

Friday November 18th (Event 2)

	Women's Ladder		Men's Ladder		Judges
7:40	The Young and Breathless	Women's Scaled	3 Peas in a WOD	Men's Scaled	Sara Murphy
7:42	Sarah Doyle		Miracle Misfits		Sherrie Langley
7:44	The Barbellas		Badgers	Men's Masters	Jill Howatt
7:46	The Young and the Squatless		Kettlebells	Men's Rx	Colleen MacCabe
7:48	Granny Gears	Women's Masters	TBD		Lisa McInnis
7:50	HERd		Jason Richard		Emma Cronkhite
7:52	Holy Fit	Women's Rx	Raise the Bar Fitness		Mary Lynn Kane
7:54	Aggressively Average		Bologna Brothers		Sophie Dougay
7:56	All pain no gain		ATM		Carla Martin
7:58	Rowing Pains		Mc Mac & a Howatt		
8:00	Salute The Glutes		Walk and Roll		Allen Clements
8:02	Old CFD Barbells		Clean Jerks		Ryan Hardy
8:04	Granny Panties		Masters in Denial		Ty Mcadam
8:06	Something Creative		Metabolism Maniacs		Greg Arsenault
8:08	WOD We Get Into		1 English 2 French		Greg Anthony
8:10	3 peas in a WOD		TBDieppe		Jordon Flemming
8:12	Noon Class Chicks		Seniors Discount		Josh Kelly
8:14	Lifter Sisters		TRT		Serge Dougay
8:16	Grit Girls Gone WOD		All Show No Go		
8:18	Masters in Denial		The Norsemen		
8:20	Team DMC		Can't Grit it Up		
8:22	Grit Chicks		B-Hive Swamp Mates		
8:24	Queen and Jerks				
8:26	WOD Now, Wine Later				
8:28	I Like Big Squats and I Cannot Lie				
8:30	The New Team on the Block				
8:32	The Unathletic Crossfitters				
8:34	Trio Big Mac				
8:36	Swass				
8:38	The Rack Pack				
8:40	B-Hive's Bench Warmers				
8:42	Lucie + The Ankle Biters				
8:44	All Heart No Prep				
8:46	Pocket Rockets				
8:48	The Females				
8:50	Bhive Orange				
8:52	Clean but Jerks				
8:54	Fit Responders				