



Event Time	Grade 10 Boys	Grade 11 Boys	Grade 12 Boys	Open Girls
8:00 AM	Arrival & Registration	Arrival & Registration	Arrival & Registration	Arrival & Registration
8:30 AM	Welcome & Introductions	Welcome & Introductions	Welcome & Introductions	Welcome & Introductions
9:00 AM	Event 10.1 Preparation & Intstruction EVENT 10.1 "The Farmer's Journey" 400 m Team Farmers Walk (225 lbs total) 100 m Team Sled Push 100 m Team Sled Pull 400 m Team Farmers Walk (225 lbs total)	Event 11.1 Preparation & Instruction EVENT 11.1 "Row & Squat" On The Minute For 6 Minutes Even Minutes: Row (total calories) Odd Minutes: Front Squat @ 85 lbs. (total reps) ***Combined TOTAL Score over 6 minutes		
9:30 AM			Event 12.1 Preparation & Instruction EVENT 12.1 "Sled's For Days!" 20 m Sled Push @ 135 lbs. 20 m Sled Pull @ 135 lbs. ***Combined TOTAL Push/Pulls in 3 minutes	Event 13.1 Preparation & Instruction EVENT 13.1 "Row & Squat" On The Minute For 6 Minutes Even Minutes: Row (total calories) Odd Minutes: Front Squat @ 65 lbs. (total reps) ***Combined TOTAL Score over 6 minutes
10:00 AM	Event 10.2 Preparation & Intstruction EVENT 10.2 "Death By The Plank" 1000 m Team Row (250 m Per Athlete) *** All teammates must maintain a plank when off of the row *** Broken Plank = 50 m Penalty Run	Event 11.2 Preparation & Instruction EVENT 11.2 "Sprint Carry" 60 m Sprint - Kettlebell Carry 60 m Sprint - Sandbag Carry 60 m Sprint - Overhead Plate Carry 60 m Sprint - Barbell Carry		
10:30 AM			Event 12.2 Preparation & Instruction EVENT 12.2 "Mini Fran" "15 - 9 - 3" Thrusters @ 95 lbs. Pullups	Event 13.2 Preparation & Instruction EVENT 13.2 "Sprint Carry" 60 m Sprint - Kettlebell Carry 60 m Sprint - Sandbag Carry 60 m Sprint - Overhead Plate Carry 60 m Sprint - Barbell Carry
11:00 AM	LUNCH & Individual Competitions	LUNCH & Individual Competitions	LUNCH & Individual Competitions	LUNCH & Individual Competitions
11:30 AM	Event 10.3 Preparation & Intstruction EVENT 10.3 "The Wood Chipper" 400 m Team Run 21 Pullups 21 KB Swings 21 Burpees Over The Bar 21 Wall Balls 400 m Team Run *** Only 1 Athlete/Movement			
12:00 PM		Event 11.3 Preparation & Instruction EVENT 11.3 "Mini Fran" "15 - 9 - 3" Thrusters @ 85 lbs. Pullups		
12:30 PM			Event 12.3 Preparation & Intstruction EVENT 12.3 "The Ladder" 400 m Run "Buy In" 1-1-1, 2-2-2, 3-3-3, 4-4-4, etc. (5 min Time Cap) KB Swings Burpees Wall Balls *** Athletes Aim for As Many Stages of the Ladder as Possible in 5 MINUTES	
1:00 PM				Event 13.3 Preparation & Intstruction EVENT 13.3 "The Ladder" 400 m Run "Buy In" 1-1-1, 2-2-2, 3-3-3, 4-4-4, etc. (5 min Time Cap) KB Swings Burpees Wall Balls *** Athletes Aim for As Many Stages of the Ladder as Possible in 5 MINUTES
1:30 PM	Grade 10 Team Awards	Grade 11 Individual Awards	Grade 12 Boys Individual Awards	OPEN Girls Individual Awards

