



## HEAT SCHEDULE

### WORKOUT #1: "The Ladders"

0830-0850: Heat 1- Scaled Teams 1-11

0855-0915: Heat 2- Scaled Teams 12-22

0920-0940: Heat 3:- Scaled Teams 23-33

0945-1005: Heat 4- Scaled Teams 34-44

1010-1030: Heat 5- Rx Teams 1-11

1035-1055: Heat 6- Rx Teams 12-22

1055-1105: SETUP FOR NEXT WORKOUT

### WORKOUT #2: "Los Cuatros"

1105-1120: Heat 1: Scaled Teams 1-11

1122-1137: Heat 2- Scaled Teams 12-22

1139-1154: Heat 3- Scaled Teams 23-33

1156-1211: Heat 4- Scaled Teams 34-44

1215-1230: Heat 5- Rx Teams 1-11

1232-1247: Heat 6- Rx Teams 12-22

12:47- 1315: BREAK AND SET UP FOR NEXT WORKOUT

### WORKOUT #3: "Leg and Arm-A-Gettin"

1320-1345- Heat 1: 34rd-44rd Scaled Teams

1350-1415: Heat 2: 23nd-33nd Place Scaled Teams

1420-1445: Heat 3: 11th-22nd Place Scaled Teams

1450-1515: Heat 4 1st-11th Place Scaled Teams

1520-1545: Heat 5: 12th-22nd Place Rx Teams

1550-1615: Heat 6: 1st-11th Place Rx Teams