10:00 12:25 PM **Podium Spots Announced**