

# **UT/NV Sectionals Schedule of Events**

## **Friday**

4:30 - 7pm - Facility open for tours. NO equipment available for your usage.

## **Saturday Feb 27<sup>th</sup>**

7:30am Athlete Check in Opens

7:45am Doors Open for Spectators

8:30am – Opening Ceremony

### WOD 1 – Max Effort (8 Minutes to Complete) 12 min heats

9:00am – WOD1 Heat 1 (men)

9:12am – WOD1 Heat 2

9:24am – WOD1 Heat 3

9:36am – WOD1 Heat 4

9:48am – WOD1 Heat 5

10:05am – WOD1 Heat 6 (women)

10:17am – WOD 1 Heat 7

10:29am – WOD1 Heat 8

### WOD 2 – The Prowler (12 Minute Cutoff)

11:00 – WOD2 Heat 1 (men)

11:15 – WOD2 Heat 2

11:30 – WOD2 Heat 3

11:45 – WOD2 Heat 4

12:00 – WOD2 Heat 5

12:15 - WOD2 Heat 6

12:30 - WOD 2 Heat 7

15 min intermission to change to women's weights

01:00 WOD 2 Heat 7 (women)

01:15 WOD 2 Heat 8

01:30 WOD 2 Heat 9

01:45 WOD 3 Heat 10

### WOD 3 – Up & Down Puke-fest (18 Min Cutoff)

03:00 WOD 3 Heat 1(men)

03:20 WOD 3 Heat 2

03:40 WOD 3 Heat 3

04:00 WOD 3 Heat 4

04:20 WOD 3 Heat 5

Brief intermission to set up women's bars

05:00 WOD 3 Heat 6 (women)

05:20 WOD 3 Heat 7

05:40 WOD 3 Heat 8

9:30pm – Have Sunday Heats posted to blog

## **Sunday**

8:30am – Opening Remarks

WOD 4 – The Hackenbruck (25 Min Cutoff for men/30Min Cutoff for women)

09:00am – Heat 1 (75-61st place Men)

09:30am – Heat 2 (60-46th place Men)

10:00am – Heat 3 (45th-31st place Men)

10:35am – Heat 4 (45th thru 31st place Women)

### **Break for Lunch**

12:30pm – Heat 7 (16<sup>th</sup> thru 30<sup>th</sup> Men)

01:00pm – Heat 8 (16<sup>th</sup> thru 30<sup>th</sup> Women)

01:35pm – Heat 9 (1<sup>st</sup> thru 15<sup>th</sup> Women)

02:05 pm – Heat 10 (1<sup>st</sup> thru 15<sup>th</sup> Men)

3:15 Awards Ceremony

4:00 Facility Closes

4:30 Sunday - Cleanup Crew Arrives