

| Team 1: | Members: | Division | Waiver | Lane Assignment | Heat Assignment |
|------------------------------------|--|-----------------|---------------|------------------------|------------------------|
| FAB 4 | Terri Russell Binith Hegde Tony Defalco Traci Brooks | SCALED | | 1 | 1 |
| Team 2: | | | | | |
| BOOTIES & BEASTS | Michelle Goreham Alexa Jardenil David Cox Corey Olson | RX | | 2 | 1 |
| Team 3: | | | | | |
| Short & Stacked | Aaron Lathop Erica Pang Liv Reese Dan Short | RX | | 3 | 1 |
| Team 4: | | | | | |
| OUT OF OUR WHEY | Jeff Northrup Amanda Levin Rachel Kukuc Roger Cantu | RX | | 4 | 1 |
| Team 5: | | | | | |
| RAW NIPS & CHAPPED LIPS | George Mitchell Emily Kaffel | SCALED | | 1 | 2 |
| Team 6: | | | | | |
| SCALED PLUS | Chris Benyo | SCALED | | 2 | 2 |

| | | | | | |
|------------------------------|--|--------|--|----------|----------|
| Team 7: | | | | | |
| 4 PEAS IN A WOD | Jonathan Chunn Thomas Ballard Jenna Mauk Anna de la Fuente | SCALED | | 3 | 2 |
| Team 8: | | | | | |
| USED - FAIR CONDITION | Chris Emery Sara Portillo Uriel Portillo Heather Chin | SCALED | | 4 | 2 |
| Team 9: | | | | | |
| BOX RAT | Martina Lis Brian Condra Daisy Correa Roger Correa | SCALED | | 1 | 3 |
| Team 10: | | | | | |
| SWIFTIES & GUNS | Natasha Hrycaj Mike May Hans Klingenschmitt Kiera O'Connor | SCALED | | 2 | 3 |
| Team 11: | | | | | |
| THE GYM BEAMERS | Stephanie Schmid Ryan Kaufman Alicia Blaszcak Timothy Izzo | SCALED | | 3 | 3 |
| Team 12: | | | | | |
| BULLDOGS | Brian Mullaghy Stephania Gonzalez Josie Mullaghy Michael Onak | SCALED | | 4 | 3 |