

Friday November 18th (Event 1)

		5:30 PM	5:55 PM	6:20 PM	6:45 PM	7:10 PM	
Lane 1	Team	The Young and Breathless	Aggressively Average	WOD We Get Into	Grit Chicks	The Rack Pack	Women's Scaled
	Judge	Colleen McCabe	Sherrie Langley	Tammy Muirhead	Sherrrie Langley	Colleen McCabe	
Lane 2	Team	Sarah Doyle	All pain no gain	3 peas in a WOD	Queen and Jerks	B-Hive's Bench Warmers	
	Judge	Emma Cronkhite	Colleen McCabe	Lisa McInnis	Emma Cronkhite	Emma Cronkhite	
Lane 3	Team	The Barbellas	Rowing Pains	Noon Class Chicks	WOD Now, Wine Later	Lucie + The Ankle Biters	
	Judge	Michelle Tremere	Michelle Tremere	Jill Howatt	Michelle Tremere	Lisa McInnis	
Lane 4	Team	The Young and the Squatless	Salute the Glutes	Lifter Sisters	I Like Big Squats and I Cannot Lie	Pocket Rockets	
	Judge	Sara Murphy	Sara Murphy	Mary Lynn Kane	Mary Lynn Kane	Jill Howatt	
Lane 5	Team	Granny Gears	Old CFD Barbelles	Grit Girls Gone WOD	The New Team on the Block	The Females	Women's Masters
	Judge	Jill Howatt	Tammy Muirhead	Margaret Lister	Sara Murphy	Margaret Lister	
Lane 6	Team	HERd	Granny Panties	Masters in Denial	The Unathletic Crossfitters	Bhive Orange	Women's Rx
	Judge	Lisa McInnis	Georgia Stone	Hannah Szwarc	Hannah Szwarc	Lisa McInnis	
Lane 7	Team	Holy Fit	Something Creative	Team DMC	Trio Big Mac	Clean but Jerks	
	Judge	Emily Murray	Jordon Flemming	Jocelyn Dougan	Jordon Flemming	Jordon Flemming	
Lane 8	Team	3 Peas in a WOD	Jason Richard	Walk and Roll	Swass	Fit Responders	Men's Scaled
	Judge	Greg Arsenault	Josh Kelly	Gereg Arsenault	Sophie Dougay	Sophie Dougay	
Lane 9	Team	Miracle Misfits	All Heart No Prep	Clean Jerks	TBDieppe	Raise the Bar Fitness	
	Judge	Ryan Hardy	Sophie Dougay	Ryan Hardy	Greg Arsenault	Ryan Hardy	
Lane 10	Team	Badgers	Bologna Brothers	Masters in Denial	Seniors Discount	The Norsemen	Men's Masters
	Judge	Allen Clements	Allen Clements	Greg Anthony	Greg Anthony	Allen Clements	
Lane 11	Team	Kettlebells	ATM	Metabolism Maniacs	TRT	Can't Grit it Up	
	Judge	Ryan Young	Ryan Young	Andrew MacEwen	Andrew MacEwen	Ryan Young	
Lane 12	Team	TBD	Mc Mac & a Howatt	1 English 2 French	All Show No Go	B-Hive Swamp Mates	Men's Rx
	Judge	Ty Mcadam	Ty Mcadam	Kris MacEwen	Josh Kelly	Ty Mcadam	