

Team Run

Friday, April 30th

Heat 1	Start Time: 9:00 AM
431	CF Roots
430	CF Thin Air
429	Roaring Fork CF
428	Quad City CF
427	CF Atlas
426	CrossFit DEFY
425	CrossFit Unbroken
Heat 2	Start Time: 9:20 AM
424	CF TNT
423	CF St Charles
422	CF South Aurora
421	CF Sioux Falls
420	CrossFit Julia
419	CF Castle Rock
Heat 3	Start Time: 9:40 AM
418	CF Arlington Heights
417	CrossFit Ames
416	CrossFit 5280
415	AIC CrossFit
414	MBS CrossFit
413	CF Verve
Heat 4	Start Time: 10:00 AM
412	Flatirons CF
411	CrossFit Fire
410	CF Montana
409	CrossFit MadTown
408	Brother's CrossFit
407	CF Rockford
Heat 5	Start Time: 10:20 AM
406	Emergent Fitness
405	CF Chicago
404	CF Valley Park
403	Windy City CF
402	FRCF
401	CrossFit Omaha

Team Snatch

Friday, April 30th

Heat 1	Start Time: 12:00 PM	Platform
431	CF Roots	7
430	CF Thin Air	6
429	Roaring Fork CF	5
428	Quad City CF	4
427	CF Atlas	3
426	CrossFit DEFY	2
425	CrossFit Unbroken	1
Heat 2	Start Time: 12:30 PM	Platform
424	CF TNT	8
423	CF St Charles	7
422	CF South Aurora	6
421	CF Sioux Falls	5
420	CrossFit Julia	4
419	CF Castle Rock	3
418	CF Arlington Heights	2
417	CrossFit Ames	1
Heat 3	Start Time: 1:00 PM	Platform
416	CrossFit 5280	8
415	AIC CrossFit	7
414	MBS CrossFit	6
413	CF Verve	5
412	Flatirons CF	4
411	CrossFit Fire	3
410	CF Montana	2
409	CrossFit MadTown	1
Heat 4	Start Time: 1:30 PM	Platform
408	Brother's CrossFit	8
407	CF Rockford	7
406	Emergent Fitness	6
405	CF Chicago	5
404	CF Valley Park	4
403	Windy City CF	3
402	FRCF	2
401	CrossFit Omaha	1

Team Triplet

Friday April 30th

Heat 1	Start Time: 4:00 PM	Platform
431	CF Roots	11
430	CF Thin Air	10
429	Roaring Fork CF	9
428	Quad City CF	8
427	CF Atlas	7
426	CrossFit DEFY	6
425	CrossFit Unbroken	5
424	CF TNT	4
423	CF St Charles	3
422	CF South Aurora	2
421	CF Sioux Falls	1
Heat 2	Start Time: 4:30 PM	Platform
420	CrossFit Julia	10
419	CF Castle Rock	9
418	CF Arlington Heights	8
417	CrossFit Ames	7
416	CrossFit 5280	6
415	AIC CrossFit	5
414	MBS CrossFit	4
413	CF Verve	3
412	Flatirons CF	2
411	CrossFit Fire	1
Heat 3	Start Time: 5:00 PM	Platform
410	CF Montana	10
409	CrossFit MadTown	9
408	Brother's CrossFit	8
407	CF Rockford	7
406	Emergent Fitness	6
405	CF Chicago	5
404	CF Valley Park	4
403	Windy City CF	3
402	FRCF	2
401	CrossFit Omaha	1