

Saturday November 19th (Events 5)

		1:00 PM	1:20 PM	1:40 PM	2:00 PM	2:20 PM	
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	Ryan Hardy	Ryan Hardy	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	Michele Hoy	Lisa McInnis	Lisa McInnis	Lisa 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	Michelle Tremere	Cynthia Wood	Cynthia Wood	
Lane 4	Team	The Young and the Squatless	Aggressively Average	All pain no gain	All Heart No Prep	Sarah Doyle	
	Judge	Mel MacPherson	Mel MacPherson	Diane Lemay	Diane Lemay	Mel MacPherson	
Lane 5	Team	Clean Jerks	TBDieppe	Old CFD Barbelles	The Unathletic Crossfitters	Trio Big Mac	Women's Rx
	Judge	Sophie Dougay	Sophie Dougay	Sophie Dougay	Sophie Dougay	Sophie Dougay	
Lane 6	Team	3 Peas in a WOD	Masters in Denial	Grit Girls Gone WOD	Holy Fit	Swass	Women's Masters
	Judge	Sue Ellen McInnis	Sherrie Langley	Sue Ellen McInnis	Sue Ellen McInnis	Sue Ellen McInnis	
Lane 7	Team	Jason Richard	Badgers	Granny Gears	Team DMC	Something Creative	Men's Masters
	Judge	Jill Howatt	Jill Howatt	Jill Howatt	Sherrie Langley	Jill Howatt	
Lane 8	Team	Raise the Bar Fitness	The Norsemen	Granny Panties	Pocket Rockets	The New Team on the Block	Men's Scaled
	Judge	Sara Murphy	Sara Murphy	Sara Murphy	Sara Murphy	Sara Murphy	
Lane 9	Team	Walk and Roll	Bologna Brothers	HERd	Clean but Jerks	Fit Responders	
	Judge	Serge Dougay	Serge Dougay	Sherrie Langley	Serge Dougay	Serge Dougay	
Lane 10	Team	Miracle Misfits	Seniors Discount	The Females	Bhive Orange	Masters in Denial	
	Judge	Emily Murray	Sophie Dougay	Emily Murray	Emily Murray	Ryan Young	
Lane 11	Team	Kettlebells	Metabolism Maniacs	Can't Grit it Up	Mc Mac & a Howatt	ATM	Men's Rx
	Judge	Ryan Young	Jocelyn Dougan	Ryan Young	Margaret Lister	Margaret Lister	
Lane 12	Team	TBD	1 English 2 French	B-Hive Swamp Mates	All Show No Go	TRT	
	Judge	Ty Mcadam	Andrew MacEwen	Ty Mcadam	Ty Mcadam	Georgia Stone	