



Sunday April 19th

Gym opens at 7:30am

Session 1

Level 1/Bronze/Silver

Open Stretch	8:00-8:20
1 st Event Warm-up	8:20-8:33
March-In	8:33-8:38
Competition	8:38-10:41
Awards	10:50

Session 2

Level 2

Open Stretch	10:50-11:10
1 st Event Warm-up	11:10-11:17
March-In	11:17-11:22
Competition	11:22-1:20
Awards	1:30

Awards for Sessions 1-4 will be held next door in Morrisville Community Crossfit.

Session 3

Level 3

Open Stretch	1:30-1:50
1 st Event Warm-up	1:50-1:59
March-In	1:59-2:04
Competition	2:04-3:42
Awards	3:50

Session 4

Level 4, 5, Gold

Open Stretch	3:50-4:10
1 st Event Warm-up	4:10-4:22
March-In	4:22-4:27
Competition	4:27-6:39
Awards	6:50

Session 5

Level 6, 7, 8

Open Stretch	6:50-7:10
1 st Event Warm-up	7:10-7:23
March-In	7:23-7:28
Competition	7:28- 8:49
Awards in Gym	

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