

Saturday November 19th (Events 3 & 4)

		9:00 AM	9:40 AM	10:20 AM	11:00 AM	11:40 AM	
Lane 1	Team	Lifter Sisters	The Rack Pack	B-Hive's Bench Warmers	Noon Class Chicks	Rowing Pains	Women's Scaled
	Judge	Colleen McCabe	Colleen McCabe	Diane Lemay	Diane Lemay	Colleen McCabe	
Lane 2	Team	1 Like Big Squats and I Cannot Lie	Grit Chicks	Queen and Jerks	WOD Now, Wine Later	Salute the Glutes	
	Judge	Lisa McInnis	Hannah Szwarc	Lisa McInnis	Sue Ellen McInnis	Lisa McInnis	
Lane 3	Team	The Barbellas	WOD We Get Into	3 peas in a WOD	Lucie + The Ankle Biters	The Young and Breathless	
	Judge	Michelle Tremere	Michelle Tremere	Serge Dougay	Michelle Tremere	Sue Ellen McInnis	
Lane 4	Team	The Young and the Squatless	Aggressively Average	All pain no gain	All Heart No Prep	Sarah Doyle	
	Judge	Mel MacPherson	Serge Dougay	Mel MacPherson	Mel MacPherson	Ryan Hardy	
Lane 5	Team	The Females	Pocket Rockets	The Unathletic Crossfitters	The New Team on the Block	Trio Big Mac	Women's Rx
	Judge	Jill Howatt	Sophie Dougay	Jill Howatt	Jill Howatt	Greg Arsenaault	
Lane 6	Team	Bhive Orange	Clean but Jerks	Holy Fit	Fit Responders	Swass	
	Judge	Jordan Flemming	Jordan Flemming	Mary Lynn Kane	Mary Lynn Kane	Mary Lynn Kane	
Lane 7	Team	Old CFD Barbellas	Granny Gears	Team DMC	Masters in Denial	Something Creative	Women's Masters
	Judge	Sara Murphy	Sara Murphy	Josh Kelly	Jordan Flemming	Sara Murphy	
Lane 8	Team	Grit Girls Gone WOD	Granny Panties	HERd	Kettlebells	B-Hive Swamp Mates	
	Judge	Serge Dougay	Jocelyn Dougan	Emily Murray	Emily Murray	Emily Murray	
Lane 9	Team	Clean Jerks	Jason Richard	Walk and Roll	TBD	TRT	Men's Scaled
	Judge	Ryan Hardy	Ryan Hardy	Greg Anthony	Greg Anthony	Greg Anthony	
Lane 10	Team	3 Peas in a WOD	Raise the Bar Fitness	Miracle Misfits	Metabolism Maniacs	All Show No Go	
	Judge	Allen Clements	Kris MacEwen	Allen Clements	Allen Clements	Margaret Lister	
Lane 11	Team	TBDieppe	Badgers	Bologna Brothers	1 English 2 French	ATM	Men's Masters
	Judge	Ryan Young	Andrew MacEwen	Ryan Young	Margaret Lister	Ryan Young	
Lane 12	Team	Masters in Denial	The Norsemen	Seniors Discount	Can't Grit it Up	Mc Mac & a Howatt	Men's Rx
	Judge	Ty Mcadam	Greg Arsenaault	Greg Arsenaault	Ty Mcadam	Ty Mcadam	