

Fox Valley's Fittest 4 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 - 8:23 | 1,2,3,4 |
| | Transition | 5:00 | |
| | Heat 2 | 8:28 - 8:36 | 5,6,7,8 |
| | Transition | 5:00 | |
| | Heat 3 | 8:41 - 8:49 | 9,10,11,12 |

Transition 10:00

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|--------------|---------------|-------------|------------|
| WOD 2 | 8:59 AM | | |
| | Heat 1 | 8:59 - 9:12 | 1,2,3,4 |
| | Transition | 5:00 | |
| | Heat 2 | 9:17 - 9:30 | 5,6,7,8 |
| | Transition | 5:00 | |
| | Heat 3 | 9:35 - 9:48 | 9,10,11,12 |

Transition 10:00

WOD 3 9:58 AM

| | | |
|---------------|---------------|------------|
| Heat 1 | 9:58 - 10:08 | 1,2,3,4 |
| Transition | 5:00 | |
| Heat 2 | 10:13 - 10:23 | 5,6,7,8 |
| Transition | 5:00 | |
| Heat 3 | 10:28 - 10:38 | 9,10,11,12 |

Transition 15:00

TOP 3 Teams from Each Division Will Compete

Finals 10:53 AM

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|---------------|---------------|-----------------------------|
| Heat 1 | 10:53 - 11:03 | SCALED #3 Seed & RX #3 Seed |
| Transition | 5:00 | |
| Heat 2 | 11:08 - 11:18 | SCALED #1 & #2 Seeds |
| Transition | 5:00 | |
| Heat 3 | 11:23 - 11:33 | RX #1 & #2 Seeds |

Announcements 10:00 11:33 - 11:43

WINNERS ANNOUNCED